



The Chatsford Chat

THE LIFESTYLE CHOICE

A Gem to Lighten Up our Days

Hilary Barry, one of New Zealand’s most recognisable and loved media presenters, is a popular choice as Chatsford’s Celebrity Guest Speaker in 2023. She will speak in:

Summerfield Hall
Sunday, 12 March 2023 at 2.00 pm



A multi-award winning newsreader and presenter, Hilary has worked extensively in New Zealand on both radio and television. She was TV3’s 6pm network anchor for many years before moving to TVNZ where she now hosts the prime time TVNZ show *Seven Sharp* with Jeremy Wells.

In one of her recent Instagram posts she cites herself as a ‘lippy suburban mother of two.’ She can bring levity and compassion to serious situations and is not afraid to step outside the box with her own particular humour and perspective. During the recent lockdowns her Formal Friday Facebook posts wearing a tiara uplifted many people’s days. Her playful antics are infectious, as are her quick quips in counterpoint to Jeremy Well’s often dry wit.

Hilary is an accomplished public speaker and has a particular passion and focus on issues which affect

women. She is both a funny and personable speaker who draws material from her own life and career. Hilary spent many years working in morning radio as well, both on Auckland’s More FM and Radio Live.

Originally from Wellington, she started her career as a radio reporter in the Wairarapa. In 1993, she moved to Christchurch to take up a reporting role at TV3 and then moved to Auckland as a reporter and presenter on 3 News. She anchored TV3’s News for many years before moving to TVNZ. In 2021, she added the roles of host for *The Hits* 3pm Pick-Up show to her bow and is also co-host on the highly competitive game show, *Give Us A Clue*.

Hilary Barry has received many awards including; Best New Journalist, New Zealand Radio Awards 1993 (Best Newsreader), New Zealand Radio Awards 2002, 2012, 2014, 2015, 2016 (Best News or Current Affairs Presenter), 2011 AFTA Awards (Best News Presenter), TV Guide Best on the Box 2012, 2013, 2014, 2015 and Best News or Current Affairs Presenter in the 2019 NZTV Awards.

Mark the date on your calendar for this wonderful guest event! More details coming soon.

If you have a relevant story that you think could be in the next issue of the Chatsford Chat, we’d love to hear from you – email us at info@chatsford.co.nz.

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Chief's Chatter

Welcome to the Christmas 2022 edition of our Chatsford Chat.

This is another bumper edition full of interesting information about our residents and their diverse interests and achievements.



On the 13th of October I got a call from our Activities Coordinator, Wendy, saying, "You just have to come and see the wonderful arts and crafts our residents have on display in the hall!" So I headed to the Summerfield Hall to do just that.

Wendy was absolutely spot on. The quality and variety of the items on display was magnificent and a real credit to the skill and dedication of all involved. It is impossible

for the photos on pages 4 & 5 to do justice to the wide range of items that filled every area of the hall.

Covid has obviously played havoc with organising large gatherings in the past couple of years. So we have everything crossed that we will be able to proceed with Hilary Barry as our Celebrity Guest Speaker on the 12th of March next year. Hilary is such a familiar TV face to us all, and I am sure there will be many who want to hear her in person. I recommend you get in early with your reservation to ensure you don't miss out.

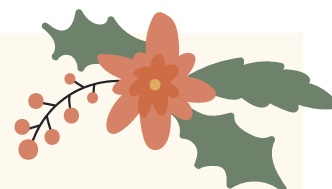
This time last year we were introducing Deanne Bayley as our new Village Manager. Sadly, family ties are pulling Deanne to the other end of the country – to Whangarei, in fact – and she will be reluctantly leaving what she says is the best job she has ever had in mid-December.

That's the bad news... the good news is that we have been able to recruit a very worthy replacement for Deanne in Wesley Bachur. Wesley will bring a wide range of skills and experience to this role and is very excited about the opportunity to work with Chatsford residents and staff. Wesley's first day on the job is the 5th of December.

Finally, and somewhat unbelievably, Christmas is just around the corner. I will take this opportunity to wish all our 'Chat' readers a wonderful Christmas and a safe and happy New Year. Until next time...

