



Our Next Guest

One of the standout occasions on Chatsford's calendar is the annual Celebrity Speaker event.

The Celebrity Speaker event recognises the intrinsic value of gathering together to hear the stories of high-achieving kiwis and to be inspired and stimulated by their life's experiences. Many of the speakers share the ways they have navigated adversity and challenges to create lives of real meaning and interest.

In these times of change it is a comfort to hear stories that shine a light on the things we share, rather than those that divide us. It is not uncommon to hear people talking about the latest Celebrity Speaker for many weeks after the event.

Reviewing the list of people who have accepted the invitation to speak to Chatsford residents and members of the wider community, makes impressive reading.

Audiences have been charmed by the effervescent Hilary Barry, and inspired and at times overwhelmed by the historical significance and achievements of sporting greats and commentators. Irene van Dyk, Sir Richard Hadlee, Keith Quinn, Barbara Kendall, Max Cryer, Garrick Tremain, Precious McKenzie and Maggie Barry have each held their audience in the palm of their hands.

Common themes that emerge in these talks are resilience, the healing power of laughter, the enduring love of family and service to the wider community and, in some cases the sheer power of tenacity and fortitude, as well as a healthy dose of optimism and courage.

Next year's speaker, **Sir Graham Henry**, will be no exception. He will speak at the **Summerfield Hall** on **March 16, 2025 at 2pm**. The event will be open to Chatsford residents and to members of the public.



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Chief's Chatter

Welcome to our 2024 edition of the Chatsford Chat.

As I wander around the 11.5 hectares of Chatsford, it is hard to believe that the earliest town houses and apartments here were first occupied in 1991, 33 years ago! The vision of founders, Peter White and Wayne Hanley, to allocate so much space to community amenities and facilities means that other retirement villages have been playing catch-up ever since to try and match the offerings available at Chatsford. Some continue to struggle to compete with the range of quality amenities on offer here. The 20m heated pool is a major attraction, our excellent artificial turf bowling green is in constant use, and our mini golf course and tennis court offer great summer activities.

And we continue to add to these amenities as interests change. When Chatsford was originally built, Pétanque was

not a major activity among residents. But over the years, interest in Pétanque (and competitiveness!) have grown significantly, so much so that in the past year we have added two additional Pétanque pistes, bringing the total to four. You can read about these new pistes in this edition.

At Chatford, significant work has been put into the changes in the DCC kerbside collection system. As you can imagine, with 267 town houses and apartments, a massive amount of planning is required to ensure all residents' recycling and waste collection needs are met, while at the same time making it convenient for the trucks picking up the bins

across the entire site. The DCC and Enviro NZ were great to work with, and with a few minor tweaks, we have transitioned to the new system extremely well.

In other articles, you will be introduced to two of our remarkable residents, Ron Coles and Des Campbell, whose stories are truly inspiring. Additionally, you'll find a great story and some stunning photographs captured by our walking group, who venture out almost every Friday to explore various scenic locations in our beautiful city and its surrounding landscapes, combining fitness with a healthy dose of fresh southern air.

There is plenty of other good reading in this edition of the Chat, so I recommend you make yourself a cuppa, sit back, relax and enjoy!

Finally, with the holiday season just around the corner, I will take this opportunity to wish you and your family all the very best for Christmas, and a safe and happy New Year. Until next time...

Malcolm Hendry
Chief Executive



**Joyful
Christmas**

The Chatsford team would like to extend warm wishes for a

to you and your loved ones.

Why not try Pétanque?

If you happen to be taking a stroll in the vicinity of the Pétanque area after 1.30 pm on a Saturday afternoon, the peace and tranquillity, synonymous with Chatsford, will likely be shattered.

Loud intimidating threats emanate from the enclosure. Examples: Get rid of her - knock him out - bomb him! And you would be forgiven if, momentarily, you felt that the US election campaign had come to Mosgiel! But, don't be afraid. I promise, nobody gets hurt! It's just a group of passionate Pétanque players coaxing their team to throw the *boule* (bowl) which is released into the air to hopefully land closest to the *conche* (jack). Alternatively you can aim at an opponent's bowl to knock it away - then the verbal altercations begin!

