



focus

Auckland Greypower Association Inc
Member of the NZ Grey Power Federation

The Active Organisation
for 50 Plus

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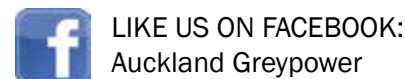
**A new dawn
for Auckland Grey Power**

Photo by John Pirtle

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10.30 am till 1.00 pm



Volunteers are ready to listen and help with resources and contacts. Our Mailing Address:
PO Box 48 157, Blockhouse Bay, Auckland 0644



www.aucklandgreypower.org.nz

Joining us is easy

All memberships are **\$25** single, **\$30** double
see page 14 for details on how to join.

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President's Message

Greetings to all Members,

At the recent AGM, I was elected to be Auckland Grey Power President for 2019-2020.

I had been asked to put my name forward by Helen Rainey, who was a long-time very active woman in many community organisations. She also did a great job ringing people for a chat and reminding them about renewing their Grey Power membership. Unfortunately Helen succumbed to cancer earlier in the year.

So thinking of Helen's request I decided to ask some good people who knew me to nominate me for the position of President. I did not expect to be elected because I knew very few members apart from the Committee, which I had been on for at least a year. However, I handed out a summary of some of the things I have done. And made a short speech about my goals for Grey Power. The paper votes were counted by Mr Bill Rayner who announced that the vote had gone narrowly in my favour.

I am not sure if it is a favour !!! There are a great many things to be done.

Fortunately, we have some good bones to work on. And our finances are sound. We have a good membership, but it should be far greater for the size of Auckland. We are working on it. We intend to establish an email monthly bulletin, in addition to our quarterly magazine. We have had some excellent offers from some talented members.

I believe in delegation as much as possible. We do have to build our Social and Events teams. We also hope to re-invigorate the Office Volunteer team, so please get in touch if you can help out on some mornings. And we have some great meetings in the pipeline.

It is a new dawn . . . a new beginning. We can only get better.

Gillian Dance President
Mob 027 815 7139
Email: akgp2gillian@gmail.com



Photo by Heldur Bender

Future Meetings

Auckland Grey Power meetings are on the first Friday of each month, at the Senior Citizens' Hall, 524 Blockhouse Bay Road, next to the Blockhouse Bay Community Centre, Auckland.

SEPTEMBER 2019

GREY POWER MONTHLY MEETING:

Friday 6th September: St Johns' services, at Senior Citizens' Hall, cnr Blockhouse Bay Road & Exminster Street, Blockhouse Bay commencing at 1pm for 1.15pm.

MAYORAL FORUM: Phil Goff; John Tamihere, and other candidates. Thursday 19th September 2019 at Mt Albert War Memorial Hall, cnr Wairere Ave and New North Road, Mount Albert commencing at 1pm for 1.30pm.

OCTOBER 2019

GREY POWER MONTHLY MEETING:

Friday 4th October: Senionet on banking & emails, at Senior Citizens' Hall, cnr Blockhouse Bay Road & Exminster Street, Blockhouse Bay commencing at 1pm for 1.15pm.

END OF LIFE BILL . . . Panel Discussion

Should we have the right to choose?
Thursday 31st October 2019, 1pm for 1.30pm.
Jack Dickey Hall, 174 Greenlane Road West, Greenlane. Speakers for and against, possibly David Seymour MP, and a Medical Professional.

NOVEMBER 2019

GREY POWER MONTHLY MEETING:

Has been cancelled, due to the End of Life Bill meeting the previous day. Back to regular monthly meetings from December.

MARIJUANA: TO LEGALISE OR NOT? . . . Panel Discussion.

Thursday 21st November 2019, commencing at 1pm for 1.30pm. St Columba Church Hall, 92 Surrey Crescent, Grey Lynn. Speakers for and against, possibly Chlöe Swarbrick MP, Paula Bennett MP, and a Medical Professional.

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

Grey Power's 2019

Annual General Meeting

Our AGM took place in Blockhouse Bay Community Centre recently on 24th June 2019 at 1 p.m.

Mr **Mate Martinovich**, the current Auckland Grey Power Zone President, took the Chair as an independent visitor to conduct the meeting.

There were two nominations for President: **Anne-Marie Coury** and **Gillian Dance**.

After both had introduced themselves and spoken of their goals for Auckland Grey Power, a paper poll was taken from current registered members in the hall.

