

TAURANGA & WBOP

GREY POWER

50+ MAGAZINE

www.greypowertauranga.org.nz

QUARTER TWO 2019

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TAURANGA & WBOP GREY POWER

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Tauranga & WBOP Grey Power

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ACCOUNTS: Anthea Fantham
Smart Business Centre

LETTERS TO THE EDITOR:

We would like to hear your opinions or concerns on subject matter for printing in our magazine. Letters must include the writers name, home address and phone number. Letters should not exceed 120 words inclusive. We may not always print all letters we receive. Letters may be edited for clarity and length.

Post to: the address above or email the editor: barb.editor@gmail.com

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President's Word



As we head into winter it is nice to know that the busiest month of the year is behind us. With two AGMs and several other meetings, May was a particularly interesting and informative month. Our own association AGM was held on a fine day this year and was well attended. The speaker Margaret Englander from Over and Above Moving was excellent and very entertaining. She did however have a serious message for us as to the number of belongings we all accumulate over time and then later in life find it very hard to summon the energy to declutter. Unfortunately, this job often falls on the next generation down or grieving relatives to cope with. She also made us aware that a lot of second hand goods are overwhelming op shops and are being sent to landfills. It's something to think about next time you are looking in your cupboards or wardrobe - have I used this in the last year? If not, maybe it needs a new home somewhere else?

The nominations and election of committee members proceeded without incident. I would like to welcome Barbara Stimson to the committee as our new editor. The proof reading is going to go up a notch from now on!! She would love to hear your stories to add to the magazine so do send us something about yourselves or an event you've been to or even a movie you have seen.

David and I went to Wellington as delegates for the Federation's National AGM and I have written a report about that on another page. It is local body election year in October so as an early indicator we have asked the Mayors of Tauranga and Western Bay of Plenty to answer a few questions - see Political Forum page. In the coming months we will be approaching some of the sitting councillors and new candidates to ask what their aspirations are for Tauranga & WBOP.

Our Petition on Sec 70/Spousal Deduction, was presented to the PM the Rt Hon Jacinda Adern at the National AGM. We have subsequently found that through the Budget the law will be repealed as of 1 July 2020. This is a great result for Grey Power to show that lobbying can get results.

As membership renewals were due from the 1st of April this will be the last magazine to be posted out if your sub is not up to date. Check your membership card to see if it has a pale blue label. I encourage you to get your cheque book out while you can!!

It may seem hard to see the results of belonging to Grey Power but our Board and delegates work tirelessly to lobby the Government to take care of our members and all those over 50 and we do have successes. The Gold Card would likely have faded or have been of little use by now but we have fought hard to make it more relevant and useful which was reflected in the pre-Budget announcement.

I wish you well through the winter months and hope to see some of you at our coffee mornings.

Take care,

Jennifer Custins (President)



SUBSCRIPTIONS WERE DUE 1 APRIL 2019

Membership form and details are on the second to back page of this magazine.

To renew your membership or join Grey Power you can go online to our website:

www.greypowertauranga.org.nz

Alternatively, you can pay by cheque or call into our office and pay cash (no eftpos at the village)

Invite a friend or neighbour to join Grey Power to help us make our voice heard.

Historic Village, 17th Ave, Tauranga
Hours: Tues - Wed - Thurs 9.30am - 2.30pm

RENEWING ONLINE

Just a reminder that when you fill in the renewal form online it does not automatically make the payment. You still need to make the online payment by using your internet banking.

For FREE, 24-hour health advice, call HEALTHLINE on 0800 611 116.

If you, or a family member is unwell, and you're not sure what to do, call Healthline for free confidential advice. Your call will be answered by a registered nurse.

OFFICE HOURS From the 17th June the office will be closed on Mondays and Fridays

Tuesday, Wednesday & Thursday we will open from 9.30am - 2.30pm. We feel this will give a better service

GREY POWER COFFEE MORNINGS

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



TAURANGA COFFEE MORNINGS

First Thursday of every month at 10.15am

Venue: The Raft Café, Chapel St, near Briscoes, Tauranga

Dates: 4th July, 1st August, 5th September

KATIKATI COFFEE MORNINGS

Bi-monthly second Thursday at 10am

Venue: Katikati Community Centre Beach Road, just past the schools.

Dates: 8th August, 10th October

Any enquiries for coffee mornings:

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

ALL WELCOME

Wear name badge if you have one.



Our New Editor



My name is Barbara Stimson and I have recently taken over as Editor of the Grey Power magazine. I was born in England, sometime between the end of the war and the Coronation, but I lived most of my adult life in

South Africa. For the past eleven years I have been very happily living in Tauranga.

I am enjoying my retirement, I'm a keen bridge player and love reading. I really enjoy meeting new people and am fascinated by the world and everything in it. I have done a fair amount of travelling and really enjoy experiencing different cultures.

I would love to hear any suggestions for topics you would like to see covered in the magazine, or interesting articles you have to offer. Please do email me at barb.editor@gmail.com.

NATIONAL FEDERATION AGM WELLINGTON 20th – 22nd MAY 2019

Don't be fooled by the photographs – we were up at 6am, breakfast at 7am then sat on upright chairs all day concentrating on the meeting. Dinner was at 7pm and we were often in bed by 10pm.

The Deputy Prime Minister, Hon Winston Peters, together with Tracey Martin the Minister for Seniors, opened our conference on the Monday morning. He made a pre-budget announcement about the \$7.7m being spent over the next 4 years on upgrading the SuperGold Card and providing a new digital platform for the card together with digital literacy training to help people to better understand the technology. Also, the new information on ACC as stated on page 14 under Wellbeing Budget results.

After the announcement Mr Peters took questions from delegates around the UN Migration Compact, Kiwisaver, Superannuation, post offices, asylum seekers and refugees in Australia and the Australian election.

During the day remits were presented and discussed and voted on. It's quite a long process as delegates are given the opportunity to speak for and against the remits.

Mr Gary Holden from Pulse Energy (Grey Power Electricity) spoke on Monday afternoon about the complications ahead for companies to predict power prices. There is a lot of movement in the market now with more competition and erratic weather conditions. He has promised to do the very best to keep offering Grey Power members low, competitive rates. Mr Holden also touched on the subject of them providing internet and phone services but that is an even trickier market to break into and get it right. We look forward to any developments on this.

On Tuesday morning, Steve Jurkovich the CEO from

Kiwibank, spoke about their bank stopping the processing of cheques in 9 months' time saying that internet or phone banking is faster, safer and easier and it is not cost effective for them to continue processing cheques. There will be help available at the banks in the coming months to enable people to transition to alternative ways of paying accounts. He was unapologetic about branches closing as he said only a small percentage of people were actually using a physical bank. When asked about it being our only truly NZ owned bank to stop cheques, he said they may be the first but other banks will follow.

Prior to lunch on Tuesday, Prime Minister, Rt Hon Jacinda Adern briefly spoke to us confirming that she and her government were working hard to look after our age group and reinforced what Tracey Martin had announced regarding the SuperGold Card improvements.

After lunching with us she was presented with our long running petition on Sec 70 re Spousal Deduction. Our dinner speaker on the Tuesday evening was Hon Simon Bridges who spoke well and firmly about



National's vision for the future should they win the election next year. Maggie Barry who accompanied him, presented two members with Life Membership certificates.

All in all, it was a mixed bag over the 3 days but I feel we have a strong board who has listened to the delegates and their members and will work hard to lobby Government on the remits and issues that were raised at the AGM.

