

THE FALLS Folkus

THE FALLS ESTATE LIFESTYLE VILLAGE MAGAZINE

AUTUMN 2020
EDITION 5

LOCKDOWN EDITION



94 Boundary Rd, Tikipunga, Whangarei 0112
Phone: 09 437 5844



THE FALLS ESTATE
A BEGROUP LIFESTYLE VILLAGE

THE COVID-19 EDITION

We were all affected by the Covid-19 global pandemic. The Falls Estate residents and staff were in lockdown – just like everyone else – so life changed. The stories, photos and commentaries on life in lockdown give an indication of the impact on daily life.

This Folkus edition will serve as something of an archive of unique and unprecedented times in the history of The Falls Estate Village.

There are also articles and photos from before Covid-19, before social distancing and all the other restrictions that somehow became “normal” for a few weeks. We hope you enjoy the magazine.



Marie the vacuum queen



Marie the cleaner



Marie the Easter Bunny's helper

A DAY IN THE LIFE OF A Village Manager DURING COVID-19

Levels 3 & 4

Getting ready in the morning for work and driving through the Village gates hassle free for a day at work was the old “norm”. Covid-19 changed all that!

As I leave the house, it's gloves on. Access to the village is via the gate code and then wiping the keypad. As I walk into the office it's not in search of my first cup of coffee, but with sanitizing my hand, a teleconference with Head Office, then I meet with staff to discuss the day.

Residents may wonder what we are doing at the office during this time. We're busy!. Over and above managing the Village and staff; I now do dusting, sweeping, vacuuming, washing dishes and cloths, delivering goods, physical welfare checks (complying with PPE requirements), rubbish collection, and many other jobs.

I sorely miss having small conversations with residents as they pass my office, but I sooth my craving when I walk past them whilst out and about or when I phone them to ask them “how are you” and “do you need any help”. There is always with a smile and wave.

And now we've moved to Level 2 - I always comforted myself in saying “I know the Falls folk and I know my staff”, but now I can say “I even know them better”. We all stepped out of our comfort zones to keep ourselves and other safe, and limited staff on site really had to go over and above our daily call of duty.

Although Covid-19 caused uncertainty; within the walls of the Village we saw new friendships develop and we grew as a family. Thank you everyone for your understanding and support.

Marie Annandale
Village Manager

COVID-19 FROM THE CEO's perspective



Be Group has, like the rest of the country was in a state of flux during the lock down periods of Levels 3 & 4.

Be Group offices, in Parnell, were closed with all the team working from home setups.. This was a major change for Angela, out trusty CFO, finding family time the best thing that had happened to her in years. Brett, our trusty CPO, undertook a marathon on his lifestyle bock in Matakana. So everyone did their "thing" to adjust to COVID 19.

COVID 19 also put all kinds of requirements on us, dictating how we had to behave in certain circumstances, in particular when interfacing with another human being. I know that everyone at The Falls Estate implemented their social distancing protocol to ensure the virus did not spread.

As a Team, we managed Covid-19 at The Falls Estate by having daily briefings to check in with Marie providing support, encouragement and information remotely. She and her team did an outstanding job at the Village. Every staff member had to step up, do things differently and learn new skills or brush off old ones. No one was exempt from using a vacuum cleaner or a toilet brush!

Nothing was "business as usual" – but everyone mucked in with the enthusiasm that we've come to expect of the team up there. I take my hat off to them all and thank them for their contribution to keeping residents and themselves safe – and as happy as they could be under difficult circumstances.

Speaking of difficult circumstances, one of the requirements under both Levels 4 & 3 was that in the instance of showing signs that indicated that you may have the virus, you had to go and get yourself tested. Especially if you were in anyway exposed to a Retirement Village or Aged Care environment.

Well, during Level 4 I had the unfortunate experience of spiking a rather high temperature and ended up in bed with the shivers and a nasty headache. The next morning I woke up feeling fully recovered but, given the broad circumstances of this temperature and my association with the industry I took myself along to St Lukes in Auckland for a COVID-19 test.

There has been a lot of talk about the test and how unpleasant it is, and I have to say it's not something that you would opt for every Sunday morning. In effect

they take a very long tooth pick, push it a long way up your nose, to the point it is just about tickling your brain. At this stage it feels a little like when someone pulls a hair out of you nasal passage, except to top it off once it is there they only remove it after a count of ten! By this time your eyes are watering and you're not quite sure if it is pain in your nose or brain. Then it is gone.

Next you are in isolation in your bedroom until the test results are delivered by text. Surprisingly, within 24 hours they were sent, and they were negative, so I was free again but still in Level 4 lock down.

Level 3, which although it did not make a lot of difference for those at BeGroup, it was a step in the right direction. As I write this we are preparing to understand what life at Level 2 may mean but as we know we will all have to remain vigilant, the Prime Ministers plan relies heavily on the self-discipline of every individual doing the right things, in particular cleanliness and distancing.

I look forward to a time when I can pop up to The Falls Estate as I have in the past to chat with residents, have a social time and reflect on Covid-19 at the Village.

Guy Eady - CEO The Be Group

Village Life IN LOCKDOWN



Brett doing shopping 1st day



2m Apart Sun Soakers.



