

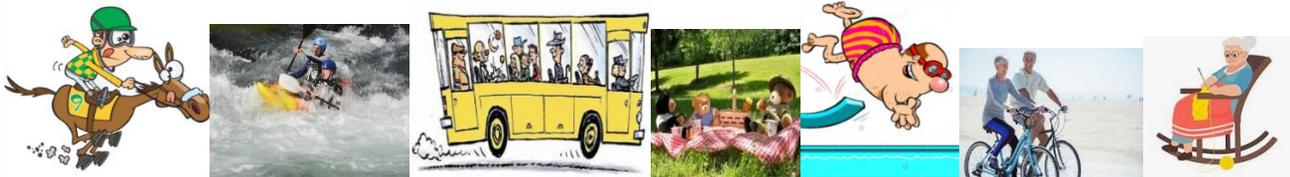


Hi Everyone.

Well the 'Z' Good in the Hood monies have been divvied up amongst the four local worthy recipients, and KADAP received \$826.00. A very special thank you to all those who participated and contributed your orange tokens to the KADAP Inc. cause during September. The KADAP Christmas get-together celebration event will be a Bar-b-Q style lunch at the Life Konnect Centre, 371 River Road, at 12 noon, on Tuesday December 10th. The bulk of the food and refreshments will be supplied by KADAP, but if you would like to bring along a salad or your own special marinated chunk of meat to grill, then by all means do so. We have had our Christmas lunch at this venue twice before and they have been great social occasions of relaxation and enjoyment.

REMEMBER to think about the safety and security of your pets as Guy Fawkes is upon us once again. Our beloved cats and dogs have absolutely no comprehension of the noisy mayhem some humans decide to unleash with all the flashing and whizzing and loud bangs that light up the sky for a few nights...as it is no longer kept to just November 5th. It might also be wise to keep your garden hose attached to the tap and ready to go...just in case. Re-assure your pets as best you can. If you do need Emergency services, the Phone numbers are listed on the back page.

WHAT'S HAPPENING



~~~ Active Ageing Week **4<sup>th</sup> to 10<sup>th</sup> November**. Would you like to bring some of your bright ideas along to the next meeting to share with other Members? We will make a time slot for you to tell us your bright ideas.

~~~ The next Members meeting will be on **Monday 11<sup>th</sup> November in the Kawerau District Council Concert Chambers, at 1.00 pm**. Guest speaker **Alan Blackburn** will be sharing his ideas, knowledge, concepts and hints about how to 'de-mystify' the use of Online Banking. For some this whole 'electronic world of communication and business' can be quite daunting, but Alan will help simplify and clarify these practices, making it possible for complete novices without a computer or smartphone to learn how to become competent users of these processes, with help of tutoring in a safe and friendly environment. 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 7<sup>th</sup> so we can organize it.

~~~ Member Merv Brown is going to have a Mobility Scooter fun day (sorry, no racing!) which will really be an education day on how to use your scooter safely. Even if you don't yet have (or need) a mobility scooter, come along and join in the fun. There will be some prizes up for grabs!

~~~ Don't forget to book for a day's shopping in Rotorua. We will book a van (or two) if we get enough people, or else we will pool cars. I've found a nice little place for us to have lunch while we are there as well.

Volunteer Drivers Required - Men and Women - For local and out-of-town, transporting Members

Also required...Volunteer Handymen (younger and fit men) to undertake some of the more physical type of job requests, like furniture moving (within the house), firewood chopping & stacking, roof – gutter cleaning, garden pruning etc. (Remember, our Volunteers will not do jobs already catered for by Small business operators and contractors).

If you know of younger men (especially) and women that love to give back to the community and are wanting something to do on occasions, to help out, then Please contact either Gary, Gloria, Sue and Kath, at the office if you are able to help. Thank you. Ph. 219 3940.



My Life Story. “Once upon a ...Hmmm!!Once upon a...oh I can’t think what comes after that...oh dear....writer’s cramp!

No Life Story this month, just a few notes about some Groups you may not know about.

Kawerau Friendship Club This used to be known as Kawerau Probus.

It is a fun and friendship group that meets at St Margaret’s Church Hall on the 1st Monday of each month 10.00am to midday with a guest speaker and morning tea. They also have trivial pursuit sessions, a walking group and do day and sometimes overnight trips. It costs \$15.00 to join, and an annual subscription of \$15.00. Contact Ruth Simpson phone 323 4013.

Writers of Kawerau (WOK)

WOK meets every Wednesday at 11.00am in the Tree House at Kawerau Library. Any writer or would-be writer can attend the sessions where a five-minute writing exercise starts the day. Then writers read out their “homework” on a topic chosen at random from the week before. (Or else you can read something else you have written, for critique by other members, (300 words maximum). It can be hilarious to hear the different stories on the same topic! The Group has published 2 books of short stories and is working on another. There is a one-off joining fee of \$5.00, and if you submit anything to be included in a book, you share the publishing cost. (The first one cost each writer \$80.00 and the second one, which was smaller, cost \$15.00 each. Contact Wendy at 306 9009 Wednesday or Thursday, or just turn up.

