



# NGONGOTAHA NEWS

*The Sunny side of the Mountain -*

**FLUORIDE FREE NGONGOTAHA**

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Next deadline Friday 7th August 2015 11am

JULY 2015 issue

## NEW DRINKING WATER FOUNTAIN FOR NGONGOTAHA



Ngongotaha School children were the first to try out Rotorua's iconic new drinking water fountains which will enable users to fill their drink bottles, encouraging plastic bottle re-use. Featuring distinctive designs by local award-winning artist Kereama Taepa, the new fountain at Ngongotaha Youth Park is one of 13 new fountains being installed around Rotorua, in some cases replacing old ones.

Mamaku's youth park will also be

getting one of the new fountains with the remaining 11 intended for other youth spaces, parks, playgrounds and sports fields around the city. More sites will be considered in future.

Some of the funding for the fountains was contributed by Rotorua Lakes Council's Sport and Recreation Portfolio which is led by Cr Charles Sturt, with the Sustainable Living Portfolio, led by Cr Janet Wepa, leading the project.



**A SPECIAL MESSAGE FROM OUR MAIL LADY MYTLE.**

**Unlike everywhere else, NGONGOTAHA will continue to get their mail delivered 6 DAYS A WEEK as per usual.**

## A BIG THANK YOU

Doreen Gregory would very much like to thank her fellow Ngongotaha residents who so promptly came to her aid when she had a bad fall recently outside the Ngongotaha Four Square. She is very grateful for the kindness and care everyone showed her. She is recovering now in hospital, and will be home soon, still full of appreciation for everyone's help.

Hi Ann,

Just wanted to send you some quick thoughts and encouraging words on your last Ngongotaha newspaper and the comments on "letter to the editor".

*"My family and I have shifted to Rotorua Te Miri Rd 2 ½ years ago.*

*Every time we receive your newspaper, we usually sit around the family table or in our lounge and either my wife or I read your stories and especially all the very funny jokes and wisdom anecdotes aloud. You should listen in sometimes, on our party of family laughter... We commend you on all your so called sexist, and unpolitical correctness jokes! "Please, please, never stop"!!! Our PC world, PC newspapers and PC jokes (if there ever was such as a thing like a PC joke), has become so boring and artificially sterilised, its often not even worth opening and reading the darn papers... Your newspaper and especially your jokes and heart-warming short stories are a breath of fresh air. Thank you for putting in the hard work and hours of getting the paper together. The following little story went around our Culinary Arts and Hospitality department (maybe suitable for the newspaper, or will you have the animal welfare and human rights organisation on your doorsteps?) ' Is is support like this that makes it all worthwhile Editor.*

*Spanish Oysters An Australian stopped at a local restaurant following a day roaming around in Madrid. While sipping his wine, he noticed a sizzling, scrumptious looking platter being served at the next table. Not only did it look good, the smell was wonderful. He asked the waiter, 'What is that you just served?' The waiter replied, ' Señor you have excellent taste! Those are called Cojones de Toro, bull's testicles from the bull fight this morning. A delicacy!' The Australian said, 'I will have the same please.' The waiter replied, 'I am so sorry Señor. There is only one serving per day because there is only one bull fight each morning. If you come early and place your order, we will be sure to save you this delicacy.' The following day he returned, placed his order, and that evening was served the one and only special delicacy of the day. After a few bites, inspecting his platter, he called to the waiter and said, 'These are delicious, but they are much, much smaller than the ones I saw you serve yesterday.' The waiter shrugged his shoulders and replied, 'Si, Señor sometimes the bull wins.'*

**WARNING!** This happened in Australia, and could easily happen here so BEWARE.

"I JUST GOT A CALL FROM ?TELSTRA? SAYING MY INTERNET SERVICE HAS BEEN CORRUPTED AND FOR ME TO GET ON IT AND THEY WILL WALK ME THROUGH A FIX. I TOLD THEM I WANTED THEIR NUMBER TO CHECK AND I'LL RING BACK. SHE GAVE ME 03 90287062. I RANG IT AND THE GUY SAID IT WAS A TELSTRA HOTLINE NUMBER AND THE CALL TO ME WAS LEGITIMATE. HE SAID THE LADY WOULD CALL BACK. SHE DID. I TOLD HER TO RING BACK IN 30 MINUTES. I GOT ON TO TELSTRA EMAIL CHATLINE AND THEY SAID THE NUMBER WAS NOT LEGITIMATE AND THAT THE SCAMMERS HAD A GADGET THAT ALLOWED AN A NUMBER TO SHOW BUT IT REALLY DIRECTS THE CALL TO THE SCAMMERS. TELSTRA SAID IF I HAD GOTTEN ON AND FOLLOWED DIRECTIONS THEY WOULD HAVE DOWNLOADED ALL MY PERSONAL STUFF AND EMPTIED MY BANK ACCOUNTS. SO BEWARE. DO NOT FOLLOW ANY DIRECTIONS ON A PHONE FROM ANYONE. AND I WON'T SAY WHAT I SAID TO THE LADY WHEN SHE RANG BACK!"

*A cat died and went to Heaven. God met her at the gates and said, 'You have been a good cat all these years. Anything you want is yours for the asking.' The cat thought for a minute and then said 'All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on.' God said, 'Say no more.' Instantly the cat had a huge fluffy pillow. A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He had offered the cat. The mice said, 'Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again.' God answered, 'It is done.' All the mice had beautiful roller skates. About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow.. God gently awakened the cat and asked, 'Is everything okay? How have you been doing? Are you happy?' The cat replied, 'Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are delicious!'*



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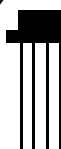
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## ST. BARNABAS ANGLICAN CHURCH

### School Road, Ngongotaha

Sunday: 9.45am Eucharist followed by coffee and fellowship.

Thursday: 9.45am Contemplative Eucharist followed by coffee and fellowship.

Wednesday 1st & 3rd: 1.30pm Games afternoon (Scrabble, Rumikub, 500 etc)

Friday: 9.30am during term time. Music and Movement for preschoolers.

All Welcome, an hour of fun and fellowship

10.00am. Walking Group – meet outside St. Barnabas for a 1 – 1 ½ hr gentle walk.

4th Friday: 7.00pm Games Evening (Scrabble, Rumikub etc)

Saturday 1st Aug 11.30am Mary Burnett Memorial Mission

Lunch \$15.00 per person

## TRINITY PRESBYTERIAN CHURCH.

Cnr Hall and School Roads.

