

Verve

ISSUE 6: JUNE 2010



Bill Strikes Gold
PAGE 9



Microwave
Chocolate Cake
PAGE 10

New Zealand by Scooter

PAGE 6



Mr. and Mrs. Green
Photo courtesy of Times Newspapers

Welcome to the June Issue of Verve and thank you everyone for all your submissions of great stories. We were overwhelmed by your letters and emails and it was difficult deciding which stories and photos to include. But before I go on I would like to congratulate Mr. and Mrs. Walker as the winners of the Gift Basket and remember, we enjoy hearing from you so please submit your stories or if you just want to let us know your thoughts please write to us at:

Verve Magazine
c/o PO Box 37 463
Parnell
Auckland 1151

or email:

clarap@metlifecare.co.nz

In our last Issue we mentioned Mr. Bestley from Metlifecare Wairarapa who was our Gift Basket winner and his wonderful story about his wife Vera who celebrated her 99th Birthday. Our current winners Mr. and Mrs. Walker, Residents of Metlifecare Pinesong, tell you how they made one of the biggest decisions of their lives.

What's new at Metlifecare? Our website has had a makeover, which is very fashionable

these days. It should be up and running by the end of June so have a look and let us know what you think: www.metlifecare.co.nz.

What's new in this Issue of Verve? We talk about the Metlifecare Award and what it means to us and our Staff. You, our Residents are important to us and so are our Staff. So, when one of our Staff Members has truly exceeded your expectations, please take the time and nominate them, entry forms are available at your Village Reception.

Finally, we would like to remind you that "Great people make great places", and if you have a friend or family member who is considering a new lifestyle at one of our Metlifecare Villages, then please let us know and you can be part of our Resident Referral Programme. See inside for more details.

Before I close we would like to congratulate Mr. and Mrs. Green of Metlifecare Highlands (pictured above) who celebrated their 70th Wedding Anniversary. They say friendship and commitment are the key to their long and happy marriage.

Till the next issue, keep warm and if you celebrate Mid Winter Christmas, wishing you lots of fun and laughter and I hope the guy in the red suit visits you!

Making Retirement the Best Time of Our Lives

By Vern and Ali Walker



Ali and Vern outside their villa

We picked up the Metlifecare quarterly publication. Within its pages it brazenly proclaimed: “Let the dream become reality at Metlifecare Pinesong Retirement Resort.” It further added: “The views are magnificent. Pinesong (located near Titirangi, Auckland) sits high on a promontory on the edge of Manukau Harbour, on the eastern flanks of the Waitakere Ranges and in expansive grounds. Features include a native bush reserve, lovely gardens, and even a walkway to a private beach.”

This entire ‘blurb’ seemed enticing, to say the least. Lovely villas (posh name for house), and apartments (very posh), located in curved little crescents and lanes, all with pleasant sounding names – Plum Tree Grove, Conlon Lane and Totara Avenue. There is a bowling green, a swimming pool (youth rejuvenated, but at a more sedate pace) and a community centre (where the deaf all shout at each other). It all seemed so different to suburbia. It was not ‘us.’ Too up market. But it was only a ten-

minute drive from our home in Blockhouse Bay. Why not take a peep. This we did on 10 June 1999. Pretty nice we thought, despite all the mud and bulldozers. And the villas and apartments of Stages One and Two looked homely enough.

But the timing was all wrong. We had just committed our savings to Managed Funds, which ultimately would just stutter along. So we waited and waited, and three years flew by. We still hankered for Pinesong and visited the construction sites many times.

Then quite on impulse we phoned, and asked: “Are there any three-bedroom villas for sale? The Sales Executive responded: “Yes, we have just two, and they are available for you to see on a plan. We were going to phone you.” Sales pitch? Maybe. Providence intervening? Maybe. Certainly, this time the timing was just right. Our 1966 home was tired and prices were soaring, partly due to the influx of Asian immigrants.



If anyone had told us that we would buy a puddle of yellow clay and a villa off the plan, we would have said: "This is not the way we go about things. We like to see what we are buying." But, with only two, three-bedroom villas to be built in the immediate future we had to make a decision smartly in order to secure the north (sunny) facing one-level villa. On 19 August 2002 we paid our deposit, and on 16 January 2003 we moved in.

