

Me?? JOG???? Pffffffft...  
If you see me running,  
You better run too  
cos there's something  
chasing me!



# NGONGOTAHA NEWS

*The Sunny side of the Mountain -*  
**FLUORIDE FREE NGONGOTAHA**

Editor Ann Henderson - email: [annhend@extra.co.nz](mailto:annhend@extra.co.nz)  
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website: [www.ngongotahanews.co.nz](http://www.ngongotahanews.co.nz)

Next deadline Wednesday 2nd NOVEMBER 2016 11am  
**OCTOBER 2016 issue**

## Ernie Brake celebrating his 90th birthday with family





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Did you see those people out picking up rubbish a few weeks ago? A huge thankyou to a few of the 40 plus NZMCA Members who turned up for their Annual Spring Clean. This took place at Ngongotaha (where the NZMCA has a very successful Motorhome and Caravan Park) on Saturday 3rd (old saleyards). They managed to pick up around 50 bags of rubbish from the banks of the Waiteti & Ngongotaha Streams and the adjacent environs around Ngongotaha. This is one way that the NZ Motor Caravan Ass. can contribute to the Community. Special Thanks to Saleshe Patel of Ngongotaha Four Square for providing Morning Tea.

**Greg Ellwood**

**NZMCA Area Secretary Rotorua**





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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)

4th Sunday: 4.00pm – 6.00pm Messy Church – fun time of games, crafts, story, singing, and dinner – from toddlers – 100+. Come and experience this new way of church. All welcome

Sunday 16th October: 2.00pm – 5.00pm Bishop Richard Randerson talking on Equality & Justice.

All Welcome

### Do you get lonely?

Would you like some company?

Come and join us for a cuppa and a chat at 1.30pm on 13th and/or 27th October at Trinity, cnr Hall and School Roads, Ngongotaha

If you require transport or further information phone Joanne on 347 1539

## Waiteti Stream Mouth Wetland Development Project 2016

The evening of August 24 was a dark, wet and windy night down by the lake, which did nothing to encourage folk to venture outside the front door. Never the less a dozen neighbours who live near the Reeme St Reserve met with Samantha Titze, EnvBoP.

Samantha gave us an overview of how the planting of indigenous plants could enhance the Waiteti Stream mouth's developing wetland.

The benefits over time, will be a considerable increase in the protective ground cover for birds and a more enhanced lush wetland appearance for the eye. The wetland will predominantly be green in colour, with splashes of purple.

Planting Day is Saturday Oct 15 @ 10am

We have 600 plants all ready to go.

**Volunteers are called for, with or without a spade, there will be more than enough work for us all, so any baking for morning tea will be deliciously accepted**

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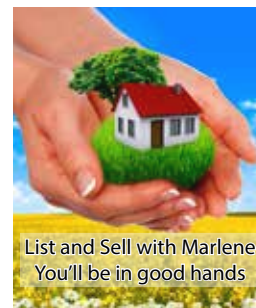
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our lives on a day-to-day basis, and it is often a thankless task. The ever-increasing complexity of running a city and region mean our elected representatives frequently have to deal with complicated and challenging issues.

Despite this, Rotorua is doing extremely well. GDP is up, our population is growing, house prices are improving, jobs are being created, and local people are investing in their businesses. Our district is also looking good and visitors are coming here in droves. We have a lot to work with, and to build on and, a great deal to be proud of.

It's important that we engage with and support our councillors. Each of them have stood on a platform of making Rotorua better.

Congratulations to each and every one of the successful candidates, you've worked hard to be elected. Also congratulations to all of the candidates who didn't make it this time. You too can be proud of your campaigns.

For my part, I pledge to be constructive and to put party politics aside in order to work with Rotorua Lakes Council for the betterment of Rotorua.

## Councillors and an MP Working together

As I write this, we are just days away the close of local body elections. By the time you read this, we will know who our Mayor and councillors are. Historically, local body elections have a low turnout, which considering their importance, is disappointing. Unfortunately, this year looks to probably be as low if not lower than previous elections.

There is likely to be debate about e-voting and the conclusion that this would have helped drive up voter turnout. Whilst I don't have a strong view on this one way or the other international evidence doesn't suggest this is a guaranteed outcome and, let's face it, it's not particularly hard to vote as it is. Voter apathy is concerning and the solution is greater engagement over an electoral cycle.

It is hard to overstate how critical it is that we support the men and women we elect to local councils. They will make decisions that affect



## ALERTS TO THREATS IN 2016 EUROPE

From **JOHN CLEESE** (*Basil Fawltly*)

The English are feeling the pinch in relation to recent events in Syria and have therefore raised their security level from "Miffed" to "Peeved." Soon, though, security levels may be raised yet again to "Irritated" or even "A Bit Cross." The English have not been "A Bit Cross" since the blitz in 1940 when tea supplies nearly ran out. Terrorists have been re-categorized from "Tiresome" to "A B@#\$&y Nuisance." The last time the British issued a "B@#\$%y Nuisance" warning level was in 1588, when threatened by the Spanish Armada.

The Scots have raised their threat level from "P@#\$%d Off" to "Let's get the B@#\$%^ds." They don't have any other levels. This is the reason they have been used on the frontline of the British army for the last 300 years.

The French government announced yesterday that it has raised its terror alert level from "Run" to "Hide." The only two higher levels in France are "Collaborate" and "Surrender." The rise was precipitated by a recent fire that destroyed France's white flag factory, effectively paralysing the country's military capability.

Italy has increased the alert level from "Shout Loudly and Excitedly" to "Elaborate Military Posturing." Two more levels remain: "Ineffective Combat Operations" and "Change Sides."

The Germans have increased their alert state from "Disdainful Arrogance" to "Dress in Uniform and Sing Marching Songs." They also have two higher levels: "Invade a Neighbour" and "Lose."

Belgians, on the other hand, are all on holiday as usual; the only threat they are worried about is NATO pulling out of Brussels.

The Spanish are all excited to see their new submarines ready to deploy. These beautifully designed subs have glass bottoms so the new Spanish navy can get a really good look at the old Spanish navy.

