

# NGONGOTAHA NEWS

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

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**NEXT DEADLINE: WED 7 OCTOBER 10AM**

**SEPTEMBER 2020 ISSUE**



## **One door closes another opens**

I miss doing things that I would usually be doing this time of year. Normally, I would be presenting leadership keynote presentations throughout New Zealand and overseas. I would be meeting thousands of people and trying to make a positive difference in their lives. I would be sleeping in nice hotels, enjoying delicious meals and flying.

I enjoy flying. The first flight I ever had was as a teenager when one of my uncles got me a flight home from Auckland to Rotorua. It was on a small turbo prop plane and I recall freaking out when the plane started circling Matamata because I thought there must be something wrong with our aircraft. I also did not know there was an airfield in Matamata which made it worse. However, after a few more circles we landed safely to drop off a passenger before flying on to our destination of Rotorua which was just a few clouds away.

Years later I would be having stop offs in places like Auckland to fly down to Queenstown or overseas. I would also be stopping over at places like Sydney to fly on to Melbourne or Perth or even Canberra or Cairns. One of my favourite stop overs is Singapore because it means I am flying to England or other countries. Los Angeles is another favourite because it means I am flying elsewhere in the States such as Florida or New York. And now there are no more stopovers anywhere for me due to Covid 19. In fact I have not flown since COVID hit our shores. The last international Speaking engagement I had was three weeks before Covid when I flew to Vancouver in Canada on a Monday after a stopover in Auckland. I presented my leadership keynote to 1,000 young leaders on Wednesday before flying home that night and was back in my own bed on Friday night. I have been back in my own bed every night since then and am really enjoying being home.

Speaking has stopped and so has flying. However, there are also no more early morning flights to catch, busy taxis to sit in, hotels to check in and out of or delicious meals to eat on my own. I do miss helping people on their journeys though.

My uncle Mita Mohi used to always say One door closes and another opens.

A few years ago we were looking at our businesses and were thinking about the risks associated with being just a professional speaker. My whanau were not travelling with me as often as they used to so we decided to diversify or as they are saying in Covid times, pivot. We started other businesses including hosting people on local helicopters (which meant more flying), hosting people in accommodation and a couple of other things including becoming a Professional Director.

My professional Director mahi on various Boards is particularly enjoyable. Sure I may not be flying anywhere anymore, but I am still making a positive difference in many people's lives. I also get to spend more time with whanau and friends and about the only thing flying now is my golf ball around various golf courses. I am sure my golf ball gets to fly to places never seen by other golf balls too with my out of bounds shots.

I am also enjoying more time with my wife and instead of flying to New York on business as we were due to do during COVID, we have invested in a couple of electric bikes and fly along all the awesome bike paths. Due to Covid, my daughter is also home from Med School studying here instead of Auckland as they have gone online, so time with her is also another bonus and it is also nice to be around with my son who is in his first year as a doctor at Rotorua hospital. One door closes, another opens, but places like Hamurana, Kaharoa, Ngongotaha and Awahou remain the few constants in this ever changing COVID 19 world. And I think to myself, what a wonderful world. **Ngahi BIDOIS**



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## Ngongotaha Indoor Bowls

10th August Roll Up. The winners for the night were Kevin Whyte and Delwyn Hughes. The booby prize went to Bruce Wiggins and Grahame Turner. A fun night had by all.

17th August Women versus Men Lots of laughter and fun had tonight. The women were the winners again this year. Thanks to Kevin (Winnie) who helped out by playing for the women team. Great effort.

19th August Helen White and Dot Moses win Owhata Club's 2-4-2 Pairs. Was a great thrill for Helen White as it was her first big win. Well done.

23rd August The Rotorua Association social bowls held at the Ngongotaha Hall attracted 23 players who played progressive bowls and had a really fun afternoon. The three winners were Josh Mills, Helen White and Ray Moyes. Another win for Helen White.

