

The Chatsford Chat

THE LIFESTYLE CHOICE

The Lifestyle Choice Spring Edition 2017

Mother of the nation

This year's Celebrity Guest Speaker, Judy Bailey, is a person that needs little introduction.

Her gracious voice was a daily visitor to most New Zealanders' homes throughout her 26 years fronting primetime news. Judy will speak in the Summerfield Hall at Chatsford at 2pm on Sunday, October 15.

Often touted as 'the mother of the nation', Judy Bailey became one of the most recognised faces in New Zealand. On leaving TVNZ she fronted Maori Television's ANZAC Day programme for nine years and has been involved in a number of documentaries and television series.

In 2010, she was created an Officer of the New Zealand Order of Merit for her services to broadcasting and the community.

Judy has long been an advocate for children. She is a founding member, trustee and presenter for the Brainwave Trust, an organisation that brings the latest research in neuroscience to those who work with children and young families. The primary focus of the Brainwave Trust is from a child's conception to three years old.



"An early experience of nurture actually triggers connections in the brain and determines the sort of adults that we become," she says.

Judy is also patron of a number of organisations including the Muscular Dystrophy Association, The National Collective of Women's Refuges and the North Shore Hospice.

"Every child in this country of ours deserves the best possible start and sadly many of our children are growing up in violent abusive

homes. I believe the work of Women's Refuge is vital in breaking the cycle."

Judy is married to the managing director of South Pacific Pictures, producer and director, Chris Bailey. They have three children and six grandchildren.

If you would like to attend the Special Guest appearance of Judy Bailey at Summerfield Hall, Chatsford on Sunday, October 15 at 2pm, please contact Dawn Brieseman on 489 7776 or email dawn@chatsford.co.nz.

Chatsford Chat Online

Each edition of Chatsford Chat can now be **easily accessed online**. For readers who would prefer this option to a hard copy edition, please indicate your preference by forwarding your email contact details to: info@chatsford.co.nz.

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To take an online tour of our wide range of activities, amenities and housing options available, visit

www.chatsford.co.nz





Chief's chatter

Welcome to our spring 2017 edition of the Chatsford Chat.

We are delighted to have Judy Bailey coming to Chatsford on Sunday 15 October as part of our annual "Guest Speaker Series." While it has been some time now since Judy fronted the nightly television news, she continues to hold a unique position of respect and trust for many New Zealanders. We expect a big turnout for this event, so register early to ensure you get a chance to meet this special Kiwi.

In this edition of the Chat you will read about our amazing Elma McRobbie, who celebrated her 100th birthday in April this year. Elma's joy for life and sense of humour are an inspiration to all who have the privilege of knowing her and spending time with her.

Also in this edition we say farewell to our Chaplain for the past 20 years, Laurie Rankin. Laurie's regular services at Chatsford have made him a special part of our community. We wish Laurie all the best in his well-earned retirement.

In our Christmas edition of the Chatsford Chat I mentioned that installation of ultrafast broadband fibre to Chatsford's doorstep was scheduled occur in June 2017. This fibre has, indeed, now been installed

to the roadway outside our site. In preparation for this, in late April we had a Chorus company, Universal Communications Group (or UCG), undertake a week-long site inspection to assess what is involved in connecting fibre to each town house and apartment.

While internet over fibre is very fast, the process of getting a large scale connection set up is clearly not so fast – we are still awaiting confirmed details of the installation project. To be fair, UCG did indicate that Chatsford's 267 homes would make it one of the largest multi-dwelling installation projects in the country. So there is obviously quite a bit of design work involved.

Like people throughout Otago and, indeed, most of New Zealand, the Chatsford team is pleased to see the end of winter 2017. The winter period delivered extremes of cold, rain and snow that tested roading and drainage infrastructure through the region.

Thankfully, the days are getting longer and the Mosgiel area has already seen temperatures approaching 20 degrees. Spring is here, there is a burst of colour in the gardens and we are getting the first smells of freshly cut grass. Summer is just around the corner and we hope it's a good one!

Until next time...

Malcolm Hendry
Chatsford CEO

100 years and still smiling

Meeting Elma McRobbie is a refreshing experience. Her clear skin and sparkling eyes belie the fact that she is 100. Her spirit and cheeky little smile shines through.