Australia, meanwhile, has raised its security level from "No worries" to "She'll be right, Mate." Two more escalation levels remain: "Crikey! I think we'll need to cancel the barbie this weekend!" and "The barbie is cancelled." So far no situation has ever warranted use of the last final escalation level.

*Regards, John Cleese,  
British writer, actor and tall person*

And as a final thought - Greece is collapsing, the Iranians are getting aggressive and Rome is in disarray.  
Welcome back to 430 BC.



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**Ngongotaha Community Patrol  
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By Sharon Fleet**

You will be pleased to know that your local Community Patrol Volunteers have completed their Basic First Aid Awareness Training, equipping them for first on the scene management of injury. The workshop was run by local retired St John Ambulance Paramedic Officer, John Gapes, under his expertise the Patrollers were put through their paces to ACT Quickly, Calmly and Correctly until more advanced care can be provided.

Did you know that back in June 2011, the Government launched 'The Better Public Services Programme', under the Justice Sector the key objective that we have been able to work alongside Police with is to, help Reduce Crime. National targets set back then to be achieved by 2017 are: Reduce the crime rate by 15% / Reduce the violent crime rate by 20% / Reduce the youth crime rate by 5% / Reduce the re-offending rate by 25%.

To achieve these targets has meant that the Police have had to work in new ways, collaboratively and innovatively with other Government Departments, local volunteer groups, Schools, Businesses and through awareness programmes. It is really great to see that we are 'On Track' to meeting these Targets.

It is well known that crime isn't evenly spread; it occurs repeatedly in some places, and repeatedly affects some people. Over two thirds of all crime is property crime (theft from vehicles, vehicle theft, burglary, shoplifting). With our Patrols going out at varying days and times across the week we are making achieving to make it harder for offenders to commit crime in our area, which is wonderful, however we can't for one moment think that it will stay they way.

We urge you to: **DON'T WAIT FOR SOMETHING TO HAPPEN - JOIN OUR PATROL AND HELP PREVENT IT!**

For more information Contact David on 357 4734 or check out our National website: [www.cpnz.org.nz](http://www.cpnz.org.nz).

*A very self-important college freshman was attending a recent football game. He took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation. "You grew up in a different world, actually an almost primitive one," the student said, loud enough for many of those nearby to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon, our spaceships have visited Mars. We have nuclear energy, electric and hydrogen cars, computers with light-speed processing, and....," pausing to take another drink of beer.....The Senior took advantage of the break in the student's litany and said, "You're right, son. We didn't have those things when we were young .... so we invented them. Now, you arrogant little s@#\$%^&d, what are you doing for the next generation?" "I love senior citizens!"*



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Our clients come to us from a continually expanding and diverse group of non-profit and government agencies including the ministry of social development, job training programs, educational institutions, correctional facilities and domestic violence shelters, among many other organisations. More than 3,000 organisations throughout the world send women to Dress for Success for professional apparel and career development services.

Dress for Success Rotorua opened its doors to our community in 2012, and since then we have assisted more than 400 women gain employment and life skills that have helped her become more financially independent.

As of the 2013 census 38% of children live with one parent, of whom 84% of these households are Women, and increasingly these are families with unmarried mothers meaning that there is only the mother to provide for her family. This is why our focus is on women in our community.

Our focus is on enabling women to become confident and resourceful, to obtain a job that will provide financial independence she and her family need to thrive in our community. Once she has a job we work with her to retain that job and to assist her in finding the resources she need to progress onto the path she most wishes to be on through education and mentoring.

We are seeking volunteers to help us with our Dressing Programme, perhaps you or someone you know has a half day a week to help us prepare these fabulous women get work ready, and to embark on their journey. This is a truly rewarding experience for both our stylists and our clients.

Full training will be provided.

To learn more please contact President Michelle Pleydell via email at [shelbe@xtra.co.nz](mailto:shelbe@xtra.co.nz)

“Our Vision is a world where women do not live in poverty, are treated with dignity and respect and are strengthening their families and shaping their communities.”

We couldn't achieve this without the support of our community - Thank you!

## It's OK to say **no** - how to avoid being scammed

Every week there are stories of people being scammed by fraudsters.

Fraudsters work on all sorts of social engineering techniques by developing friendships and discouraging people from discussing a "great investment opportunity" with their family or friends.

It might seem obvious in hindsight but those too good to be true offers and romance scams can seem very genuine at the time. High up on the list of things to watch for are cold call approaches over the phone or online and then, over time, being asked to send money for one reason or another. A couple in their 70s lost their life savings when they became involved in a Hong Kong investment scam.

Three elderly women in Christchurch were recently conned into giving their bank cards and pin numbers by a doorknocker who claimed to be a bank official. Politely close the door on these people and ring the bank.

### Tips for avoiding scams

- Don't give out your password or account details – banks never ask for these by phone or email
- If approached by a doorknocker, it's okay to say no and shut the door
- Ask for a physical address you can check
- Check Consumer Affairs' scam alert website and click on Scams and Online safety
- Always seek independent advice
- Don't be rushed – take several days or as long as you need to make a decision
- Spread the word – warn your friends or contact Age Concern
- Contact your bank immediately if you suspect you have been scammed

*A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down. Later that evening they're sitting and reading, when the husband gets up. "Would you like anything from the kitchen?" he asks. "Some vanilla ice cream," his wife replies. "Okay." "Shouldn't you write it down so you don't forget it?" she asks. "Don't worry, I won't forget." "Well," she says. "A few raspberries on top would be great. You want to write that down?" "I've got it, honey. A bowl of vanilla ice cream with raspberries on top." "And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?" A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!" He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife. She stares at the plate a few seconds, then says, "You forgot my toast."*

*"Grandpa was telling his young grandson what life was like when he was a boy. "In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm." The little boy was amazed, and sat silently for a minute. Finally he said, "Grand-dad, I wish I'd gotten to know you a lot sooner!"*



