

# Inside Eastside

COMMUNITY NEWS AND VIEWS

Produced by the Mokoia Community Association



## PLAN FOR TRAFFIC DELAYS

**Photo Credit: Kevin Page**

Traffic hold-ups are likely to continue, particularly at peak times, as work continues on improving Rotorua's Eastern Corridor road links.

A new roading layout and speed restrictions are now in place at the busy Te Ngae Rd/Tarawera Road roundabout site, a key congestion point in the middle of the section from Sala St to Iles Road, while other work continues throughout the site.

The former roundabout has already been removed and replaced with temporary barriers.

Traffic lights will eventually be installed.

"We are asking motorists to expect, and plan for, more significant delays while people are getting used to the new layout," says NZTA in its latest online update.

This intersection is seen as a critical part of Rotorua's transport network and the previous roundabout was not coping with traffic flows, particularly at peak times.

"Upgrading it will make it a lot safer and easier to use for all modes of travel, as well as providing more reliable journey times," says NZTA.

"The work also involves upgrading the services at the intersection, including the undergrounding of powerlines,

installing a new watermain and preparing and sealing the road surface. "The temporary 30km/h speed limit will make travel through the intersection slower and cause some delays at peak times," says NZTA

***"This new layout will be in place until January 2021 and will allow contractors to work on the service upgrades in larger sections of the Intersection without affecting the live traffic lanes."***

After January 2021, the temporary roundabout will be adjusted approximately once each month until mid-2021 so contractors can access all remaining areas of the intersection.

The work from now until mid-2021 will focus on upgrading services and constructing the new road surface, as well as preparing the site for traffic lights.

The work is scheduled to be complete by mid-2021.

NZTA (Waka Kotahi) is working with Rotorua Lakes Council to futureproof two of the city's key transport networks: SH30/Te Ngae Road and SH30A/Amohau Street. This programme of work is called Connect Rotorua.

More information: [ConnectRotorua@nzta.govt.nz](mailto:ConnectRotorua@nzta.govt.nz); [www.nzta.govt.nz/connect-rotorua](http://www.nzta.govt.nz/connect-rotorua)



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Inside Eastside is produced by the Mokoia Community Association Inc. While our articles are hopefully interesting and useful, the views expressed are not necessarily those of the MCA Inc.

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*3980 copies of Inside Eastside are distributed free to our Eastside Rotorua Communities*



Te roopu manaaki a rohe o mokoia



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## CAN YOU HELP?

**Inside Eastside is delivered free to Eastside homes. With people leaving the area, or other life changes, we are always on the lookout for extra deliverers.**

**We are still on the lookout for volunteers to help us pack the newsletter on a Friday Morning to get the boxes ready for our coordinators and volunteers that deliver Inside Eastside to the many letterboxes throughout Eastside Rotorua.**

The commitment is about one hour a month. Please call the MCA office on 07 345 5971 if you would like to volunteer.

***We appreciate our volunteers who help us deliver Inside Eastside -your community news and views !***

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# Lions and Covid-19 Response

By President Brian Halligan & Sheree McKenzie

The Eastside Rotorua community was immediately hit hard by Covid-19, with many whānau losing jobs in tourism and forestry before the lockdown even started.

The Tatau Pounamu Collective (formerly the Eastside Community Collective) Piripoho team (nursing and whanau workers) were on the ground seeing the community needs first-hand. From the outset, the rest of the collective became an innovative and agile Covid-19 community response team to meet the emerging needs.

Rotorua East Lions Club was already an active member of the collective, with members sitting at the table for bi-weekly collective meetings, and also on sub-committees such as finance, communications and Hunga Ao (wellness).

Initially, many club members, due to age and health conditions, thought the club would go into recess until we could meet again. However, in response to the emerging needs being identified by the Piripoho team who were in the community in their PPE gear, we soon had all our members on email and Zoom so that we could meet and delegate jobs to help the Tatau Pounamu response. It was innovative and challenging for our Club, but also extremely satisfying. Lions and our skills were an integral part of the collaborative response.

Together we achieved a lot, without leaving our homes. Initially Tatau Pounamu put together koeke (elderly) kai and hygiene packs for older adults and the most vulnerable Eastside community whānau. In the second week of the lockdown, this need was being met by Rotorua-wide resources, such as Salvation Army and whānau Ora. However, a new need was identified - home-based activities for tamariki. This was especially urgent for whānau with no internet access, or limited phone data, or a lack of devices.

Members of the collective, such as Kāhui Ako (Eastside school collective), Plunket and Our Mokopuna, who had expertise in child development and play, developed a wish list of good quality play and learning resources that could be used in multiple ways and for different ages.

Sourcing the resources during Alert Level 4 was a challenge, with limited access to shops and stock. There was a committee working on Zoom and Google, and a shared Google spreadsheet, creating shopping lists and budgets. Others were copying printed resource. The Piripoho team unpacked the orders and packed them into the bags for delivery. With rising family harm call outs,

information was added to the packs on how to get help during level 4 for mental health, addiction, and family violence.