Malcolm Hendry Chatsford CEO

Resident's Poem Rhythm Of Life



*The headlines are grim
Covid dominates the news
Outside a commotion attracts my attention
Squawking beaks in the tangled Jasmine
Jostle for position as wriggling morsels arrive.*

*A Kowhai, splendid in yellow, hosts a Tui
The unique repertoire familiar and comforting
Maybe I won't miss the garden.*

*A neighbour balanced with shopping steps from the lift
I exchange my discoveries for this week's grocery specials.
Peace and people, enhanced by nature
A perfect combination
I close the paper
My new life has begun.*

Poem by Lynn Rogers
(Written just after her arrival at Chatsford in October 2020)



Safety for Life

After 27 years working as a health and safety professional, Kevin Thompson, a member of the Chatsford Residents Committee, was very humbled to be the first recipient of a Life Membership to the New Zealand Safety Council.

Gordon McGowan from Lean Business Advantage presented the award to Kevin at the last Residents' Committee meeting.

This award recognises Kevin's tireless pursuit of excellence throughout his career, and the value he brought to his profession. It was also endorsed by Robyn Bennett, the President of the New Zealand Institute of Safety Management.

Robyn is a HASANZ registered health and safety professional specialising in health and safety audits, systems, HSNO and practical hazard management.

Kevin was raised and educated in South Auckland. In 1984 he and his family shifted to Dunedin and in 1996 he embarked on a career as a self-employed safety practitioner. He accepted roles within Downer NZ which later expanded into local, South Island and eventually into the corporate area of Strategy and Risk development.

Kevin joined the New Zealand Safety Council in 2003 and has been a registered Safety Practitioner since 2005, and was accepted by HASANZ (New Zealand's National Safety Organisation) as a Board Member. Throughout his

Lego Legend

LEGO, the plastic building-block toys, rose to massive popularity in the mid-20th century.

LEGO blocks originated in the Billund, Denmark, in the workshop of Ole Kirk Christiansen, who began making wooden toys in 1932. Two years later, he named his company LEGO after the Danish phrase *leg godt* ("play well").

Clive Cumming began building with LEGO in April this year and is finding it gives him hours of pleasure and creative challenge.

"I wouldn't say you need an engineering degree," he quips, "but you do need patience and perseverance." After a serious head injury many years ago, Clive works hard to keep alert and inspired. "What I have learned is that it is important to look ahead and not behind," he says. "LEGO building keeps me occupied and my brain stimulated. It is an ideal pastime for people with disabilities and is a fine way to keep dementia at bay."

Among his creations are replicas of a Vespa, a BSA and Harley Davidson motorbike which take him back to his youth. He



has also recreated a Rickshaw car similar to those found in Thailand. He built a Land Rover Defender Search and Rescue vehicle which displays its exposed mechanics and equipment. He found it was a complex challenge which took him many hours to complete. The last LEGO challenge he has completed was a Porsche car.

Clive finds the choice of LEGO builds is really inspiring and for now the sky is the limit. He draws inspiration from his travels and has built a replica of the Taj Mahal – a place he has visited and walked through on one of his trips to India. In the 1870s, a member of his family managed a plantation in Northern India.

Another pastime Clive intends to take up again this year is photography. He has recently purchased a drone and will take his time to develop the skills required to enable him to return to his love of capturing shots.



five terms on the board of the New Zealand Safety Council he accepted the varied roles of Treasurer, Chairman and CEO. He was the first member of the New Zealand Safety Council to be awarded an accredited safety auditor status.



A proud moment for Kevin Thompson to receive Lifetime Membership to the New Zealand Safety Council.
From left Gordon McGown, Kevin Thompson, Robyn Bennett.





Our Creative

A positive outcome from the Covid-19 pandemic has been the breadth of creative talent among the Chatsford community who gathered on October 13 in the Summerfield Hall. Exhibitors were invited to bring their work to welcome view.



The afternoon was very well supported by residents, and many friends and family also came to view the works on display. A Devonshire tea was served and the afternoon was a great success.

Exhibits included an impressive array of Lego creations, quilting, fine embroidery, woodturning, landscape painting, creative and original dolls' clothes, Japanese temari balls, straw craft and corn dolly making, original jewellery and miniature furniture for dolls houses.

A \$5 entry fee was charged and all proceeds were donated towards purchasing wool for members of the Craft Group to knit garments in support of community initiatives such as *Pregnancy Help*, *Family Violence*, *NICU*, the *Fracture Clinic*, the *SPCA*, *Women's Refuge* and *Men's Night Shelter*.



Community

The resurgence of arts and crafts among people of all ages. The works showcased at an Arts and Crafts exhibition held on Thursday morning their pieces from noon on the day and the doors opened for visitors from 1.30pm.



