

JUNE 2018

THE FALLS FOLKUS

THE FALLS LIFESTYLE ESTATE VILLAGE MAGAZINE



WE REMEMBERED



THE FALLS ESTATE
A BEGROUP LIFESTYLE VILLAGE



Retirement Villages Association

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MESSAGE FROM THE EDITORS

HELLO EVERYONE!

We three approach the position of editors of the Falls Folkus Magazine with some trepidation. We can never fill the roles that Graham Tiplady (well over ten years) and later, Eunice Fitness, have so capably (and often quirkily!) held. We are so grateful for the dedication and affection with which they have created a continuously entertaining, amusing and often thought-provoking magazine. Back copies are well worth another look! All are in the library.



So here goes.....

We are looking forward to this new challenge, and invite you all to submit items/stories/jokes/photos for consideration. It will be lovely to have a wide range of ideas and contributions.

We will also look forward to receiving feedback via the tear-off half page on the back of this magazine. Please let us have your ideas of what you would like to have put in, and what you didn't like as well.

Despite concerns of some residents, that all three editors were born in the UK, be reassured, between us we have 118 years of residency, and all three of us are proud New Zealand Citizens! Also, we were the only ones to put up our names! Our esteemed Village Manager, Ros Martin, is the Editor in Chief.

Wishing you all a cosy winter, and many cheering experiences till next time.

Ed, Edd and Eddy (aka Chris Chaplin, Pat Smit and Sue Otto)



MESSAGE FROM THE MANAGER

Well, history is being made in this June 2018 edition of The Falls Folkus. Long-time editors Graham Tiplady and Eunice Fitness have taken a step back from their devoted duty to this magazine to become readers rather than workers putting countless great editions together over many years.

I know that the three new members of the editorial team, Chris, Sue and Pat are very nervous about stepping into the very large shoes of the previous team – but they have worked incredibly hard to bring about a new and different approach to a much-loved publication.

There are bound to be things you like about the new version; as well as some that won't appeal as much. Feedback from you will help to move The Falls Folkus in the direction that you would like – so please let us know what you love and what you would like changed.

Be a contributor! There are so many things that happen in and around the Village – we would welcome a paragraph or two (and a photo if possible) telling us about what you get up to at The Falls Estate that makes it special to live here.

Congratulations to the new team for stepping out of your comfort zone. Well done on a great edition!

Ros Martin
Village Manager



ANZAC DAY REMEMBRANCE



The annual Anzac Service was another moving experience, with almost everyone in the village attending. **Laurie Ross, Ross Russell, Arthur Hori** and **Lew Holmwood** wore the medals they gained themselves. Many others wore medals that their relatives had gained.

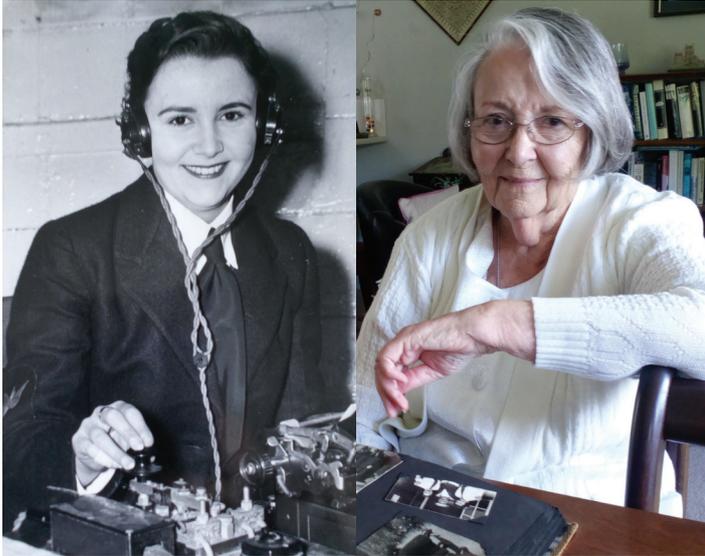
The service was led by **Lew Holmwood**, who was ably assisted by various villagers. (**Maria Hori, Arthur Hori, Ada Maurer, Gerald Batchelor, Ross Russell, Laurie Ross, and the Village Choir**). A poignant poem was read by **Gerald**, and **Graham Tiplady** provided apt videos to accompany the ceremony.

An excellent 'army' lunch was provided by our own caterers, for a mere \$5.00. The Village Choir followed this with a concert including the best known songs of Vera Lynn.



MARGARET WALKER

Recollections of a Pioneer Feminist at War. The contribution of WRNS to the war effort



Recently, recognition has finally been made of the contributions made by women in times of war and emergencies. Such a woman in the village is **Margaret Walker** who was a member of a very small number of women recruited and trained as Radio Operators in the Wireless Office of the Royal Navy in the 1940's. Unlike today's communications, once ships set sail they lost contact with the shore, so radio was the only link.