Mr **Bill Rayner**, President of Grey Power North Shore, counted the ballot papers.

Voting was fairly even with **Gillian Dance** narrowly gaining more support and being elected President for the 2019-2020 year. Mrs **Nanette Nathoo** was elected Vice-President, Dr **Lingappa Kalburgi**, Treasurer, Mr **Heldur Bender**, Membership Secretary, and Mrs **Heather Alford** as a Committee member. **Paul** and **Kathryn Davie**, **Alan Bray**, and **Jens Meder** were later seconded on to the Committee, as their nomination forms had been misplaced.

The Hon. **Tracey Martin** (Minister for Children, Minister of Internal Affairs, Minister for Seniors, and Associate Minister of Education) then spoke to the meeting, telling us about progress for Seniors in Parliament, and what we can look forward to from the government in the future, and answered questions from the floor. She made the comment that never had she seen two such keen people wanting to do a voluntary job (referring to the Presidential election).

The meeting ended with a friendly gathering of people enjoying tea and coffee.



Oral Health Policy

For nearly ten years now, Grey Power Federation have been lobbying the governments of the day for Seniors to receive free or subsidised dental health care.

There are subsidies for hearing aids. Why not on dental care?

Many people on basic Superannuation have problems with their teeth or dentures.

Fillings need replacing. Broken teeth need crowns or partial bridges are needed to replace missing teeth. These can be unaffordable costs for many people.

Even dentures need replacing as they become worn or loose. They cost \$1,500 or more even if made and fitted by a dental technician.

Grey Power has lobbied Ministers of Health and Social Welfare for at least a subsidy for Seniors with a Community Services Card but with no success.

While there is a Special Needs Grant from Work and Income, it only covers part of the cost and usually the grant has to be paid back.

Emergency extractions can be carried out at public hospitals. Some dentists and dental technicians will provide discounts for Gold Card holders but you need to ask. ACC will cover most costs for teeth or dentures damaged in an accident.

What we need to do to be successful is to have people sending in histories of their dental needs and the costs of getting dental care.

Ministers need evidence that there is a hardship

issue and an unfair cost to senior people. Or even the stories about the poor health or pain they have suffered from dental neglect.

We are asking Grey Power members to write, email or send their recent experiences and copies of their bills to their local Grey Power President. Or to Jan Penticost, at Grey Power Federation www.greypower.co.nz

Details can be kept confidential by removing personal information from forms.

Get your friends and family to write in as well. Lobby your local Member of Parliament. If all Grey Power members did this and asked questions at public meetings, we would achieve it.

If Governments can afford their parliamentary luxury travel and Superannuation schemes, then they can afford to look after the oral health and wellbeing of Senior Citizens.



A LATE CURE

This fellow had a problem of over-sleeping. He was always late for work, and his boss was getting mad. So he went to the doctor and got some pills that were supposed to help.

That night, he slept well, and got up even before the alarm. He had a leisurely breakfast, and drove happily to work.

“Boss,” he said, “That pill the doctor gave me actually worked!”
“That’s great,” said the boss,
“But where were you yesterday?”



Where community shapes the heart of your retirement

Not one for letting the grass grow under her feet, Judith has always enjoyed being active. That certainly hasn’t changed since moving into her independent apartment at Bert Sutcliffe Retirement Village, in Birkenhead.

“The opportunities here to try new things, are endless,” she says. “I joined the Tai Chi group which I really love. I’ve also taken up bowls which I’m also really enjoying. There’s a lot of camaraderie on the bowling green – it’s a lot of fun!”

Judith also explores Auckland with the Bert Sutcliffe walking group. “I look forward to going somewhere different every week. Occasionally we walk locally, but mostly we go out into Auckland and see all sorts

of different places, and go on wonderful bush walks.

“The companionship is great, it’s a huge benefit – there’s always laughter and never a dull moment!”

However, it’s the group’s social interaction that is most important to Judith. She says people love being in the walking group, “We make time to talk,

look at the scenery and gardens: to ‘stop and smell the roses.’” At the end of their walks, the group usually find themselves at a local café. “We talk about where we’ve been – it’s our wind-down time and we all enjoy it.”

Residents, like Judith, love the village environment and they feel connected to their neighbours and friends. Ryman villages provide the setting where community spirit thrives.



Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



auckland@careoncall.co.nz
0800 99 00 11
www.careoncall.co.nz

A cognitively-focused hearing aid may prevent cognitive decline

Untreated hearing loss speeds up age-related decline in our ability to process and understand information. Research has shown hearing aids can slow or halt this decline. The ‘CogniAid’ study is investigating a new cognitively-focused hearing aid fitting strategy. The processing of CogniAid-tuned hearing aids will be simplified to reduce listening effort. We believe this novel approach will lead to better hearing outcomes and improved performance on tests of memory and attention. As the research uses existing hearing aids on the market, our findings could be quickly implemented into audiology clinics. This will directly lead to improved hearing services and cognitive health in the aging New Zealand population. We are actively seeking participants who feel they are experiencing difficulties with their memory or attention. Trial clinics are located at the University of Auckland and University of Canterbury.

For contact details and more information, please see the research advert below.

Editorial supplied by University of Auckland

Lend us your ears... For hearing research.

Can hearing aids benefit users thinking and comprehension?

If you or someone you know is:

- 65 years of age or over
- Having difficulty remembering things or feeling confused in overwhelming situations
- Suspect you may have some hearing loss but have never worn a hearing aid
- Would purchase hearing aid(s) to own if selected for this research

We want to hear from you.

Initial study screening involves a diagnostic hearing test and cognitive screening appointment. Participants will all receive a \$20 gift voucher for screening, regardless of selection for the trial.

For study information please contact:

Christine Fok

Email: c.fok@auckland.ac.nz | **Phone:** 09 923 1354



CLINICS
HEARING AND TINNITUS

Approved by the University of Auckland Human Participants Ethics Committee on 03/11/2017 for 3 years. Reference Number 020188.

Pick me up

Take a large glass, squeeze the juice of half a lemon into it. Take a half-teaspoon of ground ginger or a wedge of fresh ginger crushed, Half-teaspoon of powdered horseradish or wasabi powder, and a large teaspoon of honey.

Fill with hot water, and drink slowly. Best taken before bed with a couple of Paracetamol. Equally beneficial: sip as hot drink during the day to ease coughs.

Submitted by Paul Yorke.



ELECTIONS

MAKE SURE YOU ARE ENROLLED TO VOTE for your Mayor, City Councillors, and for your Local Community Board members.

And as Seniors, we should look at who is standing for our Health Boards and make sure we cast our votes for people who best represent our interests. People who support better quality care and support for Senior people in need of medical attention and proper nursing.

Even if you are renting, you are paying c\$3000+ in rates to your landlord. So make sure you too are on the electoral rolls.

(And cast a vote, even if it is for all the women only! – Gillian’s tongue in cheek comment).

Jury Duty

By Paul Yorke

On Thursday the 11th July, we had an enquiry from a concerned member in regard to doing jury duty.

I have always believed that once you turn 65 you are not required to do jury duty, but it seems that my assumption was incorrect. But you can ask that you be excused on health, mobility, or stress grounds.

I have just found another article pertaining to this very question:

Jury Duty July 12th 2019 People over the age of 65 will have the option of being permanently excused from jury service, after a parliamentary committee decided not to amend proposed legislation.

The Juries Amendment Bill, which was returned largely unchanged to the Parliament by the Law and Order Committee today, includes a provision for those aged over 65 to apply for permanent exemption from jury service. The Human Rights Commission last month objected to the clause regarding over-65s, saying it seemed to be based on the notion that old people got more stressed and had already completed their civic duty.

The committee noted the concern in the report, but decided against amending the clause. "At the same time, however, we note the mechanism to allow those who choose permanent excusal to opt back in at a later date if they change their minds," it said. "We do not consider that what is proposed implies that older people are less capable of serving on a jury."

"The committee made it clear that the bill does not propose to re-introduce an age limit for jury duty service and that those aged 65 and over will retain all rights they currently have in relation to serving on a jury."

The Juries Amendment Bill was introduced after convicted murderer George Baker wrote to a juror whose name he saw on a list while he represented himself in a trial.

Jury lists currently contain the name, and occupation, birth date and address of jurors.

The bill will remove the addresses of potential jurors from jury panel lists. It will allow lawyers, court-appointed advisers, and police employees to request access to jurors’ addresses, but bar them from ever showing them to defendants.

