

**ROTORUA**

# GREY POWER

Phone (07) 346 1739

AUTUMN ISSUE 2019



## GREY POWER ROTORUA

1333 Eruera Street, Rotorua  
(at rear of Age Concern premises - Ranolf Street  
end of Eruera Street)  
PO Box 414, Rotorua | Phone: 07 - 346 1739  
Email: greypower.rotorua@gmail.com



### Office Hours:

**15 Feb-3 March:** 10am - 2pm Tuesday to Thursday inclusive  
**4 March - 1 May:** 10am-2pm MONDAY to Thursday inclusive  
**1 May onwards:** 11am - 2pm Tuesday to Thursday inclusive

### Committee Members:

**PRESIDENT:** Miriam Ruberl - 027 248 7542  
**VICE-PRESIDENT:** Wieland Hartwig - 07 - 958 4146  
**TREASURER:** Judy Green - 07 - 357 5867  
**MINUTE SECRETARY:** Damian Robertson  
**OFFICE ROSTER COORDINATOR:**  
Sandra Greeks - 020 492 1978  
**VOLUNTEER TRAINING:** Ngatawa Mohi

If there are issues you would like Grey Power to take up, let your Committee know by phoning, contact us via our website [www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz) or email [greypower.rotorua@gmail.com](mailto:greypower.rotorua@gmail.com).

**REMEMBER Grey Power Rotorua when you change your contact details**

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*Please refer to our website for disclaimer.*

Cover photo: St Faith's Church, Ohinemutu.  
Courtesy of Miriam Ruberl

## Hon Todd McClay MP for Rotorua

Stop by my office, make  
an appointment, or call  
for a chat

**E** | [rotorua.mp@parliament.govt.nz](mailto:rotorua.mp@parliament.govt.nz)  
**f** | [fb.com/ToddMcClayMPforRotorua](https://www.facebook.com/ToddMcClayMPforRotorua)  
**A** | 1301 Amohau Street  
**P** | 07 348 5871

[toddmccclay.co.nz](http://toddmccclay.co.nz)

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## 2018/19 and 2019/2020 UNPAID SUBSCRIPTIONS

Grey Power Rotorua members are reminded that being unfinancial directly affects your eligibility to receive Grey Power information and discounts. This includes the discount you enjoy as part of Grey Power Electricity. Unfinancial Grey Power Rotorua members are automatically transferred to regular retail pricing by Pulse Energy. Please use the renewal form provided to update your subscription.

**REMINDER NOTICES AND INVOICES  
will no longer be sent.**

**THIS MAGAZINE NOTICE  
is your sole reminder to keep up-to-date.**

## WELLBEING DAY

**OUTLINE:** This forum offers something a little different for members and the general public. The day will offer a combination of invited speakers and manned information stands from an array of providers of services that are particularly relevant to those 50 and over. Speakers will offer brief outlines of their services beginning at 10.30am, and members can talk to those stand operators of interest to them in their own time.

**TIME AND DATE:** 16th March, 10am to 3pm

**VENUE:** Parksyde, 9 Tarewa Place, off Tarewa Rd

**PARKING:** ample carpark provided

**LUNCH AND CUPPAS:** will be available for purchase from the Parksyde café

### PARTICIPANTS Include:

The International Coffin Club  
Rotorua Fire Services  
Rotorua Mobile Library  
Age Concern  
Parksyde  
Rotorua Community Hospice  
Kokowai Aroha  
Diabetes NZ  
Macular Degeneration  
Grey Power Electricity  
McLeod's Bookshop  
Te Arawa Olympic Seniors TOA)

## VISIT THE GREY POWER ROTORUA STAND AT THE AGE CONCERN POSITIVE AGING EXPO

14 April 2019

9am - 5pm

at the Energy Centre

*(watch the papers for details)*

See the display of works by member artists in a variety of media, and demonstrations by :  
Don Hunt - calligraphy  
Anna Hayes - Maori weaving  
Chriss Taylor - bone and stone carving

## Need to talk?

Lifeline

open 24/7 - 0800 543 354

Depression Helpline

open 24/7 - 0800 111 757

Healthline

open 24/7 - 0800 611 116

Samaritans

open 24/7 - 0800 726 666

Suicide Crisis Helpline

open 24/7 - 0508 828 865 (0508 TAUTOKO).

