

The latest word from Waka Kotahi/NZTA

SH5/36 Ngongotahā roundabout

We'd like to thank you, the Ngongotahā community, those who commute through our work site daily and our project partners and stakeholders for your ongoing patience as we work to improve safety along SH5. This is a disruptive piece of work and we understand the inconvenience these works are causing people.

The remaining works at the roundabout include the installation of two safety platforms on the bypass lane entering and exiting the roundabout, as well as one on the lane exiting towards Rotorua. These raised sections of the road, with ramps on each side, aim to slow vehicles to a safe speed, making the roundabout safer to navigate for all users. Following completion of the ramps, we will apply the final surfacing and complete the concrete footpaths, driveways and landscaping.

While we complete the remaining works, the area remains a construction zone and we ask road users to continue to keep to the speed limits and watch out for our crews on the roadside. Safety is our priority and we want everyone to get home safely.

Safety improvements along SH5

While our key focus remains on upgrading the roundabout, we continue with the safety improvements along SH5 between SH36 and Dalbeth Road, including widening the road and installing median and side barriers. You will see us start work on the section from Dalbeth Road to north of the golf course in November as the final phase of this project.

The overall completion of the SH5/36 Tarukenga to Ngongotahā safety improvements remains on track for late-2021, despite the COVID-19 lockdown and restrictions. All major works, including road widening, and the installation of median and side barriers are expected to be complete by late-2021. Waka Kotahi asks motorists to be patient as we continue working in the area to make this busy stretch of state highway safer.

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Residents say:



Tamati

It'll be much better eventually. I avoid the traffic by starting work early.



Raelene

It's nice to have Western Road back to ourselves. It's so much easier to get out of our driveway now. And we were getting lots of petty crime, perhaps because of the extra traffic. I wish they'd keep the temporary roundabout in Ngongotaha, though. It can be hard turning right out of Western Road to go to Rotorua.



Nigel

Do you see anybody working on the slipway today? That should be the priority. It's taking people ages to get anywhere. Most afternoons, especially on Fridays, you can't even get a courier to do a delivery after 2.30 in the afternoon because of the queues.

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Ngongotaha School

It's hard to believe that we only have 5 more weeks of school for 2021, less by the time this goes to print. This year has been like no other, although I think I remember writing that same sentence this time last year. Lockdowns and Alert level restrictions have made things difficult and now the Public Health Response Order for Mandatory Vaccinations for Education has made things even more challenging. As it has always been, our first priority is our children- their safety and education. But the impact that this has caused our staff and our school community is significant. I want to publicly thank all of our whanau members for their support this year. Wearing masks, limiting time at school, regularly scanning the QR codes when picking up and dropping off tamariki, they have been amazing. Nga mihi koutou. We appreciate your continued support.

Despite these setbacks, I am the happiest principal you would ever meet at the moment. Our mural adorning the wall on the corner of School Road and Hood Street is complete. Our artist, Ants Haines, has done an exceptional job taking the ideas of our children and our local purakau (stories) and bringing them to life on the wall. It was incredible watching him work, such a talented man. I would also like to thank The Rotorua Energy Charitable Trust (RECT) for funding a significant part of the cost. We couldn't have done it without their support. Now, not only do our children have a beautiful mural around their school, but they also have a visual resource that they can use when learning about the important history of Ngongotaha. If you haven't seen it, please drive past and visit, you won't be disappointed.

Touch rugby has begun for the term and we have more teams entered than ever before. So far, we have had mixed results but after each game our children have learnt more, have had fun and leave with a smile on their faces. One of our amazing whanau has also started up a Mountain Biking skills group involving 25 students every Tuesday afternoon. They are learning bike maintenance, road safety and mountain biking skills. Once children are comfortable applying these new skills in and around the school grounds, they will head to Whakarewarewa Forest to put them into action.

Our end of year prizegiving and graduation is approaching fast. Plans for how this will look, complying with Alert Level restrictions, are currently underway. We are looking at live streaming the event on Friday the 10th of December so all of our Ngongotaha School community can be a part of it with a few invited guests in attendance for the children receiving the significant awards. It will be different to what we are used to but will still be a celebration of our children's successes. Our last official day for the year will be Tuesday 14th of December when we will finish up at 1pm. Then roll on Christmas!!

Craig McFadyen and the team at Ngongotaha School

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Embracing change

We thought we would start by getting an electric bike for my wife to see how it went before we bought one for me. So, I am following my wife on my normal bike which I had ridden for years, and things are going well.

Until they are not! We get to a hill on a long stretch of road, and she doesn't slow down, or look back. In fact, she does neither for quite a long time so while I am struggling to get up the hill in the lowest gear on my bike, she is blasting off merrily into the distance on her electric bike. My wife eventually decides to stop and look back and when I finally get to the top of the hill, she is already about 2 kilometres down the road wondering where I am. We went and bought me an electric bike the very next day.



I have travelled around the world many times as an international Motivational Speaker and have spent many hours sleeping on planes and staying in hotels. I was once engaged by an organisation who flew me to Perth to speak for 15 minutes. That's a 10-hour plane trip each way to speak for 15 minutes. I flew into Perth one day, spoke the next and flew out that night.

My last overseas speaking engagement was to Vancouver Canada pre Covid days. In fact, it was just weeks before New Zealand went into lockdown the first time. That was a 14-hour plane trip to speak for 45 minutes. I flew to Canada overnight, sleeping on the plane, arrived in Canada the next morning their time. Spoke the next day and flew home to New Zealand that night, sleeping on the plane on the way home to arrive the next morning.

I have not flown overseas for more than two years now and embracing change in my Professional Speaking business has meant doing keynote presentations on the computer to organisations overseas. To be fair, I have not chased this mahi but decided to let it come to me which it is doing so now. I have had four overseas speaking engagements through the online process in the last month. One of those presentations was to IBM in America, through my international speaker bureau in Canada. Times are a changing. So how are you embracing change?

Especially when you live in Hamurana, Awahou, Kaharoa or Ngongotaha and not that much seems to be changing in the environment around you. However, changes are happening in how we socialise with one another, how our kids are getting educated, whether we can travel to places such as Auckland and more recently Hamilton and Cambridge. Covid 19 has brought many changes to our piece of Paradise so here are a few tips that I have learnt during these challenging changing times.

Firstly, I had to determine what I could or could not control. I couldn't bike as fast as my wife on my non-electric bike and if biking was about doing something together than I had to change from my old bike to a newer better faster one. I also could not speak overseas anymore because conferences worldwide shut down, forcing me to focus on other parts of our businesses..What can you control?

