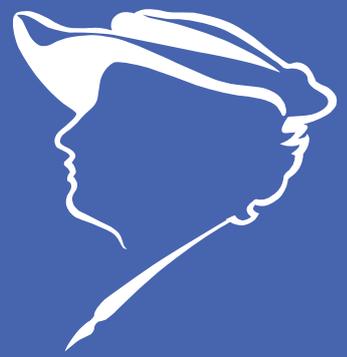


Ngaiio notations

Ngaiio Marsh Retirement Village • Summer edition 2019



Cultural showcase

Residents and staff reflect on a wonderful event



Meet Paul and Marlene



Methven adventure



Ngaiio Marsh turns 20!

Greetings from Anna...

Welcome to the summer edition of *Ngaio Notations*.

We've had a few significant celebrations recently, including our village's 20th birthday.

It was great to reminisce about the village's development and to view the photos as we grew. We were gifted a magnificent oil painting of Dame Ngaio Marsh from Ryman's Chief Executive Gordon MacLeod and the executive team.

It was painted by Leonard Mitchell, a significant New Zealand artist who twice won the coveted Kelliher Art Award.

Ngaio is now proudly hanging in our reception area and many residents have stopped by to appreciate its detail.

Recently we have replanted our atriums and introduced some new seating and colour. I've had lots of great feedback from residents and visitors

who are enjoying the serenity the area and waterfall create.

Visitors toilet areas in both the care centre and community centre have been upgraded, along with furnishings in the hospital area.

Our new smart TV's have been switched on to the Rugby World Cup and our residents have enjoyed some nail-biting entertainment.

I do enjoy meeting and talking with residents and families, so please feel free to call in.

Kind regards,



Anna Thomson
Village Manager
Ph: 03 352 5140

A note from Marie...

Life here at the village has been busy for all. Our award winning gardens are looking fabulous. Spring is such a lovely time.

Over the holidays it has been wonderful to see the grandchildren playing. I took my two grandsons to the model train show. They were mesmerised. However, morning tea was the highlight. I am often asked when leaving their home "can we have a treat".

We have just had our vintage car display with over 40 cars on show. A great day was had by all.

You are welcome to give me a call and bring in your friends for a sumptuous morning tea followed by a garden tour.

Pictured: Car enthusiasts Duncan and Irene Gunther were part of the vintage car club visit.



Marie Kyle-Stevenson
Sales Advisor
Ph: 03 354 6608



Celebrating our diversity

Village staff and friends put on wonderful cultural performances for residents as part of International Month.

We are very fortunate that Ngaio Marsh staff come from a variety of cultures. They were proud to dress up in traditional clothing for the concert.

Nepal, India, the Philippines, Fiji and of course New Zealand were well represented, and the village centre was full of applause and appreciation for the beautiful national costumes and dancers on show.

A good dose of laughter was added to the mix when Ngaio's team of Fred Daggs rolled out their own version of the famous New Zealand Gumboots song. The 70s classic brought back a lot of happy memories for residents.

The performers mingled with their fans afterwards during an afternoon tea.

Pictured: Residents are entertained by the cultural show.

Inset: Village manager Anna Thomson and the team with gumboots at the ready.





Gym. Any place for me?

Written by Dr Doug

I've been going to a gym for two years now. I joined when I was 80, which suggests I'm slow to make decisions.

I was very concerned at what I might meet: finely tuned young bodies, massive weights lifted by young giants and Brunhildes, and young mothers dancing to loud rock music. My chaotic ignorance, bigotry, and fantasy was demolished at the door.

Many of the participants were in their 40s, 50s, and older. Recovering from strokes and accidents, they were fighting to get their fitness back. Most appeared to be serious individuals anxious to improve their health. So I joined in, carefully.

I have long had a scientific interest in ageing. I've also been intimately involved in the development of drugs for the treatment of diseases of ageing, such as stroke, heart attacks, high blood pressure,

chronic bronchitis, and hypertrophy of the prostate. I've also been on teams that failed to find a drug for Alzheimer's disease. So anything that helps delay the ageing process is of both scientific and deep personal interest to me.