For people who may be thinking about suicide, or who are concerned about family or friends.

Alcohol Drug Helpline

open 24/7 - 0800 787 797 or text 8691 for free.

Your local Rural Support Trust

0800 787 254 (0800 RURAL HELP).

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# Presidents Word



Healthy happy 2019, everyone, and time for another cuppa while you catch up with your Association news. Whilst our office was closed to the public for nearly two months, people have been busy working on your behalves.

Judy Green, our Treasurer, was part of the Grey Power Rotorua team that manned the Rotorua Community Hospice Tree of Remembrance at Fairy springs Rd Countdown on 20th December. Our team included Rory O'Rourke and Susan Rasmussen, of Age Concern. We had such a great time hearing people's stories we have put our names down again for 2019. Congrats to Hospice for exceeding their \$6,000 target and collecting \$9,000 over the 4 days. Judy and Wieland Hartwig also manned our information stand at Te Manawa in support of the Chinese New Year celebrations.



The Rotorua Library has been very receptive to our lobbying that it could usefully accommodate a limited postal service on the premises, along the same lines as McLeod's Bookshop, and we look forward to developments there.

Minister for Seniors Tracey Martin acknowledged six New Zealanders being recognised in the New

Year Honours List for their services to seniors, no less than two of whom are acknowledged for their services as officers of the Grey Power New Zealand Federation. Tom O'Connor was named a Member of the New Zealand Order of Merit for services to seniors, local government and journalism. He is the immediate past President of the Federation. Jan Pentecost has been awarded a Queen's Service Medal for her services to the community, particularly seniors. Jan is the current National Secretary for the Federation, a role she has held since 2010.

Hospitality New Zealand has launched the new Kiwi Access Card, which will replace the current 18+ Card. The new card was developed in response to the many people finding it difficult to gain access to everyday goods and services (like opening a bank account), because they didn't have a driver's licence. Applications for the new Card can be made via NZ Post (if you can find a physical post office), costing \$55. For more information, go to the website at kiwiaccess.co.nz. Nevertheless, remember, as reported in our 2018 Magazine, you can get your photo added to your AA card free of charge for the same purpose, if you have one.

The calendar for 2019 bears careful scrutiny. You will notice that our office hours will extend to include Mondays from 1 March, to accommodate the flood of renewals we anticipate, as per usual. Hard as volunteers are to find within Grey Power Rotorua to commit to roster hours, we will have two people rostered on for 4 hours each, until 30th April. From May 1 we will revert to Tuesdays to Thursdays. However, we have changed the office hours from 1 May onwards to 11-2, to ease the difficulty we have in attracting people to provide our service to members and the public. This means we have to find only one volunteer per roster day rather than two.

In addition, please note that we will no longer incur the extra expense of sending out individual reminder notices to members, and that the reminder in the magazine, placed so you can cut it out with ease, is the only reminder there will be. Renewing your subscriptions in time, ie by 1 April, will protect the discounted services you enjoy access to, not least of all Grey Power Electricity. Also noteworthy is the small increase in subscriptions, as mandated at the 2018 AGM. This is also a very good time to consider purchasing our subscription gift voucher to gift to family and whanau members or friends whom you'd like to share the benefits of membership with, their first subscription.

The planned Wellbeing Day, Evening Forums (to cater for those many members still to retire), and our stand



at the Age Concern Positive Aging Expo all merit your attention and participation. We are excited to introduce the Outings Programme being put together by Wieland for your enjoyment. The list of possible places to visit is long and varied, and will suit a wide range of interests – including ample opportunities for cuppas. We will be seeking your input into shaping this activity.

