

## From the CEO's Desk

As another week draws to an end, I would like to acknowledge and thank all those residents who have popped in with warm greetings whilst I am covering for Marika.

Birthday night tonight looks to be another great celebration and the team all looks forward to catching up with some of you this evening, either over pre dinner drinks or over the dinner itself.

Thanks to all those residents who have worked tirelessly in organising this annual event.

The weather forecast is predicting some heavy rains over the next few days so please stay safe.

Reception will be closed this weekend as Diana is away on leave. Please remember to bring your door swipes if you are going down to the main building as access will be locked for security.

I received a note from a resident asking me to remind all dog owners and visitors dogs that they need to be on a leash whilst walking through the village.

There has been a bit of road repair activity at the front gate where Council have redefined the pathway to cope better with heavy storm drainage.

Council has acknowledged our request to remove some of the trees at the front entrance to the village. They have advised that we will need a resource consent and to include a plan to replant indigenous plants. We are working on the application and hopefully it won't take too long to get the permission we need to remove these trees.

Today is our shortest day so it can only be positive going forward as the days get longer and the sun stays out for longer.

We haven't had any further Covid infections at Fairview Care over the last few days. We have therefore only been on a low level lockdown affecting those that are unwell due to Covid, and the 7 day isolation period will be closed out at the weekend when we are fully back to normal operations.

Have a great weekend.

Terry



## Nurses' Corner

Welcome to the fourth edition of our winter wellness focus, brought to you on the shortest day of the year! This week, we will be discussing the importance of nurturing our mental and emotional wellbeing during the winter months. The colder season can sometimes bring feelings of isolation and lower mood, but there are strategies to support your mental and emotional health.

1. **Stay Connected:** Maintain social connections by reaching out to friends, family, and community members. Plan some activities that bring you joy and foster a sense of belonging.
2. **Practice Self-Care:** Prioritize self-care activities that nourish your mind, body, and soul. Engage in activities like reading, practicing mindfulness, listening to music, or pursuing hobbies you enjoy.
3. **Seek Sunlight and Fresh Air:** Spend time outdoors during daylight hours to absorb natural sunlight. This can boost your mood and provide essential vitamin D. Remember to still 'rug up' on colder days.
4. **Manage Stress:** Winter can be a stressful time, so it's important to manage stress effectively. Engage in stress-reducing activities such as meditation, deep breathing exercises, journaling, or engaging in creative outlets.
5. **Seek Support if Needed:** If you're struggling with your mental or emotional wellbeing, don't hesitate to seek support. Reach out to myself or anyone in the Health & Wellbeing team, your healthcare professionals, counsellors, or even get in touch with some support groups who can provide guidance and assistance.

I'd like to set a challenge for everyone to help foster more connectedness – If you see someone in your travels you haven't met before, why not try strike up a conversation with them, you never know who you might meet.

Just a friendly reminder / notice to Residents with Nurse Call pendants, I will be doing spot checks randomly on the wearing of these. In the event of a significant fall these could make the difference between being found quickly or having to experience a long lie if you are unable to get yourself back up. Please do wear them, I would rather come out to a false alarm from having accidentally pressed it than come to someone who has been laying on the ground for hours unable to get help. If you are interested in getting a personal Pendant, please get in touch.

Benjamin Peattie – HOD Health & Wellbeing – 021 861 706 – [benjamin@fairviewvillage.co.nz](mailto:benjamin@fairviewvillage.co.nz)



## From the Chef's Oven

Hi everyone!

### What's Popular at Relish Café?

The most popular meal last week, and also this week, has been our Monthly Chef's Specials and Daily Lunch Specials. We have Beef Teriyaki Noodles for the month of June, and due to popular request, we are doing mince on toast with a poached egg as the Lunch Special.



