

SEASONS GREETINGS NGONGOTAHA! HAVE A HAPPY AND SAFE 2022 TOO!



Some of the entries in the Hamurana/Kaharoa Christmas letterbox competition. The addresses are: 247 Kaharoa, 260 Kapukapu, 30 Unsworth, 7 Te Waerenga, 9 Te Waerenga, 103 Ward, 619 Hamurana, 454 Hamurana, 126B Fryer, 44 Fryer, 32/361 Central, 115 Sunnex and 50 Todd Duncan. Great for the children to have a drive past. So, Ngongotaha, are you keen to have your own competition in 2022.? Go to www.ngongotahanews and tell us.

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- Thursday:** 9.45am Contemplative Eucharist followed by coffee and fellowship.
11.00am Bible Study
- Thursday 23rd December – No Service**
- Wednesday:**
1st, 3rd & 5th 1.30pm Games afternoon St Barnabas
Close -Scrabble, Rumikub, 500
- Friday:**
Music & Movement School Term

CHRISTMAS SERVICES:

- Sunday 19th** 9.45am Eucharist with extra Christmas Carols – All welcome
- Friday 24th** Christmas Eve 7.00pm
Eucharist Service All Welcome
- Saturday 25th** Christmas Day 9.45am
Eucharist Service All Welcome
- Sunday 26th** Boxing Day 9.45am
Short Eucharist Service

A Blessed Christmas to all



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Meri Kirihimete and Happy Holidays



To Whaea Denise and Chris who welcomed their baby boy - Luke Coker.

As I write this it is raining and grey outside. However, the sun has been shining and the pool is open but unfortunately at this stage, only for students. Coming to the end of 2021 it is timely to stop, pause and reflect on what has been achieved this year.



We are very grateful that many of the usual events and opportunities our children usually take part in have gone ahead despite various alert levels and lockdowns throughout the year.

We have missed the presence of our parents and wider community, who traditionally always attend events such as Athletics Day, as the children love having the support and cheering. However, through our various communication platforms we have been able to share photos and results for many of these events.



Our Year 8 student celebration of curriculum achievement will be held on Friday 10th December. This is a major event in our school calendar and one that is always looked forward to. Unfortunately this year, we were unable to have parents onsite, but

we got 'techie' and figured a way to live stream this home. We enjoy celebrating the many successes our Year 8 students have had throughout their schooling at Kaharoa School. Having a formal graduation acknowledges this important step in their life as they move into secondary schooling.

At the end of this second year of Covid, we sincerely thank our parents and wider community who contribute in ways, seen and unseen, to ensure our tamariki have the best schooling opportunities they can have. You know who you are.



This has been even more welcomed this year as we have continued to navigate the changes in our schooling. With the traffic light systems in place there are many changes that we are navigating and following the guidelines for.

We celebrate the achievement of our past pupils at their recent prize-giving assemblies. We love to follow your progress and successes as you move through secondary, tertiary and into various careers and roles.

2022 dates:

Tuesday 1 February: School year begins

Monday 7 February: Waitangi Day

Thursday 14th April: Term 1 ends

Monday 2 May: Term 2 begins

*Ngā mihi mahana
- The Kaharoa Team*

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HONEST QUALITY WORK GUARANTEED

There is always something to do

There is always something to do on our whanau property. Last week I was thinning the apples on the apple trees while preparing them to combat pests such as coddling moths by putting up traps and wrapping sticky stuff around their trunks. The orange trees needed to be harvested and distributed to whanau, neighbours and friends. The grapevines needed to be fed and pruned so the fruit grows nice and big and healthy, and the plum tree needed to be netted so the birds didn't eat all the beautiful looking plums that are growing fast. The week before was firewood week which saw me starting to stack firewood for next year. The lawns also needed mowing.



This week the vegetable garden silver beet, spinach and strawberries needed to be harvested and the tomatoes needed to be fed and de-lateralled while the passionfruit vine needed to be trained and wired to ensure maximum sun as lots of fruit starts appearing on the vine. That vine also needed a feed along with the flowers in the pots at the front of our house. The lawns and flower gardens needed weeding. The paths and driveway were cleaned and just for fun I decided to plant a couple of thornless blackberries after pruning back the roses. I am also finishing building another storage shed and yes, today I mowed the lawns again.

That's just the outside! On the inside the Christmas tree was up three weeks ago and the inside of our home looks glitterier and shinier and more colourful than any of the flower gardens thanks to the awesome Christmas decorations, and yep, the Christmas shopping is almost done too.

There is always something to do around the home.

But that doesn't mean it has to always get done.

In previous years I have attended the Bathurst V8 Supercars race. The invitation from my Aussie mates was first extended to me and my son many years ago and we went together until he could no longer come due to university studies. I then took my brother and have more recently taken a mate. We would fly into Sydney on Wednesday. Stay at a hotel that night and get collected by my Aussie mates who would drive us to Bathurst on Thursday to meet all my other Aussie mates. There are usually around 20 of us who stay in tents and caravans in a campsite which is situated in the middle of the Bathurst racetrack. It is a boys only weekend, their rules not mine. We stay there until Monday, and I fly home on Monday or Tuesday. It is a fantastic memorable experience which always ends in me and my fellow Kiwi doing a haka to the applause of my Aussie mates. Speaking of haka, my son and I did a haka to Greg Murphy when he won the top 10 qualifying shoot out a number of years ago, and I also did a haka to Scott McLaughlin more recently after he won a shootout. Have to support our Kiwi drivers aye! Lots of great memories with mates and whanau over many years.

This was the second year in a row that I have not been to Bathurst due to Covid. Race day would usually see me getting up at 4am to go and help secure our seating on Conrod Straight. At around 8am I would return to camp for a full bacon and eggs breakfast (which is the norm on the camp) when the second shift team would come to secure our seats. After breakfast I would sit all day and watch the racing. Rain hail or shine I was trackside.

So, with the understanding of my awesome wife, last Sunday, which was Bathurst race day, I got to lie on the couch watching motor racing all day while reminiscing about the good old days.

Nothing got done inside or outside.

