



# *focus*

Auckland Greypower Association Inc  
Member of the NZ Grey Power Federation

The Active Organisation  
for 50 Plus

Winter 2019, Issue 49  
[www.aucklandgreypower.org.nz](http://www.aucklandgreypower.org.nz)



## Auckland Greypower Office

557 Blockhouse Bay Road  
09 626 0895 (answer phone)

Email: [akgreypowerinfo@gmail.com](mailto:akgreypowerinfo@gmail.com)

Office Hours: Mon, Tues, Wed, Fri  
10.30 am till 1pm  
Other hours by arrangement

Volunteers are ready to listen and help with resources and contacts. New Mailing Address:  
PO Box 48 157, Blockhouse Bay Auckland 0600



LIKE US ON FACEBOOK:  
Auckland Greypower

[www.aucklandgreypower.co.nz](http://www.aucklandgreypower.co.nz)

### Joining us is easy

All memberships are \$25 single, \$30 double  
see back page for details on how to join.

### Executive Officers

President: Anne-Marie Coury  
Vice President: Rick Leckinger  
Treasurer: Lingappa Kalburgi MNZM JP  
Acting Secretary: Gillian Dance  
Funding & Projects: Nanette Nathoo QSM

### Committee

Community Networks: Heather Alford QSM, JP  
Digital Design: Harald Pohl  
Tech Support & Membership: Heldur Bender  
Membership Secretary: Jens Meder  
Publicity Support: Susan Sutcliffe

### Outside Committee

Business Support: Chris Van Pelt  
Seniors Stories Project: Margaret Blay  
Community Building: Heather Tanguay

**CONTACT US:** through the office, by phone, email or write to us at the PO Box. All Committee members can be contacted by these means by addressing your communications to them specifically.

Feedback on the newsletter, comments on articles and issues of relevance to members is encouraged. Please send your contributions to:  
The Editor, Auckland Greypower Focus,  
PO BOX 48 157, Blockhouse Bay, Auckland 0600  
Email: [akgreypowerinfo@gmail.com](mailto:akgreypowerinfo@gmail.com)

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*Please refer to our website for disclaimer.*



## From the President's Desk

Kia Ora, Salaam Alaykum,  
Talofa Lava, Ni Hao,  
Namaste, Ohayo, Malo e Leilei,  
Fakalofalahi atu

Warm greetings as we enjoy blue sky days in autumn, and prepare for the descent into winter.

Our results in reminding our members to get membership fees paid before 31st March, have been patchy, despite offering a prize draw. With some 360 members still to renew, it is time to begin telephoning folk. We of course lose members each year, as some die off, and others move out of Auckland. If 20% of our members brought along one new member each, we would be reaching our current target of 1,000 members.

The office continues to attract new members seeking our assistance and advice with finding trustworthy trades folk, considerations about moving into retirement villages, to dealing with Council regulations, and charges. Many inquiries come through the opportunity to speak face to face with other seniors, who will listen empathically, and locate relevant information, offer handouts and provide more options for them to consider.

There is no local CAB in Blockhouse Bay, so having former CAB trained members staffing our office is one way we can add value. Being across the road from the Library, right on the 24 B bus route, means we can be reached easily. With five bus routes arriving in Blockhouse Bay and now the 191 from Lynfield, our office is positioned to capture the public transport action. There is parking behind the Library and in side streets. We are at street level, wheelchair friendly and in a warm, dry, sunny spot, with access to a kitchen and toilet and a foyer.

Our Funding and Projects Officer, Nanette Nathoo, has been working hard to secure additional funds to pay some of the office rent and enable us to produce new brochures, joining forms and flyers. Volunteers are needed for supporting the setting out of furniture at our meetings, putting out the afternoon tea, and folding and stuffing envelopes for our mail outs. Committee roles require more hours say 4 hours, usually weekly, and computer skills and an email address. Come and talk to Committee folk or myself and see how we can match you interests with tasks needed. Looking forward to seeing you at our meetings coming up in June.



