

THE FALLS Folkus

THE FALLS ESTATE LIFESTYLE VILLAGE MAGAZINE

SEPTEMBER 2020

EDITION 6

Knitting
FOR CHARITY

MEET OUR
NEW
COMMITTEE



Cooking for two Meal Recipes
Coming out party,
Quizzes and more!

'KNOCK OUT'
**BOWLS
TOURNAMENT**
WINNERS
& RESULTS



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Phone: 09 437 5844



THE FALLS ESTATE
A BEGROUP LIFESTYLE VILLAGE

Manager's MESSAGE

So much has happened since our last Folkus Magazine.

New Zealand moved into Alert Level 1 and in recent weeks, Auckland moved back into Alert Level 3 with the rest of New Zealand going into Alert Level 2. As an Independent Village, we did not close our gates, but asked residents, family, friends and visitors to adhere to Government guidelines when they visit The Falls.

Not only did we have to endure Covid-19, but also mid-July Northland was hit with around 220mm of rain during a major storm. Unfortunately, we did have some damage in the Village. We thank our residents for their patience and understanding whilst attending to these repairs. But in the same breath, I would like to thank my staff and contractors for their hard work and dedication, even with the increased Northland demand for their time and expertise.

Through all the trials and tribulations, life at the Village continued with activities, events, smiling faces, tapping feet and kindness.

Thank you to all our Falls Family members and staff for your continuous support and understanding.

Marie Annandale

Village Manager



Falls 50 year flood!



Bridge underwater in flood



Whangarei Falls during the flood



Whangarei Falls from above

CAMELLIA SHOW & Floral Group

A Camellia Show was held on the 23rd of July at Jane Mander Retirement Village as both the local Whangarei Show and the National show were cancelled due to Covid-19. Members from the local Camellia Club, Retirement Villages and the Quarry Gardens were asked to support it. There was a good display of blooms despite the wet weather as most of the flowers are waterlogged and deteriorate quickly in those conditions.

The Falls Estate won Best Scented Bloom with "High Fragrance" from the garden of house 21 Ada Maurer.

Best Floral Arrangement using camellias was won with an arrangement by Jocelyn Allen with a bloom from June Brandon's garden called "Bob Hope".

We also gained 3 second places.

A big thank you to all those the residents for allowing Chris and me to take blooms from your Camellias and congratulations to the Falls Estate for taking part and your success.

By **Jocelyn Allen**



Chris and Jocelyn with the winner's spoils



Winning blooms

FLOWER ARRANGING GROUP

We have met 3 times since our last report – in June, July and August. In June the challenge was to complete a one colour arrangement (foliage as well as flowers) and there certainly were some surprising results. And no artificial flowers were allowed.

In July it was time to come up to date! We had to complete a "modern" arrangement – again, nothing artificial was to be used but marshmallows did make an appearance in one. Only trouble was, we didn't get one to eat!

Then in August it was an arrangement depicting "Mid-Winter".

We would still like to welcome more participants (ladies or gents) to our group – at the moment it is a very small, select one! We meet on the 2nd Friday of the month, in the Craft Room at 10.00 a.m. Do come and join us whether you've done any flower arranging before or not: we're there to help and make suggestions if you wish. See you on Friday, 11th September when we aim to create right-angled displays – come and learn how.



One colour arrangement



Wine glass arrangement



MEET THE **New Committee**

The Resident's Committee is a pivotal part of the life of the Village. Each year the Committee is elected at the Resident's Annual General Meeting. This year's Committee is a mix of new faces and those who have served before. They share their aspirations for the 2020/2021 year with us.



Bob Somerville-Ryan CHAIRPERSON

Hello I am Bob Somerville-Ryan, sometimes called "Hyphen", and with wife Robyn have been in the village now for nearly three years.

I have now been on the Residents committee for two terms and in that time have met a lot of wonderful people, made friends, while participating in and enjoying village life, in our unique village.

I enjoy working on the committee and learning of the workings of our village, and listening to what residents have to say. As I have said previously I am not a great card player, knitter or sewer, but I can work to achieve a goal.

At this moment I am a volunteer member of The NZ Police (but will shortly retire) and treasurer of the Whangarei Amateur Radio Club of which I have been a member for over 30 years (a great hobby). In any spare time available I like to draw and paint.

I also believe I have shares in that coffee machine in the foyer!!!

Gail Martin SECRETARY

My name is Gail Martin and I am pleased to be able to represent the residents for another year in the role of secretary.

I look forward to being a part of a team that will offer the residents a variety of activities and entertainment that brings everybody together and creates a fun atmosphere in the village.



Brian Atkins MEMBER

My major aim is to serve the people of the village. I would encourage folk to get involved in some of the great activities programmes available, and suggest new ones which would suit many of our age. I will listen to their worries, their ideas for the betterment of life here, and their concerns for our more elderly brothers and sisters and make their life more comfortable and worthwhile.

