

# ROTORUA

# GREY POWER

Phone (07) 346 1739

WINTER ISSUE 2019



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Photo supplied by Wieland Hartwig.



## 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:

**1 May onwards:** 11am - 2pm Tuesday to Thursday inclusive

### Committee Members 2018/19:

**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:

Wieland Hartwig - 021 027 47976 / 07 - 958 4146

**VOLUNTEER TRAINING:** Ngatawa Mohi

### OUTINGS COORDINATOR:

Wieland Hartwig - 021 027 47976 / 07 - 958 4146

If there are issues you would like Grey Power to take up, let your Committee know by phone or 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: Grey Power Rotorua's inaugural Outings Group. Courtesy of Wieland Hartwig

## 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.**

## Grey Power Rotorua, Inc. Annual General Meeting

**Monday, June 24th 2019  
1 pm at Parksyde, meeting room 3  
7-9 Tarewa Pl, Rotorua 3010.**

### Agenda of the AGM:

Key note speakers : Rotorua Coffin Club

1. Opening by President Miriam Ruberl
2. Apologies
3. Receive minutes of the 2018 AGM
4. Matters arising
5. President's report
6. Treasurer's report
7. Outreach and Outings organiser's report
8. Motion to grant annual honoraria to Treasurer and Office Volunteers Roster Coordinator
9. General Business
10. Elections of officers and committee
11. Closing words by President Miriam Ruberl
12. Closing presentation by Tinana Orana
13. Afternoon tea at Parksyde

**ALL 2019/20 FINANCIALLY CURRENT MEMBERS ARE ABLE TO VOTE AND ARE ENCOURAGED TO ATTEND TO ENSURE THAT THE ASSOCIATION HEADS IN DIRECTIONS THAT HARMONISE WITH THE VISION YOU HAVE FOR YOUR FUTURE.**

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We would like to advise you of the Home Fire Safety Check service the Rotorua Fire Brigade can offer to residents of the Rotorua District. This service takes approximately 20 minutes at a time that is convenient to you.

## NOTICE OF EVENING FORUM

22 July 2019 at 5.30pm  
at Arawa Bowling Club, 64 Lytton St, Glenholme

**With GUEST SPEAKER Gaye Stratton, Macular Degeneration NZ**

Grey Power Rotorua Executive Committee Invites Members and their Guests to attend this forum on this very important topic, personally affecting so many



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# Presidents Word



Our February/March magazine barely seems behind us, and here we are with another.

In brief, our first Wellbeing day was declared a success by the good-sized crowd (both members and the general public) that attended, with many encouragements that it be repeated next year. Our stand at the Age Concern Positive Aging Expo attracted a lot of people, and our demonstrators – Anna Hayes, Harakeke weaver, Chris Taylor, bone and stone Carver, and Don Hunt, Calligrapher, alongside our displays of photography, painting and embroidery, made for some great conversations about aging positively. The highlight had to be the young high school student who was in raptures over the cross-stitch embroidery – she recognized its complexity, and felt very encouraged to continue to learn and reach that standard.

One hugely beneficial outcome for our Association is the new volunteers, who have come forward as a result of these events, and the skills they bring. We have reduced our office roster workers to 1 person a day, and the office hours to 11-2 Tuesday to Thursday inclusive, to make staffing the office easier. This also allows other aspects of the routine work to be carried out by more people.

The first of our Outings to places of local interest was a resounding success, and more are planned for the 3rd Monday of each month – see the calendar and the separate magazine item for details. Only today it has been suggested that we consider a Ukulele group for members ... learners and concert-level performers alike ... and a possible tutor/leader has been identified. If you like this idea, please let Wieland know of your interest – his contact details are spread around the magazine.

We also had our first evening Forum, an opportunity for those members who still work. Turn out was small, but those who attended got a new view of the city's infrastructure, and what it takes to manage it. It really was quite breathtaking. We also had our first experience of using the Arawa Bowling Club as a venue, and will be doing so again for the next evening forum, on July 22, when the guest speaker will talk about macular degeneration – see the notice elsewhere.