Elma was born on 25th April, 1917 in Abbyhill, Edinburgh. She was the oldest of seven children and is now the only surviving member of her family. It takes a minute or two to settle into her broad Scots accent but then her witty and perceptive stories draw you in.

Although her sight and hearing is compromised, Elma remains as independent and as self-reliant as ever. She reminds me that the most important trick when speaking to people who are hard of hearing is to look at them when you speak.

Her first house as a married woman was on the 4th floor of a tenement building in Britain. She had to navigate each flight of stairs which had 19 steps and a landing, with both her shopping and pram in tow.

Celebrating a century - Elma McRobbie recently celebrated turning 100.



She and her husband Alec and two children Sandra and Iain, accepted a bonded passage to New Zealand and arrived in Dunedin with very few belongings. She left behind her beautiful walnut furniture, not realising that they could have brought it with them.

“We had very little to begin with. We started from scratch,” she says.

At first the family stayed with her sister Winifred Joint and then they found a flat in Maitland Street.

Her husband Alec worked at Culling Brothers Roofing. Once the children were settled into their schools, Elma began work as a seamstress making white shorts for Army Wrens.

“I was very homesick. I’d take myself out for a walk in the evening along George Street so that my family didn’t see the tears running down my face.

“I found New Zealanders were happy to meet us half way. I remember how some friends of my sister gave me a lovely bunch of flowers when we first arrived. I was very touched by that gesture. I settled in to our new life after a year or two.”

Elma’s philosophy on life is to keep learning and don’t sit about too much. She likes to laugh, a trait that she shares with her beloved grandmother, Jessie, who raised her from a young age.

“She was a fantastic wee woman,” she says

“She was very intelligent and had a wonderful sense of humour. She was always busy, cooking sewing, darning and knitting. I pitched in and helped her wherever I could and I had learned how to manage money and do our shopping by the time I was 12.”

“She taught me how to be happy with what I had and to work hard for what I needed.”

“Sometimes it seems as if children who are well indulged can become selfish and greedy, without learning to care about others.”

Elma had many interesting jobs not least of which was as the matron of St Hilda’s Boarding School. She laughs when she recalls how, whilst matron of a boarding school in Oamaru, the girls would try to take the mickey out of her by sneaking out to meet their boyfriends or walking so fast that her short little legs couldn’t keep up with them.

Her love of sport has endured throughout her life and there are few that she hasn’t tried. From the age of eight she became obsessed with swimming and the love of it has never left her. Once she retired, she gravitated from one hobby to another, including pattern drafting, yoga, Tai Chi and ballroom dancing. She has played bridge for more than 40 years.

“Once you retire, I think it is very important to set your mind to learning something new,” she says.

“I have tried almost everything except painting and pottery.

Elma and her family spread her 100th celebrations over her birthday week. Her birthday day was spent with her immediate family and friends, four grandchildren and eight great grandchildren. The following day she joined some of her family in a helicopter ride. Later in the week Chatsford management put on a morning tea for her and she hosted a morning tea for her indoor bowling friends.

“Since I moved into Chatsford six and a half years ago I’ve been very happy,” she says.

“I enjoy the privacy of my flat and I know whenever I want to socialise there are people nearby. I seem to be busier now than ever. I feel safe and secure and well looked after.”



Elma McRobbie celebrates her centenary in style with a helicopter ride around Dunedin.

(Photo kindly supplied by the ODT)



Elma’s daughter, Sandra Goodchild, (wearing a blue jacket), waits alongside members of Elma McRobbie’s family, as she prepares for her helicopter flight.

(Photo kindly supplied by the ODT)

Celebrating a book launch

On April 2nd 70 people attended a book launch at the Events Centre to celebrate the completion of *'The Geographer's Daughter'*, a memoir of the first 48 years of Alison Nevill's life.

For many years Alison's family and friends had urged her to write down some of her recollections. After hearing Naomi Miller speak about her writing service, Water under the Bridge Publications, Alison resolved that it was the right time to begin her own memoir. Naomi and Alison collaborated for a year, to bring all the pieces of her story together.

"I'm so glad that I have recorded the early stages of my life while I can still remember it all so vividly, although it does seem like quite another world now," says Alison.

She drew from a vast amount of material she had inherited from her forebears. They kept beautifully written journals and wrote detailed and often illustrated letters to one another.