Margaret always wanted to join the WRNS during the war, but needed the consent of her grandfather. Believing that girls should stay at home, not go out to work, he refused to sign the papers. No such requirement was needed for the Women's Royal Navy Volunteer Reserve, so Margaret enlisted with the WRNVR.

Based mainly in Dundee, Scotland, where she lived, she became a Radio Operator, communicating with the naval vessels coming into Port. Very few recruits were taken on and the training was rigorous - Margaret likened it to "hard labour". Once a year the recruits travelled to Plymouth in the south of England for weeks of intensive training followed by difficult exams to ensure the high standards were maintained. One night before the exam started, the newly trained recruits decided to

go pubbing for some "Dutch courage" to settle their nerves and, for the first and only time in her life, Margaret got drunk! Drinking Scrumpy (with whisky chasers!) the evening ended with them being escorted, in disgrace, back to the barracks by Military escort! Imagine the hangovers the girls had next morning! The headphones they had to wear whilst doing their exams didn't help to ease the headaches, but they all passed with flying colours. The girls managed to have lots of fun times and there was great camaraderie in the group.

Prince Phillip, who was on active service in the Navy, visited the base a few times, once accompanied by Lord Louis Mountbatten. She recalls how 'gorgeous' the Prince was, a real heart throb in those days!

We feature a photo of Margaret as a teenager, taken when working as a Radio Operator in Dundee. This photo was used for a recruiting drive poster for the Navy.

Jazz has always been a passion for Margaret. In spite of being on very low pay in those days, (she recalls choosing between eating or travelling) she often went up to London to visit one of the many jazz clubs, to see bands such as Ted Heath, Chris Barber and many of the American jazz legends such as Count Basie when they visited the UK.



ST. PATRICK'S DAY CELEBRATION



Maureen



Lining up for dinner



Alan, Marilyn and Doreen

If anyone says Senior Citizens are too old to party – then they should have been at The Falls Estate for our St Patrick's Day celebration.

The place was alive with the sounds of **DJ Jono's** music, and the floor was heaving with residents dancing the night away. Dressed to suit the theme – the “wearing of the green” was only matched by the “eating of the green”. Our new caterers started their time with us with a magnificent meal – including a variety of green desserts. There's nothing like a bunch of “Old Folks” who know how to have fun!



Three gorgeous lassies



Jeanette and Ank



Jo and the dessert



Diana



Kathy and Bev

VILLAGE EVENTS

COUNTRY AND WESTERN AFTERNOON

Russell Porter and Trevor Prescott recently started jamming together for their own amusement when they discovered that they both played guitar and enjoyed singing *Country and Western music*.

Encouraged by Trevor's wife Robyn and residents Mel Healy and Charles Morrison they entertained us in April, with a miscellany of their favourite Country and Western music. It was great to enjoy singing along to some of our favourite songs. A 'bring a plate' afternoon tea after the performance, made for a most enjoyable afternoon. What talented people we have at The Falls!



VILLAGE FASHION SHOW

Cynthia



Doreen



Kathy



The Community Centre was transformed into a High Fashion catwalk recently for a parade of garments from Merric. Several brave and gorgeous residents strutted their stuff in a variety of outfits, many of which were "Sold!" by the end of the afternoon.

Paris Fashion Week had nothing on The Falls Estate Fashion Parade – we'll do it again next year.

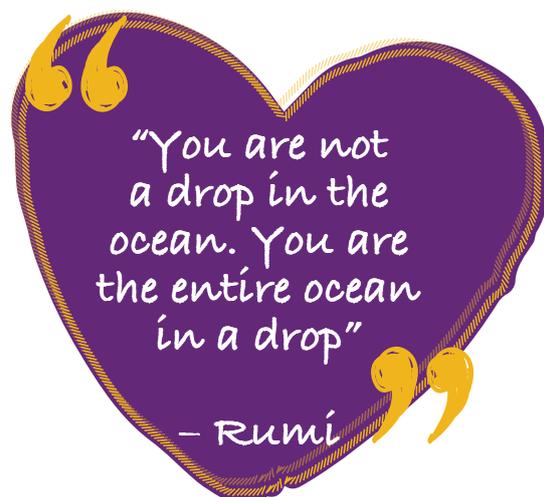
Lynley



Mel



Shirley





VILLAGE EVENTS

MOTHER'S DAY CHAMPAGNE BREAKFAST

Seventy people enjoyed a convivial Mother's Day Breakfast with bubbles on Sunday 13th. It was a lovely gathering honouring Mums and their contribution to family. It was great to see a number of sons, daughters and grandchildren there as well.

The buffet style breakfast provided by the team at Pure was sensational – and went down a treat!

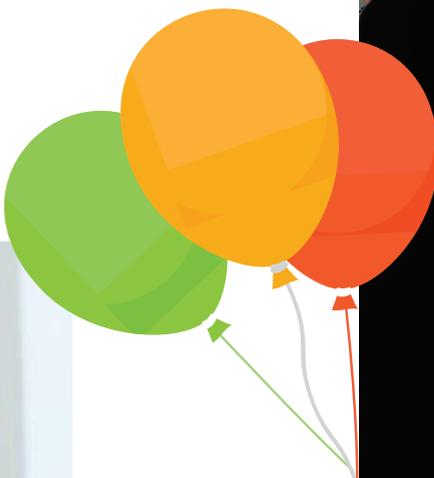
Joan Froggatt was the lucky winner of a bottle of wine – after a process of elimination which identified the largest number of children had by the Mums in the room. Joan's brood of five won her the prize!



