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Blessings to You in the New Year
May peace fill your world,
May love fill your home
With contentment and happiness, Too—
In wonderful ways
May This year of new days
Be filled with sweet blessings for you.
Happy New Year

Trustees: Caroline Breen, Helen Carter (Chair), Robin Harrison, Desmond Prisk,
Graeme Thompson & Julia Traylor (Asst. Chair)

Your Residents Representatives: David Darling & Lester Frame

Important Contacts: Support Person - Raylene Cowles 021 02358151,
Maintenance - Roly Veitch 6862662, Trust Secretary - Mark Evans 6879222,
Village Office - Donna / Ruth 6881348

Website: www.mountainviewvillage.co.nz, **Email:** admin@mountainviewvillage.co.nz



Google's Doodle for Chinese Lunar New Year. Year of the Rabbit.

Convenor
Ann Munro

Members
Joan Caswell
Raylene Cowles
Noeline Farr
Jill Hull
Indi Jeeveratnam
Mary Woodnorth
Barry Yates

One month into our New Year already. Trust you have all enjoyed time catching up with family and friends. George and I enjoyed a lovely trip to Germany and Switzerland, via our son and family's holiday photos and mini videos. Each morning, we found new photos of places they been to, whilst we were sleeping. The joys of modern technology.

The Welfare Committee's first meeting was on the Monday 30th January. We are planning the Health Day on the **22nd March**. Two speakers will address on-line and telephone fraud, as we read in the newspapers, a huge issue. Our other speaker will talk about the importance of filling out our Advance Care Papers.

NEXT MEETING

Monday
3rd April 2023
@ 4pm

The first church service for this year is on **Thursday 2nd of February**.

Our charity raffle for February, will be for the Central South Island Charity Bike Ride, Ron Paulin, a resident, will be undertaking the three day trip. These wonderful riders are fundraising for worthwhile local charities. Read the notice in this newsletter with more information.

Jill Welford and I are planning one afternoon for the next three months to explain how to search for ancestors. A further detailed notice in the newsletter. Warning! This is addictive, no cure. J .

Our Munro grandchildren, visiting the Lindt chocolate factory/museum. They were allowed to fill their pockets with chocolates, and drink from the chocolate fountain.

Blessing,
Ann

HEALTH DAY
22nd MARCH





NEXT MEETING
Tuesday 7th February 2023
@ 4pm

This is a brief report.

NEW YEAR'S FUNCTION. There was a reasonable attendance of residents and friends on the night which was advertised as a BYO for refreshments and finger food supper.

COMMITTEE

Convenor
 Derrick Peck

Members
 Marie Dey
 Valerie Fahey
 Noeline Farr
 Angela Kerr
 Brenda Lyon
 Helen Thickett

Jill and Mark Welford presented a quiz night and the results of the four teams are as follows

- 1st - Derrick and co – 24 out of 36
- 2nd – The Winos – 20 and a half out of 36
- 3rd – The Brain Storm – 19 out of 36
- 4th – The Semi Circle – 11 and a half out of 36

The finger food supper was very much appreciated by the attendees. Helen McHaffie played the piano including 'Old Lang Sine' just before midnight.



Friday Nights—February

- 3rd Helen McHaffie.
- 10th Elaine Caird.
- 17th to be advised.
- 24th to be advised.

Committee members please note the **change of meeting day**. Next meeting Tuesday 7th February 2023 in the Committee room at 4.00 o'clock.

Derrick Peck
 Convenor

FRIDAY NIGHT HOSTS - FEBRUARY
 Angela Kerr & Katherine Andrews

SUNDAY DINNER DINE OUT
12th February 2023 at
THE VILLAGE INN RESTAURANT
 Talbot Street, Geraldine.
All Welcome

Please have names on list by Thursday 9th February 2023
 If you need transport please contact – Helen Thickett 614 7363



Next Sports & Recreation Day
Sunday 26 February 2023

COMMITTEE

Convenor
Mark Welford

Members
John Gresham
John Kelliher
Tony Kerr
Faye Pringle
Norma Shaw
Colin Smith

I hope everybody enjoyed the Sports Day on Sunday 29 January and are looking forward to February games?

