



KADAP Inc.

Newsletter # 25

Hi Everyone,

Hands up if you have had enough rain. It's September! How did that happen? The poppies in the Council garden plots look good. It seems like the planned mystery trip is too much of a mystery for you to respond to, so I'll talk about it at our meeting on September 7th, 1:00pm at Life Connect. If you need transport to get to this Members & Volunteers meeting, please contact KADAP Inc. office. FENZ (Fire Department) will attend and St. John have been asked but we have not heard back as we go to print.

We have had a request from a Member for some garden tools; all of hers were stolen, and just as soon as we get some proper spring weather she would like to be able to get out and make a garden. If you know of any garden tools that could be donated or sold for a reasonable price, please let KADAP know, thanks.

I'm always amazed how well NZ athletes perform on the world stage, so well done to Men's & Women's sports teams, and individuals, who sit on top of the world in their chosen events. And it's not just sports, but NZ has produced excellent scientists, inventors, business leaders etc. but we don't hear about them so much.

With rising Membership numbers, and rising job requests, we have a need for more volunteers. If you feel you would like to contribute to the Community by helping fellow KADAP Members in some way with your time and skills, or you know of someone who might like to volunteer for an hour or two each week, then please come along to our office and have a chat about it. There are already lots of groups and clubs and activities on offer in Kawerau, but if you have something interesting that you would like to teach or show to our Members, (e.g. bookbinding, glass painting, lion taming) then let's know and we could arrange a room to have the event. Well, the clouds are parting....things to do, must go. See you at Life Konnect, 1:00pm on Friday 7th September.

Gary & the KADAP team.

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Did you miss this?

A group of members went to the Movies and saw 'The Book Club' at Whakatane. Although it wasn't a highly acclaimed movie, we enjoyed it. I thought the plot was very good, with clever little interwoven sub-plots going on with the 4 women, their families, and their "assignments". A good laugh, nice to share lunch with friends, and a chance to do a bit of shopping as well.

(An old story...2 mice were nibbling away on some old movies on a loose movie spool, when one said "This movie isn't very good" and his friend said "I didn't think much of the book either.")





Nurse's Notes

Ways to Keep Your Mind Sharp----The more you challenge it, the better it will do its job. See what can help, from playing games to learning a new language

Use Your Brain----It's true: Use it or lose it. Stretching your brain keeps your mind sharp. People who are more active in mentally challenging activities are more likely to stay sharp. Try Reading books, get a new computer interest.

One way to stimulate your brain is to mix things up----Remember trying to talk backwards as a child? Researchers at Duke University [U.S.A] created exercises they call "neurobics," which challenge your brain to think in new ways. Since your five senses are key to learning, use them to exercise your mind. If you're right-handed, try using your left hand. Some right handed people will use the left hand for the computer mouse. Read a section of a book or a newspaper upside down. Close your eyes and see if you can recognize food by taste.

Work Out to Stay Sharp----Exercise, especially the kind that gets your heart rate up, like walking or swimming, has mental pluses, too. Although experts aren't sure why, physical activity might increase the blood supply to the brain and improve links between brain cells.

A Healthy Diet Builds Brainpower----Do your brain a favour and choose foods that are good for your heart and waistline. Being obese in middle age makes you twice as likely to have dementia later on. High cholesterol and high blood pressure raise your chances of this, too. Try these easy tips:

- Bake or grill foods instead of frying.
- Cook with "good" fats like oils from nuts, seeds, and olives instead of cream, butter, and fats from meat.
- Eat colourful fruits and veggies.
- Eat fish.

Watch What You Drink ----You know that too many drinks can affect your judgment, speech, movement, and memory. But did you know alcohol can have long-term effects? Too much drinking over a long period of time can shrink the frontal lobes of your brain. And that damage can last forever, even if you quit drinking. A healthy amount is considered one drink a day for women and two for men.

Music Helps Your Brain----Thank the person for making you practice the piano. Playing an

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instrument early in life pays off in clearer thinking when you're older. Musical experience boosts mental functions that have nothing to do with music, such as memory and ability to plan. It also helps with greater hand coordination. Plus, it's fun -- and it's never too late to start.

Make Friends for Your Mind ----Be a people person! Talking with others actually sharpens your brain, whether at work, at home, or out in your community. Studies show social activities improve your mind. So volunteer, sign up for a class, or call a friend!

Memory Helpers----Everybody spaces out now and then. As you get older, you may not remember things as easily as you used to. That's a normal part of aging. Some helpful hints:

- Write things down. Use the calendar and reminder functions in your phone, even for simple things
- (e.g Call a friend, or family member).