MDP Medical Alarms

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

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

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

**For more information
call Marina Du Preez
021 039 8022 or email at
mdpmedicalalarms@gmail.com**

editorial supplied by MDP Medical Alarms

Peace of Mind

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



Neva Alone



**For more information
contact Marina on 021 039 8022 or
email: mdpmedicalalarms@gmail.com**

MDP Medical Alarms



Conundrum at Ihumatao

By Vincent O'Malley

Many Grey Power members are recent or not so recent arrivals to Auckland. Even people born here may not know of early Auckland History. This article by Vincent O'Malley gives an accurate historical account of this history. An article in the NZ Herald business section (1 August) puts a good case for funding the purchase of this land by various businesses or Trusts and the Government. It need not be the ratepayers. Having read this background what do members think? Do let us know. Or write a letter to the Editor of the Herald.

The current standoff at Ihumātao has deep roots in the legacy of colonialism and land confiscation. Historian Vincent O'Malley writes about how it was taken by the Crown, and why that matters today.

The New Zealand Wars may have ended nearly 150 years ago. But their consequences continue to be felt today. Nowhere is that clearer at the moment than at Ihumātao. To understand what is taking place, we need to step back to the time of the Waikato War. In July 1863 the Crown launched a premeditated war of conquest and invasion directed against Kīngitanga (Māori King movement) supporters in Waikato and those of their kin who lived further north, around the shores of Manukau Harbour, at Ihumātao, Māngere and elsewhere.

These were the same Māori communities who had been feeding and protecting the settlers of Auckland for more than two decades. Earlier, during the Northern War of 1845-46, they had pledged to defend the township from possible attack. But now they stood accused by the Crown of plotting to massacre these very same Pākehā. It was a desperate lie, attempting to justify the unjustifiable – the Crown levying war upon its own subjects.

Those allegations were not only entirely unfounded but also illogical. Destroying the key outlet for their produce would have been suicidal for the Māori communities concerned. Their wealth and power depended, to a large degree, on Auckland's ongoing wellbeing. It was a mutually beneficial relationship – at least until Governor George Grey decided that the Kīngitanga had to be destroyed, paving the way for the invasion of its Waikato heartland in July 1863.

In the days leading up to the planned attack, Māori communities at Ihumātao and elsewhere in South Auckland were driven from their land and forced to retreat beyond the Waikato River. An ultimatum dated 9th July 1863 was delivered to the people of Ihumātao and other settlements requiring them to take an oath of allegiance to Queen Victoria or immediately retire to the Waikato.

Some of those who received this notice understood it as an order to leave. Others feared that if they took the oath they would be forced to fight for the Crown against their own relatives. Only a handful of people agreed to pledge allegiance, some of them visitors from the north. When the ultimatum was delivered to Ihumātao on 10 July, the response was clear: they would join their kin in the Waikato.

They left with only what they could carry. Everything else was seized from them. The lands were subsequently confiscated, houses and property looted or destroyed, and horses and cattle seized by settlers for sale in Auckland. One settler later observed that 'The Ihumatau [sic] natives...were good neighbours and very much respected by the settlers around; nearly all their houses and fences have been destroyed; their church gutted...their land...occupied.' Generations of Māori were condemned to lives of poverty and landlessness.

Crown official John Gorst later wrote with respect to one group of Māori evicted from their South Auckland homes that 'All the old people showed the most intense grief at leaving a place where they had so long lived in peace and happiness, but they resolutely tore themselves away. The scene, as described to me by an eye-witness, was most pitiable'. This was New Zealand's version of America's Trail of Tears. Except hardly anyone here knows about it, because we don't learn this history in school.

Two days later, on 12 July 1863, British troops crossed the Mangatāwhiri River. The invasion of Waikato had begun. Many of the people driven from



their homes at Ihumātao and elsewhere fought alongside their Waikato whanaunga in defence of the Kīngitanga.

A professional standing army belonging to the world's greatest military power was unleashed on a civilian population that was heavily outnumbered and did not have the firepower and technology available to the British. In this asymmetrical war, the British had armour-plated steamers. Māori had wooden canoes and were outnumbered four to one. In these circumstances, the Māori defenders suffered casualties that were almost certainly greater in relative terms than those incurred by New Zealand troops during World War One.

In 1927 a royal commission found that 'a grave injustice was done' to South Auckland Māori 'by forcing them into the position of rebels and afterwards confiscating their lands'. In 1985 the Waitangi Tribunal concluded that 'all sources agree that the Tainui people...never rebelled but were attacked by British troops in direct violation of Article II of the Treaty of Waitangi'.