Life, in our golden years has suddenly taken on a rosy glow with new and pleasant horizons. We have now been residents at Pinesong for over seven years. Life is full with the fun of popping into see village neighbours, a monthly barbeque, the enjoyment we get from our flower and vegetable gardens, watercolour painting and congregating around the swimming pool with our six grandchildren.

Frequently, we commune with Nature and walk across the village to a lookout high above the Manukau Harbour. We listen to the slow "s-h-i-s-s" of the wind meandering through the pines. We listen to the whispery flutterings of the wood pigeons, the song of the tui, and the urgent "tweak", "tweak" of the colourful rosellas as they hurriedly rise and fall, and exceed the speed limit through the trees.

And when Christmastide beckons, the twisted limbs of the pohutukawa are festooned with curves of fluffy pompoms of plum reds, red-orange and cerise of the blossom. Their delicate filaments brightening up the grey-greens of the foliage to later embellish the walkways with their crimson tide of summer. And on a clear day there is the milky blue of the harbour, far below, smudged here and there by the mud banks of this ever changing tidal inlet. The panorama stretches away across the water to the Hunua Ranges in the far south of Auckland. Along the coastline there are the winding bays and native bush with dwellings peeking through here and there. From Pinesong the chaos of the hectic traffic simply does not exist.

In the meantime we are making retirement the best time of our lives. We revel in the companionship that goes with living in a caring community of nearly 500 retirees. We are here until we are reluctantly and permanently, horizontally and expensively carried out the front gates of Pinesong in a black, long, and shiny limo!

Out and About



Happy Metlifecare Somervale staff collecting ice creams for residents.

**St. Patricks Day fling at Metlifecare Highlands!
From left to right: Phil Prescott, Denise Kennedy, Lorna Russell, Irene Stephens, two sisters Doris Bradley and Lily Bond.**



Les and Ngaire Hill enjoying a visit from Mr Whippy at Somervale



My Wife Vera

By John Bestley



*Vera and John (at front)
Photo courtesy of Wairarapa Time Age*

I have been asked to write an article about Vera, who celebrated her 99th Birthday on December 7th 2009 here at Metlifecare Wairarapa.

We had a wonderful party enjoyed by all – but especially by Vera and me. Vera, was born in Croydon, South London, her father a buyer for a department store, her mother worked there and thus they met and married. Vera has a vivid memory when about 5 or 6 of being carried out of their bombed-out house in W.W.1 and saying “Oh look! The sky’s on fire.” It was of course the German Airship being shot down in flames.

She was educated in one school only – Old Palace School, Croydon – so named because originally it was one of the Palaces of the Archbishop of Canterbury. Much altered, of course, but Vera used to climb ropes in the Great Hall where Queen Elizabeth the 1st dined. Vera would have liked to become a physical education instructor, but the family purse would not allow the training involved. Instead aged 17 she became apprenticed to Plummer Roddis, a well known department chain store to, as the form of indenture states, “learn the art of this business”. This meant to become a sales woman in a high class gown salon which she did. She proved a natural and long before the 3 year period was up she was serving customers and getting good commission. This was just as well because when she was 18 her father died and Vera had to help support her mother and let Jeff – 2½ years younger – complete his education.

By 1939 she was well established and about to achieve her ambition, namely to get a post on a cruise ship, much sought after in the trade. But she never did. On the outbreak of W.W.2 her brother in the Territorial Army was immediately called up. She joined the Civil Defence as a Plotting Officer in the Hand on Control Room. A responsible job which involved plotting on a large wall map of this district the position of every incident reported, be it bomb, landmine, incendiary etc. She then had to despatch the appropriate F.D. unit, which she did right through the Blitz, the raids following and then the V1 flying bomb and V2 rocket attacks. It was in the relative lull following the blitz that we met.

