



Tai Pitiroi aged 11 with his catch



Look what I caught!



Beau Henry aged 14: keen angler

NGO Trout Fishing Club hits 400 member milestone

Since starting 3 months ago, 450 young people under 17 have joined this fabulous fishing club for free which includes help with tuition and gear if needed, and gives opportunities to win fishing vouchers and gear. A fishing licence for a resident child under 11 is free for the season, and is \$6 for a day or \$31 for the season for those 12-17 years old. Licences are available at Rotorua Family Holiday Park on Beaumonts Rd, Eastern Fish and Game on Paradise Valley Road, and Hamills Rotorua at 1271 Fenton Street. Thanks to these sponsors and also Zero to 100.

As well, there's a monthly chance to win a Golden Trout Trophy (pictured below). With a licence and a fish, entrants scan a photo of their fish into the Q-code on the sign opposite the Ngongotaha and Western Roads corner and go in to win. Club tutors welcome female anglers and have passed security checks.



NGO Club Angling Assistants: from left, Mike Wilson, Simon Aston, Dean Andrew and Todd Ellery.



I'm Kelly, your local accountant

My clients like knowing their numbers and value my support, helping to grow their business.

Does this sound like you?

Call now for a peace-of-mind chat as to how I can best help you.



Kelly Lelieveld CA
Chartered Accountant

M: 021 804 544

E: kelly@moneymetrics.co.nz



moneymetrics.co.nz

Your trusted Chartered Accountant in Ngongotaha



Delivering trusted & quality service for over 30 years

We can help you with:

- Business Financing
- Business Structures
- Preparation of Financial Statements & GST Returns
- Tax Advice
- Payroll & Creditors

PHONE: 07 350 1018 OFFICE: 31 White Street, Rotorua

ST BARNABAS ANGLICAN CHURCH

16 School Road, Ngongotaha

Sunday: 9.45am Eucharist followed by coffee and fellowship.

Thursday 9.45am Contemplative Eucharist followed by coffee and fellowship.

11.00am Bible Study – restarts 12 February

All are welcome.

Ngongotaha Friendship Club

We've been told the Club is closing due to decreased attendance, but will just have a coffee morning once a month for those who still want/need the fellowship. St Barnabas Church has agreed to allow the use of their hall.

Progress Ngongotaha

This voluntary committee wishes all readers the best for a safe and prosperous 2026!

Thank you!

Ngongotaha News would like to thank all locals who contribute to our community either through organisations or just by doing your bit when you are able. As Editor, I'm so impressed with how much people contribute in our village, often unasked and unacknowledged. Philippa

Our condolences to the whanau of Sue Knowles, a Ngongotaha resident who was lost in the Mt. Maunganui landslide. I'm sure readers will join with us in thinking of her family at this time.



- NEW BUILDS
- EXTENSIONS
- CARPORTS
- SHEDS
- RETAINING WALLS
- COMMERCIAL & INDUSTRIAL

GOT A PROJECT IN MIND? GET IN TOUCH:
admin@bayce.co.nz | www.bayce.co.nz



Ngongotaha School

Office Opening & Enrolments

To assist with a smooth transition, the school office will be open for two dedicated days prior to the start of term. On Thursday, 29th January and Friday, 30th January, the office will be staffed from 8:30am until 1:00pm. During these hours, staff will be available to process new enrolments and assist parents with the purchase of school uniforms and stationery packs.

Teacher Professional Development

While the office handles administrative needs, the teaching staff will also be hard at work. Thursday 29th and Friday 30th January have been designated as Teacher Only Days, with a specific focus on Mathematics professional learning. These sessions ensure that our educators are equipped with the latest strategies and tools to support our students' numeracy development from day one.

Official School Start Date

The 2026 academic year officially commences for all students on Monday, 2nd February. Families are encouraged to ensure students arrive with their necessary stationery and in full school uniform, ready for an exciting year of learning and growth.

Waitangi Day

Parents should note that the school will be closed on Friday, 6th February, for Waitangi Day.

Uniforms and Stationery Packs

The school continues to offer convenient on-site purchasing for all essentials. Stationery packs have been curated for each year level (including specific packs for Rumaki classes) to ensure every child has exactly what they need. Our full school uniform, including jerseys, polos, and track pants, remains available through the school office to maintain our sense of pride and community identity.

Staying Connected

For the most up-to-date information, the community is encouraged to check the school calendar on our website at www.ngongotaha.school.nz or download the school app. Regular updates are posted through both platforms to keep families informed of upcoming events and news.

Nāku noa

Eden Chapman

Tumuaki | Principal

T: 07 357 4531

www.ngongotaha.school.nz

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

Message from David Martin Manager Rural Policing, NZ Police

Rapid Numbering is imperative to enabling emergency services to find your rural driveway – particularly in poor weather and at night:

The Rural Address Property Identification System (RAPID) is a standard numbering system for rural properties based on the distance to a property entrance from a clearly defined reference point, usually the beginning of the road on which it is located. The numbers are allocated to properties by measuring the distance from the beginning of the road to the centre of the entrance to the property. This measurement is taken in metres, divided by 10 and rounded to a whole number.

A white number plate with blue numbers should be attached at the entrance to the property. If no number is visible but you think a number may have been allocated, please contact your Council and they can check the property database. If a number has not been allocated, you may apply for one. Either way – ensure you have the reflective numbered white plate attached at the entrance to your property.

Property owners must provide the road name along with their RAPID number when contacting the emergency services.

To obtain a RAPID number contact your local council.

NGONGOTAHĀ SCHOOL

START OF YEAR INFORMATION 2026

Key Dates

School Office Open Thursday 29th & Friday 30th Jan 8:30am – 1:00pm For enrolments, stationery, and uniform.	Teacher Only Days Thursday 29th & Friday 30th Jan (Mathematics Professional Learning)
School Starts Monday 2nd February	Waitangi Day Friday 6th February (School Closed)

SCHOOL UNIFORM		STATIONERY PACKS	
Jersey	\$45	Year 0/1	\$24
Polo	\$24	Year 2	\$26
Shorts	\$35	Year 3/4	\$31
Skorts	\$55	Year 5/6	\$22
Hats	\$29	Rumaki Packs:	
Beanies	\$29	Year 0/2	\$32
Track Pants	\$52	Year 3/4	\$22
		Year 5/6	\$30

STAY UPDATED

The school calendar is available on our website:
www.ngongotaha.school.nz/page/657971

Updates are posted regularly on the School Website and the School App.

School Sustainability and Resilience Fund 2026

The Bay of Plenty Regional Council supports the region's environmental health and sustainable development. This mahi is focused around four outcomes we're working towards: a healthy environment, freshwater for life, safe and resilient communities, and a vibrant region. The School Sustainability and Resilience Fund supports schools, kura kaupapa Māori, kōhanga reo, early childhood centres, kindergartens, tertiary institutions and other education organisations to deliver projects related to climate change and natural hazard resilience or environmental sustainability.

Eligibility

Schools, kura kaupapa Māori, kōhanga reo, early childhood centres, kindergartens, tertiary institutions and education organisations in the Bay of Plenty are eligible to apply to this fund.

Projects must contribute to one or more of the following categories:

- Raising awareness of climate change or natural hazards.
- Improving long-term resilience to climate change or natural hazards.
- Reducing or mitigating greenhouse gas emissions.
- Improving environmental sustainability.

Project ideas: climate change education, environmental monitoring, active transport, native plantings, pest control, edible gardens, rainwater tanks composting.