Chris our Receptionist



Trevor Prescott's latest venture



Delivery Man Bob



Village Walking Group



Stonehaven Drinks



Shopping Fairy Myrn



Cleaner Marie



Bin Cleaner Bob



CLOSED



Exterminator Chris

Petanque Court

OPENING

Established near the community gardens; the new petanque court was finished well before the Covid-19 lockdown. Residents celebrated with a grand opening after watching the staff prepare the ground and lay the court. Once life returns to "normal" this is bound to be a popular area for a bit of friendly rivalry.



Betty Harding pronounces the Petanque Court open



Ready for the speeches



Let the games begin



Pat Smit and Robyn Somerville-Ryan wait for the official opening



The petanque area marked out



Marie shows her DIY skills



Brett prepares the surface



Ready for the Grand Opening

Valentine's Day

(AKA MID-SUMMER MADNESS)



The celebrations for Valentine's Day this year were the result of some creativity by our resident craftperson extraordinaire; Ank Mellema. People lined up willingly for the opportunity to have their photo taken inside the "Love Frame".



Ank and Sam



Betty Cunningham
and Sheila Beaton



Christopher Greaves



Dave and Jeanette Firman



Deyal and Dilys McKenzie



Jeanette Porter





Marie Annandale



Olene Yendell



Pat May



Myrn and Ank



Valentine's Day table topper



John Porter



Joy and George Harris



Mary Hughes

FAREWELL BEV FIELDING

After more than fifteen years in the village, we held a special event to say good bye to Bev as she left us to go and live in a cottage on her children's farm.

Brought up on a farm, Bev always had the yearning to return to the land and this opportunity was too good to miss.

Bev is one of those people who was always there to support others. People around her seemed to gravitate to her hospitality and comforting no-nonsense approach to life. She served in the Village shop for a number of years.

You are a lovely person Bev and we will miss you.



Presentation to Bev on her departure

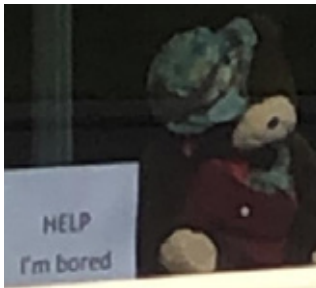
THE GREAT Teddy Bear COMPETITION

A sweet and silly game was played within The Falls to comfort and entertain all during the pandemic lockdown. Residents were asked to put a teddy bear or other stuffed animal in their window, which could be viewed by residents whilst walking through the village.

Residents were asked to judge teddies in the following categories.

- 1) **MOST TEDDIES IN A WINDOW;**
- 2) **BEST LOOKING TEDDY; AND**
- 3) **OLDEST TEDDY**

Winners in all categories will receive wine and chocolates – and a Big Bear Hug from Marie!



Betty Harding's bear



Dawn Taylor's bear and other creatures



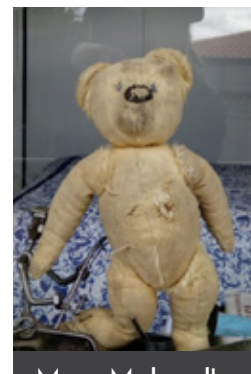
Arthur and Maria Hori's bears



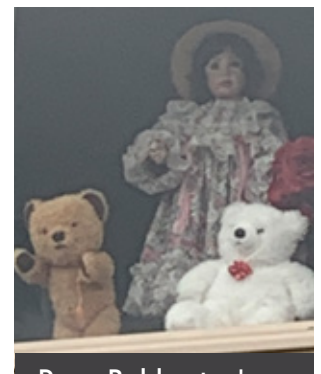
Billie Long's bears



Dorothy Frederiksen's bears



Mary Mahood's Bear



Reen Balderston's bears



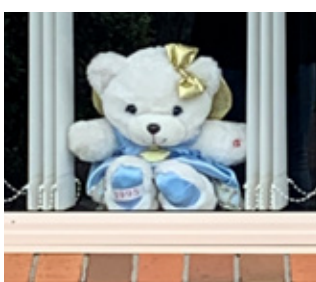
Lesley Kelly's bear



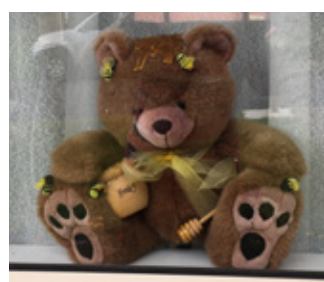
Gwendoyne Needham's bears



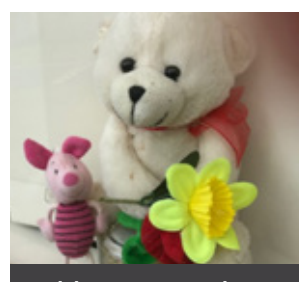
Joan Froggatt's bears



Dave Dobson's bear



Irene Kerr's bears



Libby Townsend's bears



Isabella Wells' bears



Marianne Annandale's teddies and soft toys



More of Marianne's teddies and soft toys



Chris and Marjorie Chaplin's Guernsey bear



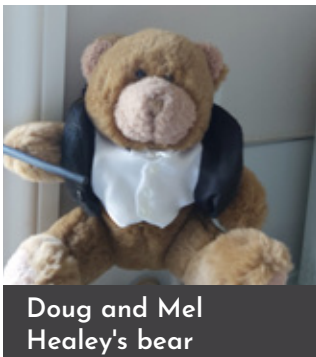
Lynne Heatley's lamb



Shirley Biggin's bears



Raewyn Bennett's bears and other animals



Doug and Mel Healey's bear



Pat May's bears



Mary and Ross Johnsen's bears

AND THE WINNERS ARE:



Dorothy Frederiksen
BEST LOOKING TEDDY



Mary Mahood
OLDEST TEDDY



Shirley Biggins
MOST TEDDIES

Book REVIEW

PRIVATE DELHI

By James Patterson & Ashwin Sanghi

If you're into crime, murder or detective novels you're sure to have come across James Patterson before now and have been unable to put the book down until finished. He is an author who makes novels come alive.

