

# The Weekly Settler

Newsletter of Settlers Lifestyle Village



10<sup>th</sup> June 2021

## Village Manager's Weekly Update

### Mid-Winter Dinner – Save the date in you diaries now - Wednesday 7<sup>th</sup> July

This will operate as per previous years on a first come first served basis in terms of booking a table. As the village is growing in size the demand for the two main dining events of the year is growing at the same rate. At Christmas last year we accommodated 220 people, and this is just about the maximum amount that we can cater to for several reasons. If on the morning of booking, your table falls outside of this cap we will let you know as soon as possible if we can confirm your booking, however this may be a day or so later. We do want to be able to accommodate everyone so will do our best to meet the demand but cannot guarantee this.

So, the morning of booking for the mid-winter dinner will be Wednesday the 23<sup>rd</sup> of June from 9.00am. We will have table booking slips available at reception from tomorrow. The tables are a maximum of 10 and one person needs to collect the payment for all attendees and book the table. You can book less than 10 people if you wish using the same methodology, however these tables may be added to, making them up to 10 with other residents. As in the past due to the popularity of the event this is a resident only function and no outside guests can attend.

The menu for the evening will be confirmed and posted on the notice board next week as well as in the newsletter, however it will be similar set up to past years with two main dishes, vegetables, and salads followed by a choice of deserts. It will be a buffet as usual and the price for evening is \$37.50 per person.

The bar will open from 4.45 pm and we will start to call tables up for dinner from 6.00pm in our normal spectacular fashion courtesy of our resident MC Bruce McPhail. The entertainment for the evening is Gerry Lee.

For any new residents that want to know more about the evening, please feel free to see us at reception and we can run through any queries or questions you may have.

**General** – we are currently undertaking a pricing review on the services that we offer; these are specifically services that are 'pay as you go', for example home cleaning, personal maintenance requests such as putting together flat pack furniture, dining and medication support. The current pricing for cleaning for example has been at \$31 per hour for a substantial amount of time now. We will keep both the committee and you informed as we work through this process and will provide notice before any increases are confirmed.

**Gary Jarvis**  
Village Manager

## From the Sales Desk

Today we welcome Anwyn Webster and Ian McFadyen as they settle into their new home in Kaipatiki 155. Wishing them all the very best for life and new friendships in the Settlers community.

Enjoy your Saturday night with the Toucan band and I hope to see you as I thought I might come along and dance the night away.

**Rosalie Keegan**  
**Sales & Marketing**

## Hello from the Nurses Niche

Hi everyone,

The month of June focuses on a couple of important health issues. Men's health and bowel cancer. I thought I would start with men's health by directing you to a great NZ website that has some interesting information and hopefully some words of encouragement to get the men in your lives proactive in their own health.

Did you know that men are on the back foot from the start. A boy born today will live nearly four years less than a girl born in the room next door. He will be over 20% more likely to die of a heart attack than the girl and almost 30% more likely to get diabetes. Worse, he is three times more likely to die by suicide or in a car crash.

Why is this and surely it doesn't have to be this way? According to the men's health week website- Te Wiki Hauora Tane,

<https://www.menshealthweek.co.nz/>, men are really bad patients! Really.... I hadn't noticed!!!



Compared with women, men avoid going to the doctor, skip more recommended screenings and practice riskier behaviour and live with years of bad health. Researchers say that men are conditioned from a young age to avoid sharing emotions, feelings or stressors. Just as men had to put health issues behind them while hunting large animals to feed the family thousands of years ago, in today's sports competition, male athletes more often feel the pressure to play through pain and injury. Thankfully, I think we might be seeing a shift, with the introduction of head injury assessments on the rugby fields and more players being sidelined to allow the brain to recover. I am sure that this is due to the research into the effects of multiple concussions and the link to dementia as well as some prominent players advocating for greater care of these players.

I would suggest reading this piece on "*Why do guys shun the doctor but women don't*" in the above website. It looks at the cultural differences between men and women's approach to health. You can also take a survey that will give you an individual score that will provide you with more information based on your answers. Next week I will look at a few of the more common health issues for older men.

