Our FREE community paper

Next deadline 26 September 2023

The Sunny Side of the Mountain NGONGOTAHA NEWS

www.ngongotahanews.co.nz

September 2023

Proposed new speed limits for Ngongotaha

Editor: Philippa Wills 021283 7006

The new national Land Transport Rule: Setting of Speed Limits 2022 ('the Rule') provides a revised framework for setting speed limits across New Zealand through the formation of Speed Management Plans (SMPs) that address safe and appropriate speed limits and supporting infrastructure.

Rotorua Lakes Council (RLC) is required to implement speed limit reductions around both urban and rural schools under the Rule. Waka Kotahi has a mandate for 30km/h around schools, which is not controlled by RLC, and they also determine speed limits on State Highways.

In the urban area, state highways include Te Ngae Rd, Old Taupo Rd and Amohau St. Schools on state highways will have their speeds changed by Waka Kotahi, in line with its Speed Management Plan and legislation. Submissions to Rotorua Lakes Council closed on 18 August 2023. It is understood submissions received numbered in the hundreds.

Ngongotaha District

All Central Ngongotaha Streets including the Landscape Drive area and Gloucester Road to be 30 km with the exception of Western Rd past School Rd, Brake Rd, the start of Paradise Valley Rd and the eastern part of Keith Rd which are proposed at 50 km.

On the west side, Dansey, Tarukenga, Burnsdale and the rest of Paradise Valley Rd will go to 80 km. Further north, Rahui Rd, Hampson Place, Dalbeth, Oturoa, Fleming, Central, Sunnex, Jackson, Sharp, Lagoon, Roy, Dudley and Stewart Roads and Scott Douglas and Todd Duncan Drives are to be at 80 km.

Hamurana side streets go to 40 km and Hamurana Rd is 60 km to past Unsworth apart from a section between Te Waerenga and near Unsworth.

Congratulations to Café Dynasti

Dynasti won the Rotorua Hospitality Awards Most Outstanding Café. We are lucky to have you in our Village! Dynasti staff at the Awards are pictured right.

Congratulations also to Four Square Ngongotaha

Grant and Crystal Plummer and team are finalists in the Tompkins Wake Rotorua Business Awards. The award ceremony will be held on 4th November 20231. Good luck!

You can find more details at www.rotoruabusinessawards.co.nz

Kapukapu and Penney Rd, most of Te Waerenga Road (the lower portion is $40\,\mathrm{km}$), and Kaharoa Road with the exception of near the school go to $80\,\mathrm{km}$.

Central Rotorua

Speeds on larger and busier urban streets will remain at 50km/h. These streets are called 'Urban connectors', for example Sunset Rd, Devon St, Tarawera Rd and Fenton St. Where schools exist on Urban connectors, the speed outside schools will be 30km/h.

Apart from Urban Connectors, it is proposed that other local streets (predominantly residential and where more people, especially children, should be able to walk and cycle safely e.g. Haumoana St, Kea St and Larcy Rd) and the CBD will be set to 30km/h. Streets with 20 km/h speed limits will remain as is.

Once Council has adopted a SMP, it will be submitted to Waka Kotahi for certification and then to the Regional Transport Committee for integration into a Regional SMP. Following this, council officers will start planning for implementation of initial speed limit reductions around schools, as agreed in the SMP.

The new speed limits would be set once the Regional SMP has been adopted and will become enforceable by NZ Police once new speed limit signage has been installed. Following SMP adoption, RLC proposes the following phasing of speed limit changes:

Urban and rural schools: all reduced by 30 December 2024.

Local streets and rural settlements: 2024 - 2027 (local streets around schools will be changed at the same time as the school zone)

CBD: 2024

Urban connectors No change

Rural roads 2024 - 2027

You can view an interactive map of proposed changes at letstalk. rotorualakescouncil.nz/draft-speed-management-plan-2023



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and fellowship.

Thursday: 9.45am Contemplative Eucharist

followed by coffee and fellowship.

11.00am Bible Study

Wednesday: 1.00pm Games afternoon St Barnabas

1st .3rd & 5th Close -Scrabble, Rumikub, 500

31 Ngongotaha Road

You may have noticed a digger at this site. We are advised that this is in relation to maintenance work by the BOP Regional Council and not directly related to the proposed housing development.

Progress Ngongotaha-Kokiri Ngongotaha Inc.AGM

Thursday 21st September 7pm
Ngongotaha Community Hall Haere Mai, All very welcome



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Spring Fever

I'm not a fan of spring cleaning. Let's be honest, I'm not into summer, autumn, or winter cleaning either.

In all of spring, it can rain cats and dogs, but when does it rain monkeys? In Ape-ril.

A tired Wellington commuter walks past some religious donation box, with the attendant soliciting, "Share in the Spring spirit! Donate and have your prayer heard." The commuter stops. "And God can fulfill my prayer?" "Well, he is omnipotent." The commuter donates and scribbles furiously. Curious, the attendant asks "What's your prayer, if you don't mind?" "I want the trains to run on time." The attendant pauses, and replies, "I think you're taking omnipotence too literally."

An Irish Priest is transferred to Iola, Texas. He rose from his bed one morning; It was a fine spring day in his new West Texas mission parish. He walked to the window of his bedroom to get a deep breath of the beautiful day outside. He then noticed there was a jackass lying dead in the middle of his front lawn. So he promptly called the local police station.

The conversation went like this: "Good morning. This is Sergeant Jones. How might I help you?"

"And the best of the day to yourself. This is Father O'Malley at St. Ann's Catholic Church. There's a jackass lying dead in me front lawn and would ye be so kind as to send a couple o' yer lads to take care of the matter."

Sergeant Jones, considering himself to be quite a wit and recognizing the accent, thought he would have a little fun with the good Father, replied, "Well now Father, it was always my impression that you people took care of the last rites!"There was dead silence on the line for a long moment.