I was at Mill Hill Barracks awaiting positing, being a radio location (today we’d say radar) mechanic. There were a lot of us being redundant, the war in the air being virtually won. A pal who had a peaked cap he was no longer entitled to wear, was posted so suddenly he couldn’t get home even though he lived locally. He asked me to take the cap home for him, which I did by wearing it, to avoid possible confiscation. I got to the house, in of course a complete black out. The young woman, who opened the door, thought I was her brother, flung herself at me and gave a great big hug and a kiss.

That was about Oct/Nov 1942; I was posted but able to see Vera and proposed to her on Feb 1st, 1943. She tells me she said “You don’t want to marry me, you’ll end up pushing me in a wheelchair” 9½ years older than me, 66½ years later occasionally I do just that. We were married on June 8th, 1943, but could not set up house until Sept 1946.

What happened after is another story, we landed in NZ Sept 1955 and neither of us have had any cause to regret either that, or our marriage. We came to Metlifecare January 12, 1993, Vera is now in the Care Facility, I am still in our unit. Thus we are able to be together part of every day. Not the ideal arrangement but the best we can hope for, and we are grateful for it. I have said we celebrated Vera’s birthday. Metlifecare got right in behind it, especially our Nurse Manager, Karen, thus ensuring its success.

New Zealand by Scooter

By Joyce Buchanan



Take a drive around any of New Zealand's towns and cities and you will see that scooters have become a very popular mode of transport. But go back 50 years or so and they were a little harder to find! That did not stop a band of scooter enthusiasts from embarking on a remarkable journey through the Kiwi countryside. One of those riders was Joyce Buchanan (you can see her in the middle of the photo looking rather splendid in a white helmet, sunglasses and matching white scarf). Joyce who is now a resident at Metlifecare Highlands took part in this great Kiwi adventure and wrote the article that tells the story. We hope you enjoy this original article that was first published way back in 1959.

Seventeen motor scooters belonging to members of the Auckland Motor-scooter Club arrived in Wellington yesterday morning on what is believed to be the longest journey ever attempted by a motor-scooter club in the Southern Hemisphere.

The group of 11 women and 10 men left Auckland on Saturday and intend to travel to the Bluff. They came to Wellington by way of the Desert Road and left by the Rangitira for Picton yesterday afternoon. "The trip has so far been

uneventful,” said the club’s president, Mr. R.T Brownsey. “It’s been mostly minor trouble with electrical systems and such.”

Mr Brownsey has a complete range of spares for his machine, and some for other scooters, as well as his own luggage. Each scooter is well loaded and some have pillion passengers. Occupations among the riders include chemists, nurses, housewives, engineers, electricians and a butcher.

In the South Island they will visit Blenheim, Westport, lake Wanaka, Queenstown and Milford Sound. They will return through Christchurch, where they will be entertained by scooter club members, and return to Auckland via New Plymouth.

Seventeen members of the Auckland Motor-scooter Club and four pillion-passengers, arrived in Wanganui yesterday on the final stage of a New Zealand tour (which began on February 14, 1959, in Auckland) and left for New Plymouth for the

night and then onto Auckland.

The party travelled from Auckland to Taupo, on to Paekakariki, Wellington and crossed Cook Strait to Picton. Some members traversed the Lindis Pass and some the Lewis but they all met at Te Anau for a trip to Milford Sound, then on to Dunedin and Bluff.

Carrying their own tents and cooking gear, they camped throughout their trip. Apart from a cold snap in the South Island, they experienced fine weather throughout the trip. The only complaint of the travellers was the amount of metal on South Island roads. “They have too much metal available down there, so they heap it on the roads,” one of the riders said. With their heavy loads the scooters were not too easy to handle in the deep loose metal and several had minor falls. Some members of the party made a trip to North Cape before embarking on the New Zealand trip.

Our Village

by the Metlifecare Coastal Villas Residents’ Association Committee

The following few short paragraphs have been taken from a statement contained within the Annual Report of Metlifecare Coastal Villas Residents’ Association Committee. We thought it sums up nicely just what it is like to be part of a Metlifecare retirement lifestyle village.

This Report is a statement of the affairs of the Metlifecare Coastal Villas Residents’ Association Committee. It provides the facts and figures of the activities of the Year April 2009 to March 2010.