24th August Roll up. First game we played without the Jack, was an interesting game. We had to get our bowls into the square and we got a point for each bowl that got into the square. Kevin said to Helen White "that it would be 10 points if the Jack went off the mat." Helen White said, "no that is not fair, make it 5 points." Kevin laughed and said, "there is no Jack." Yes Helen is a blonde. Kevin had the last laugh. Next game we scored the first bowl closest to the kitty 5 points then 4, 3, 2, 1. That was fun to score. The last game we played normal bowls. The winners for the night were Robyn Campbell and Grahame Turner with three wins and 71 points. Well done to those two players.

31st August We changed players each game. Played six ends, four games. The winners for the night were Skip Wayne Hitchens 44 points, Two's Delwyn Hughes with 20 points. The booby prize went to Bruce Wiggins and Pam Rayner.

*During a competitive 'fours' match, the number 3 called out to the skip "How short am I", the skip replied "You're a foot in front!", "No need to be rude" said the number 3, "I only asked for some information"*

*Advice - "If your Skip wants an opinion, he'll give it to you".*

*Lead: "How much am I short?" Skip: "You ought to know, you're closer to it"*

*The Sport of Bowls has its very own language which can totally mystify anyone who hears it, but hasn't had the pleasure of throwing a bowl in fun or earnest. For the information of the uninitiated, here are a few terms translated into standard English.*

*"Good weight!" = lousy line*

*"Good line" = lousy weight*

*"Good back bowl" = you were lucky you didn't put it in the ditch*

*"That's in their way" = that's in my way*

*"That could be useful up there" = that bowl is closer to you than it is to the jack*

*"Get it next time" = you sure didn't get it this time*

*"He's surprisingly good" = you're surprised he ever makes a shot*

*"I'd bowl with him any day" = he always buys the first round*



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Thursday: 9.45am Contemplative Eucharist followed by coffee and fellowship. 11.00am Bible Study

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

MESSY CHURCH: Intergenerational church

Sunday 27th September 4.00pm – 6.00pm All welcome

Help Others – Not Because You Have To, Because It Is Right

There are good times and there are bad times. The times you will always remember and the times you wish you could forget. No matter how low you fall, remember that there is always someone lower who could benefit from a helping hand.

When Nelson Mandela was imprisoned for 27 years, his fire to change his country for the better only burned brighter. Mandela could have been forgiven for wanting to live a quiet and peaceful life, but instead he dedicated the remainder of his life to ensuring that his people do not go through the same ordeal that he himself had endured.

Never has there been a more powerful message of humility and it is an example that we should all follow. Yes, there are times when life is tough and gets you down, but the greatest mark of a man is now having ever fallen, but always getting back up on his feet.

### Helping Those in Need

When you read the newspaper, watch the news or even take a walk down your street, you will always find someone that is in need; someone that isn't enjoying the same benefits in life that you are, someone that for whatever reason has been forgotten by society. A small act of charity can go a long way in restoring faith in mankind.

Remember, however, that those most in need aren't always the ones that show it most. Whereas the man living on the street may show visible signs of the hardship he is living through, someone else's mental turmoil may almost be completely invisible. An expensive suit, fashionable haircut, the latest smartphone and sports car could only be serving as a cover-up for what they are really going through.

### A Problem Shared is a Problem Halved

Making the effort to talk to someone has the potential to be a lifesaver that you aren't even aware of. It is good to talk and, sometimes, it is all that we need in order to lift a weight off of your shoulders and approach life with an open mind.

If a friend, family member, colleague or anyone else tries to talk to you, all you have to do is listen. Don't be the person who makes an excuse to walk away and then wonder why they never mentioned anything. Lending an ear is often more powerful than lending a hand.

### What you can do

Helping your fellow man can be fun and should never be a hardship. You should do so not because you feel it is an obligation, but because you genuinely want to help. Taking part in a fundraising event such as a fun run, cake sale or holding a party can help to raise money that can be donated to a charity of your choice.