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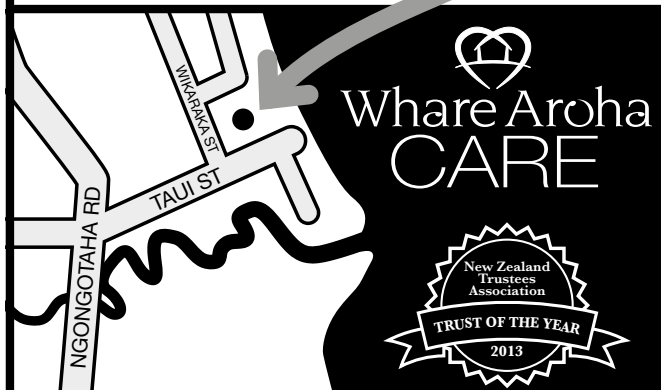
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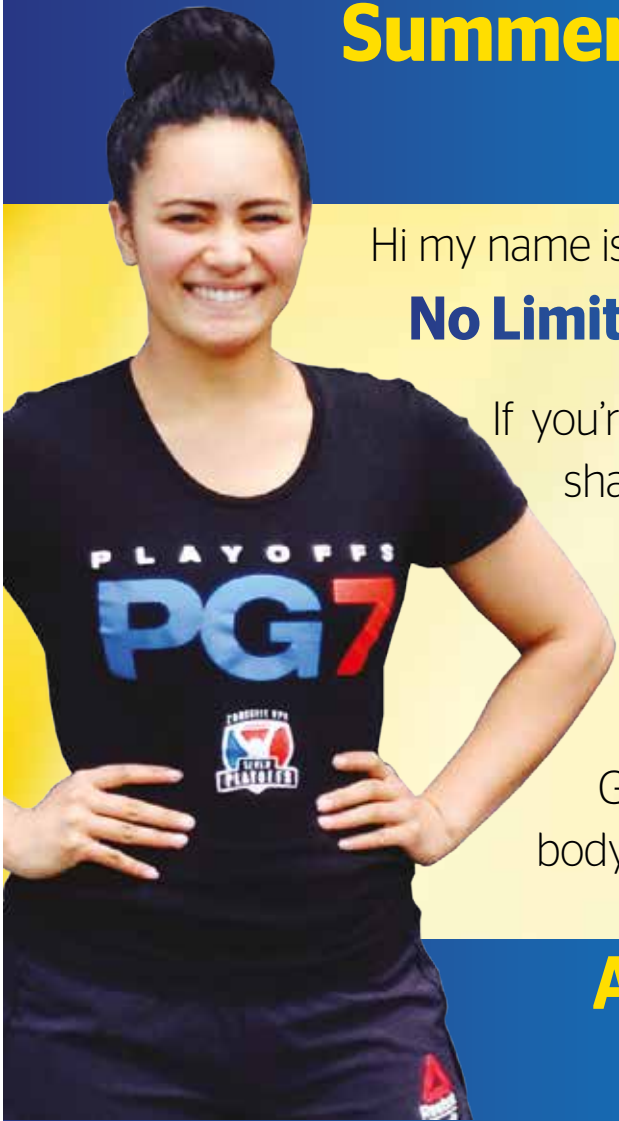
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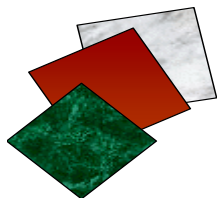
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## Kia Ora from Hamurana Playcentre!

A busy month has been had at our centre so it has been nice to all have a wee break for the School Holidays, now we are ready to get back into it again for the final Term of 2016!

We have had five of our tamariki turn 3 over the last month so we had a group birthday party to celebrate, what a great session that was with a shared morning tea & a train cake!

Our trip to Flipout in the last week of Term was so much fun, the kids had a blast (so did all the Mum's & Dad's that came along!) we also ended the term with more shared morning teas & a dress up day, there is always lots going on at Playcentre.

We held our AGM that week also, thank you to all who attended, it was a nice relaxed meeting getting things sorted for the coming year, we now have a newly appointed President, Elizabeth & Jo stepped down from the position as her daughter is off to School in the new year, thanks for all your hard work Jo, you can sit back & relax for the next few months!

Organisation for our 10th annual Spring Fair is in full swing with the Fair set for the 27th of November this year, it will be an awesome day again with lots of stalls, games, food, a jumble sale & of course the Grand Auction at 12pm. Pop it in your diaries now & find our event page on Facebook to see all the amazing donations we have received to auction off.

We are a busy centre lately, come in and visit, see what you think and see if there are any spaces available for either day.

You will find Hamurana Playcentre at 38 Tauranga Direct Road. All enquiries welcome - phone 332 2110 during session times (Monday & Thursday 9.15am - 11.45am during the school term). You can also check out our Facebook page - see Hamurana Playcentre or contact Elizabeth on 027 757 5507.

Everyone welcome and we look forward to showing you around our amazing Centre!!!!

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## Salt playdough recipe

Salt playdough dries harder and can be baked to make models that will last. Kids can get very creative and spend lots of time having fun with salt playdough.

What you need:

3 cups flour	1 cup salt
1 1/4 cups water	1 tbsp glycerin

Activity:

Mix all ingredients and knead until the dough is elastic.

To make buttons, brooches, beads, animals, Christmas decorations, bake dough on a tray lined with foil or baking paper in a pre-heated oven at 150C.

Thin objects will take about 1 1/2 hours with thicker models taking longer.

If the object is beginning to brown, turn down the heat of the oven.





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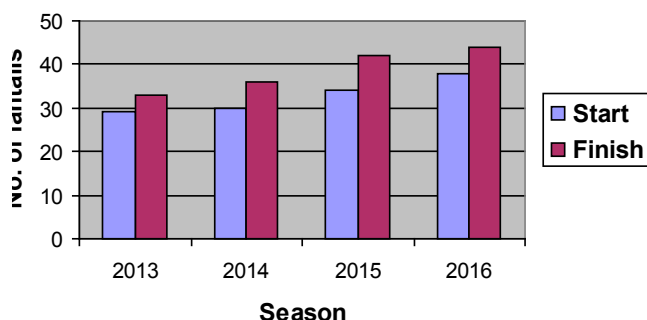
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& ear cleaning)

Facebook: @pampered pooches16

A small group of avid volunteers, formerly members of Hamurana Springs Incorporated Society, began trapping predators at the Hamurana Springs Reserve in September 2011, under the watchful guidance of local Environmental Researcher Kerry Oates. In the past 5 years they have, in conjunction with Ngati Rangiwewehi staff as kaitiaki of the Reserve, removed over 430 rats, 20 stoats, 13 weasels, 43 hedgehogs, 10 ferrets and a few rabbits. In return bird life is being restored remarkably, with three threatened species taking up residency within the Reserve in recent years. This started with a couple of pairs of endangered dabchicks in full breeding plumage moving well up the main stream to breed. They were soon followed by two pairs of spotless crane in 2015, and most recently a pair of fernbirds have begun to occupy carex clumps in the main stream habitat. Fantail numbers have been monitored at the start and end of each breeding season and have risen by 52% since 2013. "It just goes to show what a small group of keen volunteers can do with a few traps and will to succeed" said Project Leader Kerry Oates. The group is grateful of the support, in-put and cooperation provided by staff of Te Tahuhu O Tawakeheimoa Trust, Department of Conservation (who provided the traps), and of course the general public.