So, as you head into Christmas, I wish you many Bathurst days like what I just enjoyed. Days where all you do is nothing. Days full of happy memories or making more memories with whanau and friends. Bathurst days in our paradise of Awahou, Ngongotaha, Hamurana and Kaharoa. Covid free days too where your health is all about chilling and just being. Enjoying the present and the presents. Merry Christmas everyone. Please be safe out there and remember, there is always something to do ... including doing nothing.

Ngahihi o te ra Bidois is a Motivational Speaker, Professional Director, businessman, author, husband, father and MBA. A Maori Boy from Awahou. See www.ngahibidois.com



Former Ngongotaha Soccer player Paige Satchell celebrates her goal against South Korea.

The Football Ferns broke their long losing drought on Tuesday night, with a memorable 2-0 win over South Korea.

It was a courageous effort from the New Zealand side, who were completely dominated in the first half but came back into the match after the break.

Late goals to substitutes Paige Satchell (83rd minute) and Gabi Rennie (85th) sealed the result, leaving the Asian team stunned. The victory ended an eight match losing streak dating back to March 2020, and was New Zealand's first 90 minute win since June 2019, a span of 16 games.

The lightning quick forward hopes she can lock down a starting spot in the World Cup squad come 2023.

"My goal is to be in that squad," Satchell adds.

And she thinks she's at the right club to do that, signing on with Sydney FC after representing Canberra United last season.

"I'm hoping to score some goals and get some assists and play some quality football with the team and help us get to the grand final - because that's the ultimate goal."

Newshub and NZ Herald December 2021

Who Burgles a House and Why

An understanding of how a burglar thinks and operates could help you take the necessary steps to prevent your home from being targeted. To help protect your property and possessions from the risk of burglary, New Zealand Police and Neighbourhood Support New Zealand have developed the following information about who burgles a house and why.

Who am I? • I can be male or female and I take advantage of easy targets or tempting opportunities • I burgle houses day and night - especially when I can see no one's home or the risk of being seen or caught is low • I may operate alone or with other people • I may be on foot or could use a vehicle to check out your neighbourhood • I often burgle one or more nearby houses in the neighbourhood • I generally don't stray too far from my home. I like familiar territory • I won't burgle too close to home in case someone recognises me • I may look out of place in your neighbourhood, but few people take note of my car licence plate or ring the Police to report suspicious activity

Why do I pick your place? • I like houses where it looks like no one's home - lights aren't on at night, curtains may be closed during the day, or mail and newspapers have been left to accumulate in the letterbox • I like houses where a window or door is left open or unsecured • I like houses where people can't see what I'm doing from the street, where trees and shrubs may block the view • I like houses that have alleyways running beside them or back onto parks, reserves or green belts • I like houses where items of value are left outside overnight, like a bike • I like houses where the garage door is open, I can see your car isn't there and there's something valuable inside, like a lawnmower • I like houses I've been to before. I know the layout, what's in them and how to get out. • If I've burgled a house once, it's likely I'll try it again when valuable items have been replaced

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Todd McClay Member of Parliament for Rotorua

Merry Christmas Ngongotaha – you deserve a few days in the sun.

Congratulations Ngongotaha – you made it!

Last year I wrote in my Christmas column what a strange year it had been with the emergence of a global virus, the likes of which the world has not seen for quite some time. This year it has continued to disrupt our lives and reshape the way we go about our day to day activities. 2021 has seen us have rules and regulations forced upon us that in normal times would be unheard of. Who would have thought that we would all be masked up to enter a shop or consider how many friends and family we could invite to be around the Christmas table.

Although we are currently in Traffic Light Level Red with ongoing restrictions, my hope for the next year is that we return to life as normal and move to orange and green quickly. I want to thank all the community groups across Ngongotaha for the support they have provided during 2021, we have strong neighbourhood support groups that have given freely of their time to help look after those who need a helping hand.

I had the absolute privilege to join the Ngongotaha Scouts a few weeks ago to present the Queen's Scout Kauri award to Kate Urquhart and Hayden Swears for their long service. Kate and Hayden are the first people in the world to receive this recognition – a huge congratulations to them.

Thank you to the principal and teachers at Ngongotaha, Mamaku and Kaharoa schools for all that they have done under continued difficult circumstances – their efforts are greatly appreciated.

And a special shout out to the staff and volunteers at the Ngongotaha Volunteer fire brigade for keeping us safe over the holiday period.

I look forward to working closely with the wider Ngongotaha community on important local issues. I will continue to hold regular meetings across the area in particular on the concerning 3 Waters changes, as well as planning a number of public events in the community.

As we head towards the Christmas period I want to wish you and your families a very Merry Christmas and a happy New Year. I look forward to seeing you in 2022.

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

Hon Todd McClay
MP for Rotorua

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Age Concern

Well it is official. The land we were going to lease in Ngongotaha is no longer available, so at this stage our Tiny Homes Project will not be going ahead, which is a shame as a great deal of work has gone on behind the scenes to bring it to fruition. Age Concern hold no ill feelings towards the land owner and wish him well in any future developments.

Although there are a good number of groups talking about housing and the shortage, as well as the new Resource Management Act which allows for more housing density, no one is prepared to help us by providing the land as a lease or a gift and therefore, although we have the houses waiting to start to be built, we cannot proceed because there is nowhere to put them. We will probably put the idea to rest until next year as we are running out of time to get anything of substance organised at this late stage, that is of course unless some kind benefactor comes to our rescue.

It is great to see that there are going to be 197 new homes for the over 50 age group in the new subdivision at The Freedom Lifestyle Village at Pukehangi. Of course, as with all new subdivisions, it will all come down to price but it is certainly needed.

I was fortunate enough to have my Booster Vaccination last week and it was just as painless as the first two jabs and was very easy to book in to have it. Because we are working with the elderly who are deemed the at-risk group, we were among the first groups to get their vaccine shots way back in May.

The Government started handing out a booster shot of the Pfizer Covid-19 vaccine from November 29. The third dose will be available for anyone aged 18 or over who finished their two-dose course of the Pfizer vaccine more than six months ago. Research has indicated that the vaccine's effectiveness at reducing infections wanes over time, although its protection against serious illness holds up better.

The Government's decision comes soon after Medsafe approved the use of a booster shot. The Government has already allowed a third primary dose for some immuno-compromised people – this differs from the booster. People will be able to access boosters in New Zealand, whether they received their earlier doses here or overseas.