Secondly, I must look after myself through change. My father has given me one of the best pieces of advice which has helped me through many changes in my life. Him saying, "Look after number one Nga", still echoes through my mind from when he first said it to me as a young fella. I look after myself through exercise, watching what I eat, praying and just chilling out when I need it. In Covid times I have also chosen to look after myself and my whanau by getting vaccinated, twice. I am careful who I hang out with and am spending quality time with whanau and friends.

How are you looking after yourself? Summer is just around the corner so there will be more opportunities to swim, fish, golf and have quality time for yourself and your whanau. By looking after yourself you will be in a stronger position to look after others.

There are lots of other things to consider in the middle of change such as planning, rewriting your story, reading books, identifying what's important to you, and maintaining a level of normality and routine, however my top four are rounded out by three, being grateful and four, staying in the moment.

I am naturally a half glass full kind of guy, an optimist always looking to accentuate the positive, eliminate the negative and not mess with the in between stuff but guess what? It has taken many years of training to get my mind and wairua to this point.

Things take time and time takes things, so choose wisely what you spend your time and energy on. Being grateful and staying in the moment makes us more mindful of why we choose to do the things we do with our time. Myself? I am still trying to keep up with my wife on her electric bike! I think I should have bought the even faster model.

Enjoy your summer in paradise. Bike or no bike.

Ngahihi o te ra Bidois is an international Keynote Speaker, businessman, author, husband, father and MBA. A Maori Boy from Awahou. See www.ngahibidois.com

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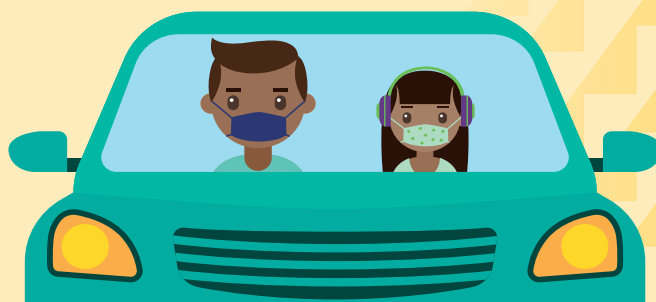
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On the subject of money

I was in small-claims court when I listened in on the case of a woman who held a good job but still had trouble paying her bills on time.

"Can't you live within your income?" asked the judge.

"No, Your Honour," she said. "It's all I can do to live within my credit."

A local charity had never received a donation from the town's banker, so the director made a phone call. "Our records show you make \$500,000 a year, yet you haven't given a cent to charity," the director began. "Wouldn't you like to help the community?"

The banker replied, "Did your research show that my mother is ill, with extremely expensive medical bills?"

"Um, no," mumbled the director.

"Or that my brother is blind and unemployed? Or that my sister's husband died, leaving her broke with four kids?"

"I ... I ... I had no idea."

"So," said the banker, "if I don't give them any money, why would I give any to you?"

My colleague and I checked into a hotel and ordered a 5 a.m. wake-up call. The next morning, the phone didn't ring until 5:30. "You were supposed to call us at 5 a.m.!" I admonished the receptionist on the other end of the line. "What if I had to close a million-dollar contract this morning? Your oversight would have cost me the deal!"

"Sir," he said calmly, "if you had to close that type of deal, I doubt you'd be staying in this type of hotel."

Because my wife and I are flea market dealers, we usually carry stacks of \$5 notes. Not long ago, we had lunch at a restaurant and paid the bill with \$5 notes. As our waitress collected them, she sized up my 70-year-old wife and said, "You had a good night dancing last night, huh?"

The CEO of a large corporation was giving advice to a junior executive.

"I was young, married, and out of work," he lectured. "I took the last dollar I had and bought an apple. I polished it and sold it for 2 dollars. The next day I bought two apples, polished them, and sold them for 2 dollars each."

"I see," said the junior executive. "You kept reinvesting your money and grew a big business."

"No," said the CEO. "Then my wife's father died and left me a fortune."



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Todd McClay Member of Parliament for Rotorua

From Three Waters to No Water – a dumb idea!

The Labour government has again reneged on a promise, this time they've decided to race ahead with their disastrous Three Waters reform even with the vast majority of Councils strongly opposed to it. Labour's Three Waters will steal the water assets you have paid for – and it's time that Rotorua Lakes Council joined me and others to fight them. They've said that centralising all local water infrastructure into four bodies, one in Tauranga for instance, controlled by the government through people appointed by the government will be more accountable to Rotorua people, and your water will cost less- well I say that's rubbish!

National is strongly opposed to Labour's Three Waters proposal. We will repeal it and replace it, and we'll return water ownership to local ratepayers. We are against Labour's model of four water entities for several reasons:

- Centralising local water assets into bureaucratic mega entities will take power away from communities. Ratepayers will no longer control the assets they have paid for decades to own. Decisions will no longer be made by elected councillors who are directly accountable to their communities, but by unelected appointees and officials.
- The touted scale benefits are unrealistic.
- Ratepayers will be put at risk of cross-subsidising neighbouring communities.

Labour's plans go against the beliefs of many New Zealanders and the things that National stands for - limited government (they will create large bureaucratic organisations), protection of property rights (ratepayers will no longer own the assets they spent decades paying for), and democracy (local people should decide, not the Beehive).

For these reasons, we have been clear that National will repeal the reforms when we get to government, and we will return any seized water assets to council control. While we acknowledge there is some investment needed to improve our water infrastructure, Labour's four entity model is not the solution.

While the Government has estimated a \$185 billion cost over the next 30 years, the Hastings/Havelock North water infrastructure was upgraded and brought up to standard with an \$80 million investment. A one-size-fits-all fix is inherently unfair because the problems and scale of investment needed are not uniform across the country – some councils manage their water services extremely well and have excellent infrastructure.

In our view, Labour's model is fundamentally broken and unworkable, and we don't believe adequate consideration has been given to alternatives.

National fully supports a new water regulator. We've never had a body to both set and, importantly, enforce drinking water standards and it will play a pivotal role.

When councils fall short of the standards set by the regulator, we think there are a range of options and actions available including:

- Some councils may choose to collaborate with other neighbouring councils to pool their water management resources and capabilities, and others (as they already do today) may contract high performing councils with good water management practice to manage their assets for them.
- Various councils are proactively wishing to form Council Controlled Organisations (CCOs) with like-minded neighbouring councils, so they maintain local control of the assets and can also get some efficiencies too.
- Co-funding partnerships between central government and local councils to fix specific water infrastructure challenges. This could be through ideas like "city deals" as we've seen in Australia and the UK; creating a National Infrastructure Bank as we proposed at the 2020 election; or expanding the well-established funding mechanisms we have for transport projects, for example.