- Consider a rainwater tank
- Walking School Bus
- Planting pa harakeke
- Would your school benefit from a bike rack?
- Tsunami evacuation signs
- Take care of foodwaste and get a liquid fertiliser with a worm farm.
- Pest animal control to increase forest health
- Build a wetland
- Weather monitoring
- Kick start your edible garden programme
- Composting set up
- Consider your recycling processes.

Source: Regional Council Korero January 2026

LAKEVIEW GOLF AND COUNTRY CLUB

Happy New Year to everyone! Hopefully you all had a chance to catch up with friends and whanau and take a break over the holiday period. Lakeview has been super busy with golfers making the most of their time off and non-golfing visitors just soaking up the atmosphere and enjoying a coffee on the deck. The weather has been very unpredictable with all the rain we have had, but the upside of that is that the course is still looking beautifully green and lush.

Club competition started up again with our Opening Day on January 17th, an earlier than normal start to allow for the busy 2026 programme ahead. February sees Matchplay Club Champs kick off with three rounds in Feb following the qualifying round which was at the end of January. Pennants also starts in February, so a busy time for all.

Twilight has started again for 2026 with the first night on January 14th. Mark it on your calendars every Wednesday (weather permitting): tee off from 4pm- 6pm 9 holes of golf and the option of some great kai and liquid refreshments afterwards. Great opportunity to catch up with mates and chill out! All welcome no membership of a club needed.

The community vegetable garden is looking amazing with members able to pick courgettes, tomatoes, strawberries and various other healthy greens to take home and put on their menus! A great crop of early potatoes were harvested before Xmas which were also made available to members. By all accounts they were delicious. We are looking at getting a pataka installed so the produce can be easily displayed and we can start up a share system where members add what they grow in excess and take what they don't grow!

Kia ora from Rach at the Lakeview Operations Desk.

It's been a busy and exciting summer at Lakeview. December was full-on with golf events and functions, and the clubhouse was buzzing. January has continued that momentum, kicking off with a lovely member wedding and strong enquiries coming through for events. In 2026 we're keen to grow our corporate offering, including meetings, workshops and conferences for groups of around twenty to one hundred guests. Full catering is now available for most events through Flavours by Chef, making planning easy with great food and smooth service. Community and not-for-profit groups are welcome to talk to us about using the venue. Hope to see you at Lakeview soon! 704 State highway 5, Tarukenga, Rotorua events@lakeviewgolf.co.nz 027 272 0425 (text preferred)

Rotorua Archery Club are back for 2026 after a break. They hold club days on Sundays from 9.30am – 11.00am. Set up is from 9.15am so come up and give it a go everyone is welcome!

Welcome to the start of 2026 we look forward to another great year!

Golf shop phone number is 07 357 2341

Hamurana's Unique Hairstudio
KASKA KUTS



Experience unbeatable value with personalised one-on-one service that you won't find elsewhere

PRICES*

Men's cuts	\$20	Women's trims	\$25
Pensioner men	\$15	Pensioner women	\$20
Children (under 10 yrs)	\$15	*Surcharges apply on late nights and weekends	

Wheelchair access, ample parking, tranquil surroundings and flexible hours. Open 7 days with 4 late nights.

Call Tracie 021525607



OUR SERVICES

- Short term help
- Spring Cleaning
- Oven/Window Cleaning
- Commercial Cleaning
- Long-term help
- AirBnB cleaning
- One-off clean up & tidy jobs
- Holiday house cleaning



BOOK NOW

0800 264 357
07 332 5415

rotoruacleaningservice@gmail.com

Previously Wendy's Angels

Be kind to your kurī : tips for caring for your dog in summer

(Rotorua Lakes Council 17 Dec 2025)

It's important to choose the right time of day to walk your dog to avoid dehydration, burnt paws and heat stroke. Dogs should be walked early in the morning or later in the evening when temperatures are cooler.

It's also important to consider the temperature of the footpath and road. If you can't hold your palm to the ground for longer than 10 seconds without feeling the burn you should wait until it's cooled down for the day.

Remember to have plenty of water ready for a thirsty dog, take it slow and stop to enjoy the shade.

Dog exercise areas in the Ngongotaha area:

Hamurana: From Kaska Road to Turner road, 9am - 7pm, 15 Dec to 1 Mar inclusive, dogs on lead. Outside of these times, off lead but under control. From Fryer Road to Kaska Road, dogs can be off lead but under control at all times.

Reeme Street Reserve: from Reeme Street to the wooden barrier at the Taui Street end of the reserve

Elliot Park: Western Road Reserve (Elliot Park). Access from Western Road

There are also some areas where dogs aren't permitted, even if they have a lead:

- The central business district (CBD) including the Government Gardens, Lakefront and Sulphur Point.
- Childrens' play areas including playgrounds
- Smallbone Park
- Tihiotonga (Sloane Avenue Reserve)
- Southern end of Kuirau Park

Have somewhere for dogs to cool off during the hot summer days. If you've got an outside doggo, ensure it has access to shade at all times of the day. If your doggo prefers to hang out inside, make sure there is plenty of ventilation and a cool spot in the house, and never leave a dog inside a car on a hot day. If you're taking your dog for a swim in a river or lake, check the water before they go splashing in. Toxic algal blooms are more common in the warmer weather and can cause serious illness or death if dogs ingest them.

Long coats can trap moisture and heat and make for a very unhappy doggo. Keep up the grooming throughout the summer months.

Long grasses and prickles can get stuck in paws, between toes, in noses and ears during summer adventures. Give your dog a good look over once you get home from trips out and about.

Foods to keep away from Fido include, but are not limited to:

- raisins, sultanas and grapes
- cooked bones
- onion
- sweets, especially those containing chocolate or nutmeg
- avocado

RLC animal control staff are on-call 24 hours to respond to calls about dog attacks, dogs rushing at people, roaming dogs that have been secured, injured dogs, and wandering stock. All other calls will be responded to as the team are able. Phone 07 348 4199 to reach the Animal Control team.

Education

Student: Can I borrow a pencil?

Teacher: I don't know, can you borrow a pencil?

Student: Aha, but I clearly meant to ask for permission. Since you and the rest of the class understood my intent perfectly well, and the word "may" to show permission is rapidly falling out of fashion, there is nothing wrong with asking you whether I can borrow a pencil.

Teacher: Possibly so, in colloquial speech. Discerning context can help us decipher the nuance of each sentence on a case-by-case basis. However, as your teacher, my task is to teach you the intricacies and nuances of the English language with rigor, so that you may have a greater mastery of the language in order to effectively and precisely control what you want to communicate. In this case, the difference between the words "can" and "may".

Student: Point taken. May I borrow a pencil?

Teacher: No, you may not. The government cut funding for education again.



A husband and wife who work for the circus go to an adoption agency looking to adopt a child, but the social workers there raise doubts about their suitability. The couple produces photos of their 50-foot motor home, which is clean and well maintained and equipped with a beautiful nursery.

The social workers then raise concerns about the kind of education a child would receive while in the couple's care.

The husband puts their mind at ease, saying, "We've arranged for a full-time tutor who will teach the child all the usual subjects". Next though, the social workers express concern about a child being raised in a circus environment. "Our nanny is a certified expert in paediatric care, welfare, and diet."

The social workers are finally satisfied and ask "What age child are you hoping to adopt?" The husband says, "It doesn't really matter, as long as the kid fits in the cannon."

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

Hon Todd McClay

MP for Rotorua

Delivering for Rotorua

If we can help, please give me
a call: 07 348 5871

1301 Amohau Street

rotorua.mp@parliament.govt.nz



Authorised by Todd McClay,
Parliament Buildings, Wgtn.



Lets' celebrate a local who has done well - JP Pomare.

JP (Josh) is the son of Bill Pomare who is a well-known horse trainer from the Ngongotaha district.