The **Final Service of the Trinity Presbyterian Church** will be held on Sunday 26th July, 2015 at 10 am.

Come, rejoice and share the word of God.

All welcome.

The Wardrobe – Thursdays 09:30 am to 1:30 pm. Pre-loved clothing for infants to 10 yr olds – sold for 50c per item.

The Pantry – Thursdays 09:30 am – 1:30 pm. Basic food items available for a Koha.

Donations of clothing and food welcome.

Last Thursday of the Month: Dining Table - Morning Tea, Music and Lunch 10:00 am to 12:30 pm.

## NGONGOTAHA INDOOR BOWLS

Another busy month has just passed which included a visit from Tauranga Senior Citizens Club. There were about 30 of them and an enjoyable afternoon was had by all.

The Ladies and Mens Competition always brings with it a lot of banter ending in a 32 All draw. (I would think the men were very lucky Ed.)

Championship Pairs was won by Marguerite and Delwyn, with James Schuster and Syd second.

Then the Skips and Threes, Pairs and Twos and Leads singles followed.

Bruce and Robin won Skips and Threes, the Twos and Leads was a draw between Christine and Murray. Christine won the play-off.

Some of us visited the Gardens Retirement Home for a friendly afternoon, such an enjoyable afternoon that they want this to become a monthly event.

Until next month.

For more information contact Cheryl 3575 332 or Kevin 3574 766. Social Bowls is still going very well every second Tuesday.

### Some typos on Church Bulletin Boards

*The Fasting & Prayer Conference includes meals.*

*The sermon this morning: 'Jesus Walks on the Water.'*

*The sermon tonight: 'Searching for Jesus.'*

*Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.*

*Remember in prayer the many who are sick of our community.*

*Smile at someone who is hard to love. Say 'hell' to someone who doesn't care much about you.*

*Don't let worry kill you off - let the Church help.*

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### KAHAROA SCHOOL

The character value for the Term 3 will be Duty.

Our definition is: Willingness to do what is right or what a person ought to do; obligation.

This means doing the right thing.

**Key Competency:** A Can Do Kid (Give it a Go) - A Kaharoa Learner 'Can Do'. They take risks, participate and contribute. They are ready, willing and able to give new things a go.

To achieve this, a Kaharoa Learner is an important contributor to Kaharoa School life. They have a sense of belonging and actively involve themselves in school, local and wider communities. They contribute to the quality and sustainability of social, physical and economic environments.

**Keeping Ourselves Safe:** Thank you to those parents who attended the information evening last term. The KOS programme will run across the school for the first three weeks of Term 3. We look forward to welcoming School Community Officer Robert Tier during this time.

### Administration Block

Work continues on the repair and upgrade of the administration block. There has been a delay in finishing and we now hope to move into the new block mid August.

### Newsteam

Congratulations to the five teams from Kaharoa who competed in this competition. The evening was exciting and challenging for all the teams. In the Small Schools Year 5/6 division we had two teams who came 3rd equal.

### Electives

Electives will commence on the first Friday of the term and thereafter every second Friday. Every term we are amazed by the exciting options offered by parents and staff. Electives are a highlight for many of our students and I would like to once again thank all the parents who offer to share their passions and interests with the children.

**The Kaharoa Team wish everyone a safe and relaxing holiday and look forward to seeing the children back on Monday 20th July.**



### Mamaku (a.k.a. The Bad lands)

High summer temperatures matched by low winter temperatures. White frosts, occasional mist; heavy dews winter and summer. Minimal humidity in summer. Log fires night and day through winter, whirling fans in summer. Road-kill caught in the talons of the Australasian hawk. Vehicles travelling at speed unable to deviate their course especially on mornings when ice covers part or all of the road. Planets Jupiter and Venus brilliant in the early evening sky. Full moon's light spread over village and fields. Stars across sky, Milky Way; Southern Cross; Orion's Belt. Constellations too numerous to name. Horses, deer, breeds of sheep, cattle, milk cows, Highland steers hairy and full-horned. Pigs grunting and snuffling. New-born lambs black and white gambolling and drinking from their Mother's udders. Horse owners – Maori and pakeha; women and men. Pre-teen girls with long hair flying behind them. Mothers and daughters, sisters, cousins, family groups. Ponies and mares 17 hands high. Stallions smashing their way free to get to the mares. Geldings tossing their heads then eating from the hands of children. Snorting in approval. Donkeys munching their daily carrots and showing their teeth. Draught horses stately and patient – their feet huge, their legs covered in long hair, their winter coats keeping them warm. Rabbits, ducks, wild deer and pigs just on the edge of the township and beyond. Hunters – careful men and women taking their responsibilities very seriously and bringing Home meat for the family if their skills and patience are equal to the task. Mamaku a place where children, the elderly, and all the in-betweens exist side by side and where everyone finds something to do.

*A pastor concluded that his church was getting into very serious financial*

*troubles. While checking the church storeroom, he discovered several cartons of new Bibles that had never been opened and distributed. So at his Sunday sermon, he asked for three volunteers from the congregation who would be willing to sell the Bibles door-to-door for \$10 each to raise the desperately needed money for the church. Jack, Paul and Louie all raised their hands to volunteer for the task. The minister knew that Jack and Paul earned their living as salesmen and were likely capable of selling some Bibles. But he had serious doubts about Louie who was a local farmer, who had always kept to himself because he was embarrassed by his speech impediment. Poor Louie stuttered badly. But, NOT WANTING TO discourage Louie, the minister decided to let him try anyway. He sent the three of them away with the back seat of their cars stacked with Bibles. He asked them to meet with him and report the results of their door-to-door selling efforts the following Sunday. Anxious to find out how successful they were, the minister immediately asked Jack, "Well, Jack, how did you make out selling our Bibles last week?" Proudly handing the reverend an envelope, Jack replied, "Using my sales prowess, I was able to sell 20 Bibles, and here's the \$200 I collected on behalf of the church." "Fine job, Jack!" The minister said. Turning to Paul, "And Paul, how many Bibles did you sell for the church last week?" Paul, smiling and sticking out his chest, confidently replied, "I am a professional salesman. I sold 28 Bibles on behalf of the church, and here's \$280 I collected." Apprehensively, the minister turned to Louie and said, "And Louie, did you manage to sell any Bibles last week?" Louie silently offered the minister a large envelope. The minister opened it and counted the contents. "What is this?" the minister exclaimed. "Louie, there's \$3200 in here! Are you suggesting that you sold 320 Bibles for the church, door to door, in just one week?" Louie just nodded. "That's impossible!" both Jack and Paul said in unison. "We are professional salesmen, yet you claim to have sold 10 times as many Bibles as we could." "Yes, this does seem unlikely," the minister agreed. "I think you'd better explain how you managed to accomplish this, Louie." Louie shrugged.. "I-I-I re-re-really do-do-don't kn-kn-know f-f-f-for sh-sh-sh-sure," he stammered. Impatiently, Peter interrupted. "For crying out loud, Louie, just tell us what you said to them when they answered the door!" "A-a-a-all I-I-I s-s-said wa-wa-was," Louis replied, "W-w-w-would y-y-y-you l-l-l-l-like t-t-to b-b-b-buy th-th-th-th B-B-B-B-Bible f-f-f-for t-t-ten b-b-b-bucks---o-o-o-or--- wo-wo-would yo-you j-j-j-just l-like m-m-me t-t-to st-st-stand h-h-here and r-r-r-r-r-read it t-to y-y-you?"*