Kawerau Cottage Craft Group

Meets at 157 Onslow St (Anglican Church) on the 1st and 3rd Tuesday each month from 9.30 to 11.30.

An opportunity to learn, practise and share skills in any kind of handcraft. Membership costs \$15.00 per year and \$2.00 per meeting to cover morning tea. The Group has at least one function (a trip away, etc.) each year, and exhibits craftwork for sale at the WoodFest Weekend. Contact Jan Purcell, phone 323 4149.

All the best to all the athletes –men, women, boys and girls – and volunteers, participating in the King & Queen of the Mountain event on Saturday. Another great day to showcase Kawerau.

Recipe of the Month

Alison Leonard –The Breeze



Crock Pot Pavlova

Ingredients

- 6 egg whites
- 1 ¼ cups caster sugar
- 2 tsp cornflour
- 1 tsp vanilla
- 1 tsp white vinegar

Method

- Wipe the inside of the mixing bowl with white vinegar
- Whisk the egg whites until soft peaks form
- Add the caster sugar 1tbsp at a time, ensuring it is mixed well, before adding the next
- Mix until the meringue is thick and glossy and the sugar is dissolved
- Add the cornflour, vinegar and vanilla, and whisk until just combined
- Line the base and sides of the crock pot with baking paper
- Pour the mixture in carefully, so that it stays within the baking paper
- Place a tea towel over the top of the crock pot and then place the lid on firmly
- Cook on low for 1.5 hours
- Turn the crock pot off and leave the meringue there until it has cooled completely
- Decorate with whipped cream and fruit of your choice

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A few chuckles for you.



Why is Labour Day a day when actually no work is done?

Why is it that a lot of expectant mums about to enter LABOUR get sent to NATIONAL women's...?

~~~~~

Honours Board

Douglas M L Bull, QSM – KADAP Inc. Founding Member & Chairman 2015 – 2019



Doug has elected to step down from his involvement with KADAP Incorporated. Along with initial visionaries Helen Stewart, Bill Gibson, Bob Austin and Graham Goodall (all volunteers and current Trustees), he contributed much to the establishment of KADAP Inc. and provided steorage and governance, in the role of ‘Chair’ since KADAP’s public launch in July 2015, until announcing his retirement at this years’ AGM, on October 8th, 2019.

Working with other organisations and Charitable Trusts for many years, Doug combined this experience and expertise, along with a wealth of practical knowledge gained through a full working career and farming, and he brought this to the ‘KADAP table.’ These initial KADAP Inc. Founders, working with Megan van Westbrook from Hamertons Lawyers, have all given many, many hours over several years, long before KADAP went public in 2015. Their names too are worthy to be on the KADAP Inc. Honours Board, but for now, KADAP Inc. would like to acknowledge the work done, and time given, by the retiring Chair, Mr Doug Bull, QSM. Thank you Doug, may you thoroughly enjoy any free time that you get, as we know that although you have stepped down from the position of KADAP Inc. Chair, you continue to donate your time and expertise to other worthy causes throughout the community. All the best Doug, to yourself and Stephanie, with grateful thanks for all your input, from KADAP.



Summer Hair Care (by Shelley Levitt - webMD)

With some extra TLC, summer doesn’t have to be the season of bad hair days.

Just as the sun can damage your skin, it can damage your hair, too.

Salt water and chlorine also take a toll on our tresses, and this can be quite severe as we age. A few weeks into summer, hair that was shiny and easily managed can look and feel fried.

Fried hair isn’t just a figure of speech. Jessica J Krant, MD,MPH, a New York dermatologist, says the ultraviolet rays of the sun actually “cook the hair shaft”. The damage is most obvious when we see colour-treated hair becoming faded, bleached and brassy. Even hair that isn’t coloured may suffer from sun-induced stress, especially with ageing.

Dryer hair is more likely to suffer, and can be more irksome than pesky mosquito bites.

To look after your hair, start with a good trim. It will get rid of any split ends, and refresh your style.

Try to stay out of harsh sunshine, or make sure you wear a wide-brimmed hat if you have to be outside. (That will protect your eyes, ears and face too.) Use a good-quality shampoo and follow with a moisturising conditioner. If you have long hair, wash it at night and tie it up in a bun when you go to bed. When you get up in the morning, you will have a nice bouncy wave!

Important Phone Numbers

| | |
|------------------------------------|---|
| Tarawera Medical Centre: | Ph. 323 8499 |
| Kawerau Medical Centre: | Ph. 323 6249 |
| St John: | Ph. 0800 785 646 |
| Kawerau Police: | Ph. 323 1400 |
| Kawerau Fire Service: | Ph.323 1077 |
| Emergency New Zealand: | (FENZ) – Ph. 0800 658 628 or www.checkitsalright.nz |
| Veterinarians: | Ph. 323 1052. |
| Disability Resource Centre: | Ph.307 1447 – Whakatane |
| Elder Abuse: | Ph. 0800 32 668 65 |
| Neighbourhood Support: | Ph. 021 20 21 303 Nina Barton |
| KDC Dog Control Officer: | 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 an eight-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 6G & 7G 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

Email: office: kadapkawerau@gmail.com
Co-ordinator: gary.kadap@gmail.com