As part of my campaign to improve my approach to living healthier for longer, I realised exercise is the top player. It's an elixir of life as powerful as its positive impact.

There are two forms of exercise to consider. One is aerobic exercise where you run and jump, get your heart pumping and your lungs struggling for breath.

Multiple studies have confirmed 20 minutes a day, or 150 minutes a week, of serious exercise can reduce your risk of premature death by up to 30%. Not only does it reduce risks such as stroke and heart attacks but it also improves cognitive

function and recent information suggests that the risks of dementia may be reduced.

The other form of exercise – using weights – engages your muscles, to improve strength, and improve your balance. This reduces the risk of falls, which become more common as we age. Falls have serious consequences including breaking hips and serious brain injuries.

At any age, a proper exercise program is like a godfather offer, you win anyway.

My personal trainer, a 60-year-old, slight woman, combines empathy with tough persuasion to follow the plan. Phrases like “you’re rolling your eyes” indicate a serious disdain for any lack of commitment on my part.

My stability was wobbly, so getting me to walk backwards downstairs was terrifying.

“I’ll catch you” she says confidently. I glanced nervously at her slight build. “Don’t worry I’ve been a sheep shearer.” Now I’m the ageing Merino ram being wrestled to the shearing floor a final time!

When I succeeded in going up a stage in a task performance, she says kindly “good boy”, like I’m the sheepdog. *Wuff, wuff.*

Recently I joined a group of fit, bouncy 60 and 70-year-olds who leap about like newborn lambs to music, a transplanted 1980s Jane Fonda class.

I leap and clap my hands above my head, running through in a zigzag as if I was in a sheepdog trial and tossing basket balls at a pace. Very fit women in leotards sometimes call at me; “get a move on man”, with no consideration that I’m 82 years old!

“But surprise, I’m beginning to enjoy it, and feel much better after.”

The gym gives me motivation, guidance, and sometimes guilt when I don’t attend. But as I read the scientific literature, it’s clear. Avoiding exercise carries higher risks of heart attacks, diabetes, stroke, obesity, and dementia.

As I look at this list I want to push them all away from me. *Get away, it’s not time yet.* So, the gym has become more than a place for exercise, it’s become my physical, mental, and social partner, on this positive journey.

It’s never too late, and the words *better late than never*, carries serious implications as we age. Put down the remote, start exercising, find a trainer, but not mine as she’s busy!

About Dr Doug

Dr Doug Wilson has been an academic, physician, pharmaceutical industry research executive, and a medical scientist as well as a writer.

For the past 30 years he has monitored the scientific literature as it relates to ageing, and the conditions that may interrupt your enjoyment of that process. With his background as a physician, a scientist, and a developer of new drugs, he’s well placed to distil clear messages from the huge forests of data that exist and confuse.