Then, Father O'Malley replied, "Aye, 'tis certainly true; but we are also obliged to notify the next of kin first, which is the reason for me call."

Hon Todd McClay Member of Parliament for Rotorua

Delivering Essential cancer treatments under National

New Zealanders deserve world class healthcare, which is why National recently announced it will fund 13 lifesaving cancer treatments. For the past six years the Labour government has failed Kiwis on health. We will focus relentlessly on delivering better healthcare for all New Zealanders. This will include Kiwis getting access to the essential cancer treatments they have been denied if National becomes Government.

Each year, more than 25,000 Kiwis are diagnosed with cancer, and more than 10,000 tragically lose their lives. This means all of us at some time will have some experience with cancer, either personally or through a friend, colleague, or family member. The much needed 13 cancer treatments have been identified by the National Cancer Control Agency as lifesaving or life prolonging. The treatments are for lung, bowel, kidney, melanoma, and head and neck cancers that provide significant clinical benefits and are currently funded in Australia but not here in New Zealand.

Kiwis will not have to leave the country, mortgage their home, or start a funding page to be able to afford potentially lifesaving and life-extending treatments that are proven to work and are readily available across the Tasman. The treatments will be paid for by ringfencing \$280 million in funding to PHARMAC over four years and we will do this by targeting the free prescription policy Labour gave all New Zealanders, regardless of whether they could afford to pay it themselves. National believes some people can afford to pay a \$5 prescription charge and would be happy if that funding went into cancer therapies instead.

Superannuitants and those on low incomes will receive free prescriptions. For everyone else, the total amount any family will pay for prescriptions in a year will be capped at \$100. The cancer treatments will be available to all patients with clinical need, as assessed by their doctors. Lifting New Zealand's game on cancer will be a priority for the next National Government. We have already announced our plan to increase the free breast cancer screening age from 69 to 74 years old, which will save around 65 lives each year.

Backing our health workforce is important. That's why we've announced policy on increasing doctor numbers by 220 each year, building a third medical school, bonding newly graduate nurses and midwives for up to five years in return for paying off their student loan, and opening up our immigration settings to be competitive with the rest of the world.

You can access the full policy at www.national.org.nz/cancer.

Hon Todd McClay, Member of Parliament for Rotorua, Spokesperson for Agriculture, Trade, Hunting and Fishing.

Authorised by T.McClay, Parliament Buildings, Wellington

Hon Todd McClay MP for Rotorua

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Why do the American election results take so long? It's a race between two 70+ year old men. What do you expect?

The best part about being Russian, is getting to vote in American elections.

Which is nice, because we Russians never get to vote in our own country.

Why did Trump play golf after the election?

Because that's where the winner has the lowest score.

As a Syrian, I don't know why America is taking so long to get a definitive result from their election.

We know our results months in advance!

In Afghanistan, they've made it illegal to count the votes cast in any election.

It's the Tally Ban.

A politician running for office was asked about his policy on liquor. He answered, "If you mean the demon drink that poisons the body, ruins the mind, destroys the family and creates criminals, then I'm against it!

But if you mean the beautiful drink used for a wedding toast, the foundation of a fun Friday night and the biggest source of tax revenue to fund needy orphans, then I'm for it! And I won't change my mind, no matter what you say."

A vegan bitcoin investor who owns a Tesla, does CrossFit and refuses to vote in the elections walks into a bar. The real question is, what he's going to bring up first?

Progress Ngongotaha-Kokiri Ngongotaha Inc.

Kia ora Koutou, Katoa, Right now, as I type, the 'Sun is Shining' and it is such a relief again to see the glorious blue sky, it brings real warmth to the soul. We hope this finds you all well.

Some more dry stuff:

We'll fix it for you day or night

We have just completed our Performance Report for 1 April 2022 - 31 March 2023 and are due to hold our Annual General Meeting; Thursday 21st September, 7pm at the Ngongotaha Community Hall. There are many changes affecting Incorporated Societies currently. We are under the 1908 Act, however as of June 2023, all new Societies are now registering under the new 2022 Act. There are some changes that we need to include now (even under the 1908 Act) and by early April 2026 we and all other Incorporated Societies previously under the 1908 Act, need to re-register having completed the changes to our Constitutions.

In fact, XRB (External Reporting Board), Incorporated Societies, and Charities are all currently making changes to rules and the like. Each year Progress Ngongotaha -Kokiri Ngongotaha Inc. prepares a Performance Report for the Charities Commission. We are a registered charity and have an ever-growing team of Volunteers who completed well over 5,000 volunteer hours in the past year. You will be able to view our Performance Report at the Annual General Meeting.

Out and About

It is devastating to see that another of our businesses has been ram raided for NO APPARENT reason. To know that Shalendra and Una have been put through this ordeal for no reason, when they are very much a part of the 'heart & soul' of our community is 'gut wrenching' and is an insult, an affront and abuse to the whole of our community. As far as I know it was an out-of-town job. It is good to know that many of you have offered them both support, we are a part of a caring community.

The other blight on our community is the amount of rubbish dumped around the village and along the main highways. This rubbish is finding its way into our Awa/rivers and into our Lake. Rubbish does not remain where it is dumped at random, it 'grows legs' with the aid of the wind. Going for a 'walk out and about' tells the real story about random dumping of rubbish; Just take a walk over the bridge to the domain. Put your phone in your pocket and look around as you walk.

If you would like to be a part of a 'Keep Ngongotaha Beautiful' team please let us know.

Does anyone know when our shops will be able to re-open on the East side of the Village? Again, this was a huge tragedy when the fire happened, but our businesses are really important to us and the Mr India staff have been delivering their delicious Indian food from Malfroy Road to their closed shop door in Ngongotaha for many months now. Surely all things legal must have been worked through by now.

A Big Thank you to Philippa & Tony 'Ngongotaha News' and Neighbourhood Support for organising PL8 Safe Day on the 5 August- it was a huge success.