### Feedback Winner:

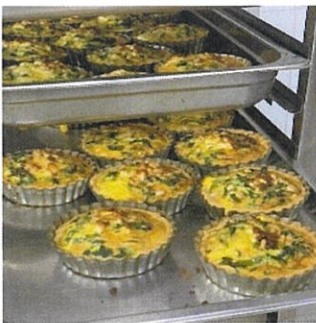
This week's feedback winner is Barbara Bailey. Thank you for taking the time to write your feedback. Our kitchen team will do their best to provide residents with good meals and great service.

### This week's takeaway optional dinner:

As an additional frozen takeaway dinner choice, we have roast beef with potato mash and creamed silverbeet. Please be quick as we only cook limited batches.

### Homemade Cabinet Food:

We hope you are enjoying our wide selection of homemade cabinet and counter meals. We also have quiches, pies, sweet treats and some dietary selections of gluten free, sugar free and vegetarian. It's all HALF-PRICE after 2 pm.



Cheers, Chef Noris & the Relish Café team



### **Gardening Update**

Our electric water blasting is missing. If you have seen this can you please contact reception.

Thank you.

## What's on this coming week and next



### Movie Group

Tuesday 27 June – Grease

Great song and dance movie with very popular music.  
Stars John Travolta and Olivia Newton-John.

Every week we endeavor to show a good quality movie for your entertainment. Our Level 2 Theatre has comfortable seats and a big screen to rival Hoyts! You are very welcome to join us.  
Peter Woolnough



### Friday Night Raffle – 16th June 2023

Please note that Paula will be away for the next two Fridays. Linda Pinder will be standing in for her so I would like to ask you all to ensure that you wear your name badges to assist her.

This week we sold 3 major raffles and one minor raffle.

The dwelling draw was undertaken by Richard Jacobson and the winner was Bev Wade.  
Congratulations Bev.

The main raffles were drawn by Robin Hood. The winners were:

Bruce Benfell, Bruce Draper, Sandie Jennins, Bev Wade, Linda Pinder, Pat Gill, Peter Thompson, Richard Jacobson, Gordon Tasker, Audrey Ansell, Luella Jacobson, Don Gibbs, Christine Smith, Brynley Goodger, Heather Petchell, Robin Hood and Natasha Nevill.

Congratulations to all of our winners. We look forward to seeing you all there this week.

**Diane Brown**

Raffle Convenor - Tel: 478 3581



### Croquet Group

Winter playing days are Tuesdays, Thursdays and Saturdays at 1.30pm. Anyone interested are most welcome to join our casual and convivial group.  
Phone Mary Gardner 479 9318.



### QUIZ NIGHT -- Sunday 25 June 2023

Quiz Night returns this Sunday after being cancelled in May due to illness.

In April **The Secret Squirrels** climbed even further up the leader board, coming first with 54 points. Congratulations! **The Iris Watchers** were second with 50, and **The Palms** were third with 49. Without Lois and Tom, **The Mixed Nuts** could not live up to their reputation and earned the right to choose a topic for next month by coming in fourth with 46 points. It was an enjoyable and close contest throughout the evening with plenty of laughs.

**The Mixed Nuts** have chosen **Cooking** as their topic.

Accordingly, the June topics are **General Knowledge 1, Doctors & Nurses, Cooking, Something Beginning with B, People & Places** and **General Knowledge 2**. The first question is asked at 7.00pm and quizzers are home by 8.45, so why not give it a go? You can expect an entertaining evening of fun and laughter.



## Fairview Fellowship

Next Meeting:  
Monday 26<sup>th</sup> June at 3pm

In the 3<sup>rd</sup> Floor Sun Room

Our Fairview Christian Fellowship offers a warm welcome to all who would like to join us. We meet monthly to learn from God's word and encourage each other in our shared faith.