## Todd McClay

### MP FOR ROTORUA



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### SPORTS TALK

#### Racing

Well well well Craig Phelan from Ngongotaha now training out of Cambridge had a freakish day at Te Aroha on Sunday 5 July and took four horses to the races and bought home four winners in the float journey back to the stables. The team including wife Carol, Shaun and his girlfriend Emily Farr must have floated across the ground on the way back. Emily rode all Four Winners on the day and they included Bahhton who won his Hurdle debut, West End a horse who no one wanted but has now won two in a row and finally Worthiswaitinggold won so easily in the last flat race of the day. Team Phelans horse won four of the nine races on the day and culminated in races stakes being \$44,000. Not a bad days work and follow the four of them they will spot victories again before the winter is finished. Keep an eye on one of Shaun's favourites at the moment Big Brownie.

With a few weeks to go till the end of the 2014/15 season it looks like Matthew Cameron has the jockeys premierships sewn up with 146 wins followed by Danielle Johnson and Johnathon Parkes. The top apprentice is Rory Hutchings with 75 wins followed by Lee Margorian. Top Jockey of the year for me is Opie Bosson who has ridden 81 winners from only 360 rides and has secured 14 Listed or Group races. He has the best winners to starters ratio of 4.44 wow so every four rides he has a winner. His mounts have earned their Owners/Trainers 2.805 million.

#### Rugby

Hurricanes, never indoubt, as it showed weeks ahead of the final the Highlanders were playing way better rugby and stepped onto Westpac Stadium as the distinct underdogs. With the All Blacks now with games against Samoa, South Africa and Australia in the offing all roads head to the World Cup defence.

#### Netball

So pleased with the call of NZ Netball Coach and selectors to leave out Jolene Henry and Catherine Latu from the Silver Ferns World Championship team. Having watched Latu in person at games she has never been fit and lacks the finesse and costs so many turnovers in the goal circle through her indiscriminate contact, she is too risky to have in the team. Jolene Henry is frankly not fast enough now and while she has cunning and experienced it's time to step aside and let a new breed of young netballers vie for her place. Jolene has served NZ well in the past.

#### Colin Smyth

We were all so proud of this man who completed his final marathon his 50th recently. Maybe Colin knew his time was coming to an end and wanted to reach that goal which I doubt will ever be achieved again. To all the Smyth family our sympathy, you husband, dad and granddad is a Champion.

*I went to the horse racing for the first time ever at the weekend. I haven't got a clue about betting, so I walked up to the counter and said, "Excuse me. Could you explain to me what an each way bet is please?" The man said, "No problem Sir. An each way bet is split into two stakes. The first is a bet on the horse to win. The second is a proportional bet on the horse to finish in a place. This can be first, second, third or even fourth, depending on the amount of horses running in the race." I said, "That sounds perfect for me! Can I have two pounds each way on number four please?"*

*"No," he replied.*

*"Oh," I said, "And why's that?"*

*"This is a hot dog stand."*



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The influenza season is upon us. While it has started slower than previous years, health officials are warning of a late flu spike in 2015. Canterbury District Health Board (CDHB) clinical virologist Dr Lance Jennings said cases of influenza were increasing. "The delay in the roll out and a mild winter so far means people have delayed their flu vaccination. The general advice is if a family member has influenza then they should talk to a GP." By the end of June this year, 39 people had been admitted to Christchurch Hospital with influenza.

Don't delay any longer - Come in and get your flu vaccination now.  
Free flu vaccinations until the end of July.

## **FOOD FOR THOUGHT.....**

I sat with my friend in a well-known coffee shop in a neighbouring town of Venice (Italy), the city of lights and water.

As we enjoyed our coffee, a man entered and sat at an empty table beside us. He called the waiter and placed his order saying, 'Two cups of coffee, one of them there on the wall.'

We heard this order with interest and observed that he was served with one cup of coffee but he paid for two. As soon as he left, the waiter pasted a piece of paper on the wall saying 'A Cup of Coffee'.

While we were still there, two other men entered and ordered three cups of coffee, two on the table and one on the wall. They had the two cups of coffee but paid for three and left.

This time also, the waiter did the same; he pasted a piece of paper on the wall saying, 'A Cup of Coffee'.

It was something unique and perplexing for us.

We finished our coffee, paid the bill and left. After a few days, we had a chance to go to this coffee shop again. While we were enjoying our coffee, a man poorly dressed entered. As he seated himself, he looked at the wall and said, 'One cup of coffee from the wall'.

The waiter served coffee to this man with the customary respect and dignity. The man had his coffee and left without paying. We were amazed to watch all this, as the waiter took one piece of paper from the wall and threw it in the dust bin.

Now it was no surprise for us – the matter was very clear. The great respect for the needy shown by the inhabitants of this town made our eyes well up in tears. Ponder upon the need of what this man wanted...

He enters the coffee shop without having to lower his self-esteem ... he has no need to ask for a free cup of coffee ... without asking or knowing about the one who is giving this cup of coffee to him.

He only looked at the wall, placed an order for himself, enjoyed his coffee and left.... probably the most beautiful wall you may ever see anywhere....!!!