Rotorua East Lions Clubs pledged \$1000 initially, then increased it to \$3000. The response to the first 100 packs was so positive, there was demand for over 600 packs. Applications were made to the Lloyd Morgan Trust and the 202L District Banking Trust for \$3000 each,

Lions had donated \$9000 within a week. Local hapū and iwi donated some funds too. Lions called on past relationships for in

-kind support e.g. the local McDonalds restaurants donated books and activity sheets, and local art therapist Martyn Evans donated colouring-in sheets.

Making the Activity Packs available was really important, as Sheree McKenzie from Our Mokopuna says, because "Play is children work - and parents can de-stress too by being playful! Activities in the packs gave children a range of things to do, from balls and bubbles for fun movement to vivid pens and tikanga Māori colouring activities that encourage mindfulness and relaxation for all ages."

Getting the packs out to whānau during lockdown was another challenge - the police made this possible, working closely with the Piripoho team to deliver the Activity Packs right to families' doors. Family Harm Intervention Coordinator Cherie Lang said "It is so nice for Police to arrive at a

home for something other than responding to an emergency or arrest someone... and for them to be in a proactive, non-threatening environment themselves. They truly loved it!"

"Initially most parents were surprised to see Police", Constable Amanda Martin reflects, "but once they realised why we were there, big smiles came across their faces, kids lit up and you could see how much they appreciated the packs. As I was walking away from an address, I could hear excited kids jumping and clapping."

Other Level 4 activities our Lions members were involved in included telephone support, organising radio advertising and other media communications, helping people to connect on email and Zoom and internet banking. Since level 3 the club has worked with Hinemihi Marae, along with youth from Toi Ohomai Institute and men from Visions of a Helping Hand (homeless shelter), to deliver over 300 loads of firewood so far. Another recovery project in the pipeline is getting community wide access to the internet, as lack of connectivity was identified as a very real barrier to getting assistance during Covid-19 and for recovery going forward.





## Westpac Rotorua Business Awards Finalists for 2020

Piripoho Service & Tatau Pounamu Collective

Congratulations to Piripoho Service and Tatau Pounamu Collective who have been announced finalists in this year's Rotorua Business Chamber - Westpac Rotorua Business Awards 2020 - in the Community Support Care & Environmental Sustainability categories.

Well deserved to these hard-working teams. Showing that the collaborative approach definitely makes a difference in our Eastside communities. We wish them all the very best, for the awards ceremony that will be held on October 31.



# Thank you!

## Rotorua

1301 Amohau Street, Rotorua  
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rotorua.mp@parliament.govt.nz  
toddmccclay.co.nz  
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**Todd McClay**  
MP for Rotorua

Authorised by Todd McClay MP,  
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**Kete Pick up from: 19 Oct**

**Drop off: before 1 Dec**

**Pm our Facebook page, txt or call for pick up / drop off**

**Owhata Medical Centre 556a Te Ngae Road**

**Leesa King: 027 345 9699**

**Karyn Barlow-Morgan: 027 575 1509**

He taonga te Mokopuna kia whangaia,  
kia tipu, kia rea"

"A child is a treasure to be nurtured, to grow, to flourish"

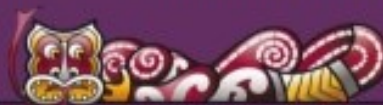


**To enquire about KETE AROHA contact us:**

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## Rotorua District Community Law Centre

OWHATA OUTREACH CLINIC

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Owhata

**When?**

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To enquire about dates or to  
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**CL**

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[www.communitylaw.org.nz](http://www.communitylaw.org.nz)

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#### Playgroup sessions:

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Loan bikes are available on request.

**14, 15 and 17 December 2020**

**15, 16 and 18 February 2021**

**To register call Rotorua Lakes Council on 07 348 4199**





**How Can We Help Kids with Self Regulation**

Some kids need help learning to control their emotions and resist Impulsive Behaviour

If you are a parent, chances are you've witnessed a tantrum or two in your day. We expect them in two year olds. But if your child reaches school age and meltdowns and outbursts are still frequent, it may be a sign that they have difficulty with Emotional Self Regulation.

Simply put, self regulation is the difference between a two year and a five year old who is more able to control their emotions. Helping kids who haven't developed self regulation skills at the typical age is the goal of parent training programmes. Many older children, even if they're beyond tantrums continue to struggle with impulsive and inappropriate behaviour.

**What is Self Regulation**

Self regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations, and to handle frustration without an outburst. It is a set of skills that enables children as they mature to direct their own behaviour towards a goal, despite the unpredictability of outsource self regulation then that's something that might develop as a habit.

Children with ADHD or anxiety may find it particularly challenging to manage their emotions and need more help to develop emotional regulation skills.