The last bowl thrown can completely change the game. Drama at its best!

A word of warning though, if you want to participate in this exciting French pastime you need to turn up early in order to get a game - it's that popular! And if you are new to Pétanque, help is always available. We are fortunate having two experienced players, Ken and Lyn Andrews who, since moving to Chatsford, have been instrumental in teaching us the rules and techniques of this enjoyable game.

Apart from being an entertaining afternoon, the area, consisting of four *pistes* (courts), is delightfully set out and has seating for spectators. In the warmer months, Tuis and Bellbirds perch in the Kowhai trees, listening to the curious creatures below, then join in with their wonderful repertoires - a lovely distraction. Spring time, and the Rhododendrons and Camellias colour and soften the area. Even in winter, the hardiest of Pétanque players wrap up in their winter woollies hoping to get a game before the weather turns.

Following a fun couple of hours we always head to the community centre to enjoy the camaraderie over hot drinks and bickies. Saturday afternoons, they don't come much better than that!

Lynn Rogers
Resident



June Smith holds the bowls/boules/balls before preparing to throw.



A close measure.

One Foot in Front of the Other

The Paris Olympics 2024 have showcased some of the best athletic performances ever to be seen – culminating in the men's and women's marathon. This race takes every bit of stamina, strategy and fitness to perfect skills that only a few can sustain for years, let alone decades.

For more than 60 years, Des Campbell has quietly and steadfastly applied himself to running. Not just a casual jog around the block, but the toughest of them all, the marathon.

In February, Des broke the New Zealand record for men over 90 in the 400m race at the Dunedin Masters Games. With a time of 1:53.41, he beat the standing record by 21 seconds.

He jokingly tells the story of his kids putting the pressure



on him to enter the race, which he could only run if he joined an athletic club.

“It was an official event, so they jacked it up,” he quips.

A few weeks later, his kids tricked their father into the spotlight again. They told him they were taking him out for a meal only to find they were taking him to a function at Otago Athletics.

During the presentations that night Des was awarded the Otago Masters Athlete of the Year trophy. He still can't quite believe it.

To him running is simply a way to stay fit and trim. Initially, he began running after he left school to keep in shape to play rugby. He describes himself as a fanatical ‘nine stone flanker’.

“In the summertime, when most blokes played cricket, three or four of my mates and I began training at Celtic United Athletic Club,” he says.

His distances on the track were the 800m and the 1,500m.

“It wasn't too serious. We didn't follow a strict training regime. It was more fun than anything else,” he says.



After three years on the track he did ‘eventually win a race or two.’

After Des married Moira in 1957, he set aside running and focused on his family life for the next ten years. His family grew to four - boy/girl, boy/girl in that order.

His interest in running was piqued again when a friend who was a sprinter mentioned he was going to enter the first City-to-Surf run. “I took up the challenge and he well and truly beat me”.

Des realised if he wanted to race again he'd better ‘do a bit of jogging’ so he quietly set about training around the streets in St Kilda. He was inspired by his brother-in-law Jim, who completed the First Harbour marathon from the Ōtākou marae around the harbour to Port Chalmers.

“I figured if he can do it, so can I.”

The first time he entered the Harbour Marathon was in July 1979. It had rained the night before and black ice lay in sheets beside Logan Park. Des wore his tracksuit for the entire race and it took

him just over three and a half hours to finish.

"I realised I hadn't done enough long-distance training and I upped the ante including plenty of hill work."

As the years passed, his times gradually improved down to three hours and six minutes. During the next Harbour marathon, he was running with a bunch of men who suggested that he try and catch up with Bob Lindsay who ran ahead of them. They suggested Bob could possibly spur Des on to break the three-hour threshold. Des caught up to Bob and introduced himself. Bob finished in two hours and 56 minutes.

"I was tiring towards the end and as we headed up the main street in Port Chalmers I heard my daughter screaming, cheering me on. I raised a sprint somehow, and finished at 2:59.46 seconds - just a few seconds under three hours". Des was

aged fifty at the time. Bob and Des became the best of mates and ran together for years.

