



I see England is having its hottest summer temperatures in 40 years, with 32 degrees Celsius. I was amused when they said the trains are going slow in case the tracks are buckled by the heat. I wonder why they go slow the rest of the time? Actually the story of slow trains in Britain is a bit of a cliché, in truth they are very good, quick and efficient, until they have a heatwave.

June 17<sup>th</sup> – 23<sup>rd</sup> was recognised as National Volunteer Week. KADAP places a very high value on our Volunteer Team, and in recognition Certificates of Appreciation were awarded to some folk who have been carrying out a multitude of requests to a very high and proficient standard over the last two years. Volunteers are busy people and are often involved with other community causes as well as giving their time to KADAP. In celebration and by way of saying “Thank you” we joined together and shared a lovely lunch at the Life Konnect Centre on Saturday June 23<sup>rd</sup>.

KADAP Inc. was privileged to be invited to give a presentation workshop in Parliament Buildings on June 19<sup>th</sup>. This was in conjunction with the Hon. Tracey Martin, Minister for Senior's, ‘Age-friendly Communities Forum.’ The World Health Organisation has realised that all us ‘Baby-boomers’ are entering retirement and beyond and that we make up a significant, and growing, proportion of the population –and a large part of our cities were not designed to cater for a growing number of people using mobility scooters, walking frame devices etc., and that something needs to be done about this. So the emphasis of ‘Age-friendly Communities’ is about getting governments, councils, architects, town planners, organisations, agencies and basically everyone, behind the idea that access ways, doorways, elevators, toilets, parks & gardens and buildings need to be looked at with fresh thinking so that no segment of society is prevented from full participation of everything that a community has to offer. This is great news.

About 140 people from all over New Zealand attended the Forum, and over 40 attended the KADAP workshop presentation, delivered by Trustee Helen Stewart, and Gary as Co-ordinator, so the news about the good things happening with KADAP and the great town of Kawerau were spread throughout the land.

## WHAT'S HAPPENING

**Bayfair outing.** On July 14<sup>th</sup>. Car-pooling for this. You don't have to have anything specific planned. Just come along for a change of scenery if you like.

**Whakatane Day Out.** On July 25<sup>th</sup> **Please note the change of day.** This is because “Mama Mia – Here we go again” has a **Seniors Showing at 11.00 am. on that day.** A couple of Members have expressed interest in seeing this film. We will be car pooling for this. Let us know **as soon as possible** if you would like to be included.

**Keep On Your Feet.** On Fridays 9.00am to 10.00am at the Bert Hamilton Hall in Porritt Drive. \$4.00 per session.

**Age Concern Exercise Group** on Wednesday 9.00am to 10.00am at the Concert Chambers. \$3.00 per person.

**Phone office on 219 3940 or 219 3941, if you would like to be included in any of these activities.**



## Chicken, Bacon and Lentil Soup.



I found this on the grown-ups site. It sounds tasty and warming, and it's good for us.

250 grams streaky bacon	1-2 tbsps chopped thyme	1 diced onion
½ cup split red lentils	2 peeled, diced carrots	2 cups chicken stock
3 diced celery sticks	1 leek, thinly sliced white & light green	¾ tsp salt
450 grams boneless chicken thighs	¼ cup of sour cream	2 cups water

Heat a dash of oil in a large pot on medium to high heat. Add the bacon and cook for 2 minutes, reduce heat to medium and add the vegetables. Cover and cook for 4 -5 minutes, stirring occasionally until just soft. Dry the chicken with paper towels and sprinkle with a little of the salt and add to the pot with the thyme, lentils, stock, water and rest of the salt. Bring to a simmer while stirring. Reduce the heat to low and cover and simmer for 15 to 20 minutes until the chicken is cooked and the lentils are soft. Remove the chicken from the pot and roughly dice or shred and return to the pot. Stir in the sour cream and season to taste with salt and pepper. Ladle into bowls and sprinkle with chopped parsley and a shake of paprika if you like. You could serve this with a nice ciabatta bread from the bakery.

## Watch out for this one!



**Time to start planning!**

We will be going on our **Spring Fever Mystery Trip** in September.

**This will have to be pre-booked and is for a minimum of 25 people.**

The cost will be **advised as soon as possible.**

**Bookings open now!**



# Did you miss this?

The Mid-winter Christmas Pot-luck lunch.

This was a great day.

39 Members came along to the Life Konnect Centre and shared lunch, and some chat.

It was a lovely day, warm enough for us all to have our lunch outside.

Sorry you missed it.

## Events that we have planned for August

**23<sup>rd</sup> – A Day Out in Whakatane.** We will be leaving at 9.00am. There will be an opportunity to do some shopping for those who want to (except for groceries), but remember – there will be other people in the car to consider, so there may be a wait at each stop. Otherwise just come along for the ride, sit under the trees at the beach, or have a cuppa (or lunch) at one of the tea rooms.

