

The Village News

From the Manager's desk

Updates on Electric Vehicle Policy

We would like to thank you for taking the time to submit further feedback following our meeting of 3rd July, in relation to Lithium-ion battery powered vehicles and other modes of transport. The 10-working day period to submit further feedback closed on Wednesday 17th of July. The minutes of the meeting held on the 3rd of July are attached to our newsletter email and hard copies are available at reception. We will advise through further communications the next steps in the process. Once again, thank you for taking the time to submit your feedback.

Heating in the Lounge

We have received feedback that it has been cold in the Lounge for the last few weeks. We have been working with our contractor APEX to get this sorted as soon as possible. After many visits, investigations and some repairs, we are now waiting on a new pump for our hot water system which should hopefully resolve the issue. We apologize for the inconvenience and the time it is taking to sort this issue.

Bastille Day Celebrations

Our Relish Café team were very busy last Sunday 14th July with our Bastille Day food offering. We apologize to those residents who missed out on very popular items or did not receive a satisfactory service or quality food. Thank you for sharing your feedback with us. We served over 100 people and did not anticipate the amount of interest from you all. It was amazing to see all the outfits and it is great to know that you are all enjoying our new initiative. We will do our best to improve next time and be better prepared for such a crowd.

Inorganic rubbish collection

Save the date, the next inorganic rubbish collection will be taking place between 21st October and 25th October 2024. We will confirm the date closer to the time.

Residents' birthdays monthly morning tea – Friday 19th July 10am

I am looking forward to celebrating July's birthdays with residents tomorrow Friday 19th July at 10am in the Lounge.

Welcome to new residents' high tea – Wednesday 31st July 11am

We are inviting residents who have moved in over the last few months to join us for a belated 'welcome home' high tea in the Lounge on Wednesday 31st July at 11am. Personal invites were sent by Cherie, please RSVP at reception.

Have a lovely weekend everyone!

Marika

*Mia proudly showing her new
"big sister" sweatshirt*





Health and Wellbeing Corner

Hello Residents

The Importance of Protein in Our Daily Diet

As we age, maintaining a balanced diet becomes even more crucial for our overall health and wellbeing. One key component of a healthy diet is protein. Protein plays a vital role in healing, muscle maintenance, and overall good health. Today, I want to highlight the importance of including adequate protein in your daily diet and how simple additions like one egg a day or some salmon or fish can make a big difference.

Why is Protein Important?

1. **Aids in Healing:** Protein is essential for repairing tissues and cells in our bodies. After an injury or surgery, your body needs more protein to help heal wounds and rebuild muscle tissue.
2. **Maintains Muscle Mass:** As we age, we naturally lose muscle mass. Consuming enough protein helps preserve muscle strength and function, which is crucial for maintaining mobility and independence.
3. **Supports Immune Function:** Proteins are building blocks for antibodies and immune system cells. Adequate protein intake helps keep your immune system strong, protecting you from infections and illnesses.
4. **Promotes Overall Health:** Protein is necessary for producing enzymes and hormones that regulate bodily functions. It also contributes to the health of skin, hair, and nails, keeping you looking and feeling your best.

Simple Ways to Boost Your Protein Intake:

- **Add an Egg a Day:** Eggs are an excellent source of high-quality protein and are rich in essential amino acids. Starting your day with a boiled, scrambled, or poached egg can give you a good protein boost.
- **Include Fish in Your Diet:** Fish, such as salmon, is not only high in protein but also provides essential omega-3 fatty acids that support heart health. Try to include fish in your meals at least twice a week.
- **Enjoy Protein-Rich Snacks:** Incorporate snacks like yogurt, cottage cheese, or a handful of nuts into your diet. These are convenient and nutritious ways to increase your protein intake.

Remember, even small changes can make a big difference in your health. Incorporating protein-rich foods like eggs, fish, and dairy products into your daily diet will help keep your body strong and resilient.

If you have any questions about your diet or need personalized advice, feel free to reach out to our health and wellbeing team. We're here to support you in achieving your best health.