The Federation AGM takes place 20-22 May, with your President and Treasurer attending. Our Open Office Day and Federation remits forum were not well attended, but the conversations held were very useful, and we have clear indications as to how to vote at the AGM on issues

ranging from reviewing the local body system of establishing rates (from Rotorua) to roving dental nurses to visit rest homes. Copies of the 16-page document can be seen at the office. These Meetings were decided upon at short notice, not being confident of the remits actually arriving in time, to build them into the timetable, and those who are email-enabled were invited.

Those of you who have been to the office will most likely agree that it is a dingy, uninviting place, hard to access, and cause for concern in terms of safely negotiating the driveway and entrance. It is certainly pretty dismal for those who give their time and serve on the office roster. Your Association is actively seeking to have a small desk area at Parksyde, solely for conducting our contact with the public, while maintaining the status quo for all the in-house stuff that has to happen. We believe we are making progress, but no decision has yet been made by Parksyde. Meanwhile, we have hosted a number of events at Parksyde, and feedback has been that people really like the venue, the café, the accessibility – and most of all, the company.

Finally, the AGM is looming in June, the time for the Executive Committee to report to our membership as to the activities and general health of the organisation. An important part of this meeting is the annual election of executive officers and committee members, as well as for others to come forward and own up to skills they have to share, whether on the committee or not. Some 5 years ago the Association was on the brink of falling into recess. That dreadful prospect was averted, but is not entirely behind us. The current Executive Committee have been absolutely dedicated to serving you, the members, the extent of which will never really be appreciated, hidden as it has been at the “back of beyond” in our office. Our membership numbers are soaring (no doubt due to worsening conditions for many), the workload is growing exponentially, and more people taking on small, discrete tasks, would make the world of difference to assuring the Association's future. This is particularly important in view of the dismal lifestyle already facing many seniors, and the fierce efforts underway to erode our standard of living even further from many fronts in coming years. Grey Power Rotorua would seem to be the major, non-party-affiliated lobby group in our area, and there is much to be done. Please join us!!

For myself, this year of being in the role of President has presented not a few frustrations, enormous challenges, awesome opportunities, wonderful conversations with so many of you, and I thank you all for all of it – I've thoroughly enjoyed the experience.

Overheard in the office today: “I don't dust because .... we all come from dust, and I never know whose dust that is on my coffee table ....”

**Miriam Ruberl** | President

## Exciting times ahead as Grey Power and Age Concern begin to do what should have happened long ago and that is to work more closely together.

Although both organisations have a different kaupapa we do deal with the same clients and must begin now to prepare for the grey tsunami which is inevitably coming faster than we like to think.

Two events recently were an opportunity to work more closely together, the Wellness Day held at Parksyde, organised by Grey Power, and the Positive Ageing Expo held at the Events Centre, organised by Age Concern. Both events were a great success and brought together the organisations that deal with the elderly in Rotorua, and showed the importance of working collaboratively to ensure that our elderly get the best deal possible.

For Age Concern both events proved to be fruitful, as we increased our membership by over 50, which is a huge number for us, and validates the many excellent programmes we are providing for our clients. Our main programme is our Accredited Visitor Programme, which is a befriending service for our lonely and socially isolated. Our Shopping Service provides volunteers to assist people shopping, and along with the SuperGold Skills Service which connects retired tradespeople with elderly requiring maintenance, are our core programmes. Others include Mobility Scooter Safety, Life Without a car and Just Cook4 Healthy Ageing along with special programmes from time to time.

One of the stalls at the Expo was EBENZ electric bikes and I see that the latest fad is electric bikes, with researchers showing that they are of huge benefit to our mental abilities and wellbeing. Getting on an electric bike gives you a sense of freedom and enjoyment as well as improving your access to the outdoors, local environs and improving fitness.

