

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 16 January – 22 January 2023 No. 253

From the Manager's Desk

Good afternoon all

Aaron is turning 40 this weekend and I am just hoping for a break in the weather so we can celebrate with a small group of friends at the beach!

Weed spraying in the Village

To maintain a good level of lawns across the village, it requires excellent weed management, and it can only be achieved by spraying. Please read Sian's blurb in this newsletter where she details the benefits of spraying as well as the chemicals we use in the Village. If you have a genuine objective to us spraying your lawn, please contact me before 20th January. Otherwise, we will assume you are comfortable for us to proceed. We are aware of a very unfortunate historic event where untrained previous staff caused damage in residents' gardens by incorrectly spraying plants. Please rest assured that if any damage is caused by our team spraying, we will be replacing the plants at our cost.

Outdoor furniture

Not that residents have been able to enjoy it yet with this interesting "Summer" weather, but we now have new outdoor furniture on the balcony in the Sunroom. We are also waiting for some outdoor furniture to arrive for the deck by the end of the lounge outside the bi-fold doors. Hope you will be able to enjoy those very shortly!

Croquet sail shade

We had to remove the sail shade over the Croquet lawn as it unfortunately ripped due to the strong winds on Monday. We are currently looking at possible repairs or buying a new shade if required.

Newsletter delivery

We are looking for a kind volunteer to help Priscilla deliver the newsletter weekly. Priscilla has been delivering the newsletter for several years now and we are very grateful for this. Thank you Priscilla. Please contact Cherie if you would be interested in helping us and Priscilla.

Staff updates

Welcome to Benjamin, our new Head of Department Health & Wellbeing, who will be starting on Monday 23rd January. You will see him around with Catharina and our nurses' team, getting to know the village and residents. You can read more about him a bit further in this newsletter.

It is with sadness to inform you that Sian, our Head Gardener, has decided to leave Fairview in the first week of February. Sian has been an important part of our community over the past 2 years, and we wish her well with her future opportunities. We thank her for all the hard work she has put in and we will surely miss her smile and kindness to all.

Events' Calendar

Cherie has created an events' calendar, month by month, for residents and village staff to add details of their events occurring throughout the year. This way, anyone can refer to the calendar to check available dates and to ensure that any various space is free.

Village Residents' Dinners (special events)

The following guidelines were discussed and agreed at the Residents' Committee meeting on Tuesday, 10th January 2023.

- There should be a cap of 180 people, to allow kitchen staff to cater adequately.
- When a dinner is announced, residents should make their table bookings with Reception as soon as possible.
- Bookings close five days before the event to allow for catering.
- If a resident without a partner wishes to invite someone who is a non-resident, they should apply to the village manager, as soon as possible or at least a week before bookings close.
- The village manager will review each application on a basis of one guest per person, and the reason for the request, pending the number of residents attending as priority will always be given to residents first.
- The village manager will make the decision and let the committee know.

Morning tea with the Manager

I am looking forward to resuming our Friday morning teas tomorrow, Friday 13th January at 10am with the 2nd half of residents from Kentia Way. Next week will be Lavender Close. Cherie will be calling residents to confirm.

Residents' phone book

Our new residents phone book will be ready by the end of this month . Please ensure you have updated Reception with your contact details if need be by the 20th January. Thank you to Cherie for all the hard work put into this project.

Have a lovely weekend, hoping the sunshine will come back!
In the meantime, here is Mia picking strawberries a few weeks ago on a very sunny hot day.

Marika



From the Chef's oven



To start the year, the team and I will take you on a culinary journey with Weekly Chef's specials, featuring different cuisines like Mexican tacos and quesadillas, German schnitzel salad, Mediterranean salad, Japanese and Vietnamese noodles, Thai curry and Indian butter chicken, American burgers, Italian pastas, Filipino, and more.

We would also like to introduce a "Resident's Special" and showcase your favorite meal or recipe. Please drop a note in our kitchen suggestion box, with your name and a little description, and we will try our best to replicate your suggestion as best as we can! Plus, the lucky resident will receive a free lunch from us!

Also please take note that as we are reviewing our menu offering, and due to inflation and food cost, we will consequently be reviewing our prices in 2023.