This particular book, first published in 2016, is one of a series of 12 to date which introduce us to Jack Morgan's "Private" investigation agency. The agency has branches around the world and each book is based in a different location - - this one obviously in Delhi, India.

What I like most about his books are the short chapters: most being only about 5 pages long (some only being 2!). This means that no matter whether

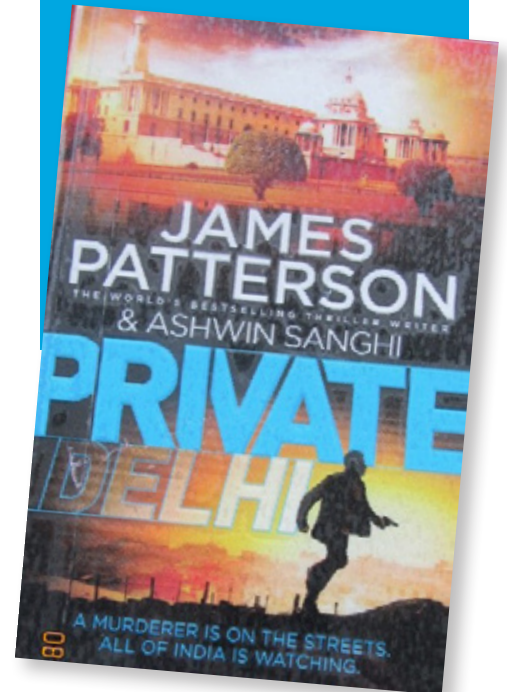
you have five minutes spare, or half-an-hour it's possible to pick up one of his books and finish reading at the end of a chapter.

Now for Private Delhi - in one of the early chapters he describes the city, as I imagine it, perfectly - "leaning on the horn like a local and winding his way through lines of buses, scooters, cyclists, and auto rickshaws, past glass-fronted buildings and ancient temples, broken-down housing and luxury hotels with glove-wearing staff at the gates"

The story? Well, eleven bodies are discovered accidentally in a "corpse disposal factory" - a house that once belonged to the now Lieutenant-Governor. You can imagine that the

"He is an author who makes novels come alive."

Jeanette Porter



Government want the whole thing hushed up and that others want the culprit(s) brought to justice no more now, you'll have to read it for yourself!

Jeanette Porter

**PARENTING DURING THE
CORONAVIRUS SHUTDOWN:
DAY 1: DAY 3:**



RUMINATIONS OF A BOOKWORK IN Lock Down



"The library will close!" Dreaded words overheard back on 24th March. "We'll have no books to read!" How long will the library be closed for, I wondered?

Off I trotted, up to the Centre and searched for several books to read – I decided to try different authors to my favourite ones – murder/mystery books still appealed – and something lighter to read between them. After some little time I came away with about eight books (surely two a week should be OK?) and, of course, two or three jigsaws. I decided I could not read all the time between household chores and my family tree research, hence the jigsaws.

Normally my reading is done in bed – about half an hour before sleep overtakes me. However, during lockdown I find I have read after lunch, just before dinner and, occasionally, in the evenings too. Large print books certainly are appreciated now, especially when the light is low.

And I'm really pleased that the library reopened after a short while – I have finished the eight books I originally borrowed and, as we were in lockdown for longer than anticipated, I have replenished my books and jigsaws. Thanks to Nola and her supporters for supervising the opening of the library and keeping us all safe.

Jeanette Porter

Flower ARRANGING GROUP

This new group met for the first time in February – unfortunately very few attended the first meeting but Valentine arrangements were very successfully made and later displayed at Happy Hour.

Our second meeting saw more of us able to attend – an Ikebana arrangement with no artificial parts was the challenge – and some very nice arrangements were made. These were judged by Marie, our Village Manager, and a small prize won by Pat Trouw.

April saw a very different challenge: we were due to meet on Good Friday, so the obvious choice was an Easter arrangement. However, by this time the Village was in "lockdown" so the challenge was executed in our own homes and photos were submitted: again some excellent entries.



The challenge for our May meeting will, once again be arranged in our own homes – this time a traditional arrangement will be the theme (like our Mums and Grandmothers made). Can't wait to see the results!

Hopefully by June we will be able to meet up in the Craft Room once again – new members would be very welcome – 10.00 a.m. on Friday, June 12th. We look forward to seeing you there.

St Patrick's Day

SHENANNIGANS

The Falls Estate always has a bit of a do for St Paddy's Day. 2020 was no different – as we were still pre-lockdown at that point. It was a time of physical distancing – we were practicing the new art of shaking elbows rather than hands and our hygiene practices were never better!

