



## KADAP Inc.

## Newsletter # 24

Another good turnout at the most recent 'Newbies' meeting, held at the Golf & Squash Club clubrooms on Wednesday evening, 25<sup>th</sup> July, to welcome new residents to Kawerau, was attended by almost 60 people. Amongst those to offer a warm welcome were folks representing Kawerau Proud, KEA, Council, Rotary, The Community Foodbank, The Echo, Neighbourhood Support, The Coffin Club, The Garden Club, and KADAP Inc. , with no doubt other clubs and organisations being present also, as many Kawerau residents 'wear a variety of hats.' These quarterly events (next one in December) are great social occasions to mix and mingle and meet and greet the lovely new residents into Kawerau. Seven KADAP Inc. Members enjoyed an outing together to go and see the "Mama Mia" movie in Whakatane. If there are interesting places or events in the area that you would like to visit or attend, but don't want to go on your own, phone the KADAP office or send us an email and discuss your ideas with Gloria and Jan, and a group outing may be arranged, depending on interested numbers and car-pooling availability.

Wafts of Spring are in the air...the fog isn't as cold as a fortnight ago, and I can almost hear the stirrings and straining of daffodil bulbs trying to break through the earth to have a peek at the sky. It's almost time to get the roses pruned, and think about your summer vege garden plots...once all chance of late frosts have passed.

Here's a date to put in your diary or calendar - KADAP Inc. has booked a venue (Life Konnect Centre, 371 River Road) to hold our Annual General Meeting, at 1:00pm on Tuesday 9<sup>th</sup> October. This will be a great opportunity to meet the Board of Trustees, hear the reports on the growth, progress and outcomes of KADAP Inc. over the last 12 months, and to ask questions and share your thoughts. If you require transport to and from this meeting, let the office know in advance and we will organise transport for you.

Other events that will soon be here again is The Woodskills - Woodfest weekend, and The King of the Mountain Race. People come from all over the nation, and even overseas, to experience and participate in these nationally recognised events. For more detailed information on these and other local events, plus contact details for clubs and organisations that interest you, keep reading The Echo and contact the i-site information personnel – Phone 323 6300, or email:

[hannah.edwardson@kaweraudc.govt.nz](mailto:hannah.edwardson@kaweraudc.govt.nz)

If you would like to learn more about using a Personal Computer (PC), 'skypeing' your friends and family, or wondering what to do when your new fang-dangled smart phone starts making funny sounds and displaying information that you never asked for, then have a chat with Senior Net, a great local organisation that meets on Thursdays (during school terms) at Putauaki Primary School . Phone Ruth (323 7404) or Wayne (323 4149) and they will soon have you talking very 'PC' with everyone.

All the very best to you all, from Gary and the KADAP Team.

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*Did you miss this?*

7 Members shared cars and went to see "Mama Mia - Here We Go Again" at the cinema in Whakatane, and enjoyed lunch at The Turkish Kebab House afterwards. None of us got up and danced in the aisle, (but came close!). A very enjoyable outing.

^ ^ ^ ^ ^

None of the Members was able to take the opportunity to visit Bayfair. The outing was cancelled due to lack of response.





# Jan's Recipe Choice

## Neenish Slice



Published in the NZ Woman's Weekly in 2010.

175 g butter	$\frac{3}{4}$ cup sugar
1 egg	2 tbsps cocoa
1 cup flour	1 tsp baking powder
4 tbsps condensed milk	$1\frac{3}{4}$ cups icing sugar
100g dark chocolate (buttons)	2 tbsps lemon juice

Beat 150 g of the butter and the sugar together until pale and creamy. Add the egg and beat well. Sift cocoa, flour and baking powder together then add to butter mixture and mix well.

Press mixture into a lined 28 x 18 cm slice tin

Bake at 180° C for 20 minutes. Leave to cool.

Melt the last 25 g of butter and mix with the condensed milk, icing sugar and lemon juice.

Spread over the cold base and leave to set in the fridge.

Melt the chocolate and spread in a thin layer over the slice.

Mark into squares once the chocolate is slightly firm and slice when set.

### Correction

In our last letter we reported on some knitting that Member Judy Johnston has been doing. It was incorrectly stated that The Fire Service was collecting the knitting for distribution to needy families.

It is in fact Carol from St Johns who collects and distributes the knitted jackets and hats to local families in need.

We are sorry for the error in reporting.



## Nurse's Notes

### Important facts about Pneumonia

**What is it?** **Pneumonia** starts when a virus, fungus, or bacteria get into one of your lungs. (If it's in both lungs, it's called double pneumonia.) It causes the tiny sacs inside to get inflamed and fill with fluid or pus. If you're healthy and get treated right away, it usually isn't serious. But it can be dangerous for young kids, the elderly, and people who have other health problems or weak immune systems.

**How It Happens** Most of the time, your body filters germs from the air to protect your lungs. If they do get in, your immune system usually fights them off before they make you sick. But if the germ is really strong or your body can't do its part, your lungs can get infected. When your immune system sends cells to attack the germs, your lungs get inflamed, and that leads to pneumonia.

**Symptoms** You may have a high fever, chills, shortness of breath, and chest pain when you breathe. You'll also probably have a deep cough that doesn't go away and brings up a thick liquid called phlegm. If you're able to go about your daily business with these symptoms, you might have "walking pneumonia," but if your symptoms are worse than that, you should see your doctor as soon as possible

**Cause** Most cases of pneumonia in adults are caused by bacteria. Doctors can prescribe medicines that can kill them and help you get well again. Legionnaires' disease is a less common form of Pneumonia. You may have a headache, muscle pain, chills, and very high fever. You may also cough up blood and have nausea, vomiting and diarrhoea. It spreads through water and can get in things like air conditioners, hot tubs, and mist sprayers in grocery stores. It's also treated with antibiotics.