Anne-Marie

## Future Meetings

**First Fridays of the month**

**7th June 2019 @ 1pm**

**Budget Views**

**29th June 2019 - 1pm**

**OUR AGM**

**Electing officers**

**Discussing our direction to 2020**

Blockhouse Bay Community  
Centre, 524 Blockhouse Bay Road



Meeting venue 524 Blockhouse Bay Road

Deadline for copy for our next edition of  
FOCUS is 19 July 2019.

Advertising inquiries welcome before 12th July 2019,  
please contact the editor.

Disclaimer: Opinions expressed in this newsletter are those of the contributors. All information is believed to be reliable. Auckland Greypower does not accept any liability for its contents.

Cover photo: Clay Sculpture Manukau Domain Lynfield.

## MDP Medical Alarms

MDP Medical Alarms represents ADT Security in the provision of monitored medical alarms. If you have a medical condition, or live by yourself, a NevaAlone medical alarm is your ticket to a safer, more independent lifestyle. You, your family and friends can have peace of mind knowing that you will be able to get help 24 hours a day, 7 days a week at the touch of a button.



The NevaAlone Personal Help Button can be worn as a pendant or wristband. It is water-resistant and can be worn even in the bath or shower. Its long-range capability allows it to work in any room in virtually any home, even out in the garden.

Being Ministry of Social Development accredited, funding might be possible through Work and Income in some cases.

**For more information  
call Marina Du Preez  
021 039 8022 or email at  
[mdpmedicalalarms@gmail.com](mailto:mdpmedicalalarms@gmail.com)**

*editorial supplied by MDP Medical Alarms*

### Peace of Mind

A Neva Alone Personal Medical Alarm could be your ticket to a safe, more independent lifestyle



✓ Emergency assistance  
24/7

✓ WINZ and ACC funding  
might be possible

✓ Free and professional  
installation

✓ Water-resistant pendant  
or wristband

**Neva Alone**



For more information  
contact Marina on 021 039 8022 or  
email: [mdpmedicalalarms@gmail.com](mailto:mdpmedicalalarms@gmail.com)

**MDP Medical Alarms**





# Summary of The Grey Power Federation’s Submission to the Zero Carbon Bill

Grey Power Federation recognises that the older generation has a responsibility to our mokopuna (grandchildren) to pass on to them a natural environment that not only comprises sustainable ecosystems, but which does not entail open ended risks to the physical and social infrastructures that we have enjoyed.

We fully support the intent of the Bill, recognising that to delay measures designed to reduce future risk on the basis of current financial cost amounts to generational theft. We therefore consider that current generations have a moral obligation to act decisively to both prevent any further increase in greenhouse gas emissions, and to mitigate the inevitable effects of current levels.

Accordingly we support as immediate goals:  
*The reduction of emissions of long-lived greenhouse gases (including carbon dioxide and nitrous oxide) in New Zealand to net zero by 2050, and the stabilisation of emissions of short-lived gases (including methane) at 1990 levels by the same date.*  
*The establishment of an independent Climate Change Commission to advise the Government on emissions budgets necessary to reach the target, and to hold the Government to account by regular reports on progress.*

*The development of national adaptation plans that prioritise actions based on regular risk assessments, and regular countryside reporting on the process and progress of adaptation.*

**We consider the establishment of a Climate Change Commission and the development of nationwide adaptation plans as essential not only to provide a clear and transparent method of intermediate target setting and reporting, but to ensure any deviation from the primary goal by future Governments is exposed.**

**Editor’s note: In contrast, the Extinction Rebellion movement is calling for zero carbon level by 2025, saying only by declaring the climate Change urgency, a state of emergency and implementing immediate actions, can we hope to avert global warming beyond 2 degrees.**

Currently, while many NZers support taking some action, there is a hard core group of older white

males who believe climate change is not primarily driven by human behaviours, and does not accept the need for drastic action. We are a broad church and encourage lively debate, recognising that many actions recommended to lower carbon emissions will improve air quality, encourage local economies, and local food supply chains, leading to a better quality of life, especially for those in rural areas and small towns.



## Industry initiative makes it easier for intending residents

If you’ve visited a retirement village lately, you’ll be holding onto a huge pile of paper about the village and your contract with the operator. It’s not that the operator wants to confuse you – it’s what they’re required to give all intending residents by law as consumer protection.