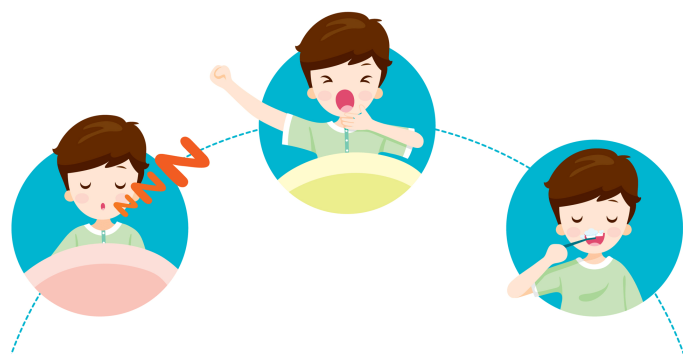
Nga Mihi,

Paula

*“Helping kids who haven’t developed self regulation skills at the typical age is the goal of parent training programs. Many older children, even if they're beyond tantrums continue to struggle with impulsive and inappropriate behaviour.*



*“It is a set of skills that enables children as they mature to direct their own behaviour towards a goal, despite the unpredictability of outsource self regulation then that's something that might develop as a habit.*



**Keep it cool, dial back the**  
**AGGRO**

**CHILD ABUSE - DON'T IGNORE IT**  
When children are being abused, they are usually too scared to tell anyone. They cannot help themselves. Report suspected abuse. Call Rotorua Police on 07 349 9400 or Oranga Tamariki on 0508 FAMILY/ 0508 326459

**INTERESTED IN PAINTING?**

We have a new U3A art group meeting in the MCA hall on Thursday mornings.  
MCA Community Hall - 297 Vaughan Road

**Thursday Mornings - 10am 12:30pm**

Phone the MCA Office 07 345 5971 for more information or alternatively email: mel.bowen@xtra.co.nz





# Piripoho Navigator



Janine Thomas



## Kia ora whanau,

I have had a few whanau this week wanting to understand what I offer at little better so I thought this month I would just list what I am able to offer.

**Work and income support and advocacy** – I can assist with enrolling and making sure you are receiving the correct amount. Kai support, rent and more included in this.

**Employment support** – connecting you with services to assist with employment, such as cv writing, interview support, finding employment and much more.

**Budgeting support** – connecting whanau with the right service to support budgeting skills and help implementing it in a liveable way.

**Parenting support** – I am able to help introduce you to service that may awahi with parenting skills, tools and support.

**Counselling and mental health support** – Finding the right person for you and what's happening in your life.

There is so much more, and with all of it I walk alongside you, you will not need to do this on your own and without guidance.

The Piripoho Team, myself and Leesa, will have drop in clinics available at Owhata surgery every Wednesday and at MCA every Thursday moving forward.

You are welcome to just pop in and meet us, have a cuppa and see if you would like our support.

For more information feel free to call us on 0800747476 or pm us on our Facebook page @piripohoservice.

Wishing you all a great month ahead. 😊

Nga Mihi,  
Janine

**Westpac Rotorua Business Awards 2020**  
Ngā Tahi Pahi Westpac Rotorua

*Celebrating Rotorua's Resilience*  
He whakamārama o te maramarama o Rotorua

**ROTORUA BUSINESS CHAMBER**

**Finalists**

**Community Support / Care Award**

- Piripoho Service
- Rotorua Multicultural Council
- Ngati Pikiao Iwi Trust
- Te Arawa Lakes Trust
- Local Gecko Productions
- Rotorua TOP 10 Holiday Park

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# Tatau Pounamu

## Tēnā koutou katoa!

Firstly, we would like to thank everyone for your contribution to the Eastside Structure Wellness Plan. Everyone who provided feedback, starred in our weekly videos, shared, reacted or commented on our posts and attended Public engagements. The community consultation stage is now complete and all feedback is being collated.

Keep an eye out on our Facebook or newsletters for any future updates!

Tatau Pounamu have had some exciting kaupapa happen recently with more to come as the year comes to an end.

Don't forget to follow our Facebook & Instagram pages for more frequent updates!

## Tiakanga Tū

Over the first week of the school holidays some of our awesome local rangatahi (youth) completed a 5 day Tiakanga Tu water safety programme.

This programme aimed to build resilience, self confidence and strategies to cope when feeling anxious or unhappy. Rangatahi also learned about key water safety messages and practices that they can now shared with whanau and friends - helping to keep us safe while enjoying our beautiful lakes and rivers.

A huge mihi to the crew from Te Waiariki Purea Trust who did an amazing job using their outdoor expertise. We had an awesome time visiting new places and creating new challenging and fun-filled experiences. Also to the Rotorua Youth Centre & Tatau Pounamu who also supported kaupapa and were key in making this week possible.

Some feedback we received from Rangatahi:

***"Best experience, loved meeting some new bros, we are close now and we're going to keep in touch"***

***"Was cool doing stuff we hadn't done before"***

***"I'd like to learn more of the Māori histories and stories of the places we went to"***

***"I wish we could do that program every school holidays"***

This programme was delivered in collaboration with Te Waiariki Purea Trust, Rotorua Youth Centre and Tatau Pounamu. - Collectively nurturing our future





## Island time!

Kura Taiao Rangatahi Leaders took up the adventure over to Mokoia Island during the school holidays to help out with trapping. Mokoia has been pest free for many years, however there had been a rat & mice incursion since March 2019 and now an established population on the island. Mokoia Island is a treasure chest of native biodiversity, including Kōkako, Kākā, Weka, Tieke and Kiwi. All of these species are under threat with the rat and mice population that has now taken residence on the island. It was a brilliant day had by everyone, thank you to Jason Tamati - Ngati Uenukukopako for showing us around the island.