## **Here are some Stellar Awards for year -- 2013:**

*Kathleen Robertson of Austin, Texas was awarded \$80,000 by a jury of her peers after breaking her ankle tripping over a toddler who was running inside a furniture store. The store owners were understandably surprised by the verdict, considering the running toddler was her own son Start scratching!*

*Carl Truman, 19, of Los Angeles, California won \$74,000 plus medical expenses when his neighbor ran over his hand with a Honda Accord. Truman apparently didn't notice there was someone at the wheel of the car when he was trying to steal his neighbor's hubcaps.*

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## IN MY VIEW.....

### Condolences

Well it has not stopped with the passing of Jared Peebles, Peter Barry, the Councillor who fought for lights at the stadium, Colin Smyth, our own marathon man and Patrick Simpkins from Awahou. Sad times for all and our thoughts are with the families concerned.

### Long Term Plan

The 10 year plan of council was the most indepth analysis council has conducted in my experience. Especially on the finances and we listened to the public who advised us to live within our means but the low rates increases we all supported during the financial crisis have obviated the need for a one off increase above inflation. We will return to the inflation adjusted increases from next financial year.

### Decisions made

- ▶ Research the need for reticulated sewerage schemes at Mamaku and Tarawera.
- ▶ Support to upgrade and develop the Aquatic centre, Sir Howard Morrison Performing arts centre only if a public private partnership is forthcoming.
- ▶ Reducing debt over the next 10 years from surplus and savings.
- ▶ Proposals for options for Kerbside recycling.
- ▶ Create a Rural Villages budget and doubled the rural seal extension budget.
- ▶ Reduce the general rate increase for Rural farming properties by half. The increases were born out by Rateable Value increases based on sales and the payout which since assessed has plunged.

### Recent events I have attended as Sport and Recreation portfolio leader.

- ▶ Roller derby at the Rotorua Sportsdrome. The Rotorua team named "Motley Crew" were sensational. With Amy Nicholson and Layla Robinson standout players.
- ▶ Opened the Waipa Fitness trail adjacent to the horse paddock. Paid for by Red Stag and designed and built by students from Waiariki technical institute.
- ▶ Met with locals concerned there is no home for the Youth of Ngongotaha interns of a youth centre. They have had homes but funding has run out any ideas surely there is somewhere they can meet play table tennis etc. contact Mark Kahu.
- ▶ Met with Mayor and Progress Ngongotaha to improve communication and to understand their aspirations for Ngongotaha moving forward.
- ▶ Blessed the new drinking fountain incorporating a bottle filling facility at skate park Ngongotaha.
- ▶ Presented Your Choice proposals at Mamaku and Rotoma/Rotoehu ratepayers assns.

### Sports and Recreation portfolio

Since being appointed by Mayor Chadwick to lead the sports and recreation portfolio I along with a stream of volunteers have met with and discussed with many who are actively involved in Rotorua Sport and Recreation and the future in terms of the provision of sport opportunities, facilities, participation, access to and the cost of. Hours and hours of work have gone into developing a strategy which we the advisory group will present to council to go out for discussion. While it will not have all the answers common themes have emerged like The cost of facilities, celebrating Rotorua's champion, engaging young

contd overpage.....

In my view contd.....

people, the huge role Clubs schools play in sport, the wide open spaces where recreation occurs and isn't organised and that's how people like it.

We have defined what is sport what is recreation and consulted widely with Sports NZ, Sports Bop many clubs, elite athletes down to Bowlers, golfers, skateboarders, aquatic users, waka ama, yachties, sports academies. We have engaged APR under the directorship of current Soccer NZ president Deryck Shaw who is an experienced top class sports administrator in his own right to consult further and develop the strategy based on the findings of the advisory group I chair. I'm really looking forward to the Strategy and its implementation.

#### **Announcement.**

I'm please to advise that the NZ Maoris v the British and Ireland Lions match will be hosted at the Rotorua International Stadium. This is endorsement of Rotorua's fantastic surface and a vote of confidence in Peter McLeod Councils Chief Events Man in the way we can host wonderful events like the World Cup, Warriors v Penrith etc. I understand the Lions tour is of 10 matches includes 3 tests and games against all of NZs Super 15 franchise team i.e. Chiefs, Blues, Crusaders, Hurricanes and 2014 Champion Highlanders teams.

#### **Change**

The way Council does business and its impacts on service levels and what council produces in terms of outcomes for its ratepayers has changed hugely. We have adopted a more user pays regime in terms of water, waste water, refuse and sewerage. We are embarking on kerbside recycling as demanded by many of many years, established a new way of co-operation with te Arawa to avoid the costly mistakes of Taniwha Springs and the Rotoma/Rotoehu Sewerage scheme etc etc. There is however a group of people, outside of Council who have the right to object and protest that have an agenda to try and pull this council and resulting in pulling Rotorua down. I'm pleased that Council meeting 's will be live streamed so the People of Rotorua will get a real appreciation of the work some councillors are doing and those who are seat warmers. Those that ask the questions and call people to account in a considered way can be judged by you. Rotorua has some amazing people, amazing volunteers who go about their business without any fuss they just get on and do the jobs and challenges ahead. The negative, self agenda group that are continually writing letters trying to find fault, will find fault because those who never do anything never make mistakes. I truly believe Rotorua will turn the corner as houses are being sold to Aucklanders relocating here and high paid workers are moving here. What is needed is major investment to absorb the unskilled labour and I understand the old Tachikawa mill is undergoing development a new supermarket in Te Ngae and in Fairy Springs Road are being developed etc. House sales are up and values are starting to increase. Value Rotorua.

#### **Litter**

Next time you buy KFC or McDonalds and you live in Ngongotaha, Mamaku, Awahou or Kaharoa and you finish your meal on the way home take the bloody rubbish with you instead of throwing out the car window. The Mamaku people spent a whole day picking up your rubbish along Dansey road. I would love to find out who in mamaku or elsewhere is dumping trailer loads in Mamaku in South road and on Dansey Road as a protest when we find out who it is I reckon we should get a Bobcat and truck and dump it on the perpetrators front lawn or driveway. If you see anyone with a trailer load of rubbish keep your distance and if they are not heading to the Tip they are going to dump it get the number plate of the trailer and car and call the police. Most cell phone have cameras and or videos. Be careful do not get into a confrontation leave that to police. Most of these dirty lazy people leave evidence in their rubbish and are easy to detect. I've seen them in Dalbeth, Dansey, Kaharoa, Jackson, Hamurana roads dumping even if its green waste its dumping. It's you city your district and eventually you will pay via Rates to clean up this blight on our district. Catch them I say and I'm prepared to name and shame them on facebook. Its in your hands.

