



KADAP Inc.

Kawerau and Districts Ageing in Place

Newsletter

AUGUST 2026

KADAP Office hours:

9am to 3pm Mon to Fri

(closed on public holidays)

Email: office@kadap.org.nz or

coordinator@kadap.org.nz

Phone: 07 219 3940 (Office) or

Mobile: 027 503 8125 (Coordinator)

Kia ora koutou

I must begin by thanking everyone who helped to make our Soup and Song event so successful. To everyone who contributed or helped on the day, your support is very much appreciated. And our grateful thanks go to Chris Webber for providing the music.

I'm pleased to announce that we've been accepted for 'Good in the Hood' at Kawerau Z. Voting is from 18 August to 14 September so please remember to vote for us! We have also received a \$600 gift voucher from New World which we'll put towards our Christmas activities. Many thanks to both businesses for supporting our organisation.

Ngā mihi

Karen



Movie Outing

Please call 07 2193940 if you'd like to come along

Wednesday 24 August, leaving Kawerau at 10.15am. The cost is \$15 per person, including your ticket. Snacks at the movie theatre at own cost.

H is for Hawk follows Helen (Claire Foy), who, after the sudden death of her father (Brendan Gleeson), turns to the ancient art of falconry to train a wild goshawk named Mabel to help her navigate her profound loss. But as she teaches Mabel to hunt and fly free, what begins as an act of endurance transforms into an intimate journey of resilience and healing.



Visiting programme treats for August

We'd love to connect more members and volunteers to take part in our visiting programme. We've got some great giveaways to help hosts and visitors this month, thanks to our funding from Mercury Energy.

If you'd like a visit we'll provide you with some tea, coffee and biscuits, and your visitor will receive a \$10 petrol voucher. Call the office to find out more or to sign up.

Payment of Subs

Our new membership year started on 1 July.

Subs of \$40 per household are now due.

Payments can be made in the office with cash or by online banking to:

02-0348-0029509-000

Kawerau And Districts Ageing in Place Inc.

If you aren't able to pay your subs online and can't get to the office please call us on 072193940. We can arrange for someone to collect the cash and bring you a receipt.

August Meetings



**Monthly Meeting - Monday 10 August
at 1pm at the Concert Chambers**

We will be joined by Vicki and Hailey from Apogee Legal.

Please bring something to share for afternoon tea. And don't forget about our bring, take, swap table.

**Afternoon Tea - Monday 24 August
at 1.30pm at Bert Hamilton Hall**

Join us for a cuppa and a biscuit. This is an informal get together.

Everyone welcome
(formerly our morning tea - we thought we'd try an afternoon get together this month)



News From the Office

You may have noticed a few new faces in the office or voices on the phone recently. Our team has grown and we're all busy learning all about KADAP and who all our members are. We'll introduce ourselves properly in the newsletter over the coming months, but please feel welcome to call in to the office and say hello to us.

Don't forget to let us know if you change any contact info, like a new cellphone number or change of email address.

the office team

Fluffy Pancakes

- 1 large egg
- 40g plain flour
- ½ tsp baking powder
- 45ml milk
- (dairy, nut or oat based)
- 1 tsp butter
- ½ tbsp oil
- maple syrup, honey and berries, to serve (optional)



Treat yourself to fluffy American-style pancakes with this simple recipe for one person. Drizzle over maple syrup and serve with berries, if you like



Separate the egg, putting the white and yolk in separate bowls. Mix the egg yolk with the flour, baking powder and milk to make a smooth paste.

Beat the egg white and a pinch of salt with an electric whisk (or by hand) until fluffy and holding its shape. Gently fold the egg white into the yolk mixture. Be extra careful not to knock any of the air out.

Heat the butter and oil in a non-stick frying pan. Dollop a third of the mixture into the pan and cook on each side for 1-2 mins or until golden brown. Repeat with the remaining mixture to make three pancakes. Drizzle over some maple syrup or honey and serve with berries, if you like.



KADAP office 07 2193940
Open Monday to Friday
from 9am to 3pm
Closed on Public Holidays

Do you know? General Knowledge

1. What company was initially known as "Blue Ribbon Sports"?
2. Who was the Ancient Greek God of the Sun?
3. Aureolin is a shade of what colour?
4. What is the name of the Chinese philosophical system that emphasizes harmony with nature?
5. Which is the only sea without any coastlines?
6. Which country has the highest life expectancy as of 2026?

Answers on the back page!

Outings for ladies

We have two more trips coming up that are funded by Waka Eastern Bay for local ladies. Please contact the KADAP office on 072193940 if you'd like to come along to one of these.

Friday 7 August - shopping in Rotorua

Monday 17 August - lunch in Ohope and shopping in Whakatane

waka
eastern bay community transport

Balance Class



Everyone is welcome.
Bert Hamilton Hall every
Friday at 11am. \$5 per
session. For more
information contact
Marion on 027 541 5547.

Why don't skeletons fight each other?