A Moment to Savour

82 Residents and staff joined together to celebrate the important milestones of either living or working at Chatsford between ten to thirty years. The top table alone clocked up an impressive 196 years between them. An afternoon tea was held to celebrate the occasion and *The Chatsford Floral Group* provided beautiful arrangements to adorn the Summerfield Hall, and the tables. It was a wonderful occasion for all concerned.



From left to right Dawn Brieseman 30 years, Frances Yeoman 30 years, Bev Hanley 29 years, Ngaire and Huia Ockwell 25 years each, and Melva Baird 28 years.





The Patient Listener

Imagine the hours of dedication it took for Pat Macaulay to be recognised as a semi-finalist in the 2022 Kiwibank Senior New Zealander of the Year awards.

She was one of 70 New Zealanders selected across seven categories. "It was a thrill to be nominated by the National Council of Rural women which was also supported by the Otago Rural Support Trust," she says. She participated in the awards ceremony on-line and shared the evening with close friends and family.

For fifty years Pat has put her shoulder to the wheel supporting initiatives which help people living and working in rural communities. She is a lifelong member of the Rural Women New Zealand and has only recently retired from the Otago Rural Support Trust. The trust assists rural people and their families to get back on their feet after withstanding challenging circumstances such as financial, personal, or adverse climatic events.

Pat grew up in the green hills of West Otago where her father was a Romney sheep breeder. There were eight children in her family. Life was often tough. She lost her twin sister aged only three and her mother died when she was ten. She returned home from boarding school aged fifteen to assist on the farm and cook for shearers. Pat flattered with friends in Dunedin and loved her first job working in an advertising agency as a media assistant, just as television was taking hold. She met her husband Ken and joined him on his farm in the Strath Taieri and experienced first-hand the culture shock of living and working in the severely drought-prone land among the matagouri rocks and rabbits. The 1997 drought hit farmers hard. In 2015, when a Rural Co-ordinator from the Otago Rural trust stepped down, Pat was asked to step into

the role. "I gave them three months which eventually became seven years," she laughs. Farming is an isolated occupation, which typically attracts stoic people who do not like to admit they are struggling. She drew from her own life experience and knowledge to offer one-on-one support. It took several visits, a few cups of tea, and often floods of tears or anger, to listen without judgement, in complete confidentiality, until I could establish a practical pathway forward. "Thankfully, I had a mentor when I first began. The dollar enters every decision a farmer makes, but once people are linked into the support services that do exist, hope returns. It was such a priceless thing to witness when the clouds started lifting from their eyes," she says.

Pat and Keith's three sons were the fifth generation Macaulays to attend Strath Taieri school. When they were young, Pat volunteered with Plunket, The Parent Teacher Association and Scouts. When the boys boarded at John McGlashan College she became a member of the school's Board of Proprietors for five years.

Roses are an enduring love for Pat. "I left behind two large gardens in Middlemarch with 219 roses, 29 of which I had inherited from my mother-in-law," she says. The Chatsford gardeners have cottoned on to my passion and I am so grateful to live among such beautiful gardens. Now it is time to spend time with my husband and celebrate our Golden wedding anniversary together. We have seven grandchildren, and we love watching them play their rugby, cricket and hockey in all weathers. Two of them are in Middlemarch, three in Abbotsford, and two are in Southbridge, soon to move to Australia - it must be time to renew our passports!

Visit us online

To take an online tour of our wide range of activities, amenities and housing options available, visit www.chatsford.co.nz



The Power of the Pen is Mightier than the Sword

It is one thing to face violence and its ramifications at the coalface, but it is an entirely different story to bring about real and lasting change in societal attitudes.

This is a challenge William (Bill) J. O'Brien has not shied away from.

The retired former police senior sergeant and author of over twenty books, has given voice to the often buried and long reaching effects of violent crime in New Zealand. His book *Aramoana: Twenty-two Hours of Terror* (filmed in 2009 as *Out of the Blue*) documented the carnage a lone gunman wreaked on the sleepy suburb of Aramoana, killing thirteen people in his wake.

