

THE FALLS Folkus

THE FALLS ESTATE LIFESTYLE VILLAGE MAGAZINE

WINTER 2022
EDITION 13

SPECIAL
FITNESS & WELLBEING
EDITION



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THE FALLS ESTATE
A BEGROUP LIFESTYLE VILLAGE

MANAGER'S MESSAGE



This quarter our Folkus Magazine focus on exercise and wellbeing. With Covid still lingering around there is a continuous need to keep our bodies and minds active. Page 12 to 22 talks about residents keeping their bodies and minds active through physical exercise and mental wellbeing. Suddenly I have a need to meditate to strengthen my concentration and increase self-awareness. What a great read!

Page 10 & 11 takes us to Reg's tale of his involvement with the Rolling Ball Clock, which is a new edition to Whangarei, Town Basin.

Since a State of National Emergency was declared due to Covid-19 in March 2020, our residents and staff have gone the extra mile in helping each other and I would like to take this opportunity to thank them all for their contributions, considerations, and care towards each other.

Until next time, happy reading.

Marie Annandale

Village Manager

RESIDENTS COMMITTEE CHAIRPERSON'S MESSAGE

Autumn has faded away and Winter is upon us; certainly, over the last week the temperatures have got colder. After a few hiccups due to Covid our Mid-Winter Xmas will be held on the 16th of July and the theme is Red & Black. We welcome our new caterers to the Village. They will be catering village meals and meals for our special occasions. With this, and with Covid settling down a bit, we will restart morning teas for our new residents. Our Village vegie garden has continued to flourish over summer and autumn and lovely fresh vegetables appear on the stall for all residents to enjoy at an exceptionally low cost. A big thank you to Arthur and his team for keeping the communal vegie garden going and for producing such wonderful vegies. Thank you to Graham & Ailsa Tiplady and Eila Grant for their work in the keeping The Kabin going since Covid appeared on the radar, especially for those residents who chose not to visit their local shops. Our committee members, volunteers and residents have all stepped up in dealing with traffic light settings that keep on staying stuck. Thank you to you all for your contribution and support. We have weathered this and come up smiling. who knows the green traffic light may come into play one day soon! Keep warm and take care.



Jocelyn Allen

Chairperson



ANZAC DAY - PATRIOTIC PILLOWCASES

By Jocelyn Allen

This is the day we remember our servicemen and women who over the generations were deployed overseas to fight for the freedom we know and enjoy today.

I would like to take you on a journey that our Village is part of. Remembering the little things that are important to our service men and women and their families because for several years after WWII these were forgotten.

A personal example of this is that my Grandson was in the NZ Army, loving the life, but I didn't want him to feel 'forgotten'. I decided to give him something from home – a quilt in the colours of the counties rugby colours. My grandson was very proud of this and even the cat wasn't allowed to sleep on it.

One of the Ladies in the Whangarei Quilters Group had a son deployed overseas and he would send letters home about the things that were important to them, especially little things relating to home. They became important in stressful situations. The quilts were too big and heavy, so we had to put our heads together for something smaller and lighter.

So, Whangarei Quilters, and the Sailing Club on Riverside Drive hired machines and a production line of Pillowcases started.

A message was sent out to quilting groups throughout Aotearoa. Everyone contributed, making these NZ themed pillowcases, just as years before women came together in groups with knitting needles.

The NZ themed pillowcases were then labelled and packaged with a message on a card inside. These small thoughtful NZ memories are sent to the Defence Force in Wellington for distribution to our troops in

various countries of deployment.

Though only a small thing in the big picture of war, I have seen the photos and the letters of thanks that have been sent back from the recipients of these pillowcases. They are very emotional and moving and make this project very worthwhile.

Ladies within Whangarei and our own Village ladies can feel proud of the project and how it came about.

This journey shows little things do matter in all walks of life including war.



THE FALLS ESTATE RESIDENTS' COMMITTEE



Introducing our current Resident Committee Members:



Left to Right: Colleen Wech, Gail Martin, Joke Reek, Maria Hori, David Haywood, Jocelyn Allen, and Yvonne Macdonald

The Committee consists of residents who put their names forward and are nominated for each role a few weeks before the Residents' AGM is due to be held. The Residents' Committee is elected yearly at the Annual General Meeting. This is a volunteer service, working for the benefit of all residents at the Falls Estate.

The Committee is also a platform to raise operational issues with the Village Management and to discuss written suggestions and ideas put forward by residents through the 'suggestion-box' which is located in the Community Centre. Committee meetings are held monthly with the occasional special meetings, if required.