On the day of the launch of *'The Geographer's Daughter'* the Nevill family turned out in force, as well as many of Alison's friends from Berwick and North Taieri, and from the book clubs and church groups that Alison is a member of.

"I was overwhelmed by the turnout," she says. "Many people brought a plate and it became a really lovely gathering."

"My sister Lesley and her husband arrived from England for a week's visit to coincide with the launch. We decorated the Events Centre together."



Alison and her neighbours at the book launch of *'The Geographer's Daughter'*. From left: Malcolm Boote, Alison Nevill, Marj Higgs and Val McMillan.

Alison Nevill and Naomi Miller at the launch of Alison's book *'The Geographer's Daughter'*.



Alison's daughter Lindy, co-ordinated the speakers for the book launch. Both Alison and Naomi spoke about the journey they had taken to bring *The Geographers Daughter* to print. Lesley recalled the woes of having a sister who "liked" animals. An old friend of Alison's who had worked alongside her teaching in the Solomon Islands, also added memories of working alongside Alison and once again, stories of animals emerged. This time, it was pet snakes.

"The reactions I have received about "The Geographer's Daughter" has been heartening," Alison says. "Even my sister found out some things that she wasn't aware of. People tell me it is a fascinating story that is very easy to read."

Alison has donated some copies of *The Geographer's Daughter* to the Chatsford Library.

Prime Minister's visit

Elma McRobbie and the Prime Minister, Bill English, took great pleasure in each other's company.



June McCrostie shares a rare quiet moment with the Prime Minister, Bill English.



Bowing out with grace

If ever there was a cheerful chaplain with a steadfast twinkle in his eye, it has to be Laurie Rankin.

For the last twenty years he has brought a message of hope and reassurance to Chatsford residents. He has offered two interdenominational services a month at Chatsford and also wrote a regular inspirational column titled Chaplains Chatter in the Chatsford Chat.

Laurie was responsible for the name Chatsford Chat after winning a competition to find a suitable name for the newsletter. In his capacity as a Justice of the Peace he has conducted two weddings and throughout the years has assisted many families during funerals and bereavements.

This month he retired in his words, 'at midnight on July 31st.' "I like to say that it's not retirement, more like refinement," he says. "I wanted to complete the month of July."

His 85th birthday was on Saturday July 29th followed by his wife, Melva's 80th, a few days later. The couple celebrated their birthdays with a lunch in Dunedin with 18 of their friends who live locally.

Laurie was ordained as a Presbyterian Minister 59 years ago. Since then he has served full time in parishes in Onehunga, Upper Hutt, Greymouth, Papanui and then Mosgiel. He wasn't permitted to marry until he had completed his training, so he and Melva planned their wedding several years ahead and were married three weeks after his ordination. He was 26 and she was 21. Today, they have two sons and four grandchildren, two boys and two girls.

Once a month, Laurie will preach at St Kilda's Presbyterian Church in South Dunedin and he intends to continue preaching whenever he is requested. However, his grandson is getting married on December 16 in Christchurch, so he has forewarned churches not to ask him to preach on the 17th.

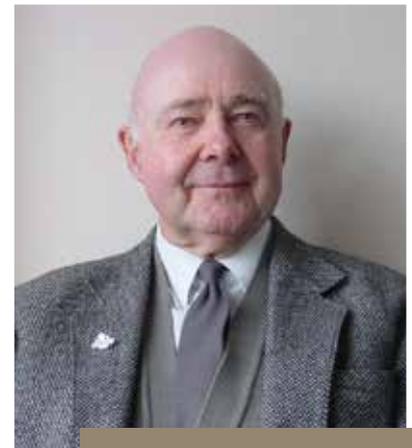
"Most people I preach to are elderly. I see my role as one of helping people to build up their confidence and assurance so that they can go into the life-here-after in peace.

"In my view, Christianity is not ancient history but right at the helm of current events. In the Bible, God says what he means and means what he says. I endeavour to explain the Bible's teachings and talk about how they can be applied into daily life.

"I chose to preach from Psalm 133 last Sunday. It emphasises how good it is for believers to join together in unity. I believe I'm a member of a construction team and not a demolition team. I'm an encourager not a condemner."

I want to thank the Chatsford Community and management for their warm welcome, acceptance, sociability and respect they have given me for my faith, even if they didn't share it themselves.