Noris and the Kitchen team

Welcome to Benjamin, our new Head of Department Health & Wellbeing

I am looking forward to starting and meeting everyone at Fairview Lifestyle Village as your new Head of Department Health & Wellbeing!

A little bit about me, I was born in Taranaki where I attended and completed my nursing training at the local polytechnic. After completing my studies, I began employment at the busy Emergency Department of Auckland City Hospital, where I was able to develop unique emergency and advanced assessment skills. Over my time working in acute care, I have developed a passion for working with older people, advocating for their best interests, and helping them to maintain their overall independence.

In my time off, I love getting into our great outdoors. You will find me playing a quick 18 holes of golf at Pupuke or Takapuna Golf Courses, surfing our pristine beaches on the west coast or getting lost on hikes. Family is incredibly important to me, and I like to hold my values of honesty, integrity and determination closely.



Again, I cannot wait to meet and get to know everyone at Fairview and hit the ground running!

Sincerely,

Benjamin Peattie NZRN BSN

Nurses' Corner

Oh dear, Cherie just asked if I'd done my newsletter so it's short and sweet this week.

No covid that I am aware of in the village.

Fluids – very humid at the moment so keep them up. Always just have a talk to your doctor when getting your script about how much you should be drinking. Some of you are on restricted fluids so that takes precedence.

Constipation – this is something that happens at this time of the year, because of lack of fluids. Don't go more than 3 days without a bowel motion. Have something at home you can take. Ask your chemist or your doctor if this is a problem. Check your diet. Have a coloured diet – lots of fruit and veges, not so much meat as this is harder to digest.

My news

It's quiet on the news front. All well. I am finally feeling better after my bout of covid. 3 weeks which according to the latest is how long the symptoms initially seem to last. Do have those antivirals if you can – I didn't. They seem to make a big difference to how long and how severe you have this.

Keep well everyone
Catharina and Co 😊



Gardening Corner

Hello Everyone,

Hope everyone has had a nice start to the year. I just want to sincerely thank everyone who is still patiently waiting for their garden maintenance requests to be filled. Over the Christmas and New Year break much of my team has been away, and I am very much looking forward to having a full team again. As you can imagine, the gardening team has not been as quick to process requests, and we now have a backlog of garden requests to work through. We are addressing these as fast as possible.

Weed spraying

It has been an incredibly wet spring, and a very wet summer so far. The combination of constant rain, and our warmer temperatures has really had an effect on the weed growth in the village. Usually weed growth is strongest during spring, then slows down in summer as the weather gets hotter and drier. During a 'normal' spring, the garden team would be working hard to control weedy growth, with agrochemicals on the dry days as herbicide spraying cannot be achieved in wet weather.

As the weather improves, the gardeners are going to be focusing strongly on spraying the weeds in the village. I am sending the gardening team on an agrochemical course so they can upskill and ensure to spray safely and efficiently. Herbicides do not need to be scary; they are a tool to be used. Below I have included a little more information about herbicides and their uses in the village. Please don't hesitate to ask me any further questions regarding spraying in the village.

Herbicides

Does rain affect herbicide? Yes, rain affects herbicide efficiency because rainwater simply washes it away from the surfaces that need treatment. This is why we do not spray weeds when it's raining or right before it's about to rain. Most herbicides need to be absorbed into the leaves to kill the unwanted plants. The herbicides we mostly use in the village are *BioSafe* and *Polaris360*. All our herbicides are pet and child safe once dry. Once the liquid has dried the chemicals are inactive. The garden team also have new 'spraying in progress' signs, which will be placed at the beginning of the street we are spraying.

BioSafe is an organic mixture made up of coconut oil, fatty plant acids, and garlic (which gives it quite the odour). *BioSafe* works as a contact herbicide – it works by coating the surface it is applied to, then burning the leaves. This product works very quickly. You will be able to see the effects within 6 hours, as weeds yellow, wilt, and die. However, *BioSafe* will not target the roots of weeds, only the surface it is directly applied to. This means that it works great on weeds like *Euphorbia peplus*, commonly known as Milkweed, because *E. peplus* cannot regrow from its roots alone. If you would like to try this product yourself, KiwiCare 'Weed Weapon', has the same active ingredients and is sold by Mitre10 Mega Albany.



