



Hi Everyone.

We have our first "My Life Story" submitted by a KADAP Member, and it is included in full, as written, over the page, plus another Member has submitted an idea that may help pet owners. We are just about to enter the final quarter of the year. Sports lovers have much to look forward to. Gardens are shrugging off the gloom of winter, and the lawns are stirring, begging to be trimmed. Local organisers are planning for Woodfest and the King/Queen of the Mountain, and of course, we have local Body elections as it is once again time to cast our votes to select our Council. The KADAP office has been busy with requests, and groups both here and in Whakatane have been holding meetings with their respective Councils, and representatives from the Regional Council, to seriously explore options for a much improved public transport system, to service Kawerau itself, as well as provide better and more frequent links through to Whakatane.

Put a circle around Tuesday October 8th on your calendar as that is the day for this year's AGM. It will be held in the Life Konnect Library room (371 River Road) at 1:00pm.

A topic that is seldom mentioned and yet has some alarming statistics is the topic of elder abuse. Newspaper and TV news items often talk about and report on some of our social ills that seem to be almost accepted as part and parcel of the dilemmas of a fast-paced modern life, yet Elder Abuse can often be the 'elephant in the room' – that is to say that people know it might go on, but no one wants to talk about it. ANY kind of abuse, in any shape or form, is wrong and unacceptable, yet it can often be very subtle, and therefore just accepted as 'normal behaviour.' But if a person feels they have been belittled, unheard, 'talked over the top of', neglected by retail shopping staff, treated as ignorant by professionals or trade persons, or otherwise 'fobbed-off' or dismissed or not taken seriously, regardless of age or gender, then these types of stereo-typed behaviours need to be challenged as they are neither 'normal' or acceptable because they are the beginnings of abuse. And this kind of abuse, called psychological abuse, or emotional abuse, where a person attempts to wield power and control over someone else, seems to be happening more and more within our own families. Some people think that abuse is only when something physical happens, but harsh, loud and threatening language, or verbal 'put downs' is also abuse, and it needs to be recognised for what it is, challenged and stopped. We need to recognise abuse in all its forms, and 'Elder Abuse' is one such form. KADAP thought it would be good to be informed and to hear from a local who has up to date information in this area so we have invited a Social Worker from Tuwharetoa Ki Kawerau to be the guest speaker at our September monthly meeting, who will present on the topic of Elder Abuse. See you there, and as always, if you would like transport to attend, contact the KADAP Inc. office, Mon.- Fri. between 09:00am and 4:00pm

WHAT'S HAPPENING

For the Month of September, 'Z' Good 'n the Hood is on again and KADAP is one of four local Charities selected to receive a share of 'Z' Funding. People getting petrol at 'Z' are given orange discs to place into the plastic receptacle representing the Charity of their choice. This is ongoing right through September, so lets see how many 'discs' KADAP can collect at the 'Z' Service station.

The next Members meeting will be on **Monday 9th September in the Kawerau District Council Concert Chambers, at 1.00 pm.**

The Guest Speaker will be Neville King, from Tuwharetoa Ki Kawerau Hauora.

Please bring a plate to share for afternoon tea if you are able to.

If you need transport, please phone the office – 219 3940 – by Thursday 8th so we can organize it.

~~**Moove & Groove Dance Classes** – Kawerau Life Konnect 371 River Road Tuesday afternoons from 1.30 to 2.30. Contact Sue Gould 021 118 9934.

~~**Line Dancing Group** – meets at the Cozzy Club every Tuesday –9:30am – 11-30am. Beginners welcome, \$5.00 per week. Contact Ivy Alcock – 021 258 9143

~~**Write On Kawerau.** Come and join this group on Wednesday mornings – 11.00. One-off joining fee \$5.00. Try your hand at creative writing!

~~**WOODFEST** - September 28th & 29th

~~**SeniorNet** – Improve your PC & Smart phone skills – Life Konnect Thursdays 1:00pm. Ph. Wayne 027 443 3970 or Ruth 323 7404



My Life Story, by Elly van Westbrook.

“The story of my life. I was born on 24th June, 1925, on the island of Java in Indonesia and spent my childhood on a tea plantation where my father used to work. I had a sister, five years younger than me. We had a wonderful time, getting on famously and into all kinds of mischief!