That's it for now, Stay Safe out there

Lynn, Bob, Lee and the Ngongotaha Community Collective progressngongotaha@gmail.com ph 3574565

Better people make better citizens

With the Rugby world cup just around the corner I have been reflecting on the All Black team history and how far we have come as a nation in this sporting arena, despite the loss last week to South Africa. Being someone with a French surname of Bidois and therefore a French whakapapa does not help, especially heading into a World cup that will be held in France.



However, there is one thing about the All Blacks that has sustained my belief in them as a sports team, despite my fledging loyalty to the Warriors Rugby league team as well. I think that comes from the one year in my youth where I played rugby for Western Heights High school with practices on Tuesday and Thursday after school, and rugby league for Central League club which held practices on Monday and Wednesday nights. I would then play rugby on Saturday and league on Sunday. It got more chaotic when I made representative teams, but that's another story.

So, what is the one thing that has kept me cheering for the All Blacks? They changed their culture and values.

Back in 2004 we lost the Tri-Nations rugby tournament which included Australia and South Africa. To make matters worse we lost the final to the Springboks in South Africa. Due to the AB's culture and values at that time, there was a "court session" held which resulted in several All Blacks being found extremely drunk in the hotel garden or in the hotel lobby afterwards and the South African players had to put them into the recovery position. Not a good look.

Tana Umanga was the captain, Ritchie Mc Caw was the vice-captain and Graham Henry and Wayne Smith were the coaches. According to James Kerr in his book "Legacy", on the plane trip home, Wayne Smith commented to Darren Shand that they had a dysfunctional team and if it wasn't fixed, he wouldn't be back. That resulted in the senior players, coaches and administrators meeting together for three days in Wellington a week later.

One of the major outcomes of that hui was to a contribution by the late Brian Lochore, who was at that meeting, and gave a statement that became a new value for the All Blacks.

Better people make better All Blacks.

The drinking culture was gone. I have had the privilege of working

RSV or Respiratory Syncytial Virus

RSV is a common respiratory virus that causes respiratory tract infections, including the common cold, and outbreaks are more common in the colder months. Almost all children will have had an RSV infection by their second birthday. However, immunity is not complete, and reinfection is common.

Most adults and older children with RSV will experience symptoms similar to the common cold. However, very young children and premature babies can become very sick and may require hospitalisation. In this age group RSV can cause bronchiolitis (inflammation of the small breathing tubes of the lung) and pneumonia (infection of the lung). Many children will be able to recover from this illness at home, but some will be admitted to hospital to support their feeding and to be given additional oxygen when that is needed. Antibiotics are not usually helpful as it is a viral infection.

Older adults, people with compromised immune systems and those with heart or lungs conditions are also more at risk from RSV. RSV and COVID-19 are both respiratory illnesses. If you have respiratory

with and meeting outstanding leaders in my Professional Director and Professional Speaker roles and I would like to take this statement one step further for our Hamurana, Awahou, Ngongotaha, Kaharoa and Mamaku communities.

Better people make better citizens

For the record, I am not suggesting we all stop drinking alcohol. However, I heard that the Ngongotaha bookshop and Post shop was broken into and that just guts me. This shop is one of the shops at the heart of our community and did not deserve to be targeted and neither do other shops, homes or businesses in our communities. Our communities deserve to be safe places where a Mum can be safe at home in the middle of the day with her tamariki and not expect to have someone come onto their property with ill intent, as has happened.

So how do we become better citizens? By becoming better people. Better people say kia ora or hello to each other when they pass each other walking or on our bikes or in a shop. They wave to cars going up their road. Better people know their neighbours, the good, the bad and the otherwise. Better people do not stay silent when they know who did the bad stuff and they do not do the bad stuff themselves.

As we head into the summer where we will get out and about more, let's just try to be better people so our communities are better and safer. We owe it to each other to at least try. Speaking of tries. Go the All Blacks, and the Warriors, and go all of us!

Ngahihi o te ra Bidois is a Motivational Speaker, Professional Director, businessman, author, husband, father. Koro and MBA. A Maori Boy from Awahou. See https://thefaceofnewzealand.com/

symptoms such as a cough, sore throat, shortness of breath, head cold or loss of smell, with or without fever, stay at home and call your doctor or Healthline (for free) on 0800 358 5453 to see if you need a test for COVID-19. RSV can spread easily from person to person through droplets from a sneeze or cough. People can be infected by touching their nose or eyes after touching a person with RSV or contaminated items. A person is usually infectious for up to 10 days after symptoms begin.

Babies who are struggling to breathe may not be able to feed as well or as long as they usually do. What to look for in babies:

- fast breathing
- sucking or pulling in under the ribcage
- sucking or pulling in between each rib
- using the muscles around the neck during breathing this can make it look like your baby's head is bobbing up and down
- flaring of the nostrils the nostrils move out as your baby breathes
- extra noises when breathing in or out or both

If your baby looks blue, is very drowsy or has pauses in their breathing, dial 111 within New Zealand.

Source: www.health.govt.nz

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NGONGOTAHA INDOOR BOWLS

24th July Championship Singles

A very good night of bowling. One of our players who has only been playing for just over a year was playing very good bowls. This was Chris McGoon who won against Helen White by playing some good up shots. Well done Chris, your bowling has improved. Chris had the biggest smile I have seen from him. We had three members qualify. They were John Rayner, Richard Mills and Robin Campbell. Richard and Robyn played with Richard winning that round so Richard went on to play John with Richard being the overall winner - not that John did not put up a fight to win himself.

31st July Buttons

Helen White and Greg Chase held the buttons till Bruce Wiggins and Grahame Turner won and took the buttons off them. Tough for Helen and Greg who thought they were going to still hold the buttons at the end of the night. John Rayner and Delwyn won against Bruce and Grahame then Richard and Nicole won the last game so hold the buttons. Overall winners for the night were Wayne Hitchens and Bruce Mapsom with 32 points.