Contact:

Bronwen Charlesworth on 09 478 0513 or 021 920000



### Fairview Building Wash & Window Cleaning Schedule for June 2023

#### Date Building

26th June	Villas 1 - 147	
27th June	Villas 1 - 147	
28th June	Villas 1 - 147	
29th June	Villas 1 - 147	
30th June	Villas 1 - 147	Private internal windows - Villas

3rd July	Apartment Building	
4th July	Apartment Building	
5th July	Apartment Building	
6th July	Apartment Building	
7th July	Apartment Building	Private internal windows - Apartments

## Residents' Notices

### SUPER RUGBY FINAL

**Crusaders verses Chiefs**  
**Saturday 24<sup>th</sup> June at 7.05pm**

The match will be screened on the TV in the main lounge. Anyone interested in attending will be welcome.

Barry Jones

### NOTICE FROM THE LIBRARY COMMITTEE

A big thank you to Terry Denvers for making a special Jigsaw Table for the Library. Everything that Terry does is done to perfection. We are so fortunate that he has taken the time to do this for the benefit of those residents who enjoy the art of the jigsaw.

✧ "Terry - you are a Star!" ✧

*"Books are a uniquely portable magic." – Stephen King*

### RESIDENT HISTORICAL STORY

#### **Corporal BERNARD DONALD BRODIE** **CORONATION 1953**

The photo above was taken at the late Queen's Coronation in 1953 as a member of the 1st Battalion GLOUCESTERSHIRE Regiment a member for 7 years representing the Guards of Honour to the colours.

A little bit about myself. I was born in Jersey (Channel Islands father English, mother French ( Le Breton)

I was an 8 year old when in 1940 Dunkirk fell and left us exposed to Hitler, therefoer father would not stay as being English he wasn't going to hang around. The only boat available was a cargo boat, my two siblings and I were put in the hold. The crew consisted of 9, and sailed to Weymouth which took 28 hours (normally 9 hours) sunken ships and mines everywhere in the channel. We could not move at night. The family were accepted in England, the bombing was so bad my siblings and I were evacuated to mid-Wales where I lived on a farm for 5 years. With a shortage of man-power , I was taught to milk cows at 9 years of age, eventually came back to family at age 13, and then got an apprenticeship as a signwriter.

Taken into conscription when I was 20 years of age, pay packet 29 shillings. 9 shilling for me and £1 pound for mother. That was the reasoning to sign on for 7 years.



**If you would like to share your story, please contact reception.**

## REMINDERS FOR RESIDENTS

- *Please do not park your car on the grass verges. Grass and sprinklers are easily damaged.*
- *Please use the newly painted pedestrian crossings to cross the road. There is pedestrian access through walkways in Ngaio, Magnolia and Olive Grove. This route is quick and avoids the blind corner on Margaret Drive.*
- *School holidays are looming. Please ask any visitors (children especially) who are using the pool to observe the pool rules. The rules are on display in the pool enclosure.*

*Thank you – on behalf of the Residents' Committee*

## Albany Library – Introduction to Smart Phones

Albany Library is returning to help residents with their smart phones on Thursday 29<sup>th</sup> June from 2pm to 3pm in the 3<sup>rd</sup> Floor Games Room. They have requested a small group of 5 to 6 people so please get in quick if you are interested in attending.

## Tai Chi

As most of you will know we no longer have an instructor for this class. We need to know if there are enough people interested in taking part should a new class be offered.

Please phone Averil on 475 6624 to register an interest and I will look into getting a replacement teacher if the desire is there.

## NZ Herald – Puzzle Pages

Please do not remove the puzzle pages from the Herald in the Café and Library. Please photocopy the puzzles using the library photocopier. Thank you.

## Hair Salon

The hair salon is closed on Mondays and Fridays. Margaret is available on Wednesdays and Thursdays in the hair salon.

## Tulip Bulbs for Sale on behalf of Parkinson's NZ

There are tulip bulbs for sale at reception. A pack of 5 bulbs costs \$5.00 (cash only). The colours available are deep purple and white.