We went to school in a bus for one hour. When the war with Japan came, Indonesia was occupied for three years. We were put into a Japanese concentration camp with my mother. My father went into a Prisoner of War (P.O.W.) camp. They were the worst years of my life. Hard manual labour on a starvation diet with the odd beatings as well. After this wartime I had to finish High School, and became an Air Hostess for KLM (Dutch national airline) as well as Garuda Indonesian Airlines, which was the most wonderful time of my life. I had this job for three years after which I spent three years in Australia doing various jobs. From there I came to New Zealand in 1953 and became a New Zealand citizen and got married in the same year. I have got two children and three grandchildren.

I lived in various places, Putararu, Henderson, Edgecumbe and now Kawerau which I like the best. I came here to Kawerau in 1962 and worked as a Tea Lady in the paper mill. Now I really enjoy my retirement in this great town and wonderful country.”

Thank you very much Elly for putting pen to paper and to write this story. You could very easily write an extremely interesting autobiography, as what you have written here whets the appetite for more.

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We have a member looking for a boarder. Person is happy to have either male or female, preferably someone mature. If you are looking for somewhere to live please contact our office 219 3940 and we will pass this on.



Another KADAP member has offered an interesting idea –about KADAP members helping out fellow members with their pets. She is offering to look after KADAP members’ ‘smallish’ dogs and cats for short time periods, while the owner may need to visit hospital, or somewhere else, for short periods. This member has had many years of experience with dogs, currently has a dog (an ‘entire’ male) plus a 19 year old cat. She cannot do this for all dogs and cats (for example she cannot accept un-neutered male dogs, or female dogs in season), but otherwise, if the thought that you can’t go away for a day or two to hospital or somewhere else, because you are worried about leaving your pet at home, then maybe, depending on the type of dog or cat that you have, this lady might be able to help you out. Phone KADAP for details – 219 3940.

Is anyone else available to do things like House sit, walk and/or feed animals temporarily while the owner is unable to? Please let us know. The person would need to have a fully fenced and secure yard, perhaps even a kennel for dogs, if the dogs are used to being in a kennel rather than inside; and be comfortable walking someone else’s dog. Potential ‘sitters’ (either in their own home or the pet owner’s home) should meet to see if they are comfortable with each other and how the sitter interacts with their dog. You might not be able to ‘house sit’ a dog, but you might like to meet up with other dog owners and join together for walks.

We may not have friends or family nearby and if the time comes when we might need to leave our pets to travel to other parts of the country, or to attend medical treatment out of town, we might put it off because we don’t know what to do with our pets, and kennel/cattery fees might stretch our budget to breaking point.

If we knew of house or pet sitting services which were either free or came at a modest cost, then we would feel more comfortable and relaxed about getting the care we need so that we remain fit and healthy and able to enjoy our pet’s company. Would any of the KADAP members be in a position to help out in these situations – whether it is taking a pet into your home while the owner is indisposed, visiting to feed a cat and spending some time with it (which also means that your house is looked after too) or even assisting members who might not drive but have a pet needing transportation to the vet? If you would like to explore this idea further, contact the office, and we will provide contact details of the Member who proposed this good idea.

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## A few chuckles for you.

A monkey was sitting in a tree singing as he was eating his way through a pile of over-ripe fruit, when a lizard came meandering along. He saw the monkey and called out.

"Hey monkey, why are you so happy?"

The monkey replied "I've got all this delicious fruit. Come up and join me." So the lizard climbed up beside the monkey and together they continued to enjoy the feast of over-ripe fruit.

Soon the lizard said "I'm getting a bit thirsty, so I think I will go down to the river for a drink."

And he did, but he was so full of fermenting fruit that he over-balanced and fell in. A crocodile heard the lizard thrashing about and swam over. He saw the lizard couldn't get out, so he helped. The lizard thanked him and the crocodile asked how he came to fall in. The lizard told him about the monkey and the crocodile decided to check it out, and walked into the forest.

He couldn't climb the tree, so called out to the monkey. "Hey monkey, can you throw some of that fruit down to me? The monkey looked down and saw the crocodile, and said.

