

Bob's Banter

Bob Scott Retirement Village • Summer edition 2019



International variety show

An afternoon of dance,
comedy and entertainment



Meet
Eileen



Weta Cave
visit



Annah's RAW
Truth

Greetings from Cathy...

Hello and welcome to our summer edition of *Bob's Banter*.

The mornings are noticeably lighter, great for early morning walks, and isn't it wonderful to see daffodils springing up around the place.

We have had our village Wellness Month with everyone participating in various fun activities. Staff joined some Triple A exercise classes, there were mind bender challenges, quizzes and plenty of other stimulating events to promote healthy minds, bodies and souls.

We also recently held our International Month, which involved residents and staff sharing their cultural creations, decorations and fabulous food representing many different cultures. The highlight was an international variety show performed by our

talented residents. The show was followed by an international-themed afternoon tea. We are very proud of everyone involved.

The Rugby World Cup has been entertaining us all and I am sure there are plenty of rugby fans with their eyes still glued to the screen.

Until next time take care, stay well and I look forward to seeing you out and about in our beautiful village.

Kind regards,



Cathy Hiku
Village Manager
Ph: 04 570 5800

A note from Debbie...

What an incredibly busy couple of months we've had at Bob Scott.

It is great to have our Trimmer independent apartment residents moved in. Everyone is loving their new apartments, so if you're thinking about village living, I do have a 3-bedroom apartment left in the Trimmer block. This is the last chance to buy a brand new apartment here at Bob Scott.

Coming up, we have a couple of great speakers and artists visiting the village. Watch out for your special invite and I hope to see you soon.



Townhouse available now!



Debbie Komarkowski
Sales Advisor
Ph: 04 568 2250



Variety show

To celebrate International Month, we held a variety show which included many acts for our independent and serviced apartment residents.

Nearly 40 residents sang, danced, and recited poems originating from various countries.

The show was hosted by Bob Scott's very own 'Grumpy Old Men', Don and Stan, who added witty comments and jokes written by another resident Colin.

Residents Helen Glasgow, Jenny Deans and Barbara Lovie, dressed in gorgeous burlesque outfits, used gold Zimmer frames for a spectacular can-can.

Ticket sales raised over \$350 for Ryman's charity partner for 2019/2020 the Breast Cancer Foundation NZ.

*Pictured: Our ladies perform a stunning can-can.
Inset: A Scottish story recited by Sir Lloyd Geering.*





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.*

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.

Serviced apartment resident profile

Meet Eileen



“ *Staying on in the apartment has been the best decision I've made.* ”

Hi, my name is Eileen Mason. My parents moved to New Zealand from England and settled in Lower Hutt, where my sister and I were born and raised.

Our home had many visitors while I was growing up. My parents would host recent English migrant families, who would stay until they got on their feet.

My sister and I attended Boulcott Primary School, then Hutt Valley High School. I met my husband Cliff while attending a dance at the Petone Rowing Club. It was love at first sight!

Cliff and I got married when I was 21 and we have three sons and one daughter. My husband and I often attended the Hutt Golf Club, where Cliff was the club captain and president.

We worked together for 30 years at our successful electrical contracting business, CG Mason Electrical.

After we retired, we travelled around Europe, Australia and the United States. We bought an apartment in Australia and for 23 years we had many holidays with our family and friends.

Shortly after Cliff passed away I had an accident which resulted in a stay in the hospital here at Bob Scott. While recovering I decided to purchase a lovely serviced apartment.

Staying on in the apartment has been the best decision I've made. Three years on I have made so many new friends.

I'm now part of a social singing group and the Third Act theatrical group. This has given me the confidence to be part of two village productions – a pantomime and an international variety show.

Weta Cave

August was movie appreciation month, so for our Out and About trip a group of serviced apartment residents visited Peter Jackson's Weta Cave in Miramar. There were exhibits and props from movie sets including The Lord of the Rings film trilogy. For some in our

group it was their first time visiting Weta to see the life-sized sculptures, the many props and memorabilia. The next time we visit we will be doing the tour of the workshop.

Pictured: The residents loved posing with the troll!

