

The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706

10 July– 16 July 2023

No. 278

From the CEO's Desk

Marika has been away three weeks now and I am sure you will all join me in hoping that she is having a great holiday over in Canada.

A very warm welcome to David and Bev Brand who moved into villa 11 last week and to Kay Thurston who moved into Apartment 304 this week.

I would like to mention Cait and the Gardening Team this week who have done an amazing job on the sides of the main road in and out of the village. It is looking so much cleaner and tidy, and this will keep the village looking great over the coming months as the gardening team now focuses on the villa gardens. Thanks for taking the time to meet up with Cait our Head Gardener to discuss your gardens individually. Once we have a plan in place for the whole village it will be so much easier to go through the gardens and get the essential jobs done.

Chem Wash have completed the wash of the villas and now are working on the main lodge and apartments. We have received a number of questions as to why they were booked in at this time of the year. We have to book them a year in advance and it is really difficult to forecast what the weather will be like in a year's time. However it would make sense to do the full wash in the summer months and the window wash in the winter months and we will consider this for next year. In the meantime if you have any feedback on the quality of service you have received this time around then please let us know.

I have had feedback from residents about the rubbish that is being dumped on the side of the road at the entrance to the Mobil Service Station. We have written to the council to complain but knowing that our complaint will take time to process, if it does at all, Cait has volunteered the gardening team to go down there once a month to undertake a clean-up.

Chef Noris is away on leave to the Gold Coast next week and Brooklyn will be looking after the kitchen in his absence.

Diana is still not fully recovered, and we wish her a speedy recovery. Reception will unfortunately be closed again this weekend so don't forget to take your door swipes if you are going down to the main building for access.

Terry



Nurses' Corner

Welcome to the first week of July when we are beginning our new series on common age-related health issues. Today, we will be discussing diabetes.

Diabetes is a health condition that affects how your body turns food into energy. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. In older adults, diabetes can present many challenges. It may increase the risk for other health problems, including heart disease, vision loss, peripheral vascular disease, nerve disease and kidney disease. In New Zealand, it is estimated that the number of people diagnosed with diabetes now exceeds 250,000, with a health budget of 2.1 billion dollars allocated to it.

Here are some common symptoms to look out for:

- Frequent urination
- Increased thirst
- Unexplained weight loss
- Extreme fatigue
- Blurring vision

We always recommend yearly health screening, including an HbA1c to look for Diabetes. If you experience these symptoms, please reach out to your GP. Early detection and best-practice treatment can prevent more serious and long-term complications.

In other news, we have managed to accumulate a significant number of walkers in the reception, games room and nurses' station. While I understand there is a need for people to have and use walkers, we cannot have them stored everywhere. **These walkers need to be collected and they will be put into storage on Monday 10/7/2023.** We do have 2 walkers and a wheelchair usually at the nurses' station on Level 3 should you need them. Please remember to sign them in and out accordingly.

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



From the Chef's Oven

Popular Dinner Meals

We hope you are enjoying our new and improved selection of dinner menus. To name a few, we have made quarter chicken in madeira gravy, lamb shanks and braised beef with vegetables.



Feedback Winner:

Dear resident, thank you for taking the time to write your feedback and suggestions but unfortunately you did not write your name and unit number.

Chef's Special for month of July

Moroccan Chicken & Mushroom Roti – pan grilled chicken slices and mushrooms in Moroccan seasoning, served on a bed of garden salad and roti topped with aioli and sweet chili dressing.



Counter and Cabinet Food

Please read our daily emails from Reception (Cherie and Diana) on available treats at Relish Café. We have lots of variety every day from freshly baked scones and muffins, apple strudel, sweet treats, pies, quiche and much more. Our special deal and promotion – everything half price after 2pm.



Recipe of the month - SCONES

Our shift wouldn't be complete if we didn't bake muffins and scones. It's part of the Chef's daily routine, baking scones, muffins, sweet treats, rolls, loaf, quiche and more.

Scone making is your entry-level to the world of baking. The first time I made them, they didn't look good as the flour did not rise. My Pastry Chef mentor told me that if I over mix the dough, the scones will never rise. The Chef was right, it did not rise! So from then on, I learnt patience when it came to baking.



Did you know that dates and sultanas contain fluorine, which is an essential mineral to slow down the process of early tooth decay. Fluorine is also known to keep plaque at bay by strengthening the tooth enamel.

Makes 8-10 scones depending on desired size.