We are gravely concerned that the Three Waters Reforms would erode local accountability and be a continuation of the same centralisation and control agenda we have seen in other areas, like polytechnics and DHBs.

We have had a great reaction to the public meetings we've been holding across the country, and over 55,000 people have already signed our petition to stop the asset grab. If you haven't already done so, please sign our petition and share it with your friends and family: national.org.nz/stop-the-three-waters-asset-grab

I will be organising public meetings on Three Waters in our area soon. Look out for an invitation in your letter box and come and have your say. No one owns water and the Labour government needs to get the message.

Protecting community decision-making is a priority for National. We need to keep the 'local' in local government, and we need the Government to dump their Three Waters plans.

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

Hon Todd McClay MP for Rotorua

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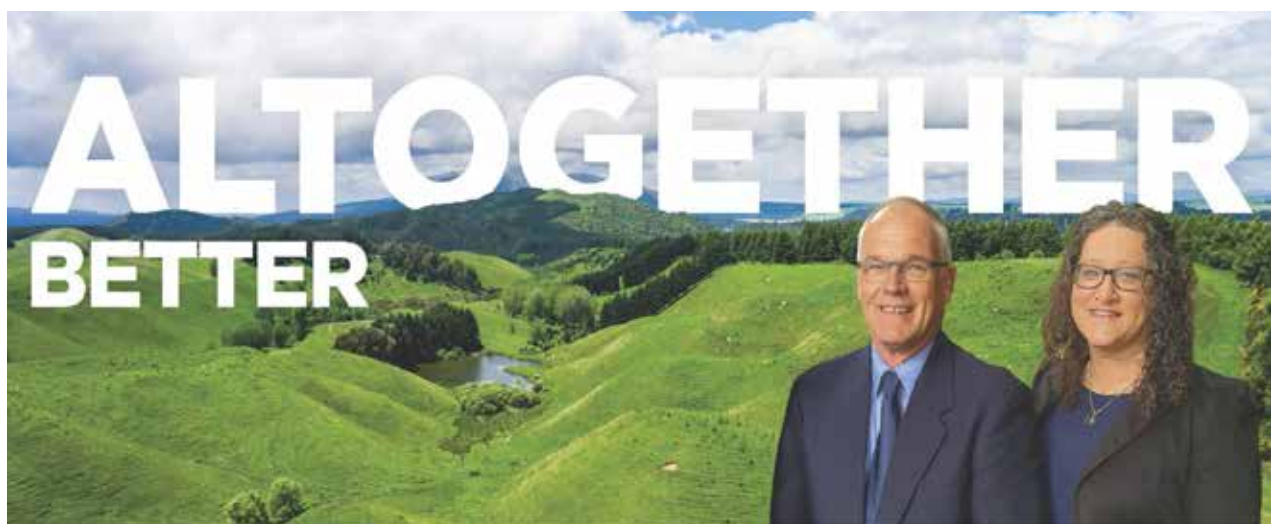
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Kaharoa School November 2021

Kia ora koutou katoa

To Miss Kivell and John
who welcomed their son
Tate Leslie Goad!



Ag Day: Nothing stops at Kaharoa School because of Covid!! We just change the way we do things! Our wonderful PTA and judges came up with an innovative way to continue to have our Ag Day remotely! Children sent in video clips of their animal.

Thank you to Karl Weaver and Treena from Vet Plus who came in and viewed all the wonderful videos to choose the winners- not an easy task.

Thank you for generous sponsorship - Farm Source (milk powder for our calves), Karl and Anna Weaver from Vetplus (who also docked the lambs & kids). Congratulations to all the children who took part with their Can Do attitudes! Ka mau te wehi!



The annual West Cup speeches were held at the beginning of the term. These speeches enable our intermediate children to highlight issues that are important to them.

Our finalists this year were of an outstanding calibre. Congratulations to Farah -1st place and 2nd place Elias. Val - highly commended with commended awarded to Boh, Renee and Casey Thank you to our judges, Richard, Jenny and Carole.

Our school Athletics were held on Monday 1st November. It was a showcase of determination and perseverance. Our 'Can Do Kid' attitudes were certainly on show.



Many school records were broken in all the various age groups. Unfortunately our parents were unable to attend under current alert levels and we certainly missed you all. However, you would have been so proud of your children as they cheered each other on. We certainly were!



Kahawrite is our annual magazine which is produced each year by Advocate Printing. Each child has a story of their own which is in the magazine. That's 177 stories to enjoy! The children eagerly look forward to these being given out at the end of the school year and seeing their own story in print! They love to share their stories with their wider whānau.

Thank you to our wonderful school and wider community who continue to support our school throughout this turbulent time called

Covid and all that it brings with it. It is very much appreciated. Take care everyone.

Visit our Kaharoa School website
www.kaharoa.school.nz
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Ngā mihi mahana - The Kaharoa Team



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LIONS CLUB OF NGONGOTAHA

“Lap the Map for Diabetes”

All Lions in Rotorua will be supporting Diabetes NZ on Sunday 14th November, with a walk around the Blue Lake. We will meet at 10am and begin walking as a group at 10.30am. Following the walk, we will enjoy a picnic lunch together.

Knitting for Cancer

Members of the Lions Club in Ngongotaha have been busy knitting beanies for Cancer patients who have been undergoing Chemotherapy treatment. We have been knitting as part of a NZ-wide project to support Cancer patients.

Magic Show

The Lions Club of Ngongotaha organise an annual Magic Show for disabled children in the District. This year the Magic Show will be in mid-December and the funds raised from the sponsors will be given to the Ronald McDonald Family Retreat in Ngongotaha.



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On the subject of money continued

My dad is so cheap that when he dies, he's going to walk toward the light and turn it off.

Tip-jar humour in our local coffee shop: “Afraid of Change? Leave It Here.”

A little boy asked his father, "Daddy, how much does it cost to get married?" Father replied, "I don't know son, I'm still paying."

The question isn't at what age I want to retire, it's at what income.

During a visit to our friend's home in New Zealand, we were feted with a wonderful breakfast. But my six-year-old Australian daughter was not impressed.

"Your pancakes are smaller than my mum's," she told him. He replied, "That's because of the exchange rate."

The teenager lost a contact lens while playing basketball in his driveway. After a brief, fruitless search, he gave up. His mother took up the cause and within minutes found the lens.

"How did you do that?" he asked.

"We weren't looking for the same thing," she explained. "You were looking for a small piece of plastic. I was looking for \$150."

Before my son could start going on job interviews, he needed to dress the part. That, he decided, required a \$500 suit.