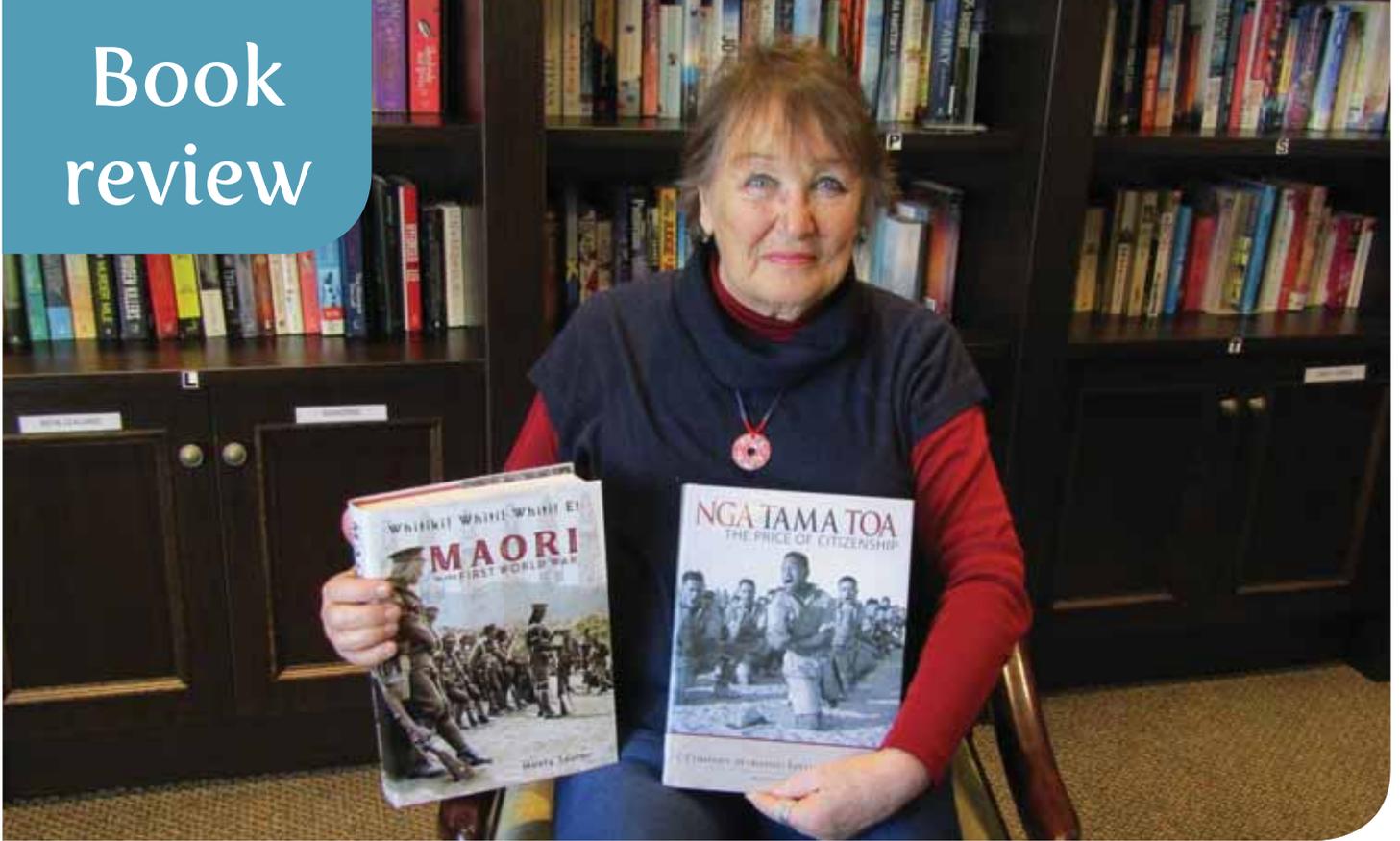
Doug’s aim is to cut through the fads and fallacies to concentrate on the core issues and the physiological and psychological reasons behind them.

Armed with this information, we can plan for our older years to be golden years, not tarnished, confused or stressed years.

Doug works as a consultant for Ryman Healthcare.



Book review



Commemorating the Māori Battalions in war

Written by Dr Monty Soutar

I had a difficult time choosing just one book to review, and in the end, I settled on two books.

Gisborne-based Māori military historian Dr Monty Soutar wrote the fascinating *Ngā Tama Toa, The Price of Citizenship*, a historic account of the C Company of the 28th (Māori) Battalion in WWII as well as *Māori in the First World War*.

The well-illustrated books discuss the extremely important Māori participation in both wars.

As the collections manager at the Tairāwhiti Museum, I worked with Monty for 15 years, compiling the lads' records for the first book – which was such a humbling privilege. Whānau members brought in many taonga for safekeeping within the archive. Also, taonga and photos, from Pioneer Battalion (WWI) sources, arrived.

The seeds for the second book were always germinating as work continued on the first.

The Māori Battalion's four WWII companies – A to D – were organised along iwi lines and encompassed the whole country.

The entire battalion was composed completely of volunteers. Ngāti Porou's Sir Āpirana Ngata, 'the father of the battalion', insisted it had to be so, for the coveted 'price of citizenship'. New Zealand's population took a hit as a result of young Māori men proudly going off to war.