JP (Ngā Puhī) is an award winning writer who has published six critically acclaimed books. His debut novel and first psychological thriller Call Me Evie, was published in Australia, the UK and USA and won the Ngaio Marsh Award for Best First Novel. In The Clearing and The Last Guests were bestsellers, while his novel Tell Me Lies was a #1 Audible bestseller and was shortlisted for the Ngaio Marsh Award for Best Novel and the Ned Kelly Award for Best Crime Fiction. J.P. has also received and been short listed for a number of other prizes including the KYD Unpublished Manuscript Prize, Ellen Kemp Memorial Prize, and The Kingi Mckinnon Scholarship.

JP' was born in Rotorua and educated at Kaharoa (primary, intermediate), Rotorua Boys' High (briefly), Western Heights High, Victoria University (also briefly), Waiariki Polytech

•On plotting his books

“If you know where you are going the reader will know where you are going.”

•Recently read books

Signs of Damage by Diana Reid. “One of the best authors of my generation.” Robbie Arnott’s Dusk. “He’s Tasmanian so he’s almost a Kiwi.”

• On his life

“I’ve been very lucky. I’ve always managed to land on my feet.”

On Rotorua

“Every time I come back I see the beauty of the place. It is a big, small town where you can’t help knowing almost everyone.”

• Personal philosophy

“Whatever you do, do it for yourself first. I used to worry what people would think of me. Now I know people’s opinions don’t make you happy.”

Thanks to Jill Nicholas



Residential | Light Commercial | Rural

332 3575 OR 0275 865 757 (Duncan)

www.giffordbuilders.co.nz
office@giffordbuilders.co.nz



Always check the LBP Register to ensure your building practitioner is licensed.

HONEST QUALITY WORK GUARANTEED



OUR QUALITY

Osbornes Funeral Directors strive to exceed all of our Families' expectations by providing premiere service at all times. All of the Osbornes staff, suppliers and key partners work together to achieve the highest level of quality.

OUR SINCERITY

We not only hold fast to this virtue, but work hard to deliver sincerity through our feelings, beliefs, thoughts and desires to do right by all of our Families.

YOUR TRUST

Through our actions, all of our Families can rely on Osbornes Funeral Directors to deliver the highest level of trust. As Rotorua's premiere Funeral Home, and with over 30 years of looking after Families, our reputation is earned and built on Trust.

*We are leading providers of funeral services to the families of Rotorua.
Serving our community since 1981.*

CUSTOMER SERVICE AWARD WINNER 2016
SERVICE PROVIDER AWARD WINNER 2016
EMERGING YOUNG LEADER AWARD WINNER 2016

Phone: 07 348 3600
Email: info@osbornes.co.nz · www.osbornes.co.nz
197 Old Taupo Rd, Rotorua 3015



Glass Supplies

D & J Josephs

**24 HOUR SERVICE
NO CALL OUT FEE**



- ▶ Town, Rural, Lake areas & Ngongotaha Our Speciality
- ▶ Certified Glazier
- ▶ Free Quotes
- ▶ Cheaper Prices, Quality work
- ▶ All your Glass Requirements
- ▶ Windscreens/Chip Repairs
- ▶ Insurance Work

We'll fix it for you day or night

Dave or Joanna
07 332 2980 or 027 291 1517

Fire Tips

Here are some simple tips from Fire and Emergency New Zealand to make sure you and your families stay fire-wise during summer:

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 dish-washing 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 serious is far greater in a small space like a caravan
- Clear your area and ensure you have ample space when cooking in your 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 cut-off switch are the safest
- Get a licensed electrician to check your caravan's wiring
- 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

Continued on page 9

**BARROWMAN
vets.
GOODMAN**

Smaller Incisions, Faster Recovery, Modern Care

At Barrowman Goodman Vets, we offer laparoscopic spays – a minimally invasive alternative to traditional spay surgery. Using keyhole surgery, we make tiny incisions and use a camera to guide the procedure with exceptional precision. The result?

- 🐾 Less pain
- 🐾 Reduced swelling
- 🐾 Faster recovery
- 🐾 Quicker return to normal activity

This advanced technique reflects our commitment to modern, gold-standard veterinary care, helping your dog recover more comfortably while still receiving the same trusted surgical expertise our clinic is known for.

You don't need to travel far for high-level veterinary care – it's all available right here at your local clinic

Fire Tips continued

Boat Safety

A fire on-board a boat can have disastrous consequences. Planning for such an event if you are out on a boat is vital.

- Keep all routes leading from the accommodation area clear.
- Your firefighting equipment must be appropriate to the risks, maintained in good order, and easy to access.
- An escape plan should consider fire occurring in any on-board location and should be practiced regularly.
- Ensure batteries are properly secured in a location that does not permit the accumulation of hydrogen gas.
- Make sure all gas or liquid-fueled heating, refrigeration or cooking appliances are properly secured to prevent them from overturning if there is a collision or the boat tips.

Make sure a working photoelectric smoke alarm is fitted in the accommodation area.

- Refuel ashore, never aboard. Before taking on fuel:
 - o Stop the engine.
 - o Turn off all cooking, heating and lighting appliances. Extinguish all cigarettes, pipes and naked flames.
 - o Close all hatches, doors, and the like.
 - o Monitor fuel level to avoid over filling.
- Ensure that no fuel can accumulate unseen within the boat, and mop up any spillage.
- Ventilate the boat before starting up the engine or using naked lights.
- Do not carry spare petrol unless essential. If required, store a limited supply of spare fuel in approved containers and keep them securely on the upper deck.
- When storing gas cylinders, ensure they are either secured on deck away from hatches so any escaping gas disperses, or placed in a properly designed and ventilated container above the water line.

Your Property

- Make sure you have a 'safe zone' around your property.
- Go to www.escapeplanner.co.nz to make an escape plan to get out of your home safely and agree on a safe meeting place. Practice this regularly.
- Fire trucks need a lot of space to manoeuvre. Make sure there are no overgrown trees or other obstacles that may prevent access to your property.

To check the fire season in your area and apply for a fire permit go to www.checkitsalright.nz.

Have a wonderful summer and remember, in an emergency, call 111!



Selling rural or residential? Doug and Lisa have you covered.

Whether it's a farm, a lifestyle block or a family home, their understanding of the land, the market and local buyers – backed by Bayleys industry-leading marketing and national reach – ensures your property is positioned for maximum results.



Lisa Carter 027 472 5204
lisa.carter@bayleys.co.nz

SUCCESS REALTY LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008



Doug Dibley 021 226 9333
doug.dibley@bayleys.co.nz

SUCCESS REALTY LTD, BAYLEYS, LICENSED UNDER THE REA ACT 2008



Mamaku School

On behalf of the Mamaku School community, I extend our best wishes for 2026.

For those of you considering schooling options for your child in 2026, Mamaku School offers an excellent all-round education. For those who know little about our kura and community, here is a brief summary of what we can offer your child and whānau.

Mamaku School is a small rural kura, set in a beautiful environment, 10 minutes drive from Ngongotaha with a supportive and nurturing community. We are a full primary, catering for 92 children from Year 0 -Year 8. Our strength is our size. Small classes ensure our students receive full attention from passionate teachers. Our staff know every student's name! Our teachers use their knowledge of the curriculum, assessment and student learning to develop a programme that is positive for individualised learning and achievement.

We make use of our unique geographical location, sitting 560 m (1840 ft) above sea level. Mamaku has an environment, history and culture that is reflected in our localised, values-based curriculum. Our Vision, "Like the Children of Tane we Grow" is brought to life through our HEART Values: Honesty, Empathy, Achievement, Respect & Teamwork. Students and staff strive to display these in all aspects of school life. We are about developing the whole child – academic, cultural and sporting opportunities.