We agree that making an informed decision about the move to a village is incredibly important. Not only should residents themselves understand the financial implications of the move, so too should their family, as they will often be the ones impacted by their parents’ decision.

The RVA has developed a template that we’ve asked our members to use that simplifies the “key terms” of the contract so that intending residents can line them up and compare one village with another. It’s a way to save time wading through dozens of pages of legalese, as well as making the process as simple as possible.

The “key terms” look at how much is paid when moving in, how much is paid while living in the village and what the costs include, how much the resident receives when they move out of the village, how transfers within the village (including to care) work, and so on.

If you haven’t got one from the villages you’ve visited – ask for it! It’s a RVA member benefit so only RVA member villages will have it. We are relying on customer demand to encourage members to use the Summary.

*editorial supplied by Retirement Villages Assn*



Myra and her daughter Brenda



# Retirement living and care you can trust

Ryman Healthcare has been named the Most Trusted Brand as voted by New Zealanders in the retirement and aged care sector for the fifth time. We are humbled to receive this accolade again for 2019.

*“She is in a lovely place, is healthy and enjoying life”*

When Ryman was founded more than 30 years ago, our co-founder Kevin Hickman set one simple standard: it’s got to be good enough for Mum – or Dad.

Today, Ryman’s belief in this standard hasn’t changed. We put our residents first, ensuring they are connected to caring and vibrant communities. Ultimately, that’s what makes the Ryman difference.

When Myra started looking at retirement options, Brenda and her family knew it had to be the best. Myra is a very special Mum, so Brenda needed somewhere she could trust for her to move into.

Brenda says she has noticed a massive change in her Mum Myra since she has been living in Ryman’s Evelyn Page village in Orewa. “She knows everyone, has become really social and tries new things like table tennis. She is in a lovely place, is healthy and enjoying life.”

Ryman delight residents through experience, by providing *Delicious* meals made fresh on-site, by employing staff who really care, and by creating communities where friendships grow.



Our villages have a range of care options to suit residents’ needs. From independent and assisted living, to resthome and, in most villages, hospital and specialist dementia care – all within one village community.

Winning the Most Trusted Brand for the fifth time is an achievement that everyone at Ryman is proud of. Chief Executive Gordon MacLeod says, “There’s nothing more important than trust.”

To find out more about our **nine friendly villages** in Auckland phone **Josie on 0800 779 626**

[www.rymanhealthcare.co.nz](http://www.rymanhealthcare.co.nz)



# Seniorfocus our radio programme designed for you

Sponsored by Auckland Greypower, Seniorfocus, is a weekly radio show on Planet FM 104.6 on Sundays at 5.25 pm and available on-line 24/7 any time that suits you. When on holiday and overseas you can listen in or share the link with friends and family abroad.

Just go to  
[www.planetaudio.org.nz/programmes/seniorfocus](http://www.planetaudio.org.nz/programmes/seniorfocus)



Anne-Marie knows seniors enjoy radio as a favourite medium. In developing this programme she has many talented seniors who contribute their ideas and experience to making the show lively and varied. It's an opportunity to discuss Greypower policies, highlight up-coming events, to remind seniors about submission deadlines and Have Your Say opportunities with Council, to interview MP's and consider workable solutions to problems. Nanette has recently joined Auckland Greypower, and is training as a presenter, bringing her experience of working alongside the NZ Police Ethnic Responsiveness Manager, Ms Jessica Phuang, in crime prevention and her work with the Indian Association as Law and Order Chair. Richard Barter, presents a monthly show on transport matters, where he gives us insights into road safety concentrating on cyclists and pedestrians. He has covered sustainable options for the future including electric cars, buses, and driverless vehicles.

Any seniors with ideas or a topic they want to see aired, please contact Anne-Marie through the Greypower office 626 0895, or [akgreypowerinfo@gmail.com](mailto:akgreypowerinfo@gmail.com).

## In Celebration

We wish to acknowledge Ron Child, one of our oldest members, who turned 98 this month. He initiated the start up of our 50 plus cycling group, when he won the prize for being the oldest cyclist at the Mayor's Breakfast at Wynyard Quarter in 2012. Later that year, he rode 34 km on the first day of our inaugural Hauraki Rail Trail trip, and was the star of the local Hauraki FM programme on the Hauraki Rail Trail. As the oldest cyclist there that day, he entertained and delighted the crowd that gathered for the celebration.