MILESTONES

JOHN BATES TURNS 95

John Bates recently celebrated his **95th birthday** recently with a bit of a party in “La Dolce Vita” the Village restaurant. He was joined by a number of his friends from the Village. Not one to make a fuss – John enjoyed a glass (or two) of beverage and some party food. A good time was had by all. Congratulations John!



CLARA FRANKS TURNS 90

Clara came to the Village in 2017, so her family was delighted to be able to celebrate with her in the Community Centre when **she turned 90** in April.

Forty people joined Clara for the day. Her family (which included her four children, their spouses, three of her five grandchildren and six of her nine great grandchildren) plus friends from as far North as Whangaroa and as far South as Tauranga.

The Village facilities helped to create a great atmosphere for everyone to enjoy their Pot Luck lunch. Clara’s cake was amazing – it was a cake of two halves – with one recognising her love for animals and featuring dogs and cats and the other deep-sea fishing with a marlin popping its head above the icing water!



MILESTONES

LEN AND SHEILA 60TH ANNIVERSARY

On April 5th *Sheila and Len Beeton celebrated their Diamond Wedding Anniversary – 60 years of married bliss!* What an achievement! Congratulations.

Sheila and Len were married at St Albans Church in Streatham, London. They have known one another since they were eight years old, and played together in the street!

To mark this very special occasion, Sheila and Len's family joined them and stayed on for a while for a family dinner celebration at "Killer Prawn" – world famous in Whangarei - and will then stay on for a while. We all hope that Len manages to find something "sparkly" for Sheila to mark 60 years of marriage.



“Sheila said they attribute their long, happy marriage to Len doing as he is told! Len said “Well that’s bloody lovely innit”.”



THE VILLAGE IN ACTION

TABLE TENNIS

The gentle “ping” and “pong” of table tennis balls is heard each Wednesday afternoon as the Table Tennis aficionados enjoy a gentle game of this age-old sport. Well – that might be how you would imagine the game going. But this is not the case at all.

These guys take their sport **SERIOUSLY!**

There is much hearty banter between those playing and those waiting their turn. Points are disputed loudly – and it is not unknown for a player to put their body on the line. Who could

forget Ken Barber vs wooden screen last year? It wasn't Ken who came off worse for the wear as he over-stretched for the ball and went crashing through the screen rendering it useless forever. Join the table tennis group at your peril.

However, what they lack in decorum, they make up for in socialising. Birthday parties for members happen on such a regular basis you begin to wonder if some people are celebrating twice a year!



THE WANDERERS



Here we see **“THE WANDERERS”** getting ready to leave. In the next edition of “The Falls Folkus” we’ll have photos and stories from some of them describing their trip and the highlights.

Living at the Village doesn't mean moving in then staying at home! Residents regularly travel both within New Zealand and further afield.

Recently a group of 13 residents joined a tour group to Australia travelling along the Murray River on the “Proud Mary” as well as visiting other destinations on their 11 day adventure.



THE VILLAGE IN ACTION

JOHN'S COFFEE MORNING

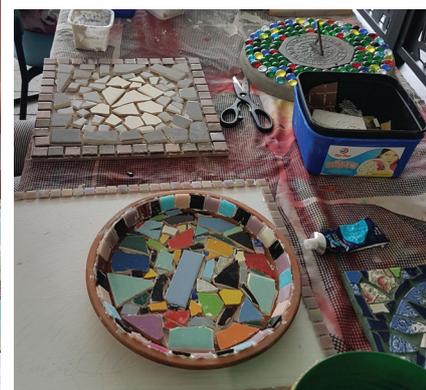
Every fortnight “**John’s Coffee Morning**” takes place in the Community Centre. John Porter is the “John” in question and he runs the very popular event which both welcomes new residents and connects those who have been in the Village for some time.

There’s a “**Trash and Treasure**” table, John’s famous cake raffle – he makes the cake himself; and of course there’s **FREE** tea, coffee and biscuits available.



MOSAIC MAKING

One of the most active groups in the Village is the Craft Group with a varying membership as the different craft sessions come and go. Recently we tried our hand at mosaics. The weather was cooperative, so sessions were held in the al fresco area outside the community centre, where people enjoyed the chance to break things and put them back together again in a creative way.



The results were amazing; with some of the larger pieces still being finished.

NEW FACES IN THE VILLAGE

INTRODUCING

Kerry and Oleen Yendell in Villa 85.

Kerry and Oleen arrived via Hikurangi after 40 years farming in the Far North. Kerry was born in Kaitaia and Olene in Gisborne; she was a midwife before they married.