At the next Harbour marathon, Des finished 7th overall with a time of 2 hours and 53 minutes. "That was good," he says.

In December 1982, he ran the two-lap course of the Dunedin Marathon with a time of 2:48.9. In April, aged 51, he completed the New Zealand Marathon championships and won his age group title in 2:47.49. Aged 52, he ran his most gruelling marathon in Queenstown, against many seasoned athletes.

A few years later, he decided to coincide a visit, with his son and daughter-in-law in Rotorua, with 6000 other athletes competing in the Rotorua Marathon. Des believes he was three weeks short of the training he needed, but he still came 7th among the 162 athletes in the 55-60 age group.

It runs in the family - three generations training together.



Des' son Gerard, his partner Jenny, and his two boys, Will and Archie, have a ritual of running around the Caley (Caledonian field) on Christmas Day. Last year they invited him to join in and gave him a decent handicap. "My grandson is a sprinter, and he set the stopwatch. They gave me too big of an advantage and I beat all four of them home."

It begs the question: What will happen on Christmas Day this year?



Every second counts - Des' granddaughter, Georgia, keeps a vigilant eye on the stopwatch.

The Chatsford Walking Group

What is so special about Friday mornings? The Chatsford walking group meet in the Community Centre before leaving in the Chatsford minibus to enjoy the outdoors. Ross Creek is a good example.

Just a short drive from Chatsford and you are transported to another world. A world where you stand dwarfed amongst giant Redwood trees. Stop for a moment. Listen. Look up and hear the guardians of the

forest groan in the wind as they endeavour to reach the sky. Below, ferns heavy with tightly curled spirals, bide their time to present new life. Enjoy the nostalgia of crunching through a carpet of coloured leaves on the

forest floor, signifying the beauty of change.

A small group, Jeanne-Marie and Lynley, led by Pat, an experienced hiker, make these outings happen. They meet regularly to discuss

Kaikorai Common Reserve is a popular greenspace in the heart of Roslyn.



The caves connect to another beach which offers views of Mapoutahi Head, the site of an historic Pa.



The two Caves at Drs Point (Taoka's Arches) are naturally occurring arches in the rock cliffs.



The calm seas and cliff face below the Huriawa Pa walk.

and plan new walks, then complete a recce. Proposed walking tracks are checked, tide times noted for beach walks, drop off and pick up points required for our driver. And, importantly, our outing (including a morning tea stop) can be completed in the time allocated for the minibus. No mean feat! Shirley, a very fit nonagenarian and Joan, both trampers, also help when needed. I'm in awe of this walking group whose combined knowledge of local walks and Dunedin's rich history is phenomenal.

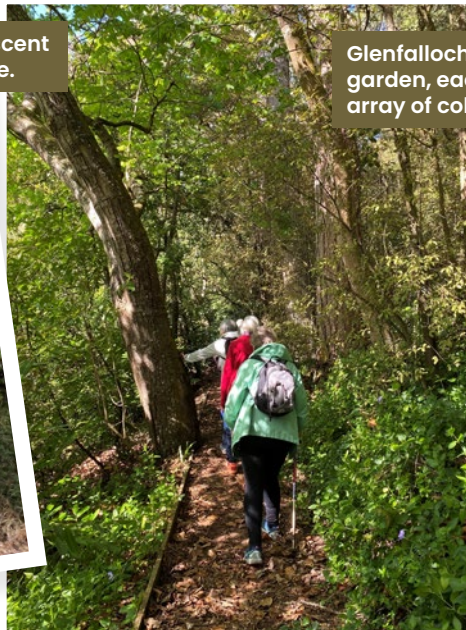
That leaves me questioning: What do I contribute? Not much it seems! I'm disadvantaged because I'm not local, but even worse; suffer from severe directional 'dyslexia'. In fact I can still get lost within the grounds of Chatsford! However, I think I have found my calling. I offered my services to open and close the minibus door, a task I take very seriously. Apparently, it's something I'm quite good at, or so I'm told.