Ron regularly drives across the harbour bridge to attend our meetings now he has moved from Parnell to Devonport. He has become though a solid adopter of public transport, using ferries buses, and trains, when visiting some of our activities in Mt Roskill.

Ron will be with us at the opening of Warmesley Park, on 6th July, to witness the carvers from Orakei Marae, unveil a special carving. More coverage of this event will follow.



## "If your story is not inspiring you, it's time to change it"

In the season of mellow fruitfulness, we can reflect on our elders who have passed on. We will remember them. We can recreate stories for our grandchildren, to keep alive those treasured memories from the days we grew up in.

With real excitement and a passion to make a difference, we have a group of seniors meeting regularly with serious intent. Margaret Blay is leading our seniors stories project team. The Auckland GP Committee has funded the group initially to cover costs as they go in and out of various schools.

Another project has been mooted. This is a significant initiative to reduce a major literacy gap, that of young children missing out on conversational oral language in the preschool years.

If you wish to participate in these projects or learn more about them, do contact us at the office, on 626 0895 or email us [akgreypowerinfo@gmail.com](mailto:akgreypowerinfo@gmail.com).

## We will Remember Them

ANZAC is a day that needs no introduction. Collectively as a nation, or as a generation of older folk with vivid memories and often untold stories, we chose to celebrate in our own way. In Auckland, since coming to live in Mt Roskill, I have attended services at the Mt Roskill War Memorial Park, and at Ranfurly, for my own reasons, as much as wanting to pay respects to those who fought for our freedom.

This year with the heightened tensions following the Christchurch attacks, there were so many services cancelled, and I went instead to Pt Chevalier Returned Services Association, to find many members and friends, including Helen Rainey's friend, Jim Te Wiki leading the flag bearers and many others. The vintage military vehicles, the Scottish Piper and the youth cadets alongside those training with the air force made the parade and service so special. Later at Ranfurly, I was moved by the address of a young women who had served in Afghanistan, and done her helicopter service rescuing injured soldiers. She used Te Reo sprinkling it through her presentation like a piquant sauce, a bitter sweet poignancy that enveloped us all, opening hearts and minds. Those, who were active in the WW2 theatres of war, have almost all passed on and only a few remain with us, but their stories are being uncovered and discovered even now for the first time. The considerable contribution of men of colour, from Maori, Niuean's, Indians from India and Fiji, and Africans, many in the British army fighting along side or in our own army, is now being recognised officially, especially regarding the Gallipoli campaign and later the battles in France and Belgium.

The need to work for peace is becoming more urgent, and bringing people together from many faiths and ethnicities to develop greater understanding will lessen the chances of more attacks like what shook the nation recently. Greypower welcomes people of all races and backgrounds, and here in the Auckland Association we are delighted to have Committee members bringing their diversity and different life experience into midst. By celebrating the kiwi values that have nourished our communities for years, and practising kindness and generosity, we will continue to flourish.



## In Remembrance

### Helen Rainey

At the start of this year, our trusted, and experienced telephone ringer, Helen Rainey, passed away, having served Auckland Greypower members well, through her support and empathy over many years. Helen came to join us after giving service in her community with Lionesses, and many projects. She spent hours on the phone, listening and encouraging seniors, and ensuring we maintained our database and received late fees that were owed, making such a difference to our operation. Helen was feisty, independent and travelled extensively by cargo ship having many adventures, and making the most of the travel opportunities she sort. With her social work background she was well trained to provide extra assistance and understanding to those who were suffering from social isolation. Although she chose a private funeral, we wish to acknowledge her contribution and commitment to the wellbeing of seniors over many years. Thanks a bunch, Helen.

### Audrey Evans

Once a stalwart of the Auckland Grey Power Committee, Audrey was well known and respected for her advocacy skills, taking determined action, a forthright speaker, and her memorable personality. Her name is still widely known in Auckland political circles, and she was at her peak in a time when few women were in positions of power and responsibility. Her example inspired younger women to step up into roles on the Council and Local Boards. At short notice no one was available to attend her funeral in Warkworth, but a card signed by all Committee members is on it's way to her family.