Finally, you are now receiving your quarterly Magazine in a very different format, which we believe is an improvement in a number of ways, particularly the ease with which the matt paper can be read! The change has arisen out of the need to find a new publisher at extremely short notice (the previous publisher was finding us insufficiently profitable to continue their service), and are delighted to have been introduced to Pukeko Print in Tauranga. Publication is on the basis of 50% copy and 50% advertising, in exchange for there being no charge to the Association. The fact that every conceivable business closes down over the 2018 to 2019 changeover time, crippling any efforts to successfully attract new advertisers, has meant we expected to limit ourselves to 8 pages total, seriously curtailing our copy space. The goal was achieving 16 pages (8 for copy) for the next edition. Pukeko Print's efforts, and the migration of many of our regular advertisers to the new model, has meant that you now hold 16 pages in your hands! Pukeko Print produce no less than 70% of Age Concern magazines nation wide, and a considerable number of Grey Power Associations' magazines, putting them in a great position to understand our sector. Those of you wanting to receive your magazine in digital ie paper-free format, can indicate so on your subscription renewal forms.

Until next time:

*"Growing old is like being increasingly penalized for a crime you haven't committed." Pierre Teilhard de Chardin*

Miriam Ruberl | President

## Friendly, Local Personal Transport - Wheelchair Accessible

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*Editorial supplied by Freedom Companion Drivers*

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# Q & A with Rotorua Community Hospice

## What does Rotorua Community Hospice do?

Rotorua Hospice provides 24-hour care and support to more than 420 patients with a life-limiting illness and their families and whanau every year, free of charge.

We are committed to helping anyone living with a life-limiting condition e.g. heart failure, motor neuron disease, MS or cancer, in the Rotorua community. We also care for families and friends, both before and after death. Our Clinical Team is on the road from 9am to 9pm daily and available for telephone support and after hour's callouts.

## Who is Rotorua Hospice?

Rotorua Hospice is a charitable trust founded in 1984. Rotorua Hospice is not just a building; it is a philosophy of care. The majority of people receiving support are cared for in their own homes. Our goal is to help people make the most of their lives; to live every moment in whatever way is important to them.

## What is Palliative Care?

Palliative care focuses on relieving suffering and achieving the best possible quality of life for patients with a life limiting illness and their family, whanau and caregivers. It includes care by doctors, nurses and allied health services (such as physios, occupational therapists, spiritual care).

## How can I get Rotorua Hospice care?

Patients may be referred by their GP, Medical Specialist or other health provider. Patients (or their family/whānau) can refer themselves but we may ask to speak with your GP or health care provider as well.

## Will I have to pay?

There are no fees or charges for Rotorua Hospice care.

## If I need to go into residential care, am I able to go home again?

Yes. This is your choice.

What happens if I cannot manage at home?

We will help to enhance your homecare or we will help you and your family to explore alternatives. We can fund short-term access to a residential care facility when available.

## What happens if I have to go to a rest home?

If you move to a rest home, we will continue to visit you and remain in contact with your family. We have a person specifically in this role as the Aged Residential Care Liaison.

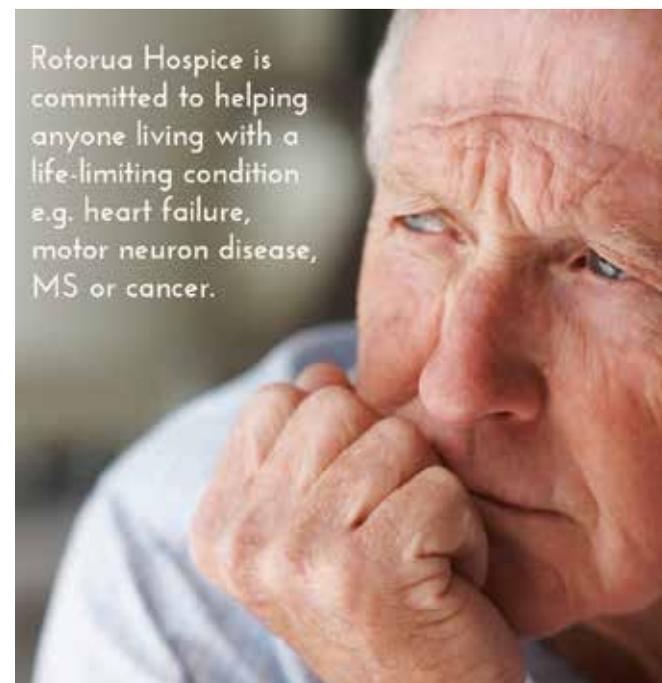
## Is hospice for cancer patients only?