We didn't know then that soon we would be locked down for a significant period of time – so on the night the blarney was as raucous as ever – and the wearing of the green was as spectacular as always!



Joanne Hanham



Bev Coles and Eunice Fitness



Ian Stanwell



Arthur Needham



Libby the Leprechaun Townsend



Trevor Prescott and
Guy Eady demonstrate
the pre-lockdown greeting



Doug Healey adjusts the mike for Robyn
and Trevor Prescott and John Porter



Robyn and Bob Somerville-Ryan



Jeanette Firman



Allan and Marilyn Williams



Olene Yendell



Ank Mellema and Sue Otto



Shirley Biggins and Bev Coles



David Mein



Jillian Comer



Jeanette Porter



Trevor Prescott

It is not boring at all to stay in the house. But how come a bag of rice has 7,456 pieces and the other bag 7,398?

Hidden Pa on FB



Welcome

TO THE VILLAGE



Mark Beer

I was born in Auckland and travelled to North Hokianga where I worked for Lands & Survey for a few years. After that I managed large dry stock blocks, until they were sold. For 16 years I worked for Fletcher's as a Personel Manager in the Cement Industry. For the last 15 years I worked as a builder in Whangarei until I retired. I lived in Onerahi for 53 years.

Brian Atkins



Brian William Atkins

Born 7/12/1934 in Hull, Yorkshire.

Parents: Bill and Edith, Radio Engineer and Seamstress – married 1931.

Brother Tony, b. 24/3/36, lives in Southampton UK.

- 1940 house in Hull got bombed. Dad in RAF transferred to Hampstead Norris Berkshire Aerodrome – Flight Sergeant Engineer – serviced aircraft engines. Spent rest of war at Ashampstead, a little way from Hampstead Norris, educated in 2 room village school.
- 1946 moved to Plymouth when Dad resumed work with same radio company as Hull.
- 1951 – 1953 Educated Devonport H.S and Taunton Grammar School Southampton
- 1953-55 National Service mostly in Malaya during Emergency, chasing communist terrorists in the 'ulu 'jungle.
- 1955-58 Oxford University, St Edmund Hall – Honours Degree in Geography, rep in cricket, athletics, badminton and hockey
- 1958-61 – 'fell' accidentally into teaching - loved it
- 1959 married to Anne and together had two children, David 1962 and Tania 1964
- 1962 – moved to NZ
- 1962 – 67 Kaitaia College – teaching Geography and Social Studies
- 1967 – 74 Gisborne Boys High School – Head of Dept, Social Studies/Geography/History
- 1974 – 79 Southland College renamed Cargill H.S. (Deputy Principal)
- 1979 -1994 – Kawerau College Principal
- 1994 – Retired – 10 acre block near Kawerau – grew asparagus
- 2005 – Anne near fatal aneurysm in brain – became full time carer
- 2007 sold farm moved to Kaitaia
- Anne died in 2013 at Switzer Home, Kaitaia
- Became volunteer at Switzer 2014 – 2020
- Vice President Probus Club, now Friendship Club Kaitaia
- Keen Bridge and Croquet player as well as Cooking and Fly Fishing
- Produced variety shows for residents at Switzer + 2 shows to Kaitaia Public to raise funds for Switzer Home.
- In early days rep for Northland in cricket, also trials for Northern Districts

Self Isolation

A PERSPECTIVE BY PAT SMIT

"SELF-ISOLATING"- 2020's buzz word, or will it be pipped at the post by "BUBBLE"?

As Level 4 lockdown started, I decided to make a list of projects I had been planning for ages and would try to complete in the following weeks.

After failing miserably to order my supplies online before we were all officially locked up here in the village, my first project was a trip to the supermarket! One hour queueing in the late morning sun (the only protection I didn't take was sun cream); one hour inside the pleasantly deserted supermarket, and, on my return home, half an hour wiping down my items of shopping putting aside others to decontaminate until needed, then decontaminating the car handles, shopping bags and myself before collapsing on the sofa with a revitalising cuppa!! Later the staff at the village advised us that Myrn was available to collect shopping for us from the Bay of Islands and bring it to the door. I would certainly avail myself of the brilliant offer.

Another project only took a couple of evenings to finally complete – a crocheted quilt for my daughter-in-law's birthday last September! She would still have to wait – who knows how long until someone was able to travel north. Having lots of wool left over from the finished quilt I have started knitting 'kiddy' garments to raise money for Parkinson's again. After more than a month that seems to be as far as I've reached on my list of projects!

Each day, in the village's bubble, residents can be seen walking around the roads, either singly or in small groups as they try to keep mobile and ward off the effects of baking and boredom. Some dash along bent on keeping fit, others see it as a chance to meet up for a chat with other residents. There's the walker-frame brigade gallantly stepping out, and the dog owners, some even on their motorised scooters with a dog trotting along beside them. I heard a rumour that one of them had the scooter keys confiscated for going too fast over the speed bumps! There are also lots of volunteers to take the pets for walks. I wonder what the dogs think about all their new owners!

Coffee meetings or Happy Hours consist of small groups sitting around in well-spaced circles, taking along their drinks and enjoying each other's company whilst feeling blessed with glorious autumn weather. Am I imagining things or can I see one or two new friendships blossoming? Perhaps that's another idea for a Covid19 story!