While a small kura, our students receive the same opportunities as students in larger schools. Many of our students take part through Central Bay of Plenty Sport (CBOP Sport) in a multitude of inter-school sports including: duathlons, swimming, mini marathon, and athletics junior and senior teams represent Mamaku School in netball, hockey and touch. We are an extremely well-resourced school and fortunate to have: a modern 25m heated (6 lane) swimming pool, two playgrounds, covered astro-turf, two large playing fields and flying fox, a bike pump track, and we provide one to one devices for Year 4-8 students.

Community and connection play significant roles at Mamaku School. There are a number of events that bring our community together, including our Annual Gala, Possum Challenge, and Pot Luck Dinner to welcome new families, and parent hui on the new curriculum. School and community working together are a priority at Mamaku School. We also offer a before and after school programme and MSD subsidies available for qualifying families.

We would warmly welcome you to drop in and visit our friendly kura.

Please contact our office for enquiries - office@mamaku.school.nz or visit our website <https://www.mamaku.school.nz/> for newsletters, information and enrolment forms.

Peter Vos
Principal



MAMAKU MARKETS
Second Sunday of the Month

Join us at the

MAMAKU VILLAGE COMMUNITY MARKET

Sunday 8th February | 9am to 12pm

Mamaku War Memorial Hall
Mamaku St, Mamaku

Next dates: 8th March, Car show -21st March, 12th April

Ngongotaha Pharmacy

Recent changes to your prescription length



- People with stable, long-term conditions may now be able to get **prescriptions that last up to 12 months.**
- For eligible people who receive prescriptions for up to 12 months, most **medicines are dispensed at three monthly intervals** and all repeats must be collected from the same pharmacy.
- Your doctor will work with you to understand your health needs before deciding if a longer prescription is right for you.
We recommend making an appointment with your doctor to discuss this.
- The rules for controlled drugs like strong pain relievers and ADHD medicines are **NOT** changing.
- You will still collect your medicine at the same intervals. **A maximum of three months of medicines can be collected at any one time.**
- 12 month prescriptions mean fewer trips to the doctor for repeat prescriptions.
- Your safety comes first. Your doctor will talk to you about your health before deciding how long your prescription should last.

We are here to answer any of your questions regarding these changes. Pop in and talk to our friendly staff or feel free to give us a call

Find us at 17a Tauī Street. Phone 3574240

Ray White Rotorua & Ngongotaha

Amtos Realty Services Licensed REAA 2008 www.rwrotorua.co.nz

Ray White



Coffee and Conversation with Mandy and Kat.

Your place or ours, we are always available to talk about the real estate market, answer any questions you have, or provide a detailed, complimentary property appraisal.

Reach out today!

Mandy Lee 0276 732 331 **Kat Flavell 027 494 4646**



FOR SALE

Lot 2 Oturoa Road, Hamurana

Titles are in and this 2 acre block is all ready for you to build your dream home. Beautiful views to Mt Ngongotaha, Lake Rotorua and Mt Tarawera from the top of the section.

\$430,000 plus GST (if any) | rwrotorua.co.nz/ROT32936
Mandy Lee 0276 732 331



FOR SALE

52 Sunline Place, Ngongotaha

4 🏠 2 🌳 2 🚗 1 🏠

Elevated home, breathtaking views, north-facing deck. Main house has sarked ceilings, new carpet, heat pumps, insulation, and DVS. Private one-bedroom unit, large carport, off-street parking.

\$670,000 | rwrotorua.co.nz/ROT32896
Mandy Lee 0276 732 331 & Kat Flavell 027 494 46 46



FOR SALE

26 Patetere Street, Mamaku

2 🏠 1 🌳 1 🚗 1 🏠

Embrace a low-maintenance village lifestyle. Character home, new infrastructure, heat pump, cottage gardens, and native bush views. With ample parking and a versatile garage, it's the perfect retreat.

\$489,000 | rwrotorua.co.nz/ROT32533
Angela Parker 0274 213 619



FOR SALE

48 Tarena Street, Mamaku

3 🏠 2 🌳 1 🚗 2 🏠

This acre-plus retreat, double-glazed, new kitchen and wrap-around decking. Near Mamaku School, it offers privacy, subdivision potential, extensive parking, and efficient woodfire heating.

By Negotiation | rwrotorua.co.nz/ROT32973
Angela Parker 0274 213 619



FOR SALE

5a Operiana Street, Ngongotaha

3 🏠 2 🌳 1 🚗 2 🏠

Near-new, low-maintenance, chef's kitchen, private master suite, and sunny entertaining deck. Double-glazed comfort, internal access garaging, and ample off-street parking.

\$899,000 | rwrotorua.co.nz/ROT32793
Angela Parker 0274 213 619



FOR SALE

5 Maraeroa Road, Mamaku

4 🏠 2 🌳 2 🚗 4 🏠

Dual-dwelling property features a three-bedroom home and self-contained studio, ideal for extended family or rental income. Plus a massive high-stud shed with 3-phase power and versatile lifestyle garaging.

Offers Over \$650,000 | rwrotorua.co.nz/ROT32230
Angela Parker 0274 213 619

■ We bring the whole team

Ray White



FOR SALE

371 Central Road, Hamurana

5 🏠 3 🌳 2 🛏 5 🚗

Experience the ultimate 1.3ha sanctuary! This masterpiece offers breathtaking lake and mountain views with features including a tennis court, stables, and mountain bike trails. Modern kitchen, cozy woodfire, triple garaging and lush orchards, this premium lifestyle property is truly unmissable.

By Negotiation | rwrotorua.co.nz/ROT32985
Angela Parker 0274 213 619



FOR SALE

214 Central Road, Hamurana

4 🏠 2 🌳 1 🛏 2 🚗

Stunning lifestyle property with renovated brick home, modern kitchen, open-plan living, master with ensuite and walk-in wardrobe, double garage, and rural views. Covered outdoor entertaining, flat fenced paddocks, and 16x20 m shed with horse boxes. Perfect for family and lifestyle living.

By Negotiation | rwrotorua.co.nz/ROT32926
Angela Parker 0274 213 619



FOR SALE

25 School Road, Ngongotaha

Ngongotaha opportunity on 811 sqm freehold section with two dwellings needing renovation or removal. Main home has three bedrooms; front building formerly a shop. Prime location near school, shops, and cafes. Ideal for developers, investors, or those seeking central land with potential.

By Negotiation | rwrotorua.co.nz/ROT32425
Jodi Ratahi 021 159 7132 & Kerif Smerdon 021 0233 8882



FOR SALE

100ob Hamurana Road, Hamurana

2 🏠 1 🌳 1 🛏 1 🚗

This charming lake cottage captures the essence of relaxed holidays, with lake reserve access at the end of a private driveway. With 2 spacious bedrooms, sunroom, open plan living, a separate garage & storage room. Close to Okere Falls & the boat ramp, ready for summer fun.

By Negotiation | rwrotorua.co.nz/ROT32949
Tim O'Sullivan 0274 974 986



FOR SALE

21 Oakland Place, Ngongotaha

Exceptional opportunity to build on a generous section of 994sqm (more or less). Abundant space and flexibility for numerous house plan designs and layouts. Alternatively, simplify the process and inquire about a comprehensive House and Land Package. Situated amongst other quality builds, your investment is secure for the foreseeable future.

By Negotiation | rwrotorua.co.nz/ROT32961
Mandy Lee 0276 732 331 & Kat Flavell



805 Hamurana Road, Hamurana

3 🏠 2 🌳 1 🛏 2 🚗

Moments from Hamurana Springs and Lake Rotorua, this well-presented home on a ¼-acre section offers outdoor lifestyle, double glazing, wood fire, heat pump, double garage, and ample parking. Perfect for families, pets, boating, and country living close to town.

