

PRRA Staff Daily Update – Friday 1 May 2020

Hi everyone – Hope all is well in your bubble!

Updates from www.covid19.govt.nz

Tax changes to be introduced to help small businesses

A significant package of tax reforms was pushed through all stages in Parliament on 30 April 2020 to throw a cash flow lifeline to small to medium enterprises (SMEs).

<https://covid19.govt.nz/latest-updates/tax-changes-to-be-introduced-to-help-small-businesses/>

<https://www.beehive.govt.nz/release/tax-changes-throw-cash-lifeline-smes>



Employee Assistance Programme (EAP)



The Employee Assistance Programme (EAP) is a free professional and confidential service for staff paid for by the Agency. It is available 24/7 and has been set up to help you if you are experiencing any personal or work-related issues.

As well as the Telephone and e-Counselling currently available EAP can also now offer Video-Counselling. This may especially appeal to those seeking Couples or Family Counselling during the COVID-19 (as Video Counselling is an effective alternative to Telephone where there is more than one participant).

The service is provided by an independent company called EAP Services Limited, and their staff are all qualified, registered and experienced EAP specialists.

You can call EAP Services on **0800 327 669** directly between 8.00am and 7.00pm Monday to Friday.

Look after your Wellbeing (With thanks to St John New Zealand)

So, given how important it is for us to be looking after ourselves during the COVID-19 lockdown – and beyond – we reached out to our friends at the Mental Health Foundation. Together with the All Right? campaign they have developed some top tips for looking after ourselves. I found these helpful and hope you do too.

Here are just a few of those tips that will hopefully give your wellbeing a boost at this time:

- **Stick to routines if you can.** Try to go to sleep and wake up at the same time each day, eat at regular times, shower, change your clothes, have regular e-meetings with colleagues or virtual coffee dates with friends and family, do your chores. Having a routine will help you to manage your days and adjust when life starts to go back to normal.
- **Limit the amount of news you follow.** Pick one source you trust (like the Ministry of Health's COVID-19 website) and check it once per day. If you want to keep checking in with news coverage, take notice of how it makes you feel and set time limits or restrict your news sources to just one or two if you need to.
- **Find ways to connect with people who make you feel safe and loved.** Staying at home makes this difficult, but not impossible. You can write emails or use social media, play online Scrabble or other board games, join or start a virtual book club, have video catch-ups with workmates, call friends and whānau who aren't in your bubble, and reach out to neighbours to ensure everyone has what they need to get through.

QUIZ

Answers to Thursday's Quiz Questions (out of 10)

Facts about New Zealand

1. The first appointment for head of government in New Zealand occurred in 1856. Who was this person that held the position for a mere two weeks?

Henry Sewell

Henry Sewell held the title of Premier of New Zealand or Colonial Secretary, the term used for the head of government during that period prior to the use of Prime Minister. His tenure was short-lived due to strong centralist tendencies and was defeated by William Fox. Sewell was an MP for Christchurch and remained in politics until 1872.

2. Which popular activity is considered to be the national sport of New Zealand?

Rugby Union

New Zealand's national rugby team is known as the All Blacks and they are considered to be among the best in the world. Prior to international matches they usually stage the 'haka', a Maori dance intended to get their mojo going. Rugby has been popular in New Zealand since the turn of the twentieth century reflecting its British colonial heritage.

3. New Zealand contains two major land masses called the North Island and the South Island. What is the name of the stretch of water that separates them?

Cook Strait

The Cook Strait was named after James Cook, a British explorer who reportedly was the first from Europe to pass through it. The width of the strait is about fourteen miles and is often prone to rough waters. The strait provides a link from the Tasman Sea to the South Pacific Ocean.

4. Due to the remoteness of New Zealand's landscape, the bulk of filming for Peter Jackson's trilogy was conducted there. Which epic adventure movie series is this?

Lord of the Rings

The trilogy was filmed in excess of 150 locations throughout distant areas of New Zealand. The duration of the shoot was from late 1999 to the end of 2000 with some 2400 people involved in the production. Some filming was done 2001-2004 to edit some of the scenes. Some controversy arose as a result of conservation areas being disturbed by the crew.

5. New Zealand is known for its famous mountain climbers. Who was the Kiwi mountaineer who first managed to reach the summit of Mount Everest?

Edmund Hillary

In 1953, Edmund Hillary along with Sherpa climber Tenzing Norgay became the first men to get to the top of Mount Everest. Hillary was a teenager when he became interested in mountaineering and in 1948 also ascended Mount Cook/Aoraki, New Zealand's tallest mountain. In addition to his conquest of Everest, he also reached both the South Pole and the North Pole, the first person to get to all three areas.

6. Commercial bungee jumping became a worldwide phenomena during the late 1980s. Who was the New Zealander first credited with organizing this activity?

A.J. Hackett

Alan John Hackett is an entrepreneur who started the first permanent commercial bungee jumping site at Kawarau Gorge Suspension Bridge on the South Island in 1988. He was inspired by the rudimentary jumps of Vanuatu natives and strove for ways to make the activity safe. Modern bungee jumps started in the USA as publicity stunts prior to the emergence of Hackett's venture.