Wishing you all a healthy and nutritious week ahead!

Upcoming Events:

- Friday August 16th at 10.30am – Grief and Loss, this affects us in many ways not just the loss of a loved one or animal, but the loss of being unable to drive or our mobility reducing.
- During the month of August, Julia and I will be coming around testing all pendants and call bell alarms.

Maria and the nursing team



From the Chef's Oven

Did you know...

1. We have a "sides' menu" you can add to any meals: hash browns, egg(s), bacon, toast and more. You can create your own combination!
2. We will ask you to sign our Relish Café till receipts every time you use your Fairview charge card. We like to think of it as the same way as you would charge your room in a hotel.
3. We have now added a little note on our cutlery boxes on the tables, letting residents, guests and visitors know to please take their dirty dishes back to the trolley near the café door.
4. We have a Relish Café loyalty card: stamp all 9 coffees and the 10th coffee is on us! Simply ask one of our team and every time you order coffee, we will stamp it for you.
5. We accept bookings for birthday parties, wedding anniversaries or even a simple get-together in our main dining lounge or if you want more of a private area, we can book your event on level 2 or the sun lounge.

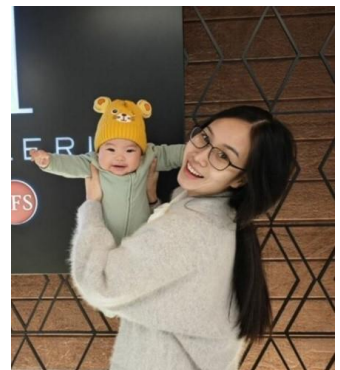
Bastille Day

Thank you all for supporting our 2-day Bastille Day French cuisine festival. Have a look at some of the goodies we served: cheese croquettes, steak frites, pastries and more.



Meet our new staff

Meet Daphne – She is our new barista and front of house team leader, replacing Brooklyn. Daphne moved to NZ from Vietnam in 2016 and has been working in hospitality since. She recently worked for the Royal New Zealand Yacht Club and is coming back from maternity leave. She has extensive knowledge in wines and loves photography and gardening. Come and say Hi.



Donut Friday

Thank you all for your wonderful feedback on our homemade donuts. Our talented baker Celeste is now increasing her production on Fridays. It's only \$4 each or 3 for \$10. Better be quick, first come first serve. She starts as early as 5am to make 100 donuts every Friday.

Gentlemen's Club Breakfast – Starting Wednesday 7th August 10am

Every 2nd Wednesday of the month, we will be serving a Gentlemen's Club exclusive \$15 breakfast: poached eggs, baked beans, streaky bacon, hash browns and toast. Please book in the Café before Monday 5th August 12pm.

Ladies' Group Morning Tea – Starting Wednesday 28th August 10am

Every 4th Wednesday of the month, we will be hosting a special morning tea for our ladies in the Village. It's \$10 for 2 treats of the day, 1 sweet and 1 savoury, and including a drink of your choice, a barista coffee or a cold drink. Please book at the Café before Monday 26th August 12pm.

Happy Tuesday Dine in – Tuesday 13th August

I know it's early but save the date for our next Happy Tuesday to avoid disappointment as we reached full capacity last time! You can pre-book your Happy Tuesday dinner as early as today. We will now increase to 70 dine in dinner meals.



What's on this coming week and next



Movie Group – Tuesday 23 July – Hamstead

Inspired by real events. A woman bonds with a man she finds living off the grid in London's Hamstead Heath.

Starring – Diane Keaton, James North and Brendan Gleeson.

Our movies are carefully selected for your enjoyment. While we try to avoid reshowing any movie, we have shown in the last five years you might spot the occasional repeat. You can be confident any repeated movie is particularly good and well worth viewing again.

Peter Woolnough



Friday Night Raffle – 12th July 2024.

This week we sold 4 majors.

Dave Brand drew the dwelling draw. Won by Owen Young. Congratulations Owen.