Rory O'Rourke, Manager, Age Concern



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*Editorial supplied by Freedom Companion Drivers*

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**Grey Power Rotorua Inc. Is calling for nominations for the positions of: President, Vice-President, Secretary, Treasurer, and up to 10 Committee Members**

- All positions are honorary and for a 1-year term
- All nominees, proposers and seconders must be financial members of Grey Power Rotorua Inc.
- Officers and Committee members take office at the conclusion of the 2019 Annual General Meeting on Monday, 24 June 2019.
- The committee meets monthly, with additional meetings convened as needed.

Nominations are encouraged in advance of the Annual General Meeting, although nominations for all positions may be made and received from the floor of the Annual General Meeting.

**Nomination forms** can be collected from the Grey Power Office, during office hours of 11am-2pm at 1333 Eruera St, emailed to you on providing your email address and request by phone or email, or downloaded from our website at [www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz)

**Return your completed form by Friday, 15 June 2019** to: Returning Officer Grey Power Rotorua Inc., P O Box 414, ROTORUA 3040, or deliver to the Grey Power

Office during office hours.

A brief description of the suggested skills needed for all these roles is provided on the back of the nomination form so that your nominee can look through them. These are:

**Key Skills/Experience sought by the Association**

**President** Leadership and networking; Hands-on committee member; Commitment to and familiarity with Grey Power's policies and objectives; Meeting management/chairing; Strong communication skills; Promote Grey Power in the media and within the community; Computer skills [email, word processing, filing documents, spreadsheets, principles of internet banking].

**Vice-President** Supports and assists the President including at times of absence; Meeting. management/chairing; Hands-on committee member; Commitment to and familiarity with Grey Power's policies and objectives; Computer and internet skills (email, word processing, filing documents, etc)

**Secretary** Clerical routines experience; coordinates inwards/outwards communications; optional Minute-taking [a current committee member has been minute secretary] collation of agenda; Good computer and internet skills [email, internet, word processing, spreadsheets].

**Treasurer** Ideally, familiar with Xero and Kiwibank Quickpay or willing to learn "on the run", accurate practical bookkeeping, banking, accounts payable and financial record-keeping, oversight of membership records; Keyboard/data entry knowledge, email, internet, spreadsheets, annual budget; Monthly financial reports using Xero; Monitors funds and arranges annual accounts review to meet AGM dates.

**Committee Members** Interested in and supportive of Grey Power's aims and objectives; Keen to participate as part of a busy volunteer team – a team player; Computer and internet friendly [e.g. comfortable with using the internet, and able to receive and send emails and attachments]; Wide range of skills/experience welcome and much needed: any of the following: fund-raising, office admin, financial literacy, data-entry, membership recordkeeping, advertising/ sales experience, interest in local and central government politics, bright ideas about growing and expanding Grey Power Rotorua as an advocacy organisation, to name just a few.

A farmer pulls a prank on Easter Sunday. After the egg hunt, he sneaks into the chicken coop and replaces every egg with a brightly coloured one. Minutes later, the rooster walks in. He spots the coloured eggs, then storms out and beats up the peacock.

**Delivering for New Zealanders.**

National wants to ensure that Kiwis can keep more of what they earn, keep up with the cost of living, and secure new opportunities.

We know the struggle that many seniors and Kiwi families are facing with increasing rents, increasing rates, with electricity and petrol all seem to be going up. We want to help Kiwis to meet those costs.

That's why we have proposed a bold plan for our tax system that would help New Zealanders keep up with the cost of living. We plan on doing this by introducing no new taxes in our first term of Government, by linking income tax brackets to inflation ensuring Kiwi households can keep more of what they earn, and supporting a growing economy to ensure higher wages for hard-working Kiwis. As wages increase so does New Zealand Superannuation.

Our plan would see tax brackets adjusted to ensure that people are not taxed by stealth as inflation rises. This would secure about \$650 million for everyday New Zealanders. This in turn would mean that people on superannuation would also receive and keep more money.

While National has been working hard to deliver ambitious policies for our future, the Labour Government has struggled to deliver during their so called 'Year of Delivery'.

Let's look at the recent quarterly benefit statistics. Thousands upon thousands more people are claiming the benefit and the numbers of people needing assistance to eat and live is at record highs.