## FAIRVIEW VILLAGE LIBRARY – LATEST BOOKS 2023

### NEW BOOKS

**Atlas by Lucinda Riley/Harry Whittaker** - Final book in the Seven Sisters series. Spanning a lifetime of love and loss, crossing borders and oceans, Atlas: The Story of Pa Salt, co-authored by her son Harry Whittaker, draws Lucinda Riley's saga to its stunning, unforgettable conclusion.

**City of Dreams by Don Winslow** - The city where dreams are made. On the losing side of a bloody East Coast crime war, Danny Ryan is now on the run. The Mafia, the cops, the FBI all want him dead or in prison. With his little boy, his elderly father and the tattered remnants of his loyal crew of soldiers, he makes the classic American migration to California to start a new life.

**Someone else's Shoes by JoJo Moyes** - Wealthy Nisha and struggling Sam are two very different women whose lives become entangled when Sam accidentally takes the gym bag containing Nisha's shoes.

**By Her own Design** - The incredible untold story of Ann Lowe, Jackie Kennedy's wedding dress designer, a Black woman who made some of the most famous dresses of all time, only to be forgotten by history.

**Return to Valetto by Dominic Smith** - An authentic yarn, with conflict, tension and an enchanting crew of eccentric characters. Peppered with food references, grieving hearts and poetic Italian phrases,

### DONATED BOOKS

**The Devil Aspect by Craig Russell** - Steeped in the folklore of Eastern Europe, and set in the shadow of Nazi darkness erupting just beyond the Czech border, this bone-chilling, richly imagined novel is propulsively entertaining, and impossible - a truly frightening story.

**Whitsunday Dawn by Annie Seaton** - against the epic Far North Queensland landscape, this is the story of two women, separated by history, drawn to Whitsunday Island where their futures will be changed forever. With the pristine beauty of the Whitsundays under threat, can they expose the truth in time?

**In the Clearing by J.P. Pomare** - A ticking-clock thriller that braids together the stories of a girl raised in a terrifying cult, and of an overprotective single mother whose fears for her child are about to come true.

**A Good Woman by Danielle Steel** - From the glittering ballrooms of Manhattan to the fires of World War I, we are taken on an unforgettable journey in this new novel - a spellbinding tale of war, loss, history, and one woman's unbreakable spirit.



## Fashion Parade

We had a great afternoon at the fashion parade last Friday with over 100 residents attending. We would like to thank our models Diane Lyons, Wendy Johnstone, Margaret Whitby, Daniele Montour, Robin Macdonald, Elaine McClintock and Cait Hughes. You were all wonderful!

Also a big thank you to the social committee members that helped out behind the stage.



## LAUGHTER LINES

### One Liners:

1. My father used to be a blacksmith in a butcher's shop – he used to shoo flies.
2. Why spend money tracing your family tree? Go into politics and have the opposition do it for you.
3. I keep telling my wife that I like her mother-in-law better than mine.
4. I wasn't kissing your daughter Sir – I was just whispering into her mouth. *Groucho Marx.*
5. My thirteenth wife cried and the Judge wiped her tears with my cheque book. *Tommy Manville*
6. I'm looking for a perfume to overpower men – I am sick of karate. *Phyllis Diller*

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It was the Bazza the Okker's first day on the job, high up on the scaffolding at the 51<sup>st</sup> level of the skyscraper when the hook of the crane knocked him off balance. He fell into the rubbish shoot, and for the next five minutes he bashed, crashed and walloped his way to the ground until he was discharged in a cloud of dust onto the footpath. "Where the hell have you come from?" asked the surprised foremen. "Melbourne." said Bazza.

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Two Kiwi's in black singlets, shorts and John Bull boots arrived at the Pearly Gates. St Peter took one look at them and said, "Nick off. You look like wharfies. We know all about you thievin' Kiwis. Pinch anything that's not tied down tight. Nick off." St Peter informed God he had just got rid of two Kiwis. God went berserk. "You can't do that. Everyone is entitled to get to heaven. Go get them back." St Peter went off to do his bidding but soon returned. "They're gone," he said. "Who, the Kiwis?" "No, the bloomin' Pearly Gates," said St Peter.