Alan Cook (Visitor) drew the main raffles. The winners were:-

Bruce Benfell, Chris FitzPatrick, Paula Turner, Mary Gardner, Dave Brand, Brynley Goodger, Pam Glaum, Denis McCarthy, Luella Jacobson, Patricia Jansen, Graeme Pullar, Gareth Hancock, Bruce Draper, Jill Draper, Jean Elliott, Richard Jacobson, Robin Hood.

Congratulations to all our winners.

Ian Johnstone Tel: 021 855227

On Behalf of Diane Brown, Raffle Convenor – Tel: 4783581



East Coast Bays Catholic Parish

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 19th July at 11.00am. Holy Mass will be celebrated by a priest of our Parish.

We are indeed very privileged to have a priest in attendance and to lead us at our regular Liturgy gatherings. Following the Mass, we will enjoy refreshments together in the Lounge.

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 Christian Fellowship



Next Meeting Monday 29th July 3pm in 3rd floor sun room

Our fellowship group warmly invites you to join us each month. We meet to encourage each other in our shared faith to hear from an invited speaker.

Contact Bronwen 021 920 000

Residents' Notices

Aqua Class

The aqua class will resume this Friday 19th July.

All Blacks v Fiji



**Watch the All Blacks play Fiji live on Saturday afternoon 20th July
on the big TV screen in the 3rd floor lounge
Kick-off at 2-30pm**

Barry Jones

Fairview Singers

At the last meeting the subject of shows that have been performed, in the past, came up. I mentioned that there were DVDs of many of them and it was suggested that we should show them. As a result, we will start with "The Rat Pack" (2016). So the next meeting of the Singers will be on the 24th July in the 2nd floor Theatre at the earlier time of 2-30pm (the recording is 1.5 hours long). As usual everyone is welcome to attend our trip down memory lane.

Len Hancy (478 0274)

NOTICE FROM THE LIBRARY

We are delighted to let our readers know that we have purchased another five Large Print Books for the Library. They are to be found on the back wall, alongside the door, marked 'Latest Large Print Books'. These books are difficult to find and purchase, and it takes time and money to be able to select them for the library. We hope you will enjoy them. They are:

Frozen River by Ariel Lawhon
The Violin Conspiracy by Brendan Slocumb
The Personal Librarian by Marie Benedict and Victoria C. Murray
The Judge's List by John Grisham
Great Circle by Maggie Shipstead

Note: Synopsis of the above books is on the Library Noticeboard.

A home without a book is darker than one without a lamp.
Henryk Sienkiewicz

Gotta Sing Rock n Soul Choir

What a magnificent performance! It was a full house again, a great concert and fantastic singers.



Fairview's visit to Danske Mobler



Gareth's Puzzle

Last week's puzzle asked what comes next in this sequence:

ASSAP , ASOONAP , AS ASP , ????????

and the answer is: ASAPOSSIBLE , the reasoning being each word in the phrase AS SOON AS POSSIBLE is in sequence replaced by its first letter only.

This week's puzzle asks what comes fourth?

Honey, Ring, Andante, Money, Gimme , ----- , ????????

Have a go.

From the Hair Salon

I would like to thank everyone for their kind donations and lovely card.

Very much appreciated.

Margaret

LAUGHTER LINES

Ponder This Then:

1. When one door closes and another door opens, you are probably in prison.
2. To me "drink responsibility" means don't spill it.
3. Age 60 might be the new 40, but 9.00pm is the new midnight.
4. When I say "the other day," I could be referring to any time between yesterday and 15 years ago.
5. Remember if you lose a sock in the wash, it comes back as a tupperware lid that doesn't fit any of your containers.
6. I don't really mean to interrupt people. I just randomly remember things and get really excited.
7. I had my patience tested.....I'm negative.
8. The older I get, the earlier it gets late.
9. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
10. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

An elderly, but hardy, cattleman from Texas once told a young female neighbour that if she wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on her oatmeal each morning. She did this religiously and lived to the ripe old age of 103. She left behind 14 children, 30 grandchildren, 21 great-grandchildren, 5 great-great-grandchildren and a 40 foot hole where the crematorium used to be.