## Neighbourhood Champions!

Celebrating community members and organisations doing some really cool things in the Eastside.

### Meet Shirley Parry!

Shirley is an Eastside local with a passion for our community. She is involved in a heap of community projects as a key member of the Hannahs & Holdens Bay Residents & Ratepayers Association, a member of the Mokoia Community Association Board as well as a Tatau Pounamu Champion. Shirley also generously gives her time as a volunteer helping to distribute the monthly Inside Eastside newsletters to our letterboxes!



Me he tē!

Find out more about us and keep updated on our:



Facebook @TatauPounamu

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[www.tataupounamurotorua.com](http://www.tataupounamurotorua.com)

**GOT  
RATS  
OR  
MICE??**



**IF YOU LIVE ON THE EASTSIDE OF ROTORUA, (WEATHER YOUR A BUSINESS OR A HOUSEHOLD )GET IN TOUCH WITH TATAU POUNAMU AND WE WILL GIVE YOU A TRAPPING PACK!**

Contact Anahera

Email:

[Pouao.tpc@gmail.com](mailto:Pouao.tpc@gmail.com)

Phone: 02108544150



Westpac Rotorua Business Awards 2020  
Nga Tuhū Pahū Westpac Rotorua

**ROTORUA BUSINESS CHAMBER**

*Celebrating Rotorua's Resilience*  
He whānau o te mara o Rotorua

**Finalists**

**Environmental Sustainability Award**

- VIP Realty
- Alsco
- Aura Motel
- Tatau Pounamu Collective
- Lux Organics
- Katiaki Adventures



# The Stones in My Shoes



Someone said to me recently “if healthcare is free for all children, then there’s no excuse for any child not getting care”. I’ve walked through our health system very thoroughly with my children recently and my experiences have given me some insight into why free services are not enough on their own. A family with a sick child needs more. At the very least they need a reasonable amount of spare cash and a caring community wrapped around them to help them access what their child needs.

Travelling constantly to appointments costs money. The National Travel Assistance scheme kindly reimburses some money on trips that exceed a certain distance. It can include public transport and accommodation too. The problem is you need to have the money to spend first so it can be reimbursed. Every appointment outside of our DHB has cost our family well over \$100 for petrol, parking and food on the run. Even local appointments start adding up. How can you access this free service if you just can’t afford to get there?

***“A family with a sick child needs more. At the very least they need a reasonable amount of spare cash and a caring community wrapped around them to help them access what their child needs.***

A few weeks ago, our car broke down just before another trip. While several people generously offered up their cars, we had no guarantee on when we could return it. We rented a car for the week. There’s no reimbursement for that. I wondered at the time what a family does when there just is no car, let alone petrol money.

We have four children. So, every time my son and I had an appointment, my husband took care of the other three, got them to school & day-care and then worked the hours he could. He has a job in a place that is flexible and has compassionate paid leave systems. We spent more money on day-care through increased hours, but our income didn’t change so we were ok. I wonder what the choices look like

if you’ve used up your five days of sick leave. If more childcare is unavailable or unaffordable? Or if you are a single parent?

Our community wrapped around us. People made meals, gave us baking, and organised playdates to give us a break. They picked up our children, brought coffee and groceries. The hardest part of walking with a sick child is not so much the pain and grief, it’s the stones that get in your shoes on the way. Its running out of fruit when there are lunchboxes to fill; its being exhausted and having nothing for dinner when everyone is hungry; it’s having a broken car; it’s worrying about childcare. It’s these stink little things that make the big things overwhelm you. Families just can’t keep walking like this, they need support. An active, caring community can clear the path of some stones. This is an essential part in making sure the child can still access the health care they need; that their guardians can keep walking.

I hope our Mokopunatanga live in a world where all children do get access to the healthcare they need. If we want this future, then we need to understand that our current systems only work for those who are privileged and have more than enough. And even then, money can’t keep out many of the stones.

*Whakapuputia mai o manuka, kia kore ai e whati – Cluster the branches of the manuka so they will not break*

***“ Our community wrapped around us. People made meals, gave us baking, and organised playdates to give us a break. They picked up our children, brought coffee and groceries. The hardest part of walking with a sick child is not so much the pain and grief, it’s the stones that get in your shoes on the way.***

**INTERIORS**  
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# When is a Debt a Debt?

## Pakanui Tuhura



Debt is an obligation to repay something of value that we have used but belonged to someone else and usually over a long period of time. There are many types of debt and as I write this article some economists are saying that it will take 10 years to repay the debt our current Government is racking up to keep the economy running and as many people as possible in jobs during the COVID 19 crisis.