7th August RSA Tournament

We had four teams take part. We weren't winners but we sure tried our best. At least we got to have a yummy supper afterwards,

14th August Mystery Night I

It sure was a mystery night, Mystery bowls as well, I think more bowls were off the mat than on. Each mat had a different challenge. The winners for the night were Bruce Wiggins and Delwyn Hughes.

21st August Aggregate

There were three teams that had two wins: John Rayner and Chris McGoon, Cheryle Wiggins and Greg Chase, Robyn Campbell, Bruce Mapsom and Kris Roguski.

One of our players who played in the Special Olympics came first in the fours. Well done to Kris Roguski.

Anyone looking at playing bowls can contact:

John Rayner 07 5625012 Kevin Whyte 07 3574766

After numerous rounds of, "We don't know if Osama is still alive," Osama himself decided to send Ted Kennedy a letter in his own handwriting to let him know he was still in the game. Kennedy opened the letter which appeared to contain a single line of coded message, 370HSSV-0773H.

Kennedy was baffled, so he emailed it to John Kerry. Kerry and his aides had no clue either, so they sent it to the FBI. No-one could solve it at the FBI, so it went to the CIA, then to the NSA. With no clue as to its meaning, the FBI finally asked Marine Corps Intelligence for help.

Within a few seconds the Marine Corps cabled back with this reply, "Tell Kennedy he's holding the message upside down."



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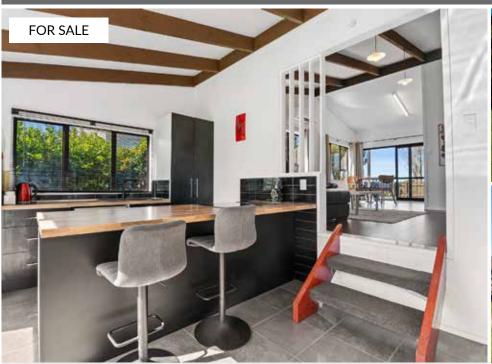
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Hamurana 565 Hamurana Road

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Auction: 1pm Onsite, 23 September 2023 View: rwrotorua.co.nz/ROT31187 Contact Chander Sandhu 027 516 1260 and Abeera Dhaliwal 0212 772 117



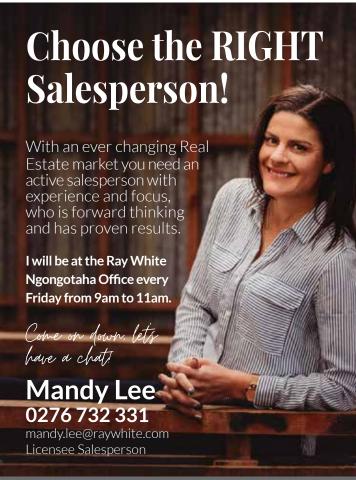




Ngongotaha Valley 53 Burnsdale Drive

Nestled privately in a beautiful farm and bush setting, this idyllic lifestyle property is outstanding in every way. With an impressive residence plus outbuildings, 25ha (more or less) of farmland and an enclave of native bush, this will be a top choice as a farmer's downsize dream, a property for family to fall in love with or for lucrative income from guest accommodation. Let your imagination run wild!

For Sale By Negotiation (plus gst, if any) View ROT31105 Contact Mandy Lee 0276 732 331 mandy.lee@raywhite.com



Ray White Rotorua & Ngongotaha

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22 Ranginui Street

Get straight into holiday mode. This 5 bedroom home has fantastic lake views and a sandy beach just beyond your lawn. Opportunity for permanent living, holiday home or potential income. Living on 2 levels with 3 bedrooms upstairs and 2 down, a bathroom and living space on each level and a beautiful timber staircase providing internal access. Decking enjoys gorgeous views and the feature timber floorboards add a nostalgic lake house feel.

For Sale By Negotiation View rwrotorua.co.nz ROT31191 Contact Mandy Lee 0276 732 331 mandy.lee@raywhite.com



376 Hamurana Road

3 Bedrooms | 1 Bathroom | 1 Garage

LAKE HAVEN - HIDEAWAY SETTING

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Anita Martelli anita.martelli@raywhite.com rwrotorua.co.nz ROT30938



5 Oakland Place

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MICRO LIFESTYLE WITH VIEWS

John Piercy 027 446 4549 john.piercy@raywhite.com rwrotorua.co.nz ROT30929



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John Piercy 027 446 4549 john.piercy@raywhite.com rwrotorua.co.nz ROT31178



33 Caledonia Road

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John Piercy 027 446 4549 john.piercy@raywhite.com rwrotorua.co.nz ROT31058



197 Fryer Road

3 Bedrooms | 1 Bathroom | 1 Garage

THE GOOD LIFE

Mandy Lee 0276 732 331 mandy.lee@raywhite.com rwrotorua.co.nz ROT30818

Age Concern

Improved weather has been the catalyst to bring people outdoors and our Out and Abouters have been over-subscribed with more of our members wanting to be part of the experience.

As mentioned in the last article, Age Concern will be holding our annual Positive Ageing Expo on the 16th of September from 9:30am until 2:30pm at Parksyde. To date we have 24 different organizations enrolled so there is sure to be something for everyone. We expect all ages to attend as families look for their elderly members' best options moving forward.

We have just formed a partnership with Seniornet.

DROP-IN TECH ASSISTANCE

Starting on Thursday 10 August, SeniorNet Rotorua will be running drop-in sessions in our meeting room at Parksyde House (Age Concern, 5 Tarewa Place). They will run from 10 am until 12 pm. This is your chance to seek one-to-one help on any problems you are having using your phone, tablet, or laptop. Friendly SeniorNet experts will be there to work with you.