SOLD
Niki Neal 021 348 677

MBA MAORI BOY FROM AWAHOU 2026

It is the 5th January 2026. I am writing this article at 40,000 feet flying in a jet airliner at 481 miles per hour (774kph) somewhere over Mount Ararat. I have just had 7 hours sleep in my business class seat and have 4 hours of my flight to the Netherlands left. In total I have been in the air for nearly 18 hours already. I have watched two movies. My wife Carolyn is sitting next to me and the cabin is dark while others sleep.



Somewhere near the front of the cabin a very young child is keeping their parents awake talking excitedly to them in a language I don't understand.

So, as I was sitting here in the dark listening to that child speaking child language I asked myself a few questions. How did an MBA, a Maori Boy from Awahou get here?

How did I get comfortable flying around the world in planes? How did I get to do this stuff for business? What key principles brought me to this space?

Firstly, I am very grateful. I am grateful to even be here in this plane with my awesome wife sitting next to me. I love flying and I love being with my wife. I am always grateful to be here in this space doing what I love with the one that I love.

When I am flying it means I am going somewhere to give to people. To help people. I like helping people.

What do you like doing? How will you make that happen in 2026?

As I listened to that child up front I was taken back to my childhood with my parents. I am in a tent on our whanau whenua at the Awahou river mouth. It is Christmas time and we are here on our annual holiday in a tent that would eventually become a whanau bach.

It is raining and the rain hitting the tent is keeping me awake. My father is outside in the wet making sure the ropes are all holding and my mum is doing what mums do...comforting her kids. Much like the mum at the front of this plane is comforting her child. Hoping they are not going to start crying and wake everyone up.

Education

As a sergeant in a parachute regiment I took part in several night time exercises. Once, I was seated next to a Lieutenant fresh from Jump School. He was quiet, sad and looked a bit pale so I struck up a conversation. "Scared, Lieutenant?", I asked. He replied, "No, just a bit apprehensive. "I asked, "What's the difference? "He replied, "That means I'm scared with a university education. "

TEACHER: Now, Simon, tell me frankly, do you say prayers before each meal?

SIMON: No, Sir, I don't have to. My parents are good cooks.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

Marriage is really educational.

When I was single, I didn't even know there was a wrong way to put a fork in the dishwasher.

It is highly likely that child has flown before. Just as my childhood had many nights in a tent during Christmas, their childhood may even include many nights in planes.

Mine definitely did not.

The first time I flew I would have been 20 years old. I was working in Auckland during university holidays and my uncle Bernie Scott paid to fly me back to Rotorua to see my whanau. The highlight was landing in a "field" in Matamata. After that I would fly home from uni in Palmy on "student discount" flights. They were really small planes.

Occasionally, I would get to sit up front with the pilot. One flight it was only me and the pilot and he took us slightly off course to fly over the Mount Ruapehu crater. It was awesome, right up until the plane started rocking. He got told off for that.

I have received my word for 2026 which is Be a bridge. I will expand on that in a later article, but for now I am content that I am flying to spend the next month in the Netherlands, England, Germany and Switzerland to be a bridge in peoples lives.

Grateful to be a Maori Boy from Awahou who went from being comfortable in a tent on a rainy night to flying in planes. Just trying to help people.

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/>

Tall Poppy
REAL ESTATE

Kym would like to wish her clients and the wider community a wonderful 2026.

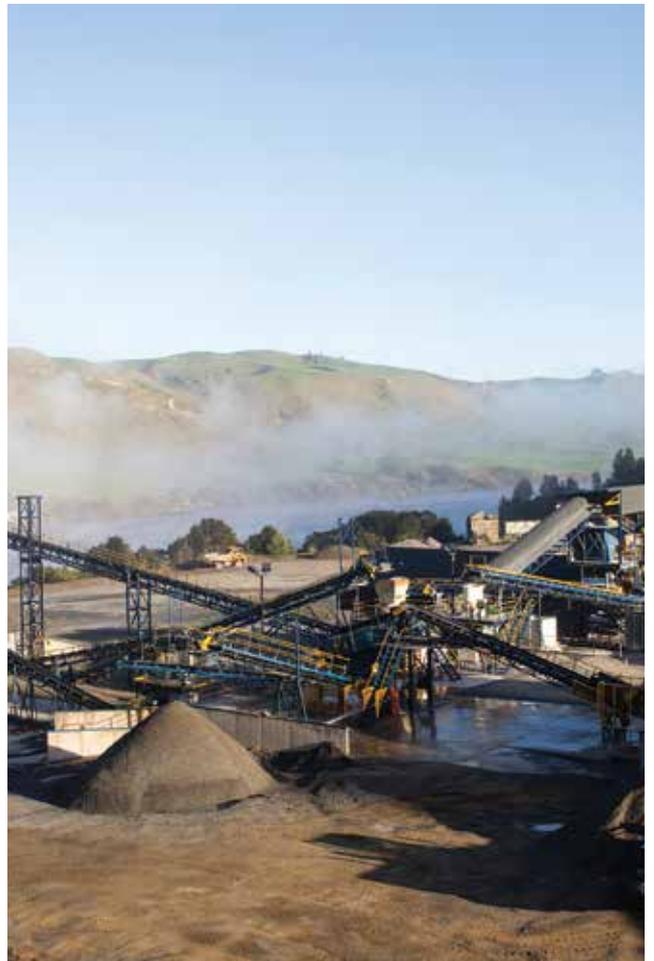
If you're thinking about property this year, get in touch for a thoughtful, no-pressure property chat, offering low fees, free marketing and award winning great service.

Kym Sheldon
027 342 4475
kym.sheldon@tallpoppy.co.nz

BULSARA LTD 7/A TALL POPPY REAL ESTATE LICENSED UNDER REAA 2008

FROM THE SOURCE TO COMPLETION

Our history in aggregates goes back to our company's very beginning, and now J Swap are a leading aggregate supplier in New Zealand. We have strategic sites based around the Central North Island supplying a wide range of high quality aggregate, catering for everything from large infrastructure projects to smaller one off clients.



J.Swap
CONTRACTORS LTD

HENDERSON QUARRIES LTD

CIVIL CONSTRUCTION | AGGREGATES | STOCKFOODS | STORAGE | TRANSPORT
0800 4 JSWAP | 07 888 7025 | SALES@JSWAP.CO.NZ | WWW.JSWAP.CO.NZ

Rotorua Lakes Council By-Election 2025 - 2026

RLC Website Monday 22 Dec 2025 update:

The nomination period to fill two extraordinary vacancies for the Rotorua Lakes Community Board has now closed. Candidate details are on the RLC website. Voting will open on Friday 30 January and close at 12 noon on Tuesday 3 March 2026 and will be conducted by postal voting using the First Past the Post (FPP) electoral system.

Why is this by-election being held?

A by-election is needed to fill two extraordinary vacancies for the Rotorua Lakes Community Board. These vacancies came from insufficient nominations received during the 2025 triennial elections, and the passing of a candidate prior to election day.

Key dates: By-election 2025-26

12 noon, Monday 22 December 2025

Friday 30 January 2026

12 noon, Tuesday 3 March 2026

Approx 1pm, Tuesday 3 March 2026

Tuesday 3 March 2026

Wednesday 4 March 2026

Nominations close

Delivery of voter packs; voting opens

Postal voting closes

Progress result

Preliminary results

Final result posted on website

As of 22 December 2025, candidate nominations are now closed.