Till next month summers on its way and spring around the corner.

#### **Cr Charles Sturt - Rotorua Distrcit Councillor**

*A guy sits down at the bar and orders drink after drink. "Is everything okay, pal?" the bartender asks. "My wife and I got into a fight and she said she isn't talking to me for a month!" Trying to put a positive spin on things, the bartender says, "Well, maybe that's kind of a good thing. You know, a little peace and quiet?" "Yeah. But today is the last day!"*

#### **Why seniors still need newspapers.**

*I was visiting my daughter last night when I asked if I could borrow a newspaper. "This is the 21st century," she said. "We don't waste money on newspapers. Here, use my iPad." I can tell you this... that fly never knew what hit him...*

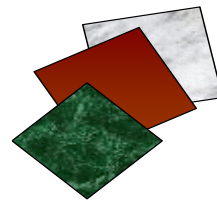
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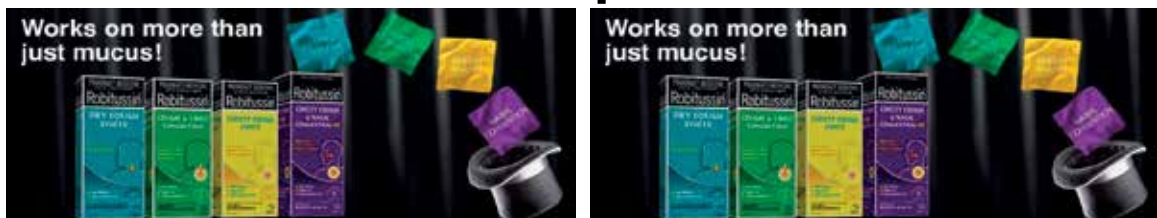


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**John Piercy 027 446 4549** [john.piercy@raywhite.com](mailto:john.piercy@raywhite.com)



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**Ngongotaha 70 Western Road**  
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**Toni Guerin 027 471 1158** [toni.guerin@raywhite.com](mailto:toni.guerin@raywhite.com)



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**Ngongotaha 35 Ranginui St**  
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**Leanne Leef 021 835 915** [leanne.leef@raywhite.com](mailto:leanne.leef@raywhite.com)



**SOLD**

**Ngongotaha 7 Manuariki Road**  
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## Kia ora from Hamurana Playcentre!

Whether it's hot summer sun or a chilly winter's day... the sandpit remains a huge favourite with our tamariki. Playing with the many trucks, tractors and diggers or building roads, farms, castles, dinosaur lairs, huge mountains with all sorts of plumbing and tunnels and highways and of course volcanoes, the possibilities are endless! Sand provides fantastic sensory fun and creative opportunities for children of every age and keeps their joints, muscles and brains active and working hard.

There are also loads of fun activities to do inside our lovely Centre. We love baking and recently participated in Red Puppy Bikkie Day to raise money

for Blind Foundation guide dog puppies. We had so much fun baking biscuits using guide dog bikkie cutters and giving them away to our whanau and friends. We have lots of budding artists who adore spending time at the collage table creating all sorts of amazing art and craft.

This is just a tiny taste of all the fun activities you and your children can try out at Hamurana Playcentre! All enquiries welcome - phone 332 2110 during session times (Monday & Thursday 9.15am - 11.45am during the school term) or contact Sharon any time on 021 208 0101. We look forward to showing you around our awesome Centre.



## The Power of Words - By Paige McLeary

Words can turn a blank page into a masterpiece, bursting with colour and passion.

Words can evoke deep emotions inside you, radiating happiness and entwining sorrow.

Words can engage you deeper in the stories you read, wielding

the power to put you right into the moment.

Words are a writer's greatest tool, as a palette of paints are to an artist: bold, bright and beautiful. Words we say may touch those around us and make them feel extremely blessed.

Only you have the power to make your words pop, so be bold, be brave, and make your words shine.

*Q: How do you keep your husband from reading your e-mail? A: Rename the email folder 'Instruction Manuals'*

*While creating husbands, God promised women that good and ideal husbands would be found in all corners of the world..... then He made the earth round, and laughed and laughed and laughed.*





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## Mary Burnett Memorial Luncheon

**Saturday 1 August 2015 at 11:30 am**

St Barnabas' Hall, School Rd, Ngongotaha

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## ***Fluoridation Permanently Damages Tens of Thousands of Kiwis' Teeth: Gold Standard International Cochrane Review Group Confirms***

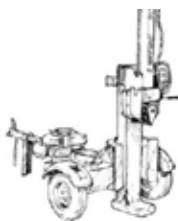
A review of the efficacy of fluoridation published recently by the internationally renowned Cochrane Review Group has further exposed the failings of Fluoridation. Once again, science tells us that fluoride does not work by swallowing, but instead is causing an epidemic of dental fluorosis, i.e. permanent damage to teeth. Dental fluorosis is the first outward sign of fluoride poisoning.

Far from finding that the "science is settled," the Cochrane Oral Health Group found there was almost no quality science supporting the claim that fluoridation reduced dental decay in today's world. A moratorium on fluoridation should be called in New Zealand, and replaced with the hugely successful international modern-day programme, Childsmile.

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### **The Cochrane Review found:**

An estimate that 40% of people will have dental fluorosis when water is fluoridated at 0.7ppm

An estimate that 12% of people will have dental fluorosis that could cause concern over appearance when water is fluoridated at 0.7ppm

No evidence that cessation of fluoridation led to an increase in dental decay rates

No evidence that fluoridation reduced inequalities between rich and poor

No evidence that fluoridation benefited adults 97% of the studies they examined were biased

In fact, the only study on ceasing fluoridation that met their criteria for review, showed dental decay improved after cessation, compared to the control group which continued fluoridation.