Four Year comparison



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**Tender** Closes 5pm, 27 October 2016

View By Appointment [rwrotorua.co.nz/ROT22962](http://rwrotorua.co.nz/ROT22962)

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## Ngongotaha 45 Stenbridge Rd

**WHERE TOWN MEETS COUNTRY** Best of both worlds. Situated in a peaceful residential area yet you can feed the horses over the road, and enjoy panoramic farmland views. A beautifully maintained four bedroom dwelling with two living areas, conservatory plus outside office/ workshop. Modern kitchen, bathroom and has solar hot water. This property has been lovingly kept in tip top condition.

**For Sale** By Deadline: Closes 26/10/16 5pm

View By Appointment [rwrotorua.co.nz/ROT22950](http://rwrotorua.co.nz/ROT22950)

**John Piercy 027 446 4549**



## Ngongotaha 1 Warihi Pl

**EASY INVESTMENT - BRILLIANT TENANT** Tidy 3 bedroom home in quiet cul de sac. Walk to Ngongotaha Village, and the local primary school. Homes like this offer the peace of mind of a solid rental demand due to nearby amenities. The current tenant has been here for years and has really made this home with her own gardens and additional kitchen benches. She would be very keen to stay.

**For Sale** By Deadline: Closes 20/10/16 5pm

View By Appointment [rwrotorua.co.nz/ROT22971](http://rwrotorua.co.nz/ROT22971)

**Keira Chen 0212 599 521**



## Ngongotaha 3 Taha Pl

**INVEST IN YOUR FUTURE** Elevated, sunny and ready for a new family. Updated kitchen, open plan dining and living, 3 bedrooms, pleasant rural views and private living. North-facing, the home is light and airy and boasts a heat pump, updated bathroom and separate toilet. Enjoy outdoor living on one of the many decks and fenced backyard. Single garage, off-road parking and ample storage beneath the home.

**For Sale** By Deadline: Closes 20/10/16 5pm

View By Appointment [rwrotorua.co.nz/ROT22940](http://rwrotorua.co.nz/ROT22940)

**Katherine Martelli 021 213 1541**



## Hamurana 14a Te Waerenga Road

**FISHERMANS COTTAGE BY THE LAKE** Native bush and the quiet of the country. A charming, 2 bedroom cottage with high stud ceilings, original wooden doors and window frames, polished native timber floors, a wood burner and spacious deck. Carry your paddle board down to the lake and boat ramp. Close to Hamurana Springs and Golf Club. Ideal holiday home, Bookabach or first home.

**For Sale** By Negotiation

View By Appointment [rwrotorua.co.nz/ROT22807](http://rwrotorua.co.nz/ROT22807)

**James Alexander 021 878 178**



## Ngongotaha 8 Oakland

**BUY NOW- BUILD A DREAM** A fantastic position, this section with its wide sweeping frontage and level area of 1087m2 (more or less) is a great opportunity for you to build a home that suits your requirements. Pre-loaded for 2 years, the owners have had an approved plan (now lapsed as it is over 2 years old) plus an engineered foundation design completed.

**For Sale** By Negotiation

View By Appointment [rwrotorua.co.nz/ROT22892](http://rwrotorua.co.nz/ROT22892)

**Anita Martelli 027 552 6482 & Tim O'Sullivan 0274 974 986**



UNDER CONTRACT

## Ngongotaha Valley 99 Te Miri Rd

**STUNNING RURAL LOCATION** 9.2946ha (22.96 acres) only 15 mins drive to the Rotorua CBD. The substantial 320m2 executive home offers 4 bedrooms plus a guest wing, formal dining, separate living room with log burner, open plan kitchen and second living area plus an office and 2 conservatories. Deer fenced into 7 paddocks. Large multi-purpose shed, stables, storage area, helicopter hangar and helipad.

**Under Contract**

View By Appointment [rwrotorua.co.nz/ROT22796](http://rwrotorua.co.nz/ROT22796)

**Tim O'Sullivan 0274 974 986 & Anita Martelli 027 552 6482**



UNDER CONTRACT

## Ngongotaha 45 Caledonia Road

**SUNSHINE & SPACE** This family friendly home has an elevated position capturing all day sun and pleasant rural views. 931m2 flat section, double garage with mechanic's pit plus a carport and garden shed. 3 bedrooms, ensuite, compliant wood burner on a wetback, large deck.

**Sold**

View By Appointment [rwrotorua.co.nz/ROT22840](http://rwrotorua.co.nz/ROT22840)

**John Piercy 027 446 4549**



SOLD

## Ngongotaha 266 Ngongotaha Road

**1/4 ACRE RIPARIAN RIGHTS** 1930's cottage brimming with character, packed full of charm and right next to the Ngongotaha stream. Located in the heart of Ngongotaha village. The house features solid native timber and high stud ceilings. North facing, sunny, wood-burner in the lounge, spacious decking and fully fenced.

**For Sale** By Negotiation

View By Appointment [rwrotorua.co.nz/ROT22839](http://rwrotorua.co.nz/ROT22839)

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OUT AND ABOUT.....