"What!?" I answered, gagging at the price tag. "I've bought cars for \$500!"

"That's why I want the \$500 suit," he said. "So I don't have to drive \$500 cars."

More on Money

A guy in a Kia pulls up next to a Rolls-Royce at a red light and asks, "Hey, is your car Bluetooth enabled?" The Rolls owner nods. "So is mine. Got Wi-Fi?" The Rolls owner nods again. "Me too. What about a double bed?" "No. Do you?" asks the Rolls guy. "Yep." The Kia owner peers out. "You got me out of the shower to ask me that?!"

A millionaire, a hard hat, and a drunk are at a bar. When they get their beers, they notice a fly in each mug. The millionaire politely asks the bartender for another beer, then proceeds to sip it. The hard hat spills out just enough to get rid of the fly and quaffs the rest. It's now the drunk's turn. He sticks his hand into the beer, grabs the fly by the wings, and shouts, "Spit it out! Spit it out!"

One day at a local café, a woman suddenly called out, "My daughter's choking! She swallowed a coin! Please, anyone, help!" Immediately a man at a nearby table rushed up to her and said he was experienced in these situations. He calmly stepped over to the girl, then with no look of concern, wrapped his arms around her and squeezed. Out popped the coin. The man returned to his table as if nothing had happened. "Thank you!" the mother cried. "Tell me, are you a doctor?" "No," the man replied. "I work for IRD."

I took four tyres to a friend's garage sale and was asking \$30 apiece. I needed to leave for a few minutes, so I asked him to watch them for me. "Sure," he said, "but if someone offers less, how low are you willing to go?" "Try for more, but I will accept \$15," I said, and left. When I returned, my tyres were gone. "How much did you get for them?" I asked excitedly. "Fifteen dollars each." "Who bought them?" "I did!"

If you are truly serious about preparing your child for the future, don't teach them to subtract—teach them to deduct.

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INTRODUCING
VETORA NGONGOTAHA
A FULL SERVICE COMPANION ANIMAL CLINIC

We would like to introduce our new staff and services at our Vetora Ngongotaha branch.

From Monday to Friday we have experienced full-time Companion Animal staff including a Veterinarian, Vet Nurse and Customer Service Representative. Rest assured you do not need to go anywhere else. We continue to provide products for our Large Animal members.

Our small animal services include: vaccinations, worm and flea treatment, diagnostics, consultations, surgery (pig rips, neutering, lump removal, etc), dental procedures, emergencies, ultrasound, blood test, hospitalisation, prescriptions, grooming, cat bath and massage, pregnancy scans, nurse consultation (nail clip, arthropen, cytopoint, anal glands, dental check, etc), skin consultations, senior care, microchips. **Just ask we have the solution!**



Meet our team

SMALL ANIMAL VETERINARIAN

Dr. Maria Yanez

DVM MVM MANZCVS (Feline Medicine)

Maria has been part of the Vetora team for 5 years and counting. Originally from Mexico City, she graduated from the National Autonomous University of Mexico (UNAM), and in 2016 she completed her Master of Veterinary Medicine in Companion Animal Surgery at Massey University. Recently she has obtained her certificate of Feline Medicine Membership of the Australian and New Zealand Veterinary College. Passionate about medicine of cats but a lover of all animals, Maria enjoys spending time with family and their two lovely cats.

CLINICAL ADMINISTRATOR

Mari Probert (Maz)

Maz has been working at Vetora for 2.5 years offering excellent customer service. Originally from Wales, UK, Maz joined the Vetora team after switching hemispheres in search of adventure and beautiful scenery. She is new to the veterinary medical field but loves animals, especially rabbits, and enjoys learning about what New Zealand has to offer.

VETERINARY NURSE

Siheng Sun (Selina)

BBS DVN ISFM AdvCert Feline Behaviour (Dist)

Selina has been part of the Vetora team for 2 years now. She has a degree in accountancy from Massey University and obtained her diploma of veterinary nursing in 2016. She has been a nurse for 8 years. Her main interest is feline medicine, behaviour and ECC nursing. She enjoys physiotherapy and learning new large animal medicine. Selina is also a native Mandarin speaker, so please feel free to ask for her if you need any help.

VETERINARY NURSE / CUSTOMER SERVICE

Susan Stovold

DVN

Susan had a complete career change and is presently studying her diploma of veterinary nursing. She has had a love for animals her whole life and growing up on a dairy farm Susan was always around many different species. In her spare time Susan loves to be outdoors and spending time with her fur babies.

vetora
Bay of Plenty



Ngongotaha 56 Hall Road

Set on a large 1161sqm (more or less) section with outstanding views is this 4 bedroom home of 284 sqm (more or less). With a large separate lounge and open plan kitchen, dining and family room with plenty of space for everyone. Sliding doors lead out to an all-weather entertaining area with mature gardens and fine lawns. A separate room provides hobby room or fifth bedroom options. Internal access workshop next to an expansive double garage and tandem carport.

View ROT30216 | John Piercy 027 445 4649 | john.piercy@raywhite.com



Ngongotaha 17 Harris Street

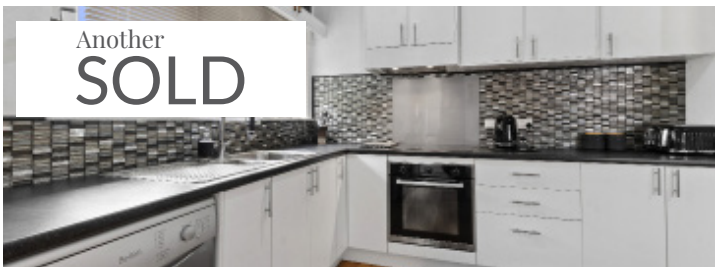
This well presented home welcomes you with the timeless, low maintenance appeal of brick and tile. The kitchen is positioned to capture the morning sun, the home also offers 3 double bedrooms, including the master bedroom with ensuite and walk in wardrobe. Internal access garage and a fully fenced, level section.lake.

View ROT30193 | Tim O'Sullivan 0274 974 986

Hamurana 214c Te Waerenga Road

Incredible lake views, a pastoral canvas and space to create your dream life-style. One acre of pure bliss. The lake and a round of golf are only minutes away. Escape the bustle and create something amazing. Title to be issued.

View ROT30112 | Tim O'Sullivan 0274 974 986



Ngongotaha 6 Frances Street

Character features meet the modern aesthetic of an updated kitchen and bathroom plus some trendy decor. This stucco home basks in sun and extensive vistas. Open plan living and 4 bedrooms. The space downstairs is an opportunity waiting to be fully explored and the full section is a family's delight.

