



From the Chairperson

Helen Stewart



Isn't it lovely? The first signs of Spring are with us. Lots of tulips, daffodils, freesias, blossom and birds showing up in our gardens. The birds are enjoying the lovely blossom, especially the tui and bellbirds in our parks.



Soon we will see asparagus in the shops, or if you are lucky in your own garden. Then it will be berry

time again. Happy gardening!

It is a great time of year, planning projects before it gets too hot and while we have some sun and rain to encourage growth.

News/Updates

After more than 3¹/₂ years as our Co-ordinator, Gary has decided to move on and enjoy a well-earned break. He will be very much missed by all who knew him. He worked tirelessly for our Members and his involvement in advocacy roles brought out the best in him.

At the same time, we went into Covid 19 Level 2 lockdown so we decided to shut the office temporarily to protect our workers. You can still contact us via phone and email. You will receive a weekly phone call while we are in Lockdown, or even a visit (if requested for transport or groceries) until we get back to Level 1 or the new normal.

You can still contact Gloria on 07 323 4197, email kadapkawerau@gmail.org.nz, or mobile: 027 503 8125.

Job posting

KADAP will be advertising shortly to find a replacement for the Co-ordinator role. A Position Description will be available.

Recent Activities

Our August monthly meeting was well attended by thirty Members, Volunteers and friends, who were entertained by seven players from the Kawerau Ukelele Club. The ladies played a selection of songs that had the audience tapping their toes, and some even joining in and singing along to the songs.

The Club has given an open invitation to people who may be interested in taking up the ukulele. They meet each Thursday (excluding Public Holidays) at 1.00pm at the Catholic Church Centre, Onslow Street –just past the Tarawera Medical Centre on the other side of the road. They will happily welcome you.

Next we had an interesting and informative talk from Heather Yamamoto, a professionally trained and qualified Health Service practitioner who is the Eastern Bay of Plenty facilitator for the Health Consumer Service.

Heather described some of her background, being one of the initial workers in cancer screening, and always having an interest in seeing that people were treated with dignity and respect, and receive proper and individual treatment from the medical profession.

Her role means she listens in confidence to any questions, gripes etc. about any aspect of health care service that you feel may not have been as helpful or supportive as you would have hoped.

If you have had such an experience, you can make an appointment with Heather, or contact our Co-ordinator, and she may be able to help you sort out any issues.

Heather handed out some information, cards and brochures to hand out, but if you were unable to be at the meeting and would like to know more, we have her contact details at the office.



Member Contact

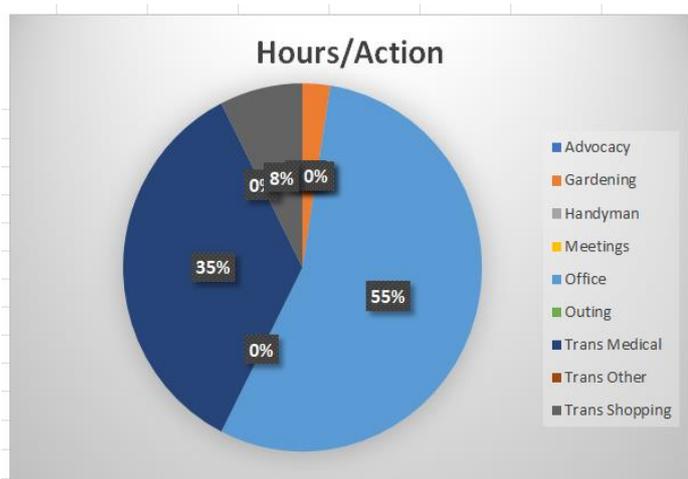
Some of the KADAP Volunteers have been phoning members each week now that the office has closed due to Covid Level 2 Lockdown.

Most members have been okay, but a few have needed grocery shopping assistance, and transport to medical appointments, or just a conversation with someone prepared and able to listen.

As soon as the Government “releases us” the office will be open again and we can all get back to normal.

Volunteer Activity

The following graph shows a month’s services that our wonderful volunteers have been providing to members.



As you can see, apart from hours spent in the office by three volunteers, the majority of service to Members in July was in transport to medical appointments. Sometimes, especially in the warmer months, there are far more gardening and handyman jobs being asked for, and around the end of the year, people often want a driver to take them shopping out of town, or even just for a trip to the beach or to visit friends.

We have a good group of drivers who are able to help out with some of these requests. There’s more to life for seniors living at home than just doing what has to be done, so it’s part of KADAP’s role to help you do fun things too.

We currently have thirty-one Volunteers on our database.

Not all of them are used each week, because it depends on what you, the Members, ask for. And some are not available from time to time.

If you would like to become a Volunteer, please contact the office and we will talk to you about what you might like to do.

WHAT'S HAPPENING

Planned Activities for September and October

- The new dates for DORA the bus that is coming to help people to use internet for banking, have not yet been advised. We will let you know as soon as the dates have been advised.
- The KADAP monthly meeting for September will be on Monday 14th at 1.00pm in the **Kawerau District Council Concert Chamber**. The guest speaker will be Renee Bolkowy from the Rotorua Branch of the Cancer Society, speaking about her work throughout the Bay of Plenty.
- KADAP AGM will be held on 29th September, at 1pm in the **Kawerau Life Kconnect Library, 371 River Road**. Refreshments provided and all Members are welcome.
- The KADAP October meeting will be in the **Bert Hamilton Hall, Porritt Drive**, (off River Road, just past Mountain View Rest Home). This venue has been booked due to the Concert Chamber being used for the General Election. The guest speaker will be Donna Cowdery, the Manager of the Whakatane Citizens Advice Bureau, talking about the CAB services available.