I also believe that this present committee will continue the good work of the previous one, and hopefully bring fresh ideas to fruition



Chris Chaplin MEMBER

As a committee member I'm looking forward to being able to participate in the decisions Committee members make and carry out what needs to be done (with those decisions).

I will enjoy receiving feed-back from Villagers and carrying out suggestions or fixing any problems they bring, verbally or through the suggestion box.

Lynley Horne MEMBER

My name is Lynley Horne and I have been in the village for 3 years. Having been on the committee for 2 years I think with 4 new members there will be some new ideas to entertain the residents in the coming year.



Marilyn Williams TREASURER

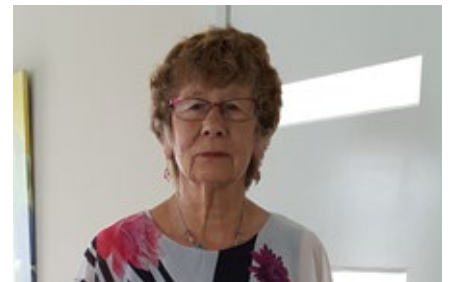
I was born in West London just after the war and lived there until I got married. We moved to Wokingham in Berkshire until we moved to NZ in 1974.

All my working life I have worked in the accounts department. In the beginning it was handling cash and balancing bank statements manually. When computers were introduced it made my life a lot easier.

I am sure this new committee will continue to assist the different clubs within our village and give enjoyment with social gatherings.

Jocelyn Allen MEMBER

I accepted nomination for the Resident's Committee to take an active part in providing a vibrant and engaging year of events and fun times that will be enjoyed by everyone taking part. Good company and laughter are good for everyone.



The 2020-2021 Resident's AGM

YE OLDE Music Hall

The last few years has seen our village Choir perform at our Anzac Day Celebrations.

This year Anzac Day fell during Covid-19 lockdown, and on returning to level one the Choir performed its Show at a Tuesday Happy Hour.

This years theme was "Ye Olde Music Hall" with song excerpts from the 30's,40's and 50's.

My thanks to the wonderful Village Chorus and to the 'volunteers' that accepted the challenge of cameo

parts which included Kathy (Daddy wouldn't buy me a Bow Wow) Fred (My old Dutch) Dorothy (After the Ball) Pauline and Brian (Me and my Shadow) and that unforgettable performance of Mary as "Berlington Bertie".

My thanks to Lynne Cullen (Pianist) who arranged all the music for the Show, and a special thanks to the Residents for your support.

Doug Healey



Doug and Kathy Hay belt out a number



Doug Healey and Lynne Cullen



Fred Sackfield sings solo



Lew Holmwood at the microphone



Lights, camera, action!



Mary Johnsen takes the stage



Mel Healey and Lynne Cullen at the piano



Pauline van Eybergen and Brian Kenyon sing a duet



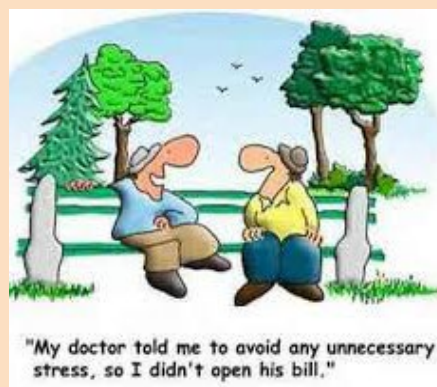
Russell Porter and Noel Wech wait to take the stage



Part of the appreciative audience



The choir in full voice



Welcome TO THE VILLAGE



Phil Woolston

I was born in Taumarunui, and lived there for 15 years before moving to the Waikato to work as a share milker. I moved in-between Taumarunui and Waikato, for a number of years either Milking or Truck driving, before getting married in Hamilton. My wife and I moved to Dargaville in 1965 where we share milked for 7 years. The rest of my working life was spent as a truck driver for MacDonald's, traveling between Northland and Wellington. I was also a keen water-skier. Spending many years skiing on Kai Iwi Lake in Dargaville.

Douglas Chowns

I was born in Watford Hertfordshire England, and grew up in a Bushey which was full of artistic and creative people such as Bradly Walsh, and Geri Halliwell (ginger spice to name a few). My Passion was art, and I carried that with me my entire life. After leaving art school I became a creative trouble shooter for New York and Europe, The Caribbean, and Central America and retired at 35 yrs old. I lived in Barcelona before immigrating to NZ. I loved the NZ lifestyle and set up the Community College Art School. I have my own web site www.douglaschowns.co.nz, and have been given the great honour of being the Living Artist of the Year.



Lois Crawford

I was born in Rawene hospital Hokianga. I grew up in Hokianga and was educated by correspondence school until S.C. I worked in the Northern Wairoa Dairy Co office in Dargaville as an accounts machinist. I married a farmer and we ran dry stock, where we had a Hereford Stud, and did contracting all at Tangowahine. I have 3 sons and 3 daughters in laws 4 grandsons and 1 grand daughter who is training to be a vet. I have travelled a lot in Australia including climbing Ayers Rock, floating in a hot air balloon in Alice Springs, and visiting the Great Barrier Reef.