Kerry enjoys dog trialling, Olene is an artist and plans to further her interest in painting.



INTRODUCING

Ngaire Le Clerc in Villa 62

Ngaire is from Whangarei. She grew up in Hikurangi where her father was a dairy farmer. She trained as a dental nurse, then married a dairy farmer! She has four daughters and enjoys gardening and sewing. Loves travelling, Ngaire once went to Nepal with a tramping group.



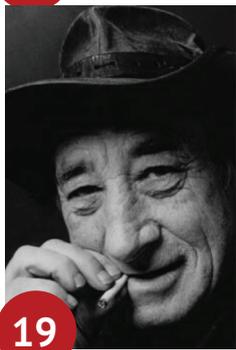
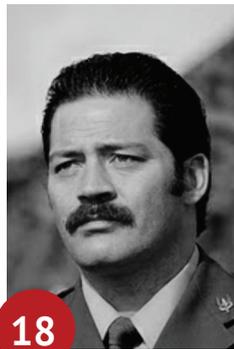
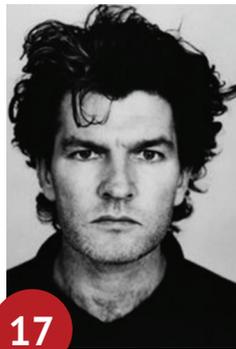
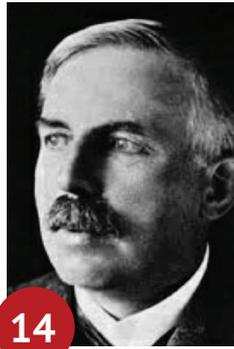
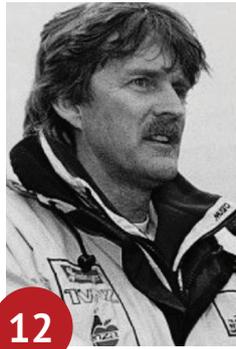
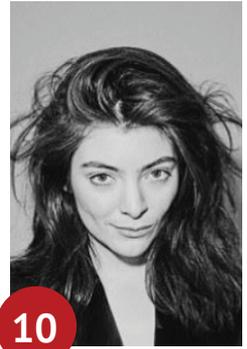
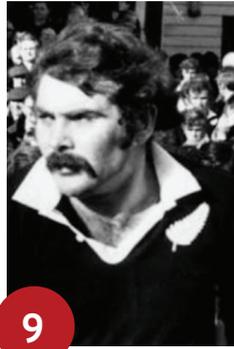
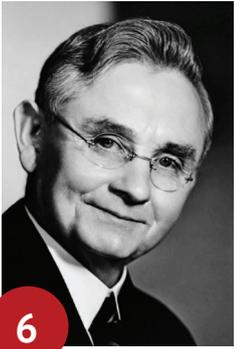
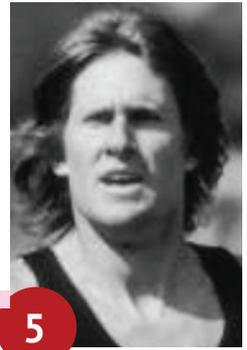
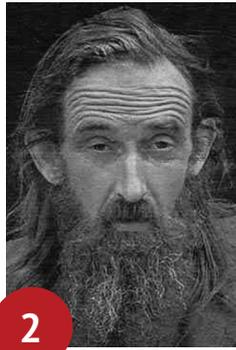
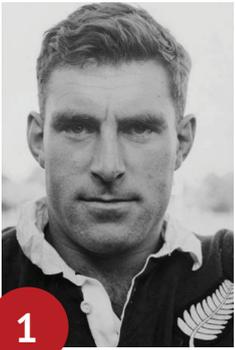
DID YOU KNOW?

HEARING AID BATTERIES. To increase the life of them, remove the sticker from the new battery, and wait at least 30 minutes before inserting it. I don't understand why, but this increases the life of the battery – mine for four more days (usually last a week).

Beware when buying **NEW TOWELS** – make sure you buy 100% cotton. Cheap towels are being filled with fluff, so they feel lovely in the shop. After 4 washes from a recent purchase, there is still a full handful of fluff coming out, and the denseness has decreased. Cheap towels bear the term “cotton”, or “combined cotton”.

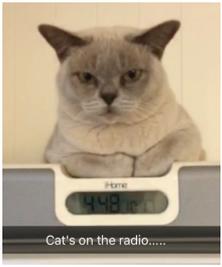


QUIZ-NAME THESE FAMOUS NEW ZEALANDERS



Check your answers on Page 20

INDIGO RETIRES



HELLO, MY NAME IS INDIGO.

I am Burmese but have lived in Christchurch all my life and retired a couple of years ago. Until my retirement I worked in a

cattery, producing beautiful Burmese kittens for people to take home to complete their families. One such couple, suffering from empty nest syndrome when their son moved to Auckland and after their beloved dog and two cats died; chose my niece, Florence to take home. On hearing that I was about to retire, they suggested I go home to live with them too.