We will pass on more information that comes to hand from the National Advisory Groups who work on the issues we have tasked them with.

Jennifer Custins



Happiness is a cat Partnering Seniors and Cats

*Seniors and cats make a perfect pairing
Original by Guy Robertson*

Sherbet, a female orange tabby cat, stretches out on Martha's sofa. "She's truly a miniature lion," says Martha. "When she lounges on my furniture, I recall the lions I saw when my husband and I visited Kenya years ago and she looks just like those lions".

Martha's husband died several years ago. She acquired Sherbet from an acquaintance who already had several cats and decided to give Sherbet to somebody reliable, such as Martha. Sherbet settled in with no difficulty.

"She marched into my front room and jumped up on the sofa," says Martha. "She gave me a look that told me that she accepted her new home, and then she stretched out and fell asleep."

A VET'S ADVICE FOR FIRST-TIME OWNERS

Martha had never owned a cat and realized that she needed to learn how to care for Sherbet. She took her to a local vet for a check-up, and asked for advice regarding feline nutrition and a proper feeding routine. Fortunately, Sherbet was vaccinated, desexed and wormed so apart from a few fleas, she was problem-free.

The vet advised Martha not to over-feed Sherbet. "He told me that new cat owners can love their animals too much, and stuff them with goodies. I promised that I'd do no such thing, but in the beginning I did. I loved Sherbet from the first moment I saw her. It was so tempting to give her treats." But when Sherbet put on weight, Martha disciplined herself and followed the prescribed feeding routine. It was hard at first as she was on her own and Martha wanted to shower her with affection. Luckily she realized that the best way to keep Sherbet from becoming obese was to feed her properly.

SOURCES ON THE SHELVES

Another good source of information was the local library. On a limited budget Martha relied on books for an education on cat ownership." The library is a godsend. I learned how to recognize when Sherbet needed the vet's care, and when she could get by without it. and Martha also learned how to access a

plethora of websites concerning cats.

ADVANTAGES:

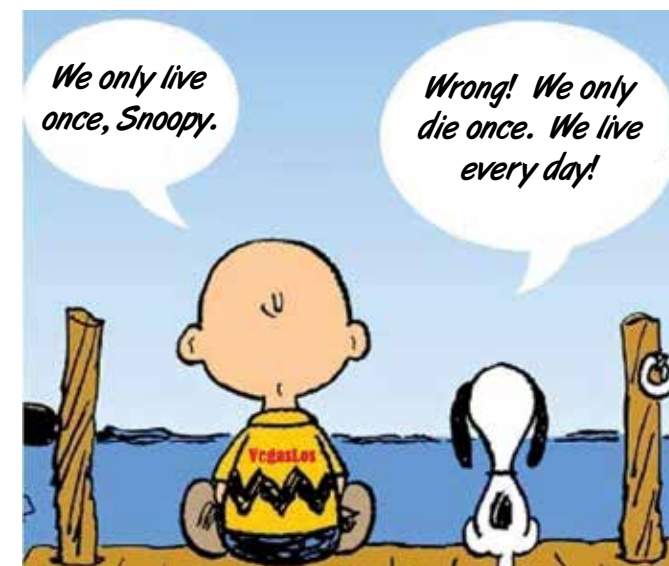
Single people such as Martha report a number of advantages of owning cats. First, the presence of a cat can reduce loneliness and isolation—serious threats to a person's happiness. When one's spouse or friends have moved on or died, a cat can provide welcome company.

"I talk to Sherbet a lot," says Martha. "Everybody needs human contact, but I get enough at clubs and other meetings, and it's nice to come home to Sherbet and tell her what I've been up to. And I can gossip with her all I want, and not cause my human friends any grief. Sherbet knows how to keep a secret."

Also, for seniors with physical limitations, a cat can be easier to care for than other animals. Martha does not need to take Sherbet for a walk, or store heavy bags of food for her. It's not difficult to groom Sherbet and clean her litter box.

"She doesn't get in the way or under my feet," says Martha. "She seems to know how to share our space. We both know where we stand with each other, literally and figuratively. Sherbet has enriched my life in so many ways, and I recommend cat ownership to many of my old and older friends. Remember that ad about putting a tiger in your tank? Well, consider putting a little lion in your life."

Altered and abridged for the magazine.



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TAURANGA
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Vaccine Fears Debunked in New Research

Vaccine naysayers have a strong voice in parts of New Zealand and their impact on many has been of real concern to our medical professionals, who have to deal with the casualties of this fear. Outbreaks of measles due to lower levels of community immunisation have been reported recently both in New Zealand and throughout the UK and USA.

The WHO has listed “Vaccine hesitancy” as one of the top 10 ten threats to global health in 2019. “Vaccine hesitancy – the reluctance or refusal to vaccinate despite the availability of vaccines – threatens to reverse progress made in tackling vaccine-preventable diseases. Vaccination is one of the most cost-effective ways of avoiding disease – it currently prevents 2-3 million deaths a year, and a further 1.5 million could be avoided if global coverage of vaccinations improved.”

“Vaccine hesitancy is threatening the historical achievements made in reducing the burden of infectious diseases, which have plagued humanity for centuries. Only a collaborative effort between paediatricians, family doctors, parents, public health officials, governments, the technology sector, and civil society will allow myths and misinformation around vaccination to be dispelled. If we fail, the future health of unvaccinated children and their communities will suffer greatly.” (*Editorial, The Lancet Child and Adolescent Health May 01 2019*)

The trigger for concerns about vaccination came to a head in 1998 when the well-respected Lancet medical journal published a study implying a link between the MMR vaccine and autism. This article was later retracted by the Lancet over 10 years later with the Editor, Richard Horton saying "It was utterly clear, without any ambiguity at all, that the statements in the paper were utterly false. I feel I was deceived." (*The Guardian 2 February 2010*). Despite this the film “Vaxxed: From cover-up to catastrophe”, released in 2016 continues to be screened throughout New Zealand. This film is directed by the primary author of the discredited study in the Lancet, as well as his appearing in the film as the main medical expert.

Since the initial concerns were raised about MMR vaccines and autism, there have been numerous

studies and analyses seeking to find the truth. A review of studies involving over 14.7 million children internationally found “Exposure to the MMR vaccine was unlikely to be associated with autism, asthma, leukaemia, hay fever, type 1 diabetes, gait disturbance, Crohn's disease, demyelinating diseases, bacterial or viral infections.” (*Cochrane Systematic Review published 12 February 2012*).

Now a Danish study designed to evaluate whether the MMR vaccine increases the risk of autism has been published. (*Annals of Internal Medicine 16 April 2019*). The study followed up 657,461 children born between 1999 and 2010, through to August 2013. The authors' conclusion was: “The study strongly supports that MMR vaccination does not increase the risk for autism, does not trigger autism in susceptible children, and is not associated with clustering of autism cases after vaccination.”

Let's hope that common sense prevails and that the enormous benefits of vaccinations are more widely accepted throughout all sectors of society. Many of us are grateful that we are no longer in fear of diseases that plagued previous generations - such as polio, tuberculosis, tetanus, smallpox, and diphtheria.

David Marshall

Have you had your Shingles Vaccination?

The shingles vaccine is fully funded for those aged 65. Those aged between 66-80 years of age can also receive the funded vaccination up to **31st March 2020**. As the supply of vaccine is in short supply from time to time it is recommended that you book your vaccination in advance.