What this report does not tell is how, by coming to this Village, the lives of people have been changed, improved and made simpler. Living in retirement is not always easy especially when maintaining a garden and a home takes more and more time as the energy diminishes.

But Living in a Retirement Village (Retirement Community) has to be something more than just a move from one place to another. It must be a move to a new and more enjoyable type of living.

Where drudgery is replaced by enjoyable activity.

Where old friends are supplemented by lots of new friends.

Where work is replaced by time to go places.

Where maintenance is another person’s job.

Where you have companionship and a smile at hand all day, every day, just as much as you want it.

Where security is there at the touch of a button.

This is Coastal Villas “OUR VILLAGE”.





Great people make great places.

Good friendships and great company are what make every Metlifecare Village a great place to live and together we can keep it that way. We would like to give you the opportunity to share your community with more people you enjoy spending time with, people who share the same values and a similar outlook on life.

The Metlifecare Resident Referral Programme

If you have a friend who would enjoy the retirement lifestyle that you do, please refer them to us and we can provide them with information about life in a Metlifecare Village and answer any questions they may have.

If they move into the village, you will have another great person to share your community with, and we will welcome your friend with a \$1,500 credit on weekly fees. To show our appreciation we will also give you a \$1,500 credit on your weekly fees.

How it works

It is really quite easy and will only take a few minutes. If you have a great person in mind, you can refer them to us by following these simple steps:

- Step 1** Pick up a referral form from reception.
- Step 2** Complete the form and return it to reception.
- Step 3** Confirm that with your permission we may contact your friend.



Terms, Conditions and Forms available at your Village Reception.

Bill Strikes Gold!

Late last year Bill Harnett, part-time gardener at Metlifecare Greenwood Park, Tauranga was the proud recipient of not one, but two gold medals at the Special Olympics held at Palmerston North.

A member of the Bowls team, Bill had only started playing the game two years ago. He plays locally every Saturday and particularly enjoys being part of the Pairs and Fours games, for which he received the medals. Bill reports that every member of their Bowls teams won medals, a fact of which he was justifiably proud.

Two busloads of sportsmen and women, representing swimming, golf, tenpin bowling and bowls, travelled to Palmerston North in two buses for four days and by all accounts, a fine time was had by all.

The staff and residents of Metlifecare Greenwood Park warmly congratulate Bill and wish to share his success with the readers of 'Verve' magazine.



Bill Harnett wearing his two gold medals, won at the Special Olympics recently.

The Metlifecare Award



Introduced in 2002, the Metlifecare Award is a monthly Staff Award which recognises and rewards excellent customer service received by our residents, their families, visitors and staff. We want to hear about that special member of staff and acknowledge superior and generally unsung behaviour. That person, who as they say, "goes that extra mile".

This Award is for that extraordinary individual who makes a difference. Even though we realise that at times it is a group effort and while we appreciate your nominations for groups, they are not eligible.

So when you experience outstanding customer service, please nominate that individual by completing and submitting a nomination form. These forms are available from your Village Manager or Nurse Manager.

All nominees receive a letter of recognition from Alan Edwards, our Chief Executive Officer. Then a monthly award winner is selected by the National Operations Team. The winner receives a gift voucher, a certificate and a letter of recognition.

Each month an announcement is posted on the village notice board congratulating the winner and giving special mention to all nominees.

Next time we exceed your expectations, please let us know about it!

Chocolate Cake

Words and photo by Donna Blaber

in a microwave



- 1 cup sugar**
- 1 ½ cups flour**
- ¼ cup cocoa**
- 1 tsp baking soda**
- 1 tsp baking powder**
- 1 cup milk**
- 1 cup oil**
- 2 eggs**
- ¼ cup golden syrup or treacle**

If you find yourself craving a freshly baked slice of chocolate cake, or have visitors who provide only an hour's notice, this light, moist and flavoursome microwave chocolate cake recipe can be whipped up in just 10 minutes.

Place sugar, flour, cocoa, baking soda, and baking powder in a bowl. Mix in the milk, oil, eggs and golden syrup. Pour the mixture into a greased and lined microwave ring pan.