What luck! Florence and I have each other's company during the day when our new carers are at work. We have separate, cosy beds, but prefer to share just one, especially in the cold Christchurch winter weather.

Having spent most of my life indoors, I am nervous about going outside, only venturing out when my owners are in the garden. Being "traditionally built" these days I never feel inclined to scale any of the garden fences. Instead, I love listening to the radio or helping my carers to work on their computers and, of course, I spend lots of time

keeping myself looking my best for photos that are sent to my relations in the Falls Estate Village. As well as photos, every day we have "Cat Chat" with Nana Pat and Opa Richard.

During the day Florence and I play hide and seek, or find nice sunny spots where we can laze about around the house. There have been unhappy times in the past when my babies left to go to new homes, always hoping that one day I would be enjoying my retirement. My dreams have come true.



LIBRARY REPORT

Thanks to the generous donation for 2018, from the Residents' Committee, the following titles have been added to the Library. Some are still to arrive, but check them out:

LARGE PRINT

'Just an Eighteen Year Old During WW11'	-	Earl Sutherland
'Shadow Spell'	-	Nora Roberts
'The Child'	-	Fiona Barton
'Any Dreams Will Do'	-	Debbie Macomber
'Origin'	-	Dan Brown
'Calico Joe'	-	John Grisham
'Sycamore Row'	-	John Grisham
'A Spool of Blue Thread'	-	Anne Tyler
'Down Under'	-	Bill Bryson

NORMAL PRINT

'The Bookshop of the Broken Hearted'	-	Robert Hillman
'Manhattan Beach'	-	Jennifer Egan
'The Year That Changed Everything'	-	Cathy Kelly
'Doumar the Doctor'	-	Neville de Villiers
'Two Kinds of Truth'	-	Michael Connelly
'The Stakes'	-	Ben Sanders

Nola



photo/1



LIBRARY REPORT

THE MUSIC SHOP

by Rachel Joyce

When Rachel Joyce published her first two books she was clearly an author to watch out for. The reward for her readers is here in “The Music Shop”

Frank is a contented man. Running a tiny business in a fading location in an unnamed English city, Frank sells records – but only vinyls. The music thereon may be classical, jazz or punk-rock, so long as it is reproduced on a black vinyl disc. Frank scorns and rejects tapes and CDs as crass.

When customers visit Frank’s shop they may well find the record they were seeking – and leave again with much more than they had been looking for. Because Frank has a wealth of musical knowledge in his head and a gift for inspiring others to listen – and to hear; to listen to the kind of music they had never considered before – and to hear sounds that can uplift the human spirit.

But the even tenor of Frank’s life is tilted sideways by the arrival of beautiful, German Isle Bauchmann, arousing emotions that threaten to overwhelm him, and which he is determined to quell forever.

The book, then, has two themes: that of music and love. There is humour; wry, kindly and constant, and a raft of characters who are a joy to meet. Tattooed Maud carries a torch for Frank. An elderly

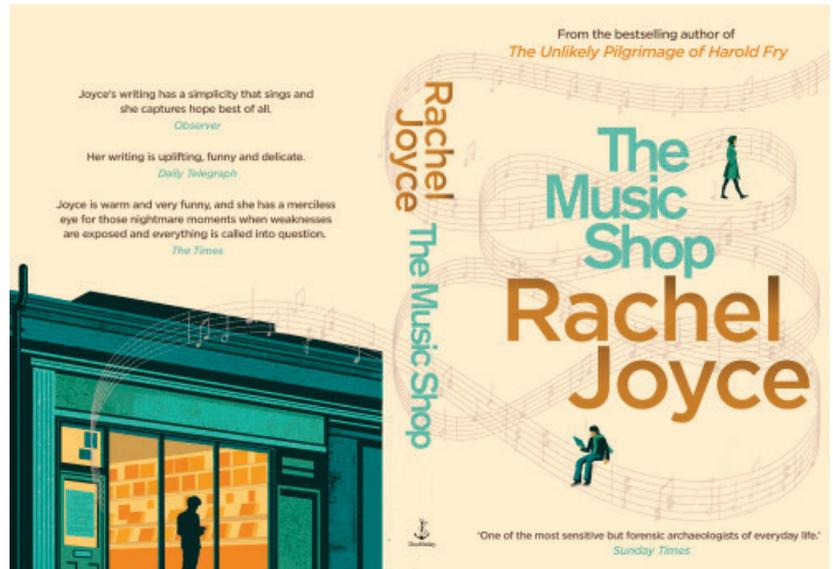
de-frocked priest sells religious artefacts and dispenses wisdom and goodwill.

The Teashop waitress is essential for the love-theme. Then there’s lovable but hapless Kit, leaving a trail of calamities behind him.

Incidentally, those of us who enjoy Ank’s “Music with Pictures” will recognise and revel in the flash-mob scene in the penultimate chapter.

Rachel Grace narrates her story in prose that is, at times, sheer poetry. To paraphrase a current TV commercial, try it, you’ll like it.