Ingredients:

- 3 cups self-raising flour (you may need more)
- 100 grams melted butter
- 50 grams white sugar
- 1 tsp salt
- 100 grams dates and 100 grams sultana soaked in 1 cup water for at least one hour
- 3/4 cup milk

Procedure:

- In a very wide mixing bowl, combine flour, salt and sugar. Mix well then rub in butter and add the rest of ingredients and fold. Do not over mix. You may need extra flour.
- Using your hands, mould a circle in your palm depending on your desired size. Repeat procedures and this recipe makes 8-10 scones. Place on a tray with sprayed oil.
- Bake at 170 degrees for 25 minutes.
- Serve hot with coffee or tea.

Cheers... Noris and the Relish Team



Gardening Update

Hello Everyone,

If you've been driving or walking down Margaret Drive recently you would have seen us flat out with our blue truck Mulching away and cutting things back and clearing up some free space to let our beautiful plants breathe. So far, we've offloaded over 40+ Cubic meters of Mulch into Margaret drive with our currently very small team of THREE! Well done Isaac and Ettiene for your constant hard work during the last week, it's really appreciated. Winter hasn't been kind to us here at Fairview or Auckland in general! We have experienced so much rain and very little sunshine, so our poor gardens are really suffering. Because of this we will be leaving the lawns for a little while longer to try and get them to dry out to prevent more muddy footprints around villas. As we enter a new month this means the start of pruning season. Hydrangeas, Hebes, Escallonia, Roses the list goes on. July and August mark the perfect time to be giving plants the BIG CHOP! If you're getting out into your garden and starting to prune remember.

- **ALWAYS** prune back to or just above a growing point (branch or bud).
- **NEVER** leave a stem or branch stub this increases its susceptibility to diseases, insect pests, and storm damage.
- **Remove dead, dying, broken, or diseased branches.**
- Remove branches that are growing across each other, or at least prune one of the offending limbs. Branches that touch can chafe and create an access point for insects and disease.
- Flowers bloom on last season's growth (old wood), so if you wait to prune until too long after blooming, you will be removing stems that would have produced flowers next spring! Woody plants that bloom on old wood include Rhododendrons and Hydrangeas.

There are two types of pruning cuts: Heading cuts and Thinning cuts.

Heading cuts: You are shaping the shrub so it retains its natural form, often heading off its height so the flowers do not grow out of reach. You'll remove the outer part of the branch back to a bud.

1. First, pick a bud that faces outward, not inward. You want the stem to grow in the right direction!
2. Then you'll want to make the cut right above the bud. Don't cut too close or the bud may die! Cut about 1/4 inch to 1/2 inch above the bud.
3. When you cut, make sure you cut at an angle, not flat across nor too steep. The ideal angle is 45 degrees.

Thinning cuts: You are allowing more space for air circulation and sunlight to reach the centre of the plant; if a tree or shrub becomes too grown in on itself, it is at greater risk of rot and other fungal diseases that thrive on humid, stagnant air.

1. With thinning, you remove the entire branch or stem. Shrubs with multiple stems, like Viburnum, Lilac, and Forsythia, can take a harder pruning. Remove up to a third of old stems to encourage new growth. This can be done in spring.

Don't be afraid to give things a good haircut. My favourite thing about most plants is they love a good haircut. Hebes and Gardenias especially can be cut back down to wood. This encourages the buds on the woody stem to come alive. Because the plant has no green growth on top over the next month the plants energy will go straight into growing and shooting out those little buds ready to form a new plant. Starting a fresh like this is a good way to reform a shape of a plant later in the spring.

Today and going into next week will be a big challenge for myself and the boys as we are going down the boundary line into "no man's land" our aim is to cut back anything growing through or close to our property boundary to prevent any nasty plants coming through or pests and diseases that they carry.