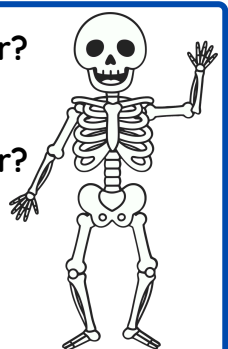
They don't have the guts

What kind of sandals do frogs wear?

Open toad.

What did one hat say to the other?

You wait here, I'll go on a head.



We have a new supply of 'Do Not Knock' stickers so please call the office if you would like one for your front door or mailbox.



The past, the present and the future walk into a bar.
It was tense

HA
HA
HA
HA

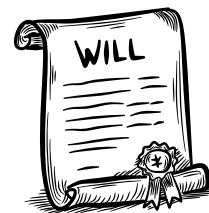
Is your will up to date?

September is Wills Month, a national legacy campaign started by Community Foundations in 2019. It coincides with International Legacy Giving Day, celebrated 13th September each year. Initiatives like these have been created to shine a spotlight on encouraging people to make, or update, their will and, after taking care of family and friends, consider including a charitable gift.

We thought it was a great opportunity to encourage our members to check that their will is up to date, and Hamertons Kawerau office have kindly offered discounted pricing to KADAP members who have an appointment during September 2026.

The discounted fees are as follows:

- Individual Will – \$495.00
 - Reciprocal Wills for a Couple – \$795.00
 - Simple Will Change (for example, a change of executor) – \$195.00
- (All rates are plus GST and office disbursements.)



Call or email Hamertons during August to make your appointment to write or make a change to your will this September. Please quote your KADAP membership number when you book.

1 Jellicoe Court, Onslow Street
Phone: 07 307 0680
Email: kawerau@hamertons.co.nz

Hamertons
LAWYERS LIMITED

LEGAL SOLUTIONS

Public Transport

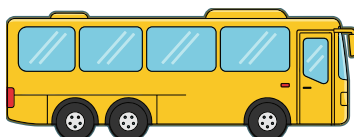
Bay of Plenty Regional Council is seeking feedback on the draft Regional Public Transport Plan 2026–2036. The plan sets the direction for how public transport will be planned, funded and delivered across the region over the next 10 years. It looks at how they can improve reliability and access, better meet people's changing travel needs, make the best use of available funding, and prepare for future growth.

Your feedback will help the regional council to understand whether the proposed direction reflects the needs and priorities of communities across the Bay of Plenty.

For more information check out the website, where you'll find a consultation document and feedback form.

www.participate.boprc.govt.nz

Or talk to one of our office team on 07 2193940 if you need some help to view this online.



Tinnitus Talk

This is a free community event hosted by world-renowned University of Auckland Professor Grant Searchfield, who will speak about the latest breakthroughs in tinnitus relief. Learn practical, science-backed strategies to manage the buzz and reclaim your quiet.

Date: Saturday 8th August

Time: 10:30 am until 12:30

Where: Knox Presbyterian Church, Domain Road, Whakatane

FREE Complimentary morning tea

Contact Wendy to secure your place via phone 027 307 8647 or email whakatane@hearing.org.nz





You are warmly invited to attend a Waterwheel Historic Trust Open Day on Saturday 15 August, commencing at 12.30 with a light lunch.

Since formally opening our new buildings at 54A Kawerau Road in early 2024, we have been developing our museum, workshop and display facilities to fully support our mission to collect, restore and display heritage items from our industrial and community past.

Waterwheel has a very active membership, with work days on Wednesday and Friday mornings.

Following our Open Day, we will be opening the museum at regular times during the week.

John Galbraith, Co-Chair Waterwheel Historic Trust 0274458839

Please RSVP to john.galbraith@xtra.co.nz

Help with technology

We'll be running another group for phone, tablet and laptop help:

- Friday 21 August
- 1pm until 3pm
- Eastbay REAP in the KEA building



You can bring along your device and list of things you'd like some help with. There's WiFi available plus a cuppa and a biscuit.

RSVP is appreciated but not essential. Call the office to register or if you have any questions 07 2193940.



**Hato Hone
St John**

3 Steps for Life

This is a free community course from St John to learn skills and save lives.

Three simple steps can save a life:

- Learn when and how to call for help
- Learn CPR skills that can save a life
- Learn to locate and use a defibrillator

Tuesday 11 August

2 sessions available: 10 - 11.30am or 12 - 1.30pm

Hosted in the KEA building by Neighbourhood Support Kawerau. Call 027 353 4840 or email nskawerau1@gmail.com to book your place.



Heatpump Maintenance



When did you last clean your heatpump filters? Do you want to programme the timer on your heatpump? Give us a call on 07 2193940 if you need some help.

Items available in the office

We have two heaters that have had electrical testing, plus an adjustable riser for a chair. Please call the office on 07 2193940 if you'd like one of these items.



Do you know? Answers: 1. Nike 2. Apollo 3. Yellow 4. Taoism 5. The Sargasso Sea 6. Monaco

Sponsors & Supporters



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

SEQUAL GIVE MORE