Purpose of the Residents Committee:

To plan and organise social and community fundraising activities. This includes Tuesday and Friday night, 'Happy Hour' functions, and major events such as the Melbourne Cup, St. Patricks Day, Robbie Burns night, Mother's Day and Father's Day Celebrations, Anzac Day Commemorations and Christmas functions. Fund raising activities have included Flower Shows, Raffles, Fashion Show, Art Show, Handcraft Shows with the funds raise being donated to – Hospice, SPCA, and various community support organisations.



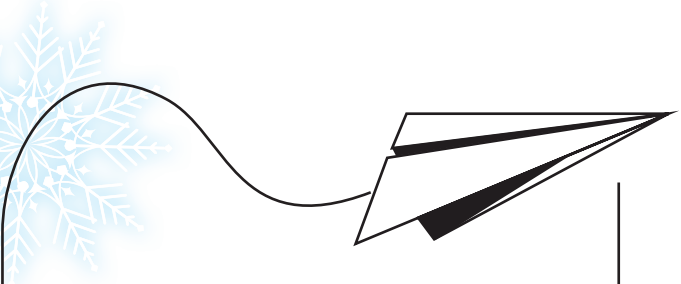
The Residents Committee and their duties:

Chairperson – manages proceedings, ensuring meetings are held regularly on time and discussions are focused on the agenda items and the outcomes aligned with the objectives of the Committee. The Chairperson needs the ability to be firm and to lead and encourage other members to participate in discussions presented. The Chairperson ensures the smooth running of the meetings and debates are conducted in a correct manner with confidentiality always maintained. The Chairperson will also liaise with Management.

Secretary – organises the meetings every second Wednesday of each month and distributes the written agenda to all members one week prior to the meeting. Receives and responds to all correspondence, including items in the suggestion box, in writing on behalf of the Committee. Takes minutes and written copies circulated to all members and residents via the noticeboard within seven days of the meeting. Responsible for organising and distributing minutes and reports for the Resident's AGM.

Treasurer – responsible to the Committee for all money received and to bank cash as soon as possible. Pays accounts owing on time. Ensures petty cash is available as required for various functions and fund-raising activities. Presents to the Committee at each monthly meeting a written financial report recording in detail all financial dealings. Provides an annual financial report for the Residents' AGM.

Committee Members – are the backbone of the Committee assisting in organising and operating all events held in the village. Contributing and supporting in decision making – giving feedback on issues concerning residents. Assists in the distribution of newsletters and flyers to residents in the village. This is very much a 'team working' position.



Next Residents' Committee Annual General Meeting Will be held on August 24th.

Nominations for all positions will be advertised internally

beforehand and we welcome those residents interested to consider all positions. The current committee members would welcome any queries you may have and wish to discuss beforehand.

Information and reports will be distributed in resident letterboxes.



**KEEP OUR VILLAGE
A FUN AND VIBRANT
PLACE TO LIVE**



THE FALLS ESTATE VILLAGE SHOP

1st March 2014 was the beginning of the village shop at The Falls Estate. The Residents' Committee approached Management asking if it was possible to sell milk and cream in the village. This idea was approved, and we did a deal with Anchor to loan us a milk fridge and supply milk and cream on a regular basis. In those days we did not have a shop, so we placed the milk fridge on the wall behind where the pool table stands today. The sale of milk was on an honesty box system and, initially, everything went along reasonably well. We then put up a table next to the fridge and added free range eggs, manuka honey and homemade cakes. The eggs and honey were sourced locally from residents' families and friends and the cakes were made in the village kitchen by our restaurant chefs, Chris, and Jo Walton. Chris was a trained pastry chef, and he made a mean 'Fly Cemetery' and a to die for cheesecake.

Ailsa was the force behind the shop and kept a sharp eye, each day, on how we were going. Whilst we had a small profit on stock to cover any whoopsies, it soon became apparent that the honesty box system was not working, as Ailsa and I had to pay the shortfall out of our own pocket each month. Not an ideal situation.

When an office became available in 2016, we earmarked it as our future village shop. (This is the shop location where we are now). Fortunately for us, one of our residents put his hand up to run the village shop. Jack Percy, a retired accountant, and previous owner of Woods Glass in Whangarei was appointed as shop manager. Jack did have one condition for the job, that Ailsa was to be his assistant and I was

roped in to pour the Rum at our monthly meetings held in Jack and Dawn's home, villa 66.

Jack was tireless in buying stock, selling our products, and organising a bookkeeping system that only an accountant could understand. Jack had a passion for the shop, and it was not unusual for him to be doing his stuff in the shop 7 days a week – rain, hail, or shine. Huge relief for Ailsa and me as the shop now balanced each day and we had no losses.

Our monthly meetings were very "boozy" productive. Jack was CEO, Dawn was nibbles preparer, Ailsa was Shop Manager, and I just did as I was told and drank Rum.



At our meeting in April 2016, we decided to expand our stock range, hire a cash register, put up shelving, ask residents to volunteer as shop assistants and keep an eye out for anything else that would be useful in the shop.