It added with respect to Ihumātao that 'not only were the inhabitants attacked, their homes and property destroyed and their cattle and horses stolen, but then they were punished by confiscation of their lands for a rebellion that never took place'. In 1995 the Crown apologised to Tainui for 'the loss of lives because of the hostilities arising from its invasion' and 'the devastation of property and life' which resulted. From the outset, the Crown had intended funding its war of conquest through seizing Māori lands as these were occupied, planting military settlers on some of these to consolidate its control and selling the remainder for huge profits. Around 1.2 million acres of land was confiscated, stretching from Auckland all the way to the northern boundary of the King Country, a few kilometres beyond Kihikihi.

An area of 1100 acres was confiscated at Ihumātao, 260 acres of which was eventually restored to Māori



deemed not to have engaged in, aided or abetted acts of 'rebellion' against the Crown. The rest was sold to settlers, including an area known as the Ōruarangi block that was granted to Gavin Wallace in 1867.

In 1999 Manukau City Council, Auckland Regional Council, the Department of Conservation and the Lottery Grants Board jointly purchased a 100-hectare site from several owners and two years later the Ōtuataua Stonefields Historic Reserve was officially opened. The lands adjacent to the stonefields reserve remained in Wallace family ownership until being sold to Fletcher Residential Ltd in 2016 after being rezoned a special housing area. It is this area that is the focus of current efforts by SOUL (Save Our Unique Landscape) to prevent 480 houses being constructed on the site.

In the 20th century, the construction of Auckland airport and nearby sewerage works caused more harm to those Māori who had returned to settle on a small fraction of their former lands. Those issues were reported on by the Waitangi Tribunal in its 1985 Manukau Report, which concluded that 'The policies that led to the land wars and confiscations are the primary source of grievance, although they occurred last century. It is the continuation of similar policies into recent times that has prevented past wounds from healing.'

It is only through understanding of the historical context that we can fully make sense of the present. From whatever angle the current controversies are viewed, it seems clear that the legacies of Crown-directed invasion and dispossession against tangata whenua remain at Ihumātao today.



Vincent O'Malley is the author of The Great War for New Zealand: Waikato 1800-2000 (2016) and The New Zealand Wars/Ngā Pakanga o Aotearoa (2019), both published by Bridget Williams Books.

Photos from Pania Newton's Facebook page, by SOUL members

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Parkit is owner-operated we provide the hands-on management you require on a daily basis. We only employ mature, experienced managers.

We care about the sort of tenants who rent your property, - we get it right.

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We carry out regular detailed property inspections. We use honest, reliable tradies. They are cost-effective and deliver quality work - and our guys guarantee it.

Our current owners can tell you their properties are hardly ever vacant. We keep our tenants on long-term lease contracts, carry out reference checks on all tenants, and credit checks.

We offer market-based fees and we believe they are 'cost-neutral' to you, the owner. We know we add value, and we know we save you money in the long run,- always balancing good tenants, low vacancy, and competitive market rentals.

Editorial supplied by Parkit Property Management



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- Experienced mature property managers
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- Periodic rent reviews to maximise returns for investors
- Regular thorough property inspections
- Peace of mind for owners

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M 0274 81 27 26
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www.parkit.org.nz

NORTH SHORE PROPERTY MANAGEMENT

RENEW YOUR MEMBERSHIP FOR 2019-2020.

Auckland Grey Power is run by volunteers. We have no paid staff. They give their time to handle all the enquiries, advocacy and administrative tasks of our association on your behalf.

At \$25 a year (\$30 a household), this is less than 50c a week. \$5 is a levy to fund the NZ Federation and the remainder to local running costs for the quarterly magazine, postage, telephone and office and meeting expenses, and publicity brochures.

To help Grey Power you can renew for a year or more in advance. If you do, it is less work for our membership secretary. Donations are a great help and help us keep ahead of rising costs. It is much appreciated if you can afford to do so.

We currently have over 800 members on our books in Auckland. We are aiming for 1,000 to 1,500 this year. And eventually 2,000.

The larger the membership we have, the more political clout we have. Auckland needs a strong organisation to act as Advocates for Seniors. If people who have yet to renew could do so, it would be greatly appreciated.