Alternatively, you can give up your time by volunteering in a homeless shelter or donating food and clothing to help keep those in need warm and nourished. There are many ways in which you can help, many of which require minimum effort. There is little excuse not to help your fellow humans, because if you were in their shoes you would be desperate for someone to help you, too.

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# Hon Todd McClay MP for Rotorua

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**National**  
Authorised by Todd McClay MP,  
Parliament Buildings, Wellington.



Last month we were shocked to learn that new cases of Covid-19 were found to be in the community in Auckland. This was quickly followed by the emergence of a large new cluster, the lockdown of our biggest city and restrictions for the rest of New Zealand. This was incredibly disappointing after months of lockdown conditions that has led to widespread job losses and put livelihoods at risk. Sadly, this latest lockdown and restrictions has been the nail in the coffin for some. Particularly for our hospitality industry which has been among the hardest hit by Covid-19. It is crucial the Government works out how exactly the virus has returned despite our closed borders. It was hugely concerning to learn that Government mandated testing of all border workers wasn't happening,

alongside a handful of other bungles like confusing messages around who needs to get tested.

While centred in Auckland, it matters to us here in Rotorua because we need to have confidence that the Government can keep Covid-19 out of our communities, as well as tightly control any further outbreaks should they occur.

With this sudden turn of events, it was inevitable the election would be delayed.

Pushing the date out has ensured a fairer playing field for each party to show how they would steer New Zealand through the next three years.

The next three years will be spent ensuring we stay Covid-19 free as well as the hefty task of rebuilding our economy.

To do that, we need a strong Government and a clear plan, not the tax and spend approach that we would get under Labour.

National has a plan for guiding New Zealand through the economic crisis we're facing and the competent team to deliver it.

Recently, Judith Collins announced National's plan to support small businesses by backing the private sector and supporting entrepreneurs get on their feet.

Our comprehensive package of small business policies will reduce the cost and compliance of the tax system, make employment law fairer, improve cash flow, reduce red tape and improve access to capital for new and existing small businesses.

We've already announced our \$10,000 JobStart policy for businesses to hire new staff, \$30,000 Business Start policy for people to start their own business and our \$31 billion infrastructure plan to fix the country's transport network.

With the many challenges around the control of the border, we have also announced our border management plan.

The current ad-hoc system of managing COVID-19 at our border has led to a disorderly and confused response, putting the health and livelihoods of five million New Zealanders at risk.

National's plan includes establishing a specific Border Protection Agency, requiring international travellers to provide evidence of a negative COVID-19 test before arriving in New Zealand, better tracing technology and more stringent enforcement of testing for frontline workers.

The threat of COVID-19 will be with us for years to come and National is committed to safeguarding the health of all New Zealanders, as well as the wider economy.

In the final few weeks before New Zealanders go to the polls we'll be releasing more of our plan to help get New Zealand moving again.

**Hon Todd McClay**  
**Member of Parliament for Rotorua**  
**Authorised by T. McClay, Parliament Buildings, Wellington**

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## Race Talk

Well the new season started with a hiss and a roar and for Iain Kennedy it couldn't have been much better. Iain won the very first race of the new season with his Power gelding Prestigious Lad and Johnathan Riddell winning the maiden 1600 at Matamata, so for probably the first hour or so of the new calendar Iain was the leading NZ trainer. What was more special was that Prestigious Lad was out of his first ever trained racehorse winner Dontdyewonderin, so it was a breeding - training first for him.

Lady Shabeel and Callum Jones lined up in the Rating 101 - 1400 and almost made it a double for the day. She raced home and just missed it by the bob of a head, but a very nice second for her and a great start to the season.

Call Me Evie and Callum Jones then lined up in the Rating 90 - 1200 for Bill Pomare and raced in for a very nice 3rd, so all in all a great day at the office for the Rotorua Trainers.