The number of sanctions being imposed is down 31% since March 2018. Sanctions should be and always have been a last resort. They are only imposed if someone repeatedly doesn't show for appointments or interviews, or want to look for work. But this Government doesn't think there should be any accountability for tax payers' money.

The number of Kiwis on benefits has increased by 13,000 across the country. In Rotorua alone, the amount of people on the jobseeker's benefit has risen by 9%.

That's not delivery, that's hardship.

Under National, we were moving more people into work meaning they and their families were leading better lives.

We know that some people need short-term, light handed assistance to help them get back on their own two feet. Others need ongoing support to help them lead a decent life, like those on Supported Living Payments due to disability and long-term illness.

Whether short term or long term, National wants people to lead independent happy lives, we want Kiwis to be aspirational so they can have a brighter future. National will deliver for New Zealanders through strong economic management and policies which support Kiwi families.

Hon Todd McClay MP. Member of Parliament for Rotorua Spokesperson for Foreign Affairs, Trade and Tourism

Authorised by T. McClay. Parliament Buildings, Wellington



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**Hon Todd McClay**  
MP for Rotorua

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

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 A | 1301 Amohau Street  
 P | 07 348 5871

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

**National**  
Authorised by T. McClay, Parliament Buildings, Wellington.



## Second chance for Rotorua men facing life-threatening conditions

A Rotorua health programme focused on wellbeing and culture is bringing new hope and new life for men with serious health issues.

And thanks to a grant from the Rotorua Energy Charitable Trust the Tane Takitu Ake programme can continue its work as a trusted referral point for medical, legal and social providers.

Offering a unique holistic health and wellbeing service the programme, run by Korowai Aroha Trust, is credited with saving the lives of men facing seemingly insurmountable health and life challenges.

Two men whose lives have changed since joining the programme are Anaru Morehu and Tom Hepi.

With a background of violence Mr Morehu came to Korowai a very sick man, he says.

*“Coming out of prison I was on a dark road and knew there had to be a change, not just for me, but for my whanau too.”*

*“Once I met others on the course I knew I was not alone and no longer felt out of place. This helped me when I was tempted back to my old ways.”*

He quit smoking and drinking, changed his diet, exercised and became a different man, embracing his Maori identity and building his courage to continue his journey to recovery.

Similar to Mr Morehu’s story, Mr Hepi heard about the programme after being diagnosed with type-two diabetes.

For Mr Hepi the programme helped him to embrace his identity and taught him the importance of understanding Maori culture and its importance to a healthy diet and lifestyle.

*“I have learnt Maori tikanga and now live my life by these principles.”*

*“I learnt to trust in being who I am, I used to trust no one, but now I have a safety net and can trust that I can call on anyone here when I need them.”*

The \$20,000 grant from Rotorua Energy Charitable Trust means support for Maori men in similar situations will continue in Rotorua.

The innovative programme combines social, physical and clinical interventions, providing tools and skills to make changes and focuses on restoring mana and strength, so the men can become role models in their whanau and the

GP Rotorua – Calendar of Events May - December 2019					
Month	Day	Time	Event	Notes	
May	15.05.	Wed	2 pm - 4 pm	committee meeting	GP office
	20.05.-22.05	Mon - Wed		Federation AGM	Wellington
	20.05.	third Mon	9:30 am	GP outing	meet at Parksyde
June	17.06.	third Mon	9:30 am	GP outing	meet at Parksyde
	19.06.	Wed	2 pm - 4 pm	committee meeting	GP office
	24.06.	Mon	1 pm	Rotorua AGM	Parksyde
July	15.07.	third Mon	9:30 am	GP outing	meet at Parksyde
	17.07.	Wed	2 pm - 4 pm	committee meeting	GP office
	22.07.	Mon	5:30 pm	evening forum: key speaker Macular Degeneration	Arawa Bowling Club, Lytton Street
August	19.08.	third Mon	9:30 am	GP outing	meet at Parksyde
	21.08.	Wed	2 pm - 4 pm	committee meeting	GP office
	September	16.09.	third Mon	9:30 am	GP outing
18.09.		Wed	2 pm - 4 pm	committee meeting	GP office
October		07.10.	Monday	undecided	daytime forum
	16.10.	Wed	2 pm - 4 pm	committee meeting	GP office
	21.10.	third Mon	9:30 am	GP outing	meet at Parksyde
November	01.11.	Fri		Christmas tickets	go on sale
	18.11.	third Mon	9:30 am	GP outing	meet at Parksyde
	13.11.	Wed	2 pm - 4 pm	early committee meeting	GP office
	30.11.	Sat	12 pm	Christmas lunch	Parksyde, assemble 11:00 am
December	12.12.	Thu	2 pm	office closes for the	rest of 2019

