



# KADAP

Newsletter # 51 - March 2021

**From the Coordinator**

*Karen Stanton*



Kia Ora

Since our last newsletter I have had the good fortune to be on holiday. I had a family function in Dunedin so decided it was an opportune time to have a look around the West Coast of the South Island. It was interesting to see the effects of no international visitors to the region. In Hokitika shop keepers said they usually have 1 million visitors a year, and while they were appreciative of the NZ holiday makers they were 70% down on revenue takings for the same time last year. In Westport they reported 60% and in Picton they were 50% down. We stayed at a camping ground in the Franz Josef area and were the only van in the park – usually the park has 120 caravan/vans a night at this time of the year. Despite this those affected were in ok spirits, were accepting and trying to make the most of the situation.

While I felt for people who make their money from tourists there were some positives for me with the lack of visitors – the roads were so easy to travel, I didn't worry about anyone driving on the wrong side of the road, there were parking spots everywhere and you could easily get a park as there were few tourist buses to contend with, popular tourist spots were easy to get to and not overrun with lots of people, I had chats with shop keepers and tourist providers who are usually too rushed to chat. While on tramps or day walks people were friendlier and didn't seem like they were in as much of a rush. While tramping and staying in DOC huts the chatter and laughter was louder as most people were Kiwis and I was always surprised that it never

took too long before you could find someone the person you were talking too also knew. I decided that Kiwis were actually a great bunch of people and good company. One of the highlights of my trip was a 3-day 56km tramp on the Paparoa Ranges which is also known as the Pike River Mine Tramp. The track was created a little over a year ago as a memorial for the 29 miners who lost their lives in the Pike River Mine disaster. The Pike29 track which is still to be added will go to the mine entry once the Pike River re-entry project team have completed their work. Currently the track passes through the valley the mine sits in. It was a sombre time crossing the valley, seeing the mine shafts and hearing the noise of the recovery team doing their work. We stopped and paid homage to those men that never made it home to their families, and quietly gave praise to their families for considering such a befitting tribute. It certainly is a place that reminds you to be thankful for all that you have even in a Covid world that seems upside down.

Thanks to the wonderful volunteers in the office and out and about who continued their good work managing KADAP in my absence, it was great to see the service continued by such a capable bunch of people.

As usual please remember we have an open door policy in the office – which means you are welcome to drop in or give us call about anything at all.

Karen

## Quotes for today

Life is like riding a bicycle. To keep your balance you must keep moving – Albert Einstein.

A day without laughter is a day wasted – Charlie Chaplin.

Why fit in when you were born to stand out – Dr Seuss



### Recent Activities

We recently had a meeting with our Volunteers. There were 28 in attendance.

A number of suggestions were put forward about things that could be done to help members and the organisation. If you can think of anything that you would like a volunteer to help with, please let the office know.

Volunteers also suggested some outings and events that you may be interested in. If any of these appeal to you, again. Let the office know, or chat to us at the meeting.

These are some of the ideas so far

- Huka Prawn Farm day outing
- Whakatane Museum
- Te Uru Taumata (the living building at Taneatua)
- Christmas lights tour
- Kawerau Christmas in the Park
- Kawerau Christmas parade
- Rotorua lakeside concert
- Cuban Festival
- Home Show
- Cinema
- Te Awamutu Rose Garden day outing
- Boat trips
- Fish 'n' chips on the wharf (Ohope or Whakatane)
- Tarawera Falls
- Lakeside picnics
- Shopping at Rotorua or Bay Park
- Taupo Garden Show
- Rotorua late night markets
- Opotiki mussel farm day outing
- Whakatane observatory
- Car rally

Some of these could be combined to make a really nice day out, such as fish and chips and then a movie. If any of these tickles your fancy, or if you have any other suggestions, please let the office know.

## Recipe of the Month

*Dairy-free, non-animal fat Fudge*  
*Kath Brown.*

### Ingredients

½ cup soy milk

1 ¼ cups sugar

¼ cup vegan butter (I use Nutelex)

155g vegan chocolate chips (Binn Inn has these)

1 tsp vanilla

### Method

*Have everything ready before you start making the fudge.*

Line a baking tin with non-stick paper  
Heat soy milk and sugar in a pot, stirring continuously until boiling

Boil exactly 7 minutes, stirring all the time.

Remove from the heat and add the butter, chocolate chips and vanilla.

Stir vigorously.

Working quickly, as it starts to set very fast, transfer to the lined baking tin and smooth the top.

Put into the fridge to set.

Once set, remove the fudge and paper from the tin and cut into squares. Store in the fridge.

*This is a yummy treat.*

### *Bonus Recipe*

#### **Muffin in a mug**

### Method

Choose a large mug.

In the mug, beat 1 egg and ½ tsp vanilla until fluffy.

Add a mashed banana and beat again

Add ¼ tsp cinnamon or spice of choice

Add a handful of frozen, dried or fresh fruit of choice.