Take care when out and about, we are still having too many falls.



On another note, I know that everyone is wondering about the COVID vaccinations and want to know:

- when is it going to happen?
- if we are planning on doing this here?
- How do I get it done sooner?

Unfortunately, I do not have the answers to these questions. There are a lot of rumours about.... Who is getting it - Other villages have already had it and concerns about why we aren't getting it. I am aware however that some people in the village have had the vaccination. I would suggest if you are concerned about the delay and feel that you should be vaccinated now, you ring the vaccination helpline on **0800 282 926** and talk this through. I cannot do this on your behalf as they will ask all sorts of questions that only you can answer. This is the best way to get an appointment at one of the vaccination centres in Auckland. Apart from this we will just have to wait this out. We are fortunate that we do not have the pressure of an outbreak in NZ at present and will have to have confidence that we will all receive this in time. Please be reassured that if we receive any information about vaccinations being done here we will let you know immediately.

**Sue, Lyn, Alana, Chris, Christine, Lucy & Sandy  
Nursing Team**



#### **From The Grounds Team**

The grounds team is proud to announce that we are now 90% electric. This means the majority of our gardening equipment is now electric, reducing the impact on our environment. An added bonus is that our battery pack is interchangeable meaning we can use the one battery to operate a range of our gardening equipment.

**Darcy & John  
Grounds Team**



**Come and join your friends at Tui Café for a delicious hot lunch on Tuesdays or Thursdays from 12 midday. We have homemade soups (\$6.50) on Wednesdays and Fridays.**

Next week's lunch menu is:

**Tuesday 15<sup>th</sup> June \$12.00**

Cantonese Chicken and Vegetable Stir-fry Served with Rice Noodles

**Thursday 17<sup>th</sup> June \$12.00**

Basil Orzo Pesto with Roasted Capsicums, Red Onions, Baby Spinach and Prawns

**Ruth, Danielle, Santie & Matt  
Tui Cafe**

## ***What's on this coming week***



### **Weekend Movie: Death at a Funeral**

*Time & venue: Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> June @ 1pm Cinema*

Daniel organises his father's funeral but on the day, amongst chaotic surroundings, a mysterious man threatens to reveal the deep-rooted secrets of their dysfunctional family.



### **SOCIAL EVENING – TOUCAN BAND**

*Time & Venue: Saturday 12<sup>th</sup> June from 7pm Lodge Lounge*

Come and join in on this lively evening – Karen & Ken will cover a wide range of music including Country and Western. Bar will be open – bring your own nibbles. These two entertainers harmonies are magic and their onstage interaction is electric. We will have a great evening!



### **Singing Group**

*Time & Venue: Monday 14<sup>th</sup> June 7pm Stage*

The group will be singing again this coming Monday (14<sup>th</sup>) at **7pm** in the stage area of the Lodge.

New singers welcome to join in or just come and hear what we do.

Remember scientists say that singing, especially with a group, is good for our constitution!



### **Line Dancing with Wayne & Eleanor**

*Tuesday 15<sup>th</sup> June @ 10am Kell Lounge*

We have taken the line-dancing group on a Tuesday for the last 9 years and now feel it's time to move on. Our last class will be the 15<sup>th</sup> June. Thank you Settlers and all the lovely ladies we've danced with over the years. We leave with many happy memories. We wish you all the best.

*Eleanor & Wayne Robinson*

## ***Special Notices***

### **Friday Lucky Apartment Draw**

Last Friday 4<sup>th</sup> June, Apartment 124 was drawn and NOT claimed, this week the jack pot prize will be \$75.00. Remember to be eligible to win you must be in the Bar when the lucky apartment number is drawn and you **must** be wearing your Settlers Name Badge – **no name badge/no prize/no excuses**. The lucky apartment number will be drawn at sometime between 5 and 6pm.

*Lawrence Rajalingam K-137 Weekly Raffle Co-ordinator.*



## Apartment Draw Result For Wednesday 9th June 2021

The first apartment number drawn 189 was claimed winning \$100.