Mrs Simpson was holidaying at a hotel, and before she went out to buy herself a radio she called the desk, "Do you have you an AC or DC current in your hotel?" she asked. "One minute," said the receptionist, and then returned to report, "I am sorry madam, but neither of them are registered in the hotel."

"Henry," said the doting mother to her husband. "Robert's teacher says he ought to have an encyclopedia." "Encyclopedia my eye," grumbled the father. "Let him walk to school like I did."

A Captain of an Infantry unit, made up of mostly men from the wild side of Chicago, summoned the Sergeant Major after a day at the rifle range. "Better look up the background of Pte Smith," he said. "I have noticed that every time he fires his revolver on the range he wipes off his finger prints."

They said it:

1. I dated this girl for two years and then the nagging started...."tell me your name, tell me your name." *Mike Binder*
2. I'm still young enough to want to find a woman to have my children, because frankly, I don't particularly like them. *Mitch Murray*
3. I married your mother because I wanted children. Imagine my disappointment when you came along. *Groucho Marx*
4. Capital punishment would be more effective as a preventive measure if it were administered prior to the crime. *Woody Allen*
5. I am as drunk as a lord, but then I am one, so what does it matter. *Bertrand Russell*

And finally: Apparently there are two types of flu. The harmless one that women and children get and the "near death" one that men get.

From the joke books of A. Nonny Muss.

Added Value Partners as of July 2024

Restaurants and Cafes

Piatti Italiani Restaurant

Thursday night deal for all Supergold card holders. Thursday Night Deal – buy any meal and receive your second meal at ½ price.

Bookings are essential, please phone 09 478 6936.

*T&Cs: Maximum 2 cards (2 half price meals) per table, (second meal must be equal or lesser in value). Piatti Italiani reserves all rights.

Caffe e Cucina (Italian)

Residents of Fairview will receive 15% discount off their normal dinner menu plus any alcohol purchased. If you bring your non-Fairview guests or family members, they will also receive a 15% discount. 09 448 5195.

Khun Pun Thai Restaurant

Residents will receive 10% discount (up to \$25.00 per table). Please present your name badge to redeem the discount. 09 448 5757

Northcross Cheese Cake Shop

Residents of Fairview will receive 10% discount on all purchases. 09 478 7950

Health and Wellbeing

Albany Village Dental

Give special terms and benefits to Fairview residents. 09 448 2289

Northcross Pharmacy

Offer free delivery of prescriptions.

Specsavers Albany

Residents will receive \$30 (half price) standard eye exam with 25% off single pair glasses. 09 447 1465

Vehicle Repairs & Maintenance

Auto Super Shoppe

Offer 15% discount on all labour costs.

WOF (TVNZ) on site and offer \$5.00 off for Super Card holders. 09 415 8569

Tony's Tyre Service

Give total service on most tyre related jobs and special discounts. 09 414 5957

Felix Mobile Mechanic

All mechanical repairs, WOF and service. Can offer 10% discount to Fairview residents. 09 473 1657 or 021 065 2104.

Other Services

Mitre 10

Simply mention FAIRVIEW Cash Account when you arrive at the checkout, before your items are scanned, which will sometimes attract a discount depending on what the goods are (not applicable at the café). Mitre 10 MEGA Albany is your go-to spot conveniently located at 260 Oteha Valley Road, Albany.

Slique

Offers discounted prices on tile and grout cleaning, silicone replacement, and glass cleaning. Contact Blair Phillips on 09 414 2910 or 021 279 0499.

Peter the Bug Doctor

The village gets a great discount (villas 40% and apartments 35% off) compared to the outside world. 021 244 5909

Shade Doctor

Awning and canopy cleaning specialists, phone for a free quote. 09 281 5510

Please present your Fairview name badge as ID.

SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING JULY 2024

To assist residents to be informed of decisions made by the Residents' Committee, below is a summary of matters following our meeting of the 9th July, 2024. Full minutes will be available in the library following the confirmation of the minutes at the next meeting.