### Election 2016,

Well the results will be in and the final result will be on 13 October and the new Council and our Mayor will be sworn in on Friday 14th October at 9.00am so you are all welcome to come and experience the ceremonial part of being sworn in. I hope there are some new faces mixed with the experienced ones as it does take time to learn the ropes, process the laws pertaining to one's role and responsibilities according to Law as the public confidence in doing things according to law is essential. Be assured if the power of using the confidential sessions is being abused and if I'm re-elected then I will not sit idly by and let this become the norm. There are certain matters that have to be discussed in confidence like tenders, appointments to boards, when personal information is divulged and the privacy laws apply and negotiations to purchase land or sell land are being considered. The rules pertaining to these matters are always at the front of the agendas and the confidential detail is given to the mayor and Councillors about 4 days before the meeting.

I do want to say a big thank you to Progress Ngongotaha who held a Mayoral forum and then a speed dating type format for public members to meet each of the 33 candidates for council, at the Ngongotaha Hall. Unusual to say the least but enjoyable but I did not enjoy having to sit in front of a 'wannabe mayoral candidates' one who had the audacity to ask me what I had done for Ngongotaha. If re-elected remember I'm happy to meet anyone, anytime, any day or at a Community Hall, Marae or at an organised meeting of your club or members. I do not invite myself to anything so if you want me to come along let me know I'm in the phone Book or leave a text or email or message on facebook and I'll do my very best to answer your query.

### Progress Ngongotaha

You have to pop into the store in the main street to view the museum items which they are collecting or have on Loan. In my job as a real estate agent it pains me to see families who biff or throw away items of a historic nature into skip bins. I'm sure if you handling a deceased estate someone like Progress Ngongotaha would love to sift through old momentos that no one wants. Also books can be donated to the friends of the Library, Hospice, Salvation Army, Red Cross will take clothes and household items you don't need. Women's refuge often get calls for furniture bedding etc so give them a call also. Do call in and see the volunteers like Bob Martin, Lyn Benfell if you want to assist many hands make light work.

### Rotorua Energy Charitable Trust,

I have put name in the ring to be a trustee simply as I see little support for or applications coming into the trust from our rural residential, Lifestyle and western parts of Rotorua including Mamaku, Kaharoa, Hamurana and Ngongotaha. I do know over the years the Kokako Trust, Hamurana Springs restoration and Ngongotaha's youth trust has had funding but I'm sure there could be many more. Over \$10million was distributed to very worthy causes last financial year and it's essential individuals elected onto the trust exercise financial prudence and have the experience to allow the trust to distribute its income widely and get the balance to retain earning for the future. My focus is Young people, our Seniors, Music and the performing arts. I seek your support.

### Hamurana Reserve Redevelopment

Council is working on producing a new management plan for the reserve which now runs from Fryer Road down to the Hamurana stream.

contd overpage.....



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With the inclusion of Hamurana in the new Lakes Community Board I trust the people most effected will be involved in its plan. Remember it is a public reserve and a wide use is envisaged. Whether commercial opportunities arise is up to the Plan.

Ok best wishes hope you are enjoying spring and the Tulips and Daffodil's spring lambs and the blossom trees. The grass is booming.

*Charles Sturt*

### Lake-front village to open early 2017

The lake-front land at the end of Tai Street that has laid bare for so many years has been transformed by the addition of 13 houses that make up the initial stages of the Whare Aroha CARE village.

The houses are expected to be ready to move into early in 2017 after a wet, windy winter and some minor design tweaks pushed the completion date out by several months.

Thérèse Jeffs, Chief Executive Whare Aroha CARE, says the delay gives us some extra time to provide training to our staff on how to care for people in this new environment.

"It's very different to what we do now. At the moment, residents eat meals in our dining room that have been prepared by our cooks in our commercial kitchen. In our CARE village, the environment will be more like a regular home, where residents and their carers will prepare food together in the household's kitchen and enjoy their efforts at the kitchen or dining table," she said.

The idea is that rather than creating confusion by requiring people to live in an institution, households are provided that look like and operate like a regular home.

The first people to live in the new village will be those who already live at Whare Aroha CARE in the city centre on Hinemaru Street.

"We have had a lot of interest from people all over New Zealand which has been really encouraging. First we will move 78 people, many with various stages of dementia, to our new 81 bed village. That's going to take a lot of planning, and probably even more patience! When everyone is settled, we will welcome new people into the village," explained Thérèse.

The vision for the Whare Aroha CARE village is for people with dementia to have a better life by allowing them to live as near-a-normal life as possible.

To follow progress 'LIKE' the Whare Aroha CARE Facebook page.



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Sean is the vicar of a Church of England parish, on the border of Northern Ireland and Southern Ireland, and Patrick is the priest at the Roman Catholic Church just across the road.

One day they are seen together, erecting a sign which says:

"THE END IS NEAR. TURN YOURSELF AROUND NOW BEFORE IT IS TOO LATE."

As a car speeds past them, the driver leans out his window and yells:

"Leave people alone, you religious nutters, we don't need your lectures."

From around the next curve they hear screeching tyres and a big splash.

Shaking his head, Father Patrick says: "Dat's da terd one dis mornin'."

"Yaa," Sean agrees, then adds: "Do ya tink maybe da sign should just say: BRIDGE CLOSED"

#### THE VICAR'S FALSE TEETH

Pastor goes to the dentist for a set of false teeth. The first Sunday after he gets his new teeth, he talks for only eight minutes.

The second Sunday, he talks for only ten minutes. The following Sunday, he talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit and They asked him what happened.

The Pastor explains, the first Sunday his gums hurt so bad he couldn't Talk for more than 8 minutes. The second Sunday his gums still hurt, so he could only talk for about 10 minutes. But, the third Sunday, he put his Wives' teeth in by mistake and he couldn't shut up... I KNOW YOU ARE SMILING!!!!!!

As I approached the receptionist's desk, I noticed that the receptionist was a large unfriendly woman who looked like a Sumo wrestler. I gave her my name. In a very loud voice, the receptionist said, "YES, I HAVE YOUR NAME HERE; YOU WANT TO SEE THE DOCTOR ABOUT IMPOTENCE, RIGHT?" All the patients in the waiting room snapped their heads around to look at me, a now very embarrassed man.

But as usual, I recovered quickly, and in an equally loud voice replied, 'NO, I'VE COME TO INQUIRE ABOUT A SEX CHANGE OPERATION, BUT I DON'T WANT THE SAME DOCTOR THAT DID YOURS.'