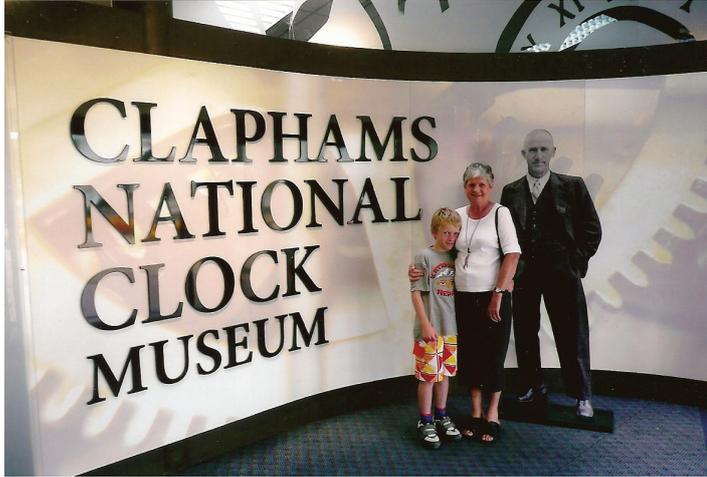
Jean Goodison



“Yesterday I was
clever, so I wanted
to change the world.
Today I am wise,
so I am changing
myself.”

– Rumi

CLAPHAM'S NATIONAL CLOCK MUSEUM



Resident **Robyn Prescott** is the granddaughter of **Archibald Clapham**, whose huge collection of clocks remains one of the most visited museums in Northland.

Archie was a remarkable man. He emigrated from England in 1903 and represented New Zealand as a soccer player in 1904/5. Through a large inheritance, was able to retire at 35, and pursue his passion for clocks and other interests. His home was filled with various timepieces, which had to be stopped at night so everyone could sleep! (And they were never all on time!) In the early days he would pack up his car with clocks and exhibit them around the country.



Archie was a trickster, and was known to sit a (usually) woman in front of the Hickory Dickory Dock clock, and at the end of its display, would drop a toy mouse over shoulder, on to her lap! Squeals and laughter would follow!

Mr. Clapham purchased various properties, including the Whangarei Falls which he donated to the Whangarei County Council, for a nominal sum. He also instigated the development of the Ruakaka Domain.

Do visit the museum! Have a coffee/meal at any of the Whangarei Basin eateries, take the receipt along, and the entry is \$10 for two people. Otherwise, it is \$8.00 for Seniors.

“If you are irritated by every rub, how will you be polished?”
— Rumi ”



The Falls – by Olive Harris

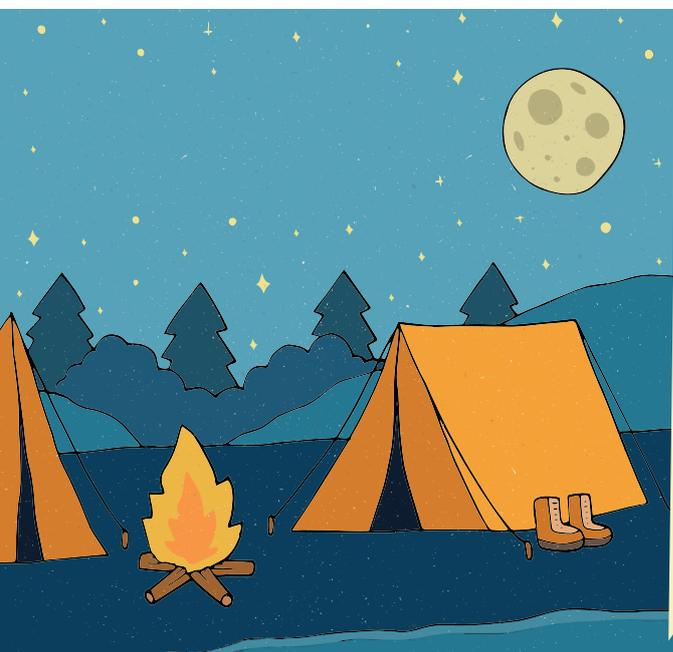
*Privileged we live under the spell
Of natural phenomena we know so well
Born in tranquil pool or tomo deep
With wayward willows their roots so deep*

*Saucy stream now a sight to behold
With rocks and rapids and size so bold
Forceful water not to be denied
Rushes relentlessly to the other side*

*Gazing into curled lip at brink
Is more hypnotic than you think
Gaze long enough – an urge to jump
Resulting in a painful thump*

*Calmed by tranquil pool at base
No need now to move in haste
Moods change on mist-covered water
Dreamy dragonfly submits to slaughter*

*From platform poolside or track they adore
And gaze skywards and yes, ask for more
God in His wisdom says “This is enough”
Of all this magnificent magical stuff.*



The Lone Ranger and Tonto are camping in the desert. After they get the camp all set up, they crawl into their tent and both fall sound asleep.

Some hours later, Tonto wakes the Lone Ranger and says, “Kimo Sabe, look towards the sky, what do you see?”