News from our serviced apartment residents



News from our serviced apartment residents

News from our resthome residents



Men's Group models

Norm Dalziel is a serviced apartment resident at Bob Scott who lives just down the corridor from our hospital wing. He is fond of building model airplanes and has assembled several beauties. One afternoon he spoke to the Men's Group about the models. A big thanks to Norm.

Pictured: Norm Dalziel with his room full of models.



The Upper Hutt express

A train trip to Upper Hutt brought back wonderful memories for some of our residents. Those on the outing were excited to board the train from Wellington station. They loved passing through the suburbs that were familiar to them!

Pictured: Residents Colin Henderson and Shuing Bi.

Staff profile Introducing Nathan



“ I love making the gardens look their absolute best for our residents...” ”



Hi, my name is Nathan Monaghan and I am the head gardener here at Bob Scott.

I have been working here for nearly two years. I lead a team of three other gardeners and thoroughly enjoy my role.

I love making the gardens look their absolute best for our residents, relatives and visitors.

Here at Bob Scott, our residents love colour, so we try our very best to reflect this.

I am also a member of the Ryman Safer Together Forum and I am very passionate about this to help keep everyone safe.

My partner's name is Taran and we have three beautiful daughters. Their names are Isabella, Alice and Avery.

We live on the Kapiti Coast and outside of work I really enjoy hunting and all sorts of horticulture, specifically fruit trees and shrubs.

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



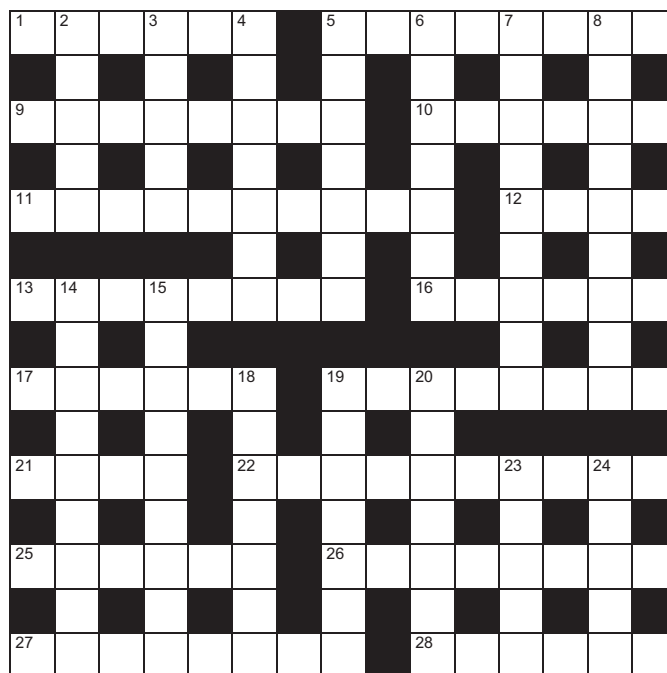
Answers: Ale, ally, ally, ally, are, aryl, aye, ear, early, ell, era, lay, layer, lea, leal, ley, lyre, rale, rally, ray, real, relay, REALLY, rely, rye, yare, yea, year, yell.

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. Icen, 4. Garland, 5. Ezekiel, 6. Rotunda, 7. Gendarmes, 8. Elephants, 14. Astrolobe, 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!



Annah Stretton on fashion and hardship

We had a huge turnout at the village for a presentation by Annah Stretton (pictured).

Annah is a fashion designer and social entrepreneur who has been travelling to our Ryman villages, talking to residents about her charity RAW. She is also the creative mind behind Ryman's colourful uniforms.

The RAW Truth, Annah's new book, is the story of Annah and her sister, Rebecca Skilton, who chose to immerse themselves in the lives of a group of women who came from a very different world to their own, a world filled with hardship.

They decided to set up a charity to support those exposed to abuse and crime. Our residents were fascinated by the talk!



Cathy Hiku
Village Manager

Ph: 04 570 5800
Call Cathy for general enquiries, or any information about resthome, hospital and dementia care.



Debbie Komarkowski
Sales Advisor

Ph: 04 568 2250
Talk to Debbie for more information about independent apartments or serviced apartments.