Racing at Rotorua turned out to be a great day for Bill's Major Billy Lister and Jasmine Fawcett who ran a nice 3rd in the Rating 65 1215. I think Bill had been scratching his head a bit so this has given him some confidence with this Battle Paint gelding.

Ocean Billy ran a very nice 2nd at Tauranga for Bill with Jasmine Fawcett on board. The winner Cheval Prometteur looks to have a very promising future, so a fabulous effort by Ocean Billy.

Racing is still not what it was and with the recent outbreak in Auckland we are back to crowdless racing. At least we are still racing and that is what is most important, so until things improve we shall just carry on as best we can, and hope we get back to normal sometime in the near future.

The Rotorua trainers all seem to be very busy and most have at least 4 horses in work and getting ready for their Summer campaigns so we will all watch with interest in the coming months.

*A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old canons and laws of the church by hand. He notices, however, that all of the monks are copying from copies, not from the original manuscript.*

*So, the new monk goes to the Old Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies. The head monk, says, "We have been copying from the copies for centuries, but you make a good point, my son."*

*He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives in a locked vault that hasn't been opened for hundreds of years. Hours go by and nobody sees the Old Abbot.*

*So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.*

*"We missed the 'R'! We missed the 'R'! We missed the 'R'!"*

*His forehead is all bloody and bruised and he is crying uncontrollably.*

*The young monk asks the old abbot, "What's wrong, father?" With a choking voice, the old Abbot replies, "The word was... CELEBRATE!"*



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### New “Phone First Acute Clinic” To Replace “Drop In” Clinic

As previously advised, we’ve redesigned our traditional morning “Drop-in Clinic” to a “Phone First Acute Clinic” system. So If you feel you need to be seen the same day instead of coming down to the Surgery, simply call our reception from 8.30 a.m. and ask to be put in our “Phone First Acute Clinic” and a doctor or acute-care nurse practitioner will call you back promptly.

If we can sort your problem with a telephone consultation we will, however if we do need to see you in person we will arrange for you to come in to be seen. (Please note that there will only be a single consultation charge whether your issue is resolved by telephone consultation or face to face). **Benefits for you are:**

- No more long waits in waiting rooms with sick children
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### Operational Update - Level 2 - COVID 19 Pandemic

With the move back to Level 2 some of our operating procedures have had to change, specifically;

- The Practice is working between 8.30 a.m. – 5.00 p.m. BUT ENTRY TO THE BUILDING IS AGAIN RESTRICTED.
- Face to face appointments are still being booked as normal however there is a strict Triage process.
- Child Immunisations continue and will be booked as normal
- The is “DROP IN CLINIC” has been replaced with the “PHONE FIRST ACUTE CLINIC” as detailed above
- The Laboratory Service has resumed and is available from 8.00 a.m. to 12 noon daily.
- Third party clinics are still running. Please phone the surgery for details.

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Authorised by Fletcher Tabuteau, Parliament Buildings, Wellington.




Hope you're all well and life is starting to get back to the new normal again under Level 2.

This month, NZTA is expected to give the community and stakeholders an update on the critically needed upgrade of the Ngongotahā roundabout. I am proud that we, in the Coalition Government, has pledged \$14 million to improving this regular, peak hour bottle neck. I know personally how congested that area can be, especially during the morning and this investment will help ease traffic, enhance safety and accessibility of the highway on SH 5 Tarukenga to Ngongotahā. This upgrade is part of a wider \$88.25m roading investment project. A huge win for our communities.

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I'd like to congratulate all those involved in the Tohea course that has been recently launched. This is a fantastic opportunity for our young people in Rotorua to earn while they learn in the film and television industry working alongside some of our city's most experienced film makers.

