

TAURANGA & WBOB

GREY POWER

50+ MAGAZINE

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QUARTER FOUR 2018

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TAURANGA & WBOP GREY POWER

The Village 17th Avenue,
PO Box 841, Tauranga 3140
Email: tgagreypower@gmail.com
Phone: (07) 571 2558
Office Hours:
10am - 1pm Monday to Friday
www.greypowertauranga.org.nz
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COMMITTEE:

PRESIDENT: Jennifer Custins
VICE PRESIDENT: David Marshall
MEMBERSHIP SECRETARY: Donna La Fauci
COMMITTEE: Norm Mayo
MAGAZINE EDITOR: Christina Humphreys
MINUTES SECRETARY: Jill Marshall
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We would like to hear your opinions or concerns on subject matter for printing in our magazine. Letters must include the writers name, home address and phone number. Letters should not exceed 120 words inclusive. We may not always print all letters we receive. Letters may be edited for clarity and length.

Mail these to: The Editor, Tauranga & WBOP Grey Power, PO Box 841, Tauranga 3140

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Presidents Word



The last three months have been really busy, a time of meetings, treats and problems solved.

Being without a designated Treasurer has made me look and look again at our overall system and with the help of another association we now have a very sophisticated spreadsheet which can handle all our membership data and our accounts. We have said bye bye to MYOB and are embracing our new system with some excitement. My particular thanks to Donna who has worked tirelessly to put everything on to the new spread sheet. We will still need a 'Treasurer' but the job will be no more complicated than running your average household accounts with a couple of extras. If this sounds like a job you could manage, please give us a call at the office.

As mentioned in last month's newsletter we were given the opportunity to see two great shows at the ASB/Baypark Arena. This was made possible because of free seats, courtesy of one of our members who works for Bay Venues - thank you, Gillian.

As I'm writing this, we have just finished being part of the Garden & Art Festival which had its headquarters at the village - Bloom in the Bay. The village staff have worked miracles to refurbish & renovate the old buildings in conjunction with the new TECT building. There have been divided opinions on the look of the new building but what we do have is a much-improved green space that can be used for events all year round.

Anyone tired of living in a big house? Just throw away all your belongings and move into a Tiny House! They had one on display at the Festival and if they designed a tiny elevator to get to the loft bedroom, it could be the answer to older folk living in our own homes longer! I am partly joking but my imagination took flight and I liked it!

On a more serious note we have worked long and hard to push through with producing our petition on Section 70. You will have read articles about this subject in previous magazines but the Federation Board has now given us the go ahead to start a petition. Please come down to the office to sign it or ask where other copies will be.

We managed to produce another Newsletter as promised and hope that was well received? We have also just launched our Facebook page!

As the year draws to a close our thoughts go to the festive season and the New Year. Christmas is really about giving and receiving but not hugely expensive gifts. It's those moments of connecting with our friends and family and loved ones. An unexpected phone call or an old-fashioned card in the mail box can bring so much happiness. Please take a moment to reconnect, give a wave to a neighbour or a smile to a shop keeper.

From the committee and myself, I wish you all a happy Christmas and hope that 2019 treats you well.

Take care,

Jennifer Custins (President)





We need someone to join our team to do the accounts. This is now a simple job, similar to doing your income and outgoings at home.

It does require you having an email address and either some experience or willingness to learn how to use a simple spreadsheet.

If accounting is not for you, but you would like to help/get involved we would really like to have some new members on our committee.

Please call the office and leave a message for Jennifer or email me on jaycustins@gmail.com

Office Holiday Closure

Our office at the Village will close from Friday 21 December and re open Monday 21 January 2019. As always if anyone has any genuine queries or concerns, I will be available on 021 676 276 or leave a message on the office phone which will be checked regularly.

Happy holiday and take care,

Jennifer Custins (President)



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GREY POWER COFFEE MORNINGS

Everyone is welcome to come along for discussion or a chat and we have monthly speakers.



TAURANGA COFFEE MORNINGS

First Thursday of every month at 10.15am
Venue: The Raft Café, Chapel St, near Briscoes, Tauranga
Dates: January (TBA), 7th February, 7th March 2019

KATIKATI COFFEE MORNINGS

Bi-monthly second Thursday at 10am
Venue: Katikati Community Centre - Beach Road, just past the schools.
Dates: 14th February 2019

Any enquiries for coffee mornings:

Phone the office 571 2558 or Dan & Maureen 021 744 208 or Jenny 573 7081 for Tauranga. Phone Baden and Lyn on 549 5423 for Katikati.

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New Changes made to the now 2018 Social Security Act

(Previously this was the Social security Act 1964, interestingly no changes made to Section 70, which is the part that is so urgently needing change for the many pensioners who are not receiving their pension entitlement)

Grey Power Federation received this report:

Diane Turner, Director, Office of Seniors, has provided Grey Power with the following information on the new Social Security Act 2018 which came into effect on 26 November 2018. This and two other new Acts will replace the previous Social Security Act 1964. They are the:

Social Security Act 2018, Residential Care and Disability Support Services Act 2018, Artificial Limb Service Act 2018 and Social Security Act 2018.

The new Act won't change the amount and conditions of people's benefits and entitlements, but the rewrite will make the legislation clearer and simpler to follow.

If you have any questions about the Social Security or Residential Care Acts, you can email our contact here at MSD Karl.Oliveira007@msd.govt.nz

Note to GP members and interested parties, please come into our Grey Power office and sign our petition regarding making changes to Section 70 of the above Act to allow the 'Spousal Deduction provision' part to be abolished to allow the one partner of a couple to be allowed their pension entitlement. As it stands, if a New Zealand person who has lived and worked in New Zealand marries a foreigner who comes to live here with their overseas pension or super fund, the New Zealand partner does not receive their pension, they are viewed as an 'economic unit' not as an individual.