It is to be noted that many other countries were rationing their boosters to those in riskier age groups but in New Zealand all adults would be eligible. People are eligible to take up the offer of a booster once six months have passed since their second dose but there is no need to rush to get the booster. The science shows fully vaccinated people remain really well protected from infection, and from being seriously ill if they do get Covid-19.

As of December 1, there will be about 230,000 Kiwis who completed their vaccine course six months ago – mostly frontline workers and some older people. That number will spike to 456,000 by the end of the year.

Our healthcare and border workers are a priority group for booster vaccine doses because they are on the front line against Covid-19 and because large numbers of them completed their vaccine course six months or longer ago.

Elderly residents are frustrated and feel “further isolated” because of too much digital focus around vaccine passports.

Since the Government introduced its My Vaccine Pass digital proof of vaccination earlier this week older, non- technical people are finding it very frustrating. My Vaccine Pass is an official record of a person's Covid-19 vaccination status and will be needed to access places that require proof of vaccination under the new Covid-19 Protection Framework.

To date, most publicity around the move has focused on advising people to sign up to My Covid Record (www.mycovidrecord.nz) to download the pass to a digital device.

My Vaccine Pass has a QR code that can be scanned upon arrival at a venue. The pass can be downloaded to your personal phone and stored in your Apple or Google Wallet, or may be printed out.

Here at Age Concern, we can act as the agent for people to secure their Vaccine pass. All people need to do is to come into the office with their National Health Number and we can do the rest for them over the phone. The longest part of the process is waiting for an answer but once you have someone, the process is simple. Easier still you can pop into some pharmacies with a form of ID and they will do the rest for you and it takes only a few minutes and you will leave with a printed copy of your pass.

Another simple way of always having your pass available is to simply photograph it and put it on the lock screen of your phone. That way you are not sharing any information about yourself but it is always available, should you need it, without having to search through your phone to find it.

Since the introduction of the traffic light system, it would seem that your Vaccination Pass is required to be shown at most venues which is a definite hindrance to those who have chosen not to be vaccinated. This situation is only going to escalate as we move closer to Xmas and more events are able to happen.

Rory O'Rourke
Manager

LIONS CLUB OF NGONGOTAHA HAPPENINGS IN DECEMBER

The Lions Club of Ngongotaha celebrate their 56th birthday on 11th December. 56 years ago a dedicated and willing band of men in the Ngongotaha Community formed the Lions Club, and the traditions of the Charter Club have been observed at the meetings and projects in the years since inception. The activities of the Club have been severely curbed in the past year due to Covid, but the Club is planning ahead with some of their core projects in the New Year.

Magic Show:

The Lions Club of Ngongotaha organise an annual Magic Show for disabled children in the Rotorua District. This year the Magic Show will be held by Zoom to the children and their families on Wednesday 15th December at 7pm. The funds raised from the sponsors will be given to the Ronald McDonald Family Retreat in Ngongotaha.

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A group of guys, all aged 40, discussed where they should meet for their Christmas lunch. Finally, it was agreed that they would meet at the Ocean View Restaurant because the waitresses there were gorgeous, with tight skirts and bodies.

Ten years later, at age 50, the friends once again discussed where they should meet for their Christmas lunch. Finally, it was agreed they would meet at the Ocean View Restaurant because they could dine in peace and quiet and the restaurant had a beautiful view of the ocean.

Ten years later, at age 70, the friends discussed where they should meet for their Christmas lunch. Finally, it was agreed that they would meet at the Ocean View Restaurant because the restaurant was wheelchair accessible and had an elevator.

Ten years later, at age 80, the friends discussed where they should meet for their Christmas lunch. Finally, it was agreed that they would meet at the Ocean View Restaurant, because they had never been there before and heard it was quite good.

What do you call an obnoxious reindeer? Rude-olph.

Have you heard about Adolph, the brown-nosed reindeer? He can run as fast as Rudolph, he just can't stop as fast.

How is Christmas exactly like your job? You do all the work and some fat guy in a suit gets all the credit.

I asked my wife what she wanted for Christmas. She told me, "Nothing would make her happier than a diamond necklace." So, I bought her nothing.

A guy bought his wife a beautiful diamond ring for Christmas.

After hearing about this extravagant gift, a friend of his said, "I thought she wanted one of those sporty four-wheel-drive vehicles." "She did," he replied. "But where was I going to find a fake Jeep?"

Why are Santa's reindeer allowed to travel on Christmas Eve?
They have herd immunity.

Curtainbank Rotorua needs your good secondhand curtains please!

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Thanks Ngongotaha!



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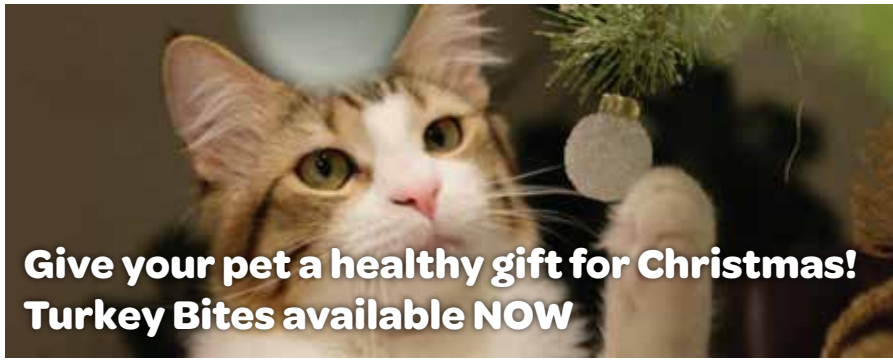
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PARTY PLANNING CHECKLIST

You've ordered the cake and sent out invites, but could you be leaving something just as important off your party planning checklist? Whether it's a small backyard gathering or a sprawling celebration for a special occasion, a little extra planning and consideration will go a long way to keep both party goers and neighbours happy throughout the event!

Use the following checklist to help make sure your party goes off without a hitch:

Give neighbours a heads up.