The room erupted in applause! DON'T MESS WITH OLD GUYS

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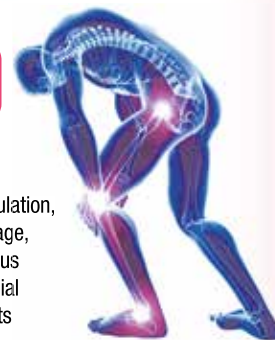
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### Brilliant Irish Text Message

"Mary, I'm just having one more pint with the lads. If I'm not home in 20 minutes, read this message again."

4:20 PM  
-all Carrier

## Fletcher Tabuteau MP

Local issues that have been a concern to NZ First MP Fletcher Tabuteau were reflected back after a visit to Kawerau Council last week. A meeting with the Mayor Malcolm Campbell and local councillors confirmed that regional New Zealand is being badly undermined by this National Government.

Police Stations are down on sworn officers in the regions with no administration staff and Kawerau is suffering as a result. The closure of many Australian owned banks with many shutting up shop in the small regions despite individual branches breaking even is another very sore point.

To top off the level of frustration felt by many is that the NZ Electricity Authority has decided to change the way electricity pricing is measured across the country. Regions such as Northland, the West Coast and Kawerau who are already struggling, any large businesses will feel the bite of increased charges due to their revamped ideas of power charging and many will be paying more. Increased charges so far have been mooted for the Kawerau Timber Mills who will have to foot an increase of around \$15 million per annum.

This is terrifying for the people and the Council of Kawerau as they could lose in excess of 700 job losses across the Eastern Bay.

In my role as NZ First member for Rotorua I have been following these issues closely and will continue to raise objections in the House to these arbitrary decisions that will have huge impacts on our communities.

## Fletcher Tabuteau

### List MP for Rotorua

#### Travelling overseas and its impact on NZ Super

If you're planning on going on an overseas holiday, here's some useful information.

- If it's to Australia for a few days or a two week tropical island getaway, your NZ Super or Veteran's Pension payments won't be affected and you don't need to contact Senior Services.
- But if you're planning a big trip overseas, eg heading away to Europe for more than six months, you do need to contact Senior Services at the Ministry of Social Development and they'll advise you about the effect on your payments.
- You also need to contact them if you receive extra help like Accommodation Supplement or Disability Allowance and you:
  - will be out of New Zealand for 28 days or more, or
  - don't know exactly when you will return.
- People who travel a lot and only spend short periods of time in New Zealand also need to let Senior Services know as your entitlements might be affected.
- If you plan to live or travel overseas for more than six months, you may be able to get some or all of your NZ Super paid overseas. Let the Senior Services international team know at least six weeks before you leave.

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### Time for a New Mattress?

A quality mattress that supports your back can make all the difference between getting so-so sleep and superb shuteye. If you don't sleep on a mattress that offers adequate support, you may experience persistent low back pain.

When shopping for a mattress, you want to ensure that it supports the natural curves and alignment of the spine. It's a good idea to lie on different mattresses that offer varying degrees of support. Comfort, after all, is critical.

You may find, however, that a too-firm mattress could result in aches and pains on pressure points. A medium-firm mattress is likely your best bet as it provides essential comfort as well as sufficient support.

Consider, too, a memory foam mattress as it offers great support as well as can prevent and reduce pain.

### The Brain-boosting Benefits of Exercise

Sure, exercise gets the heart pumping, but did you know that just as exercise boosts cardiovascular health, it also promotes cerebral and mental health? When you exercise, there's an increase in blood flow to the brain. The result is a boost in cognitive capabilities.

Whether you swim a few laps, cycle for miles or run for a few minutes, the physical activity you do can help sharpen your mental performance and enhance your ability to learn.

An increase in brain-derived neurotrophic factor (BDNF), which stimulates brain cell growth, is another benefit of exercise. Mental health may improve with exercise, too, as working out is an effective and natural way to relieve stress, anxiety and even depression.

Exercise also helps keep the brain spry, and may stave off dementia and Alzheimer's disease.

### Chicken haloumi burgers recipe

These delicious chicken and haloumi burgers are a winner with kids and adults alike. They make a great midweek meal, or can be added to a fabulous barbecue line-up when entertaining friends.

Ingredients:

Patty ingredients:

- 500g chicken mince
- 1 medium carrot, finely grated
- 1 clove garlic, minced
- 2 shallots, finely chopped
- 100g haloumi, grated
- 1 egg
- 1 tbsp oregano, chopped
- 1/2 cup (45g) breadcrumbs
- 1 tbsp olive oil

To make the burgers:

- 6 small bread rolls
- tomato, spinach, cucumber, etc.

Method:

In a large bowl, combine all the patty ingredients except the oil. Use clean hands to mix well. Add more breadcrumbs if the mixture seems too wet. Season well.

Form mixture into six patties. Refrigerate until you are ready to cook.

Heat oil in a large frypan or on a barbecue plate. Cook patties for 5-6 minutes each side over a gentle heat. Check to ensure they are cooked through.

Cut bread rolls in half. Fill with salad ingredients and cooked chicken and haloumi patties. Serve with tomato sauce or chutney.

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### TREE PLANTING AT NGONGOTAHA RAILWAY PARK

On September 3rd, 13 members of the Ngongotaha Lions Club and almost 50 members of the community turned out to plant trees at the Ngongotaha Railway Park.

Ngongotaha Lions Club raised \$1200 locally and the Lakes Council Community Matching Fund contributed the same amount.

This allowed the purchase of 30 fruit trees and 250 native trees. The native trees and flaxes help beautify our Ngongotaha village and the fruit trees can, in a few years provide produce for children from our area.

This Ngongotaha Lions Project was done as a celebration of 100 years of Lions Clubs being in existence worldwide.

If you feel you would like to assist in other Projects etc. and become involved with Ngongotaha Lions Club please call 021 940794



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### Ngongotaha School

Kia Ora Koutou Katoa

Welcome to term four of our 2016 school year. It is good to be back at school after being away on sabbatical last term. Thank you to Mr Henderson who was acting principal in my absence, a job well done.