View ROT30128 | Tim O'Sullivan 0274 974 986

Ngongotaha 7 Harris Street

Double glazing throughout plus a heat pump, modern kitchen with plenty of bench space and storage, and the hallway features a quiet office nook. Sunny, open plan living flows out to the private spa area with an easy care, fully fenced back yard. Internal access, double access garage and plenty of off-street parking.

View ROT30173 | Mandy Lee 0276 732 331

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Mandy Lee 0276 732 331

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Family make a house, a home

Nā te Whanau e hanga he whare wā kainga

RayWhite.

This Leef didn't fall far from the tree.

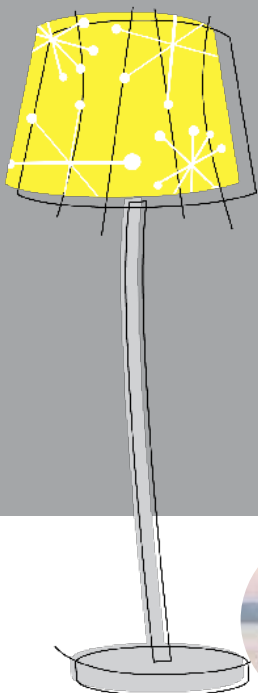
Spring brings new beginnings as Leanne welcomes on board her daughter Arahi as her Licensed Personal Assistant to create the Leef Whanau duo. With a combined real estate experience of 25 years, together they are family-focused with a shared vision of helping families achieve their real estate dreams.

*"For some it's business, for us it's whanau.
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real estate dreams"*

Leanne Leef

Licensee Salesperson
021 835 915
leanne.leef@raywhite.com

Monthly Charity Garage Sale Postponed until further notice.



We look forward to seeing you all very soon and we will advise of new dates as soon as we have them.

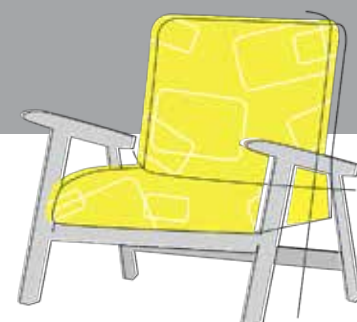
Until then, take care, stay safe and look out for each other.

Spring is a great time for decluttering your home. If you have any items that you would like to donate please give us a call.



Help us to help others

Call Tim or the team a call on 07 348 8333
or email rotorua.nz@raywhite.com



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Saturday
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Ngongotaha Medical Centre Limited

Doctors: Simon Firth, Jane Carman, Genevieve Matthews, Kingsley Aneke, Jorgelina Ferreira, Louisa Barter

A Phone First Acute Clinic Has Replaced Our 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". 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
- Less exposure to waiting room bugs from other sick people
- Stay in the comfort of your own home.

Quick Guide to the Phone First Acute Clinic



- Minor issues only
- 5 minute consultation time
- Ideal for children who need to be seen at the last minute
- Renewal of scripts



- Multiple issues
- Complex problems
- WINZ Certificates, Drivers Medicals or other Medicals need to be booked with your regular Doctor



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If You've Got a Will, Is It Even Right?

My office recently uplifted some Deeds from a law firm closure for elderly clients anxious to make sure their personal affairs were in order. I'm not one for creating unnecessary work, but sometimes on review of people's Deeds it becomes apparent crucial documents are inadequate. Sure enough, the Wills done by the prior firm for these clients could only be described as a complete shemuzzle. I'd go so far as to say negligent. Here's what happened:

Mr and Mrs M have been married for 40 years, and well positioned financially. They have no children together, but Mr M has from a first marriage. Mr M's Will said something like: I appoint my wife and daughter as executors. I give \$500,000 to my wife and a life interest in our home for as long as she may wish; \$500,000 to Charity A; \$500,000 to Charity B; \$10,000 to my grandchildren C, D, E & F; and the remainder divided between my two children G & H. Mrs M's Will was the same in reverse.

My first question was about the grandchildren bequest. The drafting of the clause meant that \$10,000 in total would be divided between them, ie: \$2500 each. Mr & Mrs M were horrified - the intention was the grandchildren were each to receive \$10,000. The previous firm had omitted the critical word "each" from the clause.

My second question was how Mr and Mrs M's assets were actually owned. For example, are their bank accounts in sole names or joint names? Is their house title held in shares, a sole name, or in their joint names? How are any other assets held - sole names or joint names? If a lawyer doesn't ask the right questions here, the consequences can be disastrous, as we shall see next.

It transpired everything Mr and Mrs M owned was in joint names and always had been - their house title, their share portfolio, their bank accounts, everything. Neither of them had anything in their sole names. So why are the Wills a problem? Because the legal effect of jointly held assets is that when one person dies the ownership automatically transfers to the survivor and doesn't fall into an estate. This means there was no ability for either of them to make ANY of the bequests written into their Wills in the first place -

including to each other or grandchildren - because everything first passed to the survivor of them automatically. Neither Mr or Mrs M's Wills were worth the paper they were written on because the right questions hadn't been asked.

This is not the first time I've seen Wills in this sort of state. The aftermath on family and jilted beneficiaries often divides people for ever. I always recommend people review their wills every 3-5 years, but please also double-check you can actually do what it is you've put in your Will too!

Ros Morshead, Solicitor at Lawbox



Your Rotorua Solicitors
1285 Fenton Street PO Box 2056, Rotorua
office@lawbox.co.nz



Call us first and get the right advice for your estates, estate disputes, separation and relationship property, small commercial & business.

LAKEVIEW GOLF AND COUNTRY CLUB

Where has the year gone? Xmas is just around the corner, and fingers crossed that the whole country can enjoy Xmas with friends and whanau with relatively few restrictions. Vaccination is our ticket to freedom so let's make our community safe and do the right thing for everyone! Competition continues with Top Dog in the final stages and of course as we race toward the end of the year, Ham Tournaments start at the end of November. Twilight Golf has seen some fantastic attendance which is awesome and the kai afterwards is very popular. As a reminder, Twilight is on Wednesday tee off from 4.00pm- 6.00pm, everyone welcome, and you do not have to be a member.

The Ladies' Twilight has seen some new players attend which is just brilliant, and we look forward to this evolving into an awesome weekly event that encourages and nurtures ladies new to golf. If you are interested, put Tuesdays from 4.00-6.00pm in your diaries. Clubs are provided if you need them. Bring a mate, or if you want to meet new people come and have a go! The emphasis is on FUN not ability.