No. We offer support for patients with any life-limiting illness. Only half of our patients have a cancer diagnosis

## I feel if I contact Hospice, I am accepting it's the end. Is that the case?

We understand it can be hard to reach out for Hospice support. Hospices goal is to help people make the most of their lives; to live every moment in whatever way is important to them. We often hear people wished they had reached out sooner, that it's not the end, and we make a huge difference.

If you or someone you now would like to receive Hospice care, please contact your GP or call us on 07 343 6591. If you would like to make a donation to Hospice, contact us on 07 343 6808. Follow us on Facebook at Rotorua Community Hospice to stay up to date with the latest information and stories.



Rotorua Hospice is committed to helping anyone living with a life-limiting condition e.g. heart failure, motor neuron disease, MS or cancer.

## EXCITING NEWS FOR MEMBERS!

# INTRODUCING OUR MEMBER OUTINGS PROGRAMME

Rotorua and our immediate surroundings offer so many opportunities for short daytime outings, we are unlikely to ever run out of places to visit and enjoy. We have some 20+ options on our list of possibilities – no doubt YOU can add places you have always wanted to go or would like to revisit and share with others. We also have the added attraction of a very nice reasonably priced café at Parksyde.

The basic plan is for us to meet on the second Monday of each month

- members meet before 10 am at Parkside <http://parksyde.org.nz>
- transport picks us up at 10 am (we leave our cars at Parksyde or arrange our own car pool)
- transport cruises past the Arawa Street Public Bus Terminal to pick up members who don't have a car
- transport drives us to the outing; we stay until approximately noon
- transport returns us to the Arawa Street Public Bus Terminal and to Parksyde
- the nearest bus stop (line #5) to Parksyde is Tarewa Road, fronting No. 5 (going south, into town) and fronting No. 47 (going north, coming from town)

Please let Wieland know of your ideas and interest by phoning him at 07 9854146, emailing him at [greypower.rotorua@gmail.com](mailto:greypower.rotorua@gmail.com), snail mail PO Box 414, Rotorua, 3040, or better still, arrange to meet him at the office between 10 am - 2 pm Monday – Thursday.



*You will lose everything.*

*Your money, your power, your fame, your success, perhaps even your memory.*

*Your looks will go.*

*Loved ones will die.*

*Your own body will eventually fall apart.*

*Everything that seems permanent is absolutely impermanent and will be smashed.*

*Experience will gradually, or not so gradually, strip away everything that it can strip away.*

*Waking up means facing this reality with open eyes and no longer turning away.*

*Right now, we stand on sacred and holy ground.*

*For that which will be lost has not yet been lost, and realising this is the key to unspeakable joy.*

*Whoever or whatever is in your life right now has not yet been taken away from you.*

*This may sound obvious but really knowing it is the key to everything, the why and how and wherefore of existence.*

*Impermanence has already rendered everything and everyone around you so deeply holy and significant and worthy of your heart-breaking gratitude.*