One of the most important findings of this Cochrane dental review was confirmation that fluoridation is causing permanent damage to teeth, in the form of dental fluorosis. They estimated that approximately 40% of the population had some form of dental fluorosis with fluoridation at 0.7ppm. Of the entire population, they estimated that 12% had fluorosis that affected appearance, which can affect self-esteem and life outcomes. "In areas with a fluoride level of 0.7 ppm in the water, approximately 12% of the people evaluated had fluorosis that could cause concern about their appearance."

This year, the US Department of Health and Human Services (HHS) reduced the maximum level of fluoride used in fluoridation to 0.7ppm. The HHS cited the large number of children in the US (40%) that have dental fluorosis, as the reason for their action. This is an admission at the highest US Government level that fluoridation is responsible for the dental fluorosis epidemic and that dental fluorosis is a serious concern that requires significant action.

The New Zealand Ministry of Health advises local councils to add fluoride chemicals in a range from 0.7ppm to 1ppm, but has refused to shoulder any of the liability for the damages this causes. Associate Health Minister Peter Dunne has said he has no intention of lowering the NZ level to match the new US maximum, even though the Ministry of Health's own data show 40% of New Zealand children also have dental fluorosis. This permanent damage is very costly to cover with dental veneers.

The Cochrane Review said the majority of fluoridation studies on decay rates, that reached the standard acceptable for inclusion, were published between 40 and 70 years ago. Their findings emphasize that this was before fluoride toothpaste was introduced, and when dental decay rates were up to ten times higher than today. These old studies reported fluoridated areas with an average of 1.81 fewer baby teeth with fillings, and 1.16 fewer in children's permanent teeth. This amounted to 35% and 26%, respectively. They also found more children without any decay in fluoridated areas.

However, these old studies are virtually meaningless when applied to today's world of unprecedented low decay rates in industrial countries with statistics that often show opposite results. For five year olds in non-fluoridated New Zealand today, the average is about two fillings. So a saving of 35% is only HALF a filling. The average for Year 8 children is 1.3 fillings in non-fluoridated areas which would amount to an even more miserly saving of only 0.3 of a filling. New Zealand MoH school dental statistics consistently show non fluoridated areas often have fewer fillings than fluoridated areas.

Given that just over half of New Zealand is fluoridated at 0.7ppm or more, the Cochrane research tells us that nearly one million Kiwis (40%) are likely to have some form of dental fluorosis and 270,000 Kiwis (12%), are likely to have fluorosis to such an extent as to affect their appearance due to fluoridation.

How can a claim of a tiny childhood reduction in dental decay, (no evidence that fluoridation reduces decay in adults), based mostly on out-of-date research, be an acceptable trade-off for the proven permanent damage of hundreds of thousands of people's teeth?

While the Cochrane Review limited itself to matters of dental health only, it is important to be cognizant of the thousands of studies that show fluoride causes harm. Already this year, a study from Kent University was published in the British Medical Journal which found that fluoridated water causes a 60% increase in rates of hypothyroidism in women. contd overpage.....

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There are also now more than 45 published studies that show fluoride reduces IQ.

The Cochrane Review seriously calls into question the NZ Royal Society 2014 Fluoridation report which hastily skimmed the surface, in secret, in a matter of months, to placate some of the Auckland City Councillors who had become concerned that fluoridation is causing harm.

It is obviously time the NZ Ministry of Health came clean on fluoridation and admitted the scientific truth that fluoride does not reduce dental decay by swallowing, but instead permanently damages teeth. The Ministry of Health is doing New Zealanders a huge disservice by refusing to face modern scientific facts. This is a classic case of the Emperor Has No Clothes. Unfortunately, New Zealanders are paying a very high price for preserving this embarrassing failure of public health.

The Cochrane Collaboration is an international, not-for-profit and independent organisation that is dedicated to making up-to-date, accurate information about the effects of healthcare readily available world-wide. They are considered the gold standard in health science.

This article was kindly sent to me by Councillor Sturt.

*The other day my neighbour, who is blonde, came running up to me in the driveway just jumping for joy! I didn't know why she was jumping for joy. I thought, what the heck, and I starting jumping up and down along with her. She said, "Sally, I have some really great news!" I said, "Great. Tell me why you're so happy." She stopped jumping and, breathing heavily from all the jumping up and down, told me that she was pregnant! I knew that she had been trying for a while so I told her, "That's great! I couldn't be happier for you!" Then she said, "There's more." I asked, "What do you mean 'more'?" She said, "Well, we are not having just one baby. We are going to have twins. Amazed at how she could know so soon after getting pregnant, I asked her how she knew. She said... "That was the easy part. I went to the Chemist and they actually had a home pregnancy kit in a twin-pack. Both tests came out positive!"*

#### How To Maintain A Healthy Level Of Insanity in RETIREMENT

*At lunch time, sit in your parked car with sunglasses on, point a hair dryer at passing cars, and watch them slow down!*

*On all your cheque stubs, write, 'For Marijuana'!*

*Skip down the street rather than walk, and see how many looks you get.*

*With a serious face, order a Diet Water whenever you go out to eat.*

*Sing along at The Opera.*

*When leaving the Zoo, start running towards the car park, yelling, 'Run For Your Lives! They're Loose!'*

*Tell your children over dinner, 'Due to the economy, we are going to have to let one of you go....' (Should have no children)*

*Pick up a box of condoms at the pharmacy, go to the counter and ask where the fitting room is. (Please, for men ONLY)*

*And The Final Way To Keep A Healthy Level Of Insanity: My Favourite:*

*Go to a large Department store's fitting room, drop your drawers to your ankles and yell out, "There's no paper in here!"*

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## LEARNING TO LISTEN.....

Midnight phone calls stir a mother's heart. We all know what it's like to get that phone call in the middle of the night. This night was no different. Jerking up to the ringing summons, I focused on the red, illuminated numbers of my clock. Midnight. Panicky thoughts filled my sleep-dazed mind as I grabbed the receiver. "Hello?" My heart pounded, I gripped the phone tighter and eyed my husband, who was now turning to face my side of the bed.

"Mama?" The voice answered. I could hardly hear the whisper over the static. But my thoughts immediately went to my daughter. When the desperate sound of a young crying voice became clear on the line, I grabbed for my husband and squeezed his wrist. "Mama, I know it's late. But don't . . . don't say anything until I finish. And before you ask, yes I've been drinking. I nearly ran off the road a few miles back and . . ." I drew in a sharp, shallow breath, released my husband and pressed my hand against my forehead. Sleep still fogged my mind, and I attempted to fight back the panic. Something wasn't right. "I got so scared. All I could think of was how it would hurt you if a policeman came to your door and said I'd been killed. I want . . . to come home. I know running away was wrong. I know you've been worried sick. I should have called you days ago but I was afraid . . . afraid . . ."