wider community.

It is this support that Mr Morehu says gave him the strength to make long-term changes.

*“It is a beautiful programme. I am so thankful to the people who support it, they must be good and kind people.”*

Rotorua Trust chairman Stewart Edward says: *“The holistic nature of the programme as well as the flow on effect to whanau, makes it invaluable.”*

*The balance between the clinical and cultural creates a great opportunity to bring men out of isolation, to band together and motivate each other.”*

*“We believe in programmes like this - they have a powerful social return on investment, keeping individuals out of hospital and prison, getting them into employment and restoring families.”*

**We often hear grumbles about what the youth of today are becoming, so here is a refreshing local departure from the norm. Keep an eye out for these two, you may want to lend them a hand!**

Logan Brake and Poppy Langdon from Kaitao Intermediate in Rotorua are about to embark on a trip of a lifetime. These students who topped their year seven classes in 2018 are about to join 9 of their school friends on a cultural trip to China. Both families have been furiously fundraising since September last year, quiz nights, raffles, garage sales, selling handmade items and of course the standard kiwi sausage sizzles with onions on the bottom of course! Poppy also works at Honeycomb hair salon on a Saturday.

Poppy’s Mother, Jody said “This has been an eye-opening experience to fundraise for yourself. We have always helped raise money for many organisations over the years and if I am honest, it is still uncomfortable to ask for support for our family. We are terrible at asking for help and normally just go on quietly in the background. It has been really humbling for all involved with the support received. The common theme seems to be the praise for how our children are working hard and their approach to fundraising by having manners, respect, being humble and truly appreciative.”

It was important to both families that they use this as a tool to teach Logan and Poppy that they must work for things they want. They are such great young people who are both kind, community orientated, think globally about their actions and have firm plans for the future. Logan sees himself in a scientific field, in particular physics. While, Poppy has dreams living in Japan and becoming an Animator. Logan at the tender age of 12 is getting to tick off a bucket list item and seeing the Terracotta Warriors. Both are looking forward to China, with equal parts excitement but feeling anxious, especially about the homestay. They have requested to be able to stay together with a host family. They are good friends who know how to support each other.

Poppy has a fairly rare syndrome called Ehlers Danlos Syndrome. Although she looks like a normal girl, she has the body of senior citizen and suffers from a plethora of complications like chronic pain, fatigue, cranial instability, multiple subluxations per day. Getting through the day is difficult for Poppy, but we try not to let that stop her, and having Logan by her

side is an absolute gift. As an added bonus, Logan’s Mother Naomi is one of the parents chaperoning the Kaitao Intermediate young people, which also makes Jody feel so much better about sending Poppy to the other side of the world.

They leave in September this year.

If you would like to support Logan and Poppy, donations accepted by Jody at Age Concern in Rotorua or you can direct pay into A NZ 06-0489-0213318-00 ref L&P flying kiwi

*Thank you kindly*





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## CITIZENS ADVICE BUREAU ROTORUA

### – NOT SURE? ASK US!

The Rotorua Citizens Advice Bureau is getting more and more enquiries about what a consumer's rights are when goods are purchased on-line – either via a Facebook site or website.



### Here are a few tips for those of you who do enjoy shopping on-line.

Firstly, if the offer seems too good to be true, it probably is, so don't proceed. Secondly, know who you are dealing with – search the seller online, look at their on-line auction feedback, or check any reviews of the particular website. It is also a good idea to check where the business is based and whether the seller is providing a company name, street address, phone and email details. Don't assume that just because the website address ends in co.nz it is a New Zealand-based business.