Polaris360 is a manufactured chemical herbicide. This is a systemic herbicide – this product works by the weedy plant absorbing the active ingredient, and moving it into the roots, stems and leaves. This product works slower than *BioSafe*, within a week you will notice yellowing and wilting and within a fortnight, they will be gone. *Polaris360* is a great tool to be used in irradiating weeds that grow back if their roots get left behind e.g: *Taraxacum officinale*, known more commonly as Dandelions. For the same results in the home garden, I recommend using KiwiCare 'Weed Weapon Extra Strength'. This can also be found at Mitre10 and Bunning's alike.

Larger weeds like blackberry, gorse, or convolvulus will need multiple application of herbicide to get rid of them. The gardeners often use 'cut n paste' to work through weeds with stronger root systems. 'Cut n paste' products are usually a tacky glyphosate gel that gets applied to the cut stems and trunks of woody weeds. On a sadder note, I am going to be leaving the village and my role as Head Gardener. My last day is the 2nd of February. I have thoroughly enjoyed my time here at Fairview and will miss everyone dearly.

Have a lovely week! Sian

What's on this coming week and next



Movie Group – resumes 24th January.



Outdoor Bowls

The bowlers have decided to change their rollups back to afternoons on Tuesdays and Thursdays as well as Sundays. Meet at 1p.m. for a 1:15pm start. Bring a bottle of water.



East Coast Bays Catholic Parish

Our Liturgy Service for this month will be held in the Sun Room, 3rd Floor on Friday 20th January 2023 at 11.00am. Holy Mass will be celebrated by one of the priests of our parish. In recent times, we have indeed been very privileged to have a priest in attendance and to lead us at our regular liturgy gatherings. A warm invitation is extended to all who may wish to join our small community in prayer and friendship. For further information, please contact Natalie Turner (Ph: 479 9527).



Fairview Fellowship

Our Christian fellowship extends a warm welcome to join us each month. We meet to learn from God's word and share the friendship of our common faith.

First meeting for 2023:
Monday 23rd January at 3pm
3rd floor Sun Lounge

The earlier date change is to accommodate the Auckland Anniversary weekend.

Contact Bronwen Charlesworth on 021 920 000 or 09 478 0513.



Garden Club

A trip has been arranged to Kings Garden Centre, Silverdale on Wednesday 25th January for lunch. The bus will be leaving at 11.15am. If you would like a seat on the bus, please phone Anne Pike on 475 6741.



Friday Night Raffle – 6 January 2023

We were hoping to start the New Year with a bang, but thanks to the weather it was more of a fizzle. Nonetheless there were 36 dwellings represented and some very happy winners.

To start the New Year well, it was decided to have 4 dwelling draws, our usual plus 3 extras. Ray Barrett supervised the dwelling draws and Mary Gardner was chosen to draw them, thank you Mary. The winners were: Richard and Jean Jones, usual dwelling prize, 1st extra prize Mary Gardner, 2nd Lorraine Dale and 3rd Daphne Markwick.

Patrick Knell one of our usual very lucky winners rolled the balls for us, thank you Patrick, and the winners were: Annette Cook, Don Gibbs, Brynley Goodger, Earl Troughton, Ray Barrett, Lorraine Dale, Clive Sandham, June Pennington, Lois Hadfield, Tom Wilkinson, Rosalie Hancy, Barbara Dines, Denis McCarthy, Marck de Lautour, Arthur Levett, Clarke Robbie and Monica Renwick.

Congratulations to all our winners and look forward to seeing you all again next week.
Daphne Markwick, Raffle Convenor – Tel: 478 9803

Resident's notices

Apartment Garden Area

It has been good to see some of you taking some lettuce - there are just a few more if you want them, etc. The herbs are MINT, CHIVES, SAGE, THYME, BAY LEAVES, ROSEMARY PARCEL & now OREGANO. I've removed the Pineapple Sage as I'm reassessing the garden area but have a couple of cuttings should anyone want them. If rooted cuttings are wanted from any of my plants let me know. The poor little fountain in the birdbath hasn't had much joy with the weather lately, my consolation is that Bernard will be having the same problem!