Speaking of the minibus, enter the other Shirley, our trusty driver. Each week without fail, Shirley is behind the wheel driving us to another beautiful location. A real asset as she drops us at the start of our walk and is waiting to meet us at the end. Then it's all aboard as we head off for morning tea and a chat. A lovely way to end a magic morning.

Lynn Rogers
Resident



Friday walkers make the ascent uphill at Island Park Reserve.



Glenfalloch offers a four season garden, each bringing its own special array of colours and fragrances.



Glenfalloch garden's rhododendrons, azaleas, magnolias, fuchsias and a profusion of other flower species integrated with native ferns, exotic imports and indigenous New Zealand trees, showcase 140 years of conservation and expansion of botanical heritage.



*The shuttle door is opened
The walkers find a seat
Chatting we look forward
To Friday's walking treat*

*From bush to beach we've walked
Uphill and down dale too
We often stop along the way
To marvel at a view*

*Brooks babble, Tuis warble
Sun filters through the trees
Minds enriched by nature's beauty
It's where we like to be*

by Lynn Rogers



Shirley Thornbury, the valued Courtesy Coach driver, is ready to take the Walking Group on their outing.

Ron Coles holds the Lions Foundation Melvin Jones Fellowship Award for his years of dedicated service in the community.

Recognised for a Lifetime of Service



Ron Coles, a member of the Dunedin Host Lions Club, was recently awarded a Melvin Jones Fellowship Award for his dedication to humanitarian service. The award is the highest form of recognition for his many years of steadfast work at the Dunedin Host Lions Club.

The Lions Host Clubs strive to improve health and wellbeing within the community, and wherever possible provide humanitarian service and grants.

Ron joined the Host Lions Club in 1989 and at 84, is one of their longest serving members. Ron chairs one of the club's highly successful initiatives, *The World Festival of Magic Show*, staged by International Entertainments Limited, which will be held this year at the Kings and Queens Performing Arts Centre in November.

The popular community magic show has had a double benefit for local people by providing entertainment for children, families, people with disabilities and their carers. Tickets to the show are donated by businesses across Otago who sponsor each attendee at \$50 a

ticket. For the last thirty years the show has annually entertained between 600 to 700 children and carers for free.

"The show's magicians come from as far afield as the United States and Australia, who thrill its audiences with their timeless illusions tricks like 'cutting people in half,'" he says.

"For many of the audience, it is their only opportunity to attend a show of this calibre. It's a wonderful occasion."

Dunedin Host Lions has a more than 30-year relationship with Search and Rescue. This year, the club made a significant donation to the Youth Search and Rescue team (YSAR) of just over \$13,000.

The donation was used to purchase specialised radio equipment. The Dunedin branch of YSAR, began

training for the first time earlier this year. There are 15 members in the group between the age of 14 -18, under the guidance of Harrie Geraerts. In the first year they learn outdoor based activities, in the second they will learn how to manage a team and in the third year they will learn how to lead a rescue operation.

The intensive course also includes classroom lectures and a weekend field exercise once a month. There are also boating and helicopter courses.

"The participants become a real asset to the community and it is a cause we are proud to support," he says.

Additional funds raised through the *World Festival of Magic Show* are used to support local charities and organisations, including Dunedin Wildlife Hospital, and Life Matters Trust.

In the more recent past funds raised from the show went towards an ice machine for Dunedin Hospital. The following year, Ward 4A at Dunedin Hospital was the grateful recipient of \$8500 donation which was spent on eight La-Z-Boy chairs, to support patients recovering from abdominal surgeries.

The powered chairs offer leg rests and lift recliners, which help patients to stand and improve their recovery.

Chatsford villagers have regularly assisted Lion projects, donating to raffles and collecting cans.

Ron and his supportive wife, Jeanne, have four daughters,

eight grandchildren and ten great grandchildren. They have been happily living at Chatsford for seven years. One of his other passions in life is "attempting to play golf". He says he has been sitting on an 18/19 handicap for years and in spite of two knee operations, he continues to play and enjoy each day as it comes.

Celebrating the Cup

Commonly known in Australasia as the "race that stops the nation," the 2024 Lexus Melbourne Cup was the 164th running of the infamous Australian thoroughbred horse race.