Even if they aren't invited, if there's any possibility that the event could be noisy or raise concerns such as impacting parking on your street, it's worth knocking on doors or dropping a note in letterboxes to let neighbours know well in advance about your event. Make sure to include your contact details so should there be any issues on the day they can contact you first rather than turning to local authorities.

Be considerate of noise

Have a plan on when the party should start and end and stick to it. If you want to keep the good times rolling, consider taking the party off-site. The last thing you want is to have a Police Officer knocking on your door telling you the party is over.

Look after your guests

If underage guests will be present while alcohol is being served, make sure to keep an eye on them and consider offering some non-alcoholic options that they'd enjoy so they don't feel left out. Make sure for those who are drinking there is also plenty of water and food available and everyone is able to get home safely. Even if it means confiscating keys and arranging a taxi, don't be shy about looking out for what's best for your guests - lives may depend on it.

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Keep things tidy

Not only will broken bottles on the sidewalk or costumes strewn about your neighbourhood ruffle feathers but so will guests who spill out into the streets. If your property is too small to contain all of your guests, consider moving things to a nearby venue or a public park. Make sure to also do a sweep the next day to tidy any litter.

Prepare necessary permits

Planning on lighting a fire, setting off fireworks, selling food or alcohol, or closing off your street? Regardless of the size or type of party certain activities will require a permit. If you're unsure, check with your local council. Better to play it safe than to pay for it later in fines!

'Home' Ngongotaha Life Memories (2016-2021) & Kokiri Ngongotaha-Progress Ngongotaha Inc

Bob, Lynn & Steve, wish all of our friends, local whanau a wonderful time of caring and sharing with whanau/family this coming festive season.

So much has changed over the past two years, and it is no different for us at 180 Ngongotaha Road. We had a recent rent review and it is with deep regret, that we are unable to continue with our work in these premises.

As we are a 'Not for profit Community Group' we take our responsibility for the public money that we receive with a deep sense of duty and gratitude and this has led us to saying no, to an increase of rent per week from \$344.00 to just under \$700 per week (incl GST).

We really enjoy meeting with our loyal friends & whanau each week, but we cannot justify this increase and cannot ask for more money for rent alone.

But all is not over as many of you realise that we have been developing this special 'Home of Memories' for the past five plus years, with the support of many whanau, who have substantial connections and ties to this community, many dating back to the 1800's.

We recognise that this project has a life of its own, a special Wairua and this comes from the Heart of its people, from all of us. When we started, we said we were in Stage 1: Stage 1 was a wall of photos, a few objects lovingly donated or on loan, and a shop that sold beautiful furniture to raise funds for our community. Stage 2: arrived quickly and saw Bob Martin with the help of others shifting furniture from the lower part of the shop to the upper area. Stage 3: was followed in quick succession when we made the decision to 'Champion' the Home Ngongotaha Life Memories and today, as many of you know we have an extensive

collection of photographs, objects. Many stories and laughs have been shared within our little museum.

We are continuing with this wonderful project, but have yet to find another place call home. In the meantime, we still want to hear from you, meet up with you, and we ask that you please don't throw anything 'Ngongotaha, & District away. But instead we invite you to contact us at any of the following;

Homengongotahamemories@gmail.com
progressngongotaha@gmail.com
Lynn Benfell- 3574565 or 022 1404391
Bob Martin 3489864

We love to korero/talk Ngongotaha Memories, and will happily meet up with you at a time to suit. We still accept loans/donations of photos and /or objects for the 'Home' Ngongotaha Life and at this time 'We Remember' those who have passed on;

Special Memories of Colin Brake & Rina Carter who were with us until the end.

We hope that next year is 'more normal'.

Merry Christmas & Happy New Year to us !!
Lynn, Bob & Steve

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Ray White.

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From our whānau to yours, we would like to take this opportunity to thank you for your continued community support and to also wish you and your families a safe and happy holiday.

A timely reminder to celebrate and enjoy the company of your loved ones. Relax, unwind and enjoy the long summer days in the sun. Then recharge, refocus and welcome in a prosperous New Year.

Our whānau are always here to help you and your family achieve your real estate dreams. For a wealth of local knowledge and a family-focused approach. List with Leanne.

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Licensee Salesperson
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leanne.leef@raywhite.com

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Ngongotaha 18a Dawson Drive

This super-tidy home nestled privately down its own driveway. An easy stroll to sandy shores, and a quick pedal to the cycleway and Village life. A fresh, comfortable, easy-care feel to suit people at all stages of life. From a welcoming entry, the home presents pleasant, open living that opens to the patio area, a cheery kitchen and two good sized bedrooms, plus a separate laundry, separate toilet and a bathroom. Rounding out the home is a garage with internal access and a low maintenance section with some garden features and space for children to play out on the lawn.

Sale By Deadline: 17.12.21 View rwrotorua.co.nz/ROT30199 Phill Rivers 0276 109 090

FOR SALE



FOR SALE



Ngongotaha 17 Frances Street

A well presented property on a good sized fully fenced section. With 3 bedrooms, 1 bathroom, a sleep out, a lovely kitchen, heat pump and a fireplace. Within walking distance to Ngongotaha primary school, local four square, doctors and on the bus route right outside your front gate. Be quick!

By Neg View rwrotorua.co.nz/ROT30924 Mandy Lee 0276 732 331

Ngongotaha 9 Egmont Road

Tidy home with 3 bedrooms and private gardens. A high-pitched ceiling and access to the outdoor patio and garden give the open living space an airy, relaxed feel. The patio overlooks the lawn and garden which is a lovely place to relax in and an ideal space for children to play. Single level living, double garage with internal access - what could be easier?

By Neg View rwrotorua.co.nz/ROT25958 Tim O'Sullivan 0274 974 986

*Merry Christmas &
Happy Holidays*

A big thanks to everyone that supported me throughout the year and to those that allowed me to support them in their real estate journeys. It's an absolute pleasure doing what I do!

Enjoy a well deserved break with friends, family and loved ones these holidays and I wish you all the best for the coming year.



Mandy Lee

0276 732 331

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Rotorua Croquet Club players from Ngongotaha, Dorothy and Lynne, enjoy an pleasant afternoon at Government Gardens.