DRY NATIVE FIREWOOD

Shed stored

- Tawa \$155 per m³
- Rewarewa, Mangaco etc \$145 per m³

Cart your own from 1019 Kaharoa Road

Txt 0272837073 Ph 3323629 Winston Fleming

Candidate profiles

Meet your candidates for the Rotorua Lakes Community Board By-election. Candidate profiles are listed in alphabetical order.

COLLINS, Mitch

DIXON, Marion

GILMOUR, George

MORRISON, Mariana

NGAPO, Arama

VERCOE, Karen

TAHANA, Joe

What is the Rotorua Lakes Community Board?

The Rotorua Lakes Community Board was established in 2007 and has four elected members and one Council-appointed councillor. The board gives a voice to specific communities within Rotorua, roughly covering Hamurana and lakes Rotoiti, Rotoehu, Rotomā, Ōkāreka and Tarawera.

The current elected members are Peter McMillan and Jennifer Rothwell.

Agrodome

FARMERS MARKET

A WORLD OF COMMUNITY ON THE FARM

WHEN:

THE LAST SUNDAY OF THE MONTH
FROM OCTOBER TO APRIL

WHERE:

AGRODOME, 141 WESTERN RD,
NGONGOTAHĀ

AGRODOME.CO.NZ





Harmoni Hub

REVITALISE YOUR LIFE

Join the Harmoni Hub
A New Home for Health Professionals in Ngongotaha

THE ZEN ROOM
Headspa

The Zen Room offers head spas from your best hair spa to a rejuvenating spa followed with scalp care and relaxation.

Head spa
From head spa \$55 (includes hair wash)
Rejuvenating head spa for all includes hair wash, scalp massage and deep tissue neck/shoulder.

Hair services
The Zen Room offers hairdressing services from cutting beautiful bright shades to hair repairs and colour care. With 15 years of hairdressing experience and 100 hair care tips you are professionally looked after!

Find us on Facebook or Instagram under The Zen Room

Book Now

12 Western Road Ngongotaha Rotorua Tairāroa 3101

Rebecca Hendrikse Counselling
Ph 021687161
Email:
rebeccahendrikse.counselling@gmail.com
Room 8



Brigette Hohepa Counselling

Mobile: 0272706643

Address: Office 2, 12 Western Rd
Ngongotaha
Rotorua

Email: briggettemaryhohepa@gmail.com

ACC, EAP, I AM HOPE, and WINZ accredited
MNZCCA




Alysha Ashby
Massage Therapist

Phone: 022 490 3005

Email: soltherapeutics@outlook.co.nz

Address: 12 Western Road, Ngongotaha

Website: soltherapeutics.co.nz

relaxation, therapeutic, deep tissue, sports and intuitive massage services

mac LEGAL

027 291 9860

mel@maclegal.co.nz

www.maclegal.co.nz

1/12 Western Road,
Ngongotaha

MELISSA CHOPPIN
DIRECTOR/SOLICITOR



021 674 552

enquire now



Dr. Kirsten Laurence
B.Sc (Animal Behaviour)
B.Chiro., MNZCA

Leasing Agent - Bayleys - Damien - 021397919

REAL SUPPORT.
REAL STRATEGY.
GENUINE REAL ESTATE.

Kathryn McAlonan

RESIDENTIAL & LIFESTYLE CONSULTANT

 021 811 788



-  **LOW & FAIR COMMISSION**
-  **PREMIUM MARKETING**
-  **NO SALE, NO FEE**



ARIZTO

ARIZTO LIMITED LICENSED UNDER THE REAA 2008



Happenings

2 Feb Ngongotaha School start date

6 Feb Waitangi Day

9 Feb Indoor Bowling Club starts

Regular Events

Monday Indoor Bowls 7.00 pm Ngongotaha Community Hall
2nd Monday Mamaku Garden Circle 1 pm at Fire Station. New members welcome.

Tuesday Vets Golf 9.30am, Junior golf after school at Lakeview
Talking Tech on Tuesdays at Parksyde
Tuesday Night Pickleball at Tui Ridge 6.30pm to 8.30pm equipment and coaching provided. Free first time,

2nd Wednesday Rotorua Collectibles Club: Do you collect anything?
Share your passion at St Barnabas ph 0272923579
2nd Wed Friendship Club 9.45 am St Barnabas Church Hall
4th Wed Ngongotaha Garden Circle, Ngongotaha Hall 1 p.m.

Every Thurs Junior Golf after school Lakeview
Senior Net Drop-in technology 10 am: Age Concern Tarewa Pl.
Thursdays 5pm Twilight Lawn Bowls, Clubhouse Domain Rd
Last Thursday of the month 2.00 pm Poetry Appreciation Society.
Contact Kay myfairkay@gmail.com or 0274 982 787

3rd Saturday of each month The Care Village Market Day Tauī St

Sunday 9.30 to 11.00 Rotorua Archery Club at Lakeview.
Last Sunday Farmers Market at the Agrodome.



ROTORUA PLUMBING SERVICES LTD

For all your Gasfitting, Plumbing, Drainage and Heating Requirements.

- New work
- Blocked Drains
- Maintenance
- Repairs



Call Ross: 027 357 6772

Email: rotoruaplumbing@gmail.com

www.rotoruaplumbing.co.nz

22 Stembridge Rd, Ngongotaha

A BIG thank you to all Ngongotaha residents and business owners

who adorned their property/letterboxes etc for Christmas. This gave locals, particularly children, a wonderful sense of excitement and community at this special time of year. Particular mention is due to Dynasti Cafe, with their elaborate public decorations to celebrate the occasion (picture left). What a challenge for next year!

Education continued

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O

TEACHER: What are you talking about?

DONALD: Yesterday, you said it's H to O.

TEACHER: George Washington not only chopped down his father's cherry tree, but he also admitted it. Now, Louie, do you know why he his father didn't punish him?

LOUIE: Because George still had the axe in his hand.

TEACHER: Maria, please can you find North America on the map.

MARIA: Here it is.

TEACHER: Correct. Now, class, who discovered America?

CLASS: Maria.

Someone asked me about my background and I gave a detailed reply, telling him about my education, career, relatives, hopes and dreams. Turns out he just wanted to know what was behind me on our Zoom call.

"We don't need no education."

Yes, you do. You just used a double negative.

I offer my kids \$500 for every A on their report card. It sends the message that education is a priority in our household.

And it costs me absolutely nothing since my kids aren't that bright.

Age Concern Rotorua

Welcome back to another exciting year of Age Concern.

Our price to join has not increased and this year the programs that will be available and carry over from last year are:

Aqua Jogging, Just Cook4 Healthy Ageing, how to safely do on-line shopping, Steady as you go balance classes, Walkers for Walkers, Staying Safe for Senior drivers, visiting program for the lonely and socially isolated, Out and Abouters, Coffee groups etc.

All of the staff at Age Concern are able to assess individuals for Total Mobility cards and these have become very popular in recent times.

The Government has announced changes to Total Mobility funding settings to ensure the continued financial viability of the scheme.

The Government has decided to:

- reduce the fare subsidy from the current 75 percent down to 65 percent, starting from 1 July 2026. This means that Total Mobility users will pay the remaining 35 percent of fares from the middle of 2026.
- work with public transport authorities to lower the regional fare caps and the maximum subsidy by approximately 10 percent.

The Government will also provide some additional funding to public transport authorities to reduce their funding shortfalls and support them to stay fully within the scheme, starting from 2025/26. This additional support to public transport authorities will come from within the existing Government funding for Total Mobility.

Alternate formats of the consultation materials are being prepared and will be made available on the Ministry of Transport website as soon as they are ready. These changes aim to strike a balance between managing overall costs – which are increasing unsustainably – the impact on users, and ensuring the scheme can continue in a nationally consistent way. The Government has also announced a public consultation on proposals to strengthen Total Mobility. The consultation has opened and will close on 22 March 2026.

