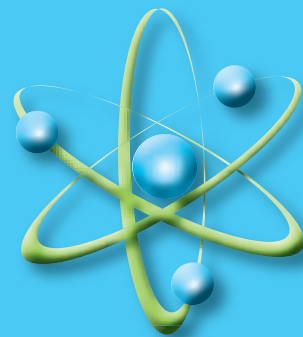


Ernest's Editorial

Ernest Rutherford Retirement Village • Summer edition 2019



Two's Company

The duo of Peter and Jacquie provide residents with a musical interlude



Meet
Beryl



Father's
Day



High
tea

Greetings from Durham...

Hello and welcome to our summer edition of *Ernest's Editorial*.

We are coming to the end of another busy year with Christmas and New Year just around the corner.

We are always striving to improve on things at the village, especially the way we respond to and care for our residents. We have a lovely sense of community here - the caring thoughts and actions of our many residents, families and staff contribute to everyone's wellbeing.

Our dedicated and compassionate staff foster this sense of community and their hard work is appreciated. Our staff go the extra mile in their endeavours to look after our wonderful residents and provide a warm and happy atmosphere.

Sadly, this will be my last column for Ernest's Editorial. Moving into my new role with Ryman Healthcare as Emergency Planning Advisor is certainly bittersweet. Whilst I am looking forward to the challenges of my new role, I will miss everyone at Ernest Rutherford.

I wish to thank the many residents, relatives, volunteers and staff who have helped make my time here a truly pleasant one.

Kind regards,



Durham
Durham Quigley
Village Manager
Ph: 03 538 0880

A note from Debbie...

Toot toot! That's right... I'll soon be on the road again in our new campervan and living the summer holiday dream! Our residents in the village are also living the dream, with the activities team organising endless concerts, fun events and experiences in the lead up to Christmas.

We recently had the performing duo Two's Company give the village a real singalong show. It was great to see so many residents from different parts of the village come along.

We have decided to have another Book Fair this summer following the success of our event earlier this year. If anyone has books they want to donate, please give me a call and I can pop around to collect them.



Serviced apartment *available now!*



Debbie
Debbie Edwards
Sales Advisor
Ph: 03 538 0882



Two's Company

Peter and Jacquie Faulkner's wide-ranging musical talent was on show for the residents during their recent Two's Company tour. The pair played music spanning over two centuries of classical, latin, folk, rock and pop to name a few genres. The pair also showcased some original compositions.

Their fantastic stage presence, including a dose of humour, had everyone engaged and smiling. When those who attended the concert were asked what they thought, one comment was: "What a talented couple, such a wide range of music and all performed to perfection."

At the end of the concert some of the residents met Peter and Jacquie to see first-hand how they create their music.

Pictured: Peter and Jacquie stand centre stage with village residents.

Inset: Residents get a turn on stage.





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 the *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. Whanau 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.*

Hansel & Gretel

THE RYMAN HEALTHCARE SEASON OF

rnzb

ROYAL NEW ZEALAND BALLET

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.

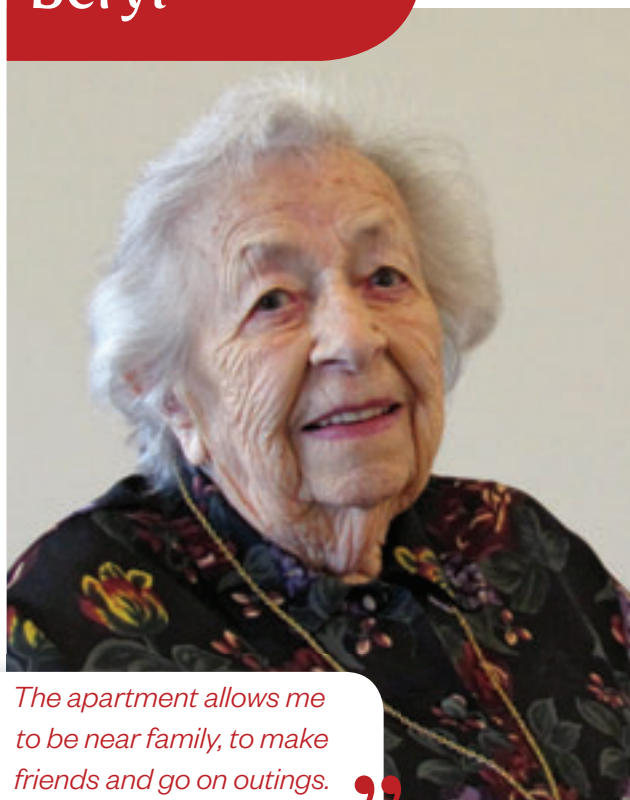
Exclusive Ryman discount code:

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.

Meet Beryl



“The apartment allows me to be near family, to make friends and go on outings.”

On August 16, 2019, Beryl Nelson celebrated her 100th birthday with her family and village friends and staff.

Beryl's family arranged a surprise party with tributes and mementos, with a card arriving from the Queen and another one from Jacinda.