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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When Domestic Relationships Breakdown and Come to an End

I'd have to say it's been a funny old 2 years in the area of domestic relationships and separations from a legal professional perspective. Covid's seen lots of people re-thinking their lives, and I don't think I've ever had as many separation files on my desk as I do currently.

I often say that the law also contains elements of psychology – the ability to understand and help people who seek our services to work through and resolve their legal needs, as well as helping them move on to their next journey. Nowhere is this truer than when people are on a relationship breakdown/separation journey.

From what I have learned over the years from clients unloading what's happened for them in a relationship breakdown (and sometimes they've felt unable to talk to anyone at all), I'm always struck by how, deep down, people always know they and their relationship are unhappy or unhealthy. Too often they've fallen into the trap of simply getting through daily life and relationships and individual needs take a back seat; thoughts of "we'll just get past this, and things will get better", "they'll change", "it won't happen again", "I'm just being selfish", "what about the kids/finances/house".

Some come to the realisation they've lost themselves along the way. Some realise they've got different life goals or have grown tremendously as a person and outgrown the other mentally, emotionally, and spiritually. Others live with the complexities of physical, mental, or financial domestic violence cycles. Yet others live on eggshells that I refer to as the hidden and exhausting narcissistic hamster wheel of inadequacy and cyclic drama, thinking they're the problem (also domestic violence).

LAKEVIEW GOLF AND COUNTRY CLUB

Well it is here! Last month it was getting close and now here we are - Xmas is upon us.

At the time of writing, we were a couple of days into the new Covid Protection Framework or Traffic Light System. As a club we had to make a tough decision around vaccinated and non-vaccinated golfers. Given the guidelines we had from Golf NZ and Sport NZ at the time, we decided that we would introduce a No Vax No Play policy.

Given our limited space in the temporary clubhouse and limited personnel on site to police the restrictions around non-vaccinated players, we felt we could not guarantee the safety and well-being of the Lakeview whanau and wider community unless we took this hard line. It will be reviewed in 2 weeks as new guidelines are available, colours are reviewed and the new system beds down.

Competitions are winding down and take a break over January. Top Dog has finished and the winners were Kuru Whiston and Mike Ryan. 4 Ball Best Ball has also been completed and the winners were Sam Ripia and George Hudson. CONGRATULATIONS to those players!

Twilight has been very popular, both the ladies and the mixed. This also takes a break over the holiday period and kicks off again mid-January.

Even though the competitions cease, the course most certainly does not! We are open every day over the holiday period except Christmas Day. Why not pop up in the holidays if you are looking for something to do with the whanau. It is a great way to work off some of that Xmas pud! Please note

Almost always there's one final event or defining moment that breaks the proverbial camel's back for one party, and it's over. It's a raw process and takes a huge amount of insight, courage, strength, and energy to get to the separation point. As a lawyer these experiences help me better understand where a client is at, and how I can best help them through the legal process. The background also helps me pick how their ex-partner is likely to respond and behave along the way.

When it comes to making legal decisions about separation, some people start thinking ahead and come to see me to privately discuss what the relationship property picture might look, and to understand their rights and the legal process. Others come in after separation. Negotiating and finalising a division of property is where the Property (Relationships) Act 1976 comes in around drafting an agreement and sorting out the division between lawyers. Whether assets or liabilities are in the parties' joint or individual names, they are likely to form part of the relationship property pool available for equal division as a starting point. Yes, even if one party has worked while the other hasn't or stayed at home looking after children. And yes, Kiwisaver is captured too. Getting to the point of separating and drawing a line in the sand via the division of relationship property process can be daunting and traumatic. But once 'there', the law is really quite clear and pragmatic for the most part, with most matters sorted out between lawyers with a written but formal agreement prepared and signed off under the Act.

Ros Morshead Solicitor at Lawbox



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you will need to be fully vaccinated if over the age of 12 years.

Quiz nights will re start again in January - there will not be a quiz in December. Junior sessions will take a break in line with the school holidays. Please note our new email address- info@lakeviewgolf.co.nz

We would like to take this opportunity to wish everyone a safe and happy holiday season. We sincerely hope that you get to spend some quality time with whanau and friends especially if you have not been able to do this under COVID restrictions.

In what has been a very challenging and tough year for the whole community, we truly hope all your wishes come true!

Golf shop phone number is 07 357 2341.

11 Must-Do Walks in Rotorua

1. Redwood Memorial Grove Track (30 Minutes One Way)
Location: The Redwoods Visitor Centre, Long Mile Road.
2. Blue Lake Walk (Lake Tikitapu) (1h30min Loop)
Location: Te Ngae Road off Tarawera Road.
3. Kuirau Park (10-20 Minutes)
Location: Access off Kuirau Street, Lake Road, Ranolf Street and Pukuatua Road.
4. The Tarawera Trail (5-6 Hours One Way)
Location: Te Wairoa car park on Tarawera Road (the car park is locked at night for security).
5. The Rotorua Walkway (5-7 Hours Loop)
Location: There are several access points to the Rotorua Walkway. Pick up a Rotorua Walkways map from a local information centre for a map detailing the exit and entry points. Otherwise, good places to start are along the lakefront at Sulphur Bay and the Government Gardens where you will find map boards along the walkway. There is also a map board on the east side of Kuirau Park.
6. Tarawera Falls Track (20 Minutes One-way)
Location: Waterfall Road car park. (73km/45 miles from Rotorua via State Highway 30).
7. Mt Ngongotaha Nature Loop & Jubilee Track (1-hour Loop & 1h30min Return)
Location: Paradise Valley Road, just off Clayton and Pukehangi Road (you can take the bus).
8. Rainbow Mountain Summit & Loop Walk (1h30min One-way & 15 Minutes One-way)
Location: State Highway 5, 26km (16 miles) from Rotorua city centre.
9. Redwoods Treewalk (30 Minutes Loop Walk)
Note that there is a fee to do this walk.
Location: 1 Long Mile Road, Whakarewarewa.
10. Mt Tarawera (4h30min Roundtrip)
4h30min round trip complete with a guided walk in this breathtaking and historic place.
Location: Access to Mt Tarawera is with approved guides only like Kaitiaki Adventures.

NZPocketGuide.com©



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10 Reasons Why New Year's Resolutions Fail

What's the drop out rate for New Years Resolutions? 80%
Although that is a substantial drop out rate, it means that 1 in 5 of those participants achieved their goal.