Shingles is a painful rash that develops on one side of the face, body or head. The rash is made up of small blisters that typically scab over after 7-10 days. The pain or irritation from shingles will usually go away in 3 to 5 weeks. However, if the virus damages a nerve, you may have pain, numbness or tingling for months or even years after the rash is healed. This chronic condition is most likely to occur in people over 50.

The best protection against shingles is immunisation. (*Ministry of Health website – Shingles*)



Stop DHB's Practising Postcode Health

Kiwis believe in giving everyone a fair go. Unfortunately, this is not the case with our District Health Boards in their provision of free elective surgery. Your eligibility to be placed on a waiting list for elective surgery is not solely dependent on the severity of your condition, but more on where you live! And here in Tauranga and the Western Bay of Plenty there is a significantly higher barrier for our members to get onto waiting lists for hip & knee surgery and cataract operations, than in most other regions.

Of equal concern was that the leader of the Opposition, Simon Bridges, revealed at the Grey Power Federation AGM that for the first time in recent years, DHBs are on track to deliver significantly fewer elective surgeries than the previous year.

“The Government is failing more patients than ever with at least 10,000 more people than last year on track to miss out on much-needed surgery”, Leader of the Opposition Simon Bridges says. “Ministry of Health figures for the nine months to March show the total number of patients discharged from elective surgical specialties was nearly 6,500 procedures behind where it should be at that point in the financial year.” (*Simon Bridges Press Release 19th May 2019*)

The NZ Herald recently investigated the phenomenon of Postcode Health in a series of articles and an Editorial (March 16th 2019 Weekend Herald). In a focus on availability of cataract surgery around the country they demonstrated that the priority score that placed you on a 4-month waiting list varied from a low 45 in the Auckland and Tarawhiti DHBs to a massive 61 in the Southern DHB. BOP DHB had the 3rd highest barrier to becoming eligible for cataract surgery at a score of 59.

The irony of eligibility is particularly acute in Auckland where there is a huge gulf between the Auckland DHB and Counties Manukau DHB with respect to eligibility for cataract surgery. The eligibility score for Auckland DHB is 45, but for Counties Manukau is 55. Consider 2 identical patients in adjacent streets, but in different DHBs, each assessed with a score of 50,

one needs to pay around \$4000 so they can continue driving while the other is eligible for free surgery and placed on the waiting list.

The argument used by DHBs and politicians is that the population needs are different in each DHB, so eligibility needs to vary for the DHBs to keep within their allocated budgets. Health Minister David Clark is quoted as saying “There will always be variation across the country, in line with different environments, population mix, and pressures.” (*Weekend Herald 26 March 2019, A15*). Under this false logic the Government should have taxed us different rates depending on where we lived and what services were available to us. Instead they taxed us all in the same manner during our working lives. The benefits of those taxes should be available equally to every citizen, regardless of where they live.

Postcode Health barriers are an affront to equal access to healthcare in New Zealand. In Tauranga & Western Bay of Plenty we are particularly vulnerable to these inequalities of access to elective surgery. We are an ageing region with a much higher than average population over the age of 65, so the DHB is forced to raise the barrier for us to become eligible. This means greater pain, more immobility, reduced fitness, isolation through inability to drive due to cataracts etc, than in most other DHB areas, all because we chose the wrong area to retire.

Obviously, we could all opt to have these operations under private care, but with few able to afford health insurance coverage the costs are simply unaffordable – especially for those on fixed incomes and limited savings. And is it fair to expect some New Zealanders to pay for a standard of healthcare that others in the country receive free of charge in our great Public Health system.

We call on our politicians to agree to national standards for eligibility for elective surgery that are available to every New Zealander, regardless of where they live.

DHBs need to be funded and be held accountable for delivery of equality in healthcare nationally. In an era of delivering Wellbeing Budgets our current government should be fully committed to fixing this issue and we look forward to early confirmation that this issue is included in Policy.

David Marshall



Western Bay of Plenty Blue Light Youth Driver Navigator Programme is looking for Volunteers

Blue Light initiative is also operating in Katikati through the Community Centre - if you are interested please contact them.

The Western Bay of Plenty Blue Light Youth Driver Navigator Programme are looking for volunteers to help in this scheme to assist young students nominated from the various high schools in the Tauranga area to obtain their drivers' licences.

The Programme receives applications from high schools, various learning institutes, and other referrers such as Police and MSD. Once the applications are processed, and depending on their situation, students are offered 3 free AA driver lessons with an AA Drive Instructor.

The student is then gauged on how proficient they are as drivers and this allows them to be paired up with an adult driver mentor, or what the programme calls a 'Navigator'.

A Navigator is usually a volunteer who is prepared to give up an hour or two out of their week to assist a young driver student until they are confident enough to be able to pass their Restricted Licence test.

The Navigator is usually assigned to that student for the first six months of their Learner Driver period and they can undertake lessons as many times as they want.

Communication between the Navigator and the young driver is crucial to a successful outcome of their driving. Once they are paired together they will have one hour lessons. Progress is usually recorded in a Lesson Booklet, followed by a debriefing between the Navigator and Young Driver.

The Programme have a dedicated Blue Light vehicle to facilitate lessons at any time, 7 days a week, and this is parked at The Collective in the Historic Village in 17th Ave. Tauranga. Elliot Hira is on hand there and manages the bookings and refuelling. He will happily answer any questions or concerns regarding the Programme.

Currently there are less Navigators than students and Elliott is reaching out to find more volunteers to make this scheme a success.

If this is something you would like to know more about, or if you feel that you can offer your help to such a worthwhile cause please contact:

Elliot Hira

Elliot@bluelight.co.nz or tel: 027 616 2585

Nigel McGlone

nigel@bluelight.co.nz or tel: 027 246 8513

How to Know You are Getting Older

- The gleam in your eye is the sun hitting your glasses
- You feel like the night before and you haven't been anywhere.
- You know all the answers but no-one asks you the questions.
- You look forward to a dull evening.
- You need glasses to find your glasses.
- You turn out the lights for economic, rather than romantic reasons.
- You sit in a rocking chair and can't get it going.
- Your knees buckle but your belt won't.
- Your back goes out more than you do.
- You have too much room in the house, but not enough in the medicine cupboard.
- You sink your teeth into a steak, and they stay there.
- You wonder why more people don't use **this size print.**
- When you lean over to pick something up off the floor, you ask yourself if there is anything else you need to do while you are down there.
- You find yourself in the middle of the stairway, and you can't remember if you were downstairs going up or upstairs going down.
- When you use valet parking to avoid losing your car



5 Minute Chocolate Mug Cake - For 2 small cakes:

¼ cup sugar

1 large egg

2 Tbsp canola or other light oil

2 Tbsp cocoa powder

¼ cup self-raising flour

¼ cup milk

¼ 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.



Volunteering with Alzheimers Tauranga/WBOP was a natural fit for Bruce.

Bruce's father had passed away with Alzheimers and he wanted to make a difference to someone else's journey. Bruce comments that "Volunteering has given me insight into some of the unanswered questions I had about my own father as well as a great sense of fulfilment, knowing I'm helping someone else to live as well as possible".

Bruce provides companionship and regularly visits Robert* who has dementia. This week they went to the Mount, somewhere Robert said he'd never been before. Bruce suspects he has simply forgotten, but it really doesn't matter. Bruce says that being a part of the 'thrill' of discovering new places with Robert is great fun. "You really get to know someone, it's a real privilege".

