



News and Views

The Ryder-Cheshire
Foundation
(Manawatu)

A place to live; a home of one's own

Issue 4: June 2007

What's in this edition of the Ryder-Cheshire newsletter?

- New look Newsletter
- Last 12 months at Ryder-Cheshire: A quick catch up
- Gardening
- Trips away
- Swimming
- Social coaches
- Techie Time
- A word from Linda P
- House contributions



New look newsletter



Welcome to the first edition of the new look newsletter. Linda P started the newsletter off last year and put together some great news, views and information pages for all and was even posted on the internet.

So... I have the task of putting together a newsletter to carry on from that (yay). Anyway, I will do my best to get around to see what's the hap's around Ryder-Cheshire and the local community to put together something half-way decent to have a look at 😊.

Remember if you are up to anything that might be worth us reading about, feel free to drop me something at the Social Coach's office or I will catch you when I am coming around to the houses. Enjoy!!! 😊

Nigel (Social Coach)

What do you want to see in the Ryder-Cheshire newsletter? How do you like the new layout and content? Any comments or submissions can come straight to me or to the social coach's office.



Last 12 months at Ryder-Cheshire: A quick catch up

A lot has happened in the land of Ryder since the last newsletter about 12 months ago. Here's a little catch up of what's been going on.

Ski Trip

On Wednesday 20th September 2006, Mike, Israel, Buzz and Rachel with four staff members travelled to national park for a ski trip. On Wednesday we travelled to Howard's Lodge where we stayed for two nights. Howard's Lodge was very cosy and we met lots of other skiers there.

(Continued on next page)





Upcoming Birthday celebrations

June

13th Tony
18th Jackie

July

7th Sara
22nd George L
24th Rachel
28th Brian

August

7th Mike N
31st Iain
31st Bev



(From previous page)

On Thursday morning at 8am we went to Whakapapa Mountain to ski. We met our instructors there, Sarah and Jim and they showed us how to ski on the Bi Ski. We are able to sit on the ski and still use our arms. We skied down the mountain, then came back up on the chair lift then went down again. The weather was very cold and sometimes foggy, so we were glad we had nice warm clothes.

On our way home on Friday we had a picnic for lunch at Mangaweka beside the river, this was a lovely way to finish our trip.



Christmas

There was great fun to be had by all. Here are some pictures to bring back those good (and maybe some bad, drunken memories☺).

Rachel Anderson



Have you got a puzzle, crossword or game you want to put in the newsletter? Forward it to Nigel at the social coach's office for next edition.

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

Poetry Corner

An Errand for a Coffee

One sunny day I went for a trip down the frog and toad with a china plate o' mine and all in all it was sublime.

Thoughts on life

The simple things in life, all that I need to survive, those that go hand in hand with a happy existence are music and you and the absence of one leaves me more and more dependant on the t'other.

Kerry Ryan

I love people
The sun is shining
But it's real hot so I'm feeling the heat, are you?
I'm looking at the sky right now,
It is grey and blue.
Boy it's really hot
I love you.

Lorraine King



Thoughts from the green fingers brigade

It was all in all a good day and we considered we had it made, not too many weeds and we planted lots of seeds. It was a marvellous Monday and surprise surprise it wasn't raining. Rhubarb is looking fine, may be able to pick it next time, depending on the sunshine. Misty's resting place is looking great, a few plants from our shade house has made it look quite grouse. Despite the fact that it is supposed to be winter, the ground is still dry so it makes it easier for us to work with. We have been shirking a bit and missed the flowering



Trip to Owlcatraz

We got told that there was going to be a mystery Monday tour but we didn't know where we were going. In the morning we were told we were going to Owlcatraz. We weren't really sure what would be there. It was quite a long drive and saw lots of things on our way. At Owlcatraz and we were at a picnic ground where the animals were around it. There were bunnies, a donkey, birds, lizards, a sheep and an Alpaca. We got to see them all up close. After having lunch Bev, Letitia and Mike all went on the trampoline it was so much fun.



Bev, Letitia, Mike, Sue, Anne-Marie



Swimming at the Lido

I can swim all by myself. While all by myself somebody is there. I can stand up tall 5' 6". The water is warm. I like swimming at the Lido. I play games in the water and we had a race it started at one end and finished at the other. Sara won the race. It was huge fun for us. I'd like heaps more swimming!!! Sara rolled over and swam on her tummy. Did some exercises with the floating bar. I also did standing up in the water and did some walking. I also had heaps of fun.

Lyn and Sara





Techie Time

I've been searching around the internet and here are some great websites you might want to check out:

Aardman Animations

www.aardman.com

The official site of the studio that created Wallace and Gromit. Lots of video clips and cool things.