Pat's son's dog Riley

Time spent on the computer has increased – daily messages to raise our spirits, some uplifting and beautiful and many jokes and cartoons to make us laugh and enjoy. Gloomily, imagining we may not be here come Christmas 2020, I've been sending messages to overseas friends with whom I usually only correspond only at Christmas time. Surprisingly their daily lives sound very similar to our own.

Daily chats and pictures with the family and pictures of the pets are something to look forward to. I received a picture of Riley, the Auckland family's dog sitting patiently outside a newly acquired caravan in the garden where my son is self-isolating after his work at the hospital. She's convinced it's a new car and he might drive off any minute and forget to take her with him!

There have been 'exciting' moments of course, like a planned trip to the Chemist to collect a prescription which was thwarted by a flat battery which took the rest of the day to sort out. Marie preferred not to have the AA come to the village as they were not an essential service, so the village's 'emergency team' who've been most helpful and cheerful in these trying times leapt into action. With any excuse to get outside, away from being on office duty, Bob and Chris came to the rescue in record time. Donning surgical masks and gloves they proceeded to charge my little car's battery – I'm sure she don't have the virus! They tried twice to bring her back to life without much success. Later I got the help of a resident little 'Ray of sunshine' who left the battery charging until the next day and my little car was back to its normally reliable self. I never did get to the chemist for my prescription, discovering they make daily deliveries to the village anyway.

Being isolated has produced some hilarious moments on reflection though. I finally managed to do my supermarket shopping with the help of my son, via ZOOM on the mobile phone and our computers! We successfully filled out a shopping list and headed to the virtual checkout only to discover a virtual bill totalling more than \$800!! My son deduced that I hadn't emptied my virtual trolley since all my other attempts to shop online! Luckily there was a way to empty my 'virtual trolley' and quickly re-order my shopping. The shopping arrived a few days later – a much more efficient part of the operation than my attempts to be computer savvy.

Pat Smil

A SUMMER OF Cruising

I had already booked a cruise around NZ on the Golden Princess for my sister and I when my agent offered me a round NZ cruise four weeks later on a ship new to NZ waters for just over \$800. I had 12 hours to decide so I thought about it for all of 10 seconds and said 'Yes!'. I told Ank Mellema and Sue Otto and had two more travelling companions. So I have spent a very self-indulgent summer with two fantastic cruises on two very different ships.

The already beautiful Golden Princess was festooned with amazing Christmas decorations. We even had a sneak preview of their Christmas show featuring an Australian Christmas with kangaroos, surfboards and eskis (although one brave Kiwi in the audience yelled out 'chilly bins!') We spent the first three days ploughing our way across a very rough Tasman Sea, in a storm that raged up to Force Ten. Fortunately the Golden Princess is a very stable ship and apart from a few wobbles trying to balance a plate and a walking stick in the buffet, it wasn't too bad at all and there were always crew to lend a helping hand when needed.

In Melbourne we picked up 2000 Aussies, leaving the 600 Kiwis onboard as the definite minority. Melbourne was an added bonus because we were able to spend the day with my sister's mother-in-law who has the clouds of dementia gathering round her. It was wonderful

to see her while she still remembered us. I didn't think I will ever see her again.

On a freezing, grey morning but in much calmer weather we sailed into Milford Sound. The fiord was moody yet magnificent with low clouds hanging off the sides of the mountains. A DOC guide on board for the day was a major plus and I learned a lot. We also wound our way through the stunning Thompson, Doubtful and Dusky Sounds. One Aussie bloke told me he hadn't been out to look because he'd done a cruise in Norway so had seen all the fiords he needed to see. He will never know what he missed.

In Dunedin we visited James Cameron's exhibition about his underwater explorations; in Akaroa I was content to stay on board and enjoy the view from the anchorage; in Wellington we saw the Gallipoli exhibition at Te Papa – an incredibly moving experience. A day in Napier was followed by Tauranga where an old friend drove us around giving us a whole new insight into the city. It was only a few days after Whaakari/ White Island and the wilting flowers piled up at the wharf gates were a poignant reminder of the tragedy.

We left Auckland after dark and it was quite magical sliding through the lights reflecting off the harbour. By morning we were in the Bay of Islands.

Within a month I boarded Explorer Dream. New to New Zealand waters, she is the fastest cruise ship in NZ waters. There were only 1800 passengers on board and I much prefer these smaller ships. We boarded through a novel entrance; wide doors into an expansive atrium and there were a large number of crew members welcoming us on board. That set the tone – the crew were incredibly friendly and helpful all cruise. They couldn't do enough for us.

We left Auckland after dark and it was quite magical sliding through the lights reflecting off the harbour. By morning we were in the Bay of Islands – best enjoyed from the deck of the ship sipping drinks while most others went ashore.

The previous two trips couldn't get into the Fiords because of the weather. The Captain told us they would make a decision in the Bay of Islands. I waited to see if we would go past the Ninepin or Cape Brett, but we went straight out to sea. Eventually the Captain announced we would be going to the Fiords but we would have 12 hours of rough weather around Cape Reinga. He sure was right! For only the second time in 70 years I was seasick.

This time we sailed into Milford Sound right on sunrise – what a privilege to watch the sun rising over the mountains on a glorious day. It was the best day of the season so they dropped a tender over the side for the ship's photographer to get publicity photos. We are so lucky to live in this little corner the world.