Susan Marsh

I was born in Whangarei, and did my schooling there. I spent a few years with my family in Queensland, Australia before returning to work. I got married and we lived on a dairy farm and lifestyle block for the next 50 years, in Maungakarama and Portland area. The Falls Estate looked like a great place to be so I have moved in.

Yvonne MacDonald

I was born in Warkworth and did my schooling at Kaipara Flats Primary and Mahurangi College. I worked in a busy country store, before marrying my Farm Manager husband. Busy times were had with 1500 acres and three children and helping out where needed. When the children were older I owned a coffee shop and catering business. Then a husband/wife lawn mowing business for 17 years. We retired to Papamoa where I have lived for the last 5 years, before coming into The Falls and being nearer to family.



Kevin Cornelius

I was born in Helensville in 1941 and lived with my family at Makarau on a small Dairy farm. In 1945 we moved to Omana, and I went Omana Primary School, and then Northland College, then trained as a carpenters apprentice in Whangarei. I went to New Guinea in 1966 and worked on a wharf and Pt Moresby building dams. I travelled to England following the all blacks where I met my late wife Jan. Then on to Canada where I married Jan in 1968 in Veron. We moved on to the USA and worked on the Grand Canal Dam Spokane. Jan worked as a nurse on site. After 2 years we came home and had our 2 children Glen and Peni. We brought a farm in Kirikopuni in 1972 and sold it to buy a small (24 acre) block at Maungatapere. I also have a beach house at Church Bay Tutukaka.





A RESIDENT'S STORY

Kathy Hay

AKA "MUSTANG SALLY"

I was born in Northern Ireland, Belfast Hospital. As an only child I never knew what it was like to have siblings. My life in the Irish countryside was idyllic, full of love, animals and adventures. My parents told me when I was very young that my best friend then was a border collie called Jess. Jess kept me safe from harm except once, when I was three years old and walking with a shredded wheat breakfast cereal box on my head. I fell into a ditch full of nettles! I can still recall the stinging.

Dad changed from working on farms to working at Belfast shipyards. We moved closer to the city, living in a prefabricated house. Prefabricated houses were built for families after the end of the second World War. I loved playing with other children. Mum became captain of the Girls Life Brigade in our area and I was involved in this. A wonderful organisation. In 1956 when I was thirteen years old, we moved to New Zealand. Our ship the 'Rangitata' sailed from Tilbury, London, taking five weeks for the voyage.

The ship was very different from today's cruise liners. Dad had to share a cabin with other men. Mum and I shared with another woman. A very small cabin, two bunks on either side of the door and a handbasin. Not much room to move. I was seasick for the first week. After that I had so much fun with other young people. The swimming pool was a large waterproof canvas, jerry-built thing. An older boy taught me to swim in it.

We decided to emigrate to New Zealand as there was more opportunities for work, a better climate. As a Returned Serviceman from the second World War, my uncle, with his family was able to travel free to a Commonwealth country. We followed four years later. I am so pleased they chose New Zealand and not South Africa, Australia or Canada, as they have snakes!

My Uncle Jack met us in Auckland. The country smelt different from Ireland, the different trees and foliage. We didn't have the bush in Ireland. Five weeks at sea meant we didn't smell land.

I attended Whangarei Girls High School and made some lovely friends there. I worked at the Northern Advocate newspaper in the front office and there I met my first husband, Robert Gray. We built a house in Kiwi Avenue, Maunu, and had two children, Angela and Sean.

I was active in the St. John Ambulance as a volunteer and joined the Whangarei Astronomical Society, Zonta and played tennis. I was involved in Martial Art—Aikido. I enjoyed sewing and made most of our clothes and soft toys. I did a short stint of modelling and rode my horses.

I was successful in joining the Ministry of Transport, specialising in education. I taught preschool to Polytech students and everything in between. I learnt quickly how to explain skills to young children. I was teaching them how to cross the road. I said, 'look up and look down the road, for yourself.' One little girl said, very sadly, 'I can't see myself.' It was hard not to laugh. Training school patrols was fun and the children were keen to accept responsibility.

I enjoyed driving, always had an interest in cars. I was in my element with this job. We were trained in self-defence and handcuffing. Training was at Trentham College, Wellington. In 1996 the Ministry of Transport amalgamated with the Police. I thoroughly enjoyed the training at Porirua Police College. Lots of classroom work, amazing gym, fantastic swimming and diving pool. We were pushed off the diving board in a kayak and had to turn it upside down in the water and escape. I learnt how to retrieve bodies out of the water, to climb up to the ceiling on a rope, long

distance running, weapons handling. At weekly exams we had to attain eighty percent to pass. Weapons instruction was at Trentham Military Training camp, rifles and pistols. The instructors called me Annie Oakley, for some reason? I was armed five times during my six year period as a Police Officer.