Staying on the line, sobs of deep-felt emotion flowed from the receiver and poured into my heart. Immediately I pictured my daughter's face in my mind, and my fogged senses seemed to clear. "I think ---" "No! Please let me finish! Please!" she pleaded, not so much in anger, but in desperation. I paused and tried to think what to say. Before I could go on, she continued. "I'm pregnant, Mama. I know I shouldn't be drinking now, especially now, but I'm scared, Mama. So scared!" The voice broke again, and I bit into my lip, feeling my own eyes fill with moisture. I looked up at my husband, who sat silently mouthing, "Who is it?" I shook my head and when I didn't answer, he jumped up and left the room, returning seconds later with a portable phone held to his ear. She must have heard the click in the line because she asked, "Are you still there? Please don't hang up on me! I need you. I feel so alone." I clutched the phone and stared at my husband, seeking guidance. "I'm here, I wouldn't hang up," I said.

"I should have told you, Mama. I know I should have told you. But, when we talk, you just keep telling me what I should do. You read all those pamphlets on how to talk about sex and all, but all you do is talk. You don't listen to me. You never let me tell you how I feel. It is as if my feelings aren't important. Because you're my mother you think you have all the answers. But sometimes I don't need answers. I just want someone to listen."

I swallowed the lump in my throat and stared at the how-to-talk-to-your-kids pamphlets scattered on my night stand. "I'm listening," I whispered. "You know, back there on the road after I got the car under control, I started thinking about the baby and taking care of it. Then I saw this phone booth and it was as if I could hear you preaching to me about how people shouldn't drink and drive. So I called a taxi. I want to come home." "That's good honey," I said, relief filling my chest. My husband came closer, sat down beside me and laced his fingers through mine. "But you know, I think I can drive now." "No!" I snapped. My muscles stiffened and I tightened the clasp on my husband's hand.

"Please, wait for the taxi. Don't hang up on me until the taxi gets there." "I just want to come home, Mama." "I know. But do this for your

Mama. Wait for the taxi, please." Learning to listen: I listened to the silence . . . fearing. When I didn't hear her answer, I bit into my lip and closed my eyes. Somehow I had to stop her from driving. "There's the taxi, now." Only when I heard someone in the background asking about a Yellow Cab did I feel my tension easing. "I'm coming home, Mama." There was a click, and the phone went silent. Moving from the bed, tears forming in my eyes, I walked out into the hall and went to stand in my 16-year-old daughter's room. My husband came from behind, wrapped his arms around me and rested his chin on the top of my head. I wiped the tears from my cheeks. "We have to learn to listen," I said to him. He studied me for a second, then asked, "Do you think she'll ever know she dialed the wrong number?" I looked at our sleeping daughter, then back at him. "Maybe it wasn't such a wrong number."

I rubbed my daughter's cheek, she sleepily asked me what I was doing, I said I have been practising listening!

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#### KEEPING WARM AND HEALTHY THIS WINTER

Winter is here again so its time to get active...eat lots of fruit and vegetables to ward off Winter colds and 'flu. Have hot meals and hot drinks to keep your family warm and healthy and wrap up in layers of warm clothes to stay snug when you leave the house.

##### **How to heat your house**

Only heat the room that you are in. Try and keep the temperature between 18 and 21 degrees especially if you have babies, people with illnesses, or older people living in your home.

Dress warmly for bed and make sure your bedroom is warm enough - it is very important to stay warm during the night.

Block up unused chimneys and stop draughts around doors and windows. You can make your own draught 'snakes' by stuffing rugby socks or pantyhose with newspaper or cushion filling.

Up to 20% of heating can be lost through draughts.

Open windows and curtains on sunny days, and close them when the sun goes down to trap heat in your home. Trim any trees that prevent sun entering your house (but if you are renting, remember to ask your landlord first!).

##### **How to keep your home dry**

A dehumidifier costs around \$156 a year to run - these tips are cheaper and can be just as effective.

If you use an unflued gas heater (that is, one without a chimney), make sure that you use it safely. Research has shown that they can release gases which can be particularly dangerous for anyone with heart disease or asthma, pregnant women, young children and older people. If you have to use one, open a window and keep all internal doors open too. Use it only for short periods and never in bedrooms.

Try not to dry clothes indoors as this creates moisture in the air. Drying on the outside is free and the sunlight kills bacteria, making your clothes healthier for you and your family. Use a shed or garage if it is raining.

To reduce moisture caused by steam, always open a window when you are showering and when you are cooking on the stove top. Use pot lids to reduce the amount of steam escaping. Keep doors to bedrooms closed at these times as steam can make beds damp.

If you must use a clothes dryer, make sure your clothes are properly

spun first and leave windows open while you are using it - or even better, vent it outside.

Talk to your electricity company about which plan is best for you. Most companies provide options including direct debits at a flat rate all year round, pre-payment meters and low use rates for people who are very frugal.

Most of your electricity bill will go on hot water so use less if you can. Set your washing machine on a cold wash and rinse your dishes in cold water. Take short showers instead of baths. Showers use 60 per cent less water than baths.

Fix dripping taps. A dripping hot tap can cost \$80 a year but a washer to fix it costs less than \$1!

If your hot water cylinder is old, keep the heat in by using a hot water cylinder wrap. These are available from hardware stores. Make sure the thermostat is set to produce a temperature of 55C at the tap (this will also prevent scalds).

Always turn the lights off in rooms when you leave them. But if you are using energy efficient light bulbs it is better to leave them on if you are returning within ten minutes.

Appliances that have a standby function (such as TVs, stereos, mobile chargers, computers or microwaves) should be turned off at the wall. This can save you up to \$75 a year.

Clothes dryers can be very expensive to run so try not to use them unless you really have to. Heated towel rails are also expensive and cost around \$120 a year to run.

Make sure there is generous air space behind the back of your fridge and try to locate it out of direct sunlight, or in a cooler room like the laundry. Don't open the fridge door too often or leave it open.

Make sure you cool food before putting it in the fridge. Turn off your second or 'drinks' fridge - this could be costing you \$190 per year.