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They called the maintenance man when the washing machine broke down. He duly arrived pulled the machine out from the wall, studied it carefully for ten minutes then got a large hammer and gave it an almighty great whack. It started straight away. He then gave the couple a bill for \$100. "A Hundred bucks?" said the husband. "All you did was belt it with a hammer." It's all itemised on the bill," said the tradesman. "Hitting the machine with a hammer, \$2. Knowing the exact right place to hit it, \$98."

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It was a typical outback Australia wedding and the reception party was in full swing by the time Lenny arrived and parked his car by the shearing shed. He was about to go in when he met Fred coming out shaking his head. "It's all over." said Fred. "Don't bother going in. It's a total disaster. They've run out of beer and the best man has just run off with the bride." The news was enough to turn Lenny back toward his car. He was about to leave when another guest came running out of the hall shouting, "Don't go you blokes. Everything is okay. They found another keg and the best man has just brought the bride back and apologised."

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Tough Times: **IT'S TOUGH** when you call suicide prevention and they put you on hold. **IT'S TOUGH** luck when your car horn accidentally blasts off and remains jammed while you are driving behind a group of Hell's Angels. **IT'S TOUGH** when you discover a new cure for amnesia but forget where you put the papers. **IT'S TOUGH** we were so poor, I didn't have my 21<sup>st</sup> birthday until I was 35. **IT'S TOUGH** when the Hobo asks the mark for a dollar for a sandwich and the guy says "Show me the sandwich first."

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And Lastly: **For Sale:** Flat pack cupboard. Brand new, still in the box. Instructions come in three small pieces with ragged edges.

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From the joke books of A. Nonny Muss

## SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING JUNE 2023

To assist residents to be informed of decisions made by the Residents' Committee below is a summary of matters following our meeting of the 13<sup>th</sup> June 2023. Full minutes will be available in the library following the confirmation of the minutes at the next monthly meeting.

PRESENT: Alastair Glyn-Jones (Chair), Andra Glyn-Jones, Wendy Johnstone, Mark Jennins, Alison Leadley, Barbara Bailey, Gordon Tasker, Averil Denvers  
APOLOGIES: Angela Woolnough  
Terry Middlemost (later)

### FINANCIAL POSITION

The balance in the account as at 12 June 2023 is \$1,751.55. The amount on fixed deposit is \$10,000.

### GENERAL

- The committee remains the same as for the previous financial year, with Alastair continuing as Chair, Gordon as vice-chair, Andra as treasurer and Wendy as secretary.
- It was noted there are still a number of lights around the village either not working or obscured by foliage. Terry suggested that he and Cait drive around to review the situation.
- The new pedestrians and other road markings were noted, as well as the filling in of the pothole. It was felt that yellow painted lines to prevent parking, were needed opposite the underground garage entrance and opposite Olive Grove. White lines around trip hazards were also discussed.
- The poplar trees at the village entrance are in urgent need of removal. Although they are in the Fairview grounds, council still needs to approve the plans which include re-planting with natives. This is taking longer than expected.
- The committee offered to contribute to the cost of entertainment at the forthcoming birthday dinner. Terry said management would contribute as well, and pay for pre-dinner drinks at the bar. The committee thanked him.
- A welcome for new residents is being planned for August. There are a few newcomers expected in July.
- The need for new or replacement scooter ramps was discussed with Terry. He plans to review areas of public need with Alastair.
- A suggestion was made to donate prize money to Bingo in order to get it going. Ideally this could become a regular event on Saturday nights.
- It was suggested a formal presentation be made to management about the problems some residents are having with cats. This matter needs to be discussed with all residents.

The next meeting will be on 11<sup>th</sup> July at 10.00 am.