I was happy to just stay on board for the whole 7 days. Dream Explorer is a very special ship, peaceful and relaxing, good for the soul. There's none of the pushy photographers, spa people, rushing from event to event and so on that you get on Princess or P and O; no loud music roaring all day. There were things to do but nothing like the full-on programme on the previous cruise. Quizzes were entertaining and hilarious for the challenge of trying to work out questions translated badly into English. The food is fabulous, both in the buffet and main dining room and there are 13 little 'hole in the wall' restaurants where you pay for food and that



make you feel as though you're wandering through an Asian city.

The production shows were outstanding. I would pay good money to see shows like that on shore. And yes – I was the only one of our group to make it to the only male stripper show at sea – well, you have to try everything!

We relaxed out on the stern or in the full vista viewing lounge as we watched the world float by in Akaroa; watched a pod of dolphins playing around the ship in Queen Charlotte Sound and berthed briefly in Napier.

I now have a new favourite ship at the top of my list. It was so popular with Aussies and Kiwis that it will be back next summer so I have booked another cruise over New Year, to Sydney, then around Tasmania – sadly not at rock bottom prices though!

Robyn Boswell

AN ANZAC DAY LIKE NO OTHER

ANZAC Day dawned bright and clear. The nation had been asked to celebrate the day differently; many lining up at the end of their driveways to give thanks for the sacrifice of so many in times of conflict.

The usual pomp and ceremony of The Falls Estate annual commemoration was not possible of course, but without any prompting, there was a large gathering of residents around our flagpole for a very unique ANZAC service – all observing the 2m social distancing rule. It was very moving to see so many there connecting in such a different way in a simple, heartfelt ceremony.



Arthur and Maria Hori



The ceremony was held at the Village flagpole



Vacky Noble



Anzac morning



Mary and Ross Johnsen watching the ceremony from an appropriate distance



John Harrison and Lew Holmwood



A great turn out!

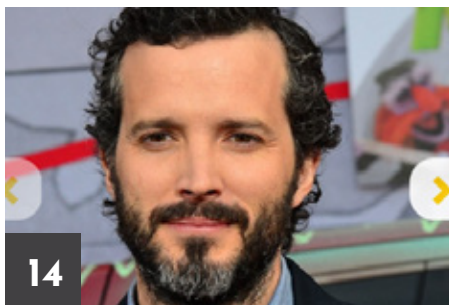
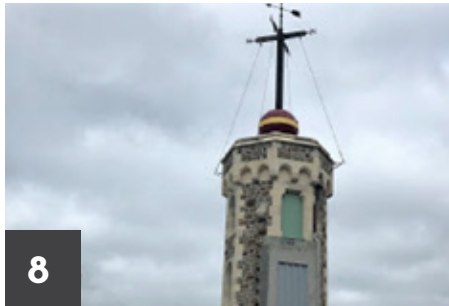


Residents gather to pay their respects

WHO WHAT WHERE

Quiz ?

Quiz Answers on p.22!



HAPPY COVID Easter

Just because we were locked down didn't mean the Easter Bunny or his/her fairies could not provide treats for every resident.

Bob, Marie and Myrn were employed by the Easter Bunny to share goodies and joy around the Village – and what a sight they were!



Treats galore ready for distribution



Bob the Bunny as we've never seen him before



Marie and Myrn with driver bob



Myrn and Bob about to hit the Bunny Trail



Anks Easter arrangement



Alene's Easter arrangement



Myrn on delivery duty



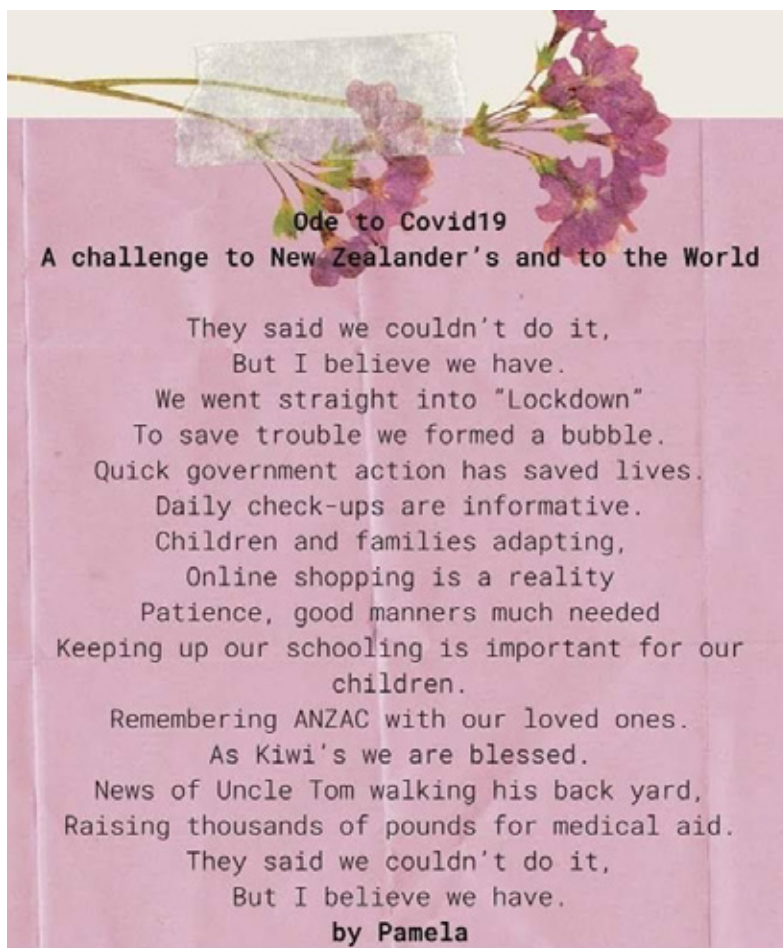
Suitably geared up Bob the Bunny and Marie prepare Easter goody packs