Bank account details are listed on the membership page.

Your Grey Power magazine: WHY WE HAVE ADVERTISEMENTS . . .

Auckland Grey Power has an arrangement with Kiwi Publications Limited who produce this magazine at no cost to Grey Power.

They find and sell the advertising content. This covers the costs of printing and production and the time involved in finding the advertisers.

This is not an easy task. And it is very time-consuming. There are usually no members who have the time to do this. A similar arrangement may occur with the Federation quarterly as well.

So we are sorry if there seems to be a lot of advertising, but they are relevant to things that are of interest to the Senior age groups.

If we did not help each other in this way the costs of a magazine would be prohibitively expensive.



Gardens

Poem by John Coppard

Gardens can produce food for some, but others prefer flowers and fruit, It can depend on the circumstances, how the mix may suit.

Climate and conditions are the major considerations, Along with time, money, and layout of the garden's deliberations. Nature has blessed us with flowers and greenery that always amazes, Designed for all seasons, with emphases on those special places.

"Oh, to wake by a garden, to birdsong, and the sun's rising rays," Have breakfast, then survey the joy and peace in so many ways. Bees, butterflies, and birds, are all part of that colourful scene, They bring things together, to make one feel happy and serene. They say nature and people should be bonded closer together, To admire seasonal changes that are controlled by the weather.

Check each day for ripening or growth, to sustain health and sanity, In this troubled world of strife and stress, that affects all humanity.

Our salvation is in those gardens that exude tremendous peace, Because we gardeners care about plants, and are nature's secret police.



LEAVE A LEGACY

Remember Grey Power in a bequest in your will. Ideally, Auckland Grey Power would like a permanent home. A place where people can meet and socialise and have a cup of tea or coffee.

It is not easy operating from someone's home or renting from a landlord. We are looking for a place to share, but that is not easy to find. It has been useful being based in the Blockhouse Bay shopping centre, but we would like something more central and more permanent.

Please consider benefiting Auckland Grey Power and add a codicil to your wills when you discuss these matters with your lawyer. Generous benefactors would be ensuring that Auckland Grey Power is able to carry on its advocacy role for Seniors in future years.



KOWHAI FESTIVAL

We have been invited to visit the Kowhai Festival at Warkworth and help on Rodney Grey Power's stall.

Their Festival runs from 13th October with that Sunday being their

big Market Day.

If any Auckland Grey Power members would like to go up to the Festival, would you contact or email Gillian Dance. (See Page 2 for contact details)



Monday, 12th August
10am - 12noon

Learn basic computer skills
And other new exciting
Computer based technology skills

Come along to our friendly
OPEN DAY AT
Mt Eden Senior Citizens Club Rooms
487 Dominion Road, Mt Eden
(opposite Potters Park)

Email sner.membership@gmail.com
www.seniornet-eden-roskill.org.nz

CALLING ALL EMAILERS !!!

A Grey Power "email tree" is being established.

We hope to send out a monthly bulletin by email to all Grey Power members who want it.

Please send us your email address if we don't already have it. Thanks!



POLICE contact numbers:

IF ITS HAPPENING NOW, call 111

IF IT'S ALREADY HAPPENED, use 105

Put on your fridge or mark your phone book, calendar or enter in your cellphone.

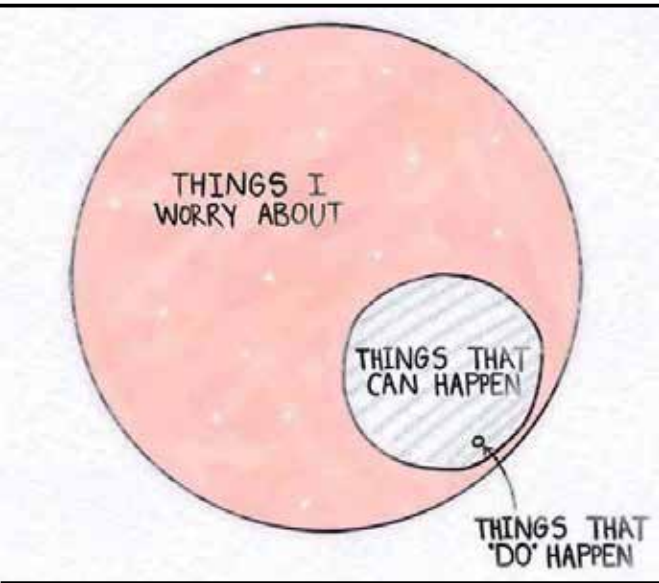
RATES REBATE REMINDER for June 2019 -2020 Year. Remember to contact your Council and claim your \$530 rebate if you are entitled to it. Contact Council for forms and details of entitlements.