~ ~ ~ ~ ~

**Another movie outing?** Let us know if there is a movie you would like to go **to**.

~ ~ ~ ~ ~

*A thank you*



Member Judy Johnston would like to thank the people who donated wool to her.

These are some of the cardigans and hats that she has made. They are picked up from Judy by Carol from the Fire Service, and given to children in needy families.

Any donations of wool would be greatly appreciated!



## Nurse's Notes

*An article copied from WebMD by a Board Member, and kindly checked for accuracy by a nurse.*

### Look after your eyesight

#### Macular degeneration

In New Zealand, one in seven people over 50 years old will be affected by Macular Degeneration at some point in their lifetime, but only 67% of Kiwi's have ever heard of the debilitating disorder.

#### What is macular degeneration?

The macula is responsible for your ability to read, recognise faces, drive and see colours clearly. For example, you are reading this computer screen using your macula. Macular Degeneration (MD) causes progressive macular damage resulting in loss of central vision, but the peripheral vision is not affected.



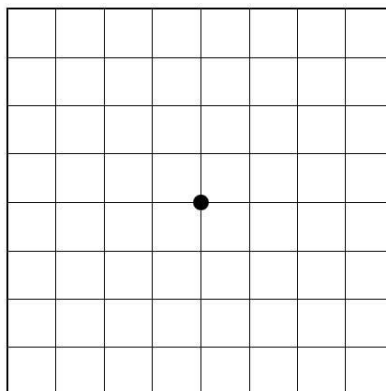
Normal View



View with Macula Degeneration

#### How do I know if I'm affected?

A simple test, the Amsler Grid is a useful tool to detect problems resulting from damage to the macula. On the grid below, cover one eye and focus on the dot in the centre. Do any of the lines look wavy, blurred or distorted? Are there any missing areas in the grid? Don't forget to test both eyes.



If the Amsler Grid shows a potential problem, you need to see either your eye care professional or GP without delay.



## Did You Know?

Daintree Forest in Northern Queensland, Australia is the world's most ancient forest.

Birkenhead, England was the first city to have a street tram system.

Greenland is the world's biggest island.

68.7% of the fresh water on Earth is trapped in glaciers

The oldest film ever made was "Roundhay Garden Scene" made in 1888.

Frozen water is 9% lighter than liquid water. (I guess that's why icebergs float!)

In tempura painting, egg yolk is used to bind colour pigments together.

Human brains are 75% water. Human bones are 25% water. (Hmnm!)



*here's an idea*

### DIY Menthol Rub.

½ cup olive, coconut or almond oil

2 level tbsps. Beeswax pastilles

20 drops of eucalyptus oil

20 drops of peppermint oil

10 drops rosemary oil

10 drops cinnamon or clove oil

Melt the beeswax and oil of your choice in a double boiler until just melted. Add essential oils. Stir well and pour into a jar with a lid.

Use as needed to reduce coughing and congestion.

Use half the amount of essential oils if you are making this for small children and babies.

Other uses for this rub include:-

Burns :- gently rub onto the burn to take away the pain and aid healing

Nail Fungus :- Put under the nail. The nail may turn black which means it is working.

Headaches :- Rub on the temples, forehead and wrists.

Stifling Bad Smells: - Put a little under your nose if you need to clear up a smelly mess.

Mozzie repellent :- Will keep mozzies at bay and is soothing if you are bitten.



## Something to Ponder

Why is it that when someone tells you there are one billion stars in the universe you believe them, but if they tell you there is wet paint you have to touch it to check?

Do you never really learn to swear until you learn to drive?

If it's true that we are here to help others, what are the others here for?

Who was the cruel person that put a letter s in the word 'lisp'? Do Lipton Tea employees take coffee breaks?

Wealth can't buy happiness, but poverty can't buy anything.

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?



## An Invitation

The Bank of New Zealand will be presenting a session on **scams and internet banking** to SeniorNet Kawerau at their meeting place at Putauaki School, Felton Mill Road on Wednesday 8<sup>th</sup> August.

SeniorNet Kawerau cordially invites members of KADAP Inc. to attend this presentation.

Please contact the KADAP office if you would like to attend

### KADAP Incorporated

KADAP would like to thank our sponsors

KEA KDC Hamerton's Lawyers

The Lion Foundation

C.O.G.S

NZ Lotteries

NZ Community Trust

Bay Trust

Tindall/Acorn Foundation  
Hood

Z Good in the

Rooms 6 & 7 KEA Centre, 60 Onslow St, KAWERAU 3127

Phones: 07 219 3940 and 07 219 3941

Office open 9 am to 4 pm Monday to Friday

Email: [kadapkawerau@gmail.com](mailto:kadapkawerau@gmail.com)

[www.kawerau.org.nz/KADAP](http://www.kawerau.org.nz/KADAP)