Volunteer Coordinator Faye Philp says, "Our volunteers are often surprised by the benefits they gain from helping others and stay because of the fulfilment of the role."

Have you ever thought of giving the gift of time to your community? Alzheimers Tauranga/WBOP needs volunteers to help make life better for all people affected by dementia. If you have a few hours to spare, come and join our great team of volunteers.

**For further information contact Faye Philp
Ph 577 6344 ext 3 or
volunteers.tauranga@alzheimers.org.nz**

**name changed*

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**LIFE IS SHORT
WEAR SHORTS4HOSPICE**

FRIDAY 21 JUNE | REGISTER ONLINE NOW

Raise the hemline, raise eyebrows, raise funds & raise awareness... all to support Waipuna Hospice

The days are getting colder, which means it's nearly time to bare the legs in support of Waipuna Hospice.

Friday 21 June is the day when thousands of New Zealanders will wear shorts for hospice. Get out your boldest, biggest, most trendy shorts and have fun with your colleagues, friends, family or organisation. Challenge others to get on board!



INDIVIDUAL

Register as an individual for a donation of \$10, then get your friends and family behind you by setting up a Givealittle page and help spread awareness.



SCHOOL/GROUP

Get your School, group or organisation involved by hosting a mufti day, fundraising event or donation drop-off. Life is short, help us spread the word!



CORPORATE

Join our network in the Bay of Plenty by registering your business with a donation of \$200, then encourage your staff to get involved.

! We can support you with resources, posters and marketing material to help you fundraise and promote the event!



Visit our website waipunahospice.org.nz/shorts/ to register or email events@waipunahospice.org.nz for more information.

Shorts4Hospice

The days are getting colder, which means it's nearly time to bare the legs in support of Waipuna Hospice. It's that time of year again to hunt through your summer wardrobe or local hospice shop for those weird and wonderful shorts, all in the name of raising much needed funds for hospice. Waipuna Hospice is once again challenging the bravest of the brave to get on board "Life is short, wear Shorts4Hospice" campaign.

There are many people who have had experience of losing the loved one, perhaps a partner or child, friend or neighbour. Shorts4Hospice is a light-hearted way to raise the subject of end of life care and community involvement with a fun and easy participation activity. The funds raised will go a long way in helping 1 in 3 people in our community who already use or will use hospice services.

This year Waipuna Hospice expects to care for 1000 patients and provide support services for their families. Last year nurses made more than 9,642 visits and over 19,800 phone calls to patients in the community. 141 staff work in a variety of full and part-time roles, and a volunteer team of around 820 people support all components of hospice services. Last year's event raised a few eyebrows' with some very creative shorts and costumes. Organisations came on board with a fierce fashion show, morning teas and other wonderful fundraisers. Show your support on the day by sharing your shortastic photo's on the Waipuna Hospice Facebook page. Also, when you sign up you will receive a 20% discount voucher to purchase your shorts from any Waipuna Hospice stores.

We are challenging everyone to come on board and have a bit of fun. This year we are raising the stakes! The Waipuna Hospice Board, lead by Mark Tingey and the Senior Leadership Team, lead by Richard Thurlow will go head to head (or shall we say leg to leg) in raising their hem lines in support of Shorts4Hospice. With every dollar raised, their hem lines will get shorter! We hope that people will come on board and help raise funds for Waipuna Hospice and the hem line to the shortest level - \$8,000!

Boost their confidence and encourage them to show a bit of leg through our Givealittle page - givealittle.co.nz/cause/shorts-for-hospice-2019

Shorts4Hospice is a great way to see the brighter side and raise funds for the fantastic work that

Waipuna Hospice does for their patients and families. Register now through your workplace, as an individual, school or community group. Visit waipunahospice.org.nz/shorts or email events@waipunahospice.org.nz



\$4,000

Waipuna Hospice Senior Leadership Team, who are aiming to fundraise at least \$4,000 to reveal their legs



\$8,000

Waipuna Hospice Board, who are aiming to fundraise at least \$8,000 to reveal their legs

Funds raised from this event will go directly towards providing specialist medical care for patients living with a life limiting illness within Tauranga and the Western Bay of Plenty from Waihi Beach to Paengaroa. Waipuna Hospice also provides a range of support services for patients and their families, including counselling, chaplaincy services, books and resources, caregiver education, bereavement support, advocacy, advanced care planning, therapeutic massage, biographies, social work and child, adolescent and family service.

Waipuna Hospice is not funded by government, while some of our services are contracted from the District Health Board we need to raise \$3.7 million in the coming financial year to meet the shortfall in our operating costs. That's a little over \$71,000 per week! Grants, bequests, special public appeals, events, volunteering, merchandise and our Waipuna Hospice charity shops help raise funds towards this enormous fundraising target.

The Kiwi Quiz

- Which do you think Clark Gayford might have said in a recent interview in the NZ Herald?
 - Advised a young father not to go scuba diving.
 - Talked about a night away from Neve with Jacinda Ardern and how they didn't talk about Neve at all.
 - Thought it would be 'phenomenal' to bring a moa back to the NZ natural landscape so that it could come bolting out of the bushes when hiking!
- The first iPhone was released in
 - 2007
 - 2009
 - 2013
- A traditional well-known stew goulash originated in which of these countries in medieval times.
 - England
 - Ireland
 - Hungary
- The spouse pension rule which Grey Power advocated to be changed was unfair

because

- It means the NZ partner may get little or no NZ Superannuation.
 - The overseas partner has to pay tax on their income
 - It only applies to people married to Americans See article in last Grey Power magazine for further information about this.
- The shocking shootings in Christchurch this year took place on
 - March 5th
 - March 15th
 - March 25th
 - Which of the following countries jailed 3 NZ journalists earlier this year?
 - Syria
 - Fiji
 - North Korea
 - Louis Pasteur, the inventor of pasteurization, was born in which of these countries?
 - France
 - Belgium
 - Germany
 - In 2018 New Zealanders lost \$33m in scams. What percentage of those scammed were aged 65 or over?
 - 15%
 - 36%
 - 48%
 - Why was Grey Power formed in 1986?
 - To create a group of old wise people.
 - To protest against the unfair surtax on pensioner's savings.
 - To lobby Govt on improving the rights and well being of people over 50.
 - Richard Burton married which actress twice in 1964 & 1975?
 - Vivian Leigh
 - Elizabeth Taylor
 - Audrey Hepburn
 - What meat is traditionally used in the French dish coq au vin?
 - chicken
 - beef
 - pork
 - Which author created the character 'Winnie the Pooh'?
 - Lewis Carol
 - A A Milne
 - Beatrix Potter

Answers on page 22

A recent survey of members has provided us with some interesting statistics about who we are and how we live our lives:

We are generally healthy, 79% rate our health better than someone else our age, but 25% of us are waiting for some kind of medical procedure.

We exercise a lot: 65% of us walk or run for pleasure, 30% do regular exercises and 13% go cycling.

We've got green fingers and socialise a lot - 65% garden regularly and 68% of us meet up with family and friends each week while 61% of us also attend an interest or activity group.

We use the internet a lot. 31% use it for socialising and 69% use the internet for banking. But we use the phone just as much - 60% for social calls and 22% for banking.

Some of us need a bit of help. 16% have been assessed for home care and most of those are happy with the assessment and the service being provided. But we are not as well off as we used to be - 16% have to cut back on essentials to meet regular payments.