This means that the application of Spousal Deduction constitutes discrimination on grounds of family status and therefore is in breach of his/her human rights.

We need to change this Act now, consecutive Governments have acknowledged it is wrong, but seem unwilling to make the necessary changes. Always put in the too hard basket!

PLEASE COME IN AND SIGN THIS PETITION!



The first of many who will hopefully sign our petition to repeal part of Sec 70 which refers to Spousal Deduction. Come into the office or phone to find where else it can be signed.



Mr Whippy 1960's



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Word of mouth often leads us directly to people aligned with our old-school support approach who need our help.

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MARGARET CRUICKSHANK 1897 - 1918



Margaret Cruickshank was the first woman to be registered as a doctor in New Zealand. From 1897 to 1918 she served the small South Canterbury community of Waimate. She worked tirelessly during the 1918 influenza pandemic but eventually caught the disease herself and died on 28 November 1918.

Margaret Barnet Cruickshank and her twin Christina were born at Palmerston, Otago, in January 1873. After their mother's death in 1883 the twins attended school on alternate days so one could stay home to care for the five younger children in the family. In the evening the other taught her twin what she had learnt that day.

After attending Palmerston District High School, Margaret went to Otago Girls' High School, where she was joint dux with her sister. Christina Cruickshank gained an MA and MSc at the University of Otago and became principal of Wanganui Girls' College. Margaret attended the University of Otago Medical School. In 1897 she became the second woman in New Zealand to complete a medical course - a year after her friend Emily Siedeberg.

Margaret then accepted a position as assistant to Dr H. C. Barclay of Waimate, and on 3 May 1897 became New Zealand's first registered woman doctor. Apart

from a year's study in Britain in 1913, she worked in the town for the rest of her life, eventually becoming a partner in the practice. Her dedication to her work made her immensely popular in the small South Canterbury community.

In 1914, with Barclay away on active service, Margaret carried the full burden of the practice and shared the role as hospital superintendent. She also organised the local work of the Waimate Red Cross Fund. When the 1918 influenza pandemic struck she began working day and night, in many cases providing services well beyond those expected of a doctor. The son of her housekeeper recalled:

Where the mother was laid low, she fed the baby, prepared a meal, and in many cases where whole families were laid low she would milk the family cow to obtain milk for their sustenance.

Margaret caught influenza herself and died of pneumonia at Waimate on 28 November 1918. She was one of 14 New Zealand doctors who lost their lives during the pandemic. In 1923 the people of Waimate unveiled a 3 metre high memorial statue to her in Seddon Square, inscribed 'The Beloved Physician/Faithful unto Death'.

The maternity ward at Waimate Hospital was named in her honour in 1948. And in 2007 the Ministry of Health named a pandemic preparedness exercise 'Exercise Cruickshank' in recognition of her work during the 1918 influenza pandemic.

See also biography of Margaret Cruickshank in the Dictionary of New Zealand Biography.



Hi there fellow members,

Summer has arrived and we're already on the countdown to Christmas, where has the year gone? Well from our perspective it has been busy, busy, busy with a solid number of successful sales and most importantly, happy vendors, one of whom is featured below.

People often ask us, "why list my precious home with Harcourts?" While there are many, many reasons such as our totally free marketing campaign, our large team working for you or perhaps the fact that Harcourts has been voted New Zealand's most trusted real estate brand for the past six years? All of which are excellent reasons, but we can't help thinking that another underrated fact might be local knowledge and that Harcourts is now the largest, family owned and operated real estate company in the Bay, being owned by the Martin family for over 20 years.

These reasons all contribute to why we love working there, but much more importantly, gives us the resources to help us get a great result for you, our fellow members.

“Thank you for your effort and commitment to the sale of Mum's house. We appreciate the extra help you gave in co-ordinating and arranging trade services and disposal of furniture. We appreciated the regular updates on marketing progress and your candour concerning marketing conditions. It has been a pleasure dealing with you both. You have made what could have been an arduous process easy, simple and pleasant. We wish you both every success in the future and will have no hesitation in recommending your services to others.”
- DAVE KENYON

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Michelle & Tony Hutchby

If you are thinking of downsizing or just moving, please call us for a FREE, no commitment appraisal of your property's likely selling price and remember we also offer our members a Gold Card 10% discount off all commission charged.

To all our fellow Grey Power members, we wish you and all of your family and friends a safe and happy Christmas.

- Michelle and Tony, proud sponsors of the Tauranga & Western Bay of Plenty Grey Power Quarterly Newsletter.

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Are Ambulance Services All Equal in New Zealand?

By David Marshall

As a couple we felt that it was prudent to join St John, so we could have a guaranteed free ambulance service for that unfortunate day when one of us had an emergency. Living in Katikati with a trip to Tauranga Hospital along the most dangerous highway in New Zealand made this even more essential for our peace of mind. We also felt that St John was a valuable community service that deserved donations for its ongoing life-saving work.

However, over the past few years we have heard stories that create concerns about the equity of ambulance services to Grey Power members throughout the country.

Did you realise the following?

1. If you are in hospital and need to be transferred to a rest home you will be charged a minimum of \$200 (35km or less), even if you are a member of St John.
2. If you have serious cancer and need ambulance transport to hospital for infusions you will be charged a minimum of \$200 each way, even if you are a member of St John.
3. If you are terminally ill and are transferred from hospital to a hospice you will be charged a minimum of \$200, but the charge may be reduced by 50% if you are transferred to a hospice that is affiliated with a charity that St John works with.
4. If you lived in the Wellington/Wairarapa region all transport requiring an ambulance is free - run not through St John, but by the Wellington Free Ambulance since 1927. This includes emergencies, transport to and from hospital, rest home transfers, and hospice patients travelling home.