Bring your devices with you fully charged and make sure that you have any necessary passwords. These sessions will run every Thursday through to the end of November, except the 21st of September. You do not need to be a member of Age Concern, but you do need to be over 60 years. We would prefer you to register by ringing the Age Concern office on 07 347 1539 but it is not a necessity.

Maureen, one of our wonderful and proactive volunteers, is at present thinking about ways that we can involve our members in more socially connected programs ranging from art classes to intrepid journeys which take advantages of free bus rides.

Her latest scheme is to hold regular meetings, at Age Concern, for men only and the topics will be media based. Watch this space.

Good things take time, so we are told, and that has been the case with the Tiny Homes. We started the project over 2 years ago and it is only now, looking like the finish line is in sight. The contractors have begun the preparation for the delivery, the houses have about 2 weeks to completion and, hopefully, by the time this is published, we will be doing the final landscaping and interior fitting and our lucky residents will be getting ready to move in.

The ability to live independently is highly valued by seniors. Much of that independence, which is critical to the mental health and wellbeing of older adults, comes from living in their own home. Seniors report moving out of home into an age-related residential care facility as one of their greatest fears.

In addition to cardiac events and respiratory disorders, falls are a common reason for older adults losing their independence. One-third of those aged 65 years or older living in the community experience a fall at least once a year and up to one-half of seniors requiring hospital admission with a fall-related injury are discharged to an age-related residential care facility.

This is what happened to one of our members and is a cautionary tale we need to be aware of as we age. Jim, (not his real name) was happily living in his own home and could still drive, which gave him independence, which he valued. He did have some health problems and used sticks to assist his walking.

One day, however, he had a nasty fall and was hospitalized. He was released to a care home and because his wife had passed, and he had no close family, his nephew became his Power of Attorney. He was having physio once a week which was not sufficient to get him back walking. He will not be going home again.

Ask yourself.

- 1. Have you slipped, tripped, or fallen in the last year?
- 2. Can you get out of a chair without using your hands?
- 3. Have you avoided some activities because you might lose your balance?

Being aware of medical factors that indicate susceptibility to falling will also help in screening for impaired balance and unsteady gait.

Older people assessed as needing rest home care are increasingly being stranded in public hospitals for extended periods because without an enduring power of attorney, they are being refused entry to aged care.

Age Concern and Public Trust recently held a free seminar on Wills and EPOA's (Enduring Power of Attorney) This seminar was well attended, and we are looking to hold another one soon, as this is an important aspect of growing old that we should all get sorted.

The Retirement Commission's latest survey shows financial difficulties facing elderly Māori in retirement are starting to sink in, with wāhine in an even tougher situation than men.

A Westpac retirement expert claims "a comfortable retirement means couples must save up to \$70,000". But not many Māori superannuitants achieve this. On average Māori will earn less through their working lives, meaning they have fewer resources to draw on when they retire.

The Retirement Commission says women in retirement are worst affected. New research shows 55 per cent of New Zealanders are struggling with their financial situation, with 61 per cent of women saying they are in a difficult position financially compared with 48 per cent of men.

Keep safe. Rory O'Rourke Manager

Age Concern Rotorua

5 Tarewa Place [Rotorua | 3010]

Phone: 07 347 1539 Mobile: 0275609956

Email: manager@acrotorua.nz Email: orourker123@gmail.com Web: www.ageconcernrotorua.org.nz

Ngongotaha Lawn Bowls

Ngongotaha Bowling Club (NBC) at the end of Domain Road will be playing twilight bowls from Thursday 21/09/23 until Thurs 04/04/24 (with a break for Xmas from 14/12/23 until 11/01/24). This will be a triples (3's) competition, so if you have 1, 2 or 3 players, we have members to help &/or play with.

If you have a set of bowls, brilliant! If not, we can provide some. Each evening should run from 5.00pm till 7.30 pm approx. There will be refreshments available during & after bowls. Each evening will cost \$5 entry, there will be prizes each week & a big prize at the end of the season. We hope to see you there!

Paul Graham

Kaharoa School



September 2023



Kia ora koutou

We hope this finds you all well and enjoying the beginning of spring. Kaharoa school students have had a busy few weeks, welcoming future students to our orientation events and participating in a range of activities leading up to our Marae visit...



Whole School Marae Trip:

On August 21st we were welcomed to Tarimano Marae (Awahou) with a powhiri and learned more about our local history. The Primary Team then rotated through poi, rakau, waiata-a-ringa and explored the Marae, while

the seniors hiked on Kaharoa's neighbouring Paterson's farm to an old Pā site.

Team Tōtara returned to the Marae and

enjoyed games, dinner with whānau and some impromptu drama performances around one of our local histories stories. Year 7 and 8 students then spent the night in the wharenui.



The following day, the seniors left the shore and braved the choppy water off Hamurana as part of the Aotearoa NZ Waka Experience. A huge thank you to the tangata whenua who welcomed us to their Marae and to all the parents who came to support us and make all of our adventures such a positive experience.

Orientation: Kaharoa School welcomed a number of students from other schools for our Open Day on Tuesday 8th August. Then on Thursday 10th August we held an information evening for interested parents. A 'shout-out' must go out to a group of our senior students (Lucus, Rosalie, Shavonne, Brock, Tallis and Zara) who shared their experiences and knowledge of Kaharoa during these two evening presentations.



Ag Day: Many Kaharoa children have adopted and are helping to raise lambs, calves, chickens and kids (baby goats) in preparation for Ag Day - to be held on Friday 13th October. For children who are unable to look after an animal at their home, there is an option of growing and caring for plants. We are still



looking for marshalls on the day, if you can help please email agday@kaharoa.school.nz.

<u>House Sports Day:</u> Our senior students will be running a house sports day on Friday 8th September. Students may dress in their house colours and there will be a range of fun activities for children to participate in, working together with their house team-mates to earn house points.

The last day of term 3 will be Friday 22nd September and we return for term 4 on Monday 9th October.