Shop around to compare prices and deals, as well as any terms and conditions of sales. Then work out what it will cost to actually order the goods – is shipping free, are you buying in New Zealand dollars, do you have to get insurance or pay any customs duty?

You need to feel comfortable about how you pay for the goods and always keep a record of the transaction – print out the receipt and any email acknowledgement. Purchasing by credit card or secure payment system like PayPal should give you more protection than from a cash transfer.

Finally, give a lot of thought to buying from overseas based

traders, as you may not have as much protection. Most established international online retailers will usually try to help you resolve any problems you may have with the purchases, as it is good customer service to do so. If you have a problem with a purchase from an overseas retailer and they will not sort it out, you can make a complaint to www.econsumer.gov – this is an international database of consumer complaints about overseas traders, which participating government agencies can use to identify and help prevent international scams. They will not, however, be able to act on your behalf.

If you bought from a private seller on-line, then you don't have as many rights. The best thing to do is start by contacting the seller directly and telling them what the problem is. The two of you may be able to agree on a solution – for example you may be able to return the goods and they return the money. Some on-line auction sites have their own resolution processes, so if you have used one of these sites, then contact them first if you cannot reach agreement. If this doesn't work, your next option is to make a claim to the Disputes Tribunal. For more information on how to do this you should contact our Volunteers at the Bureau.

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. 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!*

## GREY POWER ROTORUA MEMBERS OUTINGS UPATE

Hello everyone, I want to report back on our outing #1 and let you know about outing #2.

We met at Parksyde between 9:30 and 10:00 am for morning tea. From the feedback I received it was not practical to hire a bus and everybody was quite happy to either take their own car or carpool.

We took off just after 10 am, heading to Hamurana. Some others (living near the airport and in Ngongotaha) joined us at Hamurana. There were two electric wheelchairs among our lot of 14 people. As we slowly walked anti-clockwise around the area, little groups formed (with the photographers being the last ones... as usual). At the finish some had lunch at Parksyde while others had lunch at home. Chintana and I had an outdoor lunch which we had prepared beforehand.

The general feedback I had was that people really enjoyed the outing and the company and that we should do it again. Suggestions were to do it on the first or third Monday (U3A have meetings on the second and fourth Monday). Others said that many were members of the very large Parksyde travel club. That leaves us with the third Monday. I have not yet

decided where to go on June 17th ... suggestions, please.

Join us. All the best.

*Wieland Hartwig*, Vice President

wielandgpr@gmail.com | 985 4146 | 021 02747 976

## STOP PRESS !! LATEST === LATEST === LATEST

**The May outing will be on  
Monday, 20 May.  
Putaruru Timber Museum.  
SH 1, just south of Putaruru.**

We will have morning tea at 09:30 am at the Parksyde café. Then we car pool at 10:00 am to arrive at the sawmill just before 11:00 am. Those who want to have lunch at the timber mill will have to bring their own, or have it on the way back (Sweet Rose Café, 47 Bridge Street in Tokoroa can be recommended).

Cheers. *Wieland Hartwig*  
Outings Coordinator

# FUNERAL PLANS

Today more and more people are changing the way they think and find that it makes a lot of sense to join a Funeral Plan.

## PRE-PAID OPTIONS

A Pre-Paid Funeral with The Cornerstone Pre-Paid Funeral Trust can help relieve the burden of an inevitable event that affects our loved ones emotionally and financially. Arrange and pay for your funeral long before it's needed.

## YOUR PREFERENCES

Knowing that your preferences have been noted, you have complete peace of mind that your wishes will be duly carried out. Should your circumstances or preferences change, you are able to modify any of these arrangements at a later date if you wish.