The 18-week course is funded by the Ministry of Social Development and Provincial Growth Fund and sees 20 previously out-of-work young people aged between 18 and 28 trained for six weeks as part of pre-internship training in the basics of behind the scenes production of film and television. Those students will then work for 12 weeks as apprentices on the set of the recently announced \$5.6 million action-thriller Vegas, which is to be filmed in Rotorua this year. They will work in the filming, lighting, sound, technical and creative department to help produce the series for Auckland-based television powerhouse Greenstone TV. This is a great win for these young people,

the local film industry and Rotorua.

It continues on from Rotorua being a huge economic winner having received major funding of more than \$100 million. This includes:

- \$19.9 million towards the redevelopment of the Rotorua Lakefront
- \$7.5 million directly into job training and redeployment
- \$8 million to QE Health for a purpose built new facility giving job security and continued service delivery
- \$15 million to establish Te Uru Rakau (Forestry NZ) in Rotorua
- \$7.5 million towards the development of the Whakarewarewa Forest
- \$22 million for the Rotorua Museum re-build

**The election is now October 17 so make sure you get out and vote.**

*Outer Mongolia. One of the few places where your navigation can say, "Keep straight. Prepare to turn right on Tuesday morning." Why do monkeys carry their babies on their backs? It would be a bit hard dragging a buggy all the way up the trees... My date last night was really awesome. We had a definite spark and pretty soon he was basically lying at my feet. I love my new taser.*

*"Dad, I got my smarts from you, didn't I?" - "That's right my clever boy!" - "Yup, thought so, mom still has hers."*  
*A girl yells at her boyfriend, "That's it, Henry, we're through!" - "What? You want to break up? Why?" - "I'm sick of you constantly laughing at my weight!" - "Ah darling, please, don't be like that! Come here, grab these two chairs for yourself, let's sit down and talk it out."*

*I'm certain there are female hormones in beer. When I drink too much, I talk nonsense and I cannot control my car. A man noticed his credit card has been stolen - but he never reported it because the thief was still spending considerably less than his wife.*

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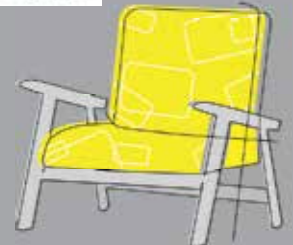
Please join us at this month's Charity Garage Sale

11 Tamaki Street, Ngongotaha  
Saturday 3rd October 9am - 12pm

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### Ngongotaha 75 Mokoia Road

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### Ngongotaha 11 Waikuta Road

Easy living springs to mind with this beautifully presented family home. Designer kitchen, seamless flow to the outdoors, a spa pool and fully fenced back yard. The master bedroom has an ensuite and walk-in robe and there's a large double internal access garage, plus extra parking for boat and trailer.

By Negotiation View [rwrotorua.co.nz/ROT25353](http://rwrotorua.co.nz/ROT25353)  
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### Hamurana 631a Hamurana Road

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### Ngongotaha 26 Operiana Street

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**FROM THE LIBRARY.....**

***I Owe You One* By Sophie Kinsella**

A lovely light read by this well-known author, just the tonic for a cold, wet weekend! The main character is a young lady known as Fixie. She came by her unusual name due to her "flaw", an uncontrollable need to fix things that aren't right. Fixie and her siblings are left in charge of the family business and it isn't long before the family business is almost unrecognisable. Toss into this mix a dose of Fixie's love life, extraordinary meetings in cafes, and you have a recipe for a wonderful, humorous tale. The characters are well defined, the story sets a good pace; altogether a good choice to while away some hours with. Also available in eBook and eAudiobook format  
Reviewed by Rose