This was to be the beginning of a new era for the shop and a notification was put in the Folkus asking residents to give the village shop a name.



Jack and Ailsa having a nod off



At Friday's Happy Hour, we discussed all the names submitted and the residents settled on "The Kabin" as our shop's name. ("The Kabin", is also the name of the shop in Coronation Street). I managed to source a shop counter and shelving for free and conned Doug Healey to put it all together for us. We even had a couple of upright freezers donated to the shop, so things were coming along nicely.



Coronation street Kabin

Under Jack's expert guidance and Ailsa as his right-hand girl, everything was going along nicely. Sadly, in April 2017, Jack resigned due to ill health. Ailsa and I were busy as village managers, so we had no time to devote what was required to operate the Kabin. Fortunately, Jeanette Porter, villa 60, stepped up as financial officer, Ailsa did the buying and we had great volunteer staff that kept the ship afloat. The shop team in 2017 were, Jean Goodison, Bev Fielding, Mary Johnsen, Raewyn Bennett, Jeanette Firman, Mel Healey, and John Porter. I was always hovering around in the background in case someone wanted a Rum poured.

In September 2018, Jeanette unfortunately resigned as Financial Officer due to health

and travel commitments. Eila Grant was appointed financial officer and business carried on as usual.

At the Residents' AGM held on 15 August 2017, the Kabin Constitution was adopted, naming Eila Grant as Financial Officer, Ailsa Tiplady as Shop Manager and Graham Tiplady as Chairman. We sought legal advice and it was strongly suggested we became registered with the IRD as a non-profit identity and opened a bank account under the Kabin's name.

The Kabin Not-for-Profit

This was a huge undertaking with twists and turns all the way and in August 2018 we finally became registered with the IRD as a not-for-profit organisation, a bank account was opened with Kiwi Bank and a Chartered accountant was engaged to oversee our books and prepare annual returns to the IRD.

It has been a challenge but gratifying to see the progress in the Kabin. Our motto is to provide quality products to our residents at an acceptable price. Some of our stock lines are cheaper than any supermarket in NZ and others are slightly more expensive or on a par with other supermarkets. We are here to provide a service to residents, and we value residents' support.

The future? Who knows? The time will come when the present management team must retire and hopefully there is someone who will take over the reins and keep the shop going.

Graham, Ailsa, and Eila
The Kabin Management Krew.

THE KABIN KREW



Graham



Ailsa



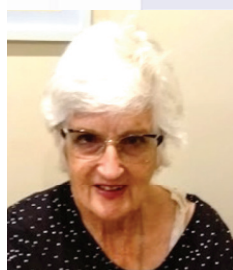
Eila



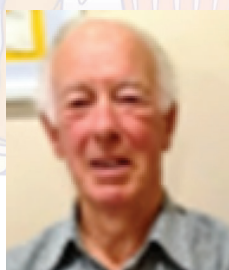
Cynthia



Dorothy



Jeanette



John



Lynley



Marilyn



Robyn

OUT AND ABOUT

'Birdie' by Gerald Batchelor

I was looking over my back lawn in December last year, and I saw a greedy baby blackbird being fed by its mother. It doesn't show in the photo, but the baby bird had a distinctive white feather in its tail. As this bird grew and gradually changed from its baby colouring to its matured colour I noticed it frequently appeared near my back door.

My little twenty-year old dog, Toodle, had recently passed on and I had a few small dog biscuits left. They were high protein, so I thought they would be suitable food for a bird that usually ate worms. I put a few at my back door, and the bird quickly learnt they were as nutritious as worms and much easier to catch.



trees near my back door. If she's in the vicinity when I go out the door, she flies down and perches on a flowerpot near my feet, then she waits for her reward of two small dog biscuits. If I am not quick enough, she makes some plaintive wee cries 'till I feed her. She now has the original name of 'Birdie' and she is a very handsome mature blackbird, she can be distinguished by the little white striped bib.

Birdie is so attractive now that she has a friendly male blackbird hanging around. He is shiny black with a lovely yellow beak. I don't trust his motives!

Postscript: after two months Birdie was gone! Eloped with her boyfriend. A typical teenager – just disappears with not a thank you or goodbye.



OUT AND ABOUT

The Rolling Ball Clock by Reg Shaw

The year is 2014. Imagine the scene – a quiet time eating lunch at Girls' High School staffroom – a tap on the shoulder. "Hello Reg, I am one of a small group who are going to build a clock. Would you like to join us? It is going to be fun and a rather large clock."

Little did I know then just how large it would turn out to be. Fourteen tons, plus glass! We had a few meetings and then a meeting with the Mayor, Cheryl Mai, who said, "that's an idea that could work!"