**"Crikey, Lizard!! How much did you drink?"**



# Recipe of the Month



## Broccoli & Cauliflower Salad

*Yes, we know we are having some miserable, cold days at the moment, but here's a salad recipe for when the weather improves!*

*You can make this for two people, halve it for one, or double it for four. So versatile!*

### For the salad

- 1 ½ cups cauli florets
- 1 ½ cups broccoli florets
- ½ red or green capsicum
- 1 small red onion
- ½ cup cashew nuts

### For the dressing

- ¼ cup mayonnaise
- ¼ cup cider vinegar
- black pepper to taste

### Steps to make it

- Gather the ingredients
- Combine the cauliflower & broccoli in a large bowl
- Add the capsicum & onion & mix well
- Combine oil, mayonnaise, vinegar & sugar in a small bowl & mix well
- Pour the dressing over the vegetables
- Add pepper and cashew nuts and stir through
- Serve with cold meat or with steak & chips

### Recipe variations

- Add cooked, chopped bacon or ham
  - Add ½ cup chopped celery
  - Add ½ cup raisins or sultanas
  - Add julienned carrots
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## **An Important Notice To Members**

Your KADAP Subscription was due for renewal on the 1<sup>st</sup> of July.  
If you have not yet paid it, please do so now.  
To those of you who have already paid, thank you.



*It is with regret that we note the recent passing of Members  
Gordon Cave, Betty Smith and Shirley Nicol.  
Our condolences to Steve and the Cave Family, Betty's Family,  
and to Gordon and the Nicol Family.*



The Spring season is about to burst in on us, bringing with it some seasonal allergies and some discomfort.

The biggest Spring allergy is POLLEN. (Haven't we all noticed its presence already!) Trees, grasses, flowers and weeds release these tiny grains into the air to fertilize other plants. When they get into the nose, or even just onto the skin of someone who's allergic, they send the body's defences haywire. The immune system mistakenly sees the pollen as a danger and releases antibodies that attack the allergens. That causes chemicals called histamines into the blood, causing runny noses, itchy eyes and other symptoms. If this happens to you, talk to your health provider for a solution.

We DO need the pollen though, because without it the bees wouldn't be able to do what bees do best!...which would mean no honey for your toast.

*(from WebMD)*



## Important Phone Numbers

|                                    |                                                                                                 |
|------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>Tarawera Medical Centre:</b>    | Ph. 323 8499                                                                                    |
| <b>Kawerau Medical Centre:</b>     | Ph. 323 6249                                                                                    |
| <b>St John:</b>                    | Ph. 0800 785 646                                                                                |
| <b>Kawerau Police:</b>             | Ph. 323 1400                                                                                    |
| <b>Kawerau Fire Service:</b>       | Ph.323 1077                                                                                     |
| <b>Emergency New Zealand:</b>      | (FENZ) – Ph. 0800 658 628 or <a href="http://www.checkitsalright.nz">www.checkitsalright.nz</a> |
| <b>Veterinarians:</b>              | Ph. 323 1052.                                                                                   |
| <b>Disability Resource Centre:</b> | Ph.307 1447 – Whakatane                                                                         |
| <b>Elder Abuse:</b>                | Ph. 0800 32 668 65                                                                              |
| <b>Neighbourhood Support:</b>      | Ph. 021 20 21 303 Nina Barton                                                                   |
| <b>KDC Dog Control Officer:</b>    | Ph. 306 9009                                                                                    |

**REMEMBER:** If it's an emergency Phone 111 Tell the operator which Emergency Service you require; then give your name and street address, including "Kawerau" then await further instructions. If it is **not an emergency**, but you still want the Police, dial **105**

### **Defibrillators save lives...available for use from:**

- \* Maurie Kjar Memorial Pool
- \* New World Kawerau
- \* 'Z' Kawerau
- \* Kawerau Ambulance Station
- \* Kawerau Cosmopolitan Club
- \* EMC Ambulance Ltd,
- \* Tuwharetoa Geothermal Office
- \* Kawerau District Council (customer service counter)

## **KADAP Incorporated**

Kawerau And Districts Ageing In Place Incorporated operates as a Registered Not For Profit Charitable Trust. It is governed by a six-member Board of Trustees. KADAP Inc. was founded in July 2015. Our Mission is to provide and maintain an organisation tailored to meet the needs of our older residents who want to remain in their own homes with safety and dignity as they age.

### **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**

### **KADAP Inc. is located at:**

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.  
Web site: [www.kadap.org.nz](http://www.kadap.org.nz)  
Co-ordinator: [gary.kadap@gmail.com](mailto:gary.kadap@gmail.com)

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