St John and the Wellington Free Ambulance Service receive funding from Ministry of Health, ACC, and District Health Boards (DHBs), however this is insufficient to meet their operating costs so they are both dependent on community donations, voluntary



support, and fundraising to remain in business. Both St John and Wellington Free Ambulance Service do a sterling job, but we question why the financial burden to access ambulance services is so inequitable across the country. We intend exploring this in depth with DHBs, Ministry of Health and Government.

Some great news is that St John have provided a free Health Shuttle in Tauranga, and also in Waihi, to provide transport for people to essential medical and health-related appointments and then bring them home again. (Donations are appreciated to cover costs.) It is used by those who live alone and no longer drive, or are too ill to drive. The service can be used for doctor visits, dental appointments, specialist appointments as well as for hospital day-stays for minor surgery etc. Theoretically the service is available to anyone in Tauranga or the Western Bay of Plenty but we have little feedback on its use outside Tauranga. We'd love to hear your experiences with the shuttle. Bookings can be made toll-free on 0800 000 606.

We would like to hear your experiences and views on ambulance services in Tauranga and Western Bay of Plenty. Please email "Ambulance Services" at tgagreypower@gmail.com with your comments.



Katikati Coffee Mornings

HI TO ALL MEMBERS AND FRIENDS!

Our last guest speaker for 2018 at our meeting on December 6th will have been Christine Sligo from Education for Epilepsy NZ. She gave a short address regarding the onset of, and how to live with, epilepsy, which doesn't recognize age and is always possible.

After Christine's presentation we asked for anyone who has a story about any wonderful happenings in their life - anything from youth to present day - to share with us all. Also, our very own Laurice Botica has obtained about 20 free books of information and contacts called "Where From Here" which will be given away. This meeting will have taken place before the magazine is printed.

Next, I wish to thank our last speaker, Julie Turnbull, Facility Manager of our very own Katikati aged care provider, Lexham Park, for an informative talk about the activities and care available at their facility. Very few of us were aware of what is available here in our wee town. We are so lucky.

Lastly, our first meeting for 2019 will be on 14th February, usual place, same time. Please let me know at the meeting, or phone me on 549 5423, with any ideas for future guest speakers that would appeal to our age group. Laurice Botica is currently trying to organize a local personality to speak next year. Help in locating a suitable guest speaker is really appreciated. If anyone is interested in taking over the organizing of the Coffee and Chat please be in touch with me or the Tauranga Office. I will be happy to support but feel in need of a break.

May you all have a wonderful, happy, healthy Christmas and 2019!

Cheers and happiness,

Baden and Lynn

Coordinators for Katikati Coffee Mornings

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Editorial supplied by Miranda Smith Homecare



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Gardening Corner

Christina Humphreys writes your gardening articles and a volunteer for Grey Power has a large country garden to care for and is very passionate about Gardening.



I have just had my garden involved in the four days of the Tauranga Garden & Art Festival. Whew, how busy was that, apparently 4,500 people purchased tickets and I feel like I have seen them all! It was perfect weather for such an event so the gardens looked beautiful. You possibly think I am like a cracked record, but honestly mulch, mulch and more mulch it is just wonderful! I put it all round my whole garden and after a water the garden and plants just stand up and perform. It stops the garden drying out as well as the plants just respond, and it would be very rare if I ever must spray roses or anything. The garden is then healthy, and you don't get the problems because of that.

Your flower and vegetable garden should be fully planted out now other than a few bits and pieces and it looks like watering will be the order of the day for a dry summer looming!

A suggestion of some veggies that are super simple to grow, even for beginners, but they are not the only ones that don't require a lot of care. Garlic and shallots are very easy to grow and provide plenty of produce per plant. Summer squash and zucchini require very little attention once established and just one or two plants will pump out enough tasty veggies to harvest all season long. Summer squash, zucchini, and cucumber all require very similar growing conditions. Grow them vertically using a trellis for support can get the most out of small garden spaces. Beans, of both the pole and bush variety, are also quite easy to grow, and will supply you with enough beans to eat and store away for future use.

Lettuce may be the easiest vegetable to grow (except when you have a rabbit move in and prune like I have) and it is so useful in culinary applications that it's a no-brainer as a veggie garden centerpiece for first time gardeners. Lettuce is the backbone of a good salad, and it is also a much-needed addition to sandwiches and wraps. There are so many varieties to choose from.

Spinach or silver beet is packed full of vitamins and minerals and is one of the best natural sources of iron you can find. In the kitchen, spinach is a complex and versatile ingredient that is a good addition to just about anything. Add Popeye's favourite leafy greens

to soups, salads, sandwiches, pizza, omelette's, and much, much more.

Radishes are probably the easiest vegetable to grow. They are perfect for new gardeners, as the success rate for growth is very high which will boost the confidence of any gardener! Plant Carrots they are a root vegetable, and like radishes, they also require a loose, light, well-drained, debris-free soil. Unlike radishes, however, carrots do require fertilizer. Rake in some blood and bone or general garden fertilizer. As with radishes, keep your carrot area free from weeds, as they will strip the soil of nutrients that your carrots require to flourish.

A suggestion is to sow carrot seeds and radish seeds in the same shallow (very) trench, the radish seeds pop up in a matter of days where as carrots take a bit longer and you can be harvesting your radish quite quickly leaving the carrots to come on later. Helps control the weeds and defines the line, but don't overload with seed especially the radish, you will have more than you bargain on!



Plant a row of potatoes, it was always good to have new potatoes for Christmas dinner just washed boiled and lots of butter on them-yum!

Don't forget the strawberries!

Merry Christmas to all, good gardening and Seasons Greetings.