Most Wednesday nights we have one apartment number drawn for the First prize and if not claimed a secondary minor prize which must be redrawn until it is claimed on the night. Buy a drink and pay your \$2 for a stamp, the draw generally starts between 5.30pm and 6pm. The Winning Resident must claim their own prize in 30 seconds wearing their own name badge and validation stamp. There will be no exceptions made on this policy.



### FRIENDS AND NEIGHBOURS

I think we must have some fairies in our village! Perhaps they live in the tiny houses that can be found in the gardens around the bowling green! Some lovely cushions have appeared on the loungers and chairs around the swimming pool adding colour and comfort. White and blue seems to be the perfect choice in that spot. Thank you 'fairy folk' for brightening up our pool area.

*Neighbourly Group*



### VOLUNTEER DRIVERS

At our recent Neighbourly Meeting it was decided to set a more realistic reimbursement for the drivers, for their time, mileage & petrol.

**All the drivers have been informed of these changes.**

ALBANY AREA \$ 5-10

NORTH SHORE HOSPITAL \$ 20

GREENLANE OR WAITAKERE \$30

Plus parking fees incurred.

This is an indication of what is fair and reasonable to offer your driver. We are here to help. Please phone one of us and we will organise a driver for you.

*Meg McCartie 971 2739 or 0272 869018*

*Pat Plimmer 021 782 870*



### RESIDENTS SIGNIFICANT WEDDING ANNIVERSARIES

We are updating our records and would love to know of any significant wedding anniversaries that may be coming up. Please share your wedding date with us, especially if you are due a 60<sup>th</sup> in the next few years. Pop by reception or drop us an email to [reception@settlersalbany.co.nz](mailto:reception@settlersalbany.co.nz) with 'Wedding Anniversary' in the subject line.



### BREAST CANCER DONATION

Thank you to all who purchased a 'Care bear and shortbread package' in support of the Breast Cancer Foundation. I was able to bank \$200 to their account this week. *Joy Anslow*





### Live Music & Poetry

*Time & Venue: Monday 28<sup>th</sup> June 2-3pm Settlers Lounge*

Six students from Kristin Middle School will give a performance as part of their input towards the William Pike Challenge. The Challenge is one of New Zealand's best learning experiences for young people in preparing them for tomorrow's world while enjoying what is involved. In this instance, the performance is a community service project that year 6-9 students choose to undertake in order to help develop their resilience and wellbeing. This event is merely one facet of the Challenge and students from Kristin will be involved with Settlers in a number of other activities in the weeks ahead.

This performance provides an opportunity for the young students to present their work to a wider audience and gain confidence in the process. Please come along to enjoy the event, while helping to support these wonderful young people.



### Your Computer and I.T. problems.

The two young people from Kristin High School will come to Settlers again between **4.15pm - 5.15 pm on Tuesday 15 June**.

They will be able to help you with any problems you may have with your laptop, computer, or handheld devices. You can have 30 minutes of their time, so, please be in touch with me if you need some assistance, and I can give you a timeslot.

I look forward to hearing from you. *Angela van Winden L-177*

Ph. 412 8225 or [m.e.winden@xtra.co.nz](mailto:m.e.winden@xtra.co.nz)



### MISSING PIECE OF ART

The 9 x 12" oil on canvas painting shown on the left is missing from the display wall in the Kell Lounge. The artworks are the property of the artists and are on display for everyone to view and must not be removed without permission.

If anyone knows it's whereabouts please help it find it's way back. There's a very blank space on the wall awaiting it's return.



### MISSING PATCHWORK DOOR MAT FROM OUTSIDE I-71

A much loved patchwork doormat has been missing from outside an apartment in I Block for about 3 weeks now. If anyone has noticed a mat left in an unusual place could you please bring it to Reception or directly to Jean Briggs. It's irreplaceable and very special.