RETIRED TRADESPEOPLE **WANTED** Builders, painters, plumbers etc.GREY POWER MEMBERS MAY NEED YOU. Contact Grey Power Office with your details if you are available. Call in to 557 Blockhouse Bay Road, or phone 626-0895.

A HOME HANDYMAN AVAILABLE. Contact Paul at ekroy1949@gmail.com or call in to Grey Power Office Thursday 10.30 to 12.30.

A BOOKBINDER and LETTERPRESS PRINTER AVAILABLE Contact Bruce at bh@graphic-designer.com or ring 828-3772.

ANY SENIOR CONCERNS? CALL IN TO GREY POWER OFFICE, 557 Blockhouse Bay Road, Auckland. Monday – Friday 10.30 to 12.30 to chat over any concerns.



I went back to my Fourth wife for the Third time, and gave her a Second chance to make a First-class fool out of me.

My wife ran off with my best friend, and I sure do miss him!

Here when you need us

When the worst happens, we are here to help and guide you through the process

Every day Sibuns funeral directors offer care and compassion to people at a difficult time in their lives. They understand that dealing with the loss of a loved one can be one of the hardest things someone will ever experience, which is why it is so important to be given the opportunity, the time and the support to grieve.

This support can make a big difference as most people have little or no experience of what to do when someone close to them dies, according to **Kaye Shannon, manager of Sibuns. (below)**



“That’s where the funeral director comes in, guiding them through the whole process of organising a funeral and making everything go as easily as it possibly can, given the circumstances,” she explains.

A funeral director’s role is to care for the deceased, starting with the transfer from the place of death, through to burial or cremation. Acting on the family’s behalf, they can also help with tasks such as placing death notices and registering the death. In addition to this, funeral directors can be tasked

with organising everything to do with the funeral, including arranging a chapel or venue, supplying the casket and sorting out payment of cemetery or cremation fees.

“People who are grieving can lose clarity and it’s hard to be decisive about anything, which leads to added stress,” says Kaye. “It’s a very raw time, but if you’ve been able to build up a level of trust with your funeral director, this can really help.”

Being a funeral director involves a large amount of administrative work and event planning, as many families want funerals that are personalised and individual, a true reflection of who their loved one was, so it’s crucial to be organised, efficient and a master of multitasking. The team at Sibuns take the time to listen to these needs and pride themselves on helping families create such farewells that are meaningful, relevant and unique to each individual.

As well as planning, the role also requires skills that aren’t always easily learned, such as the ability to be diplomatic when dealing with family situations and importantly, supporting people who are grieving and often deeply distressed.

“You need to be a caring person who can deal with families at this time,” says Kaye. “You have to be sensitive to grief, but still able to keep a clear head and prompt people to make decisions in a kind and gentle way.”

Kaye moved into the funeral profession 17 years ago, with a background in nursing, childcare and a degree in Psychology, all contributing to her natural affinity for the role of a funeral director. However, she admits there are still times when, at home after an emotionally charged day, she sheds a tear or two, especially if the deceased has died tragically. But it is also hugely rewarding.

“There can be lots of life-affirming things that come out of funerals,” explains Kaye. “The connection with people is what I enjoy most and being able to help a family when someone they love has died is a special privilege.”

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FUNERAL DIRECTORS & ADVISORS

582 Remuera Rd, Remuera
09 520 3119
www.sibuns.co.nz

Membership Application Form 2019 - 2020



Auckland Greypower Association Inc

Applying to Join ☐ or Renewing membership ☐

and paying Single \$25 ☐ or Double \$30 ☐ annual subscription.

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

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Privacy Act. All information remains confidential & is not supplied to any other party.

Please note promotional material, may be inserted in mail outs in the interests of members.