1. You're treating a marathon like a sprint.

Slow and steady habit change might not be sexy, but it's a lot more effective than the "I want it ALL and I want it NOW!" mentality. Small changes stick better because they aren't intimidating (if you do it right, you'll barely even notice them!). If you have a lot of bad habits today, the last thing you need to do is remodel your entire life overnight. Want to lose weight? Stop it with the crash diets and excessive exercise plans. Instead of following a super restrictive plan that bans anything fun, add one positive habit per week. For example, you could start with something easy like drinking more water during your first week. The following week, you could move on to eating 3 fruits and veggies every day. And the next week, you could aim to eat a fistful of protein at every meal.

2. You put the cart before the horse.

"Supplementing" a crappy diet is stupid, so don't even think about it. Focus on the actions that produce the overwhelming amount of results. If it's not important, don't worry about it.

3. You don't believe in yourself.

A failure to act can cripple you before you leave the starting line. If you've tried (and failed) to set a New Year's resolution (or several) in the past, I know it might be hard to believe in yourself. Doubt is a nagging voice in your head that will resist personal growth with every ounce of its being. The only way to defeat doubt is to believe in yourself. Who cares if you've failed a time or two? This year, you can try again (but better this time).

4. Too much thinking, not enough doing.

The best self-help book in the world can't save you if you fail to take action. Yes, seek inspiration and knowledge, but only as much as you can realistically apply to your life. If you can put just one thing you learn from every book or article you read into practice, you'll be on the fast track to success.

5. You're in too much of a hurry.

If it was quick-and-easy, everybody would do it, so it's in your best interest to exercise your patience muscles.

6. You don't enjoy the process.

Is it any wonder people struggle with their weight when they see eating as a chore and exercise as a dreadful bore? The best fitness plan is one that causes the least interruption to your daily life. The goal isn't to add stress to your life, but rather to remove it.

The best of us couldn't bring ourselves to do something we hate consistently, so make getting in shape fun, however you've gotta do it. That could be participating in a sport you love, exercising with a good friend or two, joining a group exercise class so you can meet new people, or giving yourself one "free day" per week where you forget about your training plan and exercise in any way you please.

7. You're trying too hard.

Unless you want to experience some nasty cravings, don't deprive your body of pleasure. The more you tell yourself you can't have a food, the more you're going to want it. As long as you're making positive choices 80-90% of the time, don't sweat the occasional indulgence.

8. You don't track your progress.

Keeping a written record of your training progress will help you sustain an "I CAN do this" attitude. All you need is a notebook and a pen. For every workout, record what exercises you do, the number of repetitions performed, and how much weight you used if applicable. Your goal? Do better next time. Improving your best performance on a regular basis offers positive feedback that will encourage you to keep going.

9. You have no social support.

It can be hard to stay motivated when you feel alone. The good news? You're not alone: far from it. Post a status on Facebook asking your friends if anybody would like to be your gym or accountability buddy. If you know a co-worker who shares your goal, try to coordinate your lunch time and go out together so you'll be more likely to make positive decisions. Join a support group of like-minded folks on Facebook, LinkedIn, or elsewhere on the internet. Strength in numbers is powerful, so use it to your advantage.

10. You know your what but not your why.

The biggest reason why most New Year's resolutions fail: you know what you want but you not why you want it. Yes: you want to get fit, lose weight, or be healthy... but why is your goal important to you?

For example:

Do you want to be fit so you can be a positive example that your children can admire and look up to? Do you want to lose fat so you'll feel more confident and sexy in your body than ever before?

Do you want to be healthy so you'll have increased clarity, energy, and focus that would carry over into every single aspect of your life?

Whether you're getting in shape because you want to live longer, be a good example, boost your energy, feel confident, have an excuse to buy hot new clothes, or increase your likelihood of getting laid (hey, I'm not here to judge) is up to you. Forget about any preconceived notions and be true to yourself.

- The more specific you can make your goal,
- The more vivid it will be in your imagination,
- The more encouraged you'll be,
- The more likely it is you will succeed (because yes, you CAN do this!).

Lifehack.org.

How to Keep a New Year's Resolution

1. Develop the necessary skills and mindset ahead of time.

Multiple studies have shown that self-efficacy and readiness to change predicted positive outcomes for those who made New Year's resolutions.

Having the skills necessary to change was another important factor.

Conversely, social support and behavioural skills were not predictors of a successful outcome. In another study, men achieved their goal 22% more often when they engaged in goal setting and set their New Year's resolutions in terms of small and measurable goals such as "lose 1 pound a week" instead of "lose weight".

2. Ask a question instead of making a declaration.

The "question-behaviour effect" is a phenomenon in which asking people about performing a certain behavior influences whether they do it in the future. The effect has been shown to last more than six months after questioning.

For people making New Year's resolutions, a question like, "Will I exercise – yes or no?" may be more effective than declaring, "I will exercise."

3. Get plenty of sleep.

According to sleep expert and neurologist Cathy Goldstein, M.D., sleep plays a major factor in the success (or failure) of the most popular New Year resolutions. For those trying to lose weight or eat healthier, a lack of sleep decreases leptin which is the hormone that makes you feel full. It also boosts ghrelin aka the 'hunger hormone' which increases appetite, promotes fat storage, and causes poor food choices.

For those with fitness goals, researchers have found adequate sleep improves speed, strength and endurance in athletes. For those aiming to improve work performance or get a promotion, a lack of sleep leads to reduced productivity. Additionally, sleep-deprived people in management roles are described as less ethical and not as alert, motivated or cheerful. For those who want to boost their social lives, a lack of sleep contributes to poor mood and markedly worsened social interactions. And for those looking to quit smoking, a lack of sleep is tied to higher rates of nicotine dependence.

4. Change your timing.

Don't necessarily wait for the new year to make a resolution. Bas Verplanken, a professor of social psychology at the University of Bath, says that the success of a resolution which alters a habit can hinge on finding the right moment to make the change.

Verplanken has been studying the discontinuity effect which shows that habits can be more easily changed when you change the factors that surround the habit such as location or context. Embed the change you want in other changes, such as moving to a new home where your daily habits around commuting, energy use, shopping, etc. are already changing.