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Raft Cafe Coffee Morning in November

By Jenny Utting

The popularity of listening to a speaker at our monthly coffee morning was evidenced by the good number that turned out on a wet and windy morning Thursday 1st November. Sheryl Duffy-York from Salvation Army's Senior Services was an excellent speaker, passionate about her subject and well qualified by training and experience to head up this division of the "Sallies" Community Care programme. She started by telling us about her years in the USA and the research and investigation she has done into elder care, especially in those areas where senior people have been neglected, abused, or given inadequate care. She has pioneered an "In-Home" service to those who need just a friendly visit once a week to keep them from feeling isolated and lonely. The system involves volunteers, carefully selected and matched so as to "fit" well with the person they are befriending, linking up with an elderly client and establishing a friendship.



Some volunteers and their clients have been "friends" for so long they have forgotten that it started off as an arranged match. Weekly visits can take any form that suits from just a 'cuppa' together to a shopping visit, a day out or even a holiday.

At this point, Sheryl asked us to do a quiz about elder care that was US-based but quite similar to the conditions existing in New Zealand. We were asked to say what is the most important factor in positive aging, what the most common forms of elder abuse are, is dementia an expected part of aging, what is the fastest-growing age group and to guess the percentage of New Zealanders in care facilities. The discussion that resulted was valuable and eye-opening. We learned that financial abuse is the most common form of elder abuse, usually by family members, exercise and good social networks are both extremely important for aging well, and that the highest percentage of suicides in the US happen in adult males over 85. That was surprising!

Friendship is the most valued help people can get - it's free, there are no shareholders to satisfy, it gives physical, emotional, mental and psychological support. The converse is true also - there is a positive link between poor health and isolation.

Sheryl proceeded to tell us how the programme works. She gets her volunteers from advertising through Churches and the Community. Those who respond are carefully assessed, given a police check and made to understand the expectations required of them. Sheryl guides this process carefully because the success of the friendships depends on good matching and thorough preparation. Sometimes she has to wait a while until she gets a good "match" for an older person wanting a friend. Unfortunately, in some cases even thorough preparation fails to detect an

ulterior motive which can result in the destruction of trust and the friendship. She sometimes has to act as advocate for the elderly client when things go wrong or when family issues or DHB difficulties are raised. The Salvation has a lot of "wrap-around" services she can tap into and there are very few instances where she has no answer for a person's needs.

One of the ongoing studies being done through Auckland University she is watching with interest is about deprivation in the elderly. Computerisation is making it difficult for seniors who are not computer literate to make contact with services they need or to get the information they were once able to access by phone. Huge frustrations can grow around lack of communication and it's in cases such as these where the help of a volunteer friend can "save the day".

You can get in touch with Sheryl for further information by ringing the Grey Power Office on (07) 571 2558.

Kiwis face homeless old age

Increasing unaffordability of housing will leave more elderly at risk of destitution, Salvation Army report warns.

The elderly exodus from the cities is already swamping the regions' smaller housing markets, pushing rents higher in those places.

Growing numbers of Kiwis risk becoming homeless in old age because of falling home ownership rates, rising rents and static housing subsidies, the Salvation Army says.

Homeless Baby Boomers, a hard-hitting report by the army's social policy unit, says superannuitants in private rentals will jump almost four-fold from 61,000 in 2013 to 237,000 by 2030, as those owning their own homes drop from 73 per cent of the age group to 63 per cent.

It says rents have risen 4 per cent a year over the past five years, while the accommodation supplement (now approx. \$130 pw) has not changed since 2007, making it harder for many elderly renters to survive.

"Australian housing researchers are reporting increasing incidents of what they term first-time homelessness amongst people in their later middle age or early retirement years," it says.

"These are people who have held down jobs and led fairly conventional lives until an event such as a relationship breakdown, redundancy, injury or a health setback means that they lose their housing and perhaps their income.

The report shatters the complacent air of other official statistics showing that the elderly has the country's lowest poverty rate, mainly because of their relatively high home ownership rate, but this will change dramatically with the next generations coming through.

Report author Alan Johnson says the accommodation supplement should be reviewed and possibly replaced by the pre-1991 system of subsidising local councils to build pensioner housing.

He recommends letting councils claim income-related rent subsidies which are now paid only to Housing NZ and community providers, "engaging" councils in the regions with the need to cope with an elderly influx from the cities, raising budgets for aged low cost residential care and building more pensioner housing.

Labour housing Minister Phil Twyford agreed that councils should get income-related rent subsidies and "reinvent pensioner housing".

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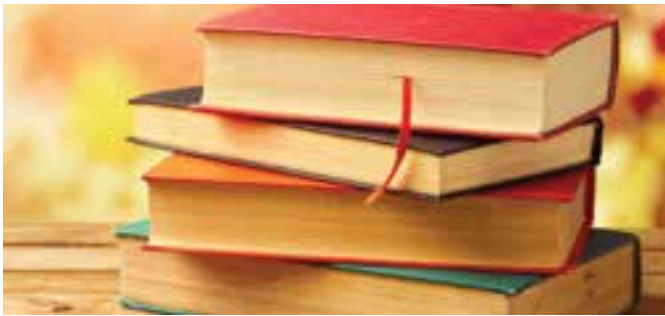
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POLITICAL FORUM

Jan Tinetti

Tauranga Labour List MP



I WOULD LIKE TO TAKE THIS OPPORTUNITY TO WISH YOU ALL A VERY MERRY CHRISTMAS AND A HAPPY AND PROSPEROUS NEW YEAR TO YOU, AND FOR OUR COUNTRY.