I remember when an armed offender had held up a Regent dairy at gunpoint. We were called in to put blockage points around the area. My position was off Western Hills Drive. It was a dark, rainy night and I had to sit there alone and wait for my Sergeant to bring me a weapon. Not a good feeling. We were trained to shoot to kill if the public, or ourselves were in danger. I never had to make that decision. While on enforcement duties I was assaulted in Moerewa. A good kick in the face sent me backwards to land on my backside.

During this period I met my second husband, Leo Hay. I was privileged to get to know his two boys, Clinton and Dion and their families. They made me feel so welcome.

The last horse I rode was Harvard, known affectionately as Harvey. We bought him for our daughter, Angela. He won prizes in the best paced and mannered. He was a lovely quiet and easy-going boy.

My son-in-law, Andy rang me to say that Ford were bringing in righthand drive Mustangs. I ordered one. It had to be red and powerful. I always said when I sold the horses, I would buy a Mustang. It took about thirty years! Quite a jump going from 1HP to 525HP: from a clip, clop to the thrilling roar of a sports car.

Mustang GT Fastback Auto, stage two performance enhancer. Nineteen inch nickel premium wheel upgrade. Rousch bonnet scoop, black graphics, Rousch rear spoiler, bonnet heat extractors. I belong to the Whangarei Rod and Custom Club.

Over three years ago I decided to live at Falls Estate. I felt at home straight away, made lovely friends.

The Mustang is parked in my garage and occasionally goes out for a burn out. The Holden Cruz is outside on the driveway. The Mustang has taken my cousin, Rosalind, and I all over the North Island.

By: Falls Roving Reporter

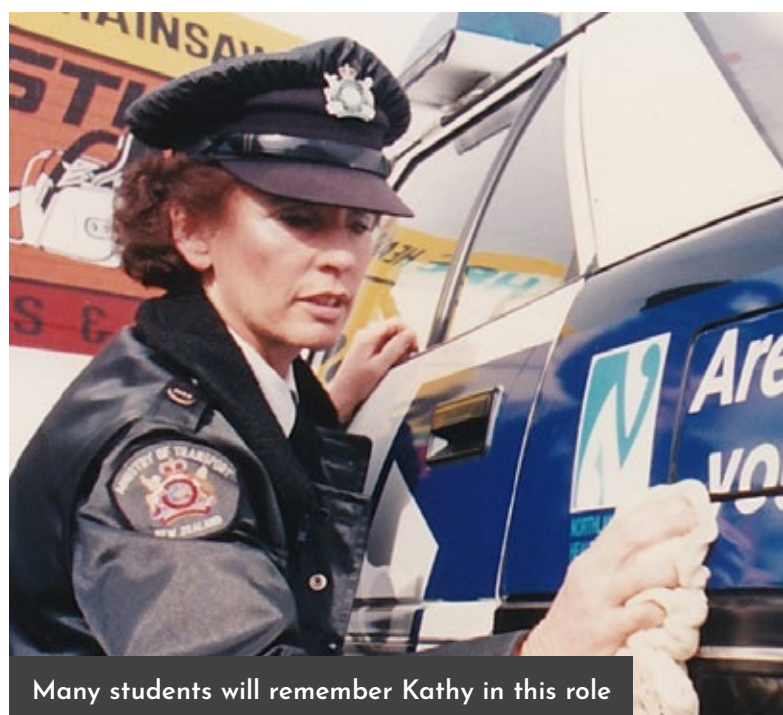
"I always said when I sold the horses, I would buy a Mustang. Quite a jump going from 1HP to 525HP: from a clip, clop to the thrilling roar of a sports car."



Kathy's 1 HP mode of transport



The Rangitata



Many students will remember Kathy in this role

Coming Out PARTY!



Cynthia Scott shows there's no party without balloons and glitter nail polish



Dancing the night away



Dancing Queens



John and Margaret Sandford



Hazel Herman and Irene Kerr



David Mein and Graham Tiplday obviously go to the same hairdresser



Kathryn and Phillip Kortegast



Jim Joll - Entertainer Extraordinaire



June Froggatt



Maria Hori



Rosalie and John Ross and Christopher Greave



Libby Townsend and Brian Atkins



Marie and Ray Yendall
boogie up a storm



Singalong time



Len and Sheila Beaton



My memory's
not as sharp
as it used to
be. Also, my
memory's not
as sharp as it
used to be



LESSONS IN Life



Life isn't fair, but it's still good.
When in doubt, just take the next small step.
Life is too short – enjoy it.
Pay off your credit cards every month.
You don't have to win every argument. Stay true to yourself.
Cry with someone. It is more healing than crying alone.
When it comes to chocolate, resistance is futile.
Make peace with your past so it don't screw up the present.
It is OK to let your children see you cry.
Don't compare your life to others. You have no idea what their journey is all about.
If a relationship has to be secret, you shouldn't be in it.
Everything can change in the blink of an eye, but worry never blinks.
Take a deep breath. It calms the mind.
Get rid of anything that isn't useful. Clutter weighs you down.
Whatever doesn't kill you really does make you stronger.
It is never too late to be happy. But it's all up to you and no one else.
When it comes to going after what you love in life, don't take no for an answer.
Burn the candles, use the nice sheets, wear the fancy clothes, don't save it for a special occasion. Today is special.
Over prepare, then go with the flow.