We made a positive and exciting step toward the start of the clubhouse rebuild. On Tuesday 12th October, the site was blessed with thanks to local kaumatua Ken Kennedy Snr (on the left and Alan Deverson Club President on the right of the photo). We had the pleasure of inviting the Mayor Steve Chadwick to turn the first sod in the presence of Councillor Trevor Maxwell, and Life Members John Reid and Melton Hows, along with some members. Next year we look forward to watching the progress of this community facility become a reality.

Our quiz nights continue to the end of the year with reduced numbers given the current restrictions. October was fully booked so get in quick for November. The date is 26 November. Junior golf sessions after school on Tuesdays and Thursdays continue to the end of term 4. All juniors welcome. As always, we welcome everyone to Lakeview whether it is to play golf on the course, hit balls on the range or maybe just a visit to see our beautiful environment!

Get vaccinated, stay safe, mask up and keep scanning!

Golf shop phone number is 07 357 2341.



firewood orders

We are now taking orders for firewood.
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02041355831

Dave Donaldson's Boiled Fruitcake

This is my mother's recipe which basically kept me alive through the first months of my Police Cadet training in Trentham Camp (1968-1969) and the shock of dining at the Immigration Hostel!

I have always loved a moist fruit cake and Mum would send me these on a monthly basis, or more frequently if my barracks mates insisted on visiting my sock drawer for a slice. Now my wife makes it every Christmas and it's a never-fail recipe.

1 can (435g) crushed pineapple	1 pkt (400g) mixed fruit
125g butter	1 cup sugar
1 tsp mixed spice	1 tsp baking soda
2 eggs	1 cup self-raising flour
1 cup plain flour	

Put the following ingredients in a saucepan: pineapple, mixed fruit, butter, sugar, mixed spice and baking soda, boil together for 10 minutes. Allow to cool.

Fold eggs and flour into the cooled mixture. Pour into a prepared cake tin and bake at 160C for 1 hour.

Source: Dave Donaldson is a Rotorua Councillor, Deputy Mayor and keen mountain biker.

Stolen with permission from the Volcanic Kitchens cookbook by Gerhard and Henrietta Egger.

Available from the Rotorua Hospice Shop, 1134 Eruera Street.
A great Christmas present!



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Age Concern

We are a long way down the track with our tiny homes supplier selected and much of the infrastructure in place and ready to go. This is a worthwhile project that will cater for elderly who are struggling to make ends meet in retirement and would appreciate a lower rental and a smaller space to live in. The homes will be suitable for couples or for single people who have lost a partner. This project has the backing of many groups, including the Rotorua Lakes Council, and with the recent legislation regarding the number of dwellings you can now put on a piece of land, things are looking up. The old legislation which had a main dwelling and a much smaller secondary dwelling is no longer the case. We are working through the final lease conditions with the land owner and we hope to have it all finalised by the end of the week with both parties signing the lease and moving from there.

In early October, Age Concern had their AGM at Parkside and it was attended by about 25 people. Annual Reports were presented by the Chairperson, Glenys Searancke, the Treasurer, Miranda Bell, and the Manager, Rory O'Rourke. Age Concern is going from strength to strength with an increase in membership and volunteers, a strong financial position and an increase in programmes designed to give our members more social connection. Our Out and Abouts, regular weekly excursions to a variety of places in and around Rotorua, are proving extremely popular and are often over-subscribed. Unfortunately these trips have had to be put on hold due to Covid Level 2 which means our clients cannot be spaced sufficiently. The move from Eruera Street to Parkside House has been very beneficial for us as we experience much more foot traffic and more enquiries about what we do at Age Concern.

This is an interesting article shortened from an article in Stuff about older entrepreneurs, particularly older Maori.

The populist image of an entrepreneur is a young, slick, tech-savvy, go-getter driven by the desire to get super rich. The reality is many of them are older, and making money is not always their prime motivation. They are out to improve the lives and economy of their whānau, hapū, and local communities. The pandemic has pushed more people into their own business, and others just want to stop working for someone else.

There is a growing number of senior entrepreneurs, and many older people aged over 50 are starting up their own businesses. A study found that older entrepreneurs do not take advantage of business advice.

The Ākina Foundation says there is a massive opportunity for older people to contribute socially and environmentally through "impact-led" businesses that are driven by "more than profit". Ākina works closely with community enterprises and whānau businesses that are made up of two or three generations. Often the visionary leading out with the ideas to make a difference through their business is the older person. But older people are mainly seen as a problem to be solved - or a resource for younger go-getters - and what's missing for them is a lack of support.

Lynette Wharerau, of Ngāpuhi, gave up her high paid corporate career to fix the housing crisis in her hapū in Hokianga where many whānau are homeless, but not landless.

She's leading a collective, tentatively named Hokianga Hapu Housing, to build 200 houses, from papakainga to single-family dwellings.

Wharerau, who is in her 50s, knows what it's like to live in substandard housing - she's recently upgraded from a bus to a small cabin. Her vision for her hapū is "off-grid housing solutions, waterless toilets, multiple dwellings on a block of property, very healthy families able to live together on their papakainga, electric vehicles that mean they have a legal car to go into town. She explains the hurdles, from going to the bank to ask for money, to getting absent members of the hapū to agree, and knowing how to deal with multiple agencies and organisations.

The new vaccination mandates will affect Age Concern as we work with vulnerable older adults, but fortunately, most of them are fully vaccinated. Our volunteers who have to visit our members who have been identified as lonely or socially isolated fall into this category.

Teachers and healthcare workers who refuse a Covid-19 vaccine may soon be out of a job. This situation worries me, having been a Principal and now working with the elderly, as we will possibly see some of our exceptional workers become victim to their own beliefs and values. The Government have introduced a sprawling vaccine mandate that will cover hundreds of thousands of workers in education and healthcare by the end of the year. Most people in both sectors were already vaccinated, but the mandate was required to make sure we are all protected. It's not an easy decision for the Government but we need the people who work with vulnerable communities who haven't yet been vaccinated to take this extra step.

People have a reasonable expectation that our work forces are taking all reasonable precautions to prevent the spread of disease, and government agencies have been working with them to ensure they are as protected as possible. The mandate for healthcare workers will cover everyone in "high-risk" work in the health and disability sector. This will include staff and volunteers from Age Concern who work with the group of over 65's who are deemed at risk. It will also extend to those in the private healthcare sector - including aged residential care staff, home and community support staff, and other non-governmental healthcare staff which includes us. Some limited exceptions will be allowed, but it is not clear what the accepted grounds for these will be. These workers will be required to be fully vaccinated by December 1, after having a first dose by October 30.

As we get nearer to the festive season we are beginning to plan our Xmas Celebration where we celebrate the job done by our wonderful volunteers, who deserve all the accolades that come their way. Our Xmas celebration is a long-standing tradition which is always a very special occasion, although this year we may have to limit our numbers due to Covid levels.