C Company, or the 'Cowboys' (Nga Kau Poi) was comprised of men originating from Torere in the Eastern Bay of Plenty through to Muriwai, south of Gisborne. Many were underage and had enlisted under false names. While the compilation was at times difficult, the wonderful veterans' help made it all worthwhile!

Monty knew both books desperately needed to be written, but he intended them to be understandable by us all. I believe the second book, on those who served in WWI's Pioneer Battalion, is even more stunning.

Please be sure to seek both books out.

*Reviewed by Ann Milton-Tee,
Kiri Te Kanawa Retirement Village.*

THE RYMAN HEALTHCARE SEASON OF

Hansel & Gretel

RNZB soloist Shaun James Kelly and artist Kirby Selchow, photograph by Nicola Edmonds



It's time to celebrate our partnership with the Royal New Zealand Ballet with a take on the classic tale of *Hansel & Gretel*.

Faint starlight peeps through the dark forest canopy. It is midnight: the witching hour. Alone and lost, two hungry children stumble towards a glowing vision of warmth and comfort, an enchanting house made of gingerbread. But all is not as it seems...

Follow the breadcrumbs this Christmas, and venture in to the dark, fantastical realm of *Hansel & Gretel* for an unforgettable evening at the ballet.

The ballet will be touring throughout New Zealand opening in Wellington on 06 November and finishing in Auckland 14 December.

Exclusive Ryman discount code:

RYMAN15

Find a performance near you
at rnzb.org.nz/shows/hansel-gretel

15% discount applies to adult and senior tickets purchased through authorised ticketing agencies. Use the Ryman code to book online, on the phone or in person.

Independent residents profile

Meet Paul and Marlene



“Our decision to move to Ngaio Marsh has never been regretted as we have met new wonderful friends. We are very happy here.”

Paul and Marlene Dale love their townhouse lifestyle here at Ngaio Marsh.

Paul says he grew up in Christchurch in a large family with his three brothers and two sisters.

His father had served in the army, as did he and his brothers. He met Marlene

at the army base in Waiouru, where she was teaching.

The pair soon were an item, they married in 1969 and have two children.

Paul was an army officer and Marlene was a primary school teacher.

Paul's career meant they were constantly on the move, both within New Zealand and overseas. The pair spent time in Singapore and Australia.

Paul and Marlene returned to settle in Christchurch about 39 years ago and Paul left the army a few years later. The couple then bought a bookshop, which they enjoyed working in for 13 years.

They say they love that their two children and their respective families are both here in Christchurch, as are most of Paul's siblings.

The pair were attracted to village life when they came to visit Ngaio Marsh one Sunday and fell in love with the gardens. They noticed the Papanui village offered the peace and quiet they were seeking. They had lacked that serenity in the last couple of years at their place near the university.

Together they say: “Our decision to move to Ngaio Marsh has never been regretted as we have met new wonderful friends. We are very happy here.”

Methven adventure

Despite a fall in temperature, our serviced apartment residents were not to be deterred from a planned outing.

The intrepid group braved the cold weather that hit Christchurch that morning and the even cooler weather they experienced on a day trip to Methven.

They enjoyed a delicious meal at the Blue Pub, a traditional bar with wooden interiors and sweeping verandas. They enjoyed the location, with a beautiful view of Mt Hutt, then turned homeward.

Inset: Residents gather to enter the Blue Pub.

Village news





Father's Day lunch

Ngaio Marsh fathers enjoyed a scrumptious fish and chips lunch to celebrate Father's Day. Wives and family members also joined in the celebration. Stories were shared and memories re-lived. Alan McKee took to the piano and provided some musical entertainment for the afternoon.

Pictured: George and Gill Skinner enjoy the day.



Flower arranging

A group of our care centre residents enjoyed a recent flower arranging craft session. They also loved the chance to explore their creative abilities and also the chance to mix and chat. One of our ladies Edna did a fantastic job putting the flowers together to create a real masterpiece.

Pictured: Edna McKenzie shows off a beautiful creation.