Be eccentric now. Don't wait for old age to wear purple.
The most important sex organ is the brain.
No one is in charge of your happiness but you.
Frame every so-called disaster with these words – in five years what does this matter.
Always choose life.
Forgive.
What other people think of you is none of your business.
Time heals almost everything. Give time time.
However good or bad a situation is, it will change.
Don't take yourself so seriously. No one else does.
Believe in miracles.
Don't audit life. Show up and make the most of it now.
Growing old beats the alternative – dying young.
Your children get only one childhood.
All that truly matters in the end is that you loved.
Get outside every day. Miracles are waiting everywhere.
If we all threw our problems in a pile and saw everyone else's we would grab ours back.
Envy is a waste of time. Accept what you already have and not what you need.
The best is yet to come....
No matter how you feel, get up, dress up and show up. Yield
Life isn't tied with a bow, but it's still a gift.

Nostalgia



Yet again Charles Morrison drew the crowds. Nearly 100 of us enjoyed his rendition of many old songs we all remember. Included were songs like "Save the Last Dance for Me", "The Most Beautiful Girl in the World" and "Show Me the Way to Amarillo" – what excellent choices, you could see many of the audience joining in, silently mouthing the words (and some not so silently!).

And, to our amazement – and enjoyment – he introduced a new act 'Diamonds in the Rough'. Onto the stage climbed two new artistes: our very own Marie Annandale and her daughter, Marianne. They entertained us with two beautifully rendered songs – "Gypsy" and "Be My Teddy Bear". And a little

while later came back and each sang a duet with Charles, Marianne with "Can't Help Falling in Love" and Marie, jazzing it up with "It's Late".

Later in the programme came our very own 'Falls Swing Dancers' with yet another exhausting routine for our enjoyment: well done ladies, we could see at the end a few deep breaths being taken!

Charles and Marie finished the one-and-a-half hour programme with "Rivers of Babylon": it's wonderful that we have such talent within our Village – we look forward to the next show with eager anticipation.

Jeanette Porter



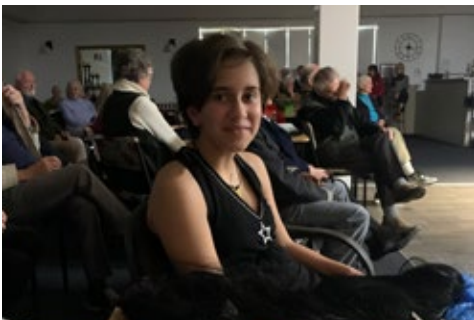
The dance group entertains



Special guest artists Marianne and Marie Annandale with Charles



Charles and Marie sing a duet



Marianne takes a break



Charles Morrison sings his special kind of magic



Charles and Marianne sing a duet



The audience gathers in anticipation



Members of the Falls Swing Dance team wait to strut their stuff



Ready and waiting for the show

Book REVIEW

STANDING IN ANOTHER MAN'S GRAVE

By Ian Rankin

An author I had not read before but am now on my second book by him. That tells it all!

Another 'Who Done It' book set in Scotland with the detectives based in Edinburgh and a cop from the cold case squad solving the murders for them. These occurring around the A9 road to Inverness and the Black Isle area that I know so well. Is it this fact that made it so interesting to me? I'll be able to answer that when I've finished The Complaints by the same author.

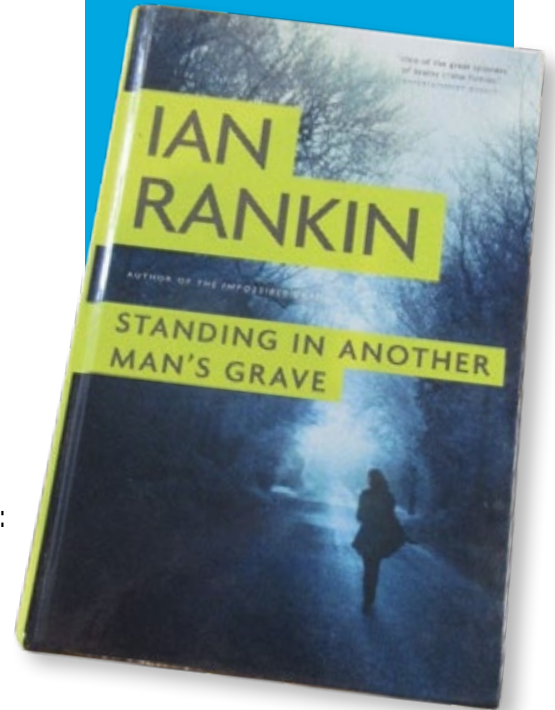
Standing in Another Man's Grave starts off with the disappearance, some years ago, of a young girl. Her mother speaking to many police officers over the years

with her theory about the A9 and, to her mind, being ignored. The squad looking into cold cases was about to be closed, but a retired cop, now a civilian, working with the squad thought she had a point and reopened the case of her daughter only to link it to the disappearance of several other girls since then: the last sightings of these young women being around the A9.