My first year in Parliament has been a busy one with many highlights - speaking at the Grey Power AGM, getting out and meeting people in our wonderful community and a recent visit to the Solomon Islands as part of a parliamentary delegation. As many of you will know I was a teacher and principal for 30 years before becoming an MP, so I was very excited that a school visit was on our programme during our time in the Solomon's. The students were very keen to learn and the teachers were wonderful but I was shocked to find their library shelves were completely empty. The teacher said it was her dream to have books and other resources like art supplies. So I decided to do something about this and back in New Zealand I have launched a book drive. We have already had a good response and Fletcher Construction have offered to ship the books to the Islands for us. I anticipate that we will send the first lot of books in the new

year. If you have any books you would like to donate for children aged 2 - 13 years then please contact my office on (07) 571 2492. I would also like to take this opportunity to thank those in our community, including many of our more senior citizens, who have donated to our other appeals during the year including knitting for our local Salvation Army and blankets and warm clothing for our homeless to keep warm over the winter.

I have also been very proud of the government's achievements over the past year which include new economic opportunities for the regions with our Provincial Growth Fund and increased incomes for almost 400,000 Kiwi families with our Families Package. We have invested in Kiwi innovation with our research and development tax incentives, the economy grew by 1% in the last three months, which is faster than we've seen for the last eight quarters, 15 out of the 16 industries measured showed positive growth and just this month, Statistics New Zealand reported our unemployment rate had fallen to 3.9% - the lowest level in over ten years. We also had record levels of investment for new schools, new teachers and new hospitals.

National's Presentation

On Tuesday I attended a presentation by the National Party with Simon Bridges and Maggie Barry. They were launching their new 'Have Your Say - Seniors' initiative.

They want to hear from us about what matters to us and our ideas for the future of New Zealand. Quote: *'We're starting by listening. We'll use your input to develop discussion documents next year, and final plans and policies in 2020.'*

'We want to know what is most important to you.' For instance, are these things important to us? A high performing health system, providing superannuation that gives you certainty, keeping connected and valuing the contribution of older New Zealanders and improving aged care services across all areas of life.

National wants older New Zealanders to live enjoyable and meaningful lives. Also, statistically there are 70,000 Kiwis living with dementia today and by 2050 there will be over 170,000! They want to make sure there is a range of care support for the elderly and their families.

To 'Have Your Say' go to www.national.org.nz/haveyoursay or email maggie.barry@parliament.govt.nz You can also post your ideas to: Maggie Barry, Freepost Parliament, Private Bag 18888, Parliament Buildings, Wellington 6108 (*no stamp required*).

Jennifer Custins



Help return your beach to public ownership

Your beach is included in almost 600 overlapping claims that have been lodged covering every square inch of the coast several times over.

This is despite being told that under National's Marine and Coastal Area Act 2011 there would be only a few claims in remote areas. See www.hobsonspledge.nz/coastal_area_claims_undermine_equal_rights_in_nz

There are four things you can do to help return your beach to public ownership:

1. Help to raise awareness by telling others what's going on, writing letters to newspapers, calling talkback radio, and sharing information on social media.
2. Contact MPs to ask them to repeal the law and restore public ownership of the coast. You can write a letter (freepost) to MPs, c/o Parliament Buildings, Wellington, or email them using: FirstName.LastName@parliament.govt.nz
3. Find out more about the claims process by visiting the New Zealand Centre for Political Research website at www.nzcpr.com/claims
4. Download and print (either in colour or black & white) the attractive NZCPR flyer and HELP WITH A MAIL BOX DROP. Download link: www.nzcpr.com/claims

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Life Care Plan



About three years ago, at our AGM, our guest speaker was Helen Mason from the DHB. She introduced us to a booklet that she had designed which could be filled in by any living person to have a written account of the type of care you would like should you be in a position where you were not able to communicate those wishes to the person/people who were caring for you. This is not only for the older members of society - an accident could happen at any age and you may be temporarily incapacitated.

The booklet can be filled in briefly with just the bare essentials such as whether you wish to be resuscitated, to how much medication or medical intervention you wish to have. It can also be a place where you can give quite detailed information - for instance, are you upset by loud noises, what sort of music do you like, what colours do you find restful or brighten you up.

It is now called 'Advanced Care Planning' and the manager for this at the DHB is Ellen Fisher. She can be contacted on 577 5355 or email ellen.fisher@bopdhb.govt.nz

"Future care planning gives people a chance to say what's important to them and what treatment they would and would not want in the future. It also helps them, their families and their healthcare teams, plan for future and end of life care.

"It gives you a sense of control and there is peace of mind in that. It's a good feeling that people know what you want and it's there on the table. And they're not set in stone, that's the beauty of them. If you change your mind it's just a matter of sharing those changes with your GP and your family," she says.

These days many of us have family overseas and these people, who perhaps know most about you, cannot

be there at that difficult time or your feelings have changed and this is a way of letting family, friends and the medical profession know how they can best care for you when you are most in need.

The other two most important things you need to attend to are having a Will and appointing a Power of Attorney.

A copy of The Life Care Plan or Advanced Care Plan is always available at the Grey Power office or can be accessed on line at www.advancedcareplanning.org.nz

Bank and Post Office Closures

It was reported in the BOP Times on 29th November that all the NZ Post shops are going to close. I'm a bit concerned that what was reported was not strictly accurate. The postal service in Greerton has moved to the Pharmacy on the opposite side of the road. Kiwi Bank has gone and saying that people can go to the Crossing instead is, in my opinion, an insult to the many people who do not drive and this has impacted particularly on the elderly. The closing of the 11th Avenue post shop branch is, I think, causing more headaches for people because they have not been given an alternative for this area. The loss of Kiwi Bank is even more inconvenient because people really do have to travel quite a distance to use the bank.

Christmas Reindeer Story

According to the Alaska Department of Fish and Game, while both male and female deer (*Rangifer tarandus*) grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December. Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl. We should have known...ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost.