***Every Word is a Bird We Teach to Sing* By Daniel Tammet**

There are certain book titles that immediately pull me in, that I simply cannot walk past on a shelf. This poetic and intriguing appellation, the idea of "animating words with our imagination," as the author describes, immediately sets the tone for a fantastic nonfiction book about the weird and wonderful world of language. The book is set up as an eclectic set of essays, each tackling some aspect of language- its pattern and evolution, its quirks and mysteries. Tammet begins with personal stories of his own life and covers everything from the history of the telephone to Iceland's strict naming laws. Considerations of indigenous languages, language revival and politics are particularly resonant here in New Zealand, though he does not address te reo Maori itself. Readers may also find interest in the chapter on the prominent Australian poet Les Murray. This book is exuberant and endlessly curious. Tammet is a deft writer with a few tricks up his sleeve; in his essay about a book written in the 1960s without a single use of the letter E, he quietly tackles the same task. He skillfully integrates history, biography, philosophy and more without getting bogged down in details or alienating the reader. Best known for his memoir *Born on a Blue Day*, the author is on the autism spectrum, a savant and polyglot who speaks 10 languages and thus offers a knowledgeable background on them throughout the book. In discussing his numerical relationship to language as well as his synesthesia- that is, he experiences many sensory aspects such as shape, color, and texture associated with words- he emphasizes the idea that there is no "normal" or "correct" when it comes to language and that it is often our personal perspective that shapes our understanding. All in all, this is a delightful book for a language nerd such as myself but with enough drawn from other subjects to inform and entertain any reader. Furthermore, this book allows us to explore these aspects of language and communication in our own lives, to appreciate the heritage inherent in our mother tongues, and to examine the ways in which our identities shape and are shaped by language. How would you rate this book out of 5?: 5  
Reviewed by Jessica

***The Last Act* By Brad Parks**

Here's a good one to get your teeth into over the coming chillier seasons! Full of twists and turns the author cleverly waits until you think you know what's around the next page, then "flip!" the story takes another twist and you're off on another path. The main character is a young man coming to the realisation that his love of live theatre has to conclude, as life throws him a curve ball and it is time to face up to responsibility. A chance meeting with an old school friend changes everything, and here is the opportunity to have one last throw of the dice. Combining acting and earning a solid chunk of money seems too easy. Who said there's no such thing as a free lunch? Solid characterisation, combined with a strong story line and delivered with good pace, results in this novel being one that you will loathe to put down. Another winner from Brad Parks. Also available in Ebook format  
Reviewed by Rose



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References: 1. Bousquet J et al. J Allergy Clin Immunol. 2018; DOI: 10.1016/j.jaip.2018.01.031.2. Meltzer E et al. Int Arch Allergy Immunol. 2013;161(4):369-377. 3. Labixten Consumer Leaflet 2019. 4. Labixten labelling 2018. 5 Horak F et al. Inflamm Res. 2010; 59(5): 391-398.



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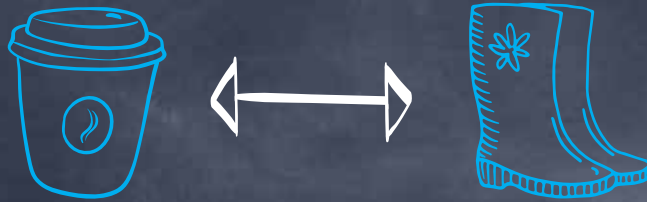
1. One Tequila, two Tequila, three Tequila..... Floor.
2. Atheism is a non-prophet organisation.
3. If man evolved from monkeys and apes, why do we still have monkeys and apes?
4. I went to a book shop and asked the saleswoman, "Where's the self-help section?" She said if she told me, that would defeat the purpose.
5. What if there were no hypothetical questions?
6. Is there another word for Synonym?
7. What do you do if you see an endangered animal eating an endangered plant?
8. Would a fly without wings be a walk?
9. If the police arrest a mute, do they tell him he has the right to remain silent?
10. Why do they put braille on drive through bank machines?
11. Why do shops have signs 'Guide Dogs Only'? The dogs can't read and their owners are blind.
12. What was the best thing before sliced bread??
13. One nice thing about egotists: They don't talk about other people.
14. Do infants enjoy infancy as much as adults enjoy adultery?
15. How is it possible to have a civil war?
16. If one synchronised swimmer drowns, do the rest drown too?
17. If you ate pasta and antipasto, would you still be hungry?
18. If you try to fail and succeed, which have you done?
19. Whose cruel idea was it for the word 'Lisp' to have an 'S' in it?
20. Why are hemorrhoids called "Hemorrhoids" instead of "Assteroids"?