Beryl was born in Llanegwad, a small village in Wales, where her father was the local headmaster. From him, she inherited her love of music.

In 1938 she went to Durham University, where she started an honours degree in French with part of her studies to be in Sorbonne in Paris. The start of the war meant a hasty retreat to Durham, where her degree changed to include music. Beryl was also a member of the ladies rowing team.

It was at Durham she met Leslie Nelson who was in the final year of his degree. They were married in her home village in 1941. They moved to Roker, where Beryl taught pupils and her husband became curate at St Andrews Church. Family additions included David, born in 1948, and Judy, born in 1952, and the four moved to Egglescliffe, a village near Middlesbrough.

After retiring from teaching in the early 80s Beryl made the brave decision to come to New Zealand, with my daughter Judy.

Now she is enjoying different aspects of village life.

In Beryl's words: “The apartment allows me to be near family, to make friends and go on outings, and I love to play the piano.”

Father's Day Men's Club

Our Men's Club thought what better way to celebrate Father's Day than with a social chat in the warmth of the village centre. The men added some chocolate into the mix and the conversation soon flowed. The chat moved from the weather to

the enjoyment of village life, to vegetable gardens and growing veges the old way. All involved had a great day including the time spent with their families.

Pictured: A group of our men relaxed during a Father's Day event.

News from the serviced apartments





Unique bears

Our care residents learned about the creative talents needed to make soft toys during a visit from Anne Tucker of Unique Bears. Anne came along to show us her wonderful teddy bear collection, with each bear made from wool blankets and other materials. The residents had a wonderful time.

Pictured: Merle Amies and other residents were amused and impressed by the intricate soft toys.



Pics Peanut Butter world

Some of our care residents recently enjoyed a factory tour of Pic's Peanut Butter World. We watched the manufacturing process including the roasting of peanuts. The residents were able to try products and we took a jar home for other residents to enjoy!

Pictured: John Osborn and Wendy Farrell visit Pic's factory.

Staff profile Introducing John



“ I work with an awesome gardening team in a friendly atmosphere. ”



Hello, my name is John Van Turnhout and I am the lead gardener here. I started working for Ryman Healthcare a year ago.

I work with an awesome gardening team in a friendly atmosphere.

The crew are knowledgeable, professional and always thoughtful and caring towards our residents. They always make time for our resident's requests.

To be able to share a story or a joke with residents is a pleasure. The best part of the job is to see

them smile or better yet, to see the joy the gardens bring to them on their daily walk.

In my free time I enjoy karate, hunting and fishing. Most of all I love spending time with my family; my partner Louise, daughter Hannah and son Callum.

I especially love the time I get with my grandsons Jude and Louis. They're awesome wee men.

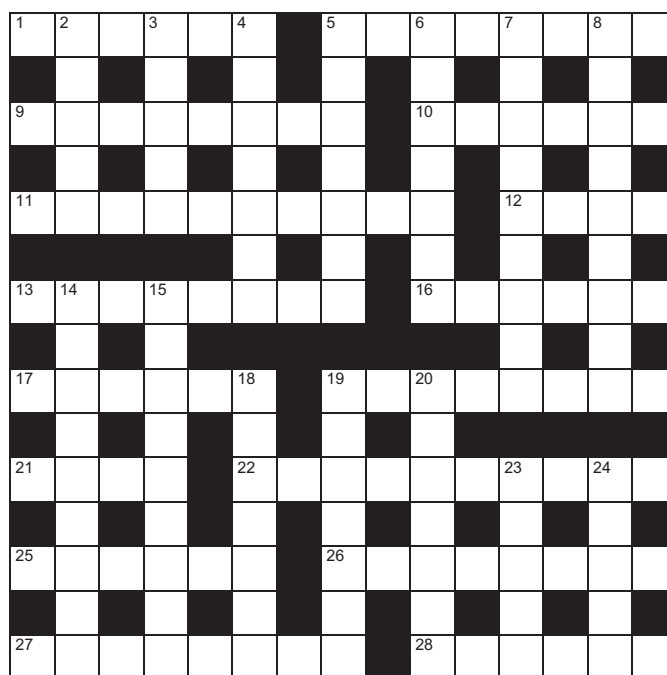
How many words of three or more letters, including plurals, can you make from the six letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one six-letter word.

A Y L
L E R

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



1. ___ is God's way of saying:

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!



Special high tea outing

Our residents travelled to the small township of Hope to attend a special high tea at the Dress Up Box and Café.

The café setting gave those on the outing the chance to relax, eat and also try on a few items from the attached costume hire store. Everyone got into the spirit of the occasion.

The food and drinks that came to the table were superbly presented, and it was a very social event for all.

The costumes and items for hire provided a source of amusement and prompted some funny stories.

Pictured: Bev Bourke sits down at a special high tea at the Hope café stopover.



Durham Quigley
Village Manager

Ph: 03 538 0880
Call Durham for general enquiries, or for information about resthome, hospital and dementia care.



Debbie Edwards
Sales Advisor

Ph: 03 538 0882
Talk to Debbie for information about independent apartments, townhouses or serviced apartments.