Healthy Ageing Tips from the Local LiLACS study

By David Marshall

On the 29th October Jesse Mulligan (RNZ) interviewed Professor Ngaire Kerse - a GP and the Head of the School of Population Health at the University of Auckland. Prof. Kerse also leads the LiLACS longitudinal study that aims to find out the key to "successful advanced ageing."



Today there are 83,000 people over 85 living in New Zealand. In 2050, there will be 383,000! In 2006, the government funded a study of 934 people over the age of 80 in the Bay of Plenty and Lakes District Health Board area, to determine the predictors of successful advanced ageing. Prof Kerse discussed with Jesse what has been learned from the LiLACS study.

Encouragingly she says that "The 85-year-olds of today are probably the 60-year-olds of 50 years ago."

A "successful" person aged over 85 was defined by Ngaire as "someone still largely making their own choices, with reasonable control of their own lives and in reasonable health".

In both groups higher physical and social activity levels were predictors of "success". Being really skinny was bad for both Maori and non-Maori

For non-Maori the lack of money impacted negatively on their wellbeing, but for Maori this was not a significant factor.

"When you ask older people what they're worried about they're worried about wellness in their friends and family and their ability to have interactions and be socially active. So social things are more important than health, then comes the health of the family, then comes their own health...then comes financial issues."

49% of Maori and 38% of non-Maori were at high nutrition risk, with an overall need for a higher % of

energy intake of protein in particular. (Bread, Milk and Milk Products, Fish, Meat, Eggs, Cereals, Nuts, etc).

Of concern was that many of the interviewees told the researchers that they found the health system complex and confusing. (This is an area that your Association continues to lobby on with our local DHB).

"They said no-one tells them anything (when they're in hospital). No-one tells them when they're going to go home or what's going to happen next. The hospital tends to be a very confusing place. Lots more talking is needed...but then of course who has time for that? I think we need to take a step back and look at how we use the time within the health system." Prof Kerse

So, for a healthier enjoyable old age exercise regularly to maintain fitness, actively engage with others socially and consider volunteering, eat healthy and don't get too skinny! (More information and practical tips on the LiLACS website - see below.)

Sources:

- Jesse Mulligan, RNZ National program 2.40pm 29/10/2018
- www.radionz.co.nz
- LiLACS website: www.fmhs.auckland.ac.nz/en/faculty/lilacs/about-lilacs.html

LILACS STUDY FACTS

400 Māori aged 80-90 and 500+ non-Māori born in 1925 were interviewed every year for 5 years.

World-first longitudinal study of indigenous people aged over 80.

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It's Christmas Time Again!

If you were to ask me, "What does Christmas mean to you as a great grandmother?" I'd have to stop and think! Certainly, I have many memories of past festive seasons when the children were small; and then when they had their own families and we had the joy of seeing Christmas through the eyes of a new generation; the excitement of presents under the tree and the family all together; musical items around the piano and a game of cricket on the beach or a walk through the orchard. Then there were the years when we've taken part in the Community Christmas dinners that the combined Churches put on and the diverse crowd of travellers, overseas students, homeless and lonely all in together to give Christmas some real meaning. The increasingly difficult task of choosing appropriate gifts for all the family has been simplified by giving instead "Gifts of Life", donations to World Vision for a goat or a pair of rabbits, a sewing machine or a supply of seeds to a poor family in India/Asia to set up a mini-business to finance their children's schooling. All the glitter of a modern Christmas with its emphasis on the man in red, buying expensive gifts and letting our children think it's all about getting not giving, all that leaves me cold! Let's remember what Christmas is really about and give thanks to God for sending a Saviour to point to a better way, a way of hope and love and reconciliation.

By Jenny Utting

Christmas from our NZ past

Has New Zealand forgotten the real meaning of Christmas, that it is to celebrate the humble birth of Jesus in a manger in a stall, with all the animals. We were a Christian Nation called Gods own, but now we have politicians that want to remove this and even the Christian aspect from the opening of Parliament.

Yet we are happy to build rooms on schools and halls for Muslims to worship Allah! Are we forgoing more of our own identity, rather than others? Bring back the happy days when the children enacted the scenes from the birth of Christ with the three wise men the Star etc. and sang hymns, the simple life of the 60's and 70's.



Santa Parades

Santa or Christmas parades take place throughout New Zealand in November or December each year. They began in the main centres in the early 1900s. They were established by department stores to promote the arrival of in-store Santa's, with the clear aim of drawing customers directly into their stores.



George and Kersley Ltd. Wellington store 'the Economic' appears to have been the first to 'parade' their Santa. In 1905 they invited local boys and girls to come and see 'Mother and Father Christmas' arrive at the railway station. The following year the pair stopped off in the Hutt Valley and Petone en route to the store in Lambton Quay, whilst another character, Punch, visited local suburbs and the hospital.

Santa's entourage also grew during this period. Fairies and giants were popular choices. In Farmers first 'grand parade' in Auckland in 1934 Santa was accompanied by the 'Waggles and Goggles, The Fat Boy, The Man that Walks on his Hands, Harold Lloyd, the Giant and the Big Fiddle'. The following year local competitor George's Court paraded Santa with 'the Boop family of giants.

The Second World War brought a halt to the parades. But by 1948 Farmers had reinstated their Auckland parade, and Hay's in Christchurch held their inaugural parade with a series of floats depicting 'nursery rhymes and seasonal themes'.

But by the late 1980s the parades were becoming too expensive for individual department stores to run. Between 1989 and 1991 the longstanding parades in Auckland, Wellington and Christchurch were taken over by charitable trusts.

So, have been the changes to our NZ Summer Christmases.