And although 76% of us own our own homes, over a quarter (26%) of us are in paid work.

Using the Gold Card to travel is much appreciated and where public transport is available, like Wellington and Auckland, it is used a lot.

We pay our way!! We contribute the equivalent of \$351,000,000 to the New Zealand economy each year through voluntary and unpaid work.

Fun fact: We're getting the message that electric bikes boost older peoples' mental ability and wellbeing - more than twice as many members use e-bikes than use mobility scooters!! WOW! Changing world.

Ref: Survey supplied by Grey Power Federation Vice President, Peter Matcham

Although 76% of us own our own homes over a quarter 26% of us are still in paid work.

Where there isn't good public transport, we're good at sharing - 26% share rides with family or friends.

We pay our way - we contribute the equivalent of \$351,000,000 to the New Zealand economy each year, through voluntary and unpaid work.

Photos, photos everywhere

One of the advantages of living in 2019 is our ability to synchronise photos between devices, including the TV! This means you can take a photo with your fancy phone, it arrives automatically on your computer (via WiFi) and finally, you can look at the photos on your TV using a Chromecast device.

Google Photos is really handy in taking a copy of all your pics and sorting them chronologically but keeping them separately from the originals. It is from here that we can run slideshows and look at photos on the TV.

**Give us a call if you want to sort your photos out!
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POLITICAL FORUM

A WORD FROM TODD MULLER

The city of Tauranga has experienced phenomenal growth over the past few years which has brought with it both tremendous opportunities to grab - and huge challenges to collectively overcome. Areas of our region from Papamoa right through to Omokoroa are bursting at the seams as we experience population growth that easily outstrips all projections. This has put an increasingly noticeable strain on our roads, our schools, our medical facilities and on house prices.

As your local MP I am concerned that service delivery is not keeping pace with population growth and the Government's bungled Census isn't giving me great confidence that the issue will be rectified any time soon. It is simply not good enough that one-in-seven, or about 700,000 people, didn't fully complete the Census. This has devastating flow on impacts for regional government funding allocation - in health services and education allocation - which are regionally stratified.

We don't know what our population is, how many older people we have, or how many younger people we have. This has real impacts on the Government's ability to plan for building schools, roads, or aged care facilities. Instead of making informed investments they are making assumptions and guesses. How can you make an informed decision about where to build a new school, or how many hip operations to fund, if you don't have reliable data?

Our community has been fantastic keeping the pressure on the Government with petitions for roads, schools and medical facilities. We are sending a clear message from the grass roots that we expect investment to keep pace with growth. We need to keep our voice strong because the growth in New Zealand is largely occurring in our community. Development must go hand in hand with services and infrastructure or we are putting our quality of life and community experience in jeopardy. The Bay is a special place to live and we need to ensure it stays that way.

I look forward to connecting with you out in the community sometime soon,

Todd Muller MP for Bay of Plenty

The Wellbeing Budget includes three initiatives that will help seniors stay connected and improve their financial position:

1 The most significant is \$7.7 million to upgrade and enhance the SuperGold Card including building a new digital platform for card holders and businesses.

Minister for Seniors Tracey Martin said the SuperGold website, which hasn't been updated for six years, would be upgraded and easier to use. A new SuperGold app, linked to the website, would also be created to help show seniors where the card can be used when they are out. These will be launched before the end of 2019.

2 The Wellbeing Budget also contains new money for Digital Literacy Training for seniors. "The Budget contains \$600,000 to provide some computer training and skills for those who need it. We want older people to be able to access information and services online, and not miss out. And we want them to have the technology skills to stay in touch with their families."

3 The Budget also provides ACC changes that better support working superannuitants who are injured. The ACC changes, which will begin on 1 July, will mean that those older people who are still working and are seriously injured will no longer have to choose between receiving NZ Superannuation or ACC weekly payments. At the moment if someone is eligible for Super or the Veteran's Pension they have to make that choice," Minister Martin says.

OTHER BUDGET RESULTS -Sec 70

One item that was not announced at the Nat AGM or in any post Budget results was the scrapping of Spousal Deduction which we had petitioned on for the last 8 or 9 months. We are very sure that our association's hard work and the support we had from people around the country have had a huge influence on this law being changed. For some reason this has been kept very quiet but it is great news for the 500 odd people who have been so badly affected by this law for so many years. A little dignity and independence will be returned from 1st July 2020. The voice of Grey Power does make a difference and we will continue to lobby on other issues that will hopefully make life more acceptable to all people over 50.

Our Questions for your Mayors we asked Greg Brownless, Mayor of Tauranga and Gary Webber, Mayor of Western Bay some pertinent questions.

1. What has been the most significant achievement of your Council in the past 3 years?



Greg Brownless: The most significant achievement has been to make changes at the top of the organisation, the beginning of change designed to solve the many problems that have plagued Council.



Gary Webber: I am really proud of the fact that we have reduced our debt significantly while at the same time doing our best to meet the requests for better and more services from our residents.

2. What is your Council doing to reduce the rates burden for the elderly and others on fixed incomes?

Greg Brownless: Sticking to core Council functions so that rates increases are limited to what is necessary, and at the same time publicising the availability of rates rebates for those on low incomes

Gary Webber: I have been aggressively lobbying every Central Government Politician I can and my fellow Mayors to get a review of the "Rate Rebate Subsidy Programme". In my opinion the indexing of the rebate amount and the household income threshold has not kept pace with inflation over the last 20 years. In my opinion the Rebate should be \$920 and the Income Threshold should be \$39,000.

3. Are you aware of the Age Friendly City Strategy and how important is it in your decision making?

Greg Brownless: The Age Friendly Strategy is of major importance in Tauranga where there is a higher proportion of elderly people compared to the national average. We need to make Tauranga easy to get around for older folk and to provide the services they need. Every decision should have the Age Friendly Strategy in mind.

Gary Webber: Yes we are, and it is included in our Community Strategy. Given the demographics of our District, we are acutely aware of our ageing population.

4. What do you see as the greatest challenge for your Council in the next 3 years?

Greg Brownless: Funding sources other than rates are a great challenge. It is unsustainable to have continued rates rises above inflation and Government needs to share some of the revenue it gets from GST with councils/ratepayers particularly to meet the costs of growth and infrastructure.

Gary Webber: Meeting any Central Government requirements that may add cost to our operation.

5. What one thing would you personally like to see achieved in the next 3 years?

Greg Brownless: One major thing I'd like to see achieved within 3 years is Council taking the community with it on important decisions. Council needs to do things with the community rather than to the community. If that happens, we can efficiently deliver the water, wastewater and transport projects that are needed over the next three years.

Gary Webber: For me personally I would like to see the "Rate Rebate Subsidy" increased before the next Central Government Elections.

Don't Forget to Apply for your Rates Rebate \$. Applications for a rebate of up to \$630 on your rates for 2018/19 close on 30 June 2019.

If you lived in your own home on 1 July 2018 and you (or you and your partner) earned less than \$43,000 from 1 April 2017 to 31 March 2018, then you may be eligible for a refund. For those earning \$35,000 and paying rates of \$3000, the refund would be \$630, or if paying rates of \$2400 then a rebate of \$266.33. Residents of Retirement Villages can also apply for a Rates Rebate.

Ask your Council to help you make your claim if you are having difficulties.

Forms are available at your local council office, or can be downloaded from your Council's website.