Year of Birth _____ Partners Year of Birth _____ Interested in volunteering Yes/No

Issue 50 2019 Spring



Payment Options:

1. Internet Banking transfer into either of our Auckland Greypower Association's accounts: Kiwibank **38-9012-0058673-000** or TSB **15-3968-0008956-000**. Use your surname in Particulars and phone number in Reference fields for identification.
2. Set up direct debit to one of our bank accounts payable before 31st March annually. Details as in option one above.
3. Pay at any TSB or Kiwibank branch convenient to you. Details as in option one above.
4. Mail cheque (no Cash) to Auckland Greypower PO Box 48 157, Blockhouse Bay, Auckland 0644.
5. Pay in person at the office, 557 Blockhouse Bay Road, Auckland (for hours see page 2).

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There are so many things that people do to spend their leisure time on, and many different things they choose as their hobbies: reading, singing, carpentry, swimming, and many more. Collecting stamps is another great choice as a hobby. There are many advantages from collecting stamps, such as having a lot of friends, getting a lot of money, learning a lot about history and different lands, and training our patience and carefulness.

We can find a lot of friends from collecting stamps. By attending the meetings of a stamp club, we can meet many people from various backgrounds and different ages. Not only could we get information about stamps, but also much other information. The other great thing is attending a stamp exhibition. People who have the same interest will be there too, so we can share everything about stamps with them.

Getting a lot of money is another advantage that we can get from collecting stamps. If we have sought-after stamps, for example, a Penny Black, we can often sell it at a high price, because the Penny Black was the first stamp in the world and many collectors would do a lot to get one, especially one with their initials in the corners! (Early British stamps had different initials in the corners to make each stamp slightly different, in case of forgeries being done.) Beside the Penny Black, collectors also try to get miss-printed stamps. Sometimes, missprinted stamps escape the Post Office's inspection, and this makes the missprint stamp rare. For some people, maybe a missprint stamp is useless, because they can't use it to send a letter, but for the collector it is desirable and valuable.

Among other benefits from collecting stamps is that we can train our patience and carefulness. Being a philatelist needs a lot of patience because it is not easy to collect stamps, especially to get the stamps that we want to form a fine and interesting collection: we have to hunt for them everywhere. An impatient person will not be a good philatelist. Collecting stamps also needs care. We have to put those stamps in a suitable place, usually in an album or stockbook specially designed to put stamps in. We cannot touch the stamps with our bare hands, because we will leave our fingerprint there, and that is not good for the stamps. The collector must use tweezers to move them.

That is why some people think that being a philatelist is boring and wasting time, and such folk seldom choose collecting stamps as their hobby. Being a philatelist may not be fun for all people, but actually we can get a lot of good things from collecting stamps: friends, money, happiness, patience, and carefulness. You'll end up being almost an authority on the countries you collect. And we have the joy of being able to admire and study and research our collections!

As there are so many stamps from different parts of the planet, most collectors choose to specialise in one country, or even just one period of that country, or one topic, rather than collect everything. Some folks collect the postmarks and postal history of their home town. The different

choices each collector makes, and how they go about displaying their collection, is always a fascinating thing that other collectors appreciate and admire. And then there is the research you need to do, which is always great fun. So what is your preferred area to collect?

Some local stamp clubs around Auckland you may like to visit or join:

Suburban Stamp Club: meets first Wednesday evening each month in Mount Albert. P.O. Box 57-035, Owairaka 1340. Phone: 626-7658.

West Auckland Stamp Club: meets first and third Monday evenings in Blockhouse Bay. P.O. Box 78-104, Auckland 1245. Phone: 828-3772.

Auckland Philatelic Society: meets first and third Tuesday evenings each month, in Mount Albert. P.O. Box 1932, Auckland 1140. Phone: 985-3212.

South Auckland Philatelic Society: meets last Saturday afternoon

each month,
in Papatoetoe,
and third
Friday morning
each month,
in members'
homes.

P.O. Box
23 265,
Hunters Corner
2155. Phone:
278-1486.



Pictured above: Estonia 1996 Trains. Estonia issued its first stamps way back in 1918, then regained independence in 1991



Pictured left - The world's first stamp: the "Penny Black", this one with corner initials being "PC", 1840. Each stamp in the sheet had different corner initials, so it is possible to re-construct sheets.

Remember telegrams? Pictured right - New Zealand's 1962 set celebrating the one hundredth birthday of the telegraph in this country



An Austria-Hungary cover from a sailor aboard the warship "Adria" docked at Pola (now Pula, Croatia), to Jauernig (now Javorník, Czech Republic), 16th August 1917.