Last year Age Concern Rotorua were the recipients of the Innovation Award which allowed us to join in partnership with Salvation Army and Feeding Rotorua, buy some freezers, and stock them with ready meals. These were given out to any of our members who wanted them and during the year from March until December we gave out over 1,500 meals.

The Government has announced a new initiative in the Budget to extend the maximum prescription length from 3 months to 12 months.

This change will mean people with long-term or chronic conditions may be able to continue accessing their medicines for longer periods of time between appointments with their prescriber. Currently prescriptions for most medicines are limited to a maximum duration of 3 months, which means people who have stable, long-term conditions need to regularly see their prescriber to continue accessing necessary medicines. This change will enable prescribers to, where appropriate, give patients continued access to necessary medicine, reducing the cost and inconvenience of continued appointments to renew prescriptions.

Prescribers will be responsible for determining the clinically appropriate prescription length and can prescribe for shorter periods or longer periods of time. This is expected to mostly affect people on long-term medicines like asthma inhalers, diabetes medicines, and blood pressure tablets.

The increased prescribing limit will also apply to oral contraceptives, which currently have a 6-month prescribing limit. However, it won't apply to controlled drugs medicines. Medicines will continue to be dispensed in maximum of three-month intervals from pharmacies.

Patients will continue to be charged the same co-payment for prescriptions as they are now, which for most patients is \$5 per medicine per prescription. There are no changes to eligibility for prescription fee exemptions or the prescription subsidy scheme.

Stay Safe

Rory O'Rourke, Manager

NGONGOTAHA INDOOR BOWLS

Happy New Year to all those readers. Well it's that time again when the first roll up night is about to start. Where has the time and year gone? If you are bored of an evening and want to keep active and challenge yourself, bowls is the game for you. We welcome new members.

We are a friendly club and if you are new to bowling there will always be someone there to give advice and show you all about it. This year bowls start on Monday 9th February. Yes, the same place at the same time. Ngongotaha hall 7pm.

This year it will be \$5 each club night and subs will be \$73. Anyone wishing to join for the first time will get three free nights. Look forward to seeing new members as well as old ones.

Anyone looking at playing bowls can contact:

Richard Mills 07 3323623

Kevin Whyte 07 3574766

4 FOUR SQUARE
NGONGOTAHA

OPEN
7 Days!

**1 Hall Road,
Ngongotaha
07 357 4475**

equinox chiropractic
family chiropractic
animal chiropractic
menopause lifestyle solutions

021 674 552
www.equinoxchiropractic.co.nz
12 WESTERN RD, NGONGOTAHA

Council complies with directive to fluoridate two city water supplies

At a meeting of Council on 26 March 2025 elected members passed a recommendation, by a majority vote, noting the council chief executive will comply with the directive of the Director-General of Health to start water fluoridation as legally required under the Health (Fluoridation of Drinking Water) Amendment Act 2021.

Council will ask the Ministry of Health to communicate with the Rotorua community about the reasons for the directive to fluoridate.

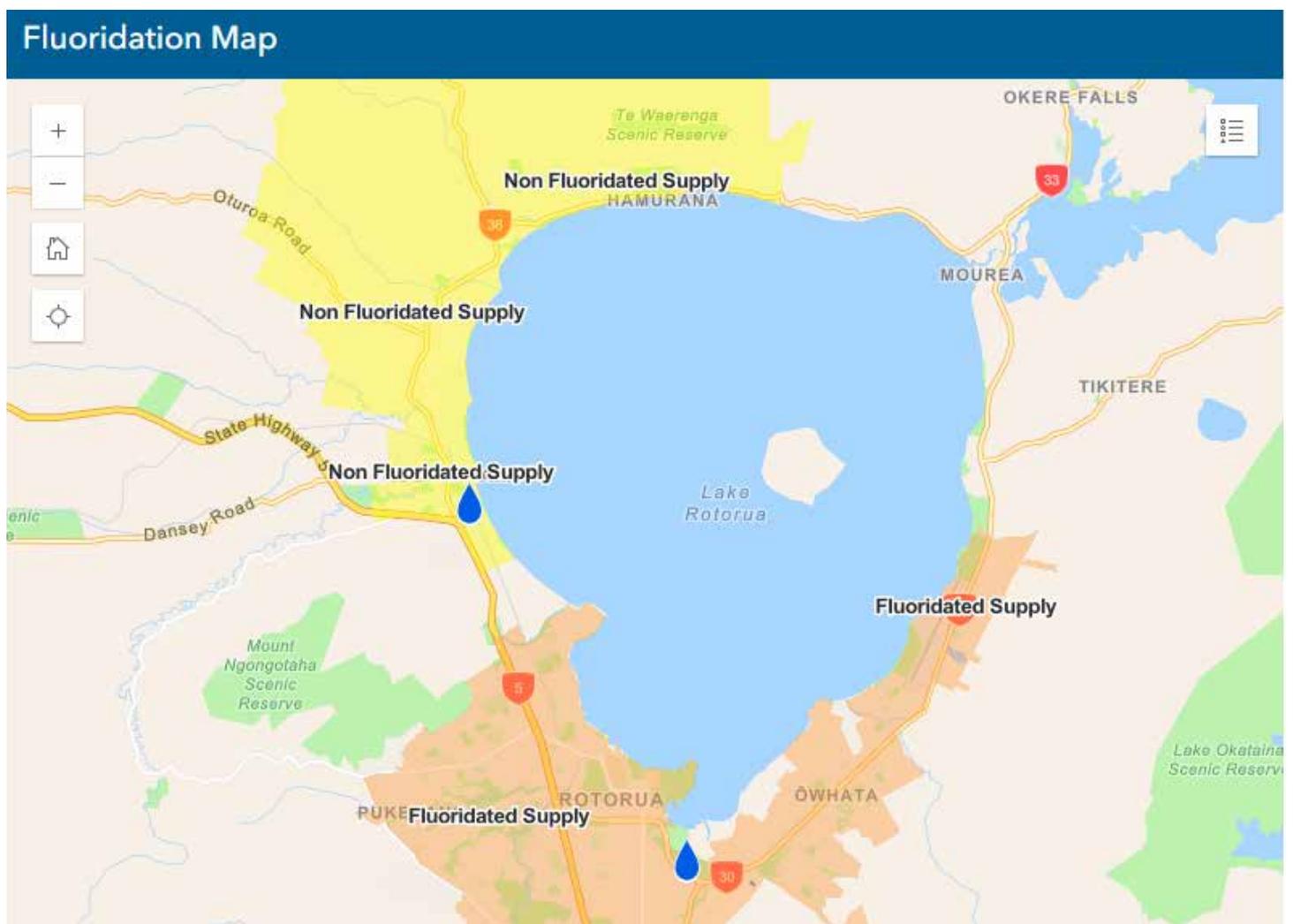
Elected members also voted in favour of an additional recommendation, put forward by Cr Robert Lee, that they consult with the CE with a view to writing to the Prime Minister to request a commission of inquiry into the safety, efficacy and cost-effectiveness of fluoridation in New Zealand.

The original directive from the Director General of Health for Rotorua Lakes Council to fluoridate its central and eastern water supplies directed that this be implemented by November 2024 but following correspondence with the Director General the council was given until 28 March 2025. The Ministry of Health's view is that fluoridation of water supplies is a safe, effective and affordable public health measure to improve dental health. Other groups and individuals remain strongly opposed. The Health (Fluoridation of Drinking Water) Amendment Act passed in November 2021 empowered the Director-General of Health to direct local authorities to fluoridate water supplies, removing decision-making regarding the fluoridation of water supplies from local authorities.