The school is looking fabulous for the start of the term; the flowering cherry trees are a picture at the front of the school, as are the spring flowers popping up around the school.

Unfortunately we had some vandalism to our vegetable gardens, and decorative art around these gardens, last term. This was very disappointing as the children are very proud of their work in this area. It is a shame that a few spoil what others have worked on.

Thank you to those who keep an eye on the school during the weekends and over the holiday breaks, we do appreciate this.

The last week of term three was a very busy week. Our rugby, netball, hockey and soccer teams had a good day of competition on Tuesday 20th September at the annual field day. All the children enjoyed the day and the experience of playing a number of games. Thank you to all coaches and managers who have worked with the teams all year, your dedication and contribution to the teams is appreciated. Thank you all.

Our annual speech competition was held on Thursday 22nd September. The children worked on their speeches as part of the class programme and presented to their teams first. Finalists were selected and the children then presented to the whole school and judges. It was great to see the growth in confidence when speaking to a large group and to see the audience appreciate the work that had been done to get to the stage. Congratulations to Isabella Robbins who won the senior section, to Sarah Whyte who won the middle school section and to Addison Fletcher who won the junior section. Well done to all who took part, your preparation and hard work contributed to a good event.

Thank you to our judges, Rosalie Palmer, Hiro Grace and Whaea Mavis, we appreciated your deliberation and the time you gave to the children.

We will start the term with more new children entering the school as five year olds. This is a huge milestone for children and we work very hard to make their transition to school as smooth as possible. We are always looking at how we can improve our work at school and this is one area we will be looking to further develop. I look forward to working with our various early learning centres to continue this development and to foster strong ties between the centres and ourselves.

This year our curriculum focus has been around maths in everyday situations. This term we will be working on maths in science.

The term will start with our usual WOW day and will see the children taking part in various experiments.

contd overpage.....



This term Mr Henderson will be teaching in Room 3 as Whaea Jeanette is away on maternity leave, her baby is due early this term and we look forward to this good news.

For our year six students this will be their last term with us as they prepare to move onto their next stage of schooling. The children have had visits to both Kaitao Intermediate and Rotorua Intermediate in preparation for 2017. We are always very proud of our students and watch their continued progress when they leave us, enjoy this last term here at Ngongotaha.

This term we have our school athletics day on Friday 11th November which is followed by the Central Athletics, on Tuesday 22nd November, for the selected team. Children will be preparing for this in their physed and class programme. Later in the term our rumaki team will perform at the annual Ahurei in the convention centre. The children have been preparing for the last two terms and we look forward to their time on stage. Thank you to the team who are working with the children to prepare them for this event. Near the end of the term our children, who carry out road patrol duties, will have a day out at the Aquatic Centre with road patrol children from across Rotorua. These children are very dedicated and carry out this important duty diligently. Thank you to Mrs Nunn who prepares the timetable and monitors the children to ensure they are supported in this role. She also ensures there is a warm milo ready for them when their duty is done.

Children who will take on this role in 2017 will carry out their training this term with the police education officers. During week four of this term we will have a visit from the Education Review Office. We look forward to sharing our school with them and we are sure they will enjoy their time in Ngongotaha. The review team was last with us in 2012. Have you seen the new murals that have gone up at the front of the school, on the wall of Room 15. Each mural depicts our school teams and is supported by a whakatauki for Te Whanau Maunga, Te Whanau Manu, Te Whanau Wai and Te Whanau Ngahere. The murals were completed by the staff in these teams after our noho marae at the start of the year. They look great and I congratulate the staff on their creativity.

Lastly we wish to thank Salish for his contribution to Ngongotaha School during his time with Four Square. We have appreciated the support you provided in many ways and wish you all the best for your new ventures. Thank you for the Ngongotaha School community past and present.

Cathryn Naera and staff of Ngongotaha School

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#### Term Dates for 2016

Term Four Monday 10th October to Thursday 15th December. Labour Day – Monday 24th October

#### Term Dates for 2017

Term One Monday 31st January to Thursday 13th April

Term Three Monday 24th July to Friday 29th September

Term Two Monday 1st May to Friday 7th July

Term Four Monday 16th October to Friday 15th December



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## Ngongotaha Volunteer Fire Brigade

The Jubilee which is to be held on Saturday the 19th November is only a few weeks away with still more work left to do. The public day will commence with a Parade of Fire Appliances, old and new along with Fire Support vehicles from all over the area. The parade will commence at Lakeland Panel and Paint by the railway crossing on Ngongotaha Rd at 09:45 making its way down thru town to the Ngongotaha Domain via Domain Avenue opposite the Fire Station. At the Domain there will be static displays including all the Appliances from the Parade, Civil Defence, Rural Fire Police St John Ambulance and others. We also hope to have the rescue Helicopter on display but this is yet to be confirmed. There will also be activities for the kids, food and drink stalls. At the Fire Station there will be a Museum set up with photos and memorabilia from the Stations Past.

The proposed program at the Domain will be as follows

- 11:00 Rural Fire Display
- 11:30 Kitchen Fire Display
- 12:00 Police Display
- 12:45 Kitchen Fire Display
- 13:00 Motor Vehicle Accident Display
- 13:45 Civil Defence Display
- 14:15 Kitchen Fire Display
- 14:30 Rescue Helicopter Departs (if available)

I will update any changes next month

The day will continue for the Fire Service Members past and present and friends for a catch up of days gone by.

The night will also host a Gold Star Presentation for one of our Members, Senior Station Officer Paul Osborne. The presentation is for 25 years of service to the Fire Service and is a huge achievement, so congratulations Paul. Several other members will also be presented service honours on the night but more about that next month. If you have any questions or are able to contribute memorabilia please contact the persons below.

**Paul Newcombe on 3574357 or [paul.newcombe@fire.org.nz](mailto:paul.newcombe@fire.org.nz)**  
**CFO Francis Boag on 0277051817 or [francis.boag@fire.org.nz](mailto:francis.boag@fire.org.nz)**

If you are unable to contact either please call down to the station on a Monday evening between 19.00hrs and 21.00hrs. You are always welcome to call in for a chat.