Keep safe.

Rory O'Rourke

Manager

5 Tarewa Place | Rotorua | 3010 | Ph : 073471539 Mob : 0275609956

Email : manager@acrotorua.nz Email : orourker123@gmail.com

Web : www.ageconcernrotorua.org.nz Find us on Facebook

Key Services offered to older New Zealanders :

Supportive Services

Elder Abuse and Neglect Referral Services

Advocacy and Public Awareness

Education and Seminars

Community Connections and Visiting

Shopping Service

Supergold Skills Service

Just Cook4 Healthy Ageing

Mobility Scooter Safety

Life Without a Car

Intergenerational Projects

Ngongotaha Garden Circle

The Ngongotaha Garden Circle held our annual flower show at the October meeting. There was a good display of beautiful flowers grown by members. It was accompanied by a speaker from the Rotorua Floral Art group.

With a 40 strong membership we have a wealth of knowledge and skills to share in all areas of gardening and we always welcome new members to join our group.

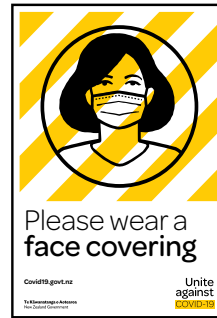
The next meeting is out and about, visiting some members' own gardens and including a BYO picnic lunch. We will meet at the hall at 11am on Wednesday 24 November.



Misinformation about COVID-19 is spreading much faster than the disease itself. The best way to protect yourself from both is to get your updates and guidelines from the Ministry of Health.

The Ministry is monitoring the COVID-19 situation closely and has a dedicated number, 0800 358 5453 that is available 24 hours a day for any coronavirus health advice and information and questions you have about coronavirus. <https://www.health.govt.nz/coronavirus>

During these challenging times, it is more important than ever to stay healthy and strong. At Ngongotaha Pharmacy we have an extensive range of products available to help strengthen your immune system, ease stress, support good mood and help with relaxation.



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GO STRESS REMEDY contains 400mg of L-Theanine (free form) per VegeCapsule. Taken daily, this 1-A-Day formula supports good mood, relaxation, calming and helps to chill out over-stimulation caused by caffeine and stress, while also supporting mental clarity and focus without drowsiness. Unlike many supplements, GO Stress Remedy can be used to support those taking prescription mood medication as L-Theanine supports healthy levels of the brain's natural calming agents for that relaxed feeling of good mood and well-being. During times of extra stress, or panic feelings, such as flying, interviews, exams, public speaking you can increase the dose to 2 a day maximum.

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Come and see our friendly team at Ngongotaha Pharmacy to discuss which products are right for you.
17 Taui St Ph: 3574240

Keep the financial upper hand this Christmas

It's the season to be jolly but there's nothing jolly about your bank balance taking a severe bashing so that you spend the first half of the next year paying off the debt you accrued.

Gifts

Gift giving is a wonderful way of treating friends and family. Reducing costs doesn't mean eliminating all the fun.

- Agree with family and friends to set a spending limit for gifts. Gift-giving creates an obligation on recipients to give back, whether they can afford it or not, so give carefully.
- Cash in reward points for gifts.
- Make your own.
- Buy second-hand goods.
- Regift (but maybe not to the person who gave it to you in the first place!)
- Create your own gift vouchers. For example, offer babysitting, pet sitting, window cleaning, cooking dinner, mowing the lawn etc.
- Set up a Secret Santa. Have a little online fun in the lead up using the likes of Elfster.
- Give a gift that just keeps giving, especially for kids who receive lots of presents, and yours gets lost in the crowd, set up a bank account and make deposits at Christmas and birthdays. Give to a charity e.g. buy a goat for a family overseas!
- If heading out to the shops, consider taking cash and only buy within your self-imposed limit.
- Supply chain issues could mean higher prices come December. This can work in your favour, by encouraging you to plan and buy ahead. This also means less stress in December.

Going out

Eating out with a group sometimes means you find yourself subsidising others' alcohol or entrees and dessert, which you didn't have. You could agree with the group ahead of time how payments will be tackled, or check to see if you can pay individually, or go BYO which can save a lot.

Instead of heading out to dinner, consider hosting an evening at home asking everyone to bring something.

Groceries

Spread the costs by stockpiling in the run up to Christmas. Make your lists early and buy something extra each week, leaving just the fresh produce to the week before. Each time you shop, take your written list with you. This will help you avoid impulse buys.

Don't throw food away. Get creative with leftovers. Look for free recipe ideas at your local supermarket or search for inspiration online.

For next Christmas, set up a cupboard and fill it with all the bargains you'll find in the shops come January. Just remember to check the use-by dates to see if they can last the distance until the following December! And of course, napkins, Christmas crackers, wrapping paper and other non-perishables don't have a use by date.

Source: Nzadvicegroup.co.nz

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Yet more money

Visiting a University, the prospective student spots a building called Hemingway Hall. "That's nice," he says, "a building named for Ernest Hemingway."

"Actually," says the tour guide, "it's named for Joshua Hemingway."

"Was he a writer?" the student asks.

"Yes. He wrote a big cheque."

Driving back from Whakatane, I stopped at a vegetable stand.

It was deserted except for a sleeping German shepherd.

I stepped over the dog, helped myself to some corn, then opened the cashbox to pay.

Taped to the inside of the lid was this note: "The dog can count."

Acquaintance, n.: A person whom we know well enough to borrow from, but not well enough to lend to.

If you think nobody cares if you're alive, try missing a couple of car payments.

All I ask is the chance to prove that money can't make me happy. – Spike Milligan

Inflation is when you pay fifteen dollars for the ten-dollar haircut you used to get for five dollars when you had hair.

A man who needs legal help goes to a lawyer's office. After being escorted inside, he sits across the desk from the lawyer. The man needs legal help, but he wants to make sure he can afford it first. "Can you tell me how much you charge?" he asks.

"Of course," the lawyer replies, "I charge \$800 to answer three questions."

"Don't you think that's an awful lot of money to answer three questions?"

"Yes it is", answers the lawyer, "What's your third question?"