As usual the invitation is out to any Apartment residents wanting a plot, please contact me.
Barbara Bailey Apt. 321 - Phone 027-416-8945

Missing

My Christmas pear ornament is missing from a table on Level 4 hallway between A414 – A412. The pear is silver with gold leaves and stalk. It went missing last Sunday night or early Monday morning. If you have seen this, please contact reception.

Found



A blue ear ring has been found on the bus. Please contact reception.

Extra services

Window Cleaning

Please take note that our contractor for window cleaning Washco will be in the Village until 20th January 2023. They will be cleaning all outside windows of villas and the Lodge.

Date	Building
11th January	Apartment Building
12th January	Apartment Building
13th January	Apartment Building
16th January	Villas 1 - 30
17th January	Villas 31 - 60
18th January	Villas 61 - 90
19th January	Villas 91 - 120
20th January	Villas 121 - 136 - Gardner Apartments
20th January	Villas 137 - 147

Internal window Requests

Requests to be made to reception and paid to WashCo staff

2 Bedroom Villa	\$60
3 Bedroom Villa	\$80
1 Bedroom Apartment	\$35
2 Bedroom Apartment	\$40

Bug Doctor

Hello again Fairview Lifestylers. Peter, that's me, the Bug Doctor will be treating villas and apartments from Wednesday 7th December onwards.

Last year I increased the base price structure which was the first increase in 7 years. Unfortunately, costs have gone a bit haywire in the last 12 months with fuel etc and this summer season there is an increase of \$5.00 per villa and apartment.

Villas \$115.00 and Apartments \$75.00. The village gets a great discount (villas 40% and apartments 35% off) compared to the outside world.

For those of you that haven't experienced this non-smelling, clear to re-enter in one hour, 6 months guarantee, lasts for a year treatment – then ask your neighbour. I've been in the village for at least 17-18 years and still have my customers on board.

Phone/text 021 244 5909. Cheers Peter

Guess Who?



Can you guess who this Fairview resident is?

If you think you know who this is, pop your name and your guess on a piece of paper and place in the box at reception. Next week we will publish who the mystery resident is, and who guessed correctly.

We would love as many photos as we can to keep everyone guessing. Please send us a picture of yourself (teenage years onwards) to cherie.lesueur@fairviewvillage.co.nz or bring to reception with your name and we'll add a photo weekly in the newsletter.

Library Committee Picks

We are Water by Wally Lamb

Wally Lamb brilliantly captures the essence of human experience in vivid and unforgettable characters struggling to find hope and redemption in the aftermath of trauma and loss.