The Council gave us a quarter of a warehouse on Reyburn House Lane, and we started to build a full-sized model. Cars and trailers went out to collect pallets from around the town for the base and to protect the polished concrete floor. Then, the floor itself, 18mm MDF cover panels from retail sellers of plywood, and we soon had a nice flat platform. We produced the primary lift first. Using half of steel streetlamps, damaged and no longer fit for purpose; we used front wheel bearings from a Triumph Herald to support the lower two gears. The three large gears were cut out in my garage at home, by hand on a bandsaw. The lifting fingers were soon fitted and a drive with ratchet and pawl devised; driven by a washing machine motor and a gearbox.

Time racks were built on another old lamp post. The next bit was tricky. A track had to be built to carry the balls from the lifting fingers to the 'seconds' rack. This was done through trial and error. Once it was running – more or less to time, the public was invited to come and look. It created HUGE interest. Fame spread around the world – even at this early stage as travellers spread the word.



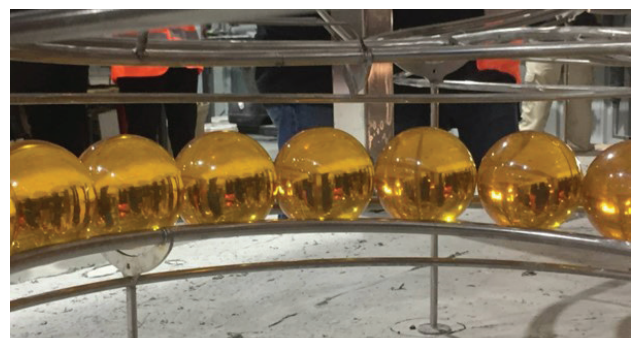
The Council was now happy for us to proceed to the 'real thing.' This is where the professionals took over. Draughtsmen and fundraisers were found.

All of us who were involved are proud of the final product, especially when we see the crowds of visitors to 'rolling ball clock.'

IT IS ALL ABOUT TIME



Clock being craned into position early morning at Town Basin





Details: The clock is six metres long and three metres high. It weighs fifteen tonnes and had to be craned into place at the Whangarei Town Basin. There are four levels to the clock, which displays hours and blocks of minutes via balls that run along tracks. The most exciting time to watch would be at one o'clock when the clock resets sending balls cascading. The clock is enclosed in a glass case and is thermally regulated with a heat pump. This is 'world unique' with atypical components, including lifting bridges a ball race and a mechanical man. It has an internet connection that informs an electric motor which can correct the time if necessary. As a result, it is 'split-second perfect.'



A mechanical woman operates the clock, with handbag, pedaling non-stop. Go Girl Go!



FITNESS & WELLBEING

Life

Life, believe, is not a dream,

So dark as sages say;

Oft a little morning rain

Foretells a pleasant day:

Sometimes there are clouds of gloom,

But these are transient all;

If the shower will make the roses bloom,

Oh, why lament it's fall?

Rapidly, merrily,

Life's sunny hours flit by,

Gratefully, cheerily,

Enjoy them as they fly.

(Charlotte Bronte)

EXERCISE THOSE WINTER BLUES AWAY!

Use your senses fully. Look around. See the light, shapes, colors, textures. Listen to the sounds. Feel the life energy inside your body. Move your attention into the NOW.



From left to right: Pat Smit, Nola Coleman, Nola Suester, and Jillian Comer

When you are in your vintage years you should explore and enjoy yourself.

If you don't have fun in this world, you are silly.

You gotta go for it and take all the risks.

Because life is so short you ought to have fun. (David Helfgott)

Take time out for yourself. You deserve this every day. 'Me Time' can reduce stress and will make you feel happier. A little exercise every day will boost your self-esteem, help you sleep, help you concentrate and make you feel better. Do something that you enjoy this will help you forget your worries and lift your mood.



FITNESS AND WELLBEING

Move in water with Joke Reek

When we moved to the village, Marie Annandale asked me if I was willing to take on 'Move in Water' classes in the village pool. I had been involved with teaching swimming and doing exercises in water since I was sixteen years old and had run my own swimming school for about fifteen years.

After consultation with a physiotherapist about the best exercises to do with the older age group and watching some videos on-line, plus reading books from the library we started this in March 2021.

Moving in water is gentle and helps with balance and will strengthen muscles without strain. These exercises also improve the flexibility of the joints.

Everybody can do it to their own ability and the main aim is to make it fun.

We work to music which (in my opinion) makes it easier to move around since the body reacts to the beat of the music.

We play a variety of games at the end of each session; water polo is the favourite.

On average twelve people from the village attend the Monday and Wednesday morning classes.

The classes have been going for over a year now and everyone has lots of fun with laughter echoing in the pool area. I really enjoy being involved in running the classes. Move in water classes are free.