Discoverhappyhabits.com



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- * We will be closed the stat days over Xmas and will be closing at the earlier time of 5pm on Xmas Eve and New Year's Eve.
- * We are offering free contactless delivery for prescriptions in the Ngongotaha area but deliveries outside the area can be arranged at a cost. Talk to our friendly team.

We wish you a safe and happy Christmas and New Year!!

How to be more secure over the holidays

Hold your mail or have a neighbour collect it - A pile of mail on the front doorstep or envelopes pouring out of your mail slot is an instant tip-off that no one is home. Ensure parcels are delivered elsewhere.

Create the illusion that someone is home - Suggestions include leaving a radio on, use timer lights, leave a car in the driveway, have someone mow your lawn, keep curtains open and don't tidy up too much.

Don't tell the world you'll be away- As tempting as it is to share on social media about your upcoming trip perhaps consider only posting about it once you're back. Last thing you want to do is tip off the wrong person that you'll be away!

Notify a trusted neighbour, friend or family member - Make sure at least one person you trust has your holiday contact details and a spare key so that they are able to check-in on the place while you're away or respond to an on-site emergency. Something as simple as a fire alarm beeping non-stop might need tending to while you're away.

Keep your keepsakes safe - Use a fireproof safe to lock up any jewellery, sensitive documents, and valuable items and if possible hide the safe somewhere that a burglar is unlikely to look.

Alert your alarm company - Call your home security company to let them know you'll be away. Make sure all of the door and window alarms are set and working when you leave. Don't have home security? Consider installing fake (but realistic) looking surveillance cameras or buying a security sticker purely as a deterrent method. A Neighbourhood Support sticker on windows or on your letterbox is also a great idea!

Hide the hide-a-key if you won't be needing to leave a spare key out for someone

Turn lights on and off with an inexpensive power timer, keep the radio playing, switch off the telephone ringer, leave washing on the clothesline, park a car in the driveway.

Secure all ladders, axes, hammers and saws – anything that will help thieves break into your house.
Lock all doors and windows, set alarms and use deadbolts. Don't forget the garage.
Leave your curtains open and your blinds up.

Continued on p22



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Continued from p21

Make sure you turn off all appliances at the wall to minimise the risk of electrical fires.

Prevent leaks by turning off your water. Alternatively, have someone stay at your house or drop in regularly. They won't be able to stop a pipe leaking or bursting, but they can deal with it sooner.

Minimise the amount of food you keep in the fridge and freezer while you're on holiday. That way, less will be lost if there's a power cut while you're away.

Don't advertise your absence on your phone answering machine, sites like Facebook or anywhere else that isn't secure. Leave an emergency contact number with friends or neighbours.

Cancel newspapers and other deliveries, so they don't pile up on your doorstep and advertise that you're away. If you are away for an extended period, arrange for someone to come and mow your lawns and tend the garden. or ask a friend to pop over once a week or a neighbour to park in your drive occasionally. If you know them well enough, ask them to check on your house for litter, branches that have blown down or pot plants that have fallen over – tell-tale signs you've gone away.

Form or join a neighbourhood watch group. Such groups are effective crime deterrents, because they encourage residents to be vigilant and to call the police whenever they see something amiss. They also provide information about crime in your neighbourhood and work with police to improve response times.

Are you marking and recording your valuables?

If not, you should be. Whether it's a bicycle, electronics, tools, jewellery, artwork or instruments - recording serial numbers and/or engraving your most valuable possessions and keeping these details in a safe place can help in any efforts to recover your property after it's been lost or stolen. In the event these items go missing, Police can use this information to assist with locating your property. It also combats the sale of stolen goods (a tool with someone else's name and driver's license engraved on it is a red flag to potential second hand buyers) and can also expedite an insurance or proof of ownership claim. Just like every other aspect of modern life, there are apps available to help you track serial numbers. A quick visit to the App Store or Google Play will yield apps that make recording and storing these important numbers much easier. In addition to recording serial numbers, some of these apps also allow users to take and store photos of their property

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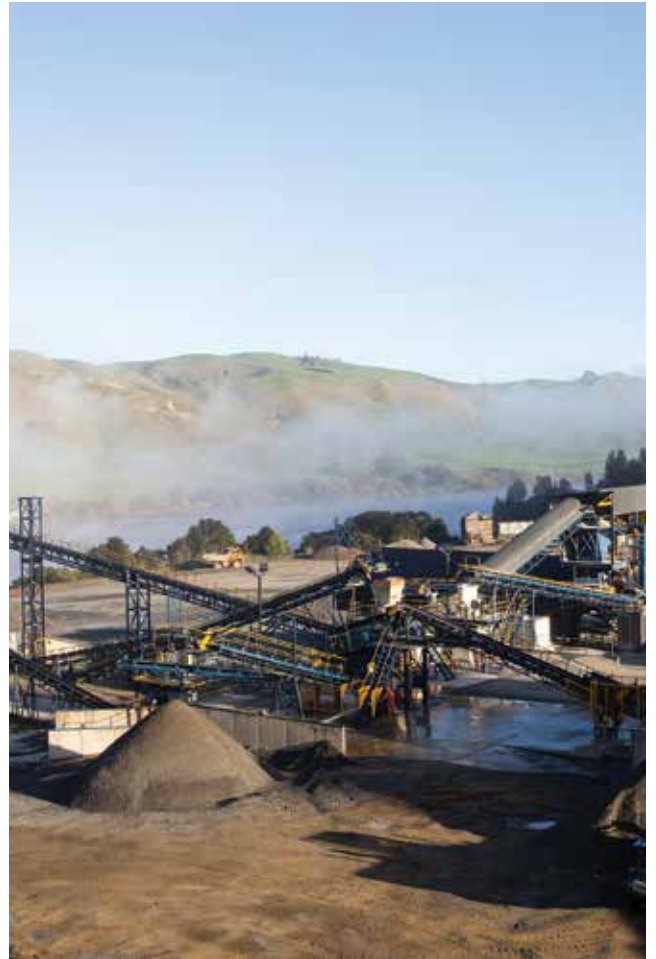
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Get Firewise This Summer

Wherever you are this summer here are some simple tips from Fire and Emergency New Zealand to make sure you and your families stay firewise.