# Redefining Our Values

Over recent years as we absorbed many folk from very different cultural traditions, we had drifted away from an outward sharing of our deeply held values. But on 15th of March, these values became sharply defined for us as Kiwis, as we reached out and practically stepped up to do what was needed moment by moment during those first few days following the terrorist attacks in Christchurch.

The stories of courage and risk-taking heroism were incredible, as unarmed citizens sprang towards the gunman and passers-by jumped into action to ferry folk to emergency care. These acts were a cogent reminder of the daring and determined disrupters our fighting forces were known for, in WW2 against the Germans. In a sense, we were at war, everything had suddenly changed, forever, it seemed. These acts of aggression committed on people worshipping on their knees, were being broadcast worldwide in an unprecedented fashion, on social media, being viewed in real time.

Our Police coverage of territory, mosques, gatherings and events was an amazing display of dedication to duty. In emergency departments, staff were confronted with multiple wounds, created by the exploding shards of metal that ripped through organs, respecting no one. Our PM, Jacinda Ardern, was instinctively tuned in to the mood and reactions of the people, voicing the heart of the nation, carrying the people with her, in a remarkable leadership style that has simply redefined the way leaders will be expected to behave in the wake of future terrorist attacks. Who would have predicted that her photo would grace a tower building in the Middle East?

Countless gatherings at mosques and in churches and halls, have brought people of different faiths together, to support and show solidarity with those traumatised and grieving. The plight of some with lives still hanging in the balance, remains unknown, as they continue to receive hospital-based care. The cancellation of many meetings was so necessary in the early weeks, not only for security reasons, but also emotionally, as the heavy toll zapped many workers and supporters of the injured. Attention being paid towards the victims, with Govt providing for funeral costs and sending a strong message

“They are us.”



President Anne-Marie Coury and Nanette Nathoo QSM attend service at Mahatma Gandhi Centre to honour those killed in the Christchurch terror attacks.

**Goodwill towards others is a precious treasure**

**He taonga nui te aroha ki te tangata**

At the International Cultural Festival as the PM strolled about, a huge crowd was following. We ended up face to face in an unplanned exchange, Ms Ardern questioned me firstly asking how I was, and then moved towards asking me about my wellbeing and on World Health Day too. She had me hooked, and so I have heard her questions over and over again reverberating in my head. She has touched hearts and minds, like few have been able to do in NZ, since Norman Kirks days.

Our stated mission in Greypower is to advocate for seniors’ wellbeing. Our task together is to send strong feedback to the Govt on the Better Later Life draft document. Stepping up now will set the direction for our future wellbeing, making our needs more visible.

## 5 Minute Chocolate Mug Cake - For 2 small cakes:

- 1/4 cup sugar
- 1 large egg
- 2 Tbsp canola or other light oil
- 2 Tbsp cocoa powder
- 1/4 cup self-raising flour
- 1/4 cup milk
- 1/4 tsp vanilla essence
- pinch of salt

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.
2. Non-stick spray two microwave-safe teacups or two 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.
3. Cover with a square of baking paper or a paper towel, then cook on High (100% power) for 2–3 minutes or until the centre of the cakes is firm.

Remove the cakes from the microwave, then tip them out of the cups/ramekins. Cool on a rack for a few minutes or enjoy immediately.



Good, better, best.  
Never let it rest.  
‘Til your good is better  
and your better is best.  
~ St. Jerome ~

## ROSEHILL RETIREMENT VILLAGE

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HERITAGE LIFECARE



**Recommended  
Reading for further  
context around why  
we need to take  
action**

*prepared by Margaret Blay  
of Mt Eden Climate Action Group*

**Out of the Wreckage**, George Monbiot, Verso, 2017. Monbiot is a climate activist of more than 30 years’ experience. He reminds us that “human nature” is fundamentally altruistic and cooperative, otherwise we could never have survived the sabre-tooth tigers! Neoliberalism, with its pressure to consume, has made us competitive, overworked or deprived of work, anxious, often lonely or unengaged in our communities. Social media means virtual neighbours take precedence over real ones. A workable model is deliberative democracy, where non-politicians, chosen by lot and sorted by age, gender etc, create an even-handed constitution. Ireland did this, with some success.