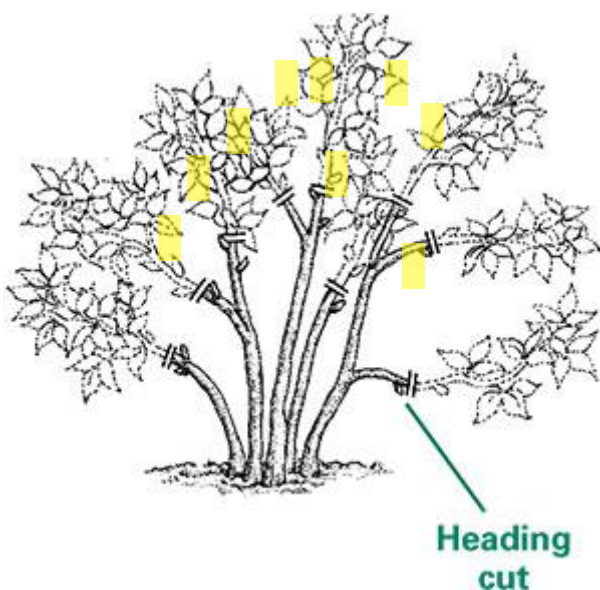
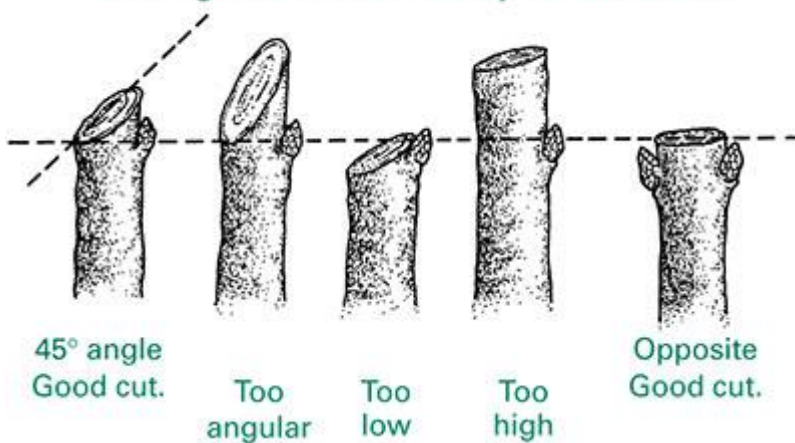
Hibiscus Crescent we will be working from the back empty sections so don't be alarmed if you see us coming over the fence and apologise if we set the dogs off.

Those on the ends of **Poppy, Olive, Lavender, Kentia** we will be working out of the old building site so this shouldn't affect you too much.

We will be using a wood paste on stumps if we can't dig them out. We will just cut down low so all villas with dogs please keep them off the boundary line if you do see us. They shouldn't be able to access it but best to be on the safe side.

Thanks Cait

Pruning cuts in relationship to stem buds





Fairview Building Wash & Window Cleaning for June/July 2023

Date Building

3rd July	Apartment Building	Villas 115 - 147
4th July	Apartment Building	Villas 115 - 147
5th July	Apartment Building	Villas 115 - 147
6th July	Apartment Building	Private internal windows - Apartments
7th July	Apartment Building	Private internal windows - Apartments

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	\$30
2 Bedroom Apartment	\$40

What's on this coming week and next



Movie Group

Tuesday 11 July – The River Wild

The tension mounts as Gail has to cope with a lot more than just the spectacularly violent river.

Stars – Meryl Streep, Kevin Bacon and David Strathairn.

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 – 30th June 2023

It was another dismal night weather wise. It was good to see so many of you ventured out. We again sold 3 major raffles.

The dwelling draw was undertaken by our new resident David Brand who just moved in this week with his wife, Bev. The winner was Nancy Naden. Congratulations Nancy.

The main raffles were drawn by Neil Butt. The winners were:

Adele Carlisle, Richard Jones, Jocelyn Goodger, Sue Rudling, Patrick Knell, Denis McCarthy, Brynley Goodger, Ian Johnstone, Wendy Johnstone, Don Gibbs, Linda Pinder, Earl Troughton and Luella Jacobson.

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

Diane Brown

Raffle Convenor - Tel: 478 3581



Garden Club

We will be having a get together in the Level 2 Theatre on Monday 17th July at 1.45pm with a film entitled "Beautiful New Zealand". Afterwards scones with jam and cream in the 3rd Floor Lounge.

Future trips will be arranged by myself and advertised in the Village News. Of course, any garden or venue you would like to visit you are welcome to let me know.

Anne Pike



John's Jaunts

Wednesday 26th July – Morris and James Pottery at Matakana. A free pottery tour followed by lunch at their café. The bus leaves at 10.15am.

This trip is fully booked, but we are looking at organising a second trip to Morris and James in August.

Gareth's Puzzle

Last week's puzzle asked what comes next in this sequence
3128 , 3130 , 3130 , ???? And the answer is 3131 as these are the number of days in the first 8 months of the year.

This week's puzzle - What links the following four
Noriega , Toynbee , Thorndyke , Rathbone ?

Enjoy puzzling.

Found

If you have lost these spectacles (Specsavers bifocal), please see reception.



LAUGHTER LINES

Interesting trivia:

1. Opera singer Enrico Caruso practiced in the bath, while being accompanied by a pianist in another room.
2. The expression “wet your whistle” came from England. Since pubs could get rather noisy, The makers of ceramic beer mugs began to bake whistles into the handles. So when you wanted a drink you “wet your whistle.”
3. Oestrogen, the female hormone, can protect against heart disease.
4. According to an old English system of time units, a “moment” is one and a half minutes.
5. Humans are the only animals that cry tears.