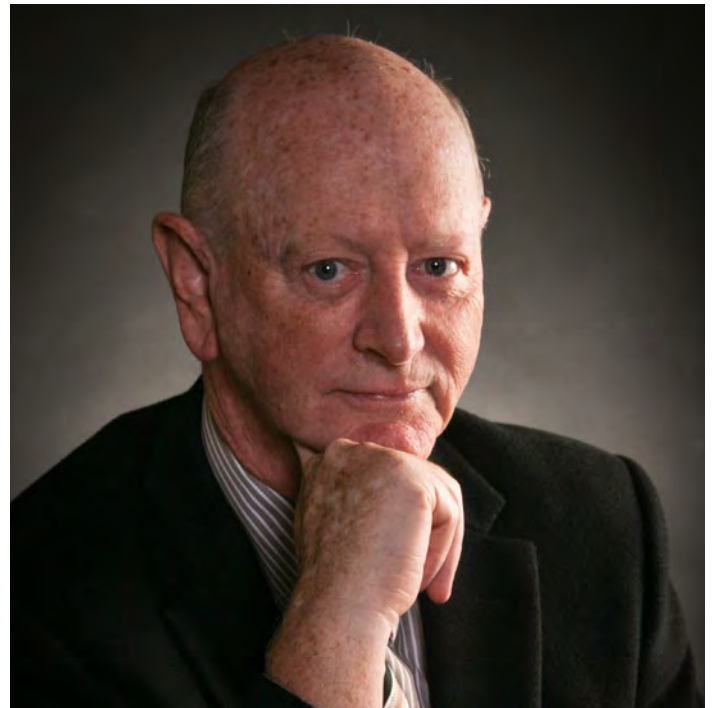
"When I saw inaccurate and incorrect reports about Aramoana I felt it was very important to record the events of those days and the police and community response as accurately as possible," he says. In the aftermath of Aramoana and following extensive hours of research, Bill wrote another book entitled *Agents of Mayhem* in which he identified 35 behavioural traits shared by mass murderers. One preventative measure he champions are extensive and stringent background checks for people who apply for firearms licences; a policy he notes has recently been adopted in some states of America.

In 2010 he was moved to write the bestseller *Sophie's Legacy* alongside Sophie's mother Lesley Elliott, giving voice to her account of her daughter's murder. The prolonged trial and focus on Sophie's ex-boyfriend and university tutor Clayton Weatherston's attempts to apportion blame on Sophie caused a wellspring of public revulsion and outrage. "Clayton's claims were widely-publicised, and Lesley and I strove to redress the balance. It does not bode well to speak ill of the dead."

This call to action prompted legal reform regarding the use of the defence of provocation and it also planted the seed for the establishment of the Sophie Elliott Foundation. The foundation developed a school-based programme run by the New Zealand Police to teach 16 and 17 year olds how to recognise and avoid abusive relationships. For the next ten years Bill and Lesley travelled the length of New Zealand to schools and communities sharing their story. They also co-authored a book, entitled *Loves Me Not* to give to students to augment their learning. This initiative was supported by grants from Westpac, four years of fundraising by the professional women's organisation, Zonta International, and a generous deal with their publisher, Penguin/Random House. In recognition of their efforts, both Bill and Lesley received the New Zealand Order of Merit.

"From the hundreds of letters and emails we have received from parents, teachers, police and students, I know the Sophie Elliott Foundation has had far-reaching effects. Lesley's intervention and influence has saved the lives of at least eight young women that I am aware of."

Bill's obvious enthusiasm for writing spills over when he talks of his numerous writing projects, especially for younger readers, including a six month stint as Children's Writer in Residence at the University of Otago. He is currently working on his memoir. Bill and his wife Olwyn moved from Wellington to Dunedin in 1990 to give their two children the very best educational opportunities and start in life - a decision they have never regretted. After initially living in Roslyn and a move to Mosgiel where they stayed for fifteen years, they chose to retire at Chatsford. They were drawn by the village's beautiful gardens and sense of wellbeing and security.



Both he and Olwyn are lifelong tennis players and appreciate the sporting opportunities in the village. Bill enjoys a swim in the village pool a couple of times a week. Olwyn has joined in with the village outdoor bowls team, walking group and enjoys a game of pétanque. Bill has accepted the role of President of the Chatsford Village Residents' Association and aims to encourage people to move forward together.

"My focus is on taking a positive look at life's challenges and to find solutions rather than looking for problems," he says.

"It just takes one glance out of the window to appreciate how fortunate we are to be here."



Lynn Rogers describes herself as a food and fitness fanatic, a political tragic and a news junkie.

She and her husband Mike married when she was seventeen and they spent 51 years together until his death eight years ago. They have three children and four grandchildren.

After finishing a 30-year career in a staff management relations role in a bank in Australia, Lynn and Mike returned to New Zealand and opened an antique shop in Merivale in Christchurch specialising in early Georgian country oak furniture. For 13 years they took an annual trip to England to source stock for their shop.