7. In 2014, New Zealand singer Lorde won a Grammy Award for Song of the Year. Which international hit single earned her the award?

Royals

Lorde is from Auckland and has been on the music scene since 2009. She is also a songwriter and producer specializing in electropop and indie pop. 'Royals' is from her debut album 'The

Love Club EP' released in 2013. Lorde was only sixteen years old when 'Royals' made it to number one on the US Billboard Charts, the youngest since Tiffany did it in 1987.

8. The Sky Tower is an iconic landmark in New Zealand. Which city contains this structure?

Auckland

The Sky Tower offers a panoramic view of the city and is also used for telecommunications purposes. It has a unique design, was built in 1994-1997 and is 1,076 feet tall. The tower has the distinction of being among the tallest independent buildings in the Southern Hemisphere.

9. What is the name of the local hamburger sold at McDonald's restaurants in New Zealand as an alternative to the Big Mac?

Kiwiburger

Bryan Old came up with idea of the Kiwiburger to represent ingredients of local fare. The main distinguishing feature is the addition of beetroot and fried egg. The burger was first available on the McDonald's menu in 1991 and has been there on and off due to limited success. For a premium burger you can also buy the Kiwi Angus.

10. New Zealand governor Lord Glasgow signed the Electoral Act allowing women the right to vote. In which year did this occur?

1893

New Zealand was the first country to allow women to vote in parliamentary elections. The creation of the Electoral Act was a result of the women's suffrage movement led by Kate Sheppard. This change led to improved social morality, removal of barriers and a better quality of life.

Today's Quiz Questions (out of 10)

A free quiz from <https://www.funtrivia.com>

Please note down your answers and you can score yourself when the answers come out in the next update. Please No Googling - Good luck!

New Zealand Geography and History

1. New Zealand is often classified as having two main islands and a "number of smaller islands". The third largest island is Stewart Island. Where is it located relative to the two main islands?

Off the northern tip of the North Island near Cape Reinga

In the Cook Strait between the two main islands

Off the southern tip of the South Island

The largest of the islands in the Bay of Islands

2. There are not many people in New Zealand, with only a handful of cities, with only four that have populations above 200 000 people. Which is the only one of the four located on the South Island?

Christchurch

Wellington

Auckland

Hamilton

3. New Zealand, an island country with many inlets and bays, is in the top ten of countries in the world with the largest coastlines.

True

False

4. The Treaty of Waitangi, signed in 1840, was an important document in the identity of New Zealand's cultural history. Where is Waitangi situated?

In the Bay of Islands, north of Auckland

A suburb of the capital, Wellington

Now incorporated as a part of greater Auckland

Central South Island

5. If you visit the charming city of Napier on the east coast of the North Island, many of the buildings in the inner city area appear to be Art Deco in style. What influenced this disproportionate representation of this style of architecture?

Change in city building codes in 1910

Earthquake in 1931

Single architect who planned the city in 1890

Tribute to English Art Deco architect Harry Weedon in 1886

6. One of New Zealand major cities has a proud Scottish heritage. In fact it is named after Edinburgh itself. What is the name of this southern city?

Greymouth

Dunedin

Gisborne

Christchurch

7. Almost expectedly, the waters around New Zealand are named after explorers: Tasman Sea; Cook Strait, you get the picture. So it follows that the Foveaux Strait which separates Stewart Island from the "mainland" is also named after an explorer.

True

False

8. One key physical difference between Australia and New Zealand is that New Zealand is as mountainous as Australia is flat. What European sounding name is the steep mountain range that bisects the South Island?

Northern Alps

Southern Alps

Carpathian

Great Dividing Range

9. It was become an overused joke that New Zealand has more sheep than people but is New Zealand one the world's top five countries by number of heads of sheep?

Yes

No

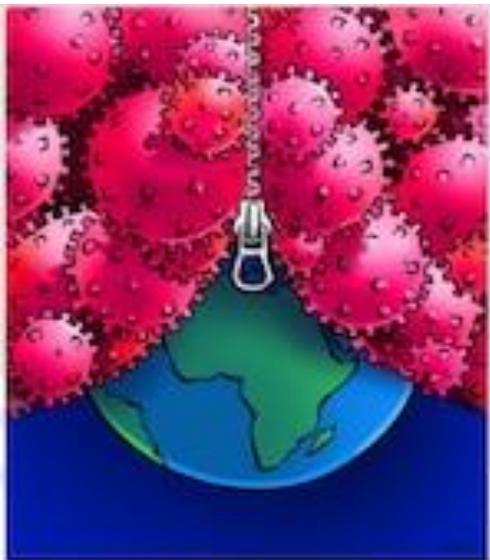
10. New Zealand is situated more south than the Great Southern Land of Australia. However it is a long narrow country. Cape Reinga is (incorrectly) thought to be the northern tip of New Zealand. It is approximately the same latitude as which big Australian city?

Cairns

Hobart

Sydney

Brisbane



Hajo de Reijger / The Netherlands / CagleCartoons.com

<https://www.washingtonpost.com/arts-entertainment/2020/03/18/coronavirus-political-cartoons/>

Take care everyone, stay safe, have a great weekend and remember to support local businesses.

Best regards, Michelle