For those over 65, and those in financial hardship, WBOPDC offers Rates Postponement Schemes which can be very helpful and may ensure that a long term home need not be sold. Details available from Council or at the WBOPDC website.

Don't miss your entitled Rates Rebate - we have been advised by some politicians, that because so few apply for a rebate, it means people do not struggle to pay their rates. This is simply untrue!

Reading Food labels

Five easy steps

Step 1: Look at the serving size

Compare the serving size on the package to the amount that you eat. If you eat the serving size shown on the Nutrition Facts Table you will get the amount of calories and nutrients that are listed.

Step 2: Look at the calories

Calories tell you how much energy you get from one serving of a packaged food.

Step 3: Look at the per cent Daily Value (% Daily Value)

% Daily Value puts nutrients on a scale from 0% to 100%. This scale tells you if there is a little or a lot of a nutrient in one serving of a packaged food. Use this percentage to compare the nutrient content of different foods. 5% DV or less is a little 15% DV or more is a lot

Step 4: Try to get more of these nutrients

Fibre, vitamin A, vitamin C, iron, calcium

Step 5: Try to get less of these nutrients

Fat, saturated fat, trans fat, sodium, cholesterol
You can use the Nutrition Facts to:

Compare products more easily

Find out the nutritional value of foods

Better manage special diets, such as one that is low in sodium

Increase or decrease your intake of a particular nutrient (for example, increase fibre, decrease saturated fat)

Here's an example...

Beef Burgers

Chicken Burgers

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 340	
Fat 27 g	42 %
Saturated Fat 12 g + Trans Fat 2 g	70 %
Cholesterol 70 mg	
Sodium 330 mg	14 %
Carbohydrate 3 g	1 %
Fibre 0 g	0 %
Sugars 3 g	
Protein 24 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

Nutrition Facts	
Per 1 burger (130 g)	
Amount	% Daily Value
Calories 200	
Fat 9 g	14 %
Saturated Fat 2 g + Trans Fat 1 g	15 %
Cholesterol 70 mg	
Sodium 800 mg	33 %
Carbohydrate 4 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 25 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 2 %

Step 1: Serving size: The information on both packages refers to one burger.

Step 2: Calories: Each beef burger has 340 calories, each chicken burger had 200 calories.

Step 3: Look at the % Daily Value: Scan the numbers, and compare which burger is higher or lower in a particular nutrient.

Step 4: Nutrients you want more of: At 30%, the beef burger contains a lot of iron.

Step 5: Nutrients you want less of: The fat and saturated fat content are higher in the beef burger. However, the chicken burger has more than double the amount of sodium as the beef burger.

Bottom Line: If you're looking for an iron-rich food, the beef burger is your best bet. However, if you're looking for a lower fat option (but much higher in sodium), then the chicken burger is the one to choose.

What about nutrition claims?

Nutrition claims provide a snapshot about the amount of one specific nutrient in a food, such as fibre or fat. While nutrition claims are optional, they must meet government regulations before appearing on a package.

Here are some examples of common claims:

- Source of Fibre**
 "Source of fibre" means the food contains at least 2 grams of fibre in the amount of food specified in the Nutrition Facts table. "High source of fibre" means at least 4 grams of fibre, and "Very high source of fibre" is at least 6 grams of fibre.
- Low Fat**
 "Low fat" means that the food contains no more than 3 grams of fat in the amount of food specified in the Nutrition Facts table.
- Cholesterol-free**
 The claim "Cholesterol-free" means that the product has a very small amount (less than 2 mg of cholesterol in the amount of food specified in the Nutrition Facts table) and it is also low in saturated fat and trans fat.
- Sodium-free**
 A "sodium-free" claim means the amount of food specified in the Nutrition Facts table contains less than 5 mg of sodium.
- Reduced in Calories**
 "Reduced in Calories" has at least 25% less energy (Calories) than the food it is being compared to most of the time, it's being compared to the regular version of that food
- Light**
 The term "light" is allowed only on foods that are either "reduced in fat" or "reduced in energy" (Calories). "Light" can also be used to describe sensory characteristics of a food, for example light tasting or light coloured.

Source: Health Canada

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The Joy of Books



I can't remember a time in my life that didn't involve books. Even before I could read for myself, I begged my mother to read my favourite Noddy or Rupert books over and over again. I fell in love with the magic that could be found in the pages of a good book and I have never lost that love. I am a compulsive reader which means I read everything, everywhere and consequently can't sit in a waiting room or an office without reading every sign on every wall.

My love affair was kindled, and for many years kept alight, by Enid Blyton. She shaped my childhood, opened my imagination and invited me into a magical world of smugglers in Cornwall, boarding schools full of privileged girls called Bunty or Felicity, and then up a tall tree with enchanted lands at the top. I devoured every word she wrote. I imagined myself in the stories, being a boarder at Mallory Towers, living in Kirrin Cottage and having picnics of ginger beer and sandwiches on a treasure island. It was also because of Enid Blyton that I learned to speed read. We couldn't afford new books in our family and had to wait for them to be available in the library but my cousin Rodney got all the Famous Five books hot off the press. Whenever we visited my aunt's house, I would beg Rodney to lend me the latest book. He would agree to lend it to me but only for one hour. I gobbled my way through that book and always managed to finish it just inside the hour, feeling like I had run a marathon. I'm glad to say that Rodney became a nicer person as he got older!

Once I outgrew Enid Blyton, I found it a little more difficult to find a favourite author. Nobody could live up to the standards I had become used to and I flittered around as a young teen trying anybody and everybody until at the age of about fifteen, I got into the classics. I devoured the Bronte's, Jane Austen, Wuthering Heights, Thomas Hardy and George Eliott. Dickens was too long winded for me as patience has never been a virtue I acquired. I once tried science fiction to impress a boy I liked who was into Ray Bradbury but it left me cold. I didn't tell him that, obviously.

Later I got completely hooked on Norah Lofts, Georgette Heyer and Jean Plaidy. I remember sitting on a commuter train into London reading a Georgette Heyer novel and finding the conversation in the book

so hilarious that I got a fit of giggles. I was surrounded by stuffy businessmen who looked as though they thought they had a mad woman in their midst, although one obviously found it infectious and started laughing with me. Or maybe he was laughing at me??

For many years I belonged to a book club and was introduced to so many writers and genres that I would never otherwise have given a second glance. We were a very mixed bunch and our taste in books reflected that. Through the book club I was introduced to Russians who had been imprisoned in the Gulag, Chinese people kept in slavery, hostages in Beirut and novels that spanned every possible category.

As an adult my literary tastes have been eclectic and extensive. I no longer have a favourite author as I haven't found one who can write as quickly as I read. I will try almost anything unless it has an alien or a slinky seductress on the cover, and I have no shame in abandoning a book if it hasn't grabbed me by the end of the second chapter. My taste in literature is also sometimes dictated by the events in my life. After my husband died, I spent a year deeply into serial killers, Val McDermid and Lynda LaPlante were my favourites. Looking back, I realise that it was pure escapism – there was nothing about these books that was going to trigger anything emotional for me. Fortunately, I no longer need serial killers in my life and have moved onto more pleasant topics.