Janet's Easter arrangement



Jeanette Porter's Easter arrangement



THE ESCAPE (COVID-19 LOCKDOWN)

I walk a loop within the village, up and down all the streets Then I do this all over again. I can vary the route by going down the streets I went up and up the streets I went down.

One dwells on what used to be. Walking around the local community, through the sports ground, to the Falls, along the river, over the swing bridge, into the bush.

Today was different. I escaped.

As I approached the locked gate during today's morning walk within the village, a car drew up, the gate opened. Without giving it a second thought, I just walked out of that gate and onto the footpath.

I lifted my head, stared at the path ahead and quickened my pace, taking deep breaths of air from outside the village. Freedom flowed through my mind and my body.

I briefly, only very briefly, thought I might like to run. But then reason set in – I am too bloody old to run!

I walked down to the bottom of the waterfall and stood at the waters' edge. I watched as water cascaded down. I watched four ducks swimming around in circles. I was alone in this peaceful, wonderful place. Just the water, trees, me and four ducks.

This is my peaceful place this morning. I had escaped for my own wellbeing.

Anonymous.

Working from home...



**Happy hour
 is starting
 earlier and
 earlier. If this
 keeps up, I'll
 be pouring
 wine in my
 cereal!**



**After a few days of not going out,
 I saw someone I knew walking by
 on the sidewalk outside.**

**I immediately ran to the window
 and started yelling to them.**

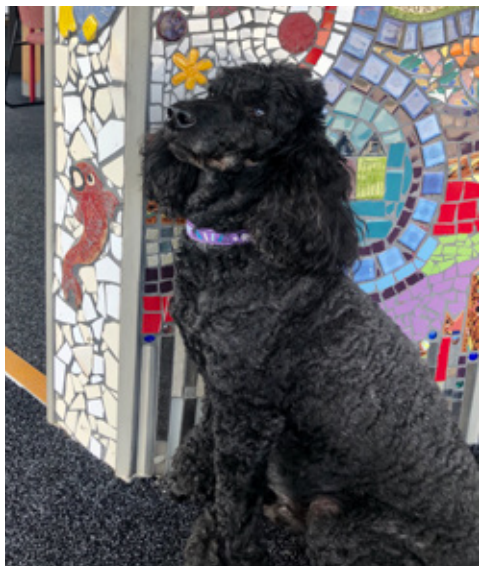
Now I understand dogs.

PETS ON Parade

Our apologies

We got a couple of things wrong last edition. Janet Litt (not Lett) came from Kaiwaka (not Kawakawa).

We're very sorry for these mistakes!



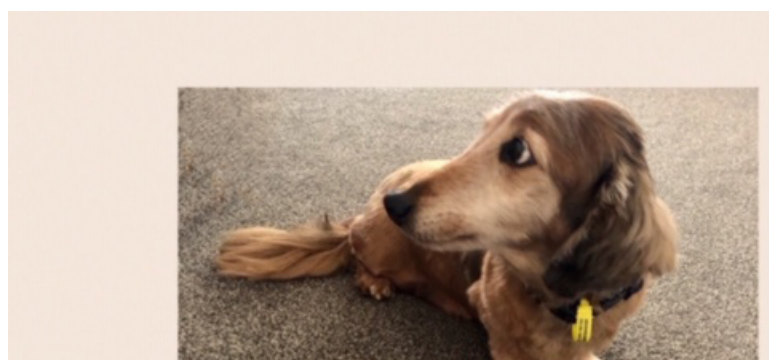
David and Sheree Cooper's Flynn



Gerald Batchelor's Toodle



Spring Kortegast



Marilyn and Allan Williams' Molly and Tom



Nola Coleman's Frankie



Trudi McKnight's Florence

QUIZ ANSWERS:

- | | |
|---------------------------------------|-----------------------------|
| 1. Bronagh Key | 10. Dame Kiri Te Kanawa |
| 2. Gayford Clark | 11. Ferry Terminal Auckland |
| 3. Cardboard Cathedral Christchurch | 12. Lighthouse Cape Reinga |
| 4. Old Government Building Wellington | 13. Sonny Bill Williams |
| 5. Warren Gatlin | 14. Brett MacKenzie |
| 6. Bruce McLaren | 15. Stone Store Kerikeri |
| 7. First Church of Otago | 16. Taranaki Cathedral |
| 8. Time Ball Lyttleton | 17. Wellington Museum |
| 9. Cliff Curtis | 18. Antrim House Wellington |

REFLECTIONS OF A PHILOSOPHER DURING Lockdown

"Did you know that 'kindness' is
more contagious than Covid 19"

- Ank Mellema

Just a few excerpts from Ank's emails to friends and family during lockdown. She also sent photos, music clips, cartoons and bits from the Internet that intrigued and interested her. Maybe you did the same – and now you have a record of your time under the first two levels of the Covid-19 to treasure.