The Sports Committee has a new member! Colin Smith will be joining the team in February. Welcome Colin.

Triominoes has had a small following over the festive season with 2-4 players on Monday afternoons.

The outdoor bowling green has a weed problem again. If it has been sprayed it's not working very well, still playable but not ideal!

Corn Hole was very well supported over the Christmas break, even when not rostered. Good to see every one enjoying the game. Officially back on now, Friday mornings at 10:30am

Housie Mark called for volunteers in the Decembers newsletter and again at the Friday happy hour on 13 January 2023. The great news is that 6 volunteers plus some back up have come forward, thank you very much to these people. Starting date will be posted in a later news bulletin.

Cards 500. Anne Kynaston has organized this activity for the last few years. Due to some health issues Anne has decided to step down. Thank you for your great leadership, and encouragement of others to attend. It is always an enjoyable evening, catching up with other residents and having a few laughs. We hope to see Anne back at the card table soon. Derrick Peck has kindly covered while Anne has been away.

Looking for activities to do during the week? Check the activity calendar for rostered games or give Mark Welford a call 03 686 2575 to see if something could be arranged! Maybe set up a team to play on a non rostered day! Like indoor bowls, table tennis, corn hole, card or tile games. The village has a wonderful selection of things to do so take advantage of this and have some fun. Socialize with your fellow residents. All gaming equipment is in the storage room off the entertainment hall.

The survey results are in, more information coming soon.

Mark Welford
Convenor



NEXT MEETING Friday 3rd
February @ 9.30am



Library Notes

Happy New Year everyone. Let's hope it will be a safe and happy time.

COMMITTEE

Joint Convenors

Trish O'Brien
Lorraine Watkins

Members

John Gresham
Jeeves Jeevaratnam
Doug Kelly
Lynne Kroening
Shirley Malthus
Jeananne McInnes
Beverley Ward

Please note that we will be having a changeover of books with the Timaru Public Library next month. **The public library books have to be returned by Monday 6th February.**

It's wonderful to note that the Library was well used over the holiday period. The variety of books and authors we have covers many areas and adventures.

While we have this hot weather it's too hot to be outside, so we can sit in the shade and read our books.

Lorraine
Co-convenor

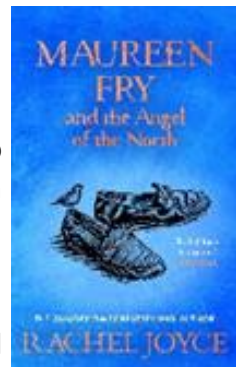


MAUREEN FRY AND THE ANGEL OF THE NORTH by Rachel Joyce

Reviewed by Trish O'Brien

Maureen Fry has settled into a quiet life with her husband Harold, who 10 years ago made an epic journey across England when an unexpected message from the North sends Maureen on a similar journey. This is a story about love, loss and how we all deal with grief in our own way till we come to terms with the life we have now.

It is a lovely book of warmth and kindness also how hard it often is to open up and accept people's kindness.



NEW ZEALAND GARDENS TO VISIT by Juliet Nicholas & Rosemary Barraclough.

Reviewed by Trish O'Brien

The Authors have put together this book of more than 50 Gardens across New Zealand that are open to the public. These Gardens have been divided into Geographical areas of the Country. There is an address for each Garden great descriptions, beautiful photos. As the book says, visiting a beautiful garden feeds your soul and lifts your spirits.

Even if you are unable to visit any of these gardens this is a beautiful relaxing book to read.



Retire and Start Living

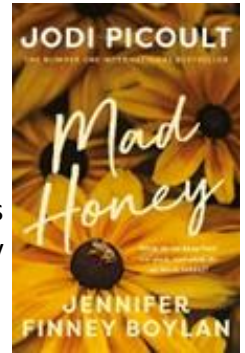


Library Notes cont.....



MAD HONEY by Jodi Picoult and Jennifer Finney Boylan
Reviewed by Beverley Ward

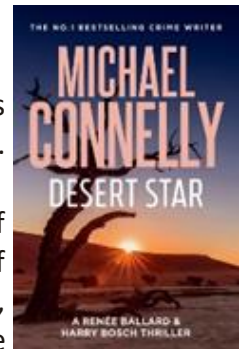
This is a very poignant love story, by two authors who combine brilliantly to create this book. I learned a lot about beekeeping as one of the mothers inherited the family honey business. This is a gripping novel full of suspense.



