Art expo extravaganza
Our village hosts an amazing event for the community

Meet Judy
Musical interlude
Homestead visit
Greetings from Jodie...

Hello everyone, and welcome to the summer edition of the Princess Alexandra Post.

I hope this finds you well and you are enjoying the longer, warmer days.

We have commenced a gorgeous garden upgrade to several parts of the village. My favourite would be the private courtyard in the centre of our Duchess wing. Pop in and take a walk in our lovely green spaces here within our village grounds.

The village has been enjoying so many different activities in recent months. The highlight for me was our art expo. Napier Art Club set up a wonderful display of local art work.

The club was also generous in providing Princess Alexandra with a beautiful painting, which was raffled to support the 2019-2020 Ryman charity, the Breast Cancer Foundation NZ.

The talent evident during the show was exceptional. Over the course of the weekend around 40 pieces were purchased.

We have some great events coming up in the lead up to Christmas.

Please remember you are always welcome to drop in anytime.

Take care and warm regards,

Jodie Robb
Village Manager
Ph: 06 835 9085

A note from Shona...

As the days lengthen, we reflect on how lucky we all are here at Princess Alexandra to have such a lovely warm village where we can enjoy each other’s company over a fun activity, morning tea or Happy Hour.

We were recently very privileged to have designer Annah Stretton talk about her charity RAW, followed by a fashion show. We’ve also hosted an amazing art expo.

Before we know it, we will all be busy making our plans for Christmas and the new year!

The gardens here are looking beautiful, so why not make a time to visit and have a chat followed by a wander around our lovely village.

Above: There were some spectacular artworks.

Shona Bayliss
Sales Advisor
Ph: 06 835 3018
Princess Alexandra village hosted the Napier Art Club’s annual art show, there was so much buzz around the artworks on display.

It was a huge success for the village and the club, with more than 100 guests attending the opening cocktail evening on the Friday night.

During the weekend the public were invited to come and view the paintings and artworks. It was also a chance to socialise. So many of Napier’s art lovers spent some time at Princess Alexandra village during the extended weekend showing.

The expo was a hit, in great part due to the attention to detail and hosting by many of our staff members.

**Art expo extravaganza**

_Pictured: The expo provided a chance to mix and mingle._

_Inset: Residents and guests examine the works._

_Cover: Sales advisor Shona Bayliss and resident Nola Fullarton._
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 Brunnhildes, 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 WWI 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 Tairawhiti 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. Ngati 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 To Kanawa Retirement Village.
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 into 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.
Serviced apartment residents were lucky enough to experience a wonderful performance by some of our own village musicians.

Nigel Shaw, on saxophone, Frans Kruft, on guitar, both played together throughout the concert. They were also joined by vocalist and pianist Ruth Thomas in a talented trio.

The musicians had been practising together for several weeks and enjoyed the chance to provide the entertainment for a Tuesday Happy Hour.

The audience loved the sweet sounds.

Pictured: Frans Kruft and Nigel Shaw work in harmony in the village setting.

In April 1971, the Napier Jaycees held a Jaycee Charity Ball to raise money towards a private hospital.

As my husband James, was deeply involved, we had the privilege of hosting Her Royal Highness Princess Alexandra and her husband. What an event!

As a memory there is a painting here at Princess Alexandra, and it features the royal couple as well as James and I.

I was widowed in 1996 and lived on my own for many years until 2018. I have always had a close relationship with the village, so when a decision was needed as where I should shift to, there was no doubt.

I have two children. One is based in Napier and the other based in Palmerston North as a golf professional. In addition, I have six grandchildren. Unfortunately, the two eldest, aged 26 and 27, have cystic fibrosis. Their brother and sister have been their strongest supporters.

Living here has reduced the stress for my family, as I have all I need. I love it!

The village offers everything one could ask for and provides a safe and relaxed lifestyle.
Hello, I'm John Bland and I joined the Princess Alexandra team as a chef in May 2017. I was only planning to be here for a short while but loved the place so much I decided to stay and join the kitchen team full time.

I have a strong passion for cooking and all things related to the hospitality industry.

For those who don't know me, I am a dedicated family man, with five children. My youngest is just 12 weeks old.

In my free time, I love gardening, more cooking... and I enjoy the odd glass of red wine!

I truly relish working with our talented team here in the village kitchen. I love serving my favourite dish - beef cheeks with star anise sauce.

I hope everyone is looking forward to our new café coming soon at Princess Alexandra. It will make my morning coffee run easier!

I love serving my favourite dish - beef cheeks with star anise sauce.

Maori Language Week

Care residents enjoyed Maori Language Week events including music and talks about the stick games, and the challenges issued in a haka.

Staff sang Maori songs and gave explanations around the use of poi. Residents enjoyed the cultural experience.

_Pictured: Gladys Easton trying out the poi._

Craft expo

Residents enjoyed sharing their hobbies and talents as part of a craft expo held in the village. Many of those that came found something of interest, including how to research their family tree. It was a fun afternoon learning about new crafts.

_Above: Residents Goff Squire and Elizabeth Powdrell helped those interested in their history._
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

AYL
LER

Sudoku

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

Down
2. Surname of the dalmatian in Hairy Maclary stories (5)
3. Celtio tribe of which Boudica was the queen (6)
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)
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)
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, chili 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!
Historic homestead visit

A large group of our townhouse residents went on a special trip to Gwavas Garden Homestead for lunch and a tour.

The van took us to the lovely venue and woodland gardens, located near Tikokino in the beautiful Hawke’s Bay. When we arrived we were treated to a delightful lunch and a history lesson about the estate and buildings, which date back to the mid-19th century.

The residents enjoyed looking around the homestead at all the antiques and historic furnishings, including the curtains and the original flooring from 1850.

After a walk everyone took time out, enjoying a high tea in the formal dining room.

Jodie Robb
Village Manager
Ph: 06 835 9085
Call Jodie for general enquiries, or for information about resthome, hospital and dementia care.

Shona Bayliss
Sales Advisor
Ph: 06 835 3018
Talk to Shona for information about independent apartments, townhouses or serviced apartments.

145 Battery Road, Napier
princessalexandra.co.nz