The main point though is that Debt is an obligation to repay. Most of the people who come to see us at the Budget Service are really concerned about monetary debts that have a legal obligation to be repaid. This obligation is very structured and for the most part includes payment of not only the original amount (referred to as principal) but also an additional sum to be paid for the use of that money (interest or usury). The obligation to repay is enforceable by the law and includes both the principal and interest. It is important to understand how much you will repay before you sign any loan or hire purchase documents and also how much it will cost you in penalty fees for non-payment under the structured repayment schedule. If you get it wrong then things can get messy as the lender seeks to recover what they are owed.

So what about debt that doesn't have a written agreement, structured repayment schedule and may not be enforceable by law? I recently watched a TV programme that asserted that a large portion of young adults were

using their parents as a bank, borrowing money and then repaying it, sometimes with interest but mostly without. Most of those shown on TV were borrowing for a deposit on a house. It takes years for the average Kiwi household to save for a deposit and then there are the other unknowns of finding and then successfully bidding on a suitable house. The obligation to repay in this instance is the maintenance of a relationship where the lenders (in this case parents) have all the risk but are investing in their children's future. In many cases parents will simply gift the money with no obligation to repay because they want to maintain a strong family relationship. Some parents will, where they have a number of children, even state that that child will inherit a reduced portion of their estate with the reduction equal to the amount loaned. This is to maintain fairness amongst the beneficiaries of their estate and ensure that the relationship between siblings also remains strong.

Here at the Budget Service we consider all types of debt our clients have. We will advocate on behalf of those struggling to meet their legal obligations to repay debt but only the client can tell us how much value they put into nonlegal obligations to repay. If you feel you need to discuss your personal debts then please make an appointment. It's free and confidential.

Pakanui Tuhura (Manager - Rotorua Budget Advisory Service Inc)

	Appointments to see a qualified budget adviser can be made by visiting Rotorua Budget Advisory Services office at 1247 Pukuatua St Rotorua. Phone 07 346 3236
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<h2>Proof-Reading &amp; Editing</h2> <p>MARJ GRIFFITHS Rainbow Resolutions Ph/Fax 07 345 6883 or 0273184288 mikemarj@xtra.co.nz</p> <p><b>private * commercial * confidential</b></p>	
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	<p><b>Showroom / Factory</b> 25 Vaughan Rd PO Box 1993, Rotorua</p> <p><b>Phone:</b> 07 345 5807 <b>Fax:</b> 07 345 5807 <b>Mobile:</b> 027 552 4645</p> <p><b>Email:</b> dhk@xtra.co.nz www.designhousekitchens.co.nz</p>
<p><b>Paul Hodge</b> Managing Director</p>	

<p><b>Bullying is real for us, don't dismiss it, please help to stop it!</b></p>	<p><b>Take pride in our community spaces</b></p>	<p><b>Keep it cool, dial back the AGGRO</b></p>
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## Changes in Asthma Management

Asthma management for adolescents (aged 12-17 years) and adults has changed. These changes will both simplify and improve the treatment of asthma.

Formerly mild asthma (defined as 2 or less asthma flairs per week) was managed only with a reliever medication, usually “the blue puffer” known as Salbutamol or Respigen or Ventolin or Bricanyl.

Moderate asthma was managed with a daily preventer medication (an inhaled steroid) usually “the orange puffer” known as Flixotide or “the brown puffer” known as Pulmicort, with an additional reliever puffer used for asthma flairs.

Now, the recommendation is to use only **one** inhaler, Symbicort Turbuhaler (budesonide/formoterol), for all adolescents and adults with **any** type of asthma (mild, moderate or severe). Symbicort works as both a reliever **and** a preventer. A spacer is not required.

Symbicort can be used by itself in mild asthma as needed for relief of symptoms of wheezing or chest tightness or cough.

Symbicort can also be used by itself for daily maintenance of moderate or severe asthma, with additional puffs taken for management of asthma flairs.

Why the changes?

- In patients with mild asthma, using as-needed Symbicort treatment results in **60% fewer** severe asthma flairs compared to patients using “the blue puffer” (Salbutamol)
- 1 in 8 adults in New Zealand have asthma
- 77 people die from asthma each year in New Zealand
- Mortality rates are 4x higher in Maori
- 20% of asthma deaths are in people with “mild” asthma
- Switching to this simpler but more effective medication for management of mild, moderate or severe asthma will result in better asthma control for the majority of patients and will save lives.

Please see your health care provider to make the switch to Symbicort.



Redwood Centre

5 Tarawera Road

Lynmore, Rotorua

Postal address: PO Box 7004, Te Ngae, Rotorua 3042

Doctors: Sally Hoskins, Andrew McMenamin, Sarah Dalziel, Ron Vail, Robyn Parker, Neil Poskitt

### Clinic Update

With the drop to level 1 means we no longer have a screening process at the front door and do not require patients to wear masks while in the clinic, although if you have symptoms of a cough or sore throat, head cold or fever, loss of breath, diarrhoea or vomiting we do ask you call us before coming to the practice.

We do still follow safe distancing in waiting room and do require you to scan the tracing app. If you have any questions or concerns in regard to this please do not hesitate to contact the administration team on 07 345 6627.