## **SPECIAL NOTICE RE: BAR EVENT**



***ON TUESDAY JUNE 22<sup>ND</sup> AT 4PM THE BAR WILL OPEN TO HOST  
THE FIRST MALE ONLY GATHERING.***

*THIS EVENT WILL BE RUN AS A TRIAL AND IF IT IS WELL  
SUPPORTED WILL BECOME A REGULAR EVENT.*

***SO, GENTLEMEN IF YOU WOULD LIKE TO HAVE THIS  
GATHERING SEE YOU ALL AT 4PM ON TUESDAY 22<sup>ND</sup> JUNE.***



**Join us for a social evening**

**Saturday 12<sup>th</sup> June**

**7pm – 10.30pm**

**Bar Open – Bring your own nibbles**

**Toucan...duet better than one**

**Country & Western ... and so much more**

**Featuring Karen Davy and Ken Strong playing a wide  
variety of styles ... Pop Rock – Blues – Irish – Rock n Roll  
Country Rock Ballads – Dance Music & so much more!**



***Their harmonies are magic and interaction onstage is  
electric.***





A hilarious journey through an unforgettable family holiday as a couple attempts to keep their impending divorce a secret from their extended family...

English comedy at its best and a pertinent reminder why we don't want to lose sight of family.

**6.30pm Thursday 24<sup>th</sup> June**  
**Settlers Village Movie Theatre**

*Enjoy a glass of bubbles and a bag of sweeties. Limited to 50 people*

*Register your name on the sheet on the main noticeboard to reserve your ticket. Entry by cash donation at the door in support of Glaucoma NZ*



### **'Precious Time'**

Jill and Tony Cornish's grandsons, Sam 17yrs and Louis 15yrs, have been going to their dad's gym for about two years now, working out and building strong healthy bodies.

They have become fans of Precious McKenzie and are in awe of all the records he set and his lifetime achievements. They were thrilled to meet with Precious last Friday and were treated to nearly two hours of instruction from the great man. Thank you Precious for the generous gift of your time and expertise. It was a wonderful experience for Sam and Louis and will inspire them both to be the best that they can be!



**SAVING HOPE**  
 Foundation

### **Thank you for your support Saving Hope in Silverdale**

Thank you to all those generous residents who have left donations of newspaper, towels and toys in the bin at reception. Saving Hope are overwhelmed by your support. If you have any more newspapers they would still love them but can we ask for ones with no staples (or the staples removed). I will happily collect from Settlers and

deliver to 'Saving Hope'. Please leave in the bin under the courier desk at Reception. *Thank you so much - Tina*







### **Wednesday 16<sup>th</sup> June**

**Roasted Seasoned Chicken Breast , Homemade Sage, Leek & Bacon Stuffing and Gravy \$17.00**

Served with Roasted Potatoes, Cauliflower Florets and Honey Roasted Carrot Wedges

**Filipino Pork Adobo \$15.00**

Served with Steamed Rice and Topped with Atsara Slaw

### **Friday 18th June**

**Slow Roasted Sticky BBQ Pork Ribs \$17.00**

Served with a Choice of 2 Salads, Creamy Red Potato, Bacon and Spring Onion OR Broccoli & Pasta Salad alongside Homemade Cornbread Muffins

**Beef Cannelloni \$15.00**

Served with Beer Battered Fried and Toasted Cheese & Herb Focaccia Bread

### **Desserts for June**

***Warmed Pecan Tart Served with Vanilla Bean Custard \$7.00***

***Homemade Rice Pudding Served with Cherry Sauce \$7.00***

**COFFEE AVAILABLE before 7.15pm each evening**

***Please make sure you book with Reception by midday the day prior to you dining.  
You can phone through your order direct to 415-2617 during office hours.***