Relaxing and fun in the spa after exercising



Joke, plus music, demonstrating exercise routines

FITNESS AND WELLBEING

Sit Fit with June Douglas

Our tutor is Bett Harvey. Bett is an experienced, Les Mills World of Fitness, trained instructor. She has worked in the Health and Fitness industry for forty years, instructing many types of classes and competing successfully at competitions. Bett is also an employed caregiver-support worker.

The sit fit class is ACC accredited, with low impact exercises with seated or standing options for men and women. Classes are beneficial for balance, co-ordination, and muscle tone.

Bett explains the muscle groups and joints involved in each exercise routine which you do within your own range of movement. Regular participants often comment on their improved balance and co-ordination.

See you 11am Friday mornings in the lounge. Cost five dollars per session.

You will be made very welcome, and your body will thank you.



Village Gym



FITNESS AND WELLBEING

Swing Dancing with Lynda



My name is Lynda Joyce. I've been teaching dance routines at the Falls Estate Village for ten years. Each routine involves simple repetitive steps that are low impact. Perfect for beginners. For more experienced dancers, just add more oomph! The songs I choose are fun and upbeat mainly from the Swing Dance/Rock 'n Roll Era. The best part is that I call the moves, so memorising steps isn't important.

This is a great way to meet other residents, socialise and make friends. You get to exercise and feel good at the same time. You'll find us in the communal area every Tuesday at 11am. Sessions cost \$5 and by 12 midday you'll be leaving with a smile on your dial.



Falls Swing Dancers left to right: June Douglas, Phyllis Southon, Bev Coles, Margaret Sandford, Lynda Joyce, Janet Litt and Diana Mehaffy.



Falls Swing Dancers back left to right: Phyllis Southon, Rosemary Puddle, Bev Coles, Diana Mehaffy, Robyn Somerville-Ryan, Joanne Hanham. Front, left to right: June Douglas, Lynda Joyce, Margaret Sandford

WELLBEING

The Benefits of Meditation



Alleviate stress – strengthen concentration and increase self-awareness.

Take time out for YOU. Take a moment in your day, pause for reflection and understanding which helps to calm and declutter the mind. Meditation is taking care of the 'inner business' of living and helping to maintain a good balance in our lives.

Meditation helps us gain greater clarity and focus. Helps to integrate YOU into your life to find greater appreciation of your inner self and life in general. Mind and body are linked and the two must work together. When your body is at ease your mind will follow.

Mindfulness has a natural association with meditation – focusing on the here and now. Total awareness of mind and body and observing life as it happens. Being open to the changing moments – going with the flow. You start to have greater clarity as to why you might be feeling certain ways. This gives you a greater understanding of yourself and puts you in better control of your life.

Steps to a simple mindful, meditative breathing meditation.

1. Sit in a comfortable position with your feet flat on the floor your hands placed loosely on your lap or thighs. Close your eyes and focus on the rhythm of your breathing.
2. As you relax you may notice your breathing becomes softer. Focus on breathing in, breathing out. Your mind and body become calmer.
3. By concentrating and focusing only on your breathing – slowly in and out and any sensations you may feel on your nostrils, quieten your internal chatter, and you are perfectly in the present and aware of the moment.

Mindful practice is developing a routine of awareness exercises, relaxation, and meditation.

Meditation classes are held at the Falls Estate – check the notice board for day and times.



FITNESS AND WELLBEING

Tai Chi with Deyal and Dilys McKenzie

Deyal - when we arrived in the village Dilys said to me there are Tai Chi classes and being my sceptical self, I put it off until she finally convinced me to go. After about three months I was really benefiting from what was going on. I could ask Michelle Nilsson-Webby, our Tai Chi coach, why are we doing this, and she would come up with all the answers. Every single movement she shows us affects us in positive ways in every part of the body. The Tai Chi patterns we do at the end of the session are carried out in dead silence. We usually chatter away, we have a great social time, but when doing the Tai Chi patterns your brain has to connect with your body, every single part of it - the way you step, the way you use your hands and arms, twist and turn. Michelle gives us explanations as to why we do this stuff. Originally Tai Chi was a very violent form of self-defence thousands of years ago out of China. Michelle had shown us how fast it can be, and it is terrifying. She has slowed it down hundreds of times for us 'older adults.'