Please refer to the Kaharoa website for further information and school newsletters. <u>www.kaharoa.school.nz</u> Ngā mihi mahana - The Kaharoa Team

LAKEVIEW GOLF AND COUNTRY CLUB

Spring is here! The daffodils are out and blossom trees are bursting into colour. We are finally getting some decent weather - fingers crossed it lasts and we can all get outside and enjoy the warmer days and longer daylight hours. Daylight saving will be kicking in at the end of the month. So good!

Club competition is still Top Dog/Cat. We are at the pointy end of the competition with the semi finals and finals being played 2nd September. Match Play starts after that and runs for the rest of September.

We would like to congratulate Hunter Edwards who recently won the South Pacific Junior Open. This was held in New Caledonia and Hunter came from behind to win slotting an awesome 40ft putt to take the title.

Awesome determination and a never give up attitude will always get you places. Well done Hunter fantastic achievement! Big shout out to her coach (dad) Josh Edwards and her whanau support crew.

The arrival of daylight saving at the end of the month sees twilight start up again. We will be running the 2 days again this year with ladies' twilight on Tuesdays and mixed twilight on Wednesdays. This is a great chance to play more golf after work and enjoy the camaraderie that these days offer. Tee off is from 4.30pm and everyone is welcome!

It is great to see Ngongotaha Primary tamariki at the club every week. The golf academy is going well and they played a few holes on course the other day which is just so cool to see!

Remember the Rotorua Archery Club is based at Lakeview now and they shoot every Sunday (weather permitting) from 9.30am – 11.00am. They welcome everyone so if you have always wanted to give archery a go come on up to Lakeview. It is a great sport for all abilities and an awesome whanau activity.

Quiz nights continue in October with Friday October 6th the next date. These are great fun so book your team in and come and join us for a fun night out.

October will be a busy time at the course with the native planting days we have planned. We will have Mamaku and Ngongotaha Primary school tamariki helping us to make Lakeview an even better native bird and invertebrate paradise.

Until next month enjoy the longer days and warmer weather!

Golf shop phone number is 07 357 2341.

Ngongotaha School - September Update



End of term is creeping up on us again. Time really does fly when you're having fun. We held our term 3 disco a few weeks ago. One of our awesome dads, Chris Cornwall from Light it up Media, set up some cool lights

and a fog machine in the Community Hall which the kids absolutely loved. As always, when we hold a disco, we held our CAKE night where senior staff members present on a topic to support our school whanau, the kaupapa this time was Dyslexia and was well received from about 20 parents who attended.



Dylan, Tracey and Maddison Oswald from Oswald Construction recently donated an awesome bench seat for whanau to use while watching their children perfect their putting skills on our mini putt course. The idea came from our Student Council meeting so we have attached a plaque with the names of the 2023 Student Council members.

Thanks so much Oswald Construction for your support.



93 of our students took part in the annual Tough Guy and Gal race recently. They dressed up as minions and ran through huge mud puddles, up and down massive hills,

under cargo nets, over A frames, through muddy creeks, all in the name of fun. Our children had a GREAT time and won the prize for 'Brightest Dressed School'. Each child also received a medal, pizza voucher and cookies. An absolutely amazing event.



Our school swimming pool is still going strong. Most of the Ngongotaha community

have learnt to swim in this pool over the past 60 years. It will undergo a bit of an upgrade shortly- some new paint and turf installed around

the pool to keep the children safe. Once this is completed, we will be filming a new drone video to add to our website. Keep an eye out for that.



Our Golf Academy continues to work with Josh and the team at Lakeview golf club. On Tuesday mornings we travel to the club, hit a few balls on the driving range and play a couple of holes. I have decided that I will sacrifice my mornings and supervise these children all for the benefit of their



development - of course, it has nothing to do with me wanting to work on my swing with a golf pro each week;).



Depending on when this goes to print, we have either just had, or are just about to have, our annual Walk-a-thon. This

kaupapa started just after the initial 'lockdown' as a way to thank essential workers and to encourage physical activity after our children and teachers worked online for so long. It proved to be a real hit so we have continued it on each year since. This year, we are fundraising for our 'mega slide' a 19m slide from the top of the field all the way down to the bottom of the hill. We are extremely fortunate to have received a very generous donation from Israel Adesanya the MMA expert which will be put towards the cost of this slide.



As always, keep an eye on the school app for up to date information. We post a Week at a Glance message every Monday highlighting all the things happening over the next 7 days.

Craig and the Team at Ngongotaha School.

Aim High, Stand Proud | Iti rearea teitei kahikatea ka taea

Rotorua Tramping Club - Discover nature and landscape by foot

A number of Ngongotaha residents are members of this Club. We have quite a few opportunities to roam around the nature reserves Ngongotaha has to offer. We have the Ngongotaha and Waiteti streams and the lake. A walk is different every day - depending on the weather, the season, the people I meet or my own mood.

Although I enjoy my walks here, I also find it a challenge to discover new places. Further from home, I do this with the Rotorua Tramping and Skiing club. There are many day walks within a radius of about 50 km. For example; trails at Lakes Okataina, Tikitapu and Tarawera, the Redwoods and Whakarewarewa forest, and a little further away in the Kaimai-Mamaku range. One can also participate in multi-day trips with overnight stays in a DOC hut: from Tongariro National Park or the Kaimanawas, to the Coromandel Range or Pirongia. And many more locations.

Two or three days of complete immersion in nature gives you the feeling of more than a week's vacation. If a member would like to undertake a tramp that is not on the programme she/he can ask

other members to join them. The tramping club organises weekend activities as well as tramps during the week. So tramping for everyone and wherever you want. Are you interested to discover some new places by foot? You are welcome to join a walk and see whether you like it.

Upcoming activities:

15th to 17th September – Tama lakes loop from Waihohonu hut, overnight tramp (Tongariro park) Saturday 7th October – Queens Vic's Head day walk in Kaimais

14/15 October – Overnight hike to Te Whare Okioki Hut (bookable hut in Kaimais).