### Practice Update

As a practice we are changing how we communicate with our patients. Going forward, we will be contacting you by texts to help in the delivery of your care or support of your health services. Texts will include appointment reminders, account reminders and recalls (follow ups). If you would **not** like to receive texts from us please reply to [tengaeadmin@raphs.org.nz](mailto:tengaeadmin@raphs.org.nz) and we will continue to communicate with you through your chosen method. If you are happy with receiving texts, please do not send us an email and we will update your preferred method.

We are also switching to electronic billing as well so this might be a good opportunity to let us know if we need to update your details.

We are unfortunately saying good bye to two of our awesome nursing team this week, Noreen and Philippa who have both been with us for a number of years and been an awesome part of the Te Ngae Team.

On behalf of the team we wish them both the best of luck, and thank you for the hard work





## Welcome to Active Ageing at MCA

If you live in Eastside Rotorua and would like to make new friends, come and join in some of our activities



### Update on MCA Active Ageing Programme

With generous support from our funder Rotorua Energy Charitable Trust (RECT), we are happy to announce MCA will be recommencing our Active Ageing programme. Please note, all events will be in line with necessary safety requirements due to any current alert levels.

As you are all aware due to covid-19 alert level restrictions in the past we were unable to run our programme safely for our lovely Eastside seniors.

We shall now be planning events to take place between now and year-end, so watch this space and our Facebook page for further information.

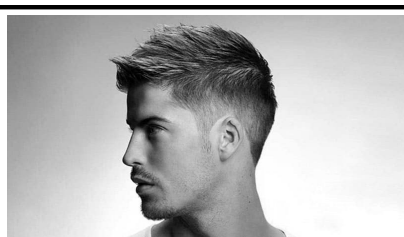


### Being socially active and engaged in the community

Keeps you healthy - mentally and physically. In fact, people with strong social networks tend to be more active, feel happier, and are more supported. There are many ways to connect with people if you're feeling socially isolated or lonely.

You can:

- Use your Super Gold card to get out and about - [www.supergold.govt.nz](http://www.supergold.govt.nz)
- Get to know your neighbours - try Neighbourhood Support or [www.neighbourly.co.nz](http://www.neighbourly.co.nz)
- Get a smartphone or tablet to stay in touch with distant friends and family - find out about learning new technical skills at [www.seniornet.co.nz](http://www.seniornet.co.nz)
- Visit your local library, community centre or church to find out about activities
- Have a meal with friends or family - why not invite a friend out for a coffee?
- Try a visiting service like Age Concern's accredited visiting service - [www.ageconcern.org.nz](http://www.ageconcern.org.nz)
- Try volunteering - support your community and meet new people - [www.volunteeringnz.org.nz](http://www.volunteeringnz.org.nz)
- Mokoia Community Association Active Ageing Trips will be starting again in Nov/Dec 2020, dates (TBC).



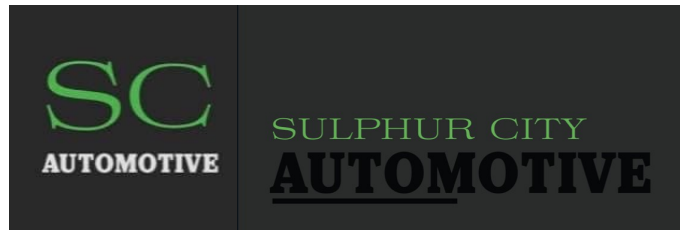
### CUTZ 4 U

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## Compute IT With...



## Wayne Parkinson



### Scams

Unfortunately we live in a world where a certain sector of society is quite prepared to take advantage of those who may be not so quite tech savvy. In the last couple of weeks I have helped folks deal with the aftermath of scams.

### Spark

There are several scams targeting Spark, even if you are not a Spark customer. One is where you get a phone call letting you know that your internet access will be cut in 24 hours if you don't follow the prompts and press suggested buttons on your phone. This one uses a recorder voice and all you need do is hang up. DO NOT press any of the phone buttons suggested.

Another one, supposedly from Spark, is when a tech person calls to let you know there is a problem with your computer. This one is particularly nasty in that they may have your genuine Spark account number and will share that with you. This will lead you into a very false sense of security. Next they ask you to install a computer sharing software program so they can "help" you by sorting your computing issues. Yeah, right! If you do as they ask, they now have total control of your computer and can do whatever they want. This may lead to a sincere sounding conversations that will eventually ask for you bank details. Hopefully at this point you will turn off the computer and call the police as you realise this is far from a genuine call from Spark.

If you get a cold call on the phone and you did not initiate a call for tech help, just hang up and save yourself a heap of misery.

### Microsoft

This one is very similar to the second Spark scam shown above. It runs pretty much along the same lines and should receive the same treatment from you.



### Vehicle Registration

This one is very clever, be careful! The bad guys have copied the NZTA renewal of vehicle registration email, removed the line telling you the rego number of your vehicle and replaced the correct link with one of their own. They have even left in the required NZTA required code to verify it is you trying to do the renewal and below that they have left in the genuine link the NZTA website. In an email, or on a website, if you wander your mouse over the link but don't click on it, you will see the destination displayed in the bottom left corner of the screen. This is a good method to see where you might be taken to BEFORE you click on it.