21. Why is there an expiry date on sour cream?

22. If you spin an oriental man three times, does he become disoriented?

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**Kaharoa School**

Ngā mihi o te tau hou

Happy Spring everyone! It's been lovely to see the longer days and warmer weather!

**Life Education:** Harold and Krisy arrived on Thursday 27 August. All children have 2 lessons in Harold's caravan. Harold even popped into the classes on the Friday morning.

**West Cup Speeches:** These were held in our Kaharoa Hall with guest judges Richard Perkins and Jill Briar from Toastmasters. Congratulations to James who was our West Cup winner this year, 2nd - Jessica and Highly Commended were Ana and Finley. Congratulations also to the competing participants - Scarlett, Val, Boh, Farah, Jessica and Kobe. Te Mātou Pai Ake!

**Art Week:** This is a biennial event and is a highlight of our school year. Our theme is 'Our Beautiful World'. The art exhibition will be a 'walkthrough' event as our Kōkako Centre is being used for the Kōwhai and Mātai classrooms due to the junior block renovations. This will be held on Wednesday 27th September with Emily, James, Matt and Riley 'headlining' with their 'Shave for a Cure'. The time is TBC.

**Electives:** We are in our Elective term. The children are enjoying one of the following electives; cooking, mountain biking, jiu jitsu, amazing art crafts, engineering, writing, building, photography, chess, painting a mural and glass creations for the school. These fabulous electives are run by volunteer parents and our teachers. Jayne Baume from Thank you everyone.

**Chess Club:** Check mate! Individuals in the chess competition have been playing their rounds to battle it out to see who will be at the top of the Chess Board this year. Individuals also competed at Lynmore for the annual Rotorua Chess competition on Monday 24 August. Thank you to parents for supervision and transport.

**Orientation:** On Wednesday 2 September we welcomed all prospective whanau to an orientation meeting of our school particularly those Year 6 children from Ngongotaha School. The following day Mr Moyle, Mrs Powley, Whaea Kim Dalton and Whaea Denise Sharp visited Year 6 children at Ngongotaha School. Later that same day those students travelled to Kaharoa to enjoy a sausage sizzle followed by tabloids and activities with current Year 6 & 7 students. These events were led by our Year 8 students.

Please refer to the Kaharoa website for further information. [www.kaharoa.school.nz](http://www.kaharoa.school.nz)

**Ngā mihi mahana - The Kaharoa Team**

## Age Concern

Aren't we lucky we live where we live, in beautiful Ngongotaha. It is times like these that I am glad I do not live in a large city like Auckland. I do hope that moving forward we do not find ourselves moving in and out of levels as it is very unsettling for our elderly as it is for the rest of us.

The outside of our offices at Eruera Street have been painted. A huge thank you needs to go out to Bunnings, for their support and donations of time and materials for painting, Dulux for supplying the paint for the outside of the building, windows and doors, British Paints for supplying the roof paint and Johnny and his team from Exterior Washing Services for the entire painting job. The outside of our offices look fantastic.

I see recently that the Chief Coroner released the provisional suicide rate figures. It was pleasing to see an overall decrease in the number of deaths attributed to suicide but 654 during the year is still too many and it is important to remember that families have lost loved ones. It was sad to note, however, that there was an increase in the suspected suicides in the 80-84 age range with 12 more dying of suspected suicide than last year. Much is publicised about youth suicide but there is a growing number of our older population who make up the statistics that we are being presented with and this is of great concern to those organisations, like us, who deal with the elderly.