## **Strength and Balance**

Monday 26 June at 10.30am – 2<sup>nd</sup> Floor Lounge

Please remember to bring your water bottle – it is very important to keep your fluids up.

## **Physiotherapist**

Darrell has a clinic every Tuesday and works from the Doctors Room on the 3<sup>rd</sup> floor.

If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

## **Beautician**

Wednesday 28 June - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3<sup>rd</sup> floor.

Call or text on 0211458542 to make your booking.

## **Restorative Yoga with Joy – *Stretch Strengthen Revitalise***

Thursday 29 June at 1.30pm – 2<sup>nd</sup> Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

## **Doctor**

Thursday 22 June – 2.00pm to 3.45pm – 3<sup>rd</sup> Floor Doctors Room

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

## **Podiatrist**

Thursday 29 June 9.00am to 12.00noon – 3<sup>rd</sup> Floor Doctors Room

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

# WEEKLY SCHEDULE

26 June to 02 July 2023

RECEPTION 477 3900 / NURSES Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

<b>Mon 26 June</b>	Hair Salon	<b>CLOSED</b>	3 <sup>rd</sup> Floor Salon with Kim
	Strength & Balance	10.30am	2 <sup>nd</sup> Floor Lounge
	Fairview Fellowship	3.00pm	3 <sup>rd</sup> Floor Sun Room
	Line Dancing	4.00pm	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Lounge
<b>Tue 27 June</b>	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet (weather permitting)	1.30pm	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 <sup>rd</sup> Floor Games Room
	Movie Group	7.15pm	<b>Grease</b>
<b>Wed 28 June</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Beautician	9.45am	3 <sup>rd</sup> Floor Doctors Room
	Petanque	9.30am	Petanque Court
	Scrabble	1.30pm	3 <sup>rd</sup> Floor Games Room
	Fairview Singers	3.00pm	3 <sup>rd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Thu 29 June</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Croquet (weather permitting)	1.30pm	Croquet Green
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Art Group	1.00pm	3 <sup>rd</sup> Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 <sup>nd</sup> Floor Lounge
<b>Fri 30 June</b>	Hair Salon	<b>CLOSED</b>	
	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Rummikub	1.00pm	3 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	4.00pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Sat 01 July</b>	Croquet (weather permitting)	1.30pm	Croquet Green
	Cards 500	9.30am	3 <sup>rd</sup> Floor Games Room
	Indoor Bowls	1.00pm	2 <sup>nd</sup> Floor Games Room for 1.15pm
<b>Sun 02 July</b>	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

# Dinner Menu

26<sup>th</sup> June to 2<sup>nd</sup> July 2023 / Bookings by 1 pm (Phone 477 3957)  
Small Meals \$17 – Large Meals \$19 / \$2.00 Delivery Fee applies per Villa

## Monday / Chicken

**GF** Quarter Roast Chicken, Madeira gravy, green beans, maple glazed carrots, chives potato mash

## Tuesday / Seafood (large only)

**GF** Seared Salmon Teriyaki, grilled mushrooms, soba noodles & julienne vegetables

## Wednesday Roast / Pork

**GF** Roasted pork leg roll, gravy and apple sauce. Buttered Peas and edamame, agria potato & cauliflower gratin,

## Thursday / Beef

Beef and Mushroom stroganoff in basil fettuccine pasta with side garlic ciabatta bread

## Friday / Fish

Fish on Friday - Battered Market Fish , Slaw and Fries

## Saturday / Chicken

**GF** Moroccan Rubbed Chicken, salsa verde, Israeli couscous with roasted vegetables

## Sunday Roast / Lamb

**GF** Lamb Roast, brown gravy, peas & corn, roasted pumpkin and potato, Yorkshire pudding

## Alternative TAKEAWAY Dinner Menu – in foil tin:

AVAILABLE ALL DAY, JUST CALL IN, LIMITED BATCHES WEEKLY

Spaghetti Beef Bolognese \$12, Pulled Roast Lamb \$17, Roast Beef and Mash