By Christina Humphreys

Happy Christmas

To all of you, where ever you are and whatever your circumstances - have a happy Christmas and a safe New Year.
Jennifer Custins - President for Tauranga & WBOP



KARANGAHAKE GORGE

(ALONG STATE HIGHWAY 2 NORTH OF WAIHI)

YOUR DAY TRIP FROM TAURANGA

Explore the rocky terrain and rich mining history of Karangahake Gorge Historic Walkway, carved by the boulder-strewn Ohinemuri River. Hike or bike along the old railway line, inspect the remnants and ruins of the gold mining industry, and delve into some of the former railway and mining tunnels. Several old bridges span the foaming water, including a wire suspension bridge. Look for informative signs along the trails, pointing visitors towards places of interest and explaining the history of the area.

Two cafes along the gorge provide refreshments and snacks. Before you head away from Waihi make sure you see all that Waihi has to offer, including the Karangahake Gorge Historic Walkway. If you are biking you can bike through the Gorge and onto Paeroa and return in approx. 2 hours, this is all part of the Hauraki bike trail. You can start on the trail at different places or from the railway station in Waihi. We think this is still one of the most interesting bike trails in the country.

On the web: www.doc.govt.nz/karangahake



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Grey Beards have destroyed the planet - NOT

Checking out at the supermarket, the young cashier suggested to the much older woman that reusable grocery bags were a good idea as plastic bags weren't good for the environment.

But we didn't have this "green thing" back in my earlier days."

The young cashier responded, "That's our problem today - your generation did not care enough to save our environment for future generations."

She was right our generation didn't have the "green thing" in its day.

Back then, we returned milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So, they really were recycled.



But we didn't have the "green thing" back in our day.

Grocery shops bagged our groceries in brown paper bags, that we re-used for numerous things, most memorable besides household bags for rubbish, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property (the books provided for our use by the school), was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags.

But too bad we didn't do the "green thing" back then.

We walked up stairs, because we didn't have a lift in every supermarket, shop and office building. We walked to the local shop and didn't climb into a 300-horsepower machine every time we had to go half a mile.

But she was right. We didn't have the "green thing" in our day.

Back then, we washed the baby's Terry Towelling nappies because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 3 kilowatts...wind and solar power really did dry our clothes back in our early days. Kids had hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the "green thing" back in our day.

Back then, we had one radio or TV in the house - not a TV in every room and the TV had a small screen the size of a big handkerchief (remember them?), not a screen the size of Scotland in the kitchen. We blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used to wad up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We pushed the mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time, we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then.

Back then, people took the bus and kids rode their bikes to school or walked instead of turning their Mums into a 24-hour taxi service in the family's \$70,000 People Carrier which cost the same as a house did before the "green thing". We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances and we didn't

need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest pub!

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

Please pass this on to another selfish old person who needs a lesson in conservation from a smart-arse young person...Yet we recycled everything!

We don't like being old in the first place, so it doesn't take much to piss us off...especially when the "advice" is being offered by a tattooed, multiple pierced smartarse who can't work out the change without the cash register telling them how much it is!

Saving Waste Tips

If you're sick of throwing food in the bin (and wasting money), try these simple tips to reduce your wastage in the kitchen.

1. Use food scraps to grow vegetables

Save the odds and ends from veggies such as potatoes, sweet potatoes, leeks, spring onions, celery, bok choy, garlic and even onions. These can all be replanted in some soil and will grow back. Just don't forget to water them.

2. Reheat leftover slices of pizza in a frying pan

If you aren't a fan of floppy microwaved pizza, just pop your pizza into a hot fry pan instead. Your crusts will stay crispy and it will heat through much faster than it would in the oven.

3. Bring stale potato chips back to life in the microwave

If you left the bag open overnight, fear not. Pop your stale chips in the microwave on high for 10 seconds or until crisp.

4. Use leftover herbs to make herb butter

If your herbs are on the turn, just chop them up and mix with some melted butter. Pop it into some ice cube trays and freeze. Then you can enjoy the perfect portion of herb butter to use on your steak or to make homemade garlic bread.

5. Keep bananas fresher by wrapping the tips

If you want your bananas to last longer in the fruit bowl, just wrap their tips with some cling film. They should keep for around three to five days longer.

6. Keep greens fresher in foil

Celery, broccoli, and lettuce all last much longer in the fridge if you wrap them in foil first.

7. Keep pineapples sweet by storing upside down

The sugars in this fruit can all end up on the bottom after the time spent in transit. So keep your pineapple upside down when you get home and the sweetness will be redistributed evenly.

8. Avoid sprouting potatoes by storing them with apples

The ethylene gas in the apples helps to stop your potatoes from sprouting.

9. Keep leftover avocado fresh by storing it with a sliced onion

There is sulphur in the onion and this keeps the avocado from going brown.

10. Keep lettuce fresh by storing in a brown paper bag

No more sad and limp leaves! Keep your lettuce wrapped in a brown paper bag in the fridge. Plus, keeping the outer layers in place even if they have gone brown will keep the inside fresher for longer.

11. Reuse coffee grounds in the garden

Plants such as roses, hydrangeas, blueberries, raspberries, strawberries and tomatoes will all appreciate a liberal sprinkling of your used coffee grounds.



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Questionnaire Results

A big thank you to the people who responded to the questionnaire (29). That's not a huge number but I think it gave a fairly good cross section of our member's situations.

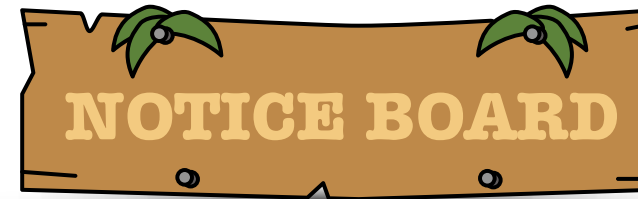
1. Living with a spouse or partner - 9
Living alone or rest home resident - 19
2. Living in Retirement Villages - 6
(5 of those lived alone and 1 in Retirement Village)
Living in own home - 14
(11 of those lived alone and 8 in Retirement Village)
3. Actively involved - 24
(18 live alone, 7 with spouse/partner, 5 n/a)
4. Have access or use a computer - 10 yes, 19 don't
5. Have regular visitors - 20 yes, 4 don't
6. What is concerning us most: All the responses were different but with a similar thread running through them. Lack of physical strength or energy to get things done, painful joints, worry of losing

car licence and/or independence. Some financial concerns and people needing to downsize and/or declutter.