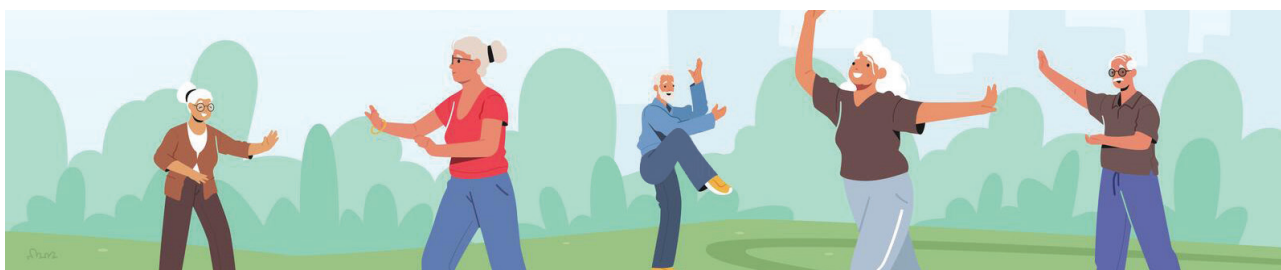
One example is my having been a motorcyclist for fifty-five years plus, suddenly I realised the eye exercises we do are helping me to ride my motorcycle. I am looking down at the ground, seeing I don't hit a pothole or a cow pat, then instantly looking ahead to see where the road is going. One of the exercises we do is exactly that, an exercise focusing on

short then long distances.

I am a diabetic and I must prick my fingers for a blood test every morning. I asked Michelle "Why are we squeezing this little ball?" She explained there are no blood vessels in our joints, they rely on good circulation and movement to feed the joint. When we clench our fist then relax, the circulation increases in our hands. So, I do this each morning and now I can easily get a blood sample with my improved circulation.

We both have bad backs and to get down on the floor is risky. Michelle has shown us Tai Chi movements that help us get back up again. The whole thing is beneficial, every move is beneficial. I was a sceptic but after three months I am convinced, and it is wonderful for us. After long road trips we stop, get out of the car, and do a couple of Tai Chi movements and instantly feel better. It helps us in our everyday lives, we get home after class and are bubbling - our brain is working, and our body is just where we want it to be. We do a Tai Chi class on Mondays and endeavour to do some of the exercises through the week. By the following Monday we need to boost the enthusiasm. so, we turn up and do it all again. It makes us move in the right way and when we move, we don't damage anything. When you get to our age the body is important and it's got to last for a long time yet!





Dilys - for me, because I like my gardening and I cannot bend, I have to get down on all fours to sit and do it. This is where Tai Chi has helped me, I can get up and down off the ground easily without thinking about it, whereas before I struggled to get back up. I use the way we have been shown and my muscles are so much stronger and my balance better. I can even work on my garden's sloping bank now. I have gained confidence through being able to do tasks I enjoy.

Like everything it is what you make of it. It works for us. Tai Chi teaches how to move, how to get there and not to fall over on the way. Very, very important that you know how to look after yourself and how to move.

Tai Chi coach Michelle - I have been instructing Tai Chi for 18 years. You could spend 7 lifetimes trying to perfect Tai Chi. I am not so serious, I ask people to do what they can manage, to listen to their bodies, because they must take them back home after class. I am constantly impressed with people's determination and improvement. Tai Chi means breath energy. Being mindful

of your breathing and the way you move improves your health inside and out.

Tai Chi is an ancient martial art, many of the movements have self defence applications. I teach Tai Chi for better health rather than beating up attackers. My first Tai Chi instructor told me that we strengthened our legs in Tai Chi so that we can run away fast. What I have noticed over my years of teaching is my students stand straighter and move more freely after they have been doing Tai Chi for a while. They cannot run all that fast but they do not look as vulnerable as they once did. Tai Chi is not a quick fix. However, three months of doing a few exercises each day, makes a huge difference to balance. Balance is an under-rated skill until it is gone, and it takes confidence and safety with it. We are a chatty bunch at Falls Estate. We get onto all sorts of subjects and barely notice how much exercise we are doing.

Tai Chi classes, run by Michelle Nilsson-Webby, take place each Monday in the Beehive at \$5 per session. Come along and give it a go.



From left to right: John, Mary, Dilys, Deyal and Michelle

WELLBEING-

QUOTES FROM THOSE WHO KNOW



To change one's life:
Start immediately -
do it flamboyantly -
no exceptions.

*Dave Firman and Brian
Atkins*



The greater the level of
calmness of your mind, the
greater our peace of mind,
the greater our ability to
enjoy a happy and joyful life.

Onerahi waterfront



A two-step formula for
handling stress.

Step 1:

Don't sweat the small stuff.