*Loss has already transfigured your life into an altar.*

- Jeff Foster

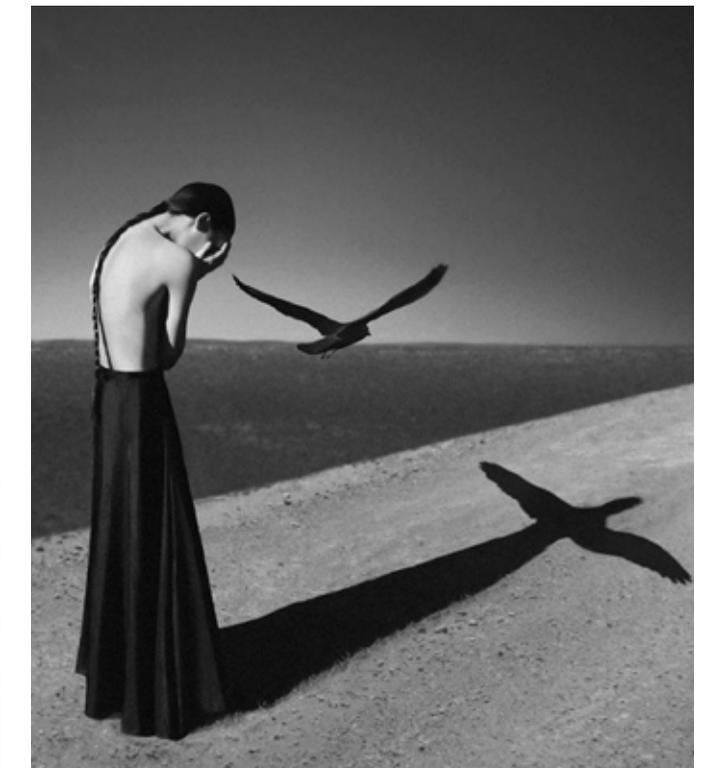


photo courtesy of Noell S. Osvald

**GREY POWER ROTORUA**

**EVENTS CALENDAR: 1 March 2019 to 31 December 2019**

DAY	DATE	TIME	EVENT	NOTES
Monday	4 <sup>th</sup> March	10-2	4 days office service starts	Subscription renewals Monday-Thursday inclusive
Saturday	16 March	10.00 am to 3.00 pm	Wellbeing forum	Parksyde Details : Forum Notice
Monday	25 March	5.30 pm	Evening Forum	Arawa Bowling Club Details : Forum Notice
Monday	1 April		2019 subs due	Details : See Notice
Monday	8 April		First GP Outing	Details : See Notice
Sunday	14 April	10 - 3	Age Concern Positive Aging Expo	Energy Centre Details : See Notice
Tuesday	30 April	11 - 2	New office hours	Revert to Tuesday to Thursday for rest of 2019
	20-22 May		Federation AGM	Wellington
Monday	24 June	1.00 pm	Grey Power Rotorua AGM	Details to follow
Monday	22 July	undecided	Evening Forum	Details to follow
Monday	7 October	Time undecided	Daytime Forum	Venue and time to be decided
Friday	1 November		Xmas Lunch tickets go on sale	
Wednesday	13 November	2.00 pm	Committee Meeting	Note early meeting this month
Saturday	30 November	12.00	Christmas lunch	Parksyde
Thursday	12 December	2.00 pm	Office closes for year	

**Parksyde.....**  
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**When The Weather Is Hot**



Bruce Quedley, Co-ordinator  
Neighbourhood Support Rotorua

Each year in summer we get the hot and sultry days making the inside of our home hot and sometime unbearable. It is at times like this when some people let down the security so as to get air movement through their homes.

Unless you have heat pumps, or the income to run them, people rely upon electric fans, opening windows and doors to gain some air flow. If you fall into this category, please take some basic precautions so as to prevent unwanted scumbags entering your home and stealing your valuables.

When you do open windows/doors ensure they are fitted with security stays and door chains so they cannot be fully opened, allowing access to your property.

For those without window security stays, consider having them fitted and if cost is prohibitive to doing all windows at least do those that will be opened

regularly in hot weather. Don't forget your bedroom windows as some sleep with a window open at night.



Those with multi-level properties, remember burglars do climb and upper level windows/doors can be accessed as well. So ensure they also have security stays to limit them opening.

The modern trend of councils providing

wheelie rubbish bins does unfortunately provide the burglar with a ready made ladder to higher windows. Ensure you place your wheelie bins securely as they are a convenient tool for the unwanted intruder to access higher windows.