While you are Locked Down



You could build a kite for when your Grandies visit this summer, or you could fly it yourself when nobody is watching (we can call it a test flight. We won't tell!). Here are the instructions.

You need dowels or bamboo to make the frame, brown paper or plastic for the covering, string for the frame, tail and bridle, and cord to get it to fly.

*You will need dowels, or better still bamboo garden stakes, 1 of 80cm and 1 of 50cm about 7mm thick and notched at each end.

*Lash the centre of the shorter dowel securely about 1/3 of the way down the longer one.

*Place string around the frame tightly, making sure it is in the notched ends of the dowels.

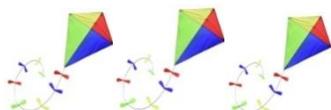
*Cut paper or plastic about 4cm bigger than the frame, and tape, staple or glue it in place, overlapping at the points. Don't be tempted to cut the overlaps off, they give extra strength to your masterpiece.

*Make a bridle for the cord to be attached to. Secure a piece of string about 1/2 way between the top of the frame and crosspiece, and about the same distance below the intersecting frame on the right-side of the kite. (The wind needs to blow on this side, pushing the fabric against the frame, not away from it.) You need to leave about 6cm of "looseness" on this string. The middle of this is what you attach the cord to for flying it.

*Make a tail at least 1 metre long, by tying 6 or 7 rectangles 6x4cm of the same fabric you have made your kite from, gathered in the middle with string, evenly along the length.

*Secure the tail to the bottom of the kite.

*Now find a space with no poles, wires or trees to snag your kite. Have fun.



Now here's an idea!



- Make some masks for when you go out. You don't even need a sewing machine for some patterns. Give it a go. There are free patterns on the internet, or if you can't access them, there are some at the office. Just a phone call will get someone scurrying round to your place with a pattern. Of course, if you can't make one yourself, ask the friendly office volunteers and they may be able to make one or two for you!

- Re-pot some of your indoor plants using odd containers. Here's an African violet a Member planted in a glass jug she wasn't using. It works well, because being clear, you can see the water level without drowning it, and without holes in the bottom you can't drown the shelf it is standing on either. This container would be suitable for any small-sized plant.



Organization profile

Awakeri Scout Group has been delivering firewood to some of our members at a reasonable price, and often with only a day or two notice.

The scouts are doing this to help members with the expense of going to Jamborees, etc.

KADAP Members have reported that Shirley and her gang of helpers have even stacked the wood for them, to keep it dry and ready for use. **Well done Awakeri Scout Group.**



If you would like to order some of this firewood, contact the office for more details.

Recipe of the Month

Filling Sausage Casserole for a Bleak, Wintery Evening

Recipe from Countdown



Ingredients

500 grams beef sausages
2 teaspoons olive oil
10grams butter
1medium onion, sliced
1tablespoon flour
1 cup beef stock
2 tablespoons water
1tablespoon Worcestershire sauce
1 tablespoon tomato sauce
salt and pepper to taste

Tongue in Cheek Quotes

The best cure for sea sickness is to sit under a tree
– Spike Milligan

Wood burns faster when you have to chop it
yourself
– Harrison Ford

The first piece of luggage on the carousel never
belongs to anyone, and usually keeps circling
numerous times
– Unknown

After the game – the King and the Pawn go into
exactly the same box.
– Unknown

The only reason they say ‘Women and Children
first’ is to test the buoyancy of the lifeboat.
– Jean Kerr

Method

Preheat oven to 200° C (180° C fan-forced).
Place sausages on an oven tray lined with
baking paper

Bake for about 10 minutes or until browned.

Slice thickly.

Meanwhile, heat the oil and butter in a heavy-
based pan and add onion.

Cook, stirring, over medium for 5-6 minutes
or until browned lightly. Take care not to have
the heat too high – if the onion burns it will
give an unpleasant flavour.

Add the flour, cook, stirring, for 1 minute or
until browned.

Gradually add the stock and the water, and
then add the sauces and sausages.

Cover and simmer 15 minutes or until the
sausages are cooked through.

Season to taste.

Serve with creamy mashed potato and
buttered green beans.

This makes a generous meal for 2.

Important Notice

If you haven't yet paid your subscription, you can
pay it online, or if you like, we can help you set up
an automatic payment from your bank.

With the phasing out of cheques, this is a good
option.

While the office is closed, you won't be able to
pay by cash, but don't panic! The Board
Chairperson assures me that you will not be
locked out of meetings or services.

We might send you a reminder to pay, though!

It is with regret that we note the passing of

Member Mervyn Brown

Our condolences to Kath and Family

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

Fire & 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

Angie Nicoll

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**

KADAP Inc. is located at:

Ground floor

Rooms 6 & 7

KEA Centre,

60 Onslow Street,

KAWERAU 3127

FaceBook page - (Kawerau Ageing Kadap)

Web site: www.kadap.org.nz

Office open 9:00am. - 3:00pm. Mon.- Fri

Phones: 07 219 3940 and 07 219 3941

Mobile 027 503 8125

Email: kadapkawerau@gmail.com

KADAP would like to thank our sponsors:

- * **Kawerau District Council**
- * **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**