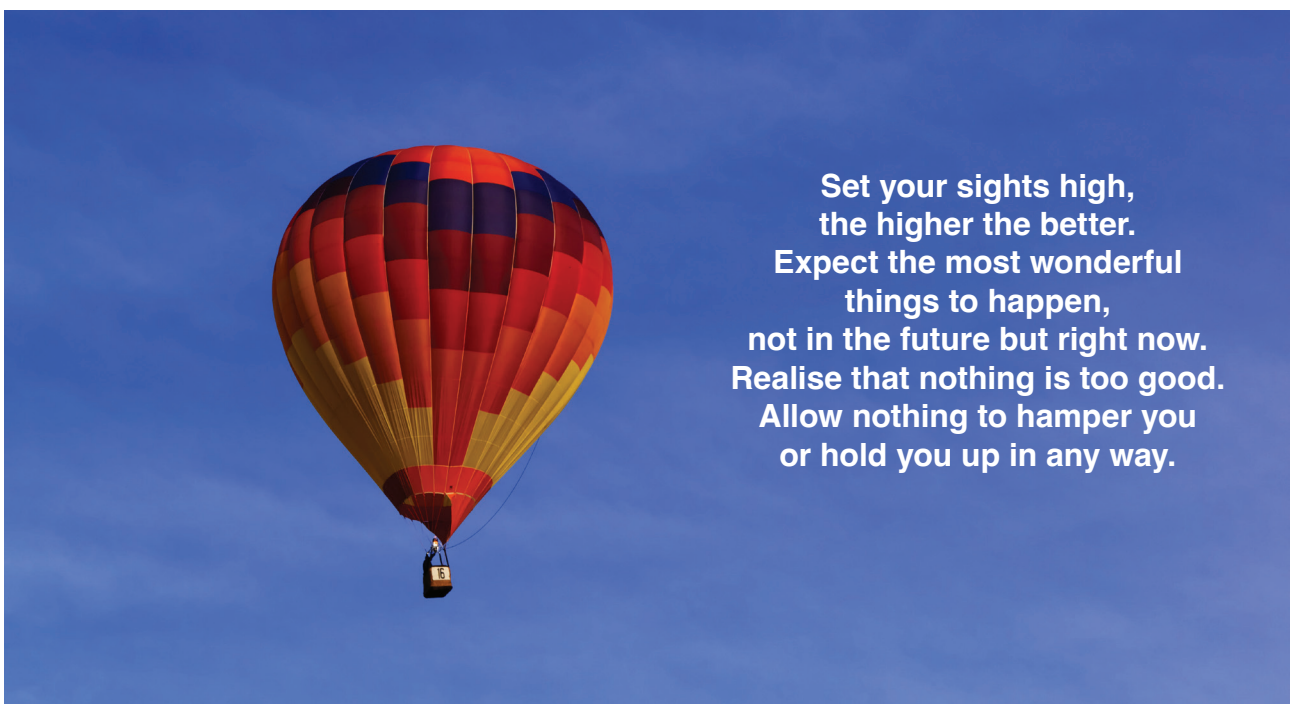
Step 2:

Remember it is all small
stuff.

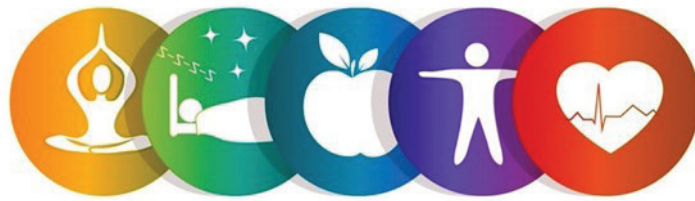


Life is a train, get on
board. Ensure your
destination is where you
really want to be.

Kingston Flyer, Southland



Set your sights high,
the higher the better.
Expect the most wonderful
things to happen,
not in the future but right now.
Realise that nothing is too good.
Allow nothing to hamper you
or hold you up in any way.



Survival is Key!



Keep looking ahead. There are still many good books to read, sunsets to see, friends to visit and dogs to take walks with.



Don't become one of life's lost 'souls'
Castlepoint beach



Dance, Dance at every opportunity



Don't leave your bucket list too late
You may find it has rusted through!
Your bucket list should never be empty.

LIFE IS A CHALLENGE - MEET IT!
LIFE IS A SONG - SING IT!
LIFE IS A DREAM - REALIZE IT!
LIFE IS A GAME - PLAY IT!
LIFE IS LOVE - ENJOY IT!



Life is a challenge - Meet it!



Life is a song - Sing it!



Life is a dream - Realize it!



Life is a game - Play it!



LIFE IS LOVE - ENJOY IT!