Dogster

www.dogster.com

Own your own online dog. Almost as fun as the real thing.

Second Life

<http://secondlife.com>

I'm sure you would've heard about this. Design your own virtual self and interact with millions of others on the web.

The Living to 100 Life Expectancy Calculator

www.livingto100.com

Take this quiz to find out how long you will live. Pretty silly but if you've got 5 minutes to spend the results can be interesting.

Food 411

www.food411.com

A huge, searchable directory of food-related websites. A great one for you cooking buffs out there.

Ze's Page

www.zefrank.com

The site began four years ago with "How to Dance Properly". Just really off the wall, kooky, crazy video clips. Worth a laugh or two.

From the Social Coach's Closet

You may have noticed the social coaches have changed the schedule for the morning exercises. We now work off a list of everyone who needs to have exercises done and just work with whoever is ready in the morning. We have found this flows a lot better with the social coaches and a lot less wasted time in this period.

You may also have noticed that the social coach's are training and testing their skills with all the residents' exercises. We will be getting around to everyone as a group to show each other the exercises and to mark off our competency. This helps us to work better with the residents and so we can all do the exercises for you.

Just a reminder that every second Monday is the social coach's whole day activity day. We will plan an activity for that day and invite residents to take part in the activity. There will usually be no exercises and social activities on these days but will let everyone know in advance.

Also a big thank you to Manor house who put on lunch for us on Friday 25th May. It was an awesome feed, you guys did really well and it was greatly appreciated.

We had our first cooking day on Monday the 28th which proved a great success. We want to thank Heather for letting us use the kitchen in Manor house. The pizzas turned out really well, great effort from everybody; we look forward to the next cook-off. If you have an interest please put it forward to the social coaches.

Lastly, if you have any great ideas about activities you would like to do, whether it be skydiving, go karting, fishing etc. Come and see us at the social coaches office and we will see if it is possible and get the ball rolling.

Cheers from the social coach's office

Alanna, Diane, Jessica, Matthew, Nigel, Richard, Sheryl





Useless Information

To make 1 kg of honey bees must visit 4 million flowers travelling a combined distance over 4 times around the earth.

An onion, apple and potato have the same taste. It's their smell that makes the difference in flavour.

There are more than 10,000 varieties of Tomatoes.

The length from your wrist to your elbow is the same as the length of your foot.

Your mouth produces 1 litre of saliva a day.

Coming up next issue:

House news – I am setting aside space for EVERY house to make a contribution.

More games and puzzles – If you have any good puzzles or know some good websites, forward them to me at the social coach's office.

TV guide and reviews

Jokes of the month

Sports wrap – A brief review of the local and national sporting events.

A word from Linda P

It has been a long time since the last issue of the newsletter so I am pleased that Nigel (social Coach) agreed to take on the role of editor.

There is always plenty of activity going on both around and off the complex involving residents – from the annual Ashhurst camp, mystery trips, Bev skydiving, cooking competitions, house trips away to Wellington and heaps more.

Alterations to Acacia house are almost complete and staff are enjoying the new environment. Work will commence on Camellia house in the next 2 weeks. There are several other exciting projects in the pipeline. More on that later...

We welcomed 2 new social coach's to the team recently – Nigel Zentveld and Alanna Richardson who have fitted into the team with ease. There is a variety of ideas for activities being considered so watch out for notices announcing when and what they are. We welcome your feedback and ideas of anything you would like to see happen.

The Chariot car finally went to "car heaven" and was replaced by the Toyota Estima. We have a new "vehicle cleaner" – Michael Burt (Donna, who used to be our Office Administrator's son).

Half of the year is nearly gone – we all say where?? I look forward to September as I am off to France to sample the wine and food and pedal (or wobble depending on the number of wines) my way around for a month.

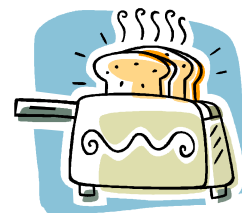
Linda P

Big congratulations to Reuben from D house on winning a gold medal in the speed skating recently. Top effort!

Recipe of the week

Sultana Loaf
(no butter or egg)

2 cups flour
½ cup sugar
1 cup milk
pinch salt
2 tsp baking powder
1 cup sultanas
2 Tbsp golden syrup



Sift flour, baking powder, salt together. Add sugar and fruit. Mix with warmed syrup and milk. Bake 1 hour at 175 C.

From Sara

Don't forget, if you want to put something in the next newsletter to forward it to Nigel at the social coach's office BEFORE June 22nd. So get your thinking caps on.