PRESENT: Gordon Tasker, Andra Glyn-Jones, Wendy Johnstone, Barbara Bailey, Neville Turner, Wilma Cooper, Lois Hadfield, Jackie Thompson
Marika LaFlamme and Cait Hughes later
Apologies: Nil

FINANCIAL POSITION

The balance in the account as at 8th July 2024 is \$10,183.01.

The Social Committee requested a budget of \$3000 to cover costs of social dinners and Sunday afternoon functions. This proposal was accepted.

GENERAL

At the EV policy consultation meeting on 3rd July, it was suggested there needed to be a compère to introduce the speakers. Not everyone knew who Terry was. Another suggestion was that there should be expert input from NZ Transport and the Fire Service regarding this policy and that it was a nationwide issue.

The following concerns were discussed with Marika and Cait:

- Vegetation needs trimming by the pedestrian crossing opposite the bowling green on Margaret Drive. Pedestrians and people using mobility scooters are often hard to see, and they tend to move out quickly without looking. Cait said she was aware of the problem but the owners were not keen on having the grasses cut.
It would be much safer for pedestrians if everyone kept to the speed limit.
- Work is underway on upgrading the appearance of the pool.
- Street lights need cleaning. Lights not working: Lavender 114, Poppy 140B.
- A suggestion was made about repainting the outside of the lodge.

THE NEXT MEETING is scheduled for Tuesday 13th August at 10.00 am in the 3rd floor card room.

Strength and Balance

Monday 22 July - 10.30am – 2nd Floor Lounge

Please remember to bring your water bottles.

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 24 July.

Natalie is at the Village every Wednesday from 9.45am – 4.00pm.

She 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 25 July - 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00

We appreciate the subsidy from the Village Residents' Committee

Aqua Class with Libby

Friday 26 July – 9.15am – Level 2 Swimming Pool

\$5.00 per class

Attendance at the aqua class has been dropping and Libby will not be able to continue if people don't attend more regularly.

Doctor

Thursday 08 August – 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 08 August – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please contact reception if you would like an appointment to see Paul Hames

WEEKLY SCHEDULE

22 July to 28 July 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 22 July	Hair Salon with Kim	9.30am	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 23 July	Minibus – 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
	Movie Group	7.15pm	Hamstead
Wed 24 July	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice	9.30am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Fairview Singers	2.30pm	2 nd Floor Theatre
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 25 July	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	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
	Art Group	1.00pm	3 rd Floor Sunroom
	Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 26 July	Hair Salon with Kim	9.00 – 1.00pm	3 rd Floor Salon with Kim
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with Libby	9.15am	Level 2 Swimming Pool
	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 27 July	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 28 July	Outdoor Bowls	1.00pm	Assemble for 1.15pm start
	Private Event	2.00pm onwards	3 rd Floor Sunroom



Relish Café
By Chef Noris & Team

Dinner Menu

22 to 28 July

Bookings by **12pm**
(Please phone 09 477 3957)
Small meal \$18.00 – Large meal \$20.00
\$2.00 delivery fee applies per Villa

Monday (pork)

GF Braised Guinness beef, steamed vegetables, mashed potatoes & pumpkin

Tuesday (chicken)

GF Chicken Teriyaki with toasted sesame seeds and garlic chips, julienne vegetables served with vermicelli noodles

Wednesday Roast (choice of meat)

GF Roast beef brisket, jus & gravy

Or Chicken Roast

Both served with peas, glazed carrots, roasted potatoes & kumara

Thursday (lamb)

GF Lamb Stroganoff, grilled mushrooms served with basil fettuccine pasta

Friday (choice of fish)

Market beer-battered fish with tartare sauce, slaw and fries

Or Snapper fish pie with boiled egg and peas

Saturday (beef)

GF Malaysian beef Rendang, steamed vegetables, aromatic jasmine rice

Sunday Roast (beef)

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

Optional Dinner Menu – in foil tin:

Enquire with our staff at Relish Café