DESERT STAR by Michael Connelly
Reviewed by Cathryn Gabites

LAPD detective Renée Ballard and Harry Bosch work together to hunt the killer who is Bosch's "white whale"—a man responsible for the murder of an entire family.

A year has passed since LAPD detective Renée Ballard quit the force in the face of misogyny, demoralization, and endless red tape. Yet, after the chief of police himself tells her she can write her ticket within the department, Ballard takes back her badge, leaving "the Late Show" to rebuild the cold case unit at the elite Robbery-Homicide Division.



For years, Harry Bosch has been working a case that haunts him but that he hasn't been able to crack—the murder of an entire family by a psychopath who still walks free. Ballard makes Bosch an offer: come work with her as a volunteer investigator in the new Open-Unsolved Unit, and he can pursue his "white whale" with the resources of the LAPD behind him.

The two must put aside old resentments to work together again and close in on a dangerous killer. Propulsive and unstoppable, this new novel demonstrates once again why "Connelly is the real deal" Desert Star held my interest all the way through in the usual Michael Connelly fashion. It looks though that this is the last we will see of Harry Bosch. Interesting to see if Michael Connelly continues but with Harry's daughter forming a partnership with Renee Ballard.

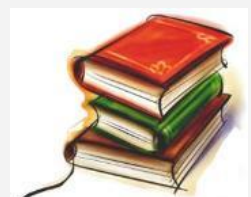
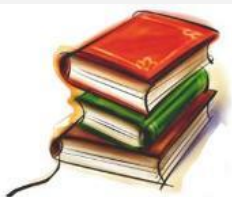
Return Day

Please return all Timaru District Library Books by

Monday 6 February

*New loan books will be available on
Wednesday 8 February in the afternoon.*

Thank you.



Retire and Start Living



Obituary

Anne Watson

ANNE TOOK UP RESIDENCE IN MOUNTAIN VIEW VILLAGE ON 2ND NOVEMBER 2007 AND THOROUGHLY ENJOYED LIVING HERE.

WE REMEMBER ANNE FOR HER BRIGHT CHEERFUL PERSONALITY, AND AS A VALUED AND LONG SERVING MEMBER OF THE SPORTS COMMITTEE. ANNE WAS ALWAYS WILLING AND AVAILABLE TO ASSIST WITH SOCIAL FUNCTIONS HELD IN THE VILLAGE, AND WAS A VERY CHALLENGING COMPETITOR AT TABLE TENNIS AND GOLF, AS WELL AS AN EXCELLENT PLAYER OF CARD AND BOARD GAMES.

WHENEVER DANCE MUSIC WAS BEING PLAYED ANNE WAS ALWAYS ONE OF THE FIRST PEOPLE TO TAKE TO THE FLOOR AND ALWAYS ONE OF THE LAST TO LEAVE.

TRAVELLING OVERSEAS WITH VILLAGE RESIDENTS, AND LATER WITH RON, AS WELL AS SEVERAL HOLIDAYS WITHIN NEW ZEALAND WERE ALWAYS ENJOYED.

ANNE WAS ALSO A VERY AVID READER, AND WOULD OFTEN TAKE HER BOOK DOWN TO THE JAPANESE GARDEN AND SIT BY THE FOUNTAIN FOR PEACE AND SOLITUDE.

THE STENHOUSE DRIVE NEIGHBORHOOD WILL NOT FEEL THE SAME WITHOUT HER.



Obituary



Isobel Simmons

Isobel and John shifted into 3 Elloughton Crescent in July 2008; John died in September 2016.

Isobel was a very talented needle woman, some of her beautiful tapestry pictures adorning their lounge walls. The finished work looked like paintings, the stitches being so fine.

Prior to retiring Isobel had her own soft furnishing business and apart from Ballantynes orders took private orders too. She would make anything from drapes, cushions, feather duvet inners and covers, bedspreads to soft covers for lounge suites. Some residents may even have enjoyed her expertise. (A very useful hint I got from Isobel was how to stop the fading of drapes and I think of her every sunny day!)