Barbecues

- Keep looking when you are cooking
- Don't drink and fry.
- Do not add flammable fluids to an already lit fire.
- Never barbecue indoors.
- Dispose of ashes safely. Put them in a metal bucket with a lid, then thoroughly douse with water. Ashes can stay hot enough to start a fire for up to five days.
- If you've got bubbles – you've got troubles! Before using a gas barbecue, check the connection between the gas tank and the fuel line isn't leaking. Do this by applying dishwashing liquid to the end of the hose where it connects to the gas cylinder. If it starts foaming it means you have a leak. Get it checked by a professional before using it.

Caravans

- The risk of a small fire turning into something serious is far greater in a small space like a caravan. • Install a photoelectric smoke alarm and test it regularly. Velcro the alarm to the ceiling so it can be removed when cooking.
- For light, use proper lighting units or torches. Never use candles, they're too dangerous.
- Make sure furniture and fittings are at least one metre from the heater. Fan heaters with a cutoff switch are the safest.
- Make sure you have a clear escape route.
- Have a fire extinguisher or fire blanket near the exit and make sure you know how to use it.

Christmas Trees

Real Christmas trees require care. Treat it as you would a house plant by making sure it gets lots of water.

- Regular watering will prevent the tree from drying out and make it safer for tree lights or electrical tree decorations.
- The Christmas tree is best securely positioned in a cool place away from busy areas, stairs and doors – especially doors leading outside.
- Turn tree lights off before you go to sleep or when you go out.
- If your tree becomes dry and starts shedding needles you should remove it from the house. Don't take the risk! • Dispose of your tree appropriately. Don't leave it beside the house or garage as it creates a source for a fire to start.

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Happenings

10 Dec Kaharoa School Year 8 celebration of curriculum achievement

11 Dec Ngongotaha Lions Club 56th birthday

14 Dec End of term Ngongotaha School.

15 Dec Lions Annual Magic Show by Zoom

Covid Vaccination by suburb at time of printing

Hamurana	Tui Ridge
Dose 1: 94%	Dose 1: 91%
Dose 2: 90%	Dose 2: 85%

Ngongotaha Valley	Ngongotaha West
Dose 1: 85%	Dose 1: 90%
Dose 2: 78%	Dose 2: 82%

Ngongotaha South	Ngongotaha East
Dose 1: 87%	Dose 1: 88%
Dose 2: 81%	Dose 2: 80%

Source: vaxtarget.nationalmap.co.nz

Well done, everyone, a big improvement! But 95% for 2 doses is still important for the safety of our community.

Here's something great for the kids to do over the school holidays.



Ngongotaha Rail Park is open on the weekends from 9am to 3pm.(weather permitting.) Prices for rides are just \$6 for the steam train and \$3 for Little Blue.

There's plenty of space for a picnic and there's a play area. Bring a group along!

Tony Kelly

Your local Ngongotaha & Hamurana
Painter and Decorator

Quality Jobs

- Full house paint
- Exterior or Interior
- No job too small
- Excludes roofs



Free Quotes
References available

Call: 021 410 911
Email: tonyk7025@gmail.com

Rotorua-Ngongotaha Rail Trust

Come visit us and have a picnic in the park and
enjoy a ride on our miniature Trains and our motor
Trolley's

We have hobby supplies and a model train room,
library plus a Museum.

We also sell shavings and sleepers.

For further enquires: Phone 07-3575484

All Proceeds go to further developments

Christmas Cake Recipe

Ingredients

- 1 cup of water
- 1 tsp. baking soda
- 1 cup of sugar
- 1 tsp. salt
- 1 cup of brown sugar
- lemon juice
- 4 large eggs
- nuts
- 2 cups of dried fruit
- 1 bottle Johnnie Walker

Instructions

Sample the Johnnie Walker to check quality.
Take a large bowl, check the whisky again. To be sure it is
the highest quality, pour one level cup and drink.
Repeat.

Turn on the electric mixer. Beat one cup of butter in a large
fluffy bowl.
Add one teaspoon of sugar. Beat again.

Make sure the whisky is still OK. Try another cup.
Turn off the mixerer.

Break 2 leggs and add to the bowl and chuck in the cup of
dried fruit.

Mix on the turner.

If the fried druit gets stuck in the beaterers pry it loose
with a drewscriver.

Sample the whisky to check for tonsisticity.

Next, sift two cups of salt. Or something. Who giveshz a
shit.

Check the whisky. Now sift the lemon juice and strain your
nuts.
Add one table.

Add a spoon of sugar, or something. Whatever you can
find.

Greash the oven and piss in the fridge.

Turn the cake tin 350 defrees.

Don't forget to beat off the turner.

Throw the bowl through the f**king window.

Check the whisky again and go to bed.

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 leaping over a cow. Below the cow, the text reads "HAMURANA HOMEKILL SERVICES" and "LES DWYER • 027 496 1508". The words "NGO" and "2021" are on either side of the cow. The logo is set against a background of a rural landscape with trees and a fence.

6 TAUI STREET NGONGOTAHA
• OPEN 7AM TO 3PM •

Merry Christmas

Team Parker would like to wish all our current, past and future clients a fantastic Christmas and a safe new year!

Should you be interested what's happening in todays market don't hesitate to contact us!



Angela Parker

Lifestyle and Residential Sales Consultant

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Licensed Agent REAA 2008

Harcourts Rotorua

ETD Realty Ltd Licensed Agent REAA 2008

Merry Christmas!

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NOW!**

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027 488 6786**

DURING 2021 I HAVE
BEEN INVOLVED IN
THE SALE OF THE
FOLLOWING

Merry Christmas

 34 Bennetts Road	 56 Tarena Street	 10B Parawai Road
 296 Malfroy Road	 33 Mamaku Street	 34 Maire Street
 8 Kinder Place	 23B Charles Road	 9 Augustus Earle Pl

I AM WORKING THROUGH CHRISTMAS AND NEW YEAR
FOR ALL YOUR REAL ESTATE NEEDS



Denise Sturt
Residential Salesperson
M **0274 836 305**

 **Professionals**
LICENSED REAA2008