***Dinner bookings can also be made in the weekend for the following week.***

|                             |   |                        |                |
|-----------------------------|---|------------------------|----------------|
| Fri 11 <sup>th</sup> June   | Walk n Talk Group                                     | 8.50am                 | Reception      |
|                             | Painting with Joy                                     | 9.30am                 | Kell Lounge    |
|                             | Shopping Bus  | 9.45am                 | Albany Mall    |
|                             | Men's Group   | 11.00am                | Avenues Lounge |
|                             | Xer/Sit   | 1.00pm                 | Avenues Lounge |
|                             | Croquet Social Friends (Closed Group)                 | 1.00pm – 4.00pm        | Croquet Green  |
|                             | Table Tennis  | 2.00pm                 | Kell Lounge    |
|                             | Happy Hour  | 4.45pm                 | Main Lodge     |
| Sat 12 <sup>th</sup> June   | Petanque  | 9.15am and 10.45am     | Petanque Court |
|                             | Outdoor Bowls   | 9.45am                 | Bowing Green   |
|                             | Ukulele   | 10.30am - 11.30 am     | Avenues Lounge |
|                             | Croquet Organised                                     | 1.00pm                 | Croquet Green  |
|                             | Weekend Movie   | 1.00pm                 | Movie Theatre  |
|                             | Croquet Organised                                     | 1.00pm                 | Croquet Green  |
|                             | Line Dancing  | 1.30pm                 | Kell Lounge    |
|                             | Social Evening – Toucan Band (Bar open-bring nibbles) | 7.00pm                 | Lodge Lounge   |
| Sun 13 <sup>th</sup> June   | Chess Group   | 10.00am                | Chess Nook     |
|                             | Weekend Movie   | 1.00pm                 | Movie Theatre  |
|                             | Croquet Social Friends (Closed Group)                 | 1.00pm – 4.00pm        | Croquet Green  |
|                             | Coffee , Chat and Games                               | 1.00pm                 | Avenues Lounge |
|                             | Sunday @ Seven  | 7.00pm                 | Theatre        |
| Mon 14 <sup>th</sup> June   | Keep Fit  | 8.30am                 | Kell Lounge    |
|                             | Painting Group (No Tutor)                             | 9.30am                 | Kell Lounge    |
|                             | Outdoor Bowls   | 9.45am                 | Bowling Green  |
|                             | Darts   | 4.00pm                 | Avenues Lounge |
|                             | Tai Chi with Sherie                                   | 1.30pm                 | Kell Lounge    |
|                             | Shopping Bus  | 9.45am, 10.15am, 11am  | Albany Mall    |
|                             | Singing Group   | 7.00pm                 | Stage          |
| Tue 15 <sup>th</sup> June   | Petanque  | 9.15am and 10.45am     | Petanque Court |
|                             | Line Dancing Last class with Eleanor & Wayne          | 10.00am                | Kell Lounge    |
|                             | Blokes Shed (Assistance Available)                    | 10.00am                | Blokes Shed    |
|                             | Croquet Organised                                     | 1.00pm                 | Croquet Green  |
|                             | Mahjong   | 1.30pm                 | Avenues Lounge |
|                             | Diversity in Art                                      | 1.30pm                 | Kell Lounge    |
|                             | Therapeutics @ 3                                      | 3.00pm                 | Lodge Lounge   |
| Wed 16 <sup>th</sup> June   | Discover Albany Walkers                               | 8.50am                 | Reception      |
|                             | Settlers Hair Salon                                   | 8.30am                 | Hair Salon     |
|                             | Outdoor Bowls   | 9.45am                 | Bowling Green  |
|                             | Aqua size   | 9.25am Barbara's class | Swimming Pool  |
|                             | Aqua size   | 10.10am Joan's class   | Swimming Pool  |
|                             | Croquet Social Friends (Closed Group)                 | 1pm – 4pm              | Croquet Green  |
|                             | New Generation 500 Club                               | 3.00pm                 | Avenues Lounge |
|                             | Happy Hour  | 4.45pm                 | Main Lounge    |
|                             | Rummikub  | 7.00 pm                | Avenues Lounge |
| Thurs 17 <sup>th</sup> June | Keep Fit  | 8.30am                 | Kell Lounge    |
|                             | Settlers Hair Salon                                   | 8.30am                 | Hair Salon     |
|                             | Table Tennis  | 9.30am                 | Kell Lounge    |
|                             | Craft Group   | 10.00am                | Link Lounge    |
|                             | Croquet Organised                                     | 1.00pm                 | Croquet Green  |
|                             | Petanque  | 1.00pm                 | Petanque Court |
|                             | Chess Group   | 2.00pm                 | Chess Nook     |
|                             | Darts   | 4.00pm                 | Avenues Lounge |
|                             | Indoor Bowls  | 6.30pm                 | Kell Lounge    |