I enjoyed the frequent morning teas – especially the mousetraps with 'the officers club' and the many courtesy calls I have had with parishioners over the years. It has been my honour and privilege to serve them.



Chatsford's Chaplain, Laurie Rankin, retired this month.

Bridging the conversation divide

Mihaela and Mike Dumitrescu immigrated to New Zealand from Bucharest, Romania, seven years ago to be closer to their only daughter.

They consider their English speaking skills are adequate, but they were challenged by the more subtle nuances they encountered during conversations with fluent English speakers. To help bridge this gap, they approached Dunedin English Language Partners to find a tutor who could help them.

They were partnered with Anita Olivier, a resident at Chatsford, who had recently completed the Certificate in ESOL Home Learning. The course she completed is designed for volunteers. It involves 60 hours part-time study divided into 20 hours of training sessions and 14 hours of independent study. Students are also required to complete a practical tutoring project.

Anita found the practical tutoring techniques that she had learned immediately set the couple she was partnered with at ease.

"We quickly developed an easy rapport with one another and we thoroughly enjoy each other's company," says Anita. "I am an Italio, South African Kiwi." "I love languages and my trilingual upbringing gave me the language skills to remain flexible and adapt to change.

"When I discovered the English Language Partners course, I jumped at the opportunity.

"I found ELP tutors are very passionate and this attitude permeates their teaching model. I found the course to be very stimulating and enjoyable.

"Interestingly, another two pharmacists also enrolled in the course at the same time as me."

Anita no longer practises as a pharmacist, although she continues to teach pharmacy to students at Otago University. Another student, a nurse, was partnered with a Chinese doctor who wanted to increase her English language skills to enable her to sit her medical qualification again in English. This partnership is an example of the unique matching of skills with an individual client's needs.

People who approach Dunedin's English Learning Partners for assistance come from a diverse set of circumstances. They include refugees and new residents from many countries including China, Korea, Iran, India and Japan.

"The next challenge I would enjoy would be to teach a person who has little or no comprehension of the English language. Once the summer is here and my workload lightens it's definitely something I will consider," says Anita.



Mihaela and Mike Dumitrescu meet regularly with Anita Olivier to practice their conversational English.

Cook's corner

A really easy way to eat well when you're cooking for one is to make a big batch of whatever you're cooking, and repurpose it for other meals.

Ask any person who cooks for one what are their favourite recipes and they gravitate towards the ones that are quick, easy to prepare, and delicious.

For example – roast some vegetables for a salad on a Monday night and turn those leftover vegetables into a curry on Tuesday. Or roast a whole chicken, and use the carcass to make chicken stock.

Meat and stock can both be turned into meals for at least a week – use the stock in risottos and pasta sauces or soups; the meat can be served alongside roasted vegetables; shredded and used in a Vietnamese-style salad; used in enchiladas; or wrapped in a pita bread.

Elvene Lewis, who lived for many years in Arrowtown before she moved to the Chatsford community has three tried and true recipes to share. They offer the warmth and nutrition that all lovers of comfort food enjoy.

She fondly recalls the days when she had to keep her cupboard and baking tins full for her family. Nowadays she finds that her pantry ingredients are a lot simpler. She finds she still favours simple ingredients rather than many of the gourmet options that are frequently featured in today's recipe books.

Her hot take on the traditional potato salad is a welcome addition to any winter meal. The chicken and pineapple hot pot combines the added nutrition of a good selection of vegetables with the added kick of soya sauce and chilli to bolster against winter chills.

Elvene freely confesses that cooking is not necessarily her favourite pastime. Descriptive writing however is one of her great loves. For six years she wrote columns as a correspondent for the Mountain Scene newspaper in Queenstown. She faithfully kept a scrapbook of her writing which was held in the archives of the Arrowtown Museum until sadly it disappeared some time ago. She has also written two novels; one that is set within the Arrowtown countryside and the other in the picturesque seaside haven of Riverton Rocks.

Country music is another of her enduring passions. She has given many solo performances and to this day music brings her unlimited listening pleasure.



Elvene Lewis shares her recipes.



STEAK AND PINEAPPLE CASSEROLE

1lb of beef steak cut into good sized pieces and hammered. Place in a casserole and cover with sliced onions, pepper and salt.