“I see millions of stars” “What dat tell you” asks Tonto.

The Lone Ranger ponders for a minute and says, “It tells me there are billions of stars and millions of galaxies. It also tells me it will be a beautiful day tomorrow.

“What’s it tell you Tonto?”

“You dummer than buffalo poo, Kimo Sabe, It tells me ‘Someone stole the bloomin tent.’”

VILLAGE CHOIR



The choir performed a range of items at the ANZAC Day commemorations after several months of rehearsals presided over by **Doug Healey, Director Extraordinaire**.

Choir members performed as soloists during the programme and a tribute to **Vera Lyn** and her wartime favourites was a special addition to the day after lunch.

To celebrate a great achievement, many choir members gathered at the Parua Bay pub the following weekend to relax and enjoy one another's company. But even there, the desire

to sing was too strong to ignore and so **"We'll meet again"** rang in an impromptu performance that drew acclaim from those at the pub, who got more than they bargained for when they booked for lunch!



QUIZ ANSWERS

1. Colin Meads
2. James T. Baxter
3. Janet Frame
4. Jean Batten
5. John Walker
6. Joseph Savage
7. Kate Shepherd
8. Katherine Mansfield
9. Keith Murdock
10. Lorde
11. Lynn of Tawa
12. Peter Blake
13. Russell Crowe
14. Ernest Rutherford
15. Sam Hunt
16. Tama Iti
17. Tim Finn
18. Willie Apiata
19. Barry Crump
20. Billie T. James
21. Carmen

THE NEW COUNTRY DOCTOR IN IRELAND

A young doctor had moved out to a small community to replace a doctor who was retiring. The older doctor suggested that the young one accompany him on his rounds so the community could become used to the new doctor.

At the first house a woman complains, “I’ve been a little sick to my stomach “.

The older doctor says, “Well, you’ve probably been overdoing the fresh fruit. Cut back on the amount you’re eating and see if that does the trick”.

As they left, the younger man said, “You didn’t even examine that woman. How’d you come to the diagnosis so quickly?”

“I didn’t have to. You noticed I dropped my stethoscope on the floor in there? When I bent over to pick it up I noticed a half dozen banana peels in the trash. That was what probably was making her sick.”

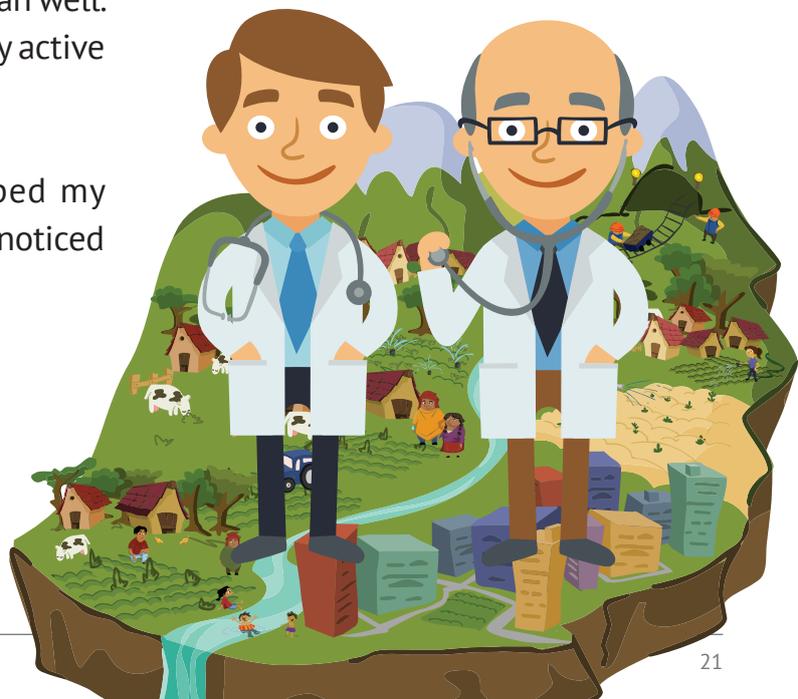
The younger doctor said “Pretty clever. If you don’t mind I think I’ll try that at the next house”.

Arriving at the next house, they spent several minutes talking with a younger woman. She said that she just didn’t have the energy she once did and said “I’m feeling terribly run down lately”.

“You’ve probably been doing too much for the Church,” the younger doctor told her. “Perhaps you should cut back a bit and see if that helps”.

As they left, the elder doctor said, “I know that woman well. Your diagnosis is almost certainly correct, she’s very active in the church, but how did you arrive at it?”.

“I did what you did at the last house. I dropped my stethoscope and, when I bent down to retrieve it, I noticed the priest under the bed.