Here at Age Concern we are continually reminded about the adverse effects on health that loneliness and social isolations has on our elderly. This was especially evident during the extended Covid 19 lockdowns where more than half a million elderly were subject to increased mental and physical vulnerabilities. Recent research indicated that loneliness and social isolation were linked to poor health outcomes and often prematurely hastened otherwise well older people into rest homes. A study in 2017 found that 1 in 5 elderly described themselves as chronically lonely and this number was likely to be more under lockdown. Much of Age Concern's work was around social connection and providing social relationships and we have found many of our clients have shown a great resilience under the Covid lockdowns. It was interesting to note that on TV the other night a spokesman for Rest Homes NZ said that they had had double the enquiries than normal due, he thinks, to more people feeling lonely during lockdown and craving regular company.

We are always looking for new volunteers to visit our lonely and socially isolated so if you are interested please fill in a contact submission form on our website [www.ageconcernrotorua.org](http://www.ageconcernrotorua.org) or phone the office on 07 347 1539.

According to the statistics there are over 165,000 kiwis over 65 years old in the workforce. It is this group that is very vulnerable during Covid 19 times as under normal circumstances they are the first to lose their jobs and there is less opportunity to re-skill and employers are more reluctant to take on older workers.

I hope that our Positive Ageing Expo can go ahead and for this to happen we will need to be in level one because any other level will mean that we will be limited with numbers. We thought back when we finally came out of the Level 4 lockdown that November was a long way off so there would be no issue. Little did we know, although we should have, that we would be moving between levels. Our new minibus has been used for AVS visits and other things rather than what it was purchased for which was the regular excursions to various venues around Rotorua and surrounding districts. Unfortunately, because of the Covid19 level, our members have been reluctant to sign up and we are only able to take a reduced number and they need to wear masks. We look forward to getting back to level 1 and some sense of normality

**Rory O'Rourke**  
Manager.

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## Ngongotaha School

With so much uncertainty in the country, we didn't know if school would even be open at this point. I am so happy that we are and that the children are able to continue learning in the 'normal' environment. Regardless of what Alert Level we are in, we will continue to apply Health and Safety procedures to keep all children and staff safe including regular hand sanitiser and social distancing where appropriate.

I want to take this opportunity to thank the Ngongotaha community for their support with our recent Walk-a-thon. We raised over \$17,000, far more than any of us had expected. Initially, we were going to use any money raised to purchase sports equipment for the children but with this amount we are able to pool it with another fund and build an entire playground! Currently, we are researching different designs and have been working with the Student Council to find exactly what the children want.

Despite several cancellations, school has a great feel to it. Our School Speech finals happened recently and it was an absolutely brilliant morning. I was so impressed by the confidence, energy and effort that was put into each speech. I would like to congratulate all the children who took part and acknowledge our winners- Alex Tomblinson, Zara Gifford and Kalani Mativa-Horn. Our Year 6 children are currently visiting different Intermediate schools to find which one suits their needs. Kaharoa School,

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Rotorua Intermediate and Kaitao Intermediate all offer fantastic learning opportunities and our children have enjoyed visiting and experiencing what the next step in their education journey will look like. Athletics day is coming up. We have spread the event over 3 days this year to allow whanau to come and watch their children without the risk of having to many people assembled together. Whanau and community members are welcome to sign in and cheer the students on.

We farewelled Whaea Tayla this week as she heads off on maternity leave. We wish her and her whanau all the best with their new addition. Whaea Teneille will be teaching in Room 12 until Whaea Tayla comes back in 2021. Whaea Teneille is an ex-Ngongotaha School student and is looking forward to teaching in the same class she attended as a 6 year old.

School holidays continue to creep closer. School will be closed

from 3pm Friday 25th of September through to Monday 12th of October. While school is closed, a new perimeter fence will be installed around the school, new flagpole erected to display our school values and a new classroom will be built. The children will not believe their eyes upon return to school.

Craig McFadyen and the team at Ngongotaha School.



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