

Mawson Telegraph

Hello Summer...



Dear Residents Family and Friends

[Intro letter...]

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Garden Show

From the 29th November – 3rd December 2017 Auckland played host to the first North Island based international flower and garden show since the Ellerslie International Flower Show was moved to Christchurch in 2008.



The New Zealand Flower and Garden Show was a celebration of modern horticulture and design and provided visitors of all ages an array of things to do and see. We had a great time!



Time Capsule at Freeling Holt House

The first Time Capsule at Freeling Holt House was put in the ground on the opening day of the home 26 Feb 1983. The 10-year Time Capsule was opened on 27 Feb 1993. We believe the items in the capsule were assembled between the then Matron of the home and the charitable trust known as the North Shore Civilian Maimed Association Trust. The NSCMA was the organisation who in 1976 had the dream of building a home for the purpose of providing care and accommodation for physically disabled people. This dream came true with the opening of Freeling Holt House in 1983.

We only now have scant remembrance of what the Time Capsule in 1983 held as we have found no records ever recording its contents. From memory only, there was a piece written about how Freeling Holt came about, a page or two from a local paper and an item or items from our very first residents. These memories are based on the opening of the Time Capsule in 1993.

Sing Up Rodney!

(Community Music Therapy in Silverdale and Warkworth)

SING UP RODNEY-TUESDAY, JANUARY 16, 2018

Sing Up Rodney! is a community music therapy group in Rodney (Auckland, NZ) for adults living with a neurological condition, such as (but not limited to) stroke, Parkinson's or dementia. Whether you are an experienced or new singer, singing together will help you find your voice, friendship and fun. Partner/carer participation is encouraged. Volunteer inquiries are also welcome. Sing Up Rodney! is led by Ali Talmage, Registered Music Therapist, teacher and researcher, who works with individuals and groups of all ages and abilities. A big thank you to our friends and supporters, including: Music Therapy NZ, Hibiscus & Bays Local Board, Hibiscus Community House, North Shore Presbyterian Hospital Trust, Age Concern, Aphasia NZ, Dementia Auckland, Parkinson's NZ, Rodney Aphasia Group, Stroke Foundation, Warkworth Methodist Church, Orewa Rotary House, Mahurangi Rotary, Freeling Holt House, and Countdown (Orewa).



The second Time Capsule was put in the ground on the 27 February 1993 for 25 years due to be opened on the 27 Feb 2018. The items put in the Time Capsule this time was organised by the then Manager her staff and residents. Unfortunately, again we can find no record of what went in the Time Capsule and therefore do not know what to expect when we open the Capsule in a few weeks' time. We still have one resident who was present in 1993 and although not present when the original Capsule was put in the ground Larry became a resident soon after and has been with us for nearly 35 years.

To celebrate the opening of the Time Capsule we will be having a ceremony at the plaque site followed by an afternoon tea on Tuesday the 27 Feb 2018 at 2:30pm. All welcome particularly any ex staff or families that may have been involved with the Time Capsule in 1993.

David Spalding,
Chairperson.

Richard Branson's tips for happiness in 2018 is something everyone should read!

By Brent Lindeque on January 5, 2018@BrentLindeque



It's OK to be stressed, scared and sad, I certainly have been throughout my life. If you allow yourself to be in the moment, and appreciate the moment, happiness will follow.

A few years ago Richard Branson wrote the following letter for Mind's book: Dear Stranger, Letters on the subject of happiness.

He re-read it recently and was struck by how much the words still ring true, so thought he would republish the letter in the hope that his words could help others find the true happiness they deserve in 2018.

102 and living the dream!



Our Eloise celebrated her special day with family and all of us here at FHH. Your zest for life is an inspiration!

Dear Stranger,

You don't know me but I hear you are going through a tough time, and I would like to help you. I want to be open and honest with you, and let you know that happiness isn't something just afforded to a special few. It can be yours, if you take the time to let it grow.

It's OK to be stressed, scared and sad, I certainly have been throughout my life. I've confronted my biggest fears time and time again. I've cheated death on many adventures, seen loved ones pass away, failed in business, minced my words in front of tough audiences, and had my heart broken.

I know I'm fortunate to live an extraordinary life, and that most people would assume my business success, and the wealth that comes with it, have brought me happiness. But they haven't; in fact it's the reverse. I am successful, wealthy and connected because I am happy.

So many people get caught up in doing what they think will make them happy but, in my opinion, this is where they fail. Happiness is not about doing, it's about being. In order to be happy, you need to think consciously about it. Don't forget the to-do list, but remember to write a to-be list too.

Kids are often asked: 'What do you want to be when you grow up?' The world expects grandiose aspirations: 'I want to be a writer, a doctor, the prime minister.'

They're told: go to school, go to college, get a job, get married, and then you'll be happy. But that's all about doing, not being - and while doing will bring you moments of joy, it won't necessarily reward you with lasting happiness.

Stop and breathe. Be healthy. Be around your friends and family. Be there for someone, and let someone be there for you. Be bold. Just be for a minute.

If you allow yourself to be in the moment, and appreciate the moment, happiness will follow. I speak from experience. We've built a business empire, joined conversations about the future of our planet,

attended many memorable parties and met many unforgettable people. And while these things have brought me great joy, it's the moments that I stopped just to be, rather than do, that have given me true happiness. Why? Because allowing yourself just to be, puts things into perspective. Try it. Be still. Be present.

For me, it's watching the flamingos fly across Necker Island at dusk. It's holding my new grandchildren's tiny hands. It's looking up at the stars and dreaming of seeing them up close one day. It's listening to my family's dinner-time debates. It's the smile on a stranger's face, the smell of rain, the ripple of a wave, the wind across the sand. It's the first snow fall of winter, and the last storm of summer.

There's a reason we're called human beings and not human doings. As human beings we have the ability to think, move and communicate in a heightened way. We can cooperate, understand, reconcile and love, that's what sets us apart from most other species.

Don't waste your human talents by stressing about nominal things, or that which you cannot change. If you take the time simply to be and appreciate the fruits of life, your stresses will begin to dissolve, and you will be happier.

But don't just seek happiness when you're down. Happiness shouldn't be a goal, it should be a habit. Take the focus off doing, and start being every day. Be loving, be grateful, be helpful, and be a spectator to your own thoughts.

Allow yourself to be in the moment, and appreciate the moment. Take the focus off everything you think you need to do, and start being I promise you, happiness will follow.

Happy regards,

Richard Branson

A snap shot of all the festivities!

Food was delicious as the Jazz Santa's kept us entertained till Santa arrived!



*Wishing you a New Year filled with
new hopes, new joy and new beginnings
Happy New Year!*