A retired police officer and his brother, an ex-con and others all come under suspicion as the renegade retired cop seeks to discover the truth – and, he, on several occasions, is in trouble as he likes to follow his own path, not the one the police team

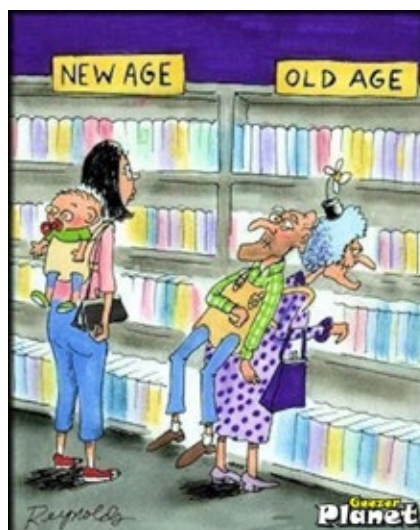
"An author I had not read before but am now on my second book by him. That tells it all!"

Jeanette Porter



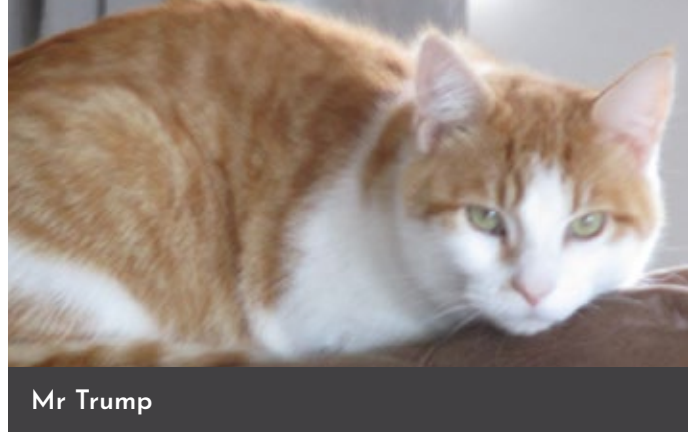
think is the right one. And who do you think gets there in the end – and discovers the culprit? Do pick up this book in our Village library and follow the story...

Jeanette Porter



The nice thing about being senile is you can hide your own Easter Eggs

INTERVIEWING Mr Trump



Mr Trump

Trump Tower. Number 12, Palm Drive

My early days— I can't remember much about this. It would have been when I was a kitten. And I was a very good looking, smart, cute and intelligent kitten. Probably the cleverest ever born! Somehow though, and I prefer not to think about this too much, I ended up boarding at Whangarei SPCA. Now, how a smart and very intelligent animal such as myself should end up in this place is beyond imagination. And that's not all. Can you imagine what, 'being available' may mean?

My most stressful time—well what could be more stressful than being shoved into a cage, put into the car—and on the back seat. They know I am the leader here and the front seat is my rightful place. This drive was short. It was the smell that put me into full alert mode— brings back terrible memories. That time was agony and I was left without some important parts of my anatomy. This time I was held firmly by the scruff of my neck and a thermometer was shoved in my nether regions. Now how dignified is that? I suffered indignities left, right, and centre, as this vet poked and prodded my sacred body.

How do I fill in my day—well, I do have a routine. My day starts about five in the morning when I move quietly and slowly from the bottom of MY bed (I have to be honest about MY bed, I do reluctantly share it.) I creep up to the top of the bed and crawl over the heads of my bed mates. This is to let them know two things—it is morning, and it is my

breakfast time. I'm outdoors most of the morning checking the comings and goings of everyone. I make sure everyone is where they are supposed to be—you know what I mean—no changing rooms or houses during the night, (it has been known to happen.) As well as being very handsome I am very, very, agile. I view the happenings over the whole of the village from vantage points, I climb the trellis's and up onto the roof of various units. I walk around the outside window ledges and peer inside. I can see both inside and outside of all the houses—clever eh! A good spot is the roof of Bob the Builders car. From there I can see who comes and goes to the office. My greatest frustration is I have not yet managed to sneak outside the gates. I have tried to follow the humans I live with but each time I find myself locked indoors. But my day will come. I will escape. For me it is just like an endless bloody 'lockdown'!

Living at the Falls Estate—I have to tell you this is exactly where I am meant to be. Here I am treated and respected as a leader should be. I have my own unit, food is supplied. I have servants who not only wait on my every need, but greatly admire me for the wonderful, good looking, intelligent creature I am. Sometimes I will approach people I like for a rub and a pat. This is so they can admire me close up. Mind you, I do have to mention there are dogs here. Now people being here I can tolerate. But dogs, why when the village has me—a beautiful, intelligent and very friendly cat, are dogs allowed here. This I will never understand.