The courts have confirmed that the existing directives to fluoridate are legal and valid unless/until revoked by the Director General of Health. This means Rotorua Lakes Council is legally required to fluoridate the central and eastern water supplies by 28 March 2025, as directed.

Council would face the risk of substantial fines if it did not comply and may also have to repay the \$3.1m received from the Ministry of Health to cover the capital costs of setting up systems required for fluoridation.

Source: Rotorua Lakes Council (slightly edited, including map) in response to reader request



Algae blooms and potentially toxic algae

Algae are essential to freshwater ecosystems but can become problematic at high concentrations. Some types of algae can also produce toxins that can be harmful to humans and animals. Monitoring for algae blooms and potentially toxic algae (cyanobacteria) is a part of our regular water testing programme. However, algae blooms can happen suddenly or unexpectedly, so a warning may not be in place.

Here are some signs to look out for that could suggest an algae bloom:

- Is the water pea green or discoloured?
- Does it have slime on the surface, like paint scum?
- Does it smell bad?

If you think you've been exposed to potentially toxic algae and are experiencing symptoms, such as nausea, vomiting, diarrhoea, irritation to the skin, nose, mouth and eyes, seek medical attention immediately.

Dogs are particularly at risk because they often scavenge and play near water. If you think your pet has been exposed, take them to the nearest vet immediately.

Regardless of health warning status, general public health advice when in and around waterways is:

- You should avoid swimming for two to three days after heavy or prolonged rain. This is because the water can be contaminated by farm and urban run-off which takes some time to settle out or flush away.
- Avoid swimming near potential sources of contamination such as flocks of birds, storm water or waste water outlets.
- If you suspect an algal bloom is present, don't swim or take part in an activity that may result in accidental consumption or exposure to water affected by algal blooms.
- Not all cyanobacteria produce harmful toxins, so a green lake or algal bloom doesn't always mean it is of toxic nature, but if you see signs of a bloom and no warning has been issued, play it safe and avoid contact, especially if you have allergies or are immune compromised.

You can check the latest health warnings at LAWA or Health alerts.

Bay of Plenty Regional Council



Ngongotaha Medical Centre Limited

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

Recent Changes to your Prescription Length

From February 1st, 2026, some people with stable, long-term conditions may now be able to get prescriptions that last **up to 12 months**

Your doctor will decide what is safe and appropriate for you – if you would like to see if you **could** qualify for a longer prescription, please make an appointment with your **regular GP** to discuss this.

Please note – only a small number of patients are expected to qualify

Not all medications fall under the umbrella of being able to be prescribed for up to 12 months – things such as strong pain relievers, ADHD medicines and other controlled drugs remain unchanged

If you are eligible to get a longer prescription you will still collect your medicine at the same intervals – a maximum of 3 months at one time and all repeats must be picked up from the same pharmacy

Remember - Your GP or prescriber remains responsible for deciding how long the prescription will be for, based on your individual needs and situation



Family Court

It's no secret that our Family Court system is under immense pressure. Media coverage regularly highlights the difficult, and sometimes truly heartbreaking, decisions judges are required to make, as well as the lengthy timelines for matters to slowly work their way through the court system. So how do cases end up before the Family Court in the first place?

Broadly, some cases involve vulnerable children or adults, where the court must step in to make legal orders for their care and welfare. Other proceedings are initiated by one party to a dispute and can span a wide range of issues such as applications for domestic violence protection orders, disagreements over wills and estates, or the division of relationship property following separation.

For some, the family court environment becomes the place where they finally get to speak, to feel seen and heard. For others, it's where years - sometimes decades - of hurt, fear, resentment, jealousy, anger, or unresolved conflict spill out. So, too, can narcissistic personality traits surface in these environments that can turn an already emotional and stressful process into something profoundly damaging for everyone involved.

In my experience there have been times when the process has felt less about resolution and more about one party acting out of malice and a need to be right, while ensuring the other person is portrayed as wrong or bad. Winning becomes the ultimate goal, no matter the financial or emotional cost. All this does is add to legal costs and impact already scarce court time and resources.

While the court can help resolve disputes, it can't change the reality that everyone involved must still live with the outcome. In some matters I've been involved in over the years things have been said and done that leave people and families divided in ways that endure long after the legal battles have ended and sometimes forever.

And that brings me to what I want to convey in this article to anyone navigating court proceedings: pause and think deeply about the aftermath and long-term impact before being swept up in the momentum of the process. Consider why you are pursuing the dispute, and what your life will look like in the future once it's over.

Remember that the person on the other side is still your mother, father, sibling, aunt, uncle, grandparent, ex partner, or the mother or father of your beautiful children. Are you engaging in the process to genuinely resolve the dispute and try and reach a compromise that everyone can live with? Or is it about being right and winning?

Article prepared by Ros Morshead, Solicitor and Lawbox for Ngongotaha News



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



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

Education continued

A London lawyer runs a stop sign and gets pulled over by an Irish Garda. He thinks that he is smarter than the cop because he is a lawyer, from London, and is certain that he has a better education than any paddy cop. He decides to prove this to himself and have some fun at the Garda's expense..!!

Irish Garda says, "License and registration, please."

London Lawyer says, "What for?"

Garda replies, "You didn't come to a complete stop at the Stop sign."

London Lawyer says, "I slowed down, and no one was coming."

Irish Garda says, "You still didn't come to a complete stop. License And registration, please."

London Lawyer says, "What's the difference..?"

Irish Garda says, "The difference is, you have to come to a complete stop, that's the law.. License and registration, please..!"

London Lawyer says, "If you can show me the legal difference between "slow down" and "stop", I'll give you my license and registration and you give me the ticket. If not, you let me go and don't give me the ticket.."

Irish Garda says, "Sounds fair.. Exit your vehicle, sir."

The London lawyer exits his vehicle. The Irish Garda takes out his baton and starts beating the lawyer with it and says, "Do you want me to stop, or just slow down..?"..

Apologies to blondes (Ed. included)

A blonde gets a job as a physical education teacher of 16 year olds. She notices a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She takes pity on him and decides to speak to him.

'You ok?' she says.

'Yes.' he says.

'You can go and play with the other kids you know' she says.

'It's best I stay here,' he says.

"Why's that sweetie?" says the blonde.

The boy looks at her incredulously and says,

"Because I'm the Goalie !"

Your local travel specialists



Dream, Plan, Explore

Amanda King 027 262 6007
Anna Murray 027 233 6404
enquiry@kingtravel.co.nz
www.kingtravel.co.nz

Members of    Accredited Agents

021 851 855 / willowcreekengineering.co.nz



WILLOW CREEK ENGINEERING

• Fabrication Repairs & Maintenance • Stainless Steel Fabrication
• Mild Steel Fabrication • Agricultural • General Engineering



Te Wāhi Whakaora
Rotorua and District
Women's Refuge
The Place of Healing.

Are you a victim of family violence?
We can help.
07 3439993
info@twwr.org.nz
24/7 CRISIS LINE 0800 REFUGE
0800733843



Start *strong* in 2026

Rotorua real estate is moving into a new year with fresh momentum.
A new year can mean a new place to call home.

Upsizing. Downsizing. First home. Investment

If you're thinking about making a move in 2026, now's a smart time to talk.
I'll give you clear advice, real numbers, and a plan that fits your goals.

Denise Sturt



Denise Sturt *Licensed Salesperson*

☎ 027 483 6305 @ denise.sturt@eves.co.nz

📍 denisesturt.eves.co.nz

EVES Realty Ltd, Licensed under the REAA 2008

| Real Estate