March 29th: We do our bit, by keeping safe.
We are all in this together. Kia Kaha, be kind and wash your hands

March 30th: We are fine, but in total lock-down, & not permitted to leave the premises anymore (i.e. grocery shopping, taking the dog for a walk, or a close by walk to the Falls, for fresh air). Younger Friends & Family can bring & drop off provisions to gate 1 at specified times. Otherwise we stay in our 'bubble'we are just fine and grateful with the care & kindness around from our fellow residents & greatly impressed with our management, they are just wonderful. (Also the Government, and essential services who deserve medals and loud affirmations)

April 4th: Hope you are all keeping your brains active and enjoying the peace in your neighbourhoods. Last night we had fun with our opposite neighbours 8 metres away. Dad was dancing with his kids on the terrace and they included us in their pleasure.

April 5th: Another lovely day, with keeping within our 'bubble' - we appreciate the kindness of our other residents and emergency staff-members, a big thank you to you all.

April 6th: Time maybe more challenging now, with Holy Week and the Easter Celebrations upon us. It is great to so many see people walking in the village & having '2 metre distance apart' conversations with their bubbles, connecting with other bubbles. Having a not working hearing aid is a problemfor Sue. Yet she The "hearing people" have also become essential workers.

So grateful with our arrangements here at the Falls - marvellous & thoughtful. Not having access to younger friends/family to help us & finding it impossible to get on the online grocery-shopping it is reassuring to know we will still eat, (even found some wine in our shopping basket) So life is good.

April 14th: I Went for a walk today, and noticed some of us in the village are needing or desiring a return

to normal /pre lockdown, times if even for only a few hours, for a hairdresser visit.

April 16th: I certainly love this quieter more still world, it's like with less cars on the road, the trees are communicating or chatting more to me, perhaps I am taking more time to listen. I just admire all the staff here for their care and dedication, so thank you all.

April 26th: Did you know that 'kindness' is more contagious than Covid 19. So many examples of kindness everywhere. I Just read an interesting observation by Robert Frost; "In three words, I can sum up everything I've learned about life! It goes on." How is still a mystery.

April 27th: Tonight we will be going to level 3, although it won't make much difference to us over 70's, here in the Falls Estate, but it is an indication that NZ seems to be on track, about Covid 19. It is sobering to realise that most of the diseased are in our age bracket.

May 5th: Today is a good day in NZ. No further Covid cases for 2 days now. All very promising, and to me, as a somewhat introspective person, I often wonder, 'where to now'? I ask myself 'what is the new emerging?' I would love to go out from the Falls into Whangarei for a walk through our wonderful city, have a coffee at the Riverside, yet this sounds all, rather simplistic in the greater scheme of the world, its politics, and the what/how we would like to our lives together.

May 13th: In a few hours we will have a step-down to level 2, in the lock-down procedures. It will see us getting more or less to 'normal' again! What ever that means!

These 7 weeks for me, have been given much to reflection, exploring deep questions of our human existence and our relation with all of life. The world has been so affected, much sorrow and grief. But our lives in the village have been sustained by so much goodwill, so many lovely gestures, so many Acts of Kindness. I am so grateful to have been part of that and realising also: that Creation never stops, nor is still. All is change. What an opportunity for us, what a responsibility for us to make sure to make the world a better place where we can all be fed, cared for, loved, and celebrate life.

Snapped!

Any comments & feedback are welcome! Send them to the editors: thefallsfolkus@gmail.com



Olene Yendell, Cynthia Scott and Margaret Sandford share some fun at Mahjong



Doug Healy and John Porter at the annual One Tree Point bowls tournament



John Porter on Burns Night



Iris



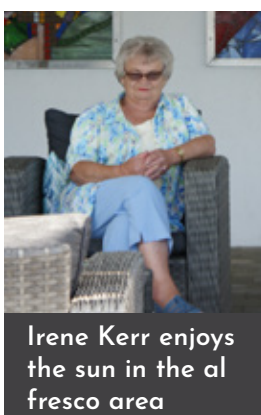
In the height of Summer Ailsa, Eila and Graham delivered respite in the form of iceblocks



Chris gets the keys to the new garden truck from Marie



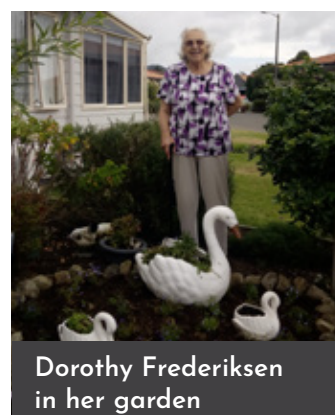
A popular Village presentation on community safety by Constable Russell



Irene Kerr enjoys the sun in the alfresco area



Christopher Greaves takes a quiet moment with a magazine



Dorothy Frederiksen in her garden

Are you computer savvy? Would you like your Folkus sent to you by email?

Just let us know – email marie.annandale@thebegroup.co.nz and it will be our pleasure to save trees but ensure you get your copy of The Falls Folkus.