On November 5, seasoned veterans and new punters alike, gathered together at Chatsford to watch the highly anticipated race.

Run over 3,200 metres, it was held at Melbourne's Flemington Racecourse. Local hope 'Knight's Choice' pulled off an incredible race

at 100/1 odds, upstaging a field of fancied international runners to win. One Aussie punter reputedly bet \$100 and collected 3.5 million.



Keith Robinson got into the racing day spirit and earned the runner-up award for the 'Best Dressed Man' for his efforts.



Looking a winner, Kevin Thompson was 'Best Dressed Man' on Melbourne Cup day.



Beryl Rees and Moira Kirk get into the spirit of the closely contested race.



Jenny Heller radiant in her pink fascinator and matching outfit.



The Melbourne Cup day provides a festive occasion to dress up and watch the race together. From left, Janice McBeath, Judy Buchanan, Kerry Walker and Jeanne Coles eagerly await the start of the race.

Cooks Corner

After a brief conversation on the phone with Judy Buchanan, I'm reminded of Tigger, one of my favourite characters from Winnie-the-Pooh. She sounded resourceful and full of enthusiasm for life.

Typical of many farmers' wives, when it comes to Judy, it's definitely the case of, 'ask a busy person if you want a job done'.

She grew up in Otautau in Western Southland, a small rural town where she made lifetime friendships with her primary school mates. She began her lifelong passion for gardening, inspired by her next door neighbour, who she spent many hours with as a child.

Judy began married life with her husband John in a draughty, 100 year old cottage. In 1979, they took over his father's 500 acre farm in Dipton in Southland and raised stud sheep, cattle and some crops. They faced the inevitable challenges of farming - tough financial times, floods, winds and droughts. Judy gained her heavy traffic licence so that she could drive the farm lorry and also enjoyed driving the local school bus.

The couple raised three sons and now have five grandchildren and three great grandchildren.

In 1999, the Buchanan's relocated to a small farmlet in Winton. She took with her over 500 pots of plants plus roses and camellias and these formed the basis of what was to be an award winning garden. Judy ran the Winton Mitre 10 garden centre for several years and also designed and maintained several local gardens. She also drove the St John's Health Shuttle between Winton and Invercargill.

In their fifties, the couple fulfilled their dream to travel abroad and got to visit over 40 countries. Highlights being a Rugby World Cup, a three week safari through Kenya and Tanzania, four weeks cruising the Baltic and Norwegian Fjords and probably the best of all, a six week working holiday in Ireland.

Sport has always played a big part in Judy's life, swimming, diving, tennis,

badminton, squash, golf and now her favourite, croquet, where she has played in Invitational events plus many Masters Games.

In August 2020, the Buchanan's moved into their home in Salisbury Place in Chatsford, they enjoy living and being part of such a great community. Judy continues to indulge her passion for gardening and has enjoyed the chance to create yet another garden planted out to suit her tastes. She is also one of the drivers of the Chatsford Van, which take residents out and about on mystery trips, shopping trips or concerts and other events in and around Dunedin.

Her chosen recipes are family favourites: the seafood salad in particular is the most often requested addition from her family for her to bring to their Christmas and other family gatherings.



Apricot Balls

Always a favourite.

6 ozs butter
3 ozs sugar
1 tin condensed milk
8 ozs chopped dried apricots
1 pkt crushed wine biscuits
Coconut for coating
Dried fruit (optional)

1. Melt butter with sugar.
2. Add 1 tin of condensed milk and chopped dried apricots. Bring to the boil.
3. Then add 1 packet crushed wine biscuits and leave to cool.
4. When cool, roll into small balls and coat with coconut.

I make this in a 2 litre Pyrex jug in the microwave.

You can add extras such as dried cranberries, chopped nuts or chocolate bits.

Store in freezer and take out as required.



Ginger Nuts

The best ever 'dunkers' and also great to give as a gift!