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### ***Does olive oil prevent heart disease?***

Short answer: Yes

The health benefits of olive oil come from the presence of polyphenols, antioxidants that reduce the risk of heart diseases And cancers. But to get these healthy compounds, consumers should buy good-quality, fresh "extra-virgin" olive oil, which has the highest polyphenol content. Most commercially available olive oils have low levels of polyphenols associated with poor harvesting methods, improper storage, and heavy processing.

### ***Do cough syrups work?***

Short answer: No

In 2006, the nation's chest physicians agreed That the majority of over-the-counter cough medicines don't actually work. These colorful syrups typically contain doses of codeine and dextromethorphan that are too small to be effective. Only cough suppressants that contain older antihistamines seem to relieve coughs. That includes brompheniramine, an active ingredient in Dimetapp.

### ***Do sugary soft drinks lead to diabetes?***

Short answer: Yes

The majority of health research is stacked against sugar-sweetened soda. A large 2004 study in the Journal of the American Medical Association found that women who drank one or more sugary drinks per day increased their risk of developing type 2 diabetes by 83% compared to those who consumed less than one of these beverages per month.

### ***Do I need sunscreen with more than 30 SPF?***

Short answer: No

Sunscreens with an SPF (sun protection factor) of 30 block about 97% of ultraviolet rays, while sunscreens with an SPF of higher than 30 block 97%-98%. It's more important that you choose "broad-spectrum" sunscreen, meaning it protects against both UVB and UVA rays. Sunbathers also need to apply a generous amount of sunscreen in order to get the full benefit of the SPF.

### ***Is the MSG in Chinese likely to give you a headache?***

Short answer: No

A review of 40 years of clinical trials, published in the journal of the American Academy of Nurse Practitioners in 2006, found that all previous research "failed to identify a consistent relationship between the consumption of MSG and the constellation of symptoms that comprise the syndrome," including headaches and asthma attacks. The misconception spawned from several poorly-done small studies in the 1960's that seemed to connect MSG with a variety of maladies that people experienced after eating at Chinese restaurants.

### ***Do nuts make you fat?***

Short answer: No

As much as 75% of a nut is fat. But eating fat doesn't necessarily make you fat. The bigger factor leading to weight gain is portion-size. Luckily, nuts are loaded with healthy fats that keep you full. They're also a good source of protein and fiber. One study even found that whole almonds have 20% less calories than previously thought because A lot of the fat is excreted from the body.

### ***Is walking as effective as running?***

Short answer: Yes

Studies have shown that how long you exercise — and thus how many calories you burn — is more important than how hard you exercise. Running is a more efficient form of exercise, but not necessarily better for you. A six-year study published in the journal Arteriosclerosis, Thrombosis, and Vascular Biology in April found that walking at a moderate pace and running produced similar health benefits, so long as the same amount of energy was expended.

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***Is drinking fruit juice as good for you as eating fruit?***

Short answer: No

Calorie for calorie, whole fruit provides more nutritional benefits than drinking the pure juice of that fruit. That's because when you liquefy fruit, stripping away the peel and dumping the pulp, many ingredients like fibre, calcium, vitamin C, and other antioxidants are lost. For comparison, a five-ounce glass of orange juice that contains 69 calories has .3 grams of dietary fibre and 16 milligrams of calcium, whereas an orange with the same number of calories packs 3.1 grams of fibre and 60 milligrams of calcium.

***Are all wheat breads better for you than white bread?***

Short answer: No

Not all wheat breads are created equal. Wheat breads that contain all parts of the grain kernel, including the nutrient-rich germ and fiber-dense bran, must be labeled "whole grain" or "whole wheat." Some wheat breads are just white bread with a little bit of caramel coloring to make the bread appear healthier, according to Reader's Digest.

***Can a hot tub make me sick?***

Short answer: Yes

Hot tubs — especially ones in spas, hotels, and gyms — are perfect breeding grounds for germs. The water is not hot enough to kill bacteria, but is just the right temperature to make microbes grow even faster. Even though hot tubs are treated with chlorine, the heat causes the disinfectant to break down faster than it would in regular pools. The most common hot tub infection is pseudomonas folliculitis, which causes red, itchy bumps. A more dangerous side-effect of soaking in a dirty Jacuzzi is a form of pneumonia known as Legionnaire's disease. This is what reportedly sickened more than 100 people at the Playboy Mansion back in 2011.

***Does coffee cause cancer?***

Short answer: No

Coffee got a bad rap in the 1980's when a study linked drinking coffee to pancreatic cancer. The preliminary report was later debunked more recently, health studies have swung in favor of the caffeinated beverage. Coffee has been linked to a lower risk of type 2 diabetes, Parkinson's disease, liver cancer, and even suicide.

***Do eggs raise cholesterol levels?***

Short answer: No

Although egg yolks are a major source of cholesterol — a waxy substance that resembles fat — researchers have learned that saturated fat has more of an impact on cholesterol in your blood than eating foods that contain cholesterol. "Healthy individuals with normal blood cholesterol levels should now feel free to enjoy foods like eggs in their diet every day," the lead researcher from a 25-year University of Arizona study on cholesterol concluded.

***Can you drink too much water?***

Short answer: Yes

It is very rare for someone to die from drinking too much water, but it can happen. Over-hydrating is most common among elite athletes. Drinking an excess of water, called water intoxication, dilutes the concentration of sodium in the blood leading to a condition known as hyponatremia. The symptoms of hyponatremia can range from nausea and confusion to seizures and even death in severe cases. To avoid this, drink fluids with electrolytes during extreme exercise events.

***Can yogurt ease digestive problems?***

Short answer: Yes

Our digestive tract is filled with microorganisms — some good and some bad. Yogurt contains beneficial bacteria, generically called probiotics, that helps maintain a healthy balance. Probiotics can relieve several gastrointestinal problems, including constipation and diarrhea.

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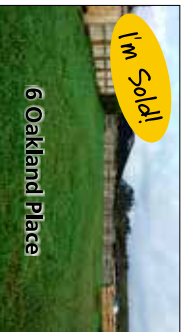
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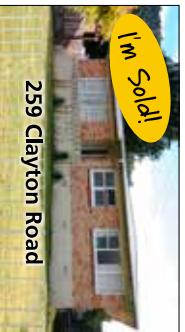
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