When you leave your home unattended, close all windows and doors ensuring they are locked and secure. Yes, a closed up home will get hot on a sunny sultry day but if you don't do it, when you get home, you may find your precious property missing!

**To finish, some reminders:**

Keep a record of the serial numbers of your various appliances in case they are stolen if recovered they can be identified as being yours.

Never leave keys or valuables close by doors or windows as the sneaky thief may be tempted to put their hand through the window or door and snatch them.

Be an active member of your Neighbourhood Support Group, they look out for neighbours and are there in time of trouble. If you are not in a Group contact Neighbourhood Support Rotorua's office on 07-349-9470 to join one or to get one started in your neighbourhood.



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## CITIZENS ADVICE BUREAU ROTORUA NOT SURE? ASK US!

Whether it's those taps that are leaking two weeks after the plumber 'fixed' it, or that internet connection that keeps disconnecting - you have rights to protect you and to get things put right.



Lots of people don't realise that the Consumer Guarantees Act covers services as well as goods. This means that when a business provides you with a service, then that service must be:

- provided with reasonable care and skill (i.e. it must be provided well);
- fit for purpose (e.g. if you buy insurance, the insurer has to sell you a policy that is appropriate for what you are insuring);
- completed in a reasonable time;
- at a reasonable price. Even if you haven't discussed the price with the service provider they cannot charge you an unreasonable amount.

These guarantees apply even if the service provided to you was a gift; was bought on credit, online or door to door; or was hired or leased.

If there is a problem with the service, you are entitled to go back to the business and ask them to sort it out. Depending on the situation, the business may be required to:

- repair the work at no extra cost to you;
- reimburse you for the cost of getting the work fixed by someone else;
- give you a refund;
- pay you compensation for damage resulting from the faulty service (this is called consequential loss).

If you can't come to an agreement with the business about the issue, you can apply to the Disputes Tribunal or District Court for a decision.

Be aware that if the service is provided for business use (e.g. cleaning of your shop) then the provider can contract out of the Consumer Guarantees Act. The Act also doesn't apply if the service is provided by a charity or is paid for with a statutory fee such as rates.

To find out more about your rights as a consumer

or talk to one of our helpful Volunteers, contact the Bureau. You can visit our premises at 1143 Eruera Street, or you can telephone 0800 367 222 or 348 3936, or email [rotorua@cab.org.nz](mailto:rotorua@cab.org.nz). The Bureau is open Monday to Friday from 9.00am to 5.00pm.

Remember, our advice is free. Not getting it could cost you though!

At Age Concern, we have a very busy year ahead of us with several exciting projects to be completed.



The first big event is our Positive Ageing Expo which, with the support of the Rotorua Charitable Trust, will be held at the Southern Trust Sportsdrome on Sunday 14th April from 9:00am until 5:00pm. We will have over 50 stalls with a mix of not for profit charities and some Commercial Companies. The event will be free to enter.

Our second exciting event is the continuation of the Intergenerational Project, which will see students from Rotorua Intermediate visit elderly residents of Glenbrae and record their life stories with photos and memorabilia for a published book. We thank Lakeland Disability Trust for the financial support to make this exciting project a reality. If the first visit and meeting is any indication, this is going to be positive experience for both parties. It is hoped that the books will be on display at the Expo, as well as the authors and subjects being present.

Auditions for the Act Your Age stage production for the elderly will began on 6th February. We are grateful for the financial support of Rotorua Lakes Council Matching Fund. We need 20 stars and various other cast members, with a mix of male and female, as well as people to help with costumes, makeup, props and stage hands. If you are over 60 and can dance, sing, act or any combination of talents please email me at [manager@acrotorua.nz](mailto:manager@acrotorua.nz) You do not have to be a member of Age Concern just the right age demographic.

Rory O'Rourke | Manager Age Concern

Most of the problems in life are because of two reasons, we act without thinking or we keep thinking without acting.