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• FUNERAL DIRECTORS •





**Hon Tracey Martin, Minister for Seniors**, has released 'Better Later Life – He Oranga Kaumātua 2019 to 2034' for public consultation. In her words, "This draft strategy recognises that we need to take a fresh look at what we have to do to make sure New Zealand has the right policies in place for our ageing population. We need to think about the issues we face as a country. Just as importantly, we need to think from the perspective of every single New Zealander and what they want as they age. This draft strategy, based on what New Zealanders have told us they want, is designed to test our thinking and focus on the priorities for action to help ensure New Zealand is a great place to age. By 2034 we expect that there will be more than 1.2 million people 65 and over, almost a quarter of our total population, and nearly 180,000 people aged 85 and over. This will represent a significant change for New Zealand and is cause for celebration. People are not only living much longer, they also tend to be healthier for longer. This gift of longevity means that we need to rethink the existing notions of old age and retirement."

**The closing date for submissions is 3 June 2019.**

Make your views known. You can:

- Complete our online submission form or print off our Word document version from the SuperSeniors website at [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz).
- Talk with us on social media and respond via Facebook and Twitter throughout the consultation: [facebook.com/OfficeforSeniors](https://facebook.com/OfficeforSeniors) [twitter.com/SuperSeniorsNZ](https://twitter.com/SuperSeniorsNZ)
- \* You can email your completed submission to [ageing\\_population@msd.govt.nz](mailto:ageing_population@msd.govt.nz)
- \* OR You can post your submission to: Strategy for an Ageing Population Office for Seniors P O Box 1556 Wellington 6140

**5 conversation starters with your family**

- 1** The thing that most worries me about death (of me or a loved one) is... and this is what I can do to manage that worry
- 2** Talk about a time when someone close to you was dying. What was positive about that? What was hard about that? What would you like done differently?
- 3** If I could describe the type of care I'd like when I was at the end of my life, what would it be?
- 4** What does 'death with dignity' mean to us?  
If someone we loved was dying and we were offered the option to withdraw treatment other than to keep them comfortable, how would we know that was the right decision? Who would we talk to? Who would need to be involved in that decision?
- 5**

Acknowledgements: Australian Palliative Care: Dying To Talk discussion starter

#weneedtotalkaboutdying

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## Rotorua Community Hospice Trust urges Kiwis to talk about death

Rotorua Community Hospice is urging the community to talk about death more, in the hope they might worry about it less.

Hospice Chief Executive, Jonathon Hagger said there was growing concern internationally that many communities are losing touch with the dying process, and the lack of information often resulted in fear. "Death seems to have become a difficult topic for a lot of people. Many of us have lost the knowledge about what happens, what to say to each other, and the options we have for care."

Rotorua Community Hospice has joined national body Hospice NZ in a nationwide campaign 'We need to talk about dying', aimed at helping communities to reclaim their familiarity with dying and reduce their worry.

The campaign aims to provide information about death and dying, and to encourage people to talk about it more, including about any concerns they may have, what sort of care they want, and what a 'good death' means to them.

"New Zealand is about to make an important decision about whether to legalise assisted dying. It's a big decision, it's a matter of life or death. Rotorua

Hospice doesn't support assisted dying in any form, but putting aside our opinions on the Bill, we're hearing a lot of fear and misinformation about death and dying in the community, and we don't think that's good for anyone," Hagger said.

"Death is a process. We tend to know what's going to happen, and our teams can support people through it. It's usually not anywhere near as bad as they might be expecting. We hope that if we could talk about it more and get more familiar with what happens, that we might all worry a bit less."

Hagger said Hospices hoped that improved conversations would also make people feel more ready and able to support friends and family who were grieving. "Dying involves a whole community, not just an individual, and we all have a role. We think it's important to learn to talk about it while we're well, so we don't have to learn that difficult lesson as someone we love is dying," he said.

Acknowledgements: Australian Palliative Care: Dying To Talk discussion starter



**Agewise**  
Responsibility for MY safety starts with ME

Revise the road rules and learn how to keep driving safely

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

Wednesday 23 October 2019  
Thursday 14 November 2019

9.30am – 2.30pm  
Parksyde Community Centre

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

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

Sum advised by Fletcher Tabuteau, Parliament Buildings, Wellington

OUT-OF-PARLIAMENTOFFICE

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NEW ZEALAND FIRST LIST MP  
BASED IN ROTORUA

**CONTACT**

P 07 347 4045  
E Fletcher.Tabuteau@parliament.govt.nz  
A Level 6, Hinemoa Tower  
1154 Hinemoa St, Rotorua 3010



Since my last note to you in February, we experienced a most devastating event in New Zealand's history. But despite this, it has been also heartening to see how New Zealanders have drawn closer together on the values we hold dear – community, tolerance and compassion.