20 Chickens for a Saddle by Robyn Scott

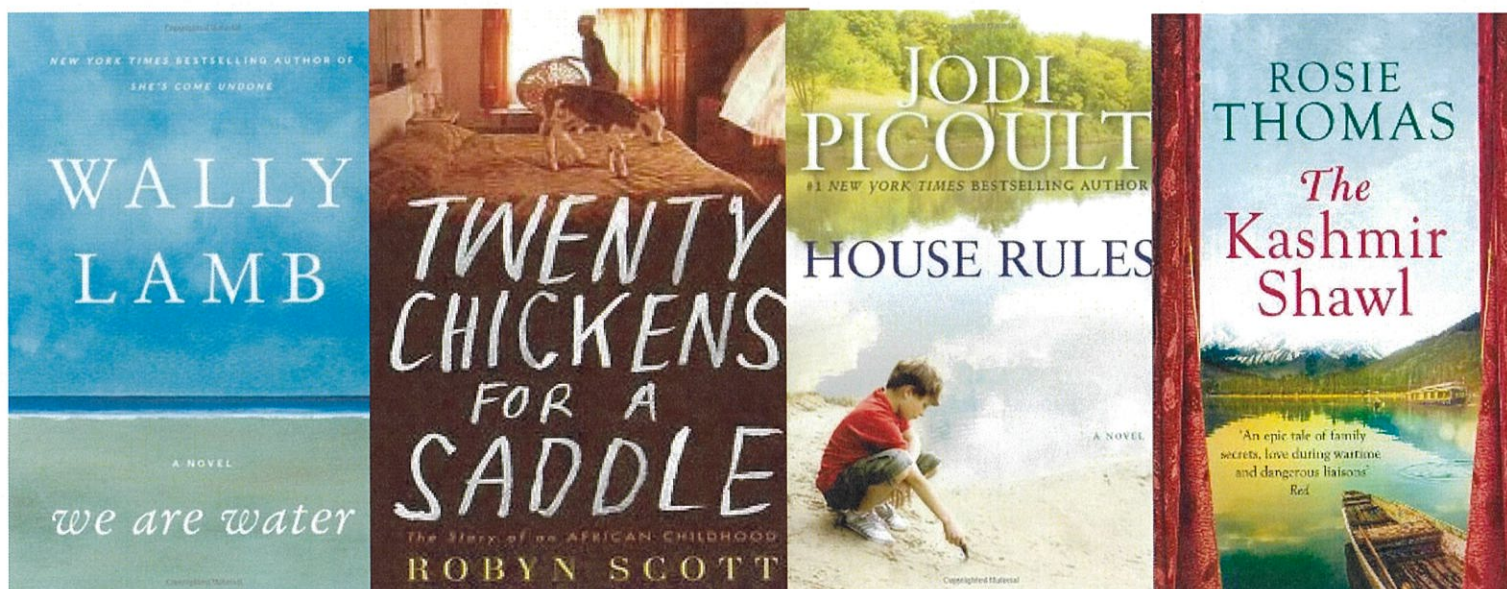
In this brilliant, hilarious memoir, Robyn Scott recounts the years living in Botswana while her dad works as a flying doctor. Non-fiction (Orange sticker)

House Rules by Jodi Picoult

When a teenage boy with Asperger's is arrested for murder, his family faces a daunting task to prove his innocence. Jacob's behaviors are hallmark Asperger's, but they look a lot like guilt to the local police.

The Kashmir Shawl by Rosie Thomas

The exquisite antique shawl is finely woven in the shades of lake water and mountain skies, and has, within its folds, is a lock of child's hair. It becomes the root of a quest that finds its way back to Kashmir.



BELATED GREETINGS

Goodness Gracious! What a shock!
Our Christmas mail's arrived.
We've waited weeks impatiently
Been feeling quite deprived.

We know the Poms are fractious,
Fresh leaders every day.
The Posties must have gone on strike
Demanding time to play.

So what to do with cards
Too late to be displayed?
Could we keep them all this year
Till the mails once more delayed?!

Angela Woolnough

LAUGHTER LINES

One Liners to make you smile:

1. "Has the laundry made a mistake," asks Mr Brown, "this shirt is so tight I can hardly breathe." "Yes, it is your shirt all right," replied the wife, "but you've got your head through a button hole!"
2. The young lady was so naive; she thought Winchester Cathedral was where they held the shotgun weddings.
3. The most important thing a woman can have – next to talent of course – is her hairdresser – Joan Crawford.
4. He had always tried to pay his bills with a smile. But invariably they wanted money.
5. My husbands have all been very unlucky – Lucrezia Borgia
6. From a student's examination paper: A circle is a bent straight line with a hole in the middle.

Many people who call themselves churchgoers only attend once a year – at Easter. A Minister preaching to an unusually large Easter congregation included a sly dig at the once-a-year crowd with these words : "I'm please to see so many unfamiliar faces here on this Easter Sunday morning and before closing, I'd like to take this opportunity of wishing you all a very Merry Christmas."

A soldier was posted overseas and as he kissed his girl-friend goodbye before embarking, he said, "You will wait for me won't you darling?" "Oh, yes, she replied. I'll wait." The soldier completed his three year tour of duty but like the station so much he signed on for another three years. At the end of the six years, he wrote to his girl-friend saying that he was thinking of signing on for another year. A few weeks later he received a telegram which read: "Couldn't wait any longer so have married your father." Love and best wishes, Mother.

A chic model blonde was being examined by her doctor, after complaining of abdominal pains. "There is no doubt about it, said the doctor pursing his lips, you have acute appendicitis." The model yawned ostentatiously. "Thank you, doctor, but I came here to be examined, not admired."