Are you interested to join a walk or have any questions? Contact me, Petra Geraedts tel 027 3209732, email secretary@rotoruatrampski.co.nz

Two hardcore Trump supporters die and ascend to heaven. God meets them at the pearly gates and asks if they have any questions. One of them says, "yes, what were the real results of the 2020 election and who was behind the fraud?".

God says, "my son, there was no fraud. Biden won the electoral college fair and square, 306 to 232".

After a few seconds of stunned silence, the one guy turns to the other and whispers, "This goes higher up than we thought".

Ngongotaha Medical Centre Limited

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



Government Recommendations on Mask Wearing



From August 2023 the government has made mask use by visitors to healthcare settings recommended.

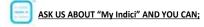
However we still ask if you could please wear a mask if you are feeling unwell – this is to protect staff and other patients while you are in the clinic

We have masks available at reception as well as FREE boxes of RAT tests

Phone First Acute Clinic

If you have any respiratory symptoms (cough/cold/fever/sore/throat/runny nose please call our reception from 8am and ask to be put in our "Phone First Acute Clinic". A doctor 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).



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Testamentary Promises (Wills)

Making a Will is important and is unfortunately one of the necessaries of life. The job of a Will is to appoint someone to manage your affairs after you die, pay your debts and estate expenses, and dispose of your assets as you wish. Unfortunately, once you die, a Will is never a done deal – it can be challenged in 3 ways through one or more of the Family Protection Act ('FPA'), the Law Reform (Testamentary Promises) Act ('TPA'), and the Property (Relationships) Act ('PRA').

The FPA is one avenue enabling a Will to be challenged by a certain class of people (e.g.: direct relatives) that the deceased breached their moral duty by failing to provide for them in a Will. Typically, claimants under the FPA encompass disinherited estranged adult children, or adult children disappointed by bequests to them believing the deceased should have provided them more out of the asset pool. While that might sound selfish, a vengeful testator deciding on substantially uneven splits is common and sadly tends to ruin family relationships for ever.

While Courts say they will not re-write a Will, they frequently effectively do in resolving claims. Challenges to Wills under the PRA typically arise from blended family relationships or more traditional relationships where the bulk of the relationship assets might be held in, say, the husband's sole name. Under the Act a surviving partner elects to take what is provided for them in a Will or they can apply for a division of relationship property which may increase their share of the asset pie.

Lastly, the TPA widens the class of people who can claim against an estate to include those who have been promised to be provided for in a deceased's Will in return for work or services performed. This type of claim is less common but might arise, say, in the situation of a companion or friend who has performed services or work for the deceased and the deceased has promised to make a provision in their Will for them but ultimately fails to do so.

Claims of this nature would have been more common in the days when it was a more difficult task to change a Will than it is with the magic of word processing today. This type of claim is less common and certainly one which is scrutinised by the Court for obvious reasons – none the least concerns as to coercion, undue influence or duress, and other competing claims under the FPA or the PRA where a deceased may have a higher duty to his or her family over other claimants, as well as factoring the size of the estate and the extent of the claim made

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Free Quotes References available Call: 021 410 911 Email: tonyk7025@gmail.com When estate disputes crop up, very often there are different perceptions of events and documents and so on that form the crux of an estate dispute as well as the legal basis. From a lawyer's perspective it's important to get the basis of claims and supporting evidence right in estate disputes, whichever side of the dispute a client is on.

And trust me, if someone makes an allegation or produces a document as evidence in any dispute, there will always – and I mean ALWAYS – be other countering allegations or evidence from other parties to the dispute that WILL come out of the woodwork like emails, texts, voice recordings, photos, screenshots, affidavits from other witnesses etc. Bending or concealing the truth will not help a claim and only serves to damage your credibility and reputation in the eyes of the Court when found out.

The saddest aspect of acting in contentious estate matters is that not only are the parties grieving the loss of their loved one, but an estate dispute tends to divide family relationships forever.

Article supplied by Ros Morshead, Solicitor at Lawbox



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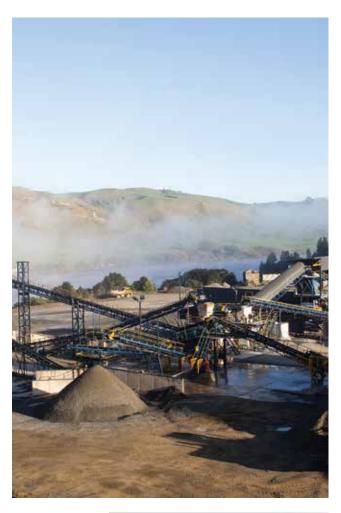
Pick up some bargains!

Trinity Centre is running a
Car Boot Sale in their
carpark from 8.00 am to 12.00 noon
on Saturday 16th September.

The cost is just \$10 per car. You'll find them at the corner of Hall Road and School Road.

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Happenings

14 Sep- 17 Sep Kaharoa Cull pest hunt for Kaharoa PTA, targeting rabbits, hares, possums, wallabies and magpies. Go to www. eventbrite.co.nz/e/kaharoa-cull-pest-hunt-a-kaharoa-school-pta-fundraiser-tickets-700544877587

16 Sep Positive Aging Expo 9.30 to 2.30 Parksyde 7 Tarewa Place 16 Sep Car boot sale - Trinity Centre on the corner of Hall/School Roads 8.00am to noon.

22 Sep Last day of School

7 October Kaharoa Community Association community garage sale at Kaharoa Hall, 9 am to noon.

9 October School Term starts

Regular Events

Monday Indoor Bowls 7.00 pm Community Hall

Tuesday Vets Golf 9.30am, Junior golf after school during school term at Lakeview

Tech on Tuesday at Parksyde

Tuesday Twilight Golf at Lakeview 4.00 to 6.00 pm

2nd Tuesday of the month: Lions Club of Ngongotaha Business meeting at 5.30 pm in the Ngongotaha Hall.