**Diagnosis** You may not know you have pneumonia. It can seem a lot like a cold or the flu -- until it doesn't go away. Your doctor will ask about your symptoms and when they started, and he'll listen to your lungs for crackling or wheezing. He may want a chest X-ray to get an image your lungs. It can tell for sure if you have pneumonia, but it won't show what's causing it.

**(continued on the next page)**



## Nurse's Notes (continued)

Pneumonia can also bring complications such as

**Trouble Breathing** If you're older, have other health problems, or your pneumonia is serious, your lungs may not work the way should. If they don't, you may not have enough oxygen in your blood, which your brain, muscles, and other organs need.

**A Lung Abscess** This is a sore in your lung that's filled with fluid or pus.

**And Pleurisy** Sometimes called water on the lungs.

**Prevention** Get to your Doctor early. Vaccines can protect you from certain kinds, but good habits also help. Keep your hands and face clean with soap or hand sanitizer to kill the germs that cause it. Eat a healthy diet and exercise regularly to keep your immune system strong.



## WHAT'S HAPPENING

**Lunch and Movies in Whakatane** Friday 16<sup>th</sup> "The Book Club"

**Shopping or just a day out in Whakatane** Thursday 23<sup>rd</sup>

Book early for car-pooling for these

## Something to Ponder

No part of New Zealand is more than 128km from the sea.

Only 5% of New Zealand's population is human. The rest are animals.

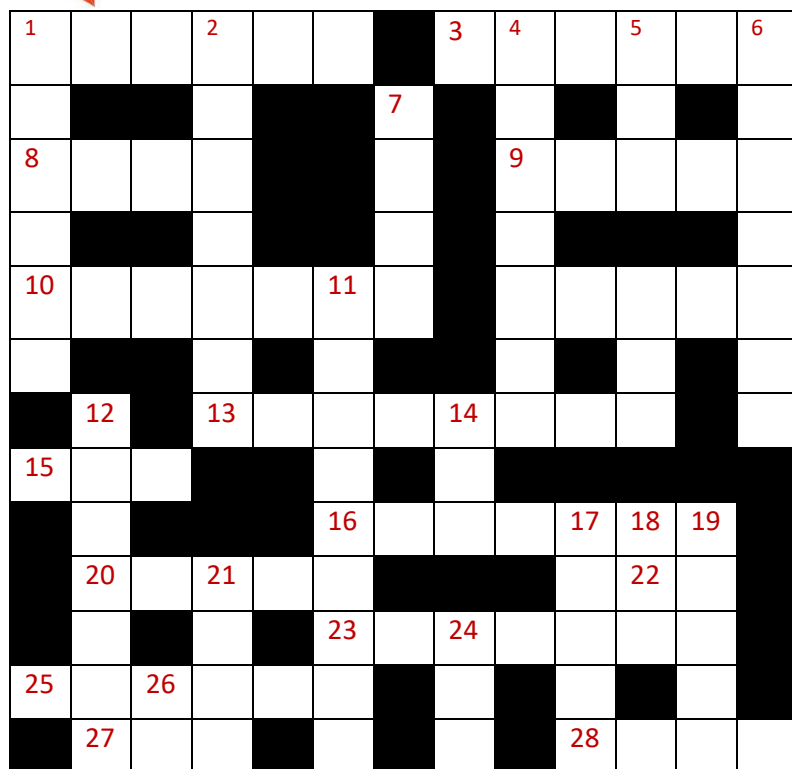
In 1996 a man broke into a Whanganui radio station, took the Manager hostage and demanded that they play the Muppet song "Rainbow Connection".

The heaviest insect in the world is the giant weta. (heavier than a sparrow).

New Zealand has more Scottish pipe bands per capita than any other country.

Baldwin Street in Dunedin is the steepest street in the world.





## Clues

## Across

## Down

1 - to cross a river

3 - text of a play

8 - seaweed

9 - Obvious

10 - Underground stem

13 - 3-sided figure

15 -Tailless primate

16 -Advantage

20 - Large channel of water

22 -about

23 - Sharply defined

25 - Medical centre

27 - Final part

28 -May be different

1 - Where bread is made

2 - Put money in a bank

4 - bragging

5 - Anger

6 - In name only

7 - Capitol city

11 -Support (nautical term)

12 - shimmer

14 - Member of a religious community

18 -parliamentary organisation in Ireland

19 -2 or more sets of time

21 -To sell

24 -Gastro-intestinal tract

26 - Not out



**Solution in next issue**

## Events that are planned for September

- ✓ Ten-pin bowling and/or mini-golf at Rotorua. Let's try to get a couple of teams together!
- ✓ Outing to Whakatane – shopping or just a drive



**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!**

*here's an idea*

Now that there is a huge move to encourage all of us to reduce our use of plastic, you can do your bit at the supermarket. If you use re-usable bags at the New World Supermarket, you will receive a credit on your grocery purchases. Bags can be purchased at New World or you can use one you already have. And now there are re-usable produce bags as well. What a great idea!



**KADAP Incorporated**

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Rooms 6 & 7 KEA Centre, 60 Onslow St, KAWERAU 3127  
Phones: 07 219 3940 and 07 219 3941

Office open 9:00am – 4:00pm Mon-Fri

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

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