### If you got caught

Please let me know so I can tell other folks what the current scam is. The other thing I would ask you to do is don't beat up on yourself and then tell all your friends, don't let them get caught.

If you need help with this, or would just like to chat about your options, give me a call at 07 345 6098.

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I	F	Y	L	I	M	A	F	G	N	I	K	I	H
F	E	K	C	A	M	P	F	I	R	E	R	I	M
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S	N	O	R	K	L	I	N	G	G	Y	I	R	C
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- FUN
- FRIENDS
- CAMPING
- SNORKLING
- REEF
- BOATING
- HIKING
- PARTY
- CAMPFIRE
- LAKE
- NIGHT SKY
- FAMILY
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**HEART DAMAGE**

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*Preventing Rheumatic Fever*

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# EASTSIDE COMMUNITY DIRECTORY

## Churches

Church of Christ 027 562 6316  
 - Cnr Vaughan and Owata Rds.  
 Good News Ministries - Regan King 021435848  
 Grace Church Presbyterian Church 027 278 9768  
 - 271 Ola Taupo Road, Sunday service, 10:00am.  
 - Pastor, Paul Henry | PaulWhitfordHenry@gmail.com  
 Ratana Rotorua Parish  
 - Apotoro Rehita Rotoki Williams 027 3326 728  
 - Apotoro Rehita Kimiora Pene 020 4079 1134  
 St David's Presbyterian Church, Owata 07 348 2954  
 - Cnr Wharenui & Reeve Rds., Sunday service, 10:00am.

## Clubs

GirlGuiding New Zealand 021 940 853/  
 - Lynmore Scout Hall, Lewis Ave 07 345 7426  
 Lynmore Scout Group 027 434 7871/  
 07 345 5769  
 Rotorua East Probus Club, Bob Te Whaiti 07 348-0363  
 Rotorua East Lions Club 07 348 6769/  
 -Or email rotoruaeast@lionsclubs.org.nz

## Community Stores

St Vincent De Paul Society Shop & Centre  
 - Te Ngae Shopping Centre: Open Mon—Fri 10am to 4pm

## Early Childhood Education Services

Stepping Stones Learning Environment,  
 - 26 Dickens St 07 345 4569  
 Awhi Educare 07 345 6051  
 - Owata Primary School grounds  
 Central Kids Owata Kindergarten, 07 345 6237  
 - 36 Wharenui Road  
 Eastern Suburbs Preschool Owata 07 345 5988  
 - 10 Bronte Place, Playgroup Tues & Thu 8:45am-11:30am  
 Kidzworld, 12 Brent Road, Owata 07 345 6320  
 Kiwi Educare, 252 Vaughan Rd, Owata 07 345 4704  
 Lake Okareka Preschool 07 362 8606  
 - Okareka Loop Rd  
 Lakes Pre-School 07 362 0840  
 - 14 Manawahe Rd  
 Lynmore Playcentre, 07 345 5815  
 - 3A Lynbert Road, Lynmore  
 Ngapuna Early Learning Centre 022 011 8304/  
 - Hinemihī marae, 23 Hona Road 07 345 5434  
 Ohana Kindergarten 07 345 3681  
 - 5 Owata Rd  
 Te Puna Reo o Puawai - Ruiha Christi 07 345 9109  
 - puawaielc@gmail.com  
 77-79 Pohutukawa Drive  
 Rotorua East Kindergarten, 07 345 9689  
 - 7 Alastair Ave, off Basley Road  
 Te Moananui Kohanga Reo 07 345 5856  
 - Access off Wingrove Rd, Owata  
 Te Kohanga Reo Ki Rotokawa, 07 345 5173  
 Te Whare Whitinga o te Ra 07 460 1349/

- 34 Sunrise Ave, Owata 027 538 9277  
 Tiaki Early Learning Centre 07 345 3811  
 - Umukaria Road, Hinemoa Point  
 Topkidz, 8 Iles Road, Lynmore 07 345 7542

## Health & Medical Services

Lynmore Dental Clinic 07 345 9750  
 Mokoia Dental Clinic 07 345 6670  
 Owata Medical Centre 07 345 9699  
 Owata Medical Centre Pharmacy 07 345 5467  
 Te Ngae Medical Centre 07 345 6627  
 Te Ngae Pharmacy 07 345 9678  
 Tiaho Medical Centre, Owata 07 282 2909  
 Owata Pharmacy 07 345 9438