Staff profile Introducing Kirsten



Ryman helps create opportunities and supports its staff, which is fantastic.



Hello, my name is Kirsten Merrett and I'm the Assistant Manager at Ngaio Marsh.

I have worked here for 15 years, and spent the first nine of those as the coordinator for our serviced apartments.

Over the years, I have also assisted with auditing Ryman villages and helped out at some.

I was raised on a farm way down south, near coal-mining town Ohai. I went to boarding school in Dunedin and did my nursing training in Balclutha, and started my retirement village work there.

In 2002, my husband, our two boys and I moved to Christchurch and the Ngaio Marsh journey began. The residents and staff here make this place. Ryman helps create opportunities and supports its staff, which is fantastic.

In my spare time I enjoy walking and trips away. I love that I now have a young granddaughter to keep me entertained.

Puzzles



Word Builder

How many words of three or more letters, including plurals, can you make from the six letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one six-letter word.

Good 11 Very Good 14 Excellent 19



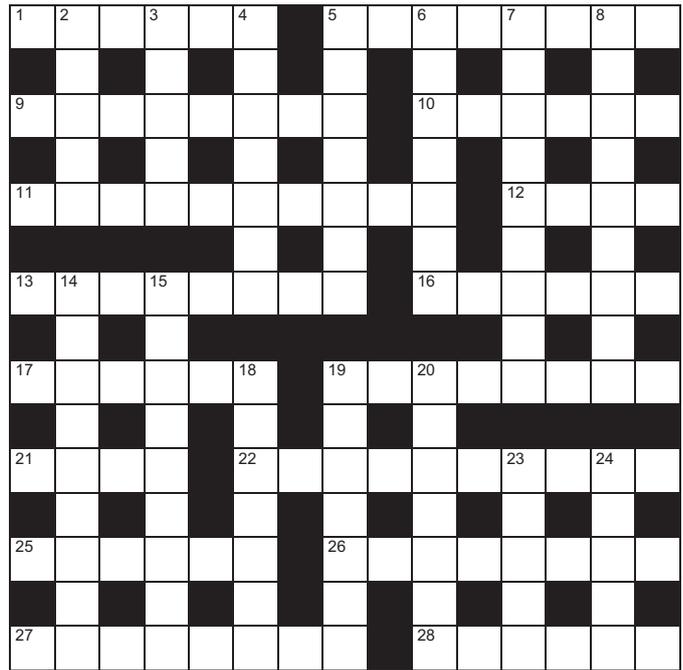
Answers: Aie, all, alley, ally, are, aryl, aye, ear, earl, early, ell, era, lay, layer, lea, leal, ley, lyre, rale, rally, ray, real, relay, REALLY, rely, rye, yare, yea, year, yell.

Sudoku

Fill the grid so that every row, every column and every 3x3 box contains the digits 1-9.

9	7							3
	1		2	5				
4		5						2
3		9			4			1
				1				
7			6			9		5
8						3		9
				3	2		8	
1							2	4

Crossword answers: Across: 11. Spring, 5. Earl Grey, 9. St George, 10. Tanker, 11. Estimation, 12. Ashe, 13. Daffodil, 16. Almond, 17. Stanza, 19. Scorese, 21. Nora, 22. Summertime, 25. Mantle, 26. Shilling, 27. Tennyson, 28. Kansas. **Down:** 2. Potts, 3. Icenl, 4. Garland, 5. Ezekiel, 6. Rotunda, 7. Gendarmes, 8. Elephants, 14. Astrofabe, 15. Fendalton, 18. Abscess, 19. Simpson, 20. Obelisk, 23. Talon, 24. Mensa.