This survey might be a bit tedious to fill in but it is so helpful for us to be able to research and write articles or organise speakers who are more relevant to you, our members.

It was a worrying statistic that a percentage of our members and therefore people in the community do not have sufficient friends or family visiting regularly or there will be cases of not at all. I do encourage you all to think about contacting an agency such as Sheryl from The Salvation Army's Senior Services to either seek some company or offer to be a volunteer. (Read the Coffee Morning Report for more details). We have no affiliation with the Salvation Army but were impressed with Sheryl's presentation and the service they are providing for the community.

By Jennifer Custins



YOUR COMMITTEE

We were successful in getting a remit regarding Sec 70 passed at the April AGM. Now we have started a petition asking "The House of Representatives to repeal the provisions in The Social Security Act 2018 that relate to Spousal Deduction."

PETITION

We would now ask that you all come into our office and sign the Petition regarding this issue. Please make an effort to help by signing this. It is important, many pensioners do not get their pension entitlement because of this outdated legislation. For more detail please call the office or we can email or post you the full details. We will also have copies of the petition at Retirement Villages.

DISCOUNT BOOK

We do not publish a discount book but instead suggest that people use www.neighbourly.co.nz for trades and services or phone the office for advice. Also, the Gold Card has gone a long way to replacing our discount book, always ask or show your Gold Card at many stores particularly big places like 'Noel Leaming or Mega Mitre 10' etc as they give good discounts, but often don't ask you. Also visit Countdown on a Tuesday for 5% discount - all helps.

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You must be a current, paid up Grey Power member to benefit from the great electricity/gas/LPG discounts. Renew or join today and then phone 0800 473 976 or go to www.greypowerelectricity.co.nz

MEMBERSHIP RENEWALS

A reminder, please make sure you are clicking in the right name when you pay online. We have had a lot of people paying their electricity bill to us in error. It does create a lot of extra work for the volunteers to reverse this. If you need assistance to make this change, please call the office for some help.

KIWI BANK

Grey Power has a very good relationship with Kiwi Bank and there is a system in place that if

members who have an account there, could notify the bank they will 'flag' your account and a financial contribution is made to Grey Power Federation. This type of income helps to keep our subscriptions as they are for now.

Very sad that KiwiBank near 11th Ave has closed, it has created quite a big problem for our office and banking. This is not what we came to expect of our so-called NZ Bank! Grey Power has made our concerns heard.

NEWSLETTER

Watch out for the next year's edition of our newsletter which will have all the catch-up news and lots of tips and information.

BEATING SCAMS

If you're suspicious, ignore emails and/or put down the phone. If you're asked to send money it is always a scam! Never give your pin number or date of birth to anyone over the phone or online. If something sounds too good to be true, it probably is. Do not be embarrassed: report a scam to the police. It helps others from being scammed.



MEMBERSHIP APPLICATION / RENEWAL FORM

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(Renewals use membership number as reference.

New members use phone number)

Any donation to help with the cost of postage, envelopes, paper etc. would be very much appreciated.

Joke Corner



Q. Why did the Clydesdale give the pony a glass of water?

A. Because he was a little horse.

Q. What's the difference between the bird flu and the swine flu?

A. One requires tweetment and the other an oinkment.

Q. If athletes get athlete's foot, what do elves get?

A. Mistle-toes.

Good health is merely the slowest possible rate at which one can die.

A fine is a tax for doing wrong. A tax is a fine for doing well.

What is “Spousal Deduction”?

Spousal Deduction comes under Sec 70 of the Social Security Act 2018. This law, described in Parliament in 2015 by Jacinda Adern as “unjust, unfair and a violation of Human Rights”, affects those in a permanent relationship or married to someone from a non-reciprocal country, ie: Norway, Germany and the USA to name a few. To receive a pension in these countries a person contributes throughout their working life for their pension. This is unlike New Zealand, where the only criteria for superannuation is the required length of residency.

When a person from overseas enters in to a permanent relationship or marries a New Zealander they bring their pension with them but the New Zealand Government does not treat the couple as individuals. They are treated as an ‘economic unit’ and the New Zealander then finds they lose much, if not all, of their superannuation. The person who has brought his/her pension with them does not receive any superannuation from New Zealand.

This is so unjust to the New Zealander, and the loss is not just monetary. There is a loss of independence; both emotional and physical health is affected and it puts a strain on marriages/relationships.

This law is not just unfair, it is also illogical. If the New Zealander went to live in his/her partner’s country they would receive their full New Zealand superannuation with no deductions.

PLEASE SIGN THE PETITION ONLINE OR AT OUR OFFICE OR OTHER LOCATIONS

Tauranga Mount Taxis

Summer has arrived and with it a new desire to get outdoors and enjoy life a little more. For some, the freedom of getting out and about is not always easy. Tauranga Mount Taxis can help. Set fares and customised travel for Seniors will allow passengers to connect with the rest of the Bay of Plenty.

From advice on travel, places of interest and itinerary suggestions, to tailored travel to suit passenger needs, Christmas shopping trips, upcoming local events and functions, it can all be accommodated. Seniors will reap the benefits of getting out and about more easily.

We are happy to assist in making our services as cost friendly as possible and can offer discounted set rates.

For all enquiries call our friendly local team.

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Editorial supplied by Tauranga Mount Taxis

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