Unfortunately, Isobel developed macular degeneration which curtailed these activities. However she embraced technology that would give her many hours of pleasure and kept updating as her condition deteriorated. She started with a computer and large screen and was able to email friends throughout the world, also play sudoku, card games and do crosswords. This required the need to be able to read enlarged printed matter, so she invested in a very sophisticated magnifying machine. She was able to enjoy CD's and DVD's on the computer but later watched DVD's on her larger TV. She had been an avid reader and through the Blind Foundation and public library had a tape cassette reader and enjoyed the 'talking books'. The library would deliver to her DVD's and tapes two weekly. When she became aware that ALEXA existed, she got that set up and was able to 'command' ALEXA to not only set the reader on, tell her the temperature, the time but also play music she asked for, ALEXA became her 'friend'. Due to her deteriorating eyesight Isobel became less involved in the community activities she had previously enjoyed.

Isobel loved her flower and veggie garden and only in the last few years sought help, she was an excellent cook and baker, sharing with her friends.

Isobel had been a member of Altrusa and a leader in the Timaru Sea Scouts. She was a very humble person and a caring friend.

Jenny Simmonds





Obituary

John Beange



John and Kay Beange became the new owners of 20 Elloughton Crescent in 2010.

John, with his huge smile, soon became very involved with Village life.

He was on the Library committee, enjoying returning the cartons of books back to the Public Library.

As Garden Allotment Convenor, John kept a very detailed record of residents' allotments.

John was a Warden from the time he came to the Village up to his passing.

For a number of years John was up early to raise the Village flag, each day. The odd time, he was too late home to lower it down again J.

With Kay, he walked the Village streets delivering the newsletters, whilst many residents were still sleeping.

He and Kay also did a stint at Dell Duty.

John though, much preferred sitting at a table yarning with fellow residents with his friendly personality.

He also took his turn, setting up tables and chairs for Happy Hour, and he helped Kay, preparing the set-up for the monthly church service and adding a good male voice to the hymn singing.

John joined the group of residents who undertook the First Aid/ Defibrillator Course.

Blokes morning tea was not to be missed; John thoroughly enjoyed these monthly mornings.

John's sporting interests were the winter Indoor bowls.

Numerous trips to England to visit his father in law and cruises around the Pacific regions with Kay gave John much pleasure. And of course, the motor home trips near and far. The fellowship with other campers and cooking the Barbeques there, gave John much pleasure.

John's happy place was the allotments, sharing the surplus from his garden and the company with the other gardeners, discussing the weather and growing conditions.

Thank you John, for the yarns, the huge smiles and your willingness to help at any time, we miss you. RIP

Obituary Olive Lambert

11 Stenhouse Drive

My sister Olive came to join us in the Village December 2015 - having decided to downsize. She began enjoying her new home and lovely garden - also of course the Village gardens too.

She enjoyed the monthly church meetings, the exercise group weekly, and sometimes the ladies chat mornings. If there was a film of interest to her in the lounge she would try and go to this too.

I suppose one could say we have been loving sisters. We always "rang in" a.m. and p.m., and probably many more times during the day!!

Weekly shopping & lunch were a regular outing which of course Covid squashed 3 years ago.

Olive battled for many years with ill health which increased in severeness these last years or so. There were never complaints just thankfulness for good medical care.

We enjoyed our exercise around the Village, walking and talking with neighbours and other residents, - but some days it was getting difficult. We could be seen over by the mini golf course, putting the world to rights, and enjoying the view - if a little cold & windy, sheltered on the seats outside the Community Centre, and chatted to various villagers coming and going.

Morning tea of course was a must, particularly on a cool day. This was produced from the bag on the walking frame. Yes, and it certainly was in china cups for this hot beverage.

Olive had a very sure & strong faith, she was a very loving mother, grandma and great-grandmother.

Proverbs 31, ch10 v 30b but a woman who fears the Lord shall be praised.

-Cynthia Scrivener.



*Jeeves once walked past Olive & Cynthia & delighted them by singing the first line of a song -
"Sisters, Sisters there were never such devoted sisters.*



Obituary

Millar Henderson

Millar and Lyn Henderson came to live into 5 Peel View Place in 2012.