## Recreation and Sports

Country Music Club - Luana 07 347 9020  
 Lynmore Tennis Club 07 345 6943  
 www.lynmoretennisclub.co.nz 021 0356 957  
 Mums and Bubs Revive - Jenny 027 631 5011  
 - Rotovegas Boxing Gym  
 Man Up - Raising Fathers to save our children.  
 - Owata Primary School. 07 348 0904  
 Men's Shed 07 345 9525  
 Rotorua Settlers and Steam Museum,  
 - Te Amorangi. Robinson Ave, Holdens Bay.  
 Owata Indoor Bowls Club 07 345 4206  
 - Owata Primary School Hall, Brent Road, Owata.  
 Lakes Performing Arts Company-Rebecca 021 256 8345  
 Lynmore Scout Hall on Lewis Road  
 Pilates Plus - Hollie Turner 022 194 4265  
 Rainbow Quilters 07 332 2224  
 Radio Controlled Yachting or Powered Boats  
 - Lake Okareka Reserve  
 - Contact Dusty 07 345 9080 or John 027 271 8033  
 Revive Yoga-Ish - Jenny 027 631 5011  
 Rotorua Bonsai Club Kathryn 07 345 3521  
 or Pete 07 345 6339  
 Rotorua Contract Bridge Club 07 345 5114  
 - Neil Hunt Park www.rotoruabridgeclub.nz  
 Rotorua East Bowling Club 07 345 4340  
 - Indoors & Outdoors bowls. Warwick Drive, Lynmore.  
 Rotorua East Mah Jong Club 07 345 3351  
 Rotorua Model Aircraft Club contact Andy 07 357 5656  
 - Mead Road flying site  
 Rotorua Wake & Ski Club www.RWSC.NZ  
 Table Tennis - Colin 07 345 7160/  
 - Lynmore School Gymnasium 021 030 2428

## Schools:

Lynmore School 07 345 9850  
 Mokoia Intermediate School 07 345 9071  
 Owata Primary School 07 345 6051  
 Rotokawa School 07 345 6129  
 Rotorua Lakes High School 07 345 6124  
 Te Kura Kaupapa Maori o Te Rotoiti 07 362 7718  
 Te Kura Kaupapa Maori o Ruamata 07 345 9063  
 Whangamarino School 07 362 4879

## IN AN EMERGENCY:

Police, Fire, Ambulance 111  
 Citizens Advice Bureau 07 348 3936  
 Age Concern 07 347 1539  
 Lakes District Health Board (Rotorua Hospital) 07 348 1199  
 Dog and Noise Control (Rotorua Lakes Council) 07 348 4199

# BUSINESS DIRECTORY

## Accommodation

Holdens Bay Holiday Park (Page 17) 07 3459925  
- 5 Stonebridge Park Drive Holdens Bay

## Accounting & Administration Services

Macmillan Accountants (Page 02) 07 3501018  
- 31 White Street 0274752338  
Ruth Wall Accounting 07 345 5451

## Automotive Repairs

Rossco Engine Reconditioners (Page 18) 07 345 7172  
- 6 Allen Mills Rd, Ngapuna

## Bench Top Manufacture & Installation

The Top Place 2004 Ltd (Page 16) 027 485 6553  
- Andy Watson, 80 Clayton Road

## Budgeting Advice

Rotorua Budget Advisory Service (Page 13) 07 346 3236  
- 1247 Pukuatua St

## Cleaning Services

Wendy's Angels Ltd (Page 06) 0800 ANGELS

## Computer Services

Abingdon Computing Essentials (Page 16) 07 345 6098

## Dental Services

Team Dental Rotorua (Page 04) 07 222 5053  
- Redwood Shopping Centre, 5 Tarawera Road, Lynmore

## Early Childhood Education Services

Eastern Suburbs Preschool, Owata 07 345 5988  
(Page 06)

## Electrical

John Brown Electrical (Page 17) 027 499 5445

## Firewood

Firewood Direct (Page 02) 07 345 9549

## Glass Repairs

Chris Smith Glass Professionals (Page 16) 07 348 5038  
- 91 Riri St

## Hairdressers

Cutz 4 U (page 15) 07 345 4292  
- Te Ngae Shopping Centre

## Interior Design

Loz Interiors (Page 12) 027 3449 132  
lauren@lozinteriors.co.nz

## Kitchen Design

Design House Kitchens (Page 13) 07 345 5807

## Legal Services

Law Box (Page 17) 07 393 3133  
- 1285 Fenton St

## Medical

Te Ngae Medical Centre (Page 14) 07 345 6627  
- Redwood Shopping Centre, 5 Tarawera Rd

## Members Of Parliament

Todd McClay (Page 04) 07 348 5871  
1301 Amohau St

## Painting & Water blasting

Rob Henderson (Page 12) 021 043 9431  
robhendersonpainting@gmail.com

## Plumbers

Tevendale Plumbing & Drain Laying 027 675 6716

## Printing

Advocate Printing (Page 06) 07 347 8822  
- 248 Fenton St, Victoria, Rotorua

## Proof Reading & Editing

Marj Griffiths (Page 13) 027 318 4288

## Do you have an article or a story about the Eastside or about someone in the Eastside?

Mokoia Community Association produces the monthly

*Inside Eastside* newsletter to help inform, celebrate, and connect all things Eastside. You can send stories, articles or just a thumbs up to admin@mokoia.org.nz or call 07 345 5971, or pop into the office at 297 Vaughan Rd.



Inside Eastside is delivered free to Eastside homes. With people leaving the area, or other life changes, we are always on the look out for extra deliverers.

The commitment is about one hour a month. Please call the MCA office on 07 345 5971 if you would like to volunteer.