225gm (1/2 lb) butter	450gm (1 lb) flour
450gm (1 lb) raw sugar	2 tsp baking powder
2 Tbsp golden syrup	4 tsp ginger
2 eggs	1 tsp nutmeg
2 tsp baking soda	1 tsp mixed spice

1. Preheat the oven to 150°C. Line a baking tray with baking paper.
2. Cream the butter and sugar. Add baking soda, eggs and ginger to the creamed mixture.
3. Then add flour, baking powder, ginger, nutmeg and mixed spice, mixing well.

I use disposable gloves to roll into small balls (do not flatten). Bake for 12–15 minutes or until golden. When you take them out of the oven, drop the trays on the bench as this flattens the biscuits.

Makes approximately 60.

Seafood Special

Ordered by my family at Christmas and other special occasions.

8 crab sticks	4 Tbsp cream
500g surimi	2 Tbsp sherry
500g shrimps	3 Tbsp BBQ or tomato sauce
Dressing:	1 Tbsp lemon juice
25g melted butter	1 Tbsp sweet chilli sauce
125g cream cheese (or you can use sour cream)	Salt & Pepper

1. Cut the crab sticks and surimi into chunks (adjust the quantities to suit your numbers).
2. In a blender or food processor, combine the dressing ingredients and blend until smooth. Mix through the seafood.

For a large crowd, you can bulk it out with cooked pasta shells.

Best made the day before – chill well.

Puzzle Break

Grab a cuppa and enjoy a break with our engaging puzzles.

Wordfind

W A Z C T F C M J S F N A E T G N I N R O M L
B L F O B J O G L V E K S D R A W A F O R R C
O O Y M O E L Q I I W A T Z C W N G X O K P S
W O S M U U L T M N O A F R C N K U E Y E U A
L P E U L U E L N A G N M O A O X S K D U O M
S G I N E I C O B H S E S E O I N T P Q Q R T
Y N T I L A T U F I D T R C N D N C J F N G S
L I I T F H I W N E R O E N L I S I H H A G I
R M V Y U W O T E K B D L R U U T P N E T N R
U M I Z N O N V J B U H S M S T B I E G E I H
N I T B O K A E L T T U H S B G S R E C P K C
N W C S N O R D N E D O D O H R A Y G S I L N
I S A U V T E U Q O R C I I P B C M R U I A E
N X V W O H S C I G A M S P R I N G E S B W L
G G A W R S Z C S R B G E E Y D Y P S S U G N
P W D Z Z B C H A T S F O R D S E D S K V U R

Find the words listed below in the puzzle. Words are hidden in the following directions:



ACTIVITIES
AMENITIES
AWARDS
BELLBIRDS
BOULE
BOWLS
CHATSFORD

CHRISTMAS
COLLECTION
COMMUNITY
CONCHE
CROQUET
FUN
GINGER NUTS

KOWHAI
LIONS CLUB
MAGIC SHOW
MASTERS GAMES
MORNING TEA
PETANQUE
RHODODENDRONS

RUNNING
SEAFOOD SPECIAL
SHUTTLE
SPRING
SWIMMING POOL
TRAINING
WALKING GROUP

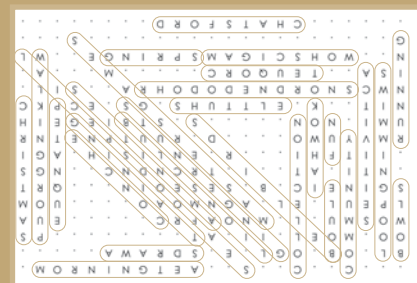
Sudoku MEDIUM

	6	5	1		2	9		7
		2	7	9	8	6		4
	9						2	1
		1	8			5	6	
8				5	6	4	1	2
3	5			4			9	
	1			8	7			6
6	2	4	5	1		8		
9	8		6			1	3	

Fill in the puzzle with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

To challenge you more, there are 3x3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

8	7	6	5	4	3	2	1
6	2	5	1	3	8	7	9
5	1	2	9	8	7	6	4
3	8	7	6	5	4	3	2
2	9	8	7	6	5	4	3
1	3	2	9	8	7	6	5
9	4	3	2	1	8	7	6
7	6	5	4	3	2	1	8



Answers



CHATSFORD
The Lifestyle Choice

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