Millar had many interests outside the village in his earlier years here, but he found time here to competitively play table Tennis, Indoor bowls and Cards, the latter he enjoyed playing until the last few years. When he was unable to drive, Lyn would take him down to the centre to play 500. With his sporting interests Millar joined the Sports Committee. He also took part in the Village Relay for Life Fair.

Having been an avid reader, Millar enjoyed in-depth conversations with people, on a variety of subjects. He always, had a very dry sense of humour and a twinkle in his eye. Blokes morning tea was a morning he looked forward to, catching up with the other men in the Village whilst learning from the various speakers.

Happy hour was an enjoyable time and Peel View Place social times, picnics, Millar volunteering to man the barbeque. The New Year street luncheons, the birthday afternoon teas and the get-togethers to welcome new residents to the street.

Millar was adamant he did not want to go to Enliven, but, he eventually did, and enjoyed the weekly outings. Later, he finally decided to go twice weekly to share the special fellowship.

Thanks for the happy memories Millar. RIP





Diamond Anniversary

We were married on Boxing Day 1962, in Christ Church, Galle Face, Colombo, Sri Lanka, by my grandfather, a retired minister. It was an arranged marriage; we saw each other one day and two days later we were engaged. This was unusual, but my father was due to leave for Singapore on a work contract and wanted the engagement 'done and dusted' before he left. My Mother knew Jeeves Mother, they both went to the same Mission School. It was a long 18 month engagement.

When I went to Singapore for an extended holiday before the wedding. I found a white silk, silver embroidered sari as my bridal sari (I didn't want the traditional white and gold) and I borrowed my cousin's veil. It is traditional for the bridegroom, to give the bride a going away sari, at the reception. The bride then goes and changes into the new sari and comes back. That sari is chosen by the bridegroom's family and the bride doesn't even see it until it is given to her. But times were changing a bit and Jeeves' family were keen to make sure it would be something I would like as well. They took me shopping, and I chose it. This is called a, "Koorai".

I had 3 bridesmaids, 3 small flower girls and a wee page boy who refused to participate in the proceedings. Jeeves had one bestman. We choose not only close friends but members of the bride's and groom's families. As my Mother said, "You spread the honours out, among all the families."

We don't have wedding rings, we have a little gold pendant called a "thali", it is usually put on a gold chain, and that is the symbol of being married. The bridegroom, puts the Thali on the bride during the wedding ceremony.

Those who wish to, wait outside the church to garland the bride and groom as they come out. We ended up with 3 layers of garlands. People are garlanded in Sri Lanka as a blessing or an honour. The garlands are made with fresh jasmine flowers, as are the strings of jasmine used to decorate the bridal car.

We had about 450 people attending the wedding. In most Tamil families at that time it was never a sit down dinner. Traditionally the close family and friends have a dinner the night before. Then after the wedding service everyone goes into the church hall (or other suitable reception hall). Small tables with a group of chairs around each; it is only finger food that is served and individually wrapped pieces of wedding cake (in fancy wrappings) and soft drinks, no alcohol.

-Indi's own story.



Retire and Start Living



Blake's Morning Tea

Monday 6th February 2023

- ◆ **Pat Kinney** one of the 'Originators of the Group will provide a Profile.
- ◆ **Pam Dunwoody & daughter Sarah Houghton** will Demonstrate 'Tai Chi' and Discuss it's benefits to keep us young.
- ◆ **Tea Stewards: Lester Frame & Ray Smith**

"Spud in a Bucket" Weigh in.

A pleasant Summers afternoon greeted a great turnout at the middle Allotment, where the Inaugural Competition Winners were chosen. Crafty Max Hunter produced 44 spuds weighing 2.6 kg winning 'The heaviest' + "The most spuds" division. Val Fahey was 2nd with 860 grams + "The Biggest Spud" and Kaye Cuthbertson was 3rd . Marie Dey won the "Better luck next year" bag of potato chips from the remainder. Our commiserations to Jill Underdown who had a serious fall and fractured her wrist preparing for the big event. Thanks to Mark & Max for their part.

Attention: C'mon Blokes we need to have a Team talk before next year as more 'girls' competed than us "Mere Males" and this was supposedly a BMT initiative. Thank Goodness Max prevailed.