**Doughnut Economics**, Kate Raworth, Raworth 2017. Monbiot calls this the “most considered and far-reaching” of his resources for the above book. With easily accessible graphics, it has the radical goal of meeting the needs of all within the means of the planet.

**New Sea Land**, poems by Tim Jones, Mākarō Press 2016. The title points movingly to Tim’s underlying subject: sea-level rise and its effect on our land. Poems like Floodplain, harbour, city and History doesn’t pick winners refer glancingly, but tellingly to planetary warming and the sea’s advance. A more explicit poem, “The cockroach for its beauty” describes an Eden where “Nobody.../...remarked that compressed prehistoric carbon might make/a handy fuel”. Among many other ironic counterfactuals, “The Johnsonville volcano” asserts, “We’ve learned that nature doesn’t stuff around” (see also “Lyll Bay farewell” and “All that summer”). The tone is accessible, mostly wry and very moving. This volume is about our last chance.

**Cradle to Cradle (2002) and The Upcycle (2013)**, William MacDonough & Michael Braungart, both North Point Press, recommend we redesign our activity to improve the planet. You can’t throw stuff away, because the planet is already awash with trash: “away has gone away”. Products need the goal of upcycling, mimicking nature where waste becomes food. All obsolete items can be split into either biological nutrients, or technical nutrients which circulate in closed-loop industrial cycles.

**Heat: How to Stop the Planet Burning** (2006), by George Monbiot.

**Rules for Revolutionaries: How Big Organising Can Change Everything**, by Becky Bond & Zack Exley. Becky Bond, 2016. Details how Bernie Sanders nearly won the Democratic nomination by mobilising volunteers rather than paying big money, thus obviating need for (very corrupt) funding system in US elections.



The Hon Tracey Martin, Minister for Seniors, has released the new strategy document for improving seniors wellbeing in later life.

Go to [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz) to read a copy of "Better Later Life"- "He Oranga Kaumatua" 2019-2034.

Your librarian can assist you locally. Please get feedback on the document in by 3rd June.

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# JOIN US BEFORE YOU NEED US

## Membership Form 2019 -2020



### Auckland Greypower Association Inc

Applying to Join or Renewing: Single /\$25 Double/\$30

New Member ☐ Renewal ☐ Change of Address ☐ Membership Number ☐

First Name Dr/Mr/Mrs/Miss/Ms ..... Last Name .....

Partner's Name Dr/Mr/Mrs/Miss/Ms .....

Address .....

Postcode .....

Phone(s) .....

Email ..... Please email newsletter  
yes/no

Privacy Act. All information remains confidential & is not supplied to any other party.  
Please note promotional material, may be inserted in mail outs in the interests of members.

Year of Birth ..... Interested in volunteering Yes/No at our Office/at our Friday meetings/other



## Payment Options:

### Internet Banking

### Direct Debit from your bank account

### Mail cheques

### Pay at office

1. Internet Banking into our Auckland Greypower TSB account 15 3968 0008956  
Use your surname(s) initials S for single or D for double as reference code  
Please email your answers to the above items on the form to [akgreypowerinfo@gmail.com](mailto:akgreypowerinfo@gmail.com)
2. Direct debit payable before 31st March annually to our bank account as option one above.
3. Mail cheques (no Cash) to Auckland Greypower PO Box 47 157 Blockhouse Bay, Auckland,
4. Pay in person at the office (for hours see page2)  
Do not forget to use your code and email us your details from this course.

## Join Us Before You Need US

### Benefits for Greypower members

1. Having a voice and influence to protect seniors welfare and wellbeing.  
Advocacy and input into policies, decisions etc at Parliament, Local govt, Auckland Council & Local Boards/ Watercare/DHB's/'and Auckland Transport.
2. Regular publications, our newsletter and also the Federation's magazine.
3. Accident Insurance – \$2,000 free members in the event of death by accident
4. Save with Greypower Electricity on a low user rate, provided membership is current.
5. Savings on own and on partner's Medical Insurance – go to [www.vestacover.co.nz](http://www.vestacover.co.nz) for more details.
6. Greypower members can expect a 10% discount on Ferries, Resene, Natural Icecream at St Lukes. Remember folks. It pays to ask for a discount and carry your Gold Card, your Grey Power card and your Gold Hop Card.