"We literally lived the dream together and they were the best years of our lives," she says.

Their next project was to faithfully restore a cottage and garden in St Kilda, but after Mike's passing, Lynn realised she did not want to spend the rest of her life preserving the cottage and maintaining a large garden.

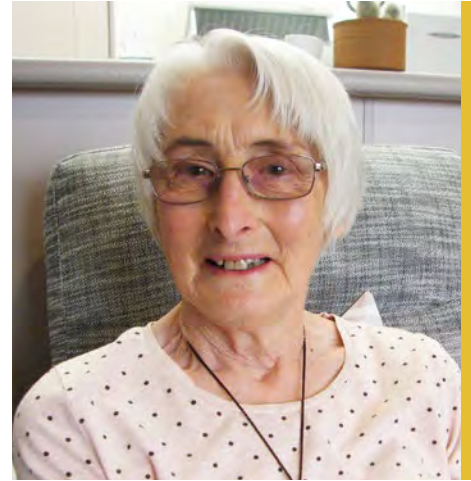
On the day of her 75th birthday, she visited Chatsford to view an upstairs apartment in the Benton Wing. Her first impressions were hampered by a low-lying fog, but the next day she visited the apartment again with her son Kent and his wife. It was a glorious sunny day and all three of them appreciated the light streaming into the rooms and the impressive views it offered of Three Mile Hill and the surrounding countryside.

Lynn has lived at Chatsford for two years now and loves every minute. A self-professed gym junkie, she also plays badminton, modified tennis, outdoor bowls, table tennis and pétanque. She is one of two members of the Residents Committee who welcome newcomers to the village. "Each person approaches the transition into the village uniquely, and we are happy to be contacts for them," she says.

"We want to ensure everyone feels very welcome when they first arrive and to know they have people they can ask any questions about village life. We informally find out what their interests are and offer to introduce them to any of the activities on offer if they would like our support."

Lynn has recently self-published her memoir entitled, *Belonging*, edited by her sister who, for sixty-five years, was unknown to her. Another proud moment for Lynn is the recent publication of a poem she wrote about her childhood in the Otago Daily Times' weekend Mix section.

The two recipes Lynn has selected are her long time Christmas favourites, which are packed with flavour, keep well and make brilliant presents for friends and family.



Pineapple Christmas Cake

- 225g butter
- 1 cup sugar
- 1/2 teaspoon vanilla essence
- 1/2 teaspoon lemon essence
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon mixed spice
- 1/4 teaspoon nutmeg
- 6 eggs (size 6)
- 1 1/2 kg mixed fruit
- 1 cup crushed pineapple
- 3 cups high grade flour
- 1/4 cup brandy



The day before mixing the cake, put the dried fruit and undrained pineapple in a large saucepan. Cover pan and heat until liquid boils, then simmer until all juice is absorbed. Leave overnight to cool.

Before you start mixing line a 23cm (9inch) cake tin with two or three layers of paper, finishing with a layer of baking paper. Have the paper higher than the sides of the tin to prevent rapid browning during cooking.

Cream the butter and sugar until light and smooth, then add the essences and spices. Add the eggs one at a time, beating thoroughly after each addition. Add some of the measured flour between eggs if the mixture shows signs of curdling. Stir the mixed fruit and pineapple into the measured flour. Stir the fruit and flour into the creamed ingredients using a large wooden spoon. Turn mixture into the prepared tin, pushing it well into the corners. Decorate with blanched almonds and cherries if you are not going to ice it later.

Bake at 150 degrees for two hours, then at 130 degrees for one and a half to two hours longer, until a skewer inserted in the middle of the cake comes out clean. Remove cake from oven and pour the brandy over it within 5 minutes.

Leave cake to cool. Transfer to rack to finish cooling.

Rum Balls

- 1 packet malt biscuits (crushed)
- 1 tin condensed milk
- 2 tablespoons rum (definitely more rum is needed)
- 2 tablespoons cocoa
- 1/2 cup lemon juice
- 1/2 cup chopped sultanas
- 1/2 cup chopped dried apricots
- 1 cup coconut
- extra coconut for coating

Soak the sultanas and apricots in Rum the night before. Combine the crushed biscuits, condensed milk, cocoa, lemon juice and coconut.

Add the soaked fruit and mix well. Chill for approximately 15-20 minutes then roll into small balls and coat with extra coconut.

Refrigerate until ready to eat. Overnight is best.