Ray Smith

Dedication to Duty

Matt McCambridge deserves the "**Jolly Good Bloke Award**" for travelling back from their family holiday, in Wanaka on the 28th December, to cut our lawns.



In the interest of Hygiene we would ask the Village Residents...

Please DO NOT feed the birds food-scrap thrown on lawns and grounds. Thank you.



START DATE
FRIDAY 10th
FEBRUARY



We are looking forward to our choir conductor Tamara Hogg returning to again guide our choir for 2023. Hopefully this year will not be interrupted by COVID as it has over the last 3 years. We welcome any resident who would like to join our group – if you enjoy singing, then come along.

Jenny Simmonds



FRIDAY 10 FEBRUARY – JOHN STUBBS COMMUNITY CENTRE – 1.45pm

Retire and Start Living

Central South Island Charity Bike Ride.

The Welfare Committee has decided to support the above charity, with a raffle during February. Our own MVV resident Ron Paulin, is one of the riders. And Angela Kerr is part of the support team. The ride is on 16, 17 & 18th February.

<https://csicbikeride.co.nz/> A locked box is at the MVV Office for those wishing to donate over \$5 . Ron will give a receipt for those requiring one.

Thank you, Ann Munro. The charities chosen this year by the riders are-



Interested in Family History?

Keen to research a war veteran in your family?

Ann & Jill are organising a monthly session, starting on **Tuesday 14th February 3.30 – 4.30pm**

The initial focus will be on doing a poster for Anzac Day – and we can go from there....

Newsletter Cut Off Date

22 February 2023

Please send all Contributions to....

mvvruth@gmail.com

Thank you.

Notice Board



Wheelie Bin Cleaning time again **March**

Instructions: Please put your red & green bins out for rubbish collection as usual, if your bin/s requires cleaning please leave these Kerbside overnight or put out on the morning of and they will be cleaned. If one or both of your bins do not require cleaning please bring them in after they have been emptied.

The Date for Cleaning is:

Friday 17th March 2023 ~ Elloughton Cres, Peel View Place, Amenities

Friday 31st March 2023 ~ Stenhouse Drive, Grange Close

DUTY ROSTER

February 2023

FRIDAY NIGHT DELL DUTIES:

Mark Welford & Helen Thickett

TABLES, CHAIRS & FLOOR DUTIES:

Helen Thickett & Marlene Shewan

Thank you for



your help



AUBREY
PODIATRY
PODIATRIST

Tuesday

(appointment
book at Centre)

28 February 2023

Village Church
Service

Thursday 2nd February
@ 11am

All Welcome



Garden Group

**Garden Group
resumes on
Tuesday**

**14th February
2023**

At 10.30am

Retire and Start Living

REGULAR DATES

Office Hours
Mon - Fri
10.30 - 2.30pm


IMPORTANT DATES February 2023

SUNDAY	Lawn Bowls 10.30 - In Recess Sports & Recreation Afternoon 2 Dinner Dine-out 12 (2 nd wk/mth) Musical Afternoon 2pm - In Recess
MONDAY	Blokes Morning Tea 10 (1 st wk/mth) Triominos 1.30 Indoor Bowls 1.30 - In Recess Table Tennis 4
TUESDAY	Chi+Movement 9.45am Garden Group 10.30 (2 nd wk/mth) Walk Group 10.30 Rummikub 1.30 - In Recess Craft & Chat 2 Table Tennis 4 Wine Appreciation 7 (2 nd wk/mth) -Seasonal
WEDNESDAY	Golf Croquet 10.30 - Seasonal Lawn Bowls 1.30 - Seasonal Mah Jong 1.30 Table Tennis 4
THURSDAY	Church Service 11 (1 st wk/mth) Ladies Cuppa 'n Chat 10 -(2 nd wk/mth) Upright and Active 1 Petanque 1.30 - In Recess (Housie)Rummikub 2 - Seasonal Table Tennis 4 Cards 500 7
FRIDAY	Corn Hole 10.30 MV Village Choir Practice 1.45 Social Hour 4.30
SATURDAY	Table Tennis 10 Movie 1.30