By: Falls Roving Reporter

"Living at the Falls Estate—I have to tell you this is exactly where I am meant to be. Here I am treated and respected as a leader should be. I have my own unit, food is supplied."

A Loo

WITH A VIEW



Passenger boat plus kitchen boat



Swimming in the Ganges



Trudy McKnight on the Ganges



Sleeping accommodation

After a slow start and a one hour drive we meet up with the 'Ganga' – the Ganges River. We are north of the holy city, Varanasi. We walk across the hot sand to two long wooden boats moored alongside each other with make-shift awnings strung across providing some shelter from the sun. We settle ourselves in the larger boat, lying on mattresses and cushions. Two young, slightly built, local men set out rowing with paddles roped onto the ends of long bamboo poles. The second boat follows behind us – this is our 'kitchen boat,' containing food, gas cooker and the cook

We lie back observing life on the Ganges away from the overcrowded, noisy, bustling, smelly, city. Birds skim the surface of the sluggish brown coloured water diving for fish, of which there seems to be plenty. The water is very shallow in places with exposed sandbanks. It is hot, 47 degrees and the monsoon rains are set to start within the next two weeks.

Upriver from Varanasi there is only us and our crew on the river. We watch as the sun begins to set, sinking down towards the sandhills on the banks of the river. A very dramatic, large, red sun coloured from the pollution haze. Just on dark the boats come to rest on a sandbank.

A small tent is set up for each of us and foam squabs and cushions from the boat become our beds. A squat hole is dug in the sand with the 'toilet tent' set over it. As the sun sinks down, dinner is served. We sit on blankets on the river bank eating from a menu of six different dishes, including hot chips. We do have some concern when our dishes are washed in the muddy, brown Ganges River.

As dark settles, a cooling breeze flows along the sandy river bank, but in the small tents it is stifling hot. Our crew sleep on the boats. Briefly, we hear noise from a village some distance away, the boom, boom, thump, thump from powerful speakers, but this soon ceases. In the far distance I hear trains throughout mostly, a sleepless night. A half-moon reflects on the river and lightens up the sand dunes. The entrance to the toilet tent faces the river. A loo with a view!

Note: I have travelled to many places, but the Ganges remains with me. To be amongst the local people that honour, worship and live on this river provides deep spiritual insight and life experience. Never to be forgotten.

Trudy McKnight

WHO WHAT WHERE

Quiz Answers on p.22!

Quiz ?



KNITTING FOR **Charity**

A big thank you from Whangarei Hospital, Child Health Services, to all the talented villagers who contributed hand knitted items to be distributed to children throughout Northland. Donations include blankets, singlets, beanies, booties, jackets—all made with love.

The Child Health Service looks after the health needs of all children in Northland, from Kaiwaka in the south to Cape Reinga in the far north. Children from birth, in the SCBU—Special Care Baby Unit, until those children requiring continued special care reach adulthood and are then transferred to the Adult Medical Service.

Many children in Northland live in less than adequate situations. The handmade gifts and thoughts of the Falls' residents for the welfare of Northland's children is greatly appreciated by the Nurses that travel throughout the region distributing these gifts to those in need.

Laeonie McKinnon, Clinical Nurse, Specialist Paediatric, Oncology, Community nurse is based at Whangarei Child Health Clinic, Whangarei Hospital and met with Fall's residents recently to collect hand knitted baby and children's clothing to be distributed.

By: The Falls Roving Reporter



Members of the Knit and Natter Group



Some of the many knitted items for donation



Gillian Comer and Laeonie McKinnon

Bowls TOURNAMENT

Run over five weeks this competition has drawn in bowlers who do not bowl in the Village regularly – some have not bowled since our last competition in November. And some, in their 80s/90s have recently taken up this rewarding hobby. Each week provided some really, really good bowling mixed in with lots of fun and laughter. Unfortunately, the numbers taking part were less than on the 1st occasion this was run but those who did turn up and enter were up against some stiff opposition.

As few ladies entered the Singles completion – I was “forced” to enter. And in the final was against

a lady I had taught to bowl not two years since – it was a difficult match and I only won by 1 point. The pupil is exceeding the skill of the teacher

Well done to all competitors – some excellent bowling from all of you. Cups and Certificates to all winners were presented by Marie Annandale, our Village Manager.

Thank you to everyone who came along whether as competitors and umpires or just as spectators. I do hope you enjoyed yourself: I have already been asked when the next competition will take place!