Pour over a small tin of tomato soup and juice of a small tin of pineapple and arrange the pineapple pieces on top. Cover and cook in a slow oven for about 2 ½ hours.

Pour off liquid and thicken, then pour back over the meat.

HOT POTATO SALAD

Place larger, cooled potatoes and sliced boiled eggs neatly into a casserole dish.

Pour on top the following hot bacon dressing:

Make a white sauce with one pint of milk thickened with two tablespoons of flour add chopped cooked bacon, a pinch of mustard and salt and pepper.

Pour this sauce into the prepared casserole mix and cover with grated cheese and breadcrumbs tossed in a little melted butter. Heat through and brown in the oven.

This salad is a very nice accompaniment to any leftover meat.

CHICKEN AND PINEAPPLE HOT POT

2 or 3 chicken breasts

10z butter and a drizzle of canola oil

2 sliced onions

2 sliced carrots

2 stalks celery, sliced

1 green pepper, sliced

A small tin of pineapple pieces

1 tablespoon of Soya Sauce

1 tablespoon of Tomato sauce

1 dessertspoon of sweet chilli sauce

1 teaspoon sugar

½ cup of stock or water

¾ cup of white wine

Method:

Cut chicken into serving size pieces and toss in seasoned flour. Sauté in the heated butter and oil mixture until golden brown. Remove to a casserole dish. Sauté the onions, carrots, celery and green pepper in remaining butter mixture until soft but not browned and then arrange over the chicken pieces and pineapple. Mix the Soya sauce, tomato sauce, chilli sauce, sugar and stock with the wine and add to the casserole.

Cover and bake in a moderate oven for approximately an hour. Serve with rice.



These boots were made for walking

Most people know that walking is a wonderful form of exercise.

The Chatsford Walking Group adds the fellowship of other walkers which brings an added sense of fulfilment to walking.

Formed many years ago, the well-established group goes to a new walking location each Friday morning. There is a regular pool of about 18 people who participate with an average of 12 walkers who take part each week. Starting time in the summer months is at 9.30am with a later time of 10am in winter.

Aileen Labes organises and leads the group and is ably assisted by Shirley Thornbury, who drives the van.

The group have walked through a wide range of routes including along the beaches, around the harbour, within the botanical gardens, the hills and bush areas (that are not too steep); and occasionally an interesting street walk that focuses on significant history or buildings. If the weather is too wet or cold, alternative venues such as Toitu or the Museum are ideal starters.

Walks ventured may start anywhere from Waihola to Waikouaiti, and generally last about 90 minutes. The end destination is always a café for refreshments.

All participants agree that it is a very enjoyable and healthy activity, made all that more pleasurable by good company.

Members of the Chatsford Walking Group pause on the McGouans Track at the base of Flagstaff.
From left: Bev Flamank, Lynn Johns, Shirley Thornbury, Phyllis Willocks, Anna Stevens, Maureen Forster, Bev Billyard, Lesley Gowans, Val Bartlett, Graham Stuart, and Aileen Labes.



The face of Chatsford

In the early days of Chatsford, which was then known as Birchleigh Village, a search began for a person whose photograph could be used in promotional material as the recognised 'Face of Chatsford'.

Mrs Joy Henderson, a graduate of Margaret Farry's Vanity Walk Modelling School, was the perfect choice. Her grace and relaxed elegance shines through in the images taken in a photoshoot in 1994. The images taken that day included both indoor and outdoor scenes. For many years her image featured on Chatsford's marketing materials, including the Chatsford Van.

"Occasionally people in Dunedin would recognise me and ask if I lived at Chatsford," she laughs.

Joy completed her New You modelling course alongside several other mature students. She found it was both challenging and enjoyable. She modelled for various firms in Dunedin including completing photo shoots for Mademoiselle Mode for their advertisements in the Otago Daily Times.

"We were taught the best way to walk to display garments to their best advantage. We were even encouraged to smile which is not how models are today."

"Today's models are mostly younger women. Mature models are a rarity," she says.

Joy likes to keep busy. For 42 years she ushered for the Regent Theatre and also performed in the chorus of the Dunedin Opera Company. She is a Life Member of both the Dunedin Opera Company and the Regent Theatre.



Joy Henderson, on a recent visit to Chatsford, where she performed as one of the Choristers Choir.