## Growing Our Membership

Spanning over three generations, we are not a one size fits all outfit. Nor are we a single issue focussed organisation. After 33 years in the game of advocacy, we are respected because we are manned only by volunteers, who are not re-numerated. Politicians know we represent the grassroots and the conservative mainstream of NZ society. Our voice cannot be bought.

Maintaining a robust organisation that will stand the changing structures and fortunes of a more unequal society, where many seniors still work until they are 75, and many care for grandchildren till well into their 80s, is proving a real challenge for many Grey Power Associations. To work on our membership drive and serve members needs and inquiries, we need the professionalism of an office, and the privacy to reveal personal issues, while providing valuable printed resources and computer facilities to search for information on-line.

Funding applications can provide income for rent payments and even promotional tools like our flags, but without an adequate volunteer base we are limited. Phoning members to remind them about meetings and paying fees is a necessary part of strengthening this organisation. Through recent

illness and deaths, we have lost stallwalts that maintained many of the membership functions with sensitivity and much needed social skills.

Recently we have noticed how many folk are volunteering just in time, offering limited quick short one or two hour efforts, often having to cancel out at the last moment. There are those who work part time and often casual hours, which they leap to grab and sustain their income, when they come along at short notice. Many younger folk are interested in joining us, but are working full time now saving for retirement and paying high rents or mortgages they have real concerns for their future, but are time poor.

Roughly half our members have not got around to renewing their membership and this is of real concern to us, as we must budget and pay running costs. Late payers force us to use reserves which decreases income from interest payments. We do not send out invoices as rising mail costs are a significant part of our budget, now \$1.30 per letter is the new pricing from NZ Post starting in July.

We need people willing to help us on market days in Blockhouse Bay to encourage seniors to join. On the last Sat in the month we have free stall space and plenty of foot traffic, means we can attract people to stop and chat.

Please contact us at the office with any ideas, suggestions and our next Market day is 24th May 9.00 till 12.00 noon

## Bike Culture



## Greypower across the region networking

Committee members from Auckland and Waitakere Greypower Associations with MP Deborah Russell. at an evening on Health Care matters.



# Mental Health Challenges

Following the mental health inquiry, the Govt is considering the most effective ways to address some of the barriers to people receiving the help they need. Suicide can be premeditated, but there are no definitive signs that automatically can be picked up on to prevent people from taking their own life.

The Mental Health Foundations five ways to wellbeing offer a simple model that enables people to select a starting point on the circle and practise one of the ways, daily or even for a period of a week, before moving to the next one. The advantage is people can easily engage with this tool, it is non-judgemental and encourages “giving it a go”, having a fresh focus, partnering with your inner self, and expanding your “mindfulness.” It can be carried in your pocket as a reminder and each of the options work together to strengthen your self-awareness and positive outlook. Just cut out the chart and put it in your wallet.



Starting with **giving** – means focusing on others and perhaps the easiest way is to volunteer in a setting that interests you.

**Be active** – involves moving and shifting your body and your mood, through exercise. Best done in nature, and “forest bathing” or moving in nature, absorbing the sounds, smells and visual soothing of the “greenery”.

**Take notice** – this allows you to observe yourself, your reactions and those of others, as well as the natural world. The observation of patterns in behaviour can be fascinating and allow much learning about how others respond.

**Connect** means you begin spending time interacting with others consciously, by greeting people warmly and asking them about themselves. It may be simple like booking a regular time to go for a walk with someone you can chat to, or just going for a train or bus ride and speaking to fellow travellers.

**Keep learning** – may seem like hard work, but this does not need to be formal or in a classroom setting. Finding something that you are curious about and following through to discover more is a great way to begin. Learning another language is one the more demanding ways to keep learning but has the greatest benefits in terms of maintaining healthy brain cell function, and assists in preventing dementia. Everyone can benefit from adopting the five ways to wellbeing, as preventative medicine and setting you up to stay more positive in your outlook. Experiment and devise a list of ways that would be likely to work for you. Start with small steps and expand as you gain confidence. Keep a diary of what you notice and your reactions, your insights about how you and others behave, in various settings.