## GREY POWER ROTORUA EVENING FORUM

**DATE AND TIME:** 25 March, 17:30

**SPEAKERS:** Stavros Michael, Group Manager Infrastructure (including Civil Defence), Rotorua Lakes Council, and the Infrastructure Manager in attendance

**VENUE:** Arawa Bowling Club, 64 Lytton St, Glenholme, Rotorua 3040. Building at the right rear.

**PARKING:** on Lytton St, on southern side of access lane and behind the main building.



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thank  
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SO  
much

**OFFICE ROSTER**

People who come and look after members enquiries, new memberships, subscription renewals, and a plethora of office-related tasks bring very special skills to the duties involved – not least of all turning up, a patient listening ear, accurate record-keeping and being available to communicate by email. With a membership of some 1700 persons, a high level of professionalism, willingness to collaborate with a team and still be confidently self-directed are big, but necessary asks of our Association’s voluntary workers.

It is therefore a huge loss to the Association that Margaret Wansbrough retired (yet again!) after no less than an astonishing 10 years of faithful voluntary service, and Bernadette Hennen has returned to fulltime work. The Association thanks you both with the utmost gratitude, will miss your contributions terribly, and wishes you both well in your new ventures.

**ANNUAL CHRISTMAS LUNCHEON**

Our thanks go out also to Esther Johnson, the sublime organizer of our Christmas Dinners of the past 6 years, who has made the 2018 event her last one, so as to join her husband in his retirement.

**LITERATURE WALL RACK**

Denis Arnott has cleared the decks / office tables and built us a beautiful, sturdy literature wall rack which now holds all the bump that used to lie on the office tables – and we thank him sincerely for both his great piece of work and for donating his time to the Association – considerable hours were involved in the making of it.



**WELCOME TO OFFICE VOLUNTEERS**

The Association has been advertising for office volunteers with the necessary skills and experience via the local Neighbourly. We are excited and grateful to be joined by Zelda Wirangi, Lyn Kivell and Maureen Carrington, and will be seeking more people of their calibre to complement our needed skills range shortly.

**SENDING LOVE - CHRISTMAS CARDS FOR THOSE ALONE IN REST HOMES INITIATIVE**

So many people members, often anonymously, donated Christmas cards, some are even coming in towards the 2019, for which we sincerely thank you. Thank you too, to those who took the time to write personal messages in cards. 55,000 were delivered across New Zealand, surely making an enormous difference in the lives of many.

**CHINESE NEW YEAR CELEBRATIONS**

Special thanks to Vice President Wieland Hartwig and Treasurer Judy Green who, at very short notice, manned our stand at the Rotorua Lakes Council hosted Celebrations at Te Manawa on Thursday 7th February in somewhat inclement conditions. Bravo !!



**Agewise**  
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**FREE ROAD SAFETY UPDATE for over 65's**



Revise the road rules and learn how to keep driving safely

**Wednesday 10 April 2019  
Thursday 13 June 2019**

**9.30am – 2.30pm  
Parkside Community Centre**

**Phone Rotorua Lakes Council  
on 348 4199 to register  
or for more information**



**NEW ZEALAND FIRST** **AOTEAROA TUATAHI**

Auth. advised by Fletcher Tabuteau, Parliament Buildings, Wellington

**OUT-OF-PARLIAMENT OFFICE**

**FLETCHER TABUTEAU**

NEW ZEALAND FIRST LIST MP  
BASED IN ROTORUA

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**Happy new year to all, I hope everyone enjoyed some of the summer rays and time with friends and family.** It was great to see all the summer activities over the holiday period that have been so well supported in Rotorua. Thank you to all the volunteers and organisers who made it happen.

This Labour/New Zealand First coalition Government has achieved a great deal thus far, especially for the regions including increased employment opportunities and improved infrastructure. This is what New Zealand First campaigned hard on and it's pleasing to note the delivery of those promises particularly for regions like Rotorua.

New Zealand First Leader Winston Peters kicked off the parliamentary year with a rousing speech in the House, outlining New Zealand First's exciting plans for the year ahead, including significant enhancements to the SuperGold Card currently being progressed.