When cooking keep the oven door closed. Always keep lids on pots and use as little water as possible to cook foods. Simmer rather than boil food and if possible use a microwave, as this uses 30-40 per cent less power than a conventional oven. Defrost food naturally if possible, (in the fridge is best) rather than in the microwave.

Insulate your home





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**From the Library.....**

Entries have started to arrive for the Matariki Poster Competition but there is still time to enter and there are some fantastic prizes including a new tablet for the first place getter. School students are encouraged to get designing and drop their entries off to the library with a completed entry form to be in to win. The winner will be announced during Māori Language Week which runs from July 27 to August 2.

In addition to the Matariki festivities being held in the library in July, the ‘Around the World’ School holiday programme kicks off on Monday July 6. The free programme includes a kid’s world cooking session with ‘A Taste of Vietnamese’ on Tuesday July 7 at 1.30pm being hosted by Susana So from Multicultural Rotorua. There will also be two Cultural Craft Days, one exploring China on Wednesday July 8 at 1.30pm and the other discovering Brazil on Wednesday July 15 at 1.30pm in the children’s area of the library. Check out the full programme at [www.rotorualibrary.govt.nz](http://www.rotorualibrary.govt.nz)

**Rotorua style on show**

The library is not the place you might expect to find a catwalk full of designer fashion but that is exactly what you’ll see if you come along to the Matariki Fashion Show on Thursday, July 16 at 6pm. The free event will feature some of Rotorua’s top design talent showcasing uniquely Rotorua fashion. Local design darling Adrienne Whitewood of Ahu Boutique Clothing will be showing a number of garments as will Leilani Rickard, who will feature items from her latest range with fabric patterns inspired by microscopic images of the flax plant.

There is plenty of entertainment and glamour in store for the audience with Paul Hickey of The Hits radio station acting as master of ceremonies and local vocalists on hand to provide entertainment. Light refreshments will also be on offer as will spot prizes for a few lucky attendees! No registration is necessary but if you would like to know anything more about the evening contact Library Programmes Coordinator Karisma Vala on 251 7042 or at [karisma.vala@rotorualc.nz](mailto:karisma.vala@rotorualc.nz).

Our librarians were on the floor explaining the different aspects of our new library catalogue to the patrons at the library on the launch day for our new system. Here are the top five reasons to love the library’s new look catalogue:

- ☺ It looks cool! The new interface is much easier to read and looks more familiar to most users
- ☺ You can see images of the book covers so you know what you are looking for
- ☺ You can search for e-books, database articles as well as print items all from the same place
- ☺ You can make and keep lists of all the books you want to read
- ☺ You can keep a track of your reading history

**Senior Kids Titles**

***Five Children on the Western Front***

Author: Kate Saunders

This is an epic, heart-wrenching follow-on from E. Nesbit's Five Children and It stories. The five children have grown up and World War I has begun in earnest. Cyril is off to fight, Anthea is at art college, Robert is a Cambridge scholar and Jane is at high school. The Lamb is the grown up age of 11, and he has a little sister, Edith, in tow. The sand fairy has become a creature of stories ...until, for the first time in 10 years, he suddenly reappears. The siblings are pleased to have something to take their minds off the war, but this time the Psammead is here for a reason, and his magic might have a more serious purpose.

Library contd overpage



Library contd.....

Before this last adventure ends, all will be changed, and the two younger children will have seen the Great War from every possible viewpoint - factory-workers, soldiers, nurses and ambulance drivers, and the people left at home, and the war's impact will be felt right at the heart of their family.

***The Palomino Pony Wins***

**Through** Author: Olivia Tuffin  
Georgia is pony-mad, and she spends all her spare time at the local stables, mucking out and loving being with all the ponies. So when she stumbles upon a mistreated palomino in the Welsh hills, she knows what she has to do. Save her from her cruel owner and bring the Palomino home...

***Friday Barnes Girl Detective***

Author: R.A. Spratt  
When girl detective Friday Barnes solves a bank robbery she uses the reward money to send herself to the most exclusive boarding school in the country, Highcrest Academy.

On arrival, Friday is shocked to discover the respectable school is actually a hotbed of crime. She's soon investigating everything from disappearing homework to the Yeti running around the school swamp. That's when she's not dealing with her own problem – Ian Wainscott, the handsomest boy in school, who inexplicably hates Friday and loves nasty pranks.

Can Friday solve Highcrest Academy's many strange mysteries, including the biggest mystery of all – what's the point of high school.

***Clementine Mitch: a Witch can switch***

Author: Jan Oldham  
Clementine is a witch with a wish - to be a ballerina. In a once in a lifetime opportunity Clementine gets to live out her dream at High Kicks Girls' Ballet Academy. The only problem is she arrives without her wand and with her rival nasty Nellie on her heels. Clementine has to rely on her wits and a newfound friendship if she is going to make it through the audition.

***The Copernicus Archives; Wade and the Scorpion's Claw*** Author: Tony Abbott

12 quests. 12 relics. And a race to save the fate of the world. Wade and the

Scorpion's Claw picks up right where The Copernicus Legacy: The Forbidden Stone left off, with the Kaplan family seeking the next Copernicus relic. Now Wade, the curious, analytical, yet starry-eyed member of the group, leads the chase for another relic through the busy streets of San Francisco while on the run from one of Galina Krause's most treacherous henchmen.

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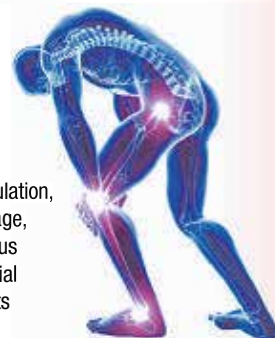
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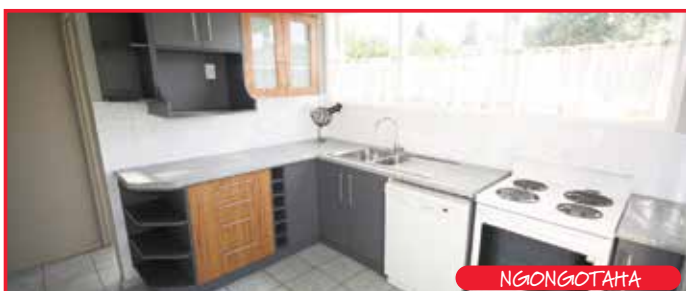
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