Finding affordable good books has sometimes been difficult. I have lived in places where it was an ongoing struggle to find anything readable. For me the advent of eBooks was a godsend, much as I enjoy a physical book. I love being able to go on holiday with six books stored in my Kindle and all being able to fit in my handbag. I remember the days that my suitcase was so full of books I hardly had space for clothes. The ability to have a backlit book is also fabulous. I can turn my lights off, snuggle under the covers and read a book before I go to sleep. Even if I fall asleep it will just turn itself off and bookmark my page for me. I find eBooks are so much cheaper than hard copy books, don't take up space and very best of all can be borrowed from the library without even having to leave the house. I am now a complete convert although the downside is that it really isn't possible to belong to a book club when there is no book to lend.

I am thankful every day for writers who spend so much time and effort producing these works for our enjoyment. Books have shaped my life, made me think and think again, entertained, educated and amused me and most of all given me a huge amount of joy.

by *Barbara Stimson*

Kiwibank to become cheque free

Kiwibank have announced that as of 28th February 2020 the bank will be cheque free. This is because the use of cheques has declined to such an extent that it is no longer economically viable for them to continue with the practice. From 30 September 2019 you will no longer be able to order a cheque or deposit book. From 28th February 2020 you will not be able to deposit a cheque or use a cheque for payment and bank cheques will no longer be sold. The bank is hoping to make this switch as pain free as possible for its customers and are offering the following options to help people manage the transition painlessly.

- **Stepping UP** Digital Banking Workshops: Kiwibank have partnered with Stepping UP, a community organisation that specialises in digital enablement,



to run workshops at local libraries for anyone keen to understand the basics of digital banking. They would love to see you there. These workshops will be advertised on their digital education hub on the website and directly in the Stepping UP centres as and when they are happening.

- **Kiwibank Tech Teas:** You are invited in to a Kiwibank branch for a Tech Tea, where you can learn more about internet banking, phone banking, EFTPOS, in-branch withdrawals and ATMs.
- **Kiwibank Digital Education Hub:** Find out all you need to know to protect yourself online through the Kiwibank Digital Education Hub on their website. Watch how-to videos and get access to free, downloadable guides in one place. Go to kiwibank.co.nz/digital-education.

One big question may be whether there are ways to make and receive payments for a person who has no access to the internet. The solution for this would be telephone banking. If you have the bank account number of the person you wish to pay you can phone the bank and set up the payment. If it is someone you pay frequently you can set them up as a Saved Payee to make future telephone payments easy. For regular payments of the same amount you can simply set up an automatic payment.

Kiwibank are very eager to help and have an available brochure that explains the whole process and alternate ways of making and receiving payments. You are invited to pop into your nearest branch to ask your questions or to give them a call on 0800 11 33 55 (7am and 8pm, Monday to Friday and between 8am and 4.30pm on weekends). You can also contact them via Securemail in your internet banking, or by visiting kiwibank.co.nz/cheques.

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BOOK REVIEW

Eleanor Oliphant is Completely Fine

by Gail Honeyman

This is a debut novel and very beautifully written. Eleanor Oliphant is a very strange and different character with a very precise way of speaking. She gives a lot of unsolicited and unwelcome advice and appears to have absolutely no filter. She is unlikeable and yet vulnerable, scarred and yet resilient. Her view of the world is extremely quaint but as her personality slowly begins to unfold it becomes clear that this is someone who has suffered a lot and is also possibly on the autistic spectrum. Eleanor has no friends or social graces and lives a lonely life with only vodka to help her through the weekends.

On a rare night out Eleanor goes to a concert and instantly falls in love with a musician she has never met or even spoken to. Fuelled by her love for him she starts on a self-improvement mission to be ready for the day they meet and he realises that she is the love of his life. Her certainty that this will happen is absolute. Her attempts at making herself presentable are both funny and terribly sad.

Raymond, the IT guy at work, is always there in the



background along with his wonderful mother, adding warmth and optimism to the whole story.

I found this a hugely readable book. Amusing but in a sad way, quirky and at times painful, but in my view well worth the read.

Becoming by Michelle Obama

This autobiography is so well written I found it unputdownable. Michelle Obama documents her life from her very humble beginnings in Chicago's southside, to her studies and work as a lawyer and then meeting Barack and eventually becoming First Lady. This is not a book about politics but a book about a woman and her journey.



Michelle Obama is not a political animal and is far more interested in human rights and doing whatever she can to make the world a better place. She also seems completely unmotivated by wealth or fame, as does her husband. Having to agree with her husband to run for office was a terribly hard decision for her to make as she is not naturally a person who seeks the spotlight.

Her story is told with such insight, humour and compassion that I liked her from the very first page. There are no pretences, she is fully aware of her own failures and her own abilities. Everything she does, from raising children to visiting foreign dignitaries, is done with thoughtfulness and consideration. She comes across as a woman of immense integrity and strength of character and someone I would love to share a glass of two with on a night out. She is serious and yet she is fun.

There are many amusing little snippets in her book telling of small events that happened in her time as First Lady. How she accidentally put her hand on the Queen (apparently a huge no-no). She tells how one evening she and a daughter were so desperate to be 'normal' they escaped the White House incognito to join the revellers outside and it took her ten minutes to get out of her own house.

It is quite clear how Michelle feels about her husband's successor and she pulls no punches yet manages to do so without sinking to a level of insult or offensive language and does not dwell on her opinion. As she famously said 'When they go low, we go high' and that is exactly what she does.

I could probably rave forever about this book but all I will say is - do yourself a favour and, if you haven't already done so, please read it.

by *Barbara Stimson*

My warm greetings to BOP Seniors

Please allow me to introduce myself as a candidate for Mayor of Tauranga.

My name is Tenby Powell and, since growing up and going to school in Otumoetai, Tauranga has had my heart and still does today.

Last week I was in the Mount having dinner with my gorgeous, sprightly 90 year old Mum, who expects me to step-up and lead this City. So I'm doing just that and putting my hand up to be your Mayor.

My background comprises a mix of proven leadership skills at senior executive level in business, community, government organisations, and the military.

While I have been in the private sector for many years, I hold the rank of Colonel in the Army, and have a deep understanding of both private and public sector governance, domestically and internationally.

I serve on a number of government boards, including chairing the Small Business Council and serving on the APEC Business Advisory Council. Accordingly, I have deep seated relationships with central government which will be important to sort out Tauranga's problems and develop a coordinated Regional plan in a fiscally prudent and responsible manner. This is not happening at present, as you'll be reading in the newspapers. It's time to turn over a new leaf; Tauranga deserves better.

By 2050, thirty nine percent of Tauranga's population is projected to be aged 65+ years; considerably higher than the New Zealand average. At the same time, we

have young families moving to the BOP.

As your Mayor, I would look at ways to create a livable city for all - ensuring development and amenities better connect across the generations.

Tauranga's seniors are increasingly merging with our growing younger population who, together, are cohabitants in one of New Zealand's most beautiful cities.

Tauranga deserves experienced, considered, and fiscally prudent leadership in what is already a rapidly growing region.

I'd appreciate hearing from you, our Seniors, to better understand your needs and show you how I will work for you, your children and grandchild, to deliver a better future for Tauranga.

It's time for a fiscally savvy, collaborative, and compassionate Mayor who listens, understands and leads with strength and conviction.

It's time for a Mayor who is a leader and team builder, who can work with our City Chief Executive to transform the Tauranga City Council into a responsive, efficient and trusted organisation that makes pragmatically sound decisions and delivers on its promises.

I have a proven background in delivering on such promises and look forward to becoming your Mayor.

It's time . . .

Please follow me on Facebook or email me at tenby.powell@gmail.com.

I hope to meet you soon.