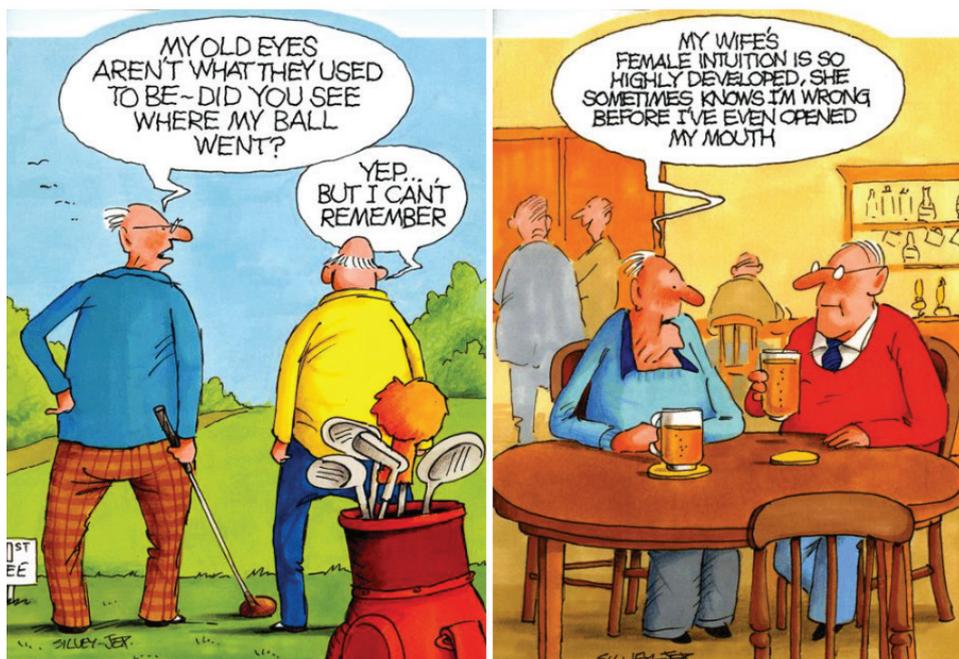


SENIOR CITIZENS / OLD AGE PENSIONER

Who'd choose to be an O.A.P?
I know neither you nor me.
But as the years go quickly by
We can't escape, although we try.
Our joints get stiff,
Our knees won't bend
A walking stick becomes our friend.

Everybody seems to mumble,
We can't hear what is said, we grumble.
Daily chores take twice as long
And notes sound flat when we're on song.
Our memory we cannot trust,
To write things down becomes a must.
Eyesight failing, specs we're needing
Especially for the small print reading.

Breath gets short when climbing hills,
We need our daily dose of pills.
If through all this we can but smile,
Enjoy a joke once in a while.
Look back on all the years we've had,
We'll find that life's not been so bad.
So enjoy each day and be like me,
Thankful you've lived to be an O.A.P.



RECIPES FOR THE UBIQUITOUS CHOKO

They're humble and plentiful and if like me you also think they're tasteless and a waste of growing space – then here are two amazing choko recipes.

CHOKO CAKE (CAN BE FROZEN)

- 1 cup plain flour
- 1 cup wholemeal flour
- 1 teaspoon baking soda
- 2 teaspoons ground ginger
- 1 tablespoon preserved ginger (finely chopped)
- 1 cup brown sugar firmly packed
- 100gms melted butter
- 2 eggs lightly beaten
- ½ cup chopped walnuts
- 2 cups peeled and cored grated raw chokos



Method:

- **Combine sifted flours, baking soda, ground ginger and sugar in a bowl. Add butter and eggs – mix well. Stir in the nuts, preserved ginger and chokos. Spread the mixture into a tin. Bake in a moderate oven for approximately 1 hour 20 minutes.**



RECIPES FOR THE UBIQUITOUS CHOKO

CHOKO PICKLE

- 8 or 9 large chokos – cored and peeled
- 4 large onions
- 1650mls vinegar (3 pints)
- 2 tablespoons dry mustard
- 2 tablespoons turmeric
- 4 – 6 tablespoons flour (depending on the consistency of pickle you prefer)
- 1 kg sugar



Method:

- Cut onions and chokos into small pieces, cover with salted water and leave overnight.
- Boil in the brine until the chokos and onions are tender, strain off the brine.
- Mix mustard, turmeric and flour with a little cold vinegar and sugar.
- Boil the remainder of the vinegar and sugar together. Add the mustard mix to the boiling vinegar mix. Add the softened onions and chokos. Boil all together for a few minutes to combine well then bottle as usual for pickle.
- Use immediately or store for a greater depth of flavour.



tear along the dotted line -----



WE WELCOME YOUR COMMENTS on the new-look ‘Falls Folkus Magazine’– please complete the short questionnaire and return to Jo at reception. You can either include your name or respond anonymously.

1. Did you enjoy the magazine? Yes/No
 2. What did you like about it?
 3. Is there anything you didn't like?
 4. Is there anything in particular you would like to see included in the magazine?.....
 5. Would you be willing to contribute an item for the magazine in the future? Yes/No
 (Name and House number)
- Would you be prepared to share a story from your early life/career with us? Yes/No
 (Name and House Number)

Thanks for your comments.

Ed, Edd & Eddd