I am pleased with the initiatives continuing to come out of this Coalition Government such as helping Kiwis to plan for their retirement by adding new KiwiSaver contribution rates of 6% and 10% and allowing more workers access to KiwiSaver by allowing those aged over 65 to sign up.

I am also proud that we delivered a rates increase of the New Zealand Superannuation and Veterans Pension. It will increase by 2.6 percent, reflecting the bigger increases in wages under this Government. This will mean the net rate for a couple who both qualify for super will rise by \$15.82 to \$632.54 a week. We've also announced a pay boost of \$1.20 an hour to lift the minimum wage to \$17.70, the largest increase in history.

I'm happy too to see the end of the Capital Gains Tax conversation and the result has given greater certainty and confidence to taxpayers and business owners and I look forward to the release of the Wellbeing budget on 30 May which this Coalition Government is committed to improving the wellbeing of current and future New Zealanders.

*Editorial supplied by Fletcher Tabuteau*



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## “Why Keep It Secret?” Available from Grey Power Rotorua

We're now on our 6th reprint. The foreword says: “Nothing is surer than death and taxes”. “Why Keep It Secret?” does not replace a Will and is not a legally binding document. WKIS guides us through documenting our important information, so that those responsible for carrying out our wishes are clearly advised.

### ■ Order Form for Booklet “Why Keep It Secret?” Payment must accompany order

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Membership No ..... (if any)

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**FOR POSTAL ORDERS PLEASE POST ORDER FORMS TO: GREY POWER ROTORUA INC., P O Box 414, Rotorua 3040**

**Cheques payable to:** Grey Power Rotorua Inc

**Internet purchase: 2 steps:** Complete order form at our website [www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz), and pay by **internet banking**. Include reference: **WKIS**

**Purchase at the office:** Cash/cheque payment

QTY: .....

DESCRIPTION: Booklet “Why keep it Secret?”

UNIT PRICE: .....

TOTAL: .....

**\$5.00 per copy or \$4.50 each for 10 copies or more [Includes Postage & Packing]**

## It's that time!

Grey Power Rotorua 2019/20 subscriptions are due 1 April 2019

The 2019/20 subscriptions rates are \$25.00 single; \$35.00 couple.

Please consider making a donation to Grey Power Rotorua when you pay your subscription.

**If you are a Pulse Energy / Grey Power Electricity customer, early renewal is vital so you continue to receive the benefit of discounted electricity/gas.**

As payments are processed, a 2019/20 membership card will be posted to you, or if you pay at the Grey Power office, you will be given your new card/s. Please bring the Membership Renewal section from this magazine with you so we can confirm our records.

### Payment Options

- Use the subs renewal form on our website [www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz) and pay by internet banking. Use your Grey Power membership number as your reference and specify RENEWAL. Bank account details are on the website.
- Send your cheque with the Membership Renewal advice section to: Grey Power Rotorua, P O Box 414, Rotorua 3040.
- Call into the Rotorua Grey Power office at 1333 Eruera Street, Rotorua Monday – Thursday 10.00am – 2.00pm 1 March to 1 May, and pay by cash or cheque.



Knitting for Cool Kids Rotorua sometimes meets in our offices. Above are 3 group members with the 123 completed sets of beanies, scarves, mittens and slippers for first year low decile primary school kids. A great achievement. More needle wielders welcome - contact the Facebook page, Kay at The Harvest Centre, or Miriam at Grey Power Rotorua.

**Grey Power Rotorua Inc** 1333 Eruera Street, PO Box 414, Rotorua, 3040  
greypower.rotorua@gmail.com | [www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz)  
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