It was one of those monastic orders where the monks were silent, except on the day of their patron saint, St Titus. The first year Brother Basil asked for another blanket. The second year he asked if he could have porridge instead of corn flakes. The third year he asked if he could have sugar in his tea. The fourth year he asked if he could leave the order. "You might as well," said the Head Monk. "You've done nothing but flamin' whinge ever since you've been here."

Addressing the little girl in plaits, the teacher said: "Mary, come up to the map and point out Tasmania to me." Mary did so. "And now, Ned," the teacher said to a little kid in the front row, "Who discovered Tasmania?" "Mary did, Miss," he said.

The game was so close that the two avid football fans refused to leave the stands to get something for their hunger. "Send the kid to get some pies," suggested one. The pies were \$2.00 each so they gave the kid \$6.00 and told him to get one for himself. The kid came back in five minutes and handed back \$4.00. "They only had one pie left," he said.

Last line: A boss is someone who delegates authority; shifts blame and takes the credit for a job well done.

From the joke books of A. Nonny Muss

Strength and Balance

Classes resume on Monday 23 January 2023.

Tai Chi

Tuesday 17 January at 2.30pm – 2nd Floor Games Room

It would be so nice to have more of you join us for this calm, quiet 30 minutes of gentle movement led by our tutor Jo. The cost is \$2 per session, and we appreciate the assistance of the village committee in helping towards the cost.

Physiotherapist

Darrell Flinn will be back on Tuesday 17 January 2023.

Beautician

Wednesday 18 January - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd floor.

If you would like to make an appointment with Natalie, please phone her on 021 145 8542. A price list is available at Reception.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 19 January at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 26 January 9.00am to 12.00 noon – 3rd Floor Doctors Room

If you would like an appointment to see Paul Hames, please contact Reception.

Doctor

Thursday 26 January – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please contact Reception if you would like an appointment to see Dr Paul Hunter.

WEEKLY SCHEDULE

16 January – 22 January 2023

OFFICE 477 3900 / NURSES Ph 477 3951 or Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 16 Jan	Hair salon	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	Resumes 23 January	2 nd Floor Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 17 Jan	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet (Weather Permitting)	9.00am	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Tai Chi	2.30pm	2 nd Floor Games Room
	Movie Group	Resumes 24 January	
Wed 18 Jan	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Beautician	9.45am	3 rd Floor Doctors Room
	Petanque	9.30am	Petanque Court
	Scrabble	1.30pm	3 rd Floor Games Room
	Rummikub	1.00pm	3 rd Floor Games Room
	Ball Drumming	On Hold	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 19 Jan	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (Weather Permitting)	9.00am	Croquet Green
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
	Art Group	Resumes 2 nd February	3 rd Floor Sun Room
Fri 20 Jan	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Hair Salon	9.30am	3 rd Floor salon with Kim
	Catholic Liturgy	11.00am	3 rd Floor Sun Room
	Rummikub	1.00pm	3 rd Floor Games Room
	Friday Night Raffle	4.00pm	3 rd Floor Main Lounge
	Happy Hour	4.30pm to 6.00pm	3 rd Floor Main Lounge
Sat 21 Jan	Croquet (Weather Permitting)	9.00am	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 22 Jan	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Dinner Menu

Theme: Culinary Journey with Relish Café

16-22 January 2023

Bookings by 1pm (Phone 477 3957)

Small Meals \$15 – Large Meals \$17

\$2.00 Delivery Fee applies per Villa

Monday (Philippines)

Braised Pork Adobo, Yoghurt Slaw & Fries

Tuesday (Japanese)

Chicken Katsu with Udon Noodles

Wednesday (Indian)

Lamb Kofta with mint yoghurt and cumin rice

Thursday (Moroccan)

Beef Casserole w/ herbed potato scoops and burnt broccoli

Friday (KIWI classic)

Fish on Friday

Battered Fish, Slaw and Fries

Saturday (American)

Burger Steak in mushroom Gravy with seasoned wedges and peas

Sunday Roast (Kiwi Classic)

Pork Roast & vegetable in classic gravy