Down

2. Surname of the dalmatian in Hairy Maclary stories (5)
3. Celtic tribe of which Boudica was the queen (5)
4. Wreath of flowers and leaves (7)
5. Hebrew prophet who foretold the downfall of Jerusalem (7)
6. Building with circular interior and plan, especially with a dome (7)
7. French police officers (9)
8. Animals which were part of Carthage's army in battles against Rome (9)
14. Navigational instrument which was used by sailors (9)
15. Upmarket Christchurch suburb near the University of Canterbury (9)
18. Collection of pus in a cavity, causing inflammation and swelling (7)
19. Wallis _____, American socialite who married the Duke of Windsor in 1937 (7)
20. Tapering four-sided stone pillar set up as a monument or landmark (7)
23. The claw of a bird of prey (5)
24. International society for people of high IQ (5)

Across

1. ___ is God's way of saying:

'One more time!': Robert Orben (6)

5. Smoky flavoured tea with the addition of bergamot orange (4,4)
9. Martyr who is a national symbol of England (2,6)
10. Ship built to carry bulk liquid (6)
11. Rough calculation of an item's value (10)
12. First black man to win Wimbledon, Arthur __ (4)
13. National flower of Wales (8)
16. Oval shaped nut used in marzipan (6)
17. Fixed number of lines forming a unit of a poem (6)
19. Martin __, regarded as one of the greatest film directors of all time (8)
21. __ Batty: character in Last of the Summer Wine (4)
22. Song from the musical Porgy and Bess (10)
25. Layer between earth's crust and core (6)
26. Word which appeared on the 10c coin for two years after New Zealand went decimal (8)
27. Victorian poet who wrote The Charge of the Light Brigade (8)
28. Home state of Dorothy in The Wizard of Oz (6)

delicious



Lentil soup

Ingredients

- 1 cup lentils in brine
- ½ tbsp pureed garlic
- ½ tbsp pureed ginger
- ½ tsp chilli flakes
- ½ tsp turmeric
- ½ tsp cumin powder
- 50ml canola oil
- 800g peeled pumpkin portions
(chop the pumpkin in 2cm pieces)
- 8 plain poppadoms (2 per person)
- 100g mango chutney
- ½ tsp salt

Method

- Drain the lentils.
- Heat oil in a large saucepan, add the garlic, ginger, turmeric, chilli flakes and cumin. Cook for 1 minute, stirring constantly.
- Add the pumpkin and lentils and stir well.
- Pour in 3 cups of water and add the salt. Bring to the boil and cover. Let it simmer over a low heat until the pumpkin and lentils are soft.
- Season with salt and pepper to your taste.
- Serve with poppadoms and chutney.

A note from Ryman chef, Kumar Mekala

Hello, my name is Kumar Mekala and I am the head chef at Bert Sutcliffe Retirement Village. I was born in India and moved to New Zealand 17 years ago after I completed my formal training in hotel management and culinary arts.

I have worked in hotels in Taupo and New Plymouth for a number of years, before the bright lights and busy pace of Auckland lured me here.

For the past 10 years, I have worked in various retirement villages and I started working at Bert Sutcliffe in 2016. I love working here and I am always aiming to give residents an amazing food experience.

In my spare time, I have recorded over 100 episodes of my cooking show *Butter Chicken & Beyond* with my cooking philosophy to “keep it simple”. I am very lucky to have a lovely wife and two beautiful daughters. My family means the world to me.

I chose this lentil soup recipe because it is a light and easy vegetarian option that’s easy to make and does not require a lot of time. I really hope you enjoy it!



20th Anniversary!

A wonderful portrait of Dame Ngaio Marsh was unveiled for the 20th anniversary of the Ngaio Marsh Retirement Village to the surprise and delight of residents and guests.

The portrait (pictured right), painted in 1956, was gifted to Ngaio Marsh residents to celebrate the anniversary of the 1999 opening of the village.

Guest and historian Dr Bruce Harding spoke about Ngaio's upbringing, travels and how she was also a leading theatrical influence in New Zealand.

Three of the first residents – Helen Grofski, Margaret Swaney and Jeannette Leermakers (pictured) – also spoke about their experiences. Afterwards everyone enjoyed a lovely afternoon tea and examined the stunning portrait.



Anna Thomson
Village Manager

Ph: 03 352 5140
Call Anna for general enquiries, or information about resthome and hospital care.



Marie Kyle-Stevenson
Sales Advisor

Ph: 03 354 6608
Talk to Marie for more information about independent townhouses or serviced apartments.