Two men are lazing the afternoon away in a bar in Wellington. The first man turns to his friend and says, “I’ve been thinking I might go to Australia one day. I heard that if you go into the Outback there are diamonds just lying on the ground just waiting to be collected. All you have to do is bend down and pick them up.” The other chap goggles at him, “Bend down?”

Teacher: “If I gave you three rabbits and the next day I gave you five more, how many rabbits would you have?” *Pupil:* “Nine Miss.” *Teacher:* “Nine?” *Pupil:* “I’ve got one already.”

A Typist once turned up for work wearing a brooch made from three officer’s shoulder “pips”. “I suppose that means you have a Captain for a boyfriend.” said her boss. “No,” replied the typist, “three Second Lieutenants.”

The Secretary of the Bush Racing Club was worried about falling attendances at the club. On the morning of the Boxing Day Cup race meeting he got a phone call. “I’m bringing a bus-load of people to the meeting,” said the voice.. “What time is the first race?” “What time can you get here” replied the Secretary.

He used to sit on the front door-step and whistle at all the young women as they went by. “Why do you let him get away with that?” said the woman next door. “It’s not a problem,” said his wife. “I’ve seen dogs chase cars, but they can’t drive.”

When Fred’s house burnt down, he went off to the insurance company and demanded his compensation money. But he was soon to learn that the company didn’t operate that way. “It is our policy to replace your home and everything else you lost exactly in the same style and condition.” said the manager. “Heck.” replied Fred. “In that case I would like to cancel the policy I took out on my mother-in-law.”

More Daffy Definitions: **CARPET** : a dog that lives in a car. **BULLDOZER**: a sleepy male cow. **JUBILANT**: a celebrating insect. **OCTOPUS**: an eight sided cat. **VIPER**: used to clean windows. **CATASTROPHY**: first prize in a cat show. **HYPNOTISM**: rheumatism of the hip. **KINDRED**: a fear of relatives. **SYNTAX**: what you put in the late at church. **RUGGED**: seated on a mat.

Profound Statements.

1. No woman ever shot her husband while he was doing the dishes.
2. Drying a widow’s tears is one of the most dangerous occupations known to man.
3. Early to bed and early to rise is a sure sign that there is nothing on the telly.
4. A good host makes his guests feel at home, even though he wishes they were.

From the Joke Books of A. Nonny Muss.

Strength and Balance

Monday 10 July at 10.30am – 2nd 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 3rd floor.

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

Beautician

Wednesday 12 July - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd floor.

Call or text on 0211458542 to make your booking.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 13 July at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Doctor

Thursday 20 July – 2.00pm to 3.45pm – 3rd Floor Doctors Room

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

Podiatrist

Thursday 13 July 9.00am to 12.00noon – 3rd Floor Doctors Room

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

WEEKLY SCHEDULE

10 July to 16 July 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 10 July	Hair Salon	CLOSED	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 11 July	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 rd Floor Games Room
	Movie Group	7.15pm	The River Wild
Wed 12 July	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
	Fairview Singers	3.00pm	3 rd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 13 July	Hair Salon	8.30am – 3.00pm	3 rd 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 rd Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 14 July	Hair Salon	CLOSED	
	Mini Bus – Browns Bay	NO BUS TODAY	Return: 10.30am/12.00pm
	Rummikub	1.00pm	3 rd Floor Games Room
	Friday Night Raffle	4.00pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 15 July	Croquet (weather permitting)	1.30pm	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 16 July	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Dinner Menu

Theme: Culinary Journey with Relish Café
10-16 July 2023 / Bookings by 1pm (Phone 477 3957)
Small Meals \$17 – Large Meals \$19 / \$2.00 Delivery Fee applies per Villa

Monday (Chicken)

GF Grilled Butterfly Chicken, madeira gravy, grilled vegetable & haloumi, warm couscous salad

Tuesday (Lamb) – Large only

GF Braised Lamb Shanks, jus, mashed potato, green beans and carrots

Wednesday Roast (beef)

GF Slow cooked Corned Beef Slices, gravy, peas, baked broccoli & cauliflower gratin & roasted potato

Thursday (chicken)

Peri-Peri Roast Chicken, gravy, potato wedges, buttered corn & peas

Friday (KIWI classic)

Fish on Friday
Market Fish, Slaw and Fries

Saturday (Lamb)

GF Pork Teriyaki with vegetables and egg fried rice

Sunday Roast (Kiwi Classic)

Beef Roast in classic gravy, roasted pumpkin, carrots & potato, peas, Yorkshire pudding

Optional Dinner Menu – in foil tin:

Beef Stroganoff Pasta \$12, Roast beef and Mash \$15, Vegetable Lasagne \$12