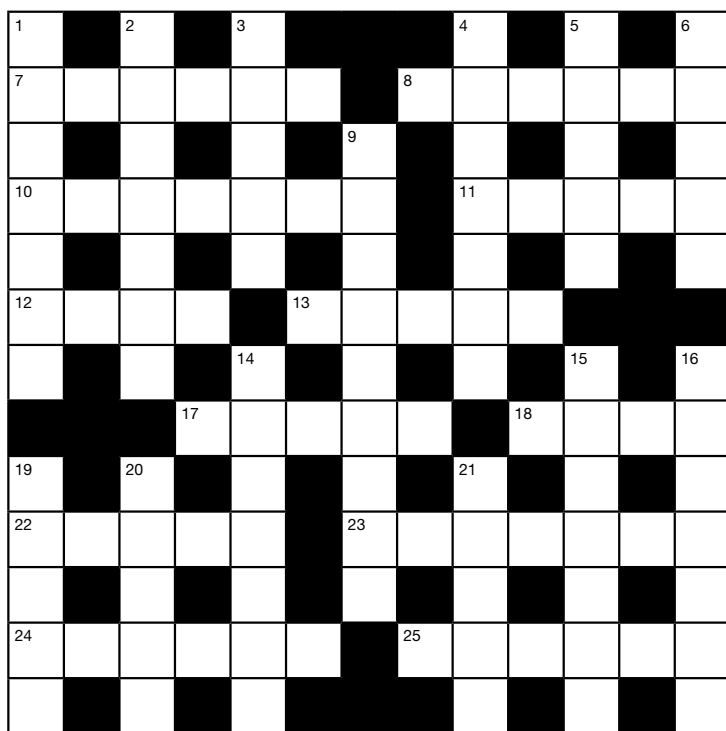
For best results, ensure even cooking by placing the pan on a microwave rack so that it is elevated 3-5cm.

Cook for 10 minutes on high (100 per cent power) in a 850 watt oven; 11 minutes on medium-high (70 per cent power) in a 1.2kW oven; or eight minutes on medium-high (70 per cent) in a 1.6kW oven.

The cake is ready when the surface is still slightly tacky with patches of cooked cake showing.

Leave the cake in the pan for five minutes after cooking, then serve warm with whipped cream.

Crossword



ACROSS

7. No. 2 in the rugby scrum, Sean Fitzpatrick being one of the most famous exponents. (6)
8. Tane _____ is one of the Waipoua Forest's giant Kauri trees. (6)
10. Shellfish noted for making tasty soup – but it is rare and catches are controlled during brief seasons. (7)
11. The largest lake in NZ. (5)
12. Distinctive air or quality associated with a person or thing, or an invisible emanation. (4)
13. (and 20 down) Christchurch-born crime writer and theatre director (1895–92). (5)
17. “There shall be weeping and gnashing of _____” says St. Matthew in the Bible. (5)
18. Popular Auckland West Coast surf beach, dominated by Lion Rock. (4)
22. Robert _____ is the lead singer of Led Zeppelin. (5)
23. Heat retaining or generating – very useful for clothing in winter! (7)
24. Favourite shellfish, notably from Bluff and the Foveaux Strait. (6)
25. Early (1840-42) Lieutenant-Governor and Governor of New Zealand. (6)

DOWN 1. Famous hotel on the lower slopes of Mount Ruapehu. (7) 2. Rugby player and coach, captain of the All Blacks from 1966 to 1970. (7) 3. Boat or ship used to carry passengers, goods and vehicles across short distance stretches of water. (5) 4. Northland town, the most northerly borough in NZ, and a major service centre for the Far North. (7) 5. The _____ Ranges Regional Park covers from the east of Papakura through to the Firth of Thames coast. (5) 6. NZ judge famed for forthright speaking at the Erebus crash enquiry. (5) 9. Island in the Hauraki Gulf – a now extinct (we hope) volcano that last erupted around 600 years ago; bought by the Crown for 15 pounds in 1854! (9) 14. Meteorology is the science and study of _____ patterns. (7) 15. Twins born with some form of physical attachment to each other, so named after Thai-born male twins who were a major circus attraction in the 19th century. (7) 16. Scenic area in the south-east of the South Island – sparsely populated but its scenic beauty may lead to ecotourism success. (7) 19. Dependent on or dominated by a wife or mother is to be tied to her _____ strings. (5) 20. See 13 across. (5) 21. Dame Susan _____ was World Open squash champion four times from 1985 to 1992. (5)