Jeanette Porter

Events	Winners
Gents Singles	Eric Ross
Ladies Singles	Jeanette Porter
Village Overall Singles	Eric Ross
Gents Pairs	Fred Sackfield & Bob Trehwella
Ladies Pairs	Oleen Yendell & Doris Smith
Village Overall Pairs	Fred Sackfield & Bob Trehwella
Village Triples	Oleen Yendell, Trudy McKnight & John Harrison
Village Fours	Noel Wech, Eunice Fitness, Ray Yendell & Marie Ross



The winners

Cooking FOR ONE OR TWO

Cooking for one or two after many years of cooking for a family can be a challenge. And the age-old question "What shall we have for dinner tonight?" can become a situation of preparing the same things over and over again.

The Canterbury District Health Board has a great set of recipes for just those occasions – using ingredients you are likely to have in your pantry

or fridge. Here are some samples – but check out this website <https://www.seniorchef.co.nz/recipes> for more great ideas to keep your food interesting, economical and nourishing.

Recipes from *Cooking for Older People – Easy Recipes for One or Two*,

Canterbury District Health Board.

BAKED ORANGE CHICKEN

Ingredients	1 Serve	2 Serves
Chicken pieces	1	2
Orange juice	2 T	4 T
Orange rind, grated	1 t	2 t
Dry breadcrumbs	2 T	¼ cup
Chicken stock powder	¼ t	½ t
Hot water	2 T	¼ cup
Honey	2 t	1 T
Prepared mustard	½ t	1 t
Cornflour	½ t	1 t
Salt and pepper	To season	To season



Serving Suggestion: serve with mashed potato and cooked vegetables.

1. Pre-heat the oven to 180°C.
2. Lightly grease an ovenproof dish with a pastry brush and oil or oil spray.
3. Place orange juice and rind in a bowl and the breadcrumbs in another bowl.
4. Dip each piece of chicken in the juice and then the crumbs.
5. Place in ovenproof dish and bake for 30 minutes.
6. While the chicken is cooking make the sauce. Add chicken stock powder and hot water, honey, mustard, cornflour, salt and pepper to the leftover orange juice. Mix well. Pour over chicken and return to the oven for a further 10 minutes.

QUIZ ANSWERS:

1. Canopy Bridge
2. Little Munroe Bay
3. Rail Crossing, Lupton Ave
4. Raumanga Falls
5. Old Freezing Works Site
6. Toilets under Bascule Bridge
7. Town Basin Marina
8. Waka and Wave Sculpture
9. Walking bridge over Hatea River
10. Walkway Kamo back to Town

It's scary
when you start
making the same
noises as your
coffeemaker

1. Preheat oven to 180°C.
2. Place pears in small ovenproof dish.
3. Mix ginger, walnuts and almonds together and divide between pear cavities.
4. Mix together the honey, orange juice and rind and pour over the pears.
5. Cover with foil and bake for 25-30 minutes or until the pears are soft. If you like a caramelized effect, place under a grill for a minute or so before serving

MICROWAVE

1. Prepare pears as above and place in microwave-safe dish.
2. Cook covered on medium-high power for 1½ -2 minutes for 1 serve and 2½ - 3½ minutes for 2 serves. Check to see that pears have softened, otherwise cook for a little longer.

BAKED PEAR WITH GINGER AND WALNUT

Ingredients	1 Serve	2 Serves
Pear, cut in half and cored	1	2
Crystallised ginger, chopped	1 T	2 T
Walnuts, chopped	1 T	2 T
Ground almonds	1 T	2 T
Orange, rind and juice	1	2
Honey	2 t	1 T



Serving Suggestion: serve with thick plain yoghurt or vanilla ice cream.

DATE AND APPLE CAKE / MUFFINS

Ingredients	Quantity
Chopped Dates	1 Cup
Diced, cored & peeled apples	2
Boiling Water	1 ¼ Cup
Baking soda	1 t
Margarine/Butter	150g
Sugar	½ Cup
Eggs	1
Vanilla essence	1 t
Plain Flour	2 Cups
Baking powder	1 t
Cinnamon	1 t
Icing Sugar	To dust



1. Pre-heat oven to 180°C.
2. Lightly grease a 22cm round cake with oil and line the base with baking paper.
3. Combine dates, apple and boiling water in a bowl. Stir in baking soda. Cool.
4. In another bowl, beat margarine and sugar until light and fluffy. Add egg and vanilla. Beat well.
5. Sift flour, baking powder and cinnamon together in a third bowl.
6. Fold apple mixture and dry ingredients alternately into egg mixture.
7. Pour into cake tin. Bake for 1 hour or until skewer inserted in the centre of cake comes out clean.
8. Leave in cake tin for 10 minutes before turning out.
9. Dust cake with icing sugar before serving.

Snapped!



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



Bob the Builder (aka The Inspector)



Off to the supermarket during Level 2



Shirely Biggins and Dougie Chowns celebrate Shirely's 90th Birthday



Marilyn Williams on duty in the Kabin



Christopher Greave



Trudy McKnight doing some mosaic



Phyllis Southon with her daughter Julie and great grand daughters Macy and Demi



Jessie Hansen



Rainbow

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THE FALLS ESTATE
A BEGROUP LIFESTYLE VILLAGE