The Name Game----Have trouble recalling names? Always repeat a person's name while you're talking to them -- at least in your head, if not out loud. Or invent a funny image or rhyme that you link with their name. For example, think of Bob bobbing out in the ocean.

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Something to Ponder

Life Begins At Sixty!

Researchers have found that the older you get, the more competitive you get, and that the key to longevity is only 30% attributable to genetics. The other 70% is determined by your lifestyle.

By 2009 there were 6.5 million people in the USA doing hard manual work. That number was expected to reach 11.1 million by 2018.

In a hostage situation, older people are likely to be released first!

Colonel Sanders founded his Kentucky Fried Chicken empire at the age of sixty-five
(There's hope for us yet!) .

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Jan's Recipe Choice



Cheese Rolls

A South Island Specialty. Once made these Cheese Rolls can be frozen, then just take out enough for a meal and reheat. I think they are wonderful with soup or as a tasty lunch.

½ cup boiling water

1 packet of onion soup mix

¼ of a small onion finely chopped

2 ½ cups of grated cheese

20 slices of sandwich bread/ White or Brown

25 g butter softened or melted

Put water, soup mix, onion and cheese into a small pot and melt over a low heat. I spread butter on each slice of bread and then cut off the crusts on the side of the bread (my sister and I loved eating the buttery crusts when we thought Mum wasn't looking!) but other people brush the rolled up rolls with melted butter so it's your choice which way is easier for you. Spread the cheese mixture on the bread slices and roll up tightly. Secure with a toothpick if you want. Put the rolls on a cold oven tray and cook under the grill or bake at 180°C until golden, turning during cooking to get an even colour.

Ideas for Sausages I found these on the Grown Ups site and thought they sounded interesting

Crumbed Sausages – Boil the sausages for 5 minutes. Leave to cool and then peel off the skins. Roll them in seasoned flour, dip in beaten egg and then roll in breadcrumbs. Fry or bake until golden.

Pastry Covered Sausages - Slice ready rolled flaky or puff pastry into a long strip 2.5c/ 1 inch wide. Roll the pastry strip around the sausage diagonally so it overlaps. Cover most of the sausage, the very ends can poke out. Put on a baking tray and brush on an egg or milk glaze. Bake at 200° C for 15 to 20 minutes until the pastry is golden and the sausage cooked. You could use the fancy sausages in the supermarket for this. I think the Grandchildren and their Grandad will enjoy these.

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We will be going on our **Spring Fever-Mystery Trip** soon.

The secret is out

The outing is a trip on the "Kewpie". A 4 hour trip cruising from Mt Maunganui to Omokoroa, with transport from Kawerau.

Minimum of 30 required for this trip to proceed

Contact the office now if you would like to be included.

Based on these figures, the cost will be **\$45.00 per person**, (Full cost met with part-subsidy by KADAP Inc.)
Bookings are open now.

Don't miss out on a chance to blow the winter cobwebs away!

For this trip to happen we would like to know what would be the most convenient day. Realising a lot of you are involved in so many things already, we want to offer everyone the best opportunity to participate so it doesn't clash with your other important commitments. For this reason KADAP Inc. would like to invite you to tell us the best day for you. We will choose the most popular day based on your choices. We will discuss this, plus costs and lunch etc., at the meeting on 7th.

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We can still do a trip to Whakatane on 14th for anyone who wants to do some shopping, go to the movies, or just for a drive.

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It is with sorrow that we note the passing of

Pat Bryant

Keith Yates



Noticeboard

One of our members is keen to form a group to do trivial pursuit at the Cossie Club.

A female member, who uses a walking aid, would like a person or group to go fishing with.

Please contact this office if you are interested.

Crossword puzzle solution



Across		Down	
1 – bridge	3 – script	1 – bakery	2 – deposit
8 – kelp	9 – overt	4 – crowing	5 – ire
10 – rhizome	13 – triangle	6 – titular	7 – Rome
15 – ape	16 – benefit	11 – mainbrace	12 – sparkle
20 – river	22 – re	14 – nun	18 – IRA
23 – angular	25 – clinic	19 – terms	21 – vend
27 – end	28 – else	24 – gut	26 – in

Did you get it done? Shall we do one next time?

Events that are planned for October

Lunch and Movies in Whakatane

Ten-pin bowling and/or mini-golf in Rotorua

KADAP Incorporated

KADAP would like to thank our sponsors

KEA * KDC * Hamertons Lawyers Ltd * The Lion Foundation * C.O.G.S * NZ Lotteries

NZ Community Trust * Bay Trust * Tindall/Acorn Foundation * Z Good in the Hood

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