Quick Quiz

1. What is the name of the Northland town that has the oldest store in New Zealand?
2. What is the name of the Otago town that shares its fame with the Plunket movement started in Dunedin on 14 May 1907?
3. What town is the only place in the world where you can find the oldest pipe organ in the Southern Hemisphere?
4. Which small town in the South Island featured Fred and Myrtle Flutey's world famous Paua Shell House?
5. What is the name of a small town in the far north where a song was written about a local dolphin in 1956 that shares its name with this town?

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	2	7	5					4
		6		4	9		8	

Quick Quiz: 1. Kerikeri 2. Karitane 3. Te Aroha 4. Bluff 5. Opononi
Crossword: ACROSS 7. Hooker 8. Mahuta 10. Tohera 11. Taupo 12. Aura 13. Ngaio 17. Teeth
 18. Piha 22. Plant 23. Thermal 24. Oyster 25. Hobson DOWN 1. Chateau 2. Lochore 3. Ferry 4. Kaitiaki
 5. Hunua 6. Mahon 9. Rangitoto 14. Weather 15. Siamese 16. Catlins 19. Apron 20. Marsh 21. Devoy

July

2010 FIFA World Cup

South Africa.....11 June – 11 July

Swan Lake on Ice

Isaac Theatre Royal, Christchurch
30 June – 4 July
 St James Theatre, Wellington..... 7–11 July
 Aotea Centre, Auckland 21–25 July

Chamber Music NZ:

Josef Špaček with Michael Houstoun

James Hay Theatre, Christchurch 1 July
 Wellington Town Hall 5 July
 The Regent on Broadway, Palmerston North...
 6 July
 Auckland Town Hall 8 July
 Nelson School of Music 11 July

City of Nelson Highland Pipe Band Scottish Ceilidh

The Granary Festival Cafe, Nelson..... 3 July

New Zealand International Film Festival

Auckland..... 8–25 July
 Wellington..... 16 July – 1 August

Dunkleys Great NZ Craft Show

QE2 Stadium, Tauranga 9–11 July

Cheesemaker for a Day: Make Your Own Brie

Moore Wilson's, Tory St, Wellington..... 18 July

Operatunity Presents:

The Last Night of the Proms

La Vida Centre, Christchurch 21 July
 Hope Church, Nelson 23 July
 Somervell Church, Remuera 26 July
 Encounter Christian Centre, Avondale 27 July

Ideal Home Show

Arena Manawatu, Palmerston North
 23–25 July

Craft Out West

The Trusts Stadium Arena, Henderson 24 July

Manawatu Orchid Society – Winter Show

Community Leisure Centre, Palmerston North
 24–25 July

The Food Show Auckland

ASB Showgrounds 29 July – 1 August

For further details visit www.eventfinder.co.nz

August

New Zealand International Film Festival

Christchurch 29 July – 15 August
 Palmerston North 5–22 August
 Tauranga..... 26 August – 8 September

Operatunity Presents:

The Last Night of the Proms

St James Church, Avondale 1 August
 Picton Centre, Botany 3 August
 Windsor Park Baptist Church, North Shore
 4 August
 Holy Trinity Church, Tauranga 6 August
 Southward Car Museum Theatre, Kapiti
 17 August
 New Life Church, Palmerston North 18 August

New Zealand Symphony Orchestra:

The World of Rodgers and Hammerstein

Michael Fowler Centre, Wellington.... 6 August
 Aotea Centre, Auckland 7–8 August

Wellington on a Plate

Various locations, Wellington..... 14 August



*Audience in the spirit for Operatunity
 "Great Day for the Irish" concert.*

Operatunity Presents:

I'm in Love with Vienna

Somervell Church, Remuera 23 August
 Encounter Christian Centre, Avondale
 24 August
 Hope Church, Nelson 30 August