WELLBEING

Book Review by Pat Smith

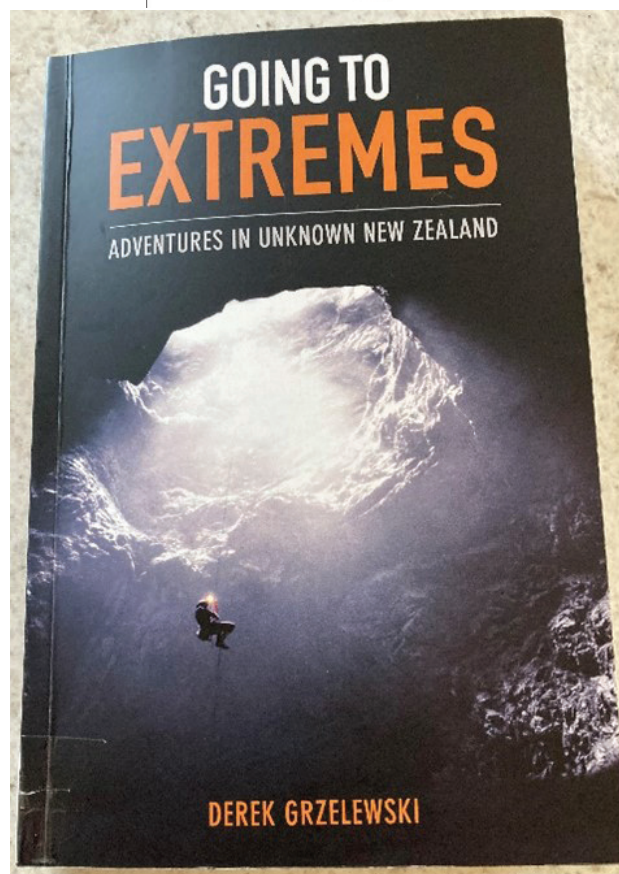


Going to Extremes By Derek Grzelewski

This book is a collection of stories written for and previously published by The New Zealand Geographic and Smithsonian magazines. The author's own short story, which introduces the book, of how he escaped Poland's Communist regime in the 1980s, eventually reaching New Zealand, is probably one of the most interesting in the collection. He can best be described as an 'adventurer'. His day job, between researching and writing about other adventurers, is a Trout Fishing Guide. The stories are of ordinary people, famous or unknown, doing extraordinary things in their lives. The common thread is the inner fire, the passion and total commitment of these ordinary people.

In 'Going to Extremes' we find people doing anything from diving (featuring Kelly Tarleton); saving endangered species (featuring the lifetime work of Don Merton with the Kakapo); caving, alpine climbing, to maritime rescue and the Fire Service, many of whom are volunteers. Did you know that the Fire Service training includes delivering babies?

In the village we're all at the stage where we are taking things more slowly and often reminisce about our past – even our own 'Everest moments' perhaps. Think of the collective number of years of training, working, and volunteering of our experience, and the stories there must be here in the Village!



Books available in the Falls' Library of inspiration towards health and wellbeing.

A Bikers Tale by John Helleman

Widowed-what now? Ed. Widows and Widowers Assoc.

Conversations with a Sometimes Stranger by Anne McDonel

Matron Knows Best by Joan Woodcock

Last Man Down by Richard Picciotto

Contented Dementia by Oliver James.



OUT AND ABOUT



Spaceship arrives by the loop walkway



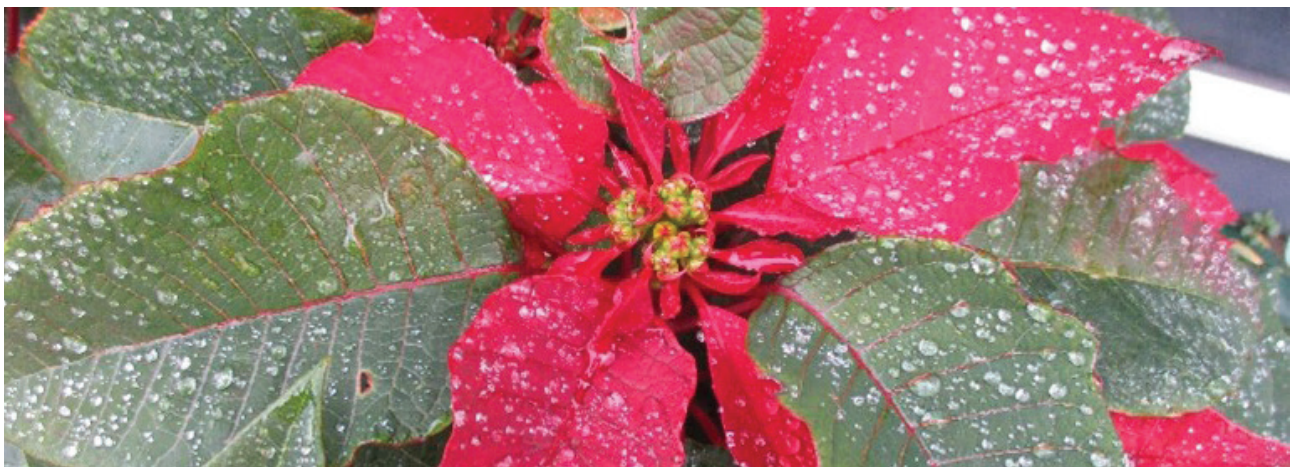
Spacemen have exited in Whangarei



Busy, busy, bumble bee



House building mason bee



Mid-winter Xmas

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Any comments & feedback are welcome!
Send them to: marie.annandale@thebegroup.co.nz