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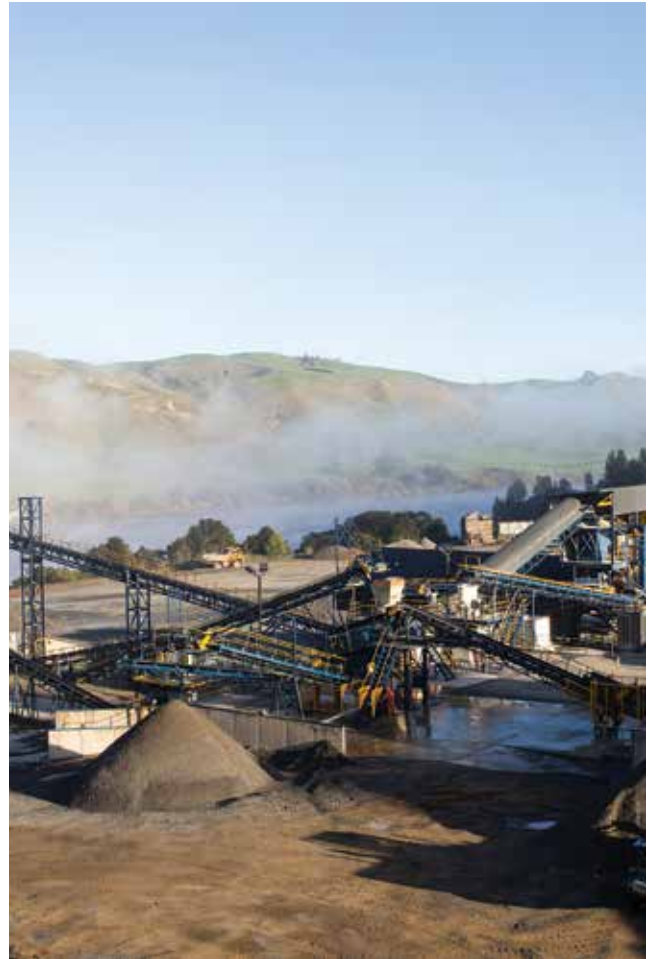
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Economical meals

Here, Sala Davai, from MoneyTalks, and Maria Bernard, from Heart Foundation have an example of how you can eat well on a budget.

The full cost of this meal comes into under \$15 for four people (if you proportion the ingredients out to only those you use).

You could make this even cheaper if you already have some of the ingredients on hand. "I love how we're focusing on cooking something that is nutritious, and something that is on a budget. With MoneyTalks, we encourage families to save money by cooking on a budget," says Sala.

They have many tips to help whānau eat well on a budget, which they often share with the people they work with in their roles.

"I love cans because they store well in the cupboard, they're cheap, you can get them all times of the year and most importantly they're really affordable," says Maria.

Some of their top tips are:

- Buy food that's seasonal to create great tasting meals and save some money
- Using canned ingredients can be both cheap and nutritious
- Chicken drumsticks are a cheaper cut of meat and a good source of protein
- Buy meat in bulk to help save some money – you can freeze meat you don't need right away
- Chickpeas are also a cheap source of protein (and fibre)
- Frozen vegetables are a nutritious, affordable option to keep on hand for your meals

And as Maria says, just because your meal may be cheap doesn't mean it can't be yummy!

Source: Money Talks. See recipe on page 26 and video on Money Talks website.

Happenings

14 Nov Diabetes walk around Blue Lake with Lions, meet 10.am.

23 Nov Lions Club meet for a social meeting in the Ngongotaha Community Hall at 6.15pm. Interested people welcome. Phone contact 07 347 7191.

24 Nov Ngongotaha Garden Circle meeting 11.00 am Ngongotaha Community Hall

26 Nov Lakeview Golf and Country Club Quiz night

10 Dec Ngongotaha School prizegiving (live streamed)

14 Dec End of term Ngongotaha School.

Regular Events

Junior Golf Programme

Every Tuesday and Thursday from 3.30 p.m. at Lakeview till the end of term 4.

Ngongotaha Lions Club

4th Tuesday Ph 073477191

Ngongotaha Community Hall

Ngongotaha Friendship Club

2nd Wednesday 9.45 am St Barnabas Church Hall

Ngongotaha Garden Circle 4th

Wednesday of the month 1 p.m. at Ngongotaha Hall

Age Concern Breakfast Club

Last Monday of the month at the Arts Village

Age Concern Intrepids

Last Thursday of the month

Age Concern Skyriders

Last Wednesday of the month at Skyline

Covid Vaccination by suburb at time of printing

Hamurana	Tui Ridge
Dose 1: 90%	Dose 1: 85%
Dose 2: 80%	Dose 2: 71%

Ngongotaha Valley	Ngongotaha West
Dose 1: 79%	Dose 1: 80%
Dose 2: 61%	Dose 2: 66%

Ngongotaha South	Ngongotaha East
Dose 1: 79%	Dose 1: 78%
Dose 2: 66%	Dose 2: 64%

Source: vaxtarget.nationalmap.co.nz

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Apricot and chickpea chicken with vegetable couscous

4 Serves

Ingredients

- 1 packet onion soup powder
- 1 can crushed tomatoes
- 1 can apricots halves in juice
- 8 chicken drumsticks

Vegetable couscous

- 1 cube chicken or vegetable stock powder
- 1 cup boiling water
- 1 cup couscous
- 3 cups peas

Method

1. Preheat oven to 200°C
2. Mix the onion soup powder with the crushed tomatoes and juice from canned apricots
3. Spread out chicken drumsticks over a roasting tray
4. Sprinkle with sliced onions and chickpeas
5. Pour the tomato mixture over the chicken, onion and chickpeas
6. Place apricots on top
7. Bake for approximately 45 minutes or until the chicken is cooked through and easily comes off the bone

Vegetable couscous

1. Place stock cube in a medium sized bowl and add the boiling water. Mix to dissolve
2. Add couscous and mix briefly
3. Cover and allow to sit for 10 minutes
4. Meanwhile cook the peas on high in the microwave until hot or in a pot of boiling water for 2 minutes
5. Mix the drained peas with the couscous

Source: Heart Foundation

The Lighter Side of Food

A man goes to a restaurant and has the most delicious chicken he's ever tasted...

He asks the chef, "How do you prepare the chicken?"
The chef replies, "Oh, nothing special, we just tell it's gonna die."

I went to buy a pizza, the chef asked me, would you like it cut into 4 or 8 slices.?

I replied, 4 please.

There is no way I could possibly eat 8 slices.

A red and white logo for Hamurana Homekill Services. The logo is shaped like a dog tag with a hole at the top. Inside the tag, there is a silhouette of a dog jumping over a cow. Below the silhouettes, the text reads "NGO" on the left and "2021" on the right. At the bottom of the tag, the word "HAMURANA" is written in large, bold, black letters, followed by "HOMEKILL SERVICES" in smaller black letters. Below that, the name "LES DWYER" and the phone number "027 496 1508" are written in red. The logo is set against a background of a rural landscape with trees and a fence.

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