4th Tuesday of the month: Lions Club of Ngongotaha Social meeting at 5.30 pm at venues to be advised.

Contact person: Jamie Ph: 07 3322818

2nd Wednesday Friendship Club 9.45 am St Barnabas Church Hall 4th Wednesday Ngongotaha Garden Circle at Ngongotaha Hall

Every Thursday Junior Golf after school during school term at Lakeview Golf and Country Club

Thursdays 5pm Twilight Lawn Bowls, Clubhouse Domain Rd Last Thursday of the month 2.00 pm Poetry Appreciation Society. Contact Kay myfairykay@gmail.com or 0274 982 787

A politician visits a rural area to gain appeal for the upcoming elections. He schedules a meeting with the local leaders to discuss problems the town has been experiencing so that he could provide help and solutions.

"Sir, our town has been experiencing two big problems," says one of the leaders

The politician pounds his table, "Ok, tell me what they are," he impatiently replies all the while looking around to confirm if the excessive display got a favourable response.

"O-ok, our first problem is a flu outbreak but we lack doctors and hospitals, and the second one is--"

The politician cuts him off "Stop right there, I'll make some calls," as the politician animatedly grabs his phone, punches the numbers, and makes his calls.

"Yes! Yes! That would be great, tomorrow then" he loudly replies before punching another number for another call, "Yes, a hospital, I will pay for it personally." He hangs up and turns to everyone, "Good news, everyone! I have arranged for a group of doctors to come here tomorrow and check on those afflicted," he loudly proclaims "I have also called for the immediate construction of a hospital which would begin as soon as we are able to find a suitable area today. Now what was your other problem?"

"Yes, our second problem is that we don't have cellphone coverage here."

The huge backlog in the doctor's waiting room was taking its toll. Patients were glancing at their watches and getting restless. Finally one man walked to the receptionist's station and tapped on the glass. She slid back the window back, saying, "Sir, you'll have to wait your turn." "I just had a question," he said dryly, "Is John Key still Prime Minister?"

After the Russian election Putin meets with his staff

Staff: "Sir Comrade Vlad, we have got good news and bad news for you."

Putin: "I'm not scared of bad news, I've wrestled bears, tigers and a small rhino with my bare Russian hands. Hit me!"

Staff: "Your opponent got 51% of the votes." Putin: "That is terrible news! What on earth can be the good news?!" Staff: "You got 52%.."

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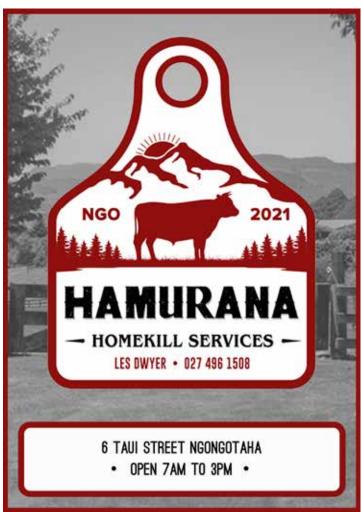
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Budget Busting Meals

Anything Goes Frittata

This frittata recipe is super flexible. You can use just about anything that's leftover in the fridge.

Ingredients

2 tbsp extra virgin olive oil

100g/3½oz cooked sweet potato, cut into small chunks

175g/6oz (around 3) cooked new potatoes, cut into small chunks

 $100g/3\frac{1}{2}$ oz ($\frac{1}{4}$ head) broccoli, stem sliced and remainder cut into small florets

½ red pepper, seeds removed, cut into small chunks

1 leek, cut into chunks

handful (50g/13/4oz) frozen peas

1 red or green chilli, finely chopped (deseed first if you like)

100g/3½oz feta, roughly broken

6 large free-range eggs

sea salt and freshly ground black pepper

green salad leaves, to serve

Method

- 1. Heat the oil in a medium non-stick frying pan (ideally ovenproof) and gently fry the sweet potato, new potatoes, broccoli, pepper and leek for 5–7 minutes, or until the potatoes are lightly browned and the other vegetables are just tender, stirring regularly. Stir in the peas, chilli and feta.
- 2. Break the eggs into a bowl and add a good pinch of salt and lots of black pepper. Beat well using a large metal whisk. Pour the eggs into the pan and give it a little shake, so they run down between all the vegetables.
- 3. Cook the frittata over a gentle heat for 5 minutes without stirring, or until the egg is almost set. Meanwhile, preheat the grill to high. Place the frittata under the hot grill for 3–4 minutes, or until set.
- 4. Loosen the sides of the frittata and slide onto a board. Cut into wedges and serve with a green leafy salad.

Source: BBC Food

FOUR SQUARE NGONGOTAHA 1 Hall Road, Ngongotaha 07 357 4475

Boil up

The ultimate one pot meal for cheaper cuts of meat.

Ingredients

- 1 tbsp oil
- 4 lamb shoulder chops, fat trimmed
- 2 choppped onions
- 3 chopped carrots
- 1 chopped kumara
- 1 tbsp vinegar
- 4 cups puha or watercress

Method

- 1. Heat oil in a large pot
- 2. Add meat and brown on each side
- 3. Add onions and carrots and continue to cook
- 4. Add remaining ingredients except watercress
- 5. Cover with cold water and bring to the boil
- 6. Skim fat off the surface occasionally
- 7. Reduce heat and simmer for 2 hours until meat is tender and vegetables are cooked
- 8. Add watercress/puha just before the end of cooking.

Source: heartfoundation.org.nz

Freestyle Soup

Boil meat or poultry bones for at least an hour, then strain. Fry chopped onion and leftover vegetables e.g. unused broccoli or cauliflower stalks in butter and add to stock with pearl barley/leftover mashed potato etc and cook until soft. Blend and season. Serve with crusty bread.