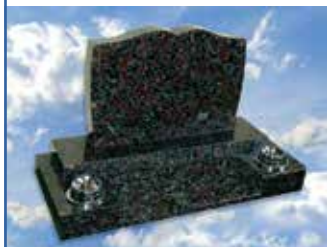
Tenby Powell

Mayoral Candidate, Tauranga

editorial supplied by Tenby Powell

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1/3 Marlin Street (off Girven Rd)
Phone 07 574 4155

Tauranga Office
11 Pyes Pa Road
Phone 07 543 2910

Email: tauranga@bopmemorials.co.nz
or mount@bopmemorials.co.nz
www.bopmemorials.co.nz

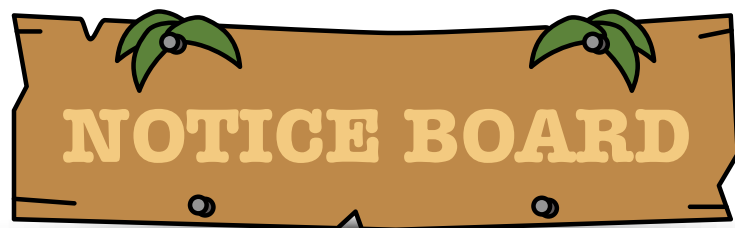


Tenby Powell Tauranga Mayoral Candidate

- ✓ Effective Leadership
- ✓ People & Economy
- ✓ Regional Cooperation

please follow me on facebook
or email me at tenby.powell@gmail.com





PHOTOGRAPHER NEEDED

If a member has some photographic experience, we would like to have some photographs of people over 50 doing interesting, entertaining or adventurous things which could be put in future magazines. Call or email the office with your details.

GREY POWER ELECTRICITY

A reminder that you must be a current, paid up member to benefit from the electricity/gas/LPG discounts. Renew or join today and then phone 0800473 976 or go to www.greypowerelectricity.co.nz

NEED HELP AT HOME?

We no longer have a list of tradespeople at the office but suggest that members needing a service, go to www.neighbourly.co.nz However if you don't have internet access always phone the office to ask for advice.

BE ON THE ALERT

It has come to our attention that at least one national organisation is asking that you pay your 'tax rebate' into their account. They may send you a copy of an official Tax Credit Claim Form with their name and bank account number in the place for 'bank account details'. This has not been sent from IRD and if you do not wish to donate your tax credit/refund, please simply throw this copy away.

Answers to Kiwis Quiz

1.c 2.a 3.c 4.a 5.b 6.b 7.a 8.c
9. b 10. b 11.a 12.b

Industry initiative makes it easier for intending residents

If you've visited a retirement village you'll know that you'll be taking home a huge pile of paper – village disclosure statements, the Code of Practice and Code of Resident Rights, an occupation rights agreement (or contract) and perhaps the village's financial statements. All this material must be provided by law so you can make a decision to move to a village (or not) with full disclosure and transparency. All intending residents must also have proper legal advice and the operator cannot counter-sign the contract without an affirmation from the resident's solicitor to say they've been given that advice.

- Details of the deferred management fee (DMF) and the method of calculation
- Details of the weekly fees, how they can be increased, and when they stop when the resident leaves the village
- Details of any other fees payable by the resident
- Whether the resident shares any capital gain or is liable for capital loss, and if so, how it's calculated
- When the resident or their estate receives the capital refund
- Whether there is any home, hospital, dementia or other specialist care available
- Whether the resident has priority over non-



MEMBERSHIP APPLICATION / RENEWAL FORM

Tauranga & WBOP Grey Power Assn Inc

PO Box 841, Tauranga 3140 (Historic Village, 17th Avenue)

www.greypowertauranga.org.nz | Email: tgagreypower@gmail.com | Ph: (07) 571 2558

*** Membership year is from 1 April to 31 March**

New Member Renewal Membership Number: _____

Name: (s) Mr / Mrs / Miss / Ms _____

Address: _____

Post Code: _____ Phone Number: _____ Mobile: _____

Email Address: _____

AGE GROUP INDICATION: 0 – 49 50 – 65 66 – 75 76 – 95 + [circle one]

Privacy Act Requirements: All information will remain confidential and will not be supplied to any other party. Please note promotional material may be inserted in mail outs for the interest of members.

ANNUAL MEMBERSHIP (please circle):

Single	\$20.00
Double	\$35.00
Donation	\$ _____
TOTAL:	\$ _____

Online Banking: Kiwibank 38 9001 0051732 00

Cash or Cheque - pay at office

Office Hours: 9.30am to 2.30pm Tuesday - Thursday.

Please note we do not have eftpos

(Renewals use membership number as reference.

New members use phone number)

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

The Association supports this approach. It's in everyone's interests that the decisions are made with full knowledge and understanding what's involved. We also urge intending residents to discuss their decision with their families. All too often we see children misunderstand what their parents' contracts mean, and an early discussion will ease that concern.

However desirable all this information is, it can be difficult to distinguish one village's offering from another, especially if some of the key details about costs and fees are buried in the body of the documents. We felt that this should be improved so we have developed a double-sided A4 page that sets out the village's offerings:

residents when transferring to another unit or when moving to care

- How the DMF is treated for any move to another unit or to care

The Summary of Key Terms is a template that allows you to compare each village's offerings side-by-side and will save you a lot of time and effort wading through pages of legal documents to find the information you need.

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 Association

Little known New Zealand History

the Pōterīwhi Code of Conduct in War

On 24th March 1864 a letter was sent in the names of 4 Maori Chiefs to Lt Colonel Henry Greer, the commander of the Imperial troops in Tauranga at that time. This was just a month prior to the Battle of Pukehinahina-Gate Pa. The letter had been drafted after a hui at the Pōterīwhi Pā on the lower Wairoa River.

To the Colonel,

Friend, salutations to you. The end of that, friend, do you heed to our laws for (regulating) the fight.

Rule 1. If wounded or (captured) whole, and butt of the musket or hilt of the sword be turned to me (he) will be saved.

Rule 2. If any Pākehā being a soldier by name, shall be travelling unarmed and meet me, he will be captured, and handed over to the direction of the law.

Rule 3. The soldier who flees, being carried away by his fears, and goes to the house of the priest with his gun (even though carrying arms) will be saved; I will not go there.

Rule 4. The unarmed Pākehā's, women and children will be spared.

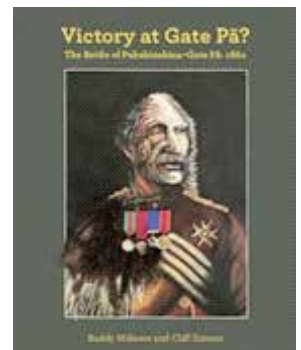
The end. These are binding laws for Tauranga.

These rules were largely kept by both Maori and Pākehā during the ensuing battle.

Interestingly these Rules of Conduct in War predated the first draft of the Geneva Convention on 22 August of the same year!

Those interested in learning more about the Battle of Pukehinahina-Gate Pa are recommended to read the recently published "Victory at Gate Pā?" by Buddy Mikaere and Cliff Simons (Published by New Holland).

Buddy Mikaere is a local Maori elder and noted published author. He is also a descendant of Maori who fought in the battle. Lt Colonel Cliff Simons PhD is a military historian specialising in researching and teaching about New Zealand's colonial wars. Copies can be purchased during office hours at St George's Anglican Church, 1 Church Street Gate Pa, or online at www.unitybooksonline.co.nz



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