Thursday 2nd	Church Service 11 Resumes
Monday 6th	OFFICE CLOSED -Waitangi Day
Monday 6th	TDL Book Return Day
Monday 6th	Blokes Morning Tea 10 Resumes
Tuesday 7th	Chi+Movement 9.45 Resumes
Thursday 9th	Ladies Cuppa n'Chat 10 Resumes
Friday 10th	Choir Practice 1.45 Resumes
Sunday 12th	Dinner Dine Out 12noon Resumes
Tuesday 14th	Garden Group 10.30 Resumes
Tuesday 14th	Genealogy 3.30-4.30
Tuesday 14th	Wine Appreciation 7 Resumes
Wednesday 22	NEWSLETTER CUT OFF
Saturday 25th	Stenhouse Dr Street Party 12noon
Sunday 26th	SPORTS & REC DAY 2pm
Tuesday 28th	PODIATRIST

Happy Birthday

FEBRUARY BIRTHSTONE
Amethyst



Some Statistics

12 Residents Celebrating

4 Men & 8 Ladies, Age Range 58 - 100

Decades 1x50's, 1x60's, 3x70's,

5x80's, 1x90's, 1x100's Ave Age 80

Shared birthdays 2 on 8th, 2 on 19th

1st ever 100 year old in Village

Congratulations Peggy Watson

Big '0's 1x80, 1x90, 1x100

Congratulations everyone!

THE LAST QUARTER

Resident Contribution

Most of us are now in the last quarter of our life and should read this interesting piece of advice. This is one of the nicest and most gentle articles I've read in a while: no politics, no religion and no racial issues - just food for thought.

You know time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years went.

I know that I lived them all.

I have glimpses of how it was back then and of all my hopes and dreams. However, here it is the last quarter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first quarter and that the fourth quarter was so far off that I could not visualise it or imagine fully what it would be like.

Yet, here it is my friends are retired and getting grey - they move slower and I see an older person now. Some are in better and some worse shape than me but I see the great change. They're not like the ones that I remember who were young and vibrant but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become. Each day now, I find that just getting a shower is a real target for the day! and taking a nap is not a treat anymore, it's mandatory! because if I don't of my own free will, I fall asleep where I sit! And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But at least I know that, though I'm on the last quarter and I'm not sure how long it will last, that when it's over on this earth... it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done things I should have done but truly there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life do it quickly! Don't put things off too long! Life goes by so quickly. So, do what you can today, as you can never be sure whether you're on the last quarter or not! You have no promise that you will see all the seasons of life... so, live for today and say all the things that you want your loved ones to remember - and hope that they appreciate and love you for all the things that you have done for them in all the years past! 'Life' is a gift to you. Be Happy! Have a great day!

Remember, it is health that is real wealth and not pieces of gold and silver. You may think; Going out is good - but coming home is better! You forget names - but it's okay because some people forgot they even knew you! You realize you're never going to be really good at anything like golf - but you like the outdoors! The things you used to care to do, you aren't as interested in anymore - but you really don't care that you aren't as interested. You sleep better on a lounge chair with the TV on than in bed - you call it 'pre-sleep'! You miss the days when everything worked with just an 'On' and 'Off' switch! You tend to use more 4 letter words - 'what' and 'when'. You have lots of clothes in your wardrobe, more than half of which you will never wear - but just in case!

Old is good - • Old is comfortable • Old is safe • Old songs • Old movies • and best of all, • Friends of old! So, stay well, 'Old friend!' Have a fantastic day! Have an awesome quarter - whichever one you're in! Take care

Send this on to other "Old Friends!" and let them smile in agreement.

It's not what you gather but what you scatter that tells what kind of life you have lived...

Retire and Start Living

Saturday 25th February at midday

There's going to be a Street party/gathering for Stenhouse Drive Residents at the Centre (wet or fine).

PLEASE BRING:

Plate of finger food to share

Fruit Juice will be provided with a cuppa to follow the lunch

Also bring your best sunhat (there is a prize) and a pen in case there is a short quiz!!

Mark this date on your calendar & come along, with a hat, pen & a plate.

Any queries to Marlene: 686-4711

P.S. Would there be a couple of kind ladies to help me in the kitchen?