*Editorial supplied by Fletcher Tabuteau*



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# Recipe CORNER



## Fish Cakes

This recipe makes approximately 6-8 cakes. If you live on your own, make the whole batch and freeze the leftovers in meal sized portions.

### Ingredients

- 185 g tinned salmon or leftover cooked fish
- 2 cups cold mashed potatoes
- 1 small onion, finely chopped
- 1 T fresh parsley, chopped
- Salt and pepper to taste
- ¼ cup flour
- 1 egg
- 1 T water
- 1 ½ cups polenta\* or breadcrumbs
- 2 t oil

*\*Polenta, also known as cornmeal, can be purchased from most supermarkets or Binn Inn.*

### Method

1. Drain tinned fish and flake.
2. Place in bowl with potato, onion, parsley, salt and pepper.
3. Mix well to combine.
4. Shape the mixture into small balls and gently roll in flour. Flatten into rounds.
5. Lightly beat egg and water together.
6. Dip each fish cake in egg mixture.
7. Pour the polenta/breadcrumbs onto a plate and roll each fish cake to coat.
8. Lightly oil and heat fry pan.
9. Add fish cakes and cook until golden on both sides.

Serving Suggestion: Garnish with lemon wedges and serve with fresh bread and green vegetables or a green salad.

Recipe sourced: [www.seniorchef.co.nz/recipes/main-course-fish/134-fish-cakes](http://www.seniorchef.co.nz/recipes/main-course-fish/134-fish-cakes)

**As autumn approaches** it is wise to start thinking ahead to winter. Make sure you get your flu injection about April or May.

It probably seems silly to mention this as it is so hot but if you have a wood burner it is now time

to order your lovely dry wood and get it stacked away to keep it nice and dry ready for winter. Also get your Pellets in and put away ready for the cold weather.

### It's that time!

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**Living alone** - “She’s leaving home after living alone for so many years” sung by Paul and John back in 1967 isn’t quite the picture envisioned by intending retirement village residents, but it is a testament to loneliness, isolation, and despair. There’s plenty of research that shows that all sorts of people from many walks of life face social isolation and loneliness – young people, refugees, and those with mental health problems, as well as older people.

Older people’s vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they’re all by themselves in a big house and everyone else in the street’s out at work. Age Concern’s extensive work in this area shows that the majority of older people are not severely lonely, but current findings from The Social Report 2016 show that 10% of New Zealanders aged 65-74, and 13% of those aged over 75 feel lonely all, most, or some of the time.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity. Breaking the cycle of loneliness takes conscious effort. It’s more than just “snapping out of it”, but often includes battling with chronic depression, ill-health, lack of money and resources, and poor motivation. The Age Concern website has a number of ways people can break the cycle. Some of these include making a plan – for example, making a point to talking to your local barista or calling someone rather than sending a text message. Volunteering and hobbies are almost

certain ways to make new friends. Pets are often a good antidote – it’s important to think beyond oneself and caring for a pet certainly helps.

We know that many residents chose a retirement village as a great opportunity to make new friends in a community of like-minded people. Triggers to make the move include the death of a spouse or friends and children moving away. Villages often have a bewildering array of new activities, events and entertainment designed to pique residents’ interests and encourage involvement. We’ve seen village activity noticeboards with a vast array of activities including the traditional pool ladder, bridge, crafts, and choirs through to rather more esoteric activities such as the Men’s Gas Bag Group!

From time to time we survey our members to see how we’re going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their sense of security, their social connectedness and their physical activity compared before they moved in and afterwards.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

That’s not to say that everyone in a village doesn’t experience some degree of loneliness. We’ve heard from Age Concern that some of our residents don’t participate and can feel alone in the middle of a crowd. We encourage our village staff to look out for residents who aren’t part of the community – of course, some are happy to slam the door shut against the world, and that’s absolutely their right. It’s important that we recognise that everyone’s different, and if someone is lonely, we can offer help.

*John Collyns | Executive Director  
Retirement Villages Association*

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