Fold in 30g oatbran and ½ tsp baking soda

Microwave 3 – 3 ½ minutes

Remove from the microwave, tip into a bowl and serve with yoghurt and maple syrup. This makes a large serving, so I cut mine in half to serve for breakfast, then serve the other half sliced for lunch, spread with margarine and topping.

## Volunteer Activity



Volunteers have been busy again during February with the usual tasks of taking people to various appointments and shopping.

Some volunteers have done a few larger jobs too.

Ray chopped down and removed a tree for one member, and Barry J and Barry W did 3 for another.

Neil and the two Barrys built a garden shed, Judy did a big job of weeding an overgrown garden, and a couple of other volunteers have done great work feeding cats and collecting mail and papers for some members who have been on holiday, or in hospital.

Please remember the valuable time and effort that Volunteers put into doing things for you. A small contribution is often appreciated, although some Volunteers may refuse to accept one. Even a jar of preserves or some home baking might be a kind gesture.



## What's Happening

Due to the Kawerau District Council closing their facilities in Level 2 lockdown the last February meeting couldn't go ahead. The next Members meeting will be on this coming Monday 8<sup>th</sup> March in the Council's Concert Chamber at 1.00 pm.

The speaker will be Gorah Golamaully from the DHB Support Net. He will be talking about the Needs Assessment process and how it works. We have had several members with questions about accessing this service, this is your opportunity to get the correct information.

I'm sure you will learn something of interest either for yourself or that you can share with others if you come along.

Please phone the office for transport if you need to.

Bring a plate for a shared afternoon. Just a reminder you are welcome to bring along someone who is not yet a member who may be interested in the topic or who may be considering joining KADAP and just wants to have a look.

Have a look at the Food Bank notice on page 4.

## Bus Update

You are now able to purchase a Bee Card from the Kawerau i-site office for \$5. This is a one-off payment for setting the card up. Then it can be used to travel free during 9.00 am and 3 pm. on the new bus route which will start at the beginning of June. Take your Gold Card with you so it can be linked to your Bee Card.

## Men

Are you lonely or do you crave conversation with other men?

Are you a good listener and have life experiences to share?

You are in luck.



### Men only morning tea.

Where: Presbyterian Church, Onslow Street.

When: Every Tuesday at 10am.

If you require a ride please ring the office.



### *Covid 19 Update*

Although we have found ourselves Back at Level 2, and Auckland at Level 3, we are keeping the office open and will continue to use our pool of Volunteers to attend to any tasks you may ask us to do. Please be considerate and wear a mask while you are with a Volunteer. (It is quite difficult to maintain physical distance in a car, and we don't really want to see you careering along the road with your head hanging out of the window!)

We have a small supply of masks here in the office, which we can supply if needed.

### *Acronyms for Seniors*

Just to start you off, did you know that GOLF became so named as a game for men. It was abbreviated from "Gentlemen Only, Ladies Forbidden". (I'd like to see them try that now!)

Here are a few others:

- FWIW = Forgot Where I Was
- BTW = Bring The Wheelchair
- DWI = Driving While Incontinent
- LOL = Living On Lipitor
- IMHO = Is My Hearing Aid On?
- WAMG = Where Are My Glasses?
- FYI = For Your Indigestion
- SUS = Speak Up, Sonny
- WIWYA = When I Was Your Age

### 'HOW TO' Hui

The Kawerau Seniors Forum along with KADAP are organising a 'How to' forum that will include:

How to:

- Be Fire Safe in your own home
- Use a defibrillator and where to find one

- Recognise the signs of a heart attack and stroke and how to manage these
- Recognise diabetes and what to do

This will be held at the Kawerau Concert Chambers on Wednesday 24 March 2021 from 1pm to 3pm. It is aimed at senior residents, but anyone is welcome to attend. For further information or if you would like transport to attend please phone the office.

### **KADAP thanks our sponsors**

- ✓ Kawerau District Council
- ✓ Hamertons Law
- ✓ Bay Trust
- ✓ Tindall/Acorn Foundation
- ✓ Z Good in the Hood
- ✓ The Lion Foundation
- ✓ C.O.G.S.
- ✓ NZ Lotteries
- ✓ NZ Communities Trust.

### **Important Phone Numbers**

Tarawera Medical Centre:	323 8499	
Kawerau Medical Centre:	323 6249	
St John:	0800 785 646	
Kawerau Police:	323 1400	
Kawerau Fire Service:	323 1077	
Fire & Emergency NZ:	0800 658 628	or
		<a href="http://www.checkitsalright.nz">www.checkitsalright.nz</a>
Veterinarians:	323 1052	
Disability Resource Centre:	307 1447	
Neighbourhood Support:	021 202 1303	
KDC Dog Control Officer:	306 9009	
Elder Abuse:	0800 326 6865	

**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:**

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