

TAURANGA AND WBOP

GREY POWER

MAGAZINE FOR THE OVER 50s

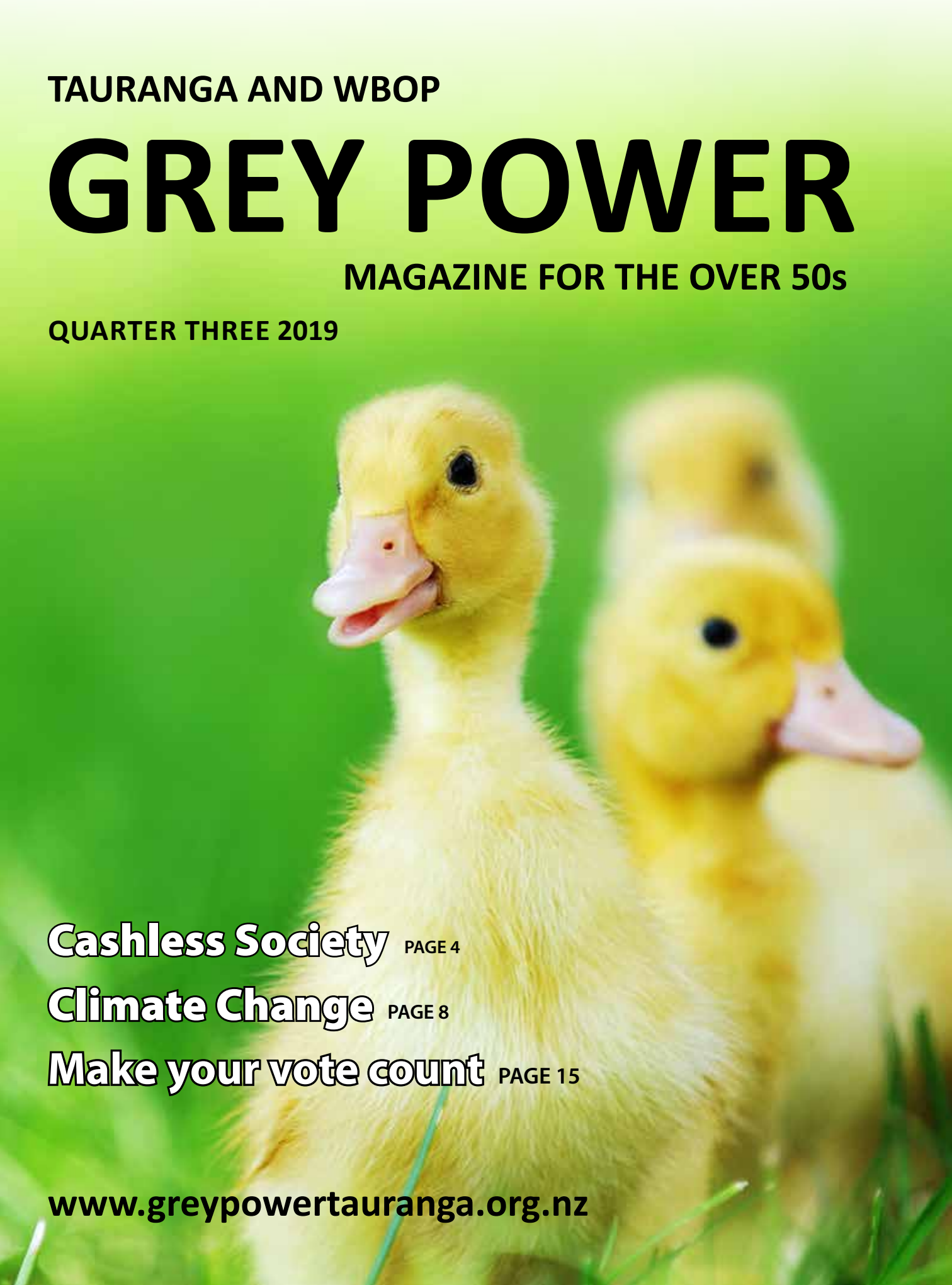
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Cashless Society PAGE 4

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www.greypowertauranga.org.nz



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

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President's Word



Although we know that technically it is Spring, it's still a bit up and down but the longer daylight hours and the array of early flowers always lifts the spirits. For the committee and the office, it's been a fairly active time over the winter with producing our re-vamped Newsletter and contacting members to renew their membership in time to receive this publication. Well done to all who have responded by renewing.

Three of us headed over the Kaimais to Matamata for our latest Zone meeting last month. Waihi, together with Rotorua and ourselves, introduced a new initiative for Grey Power to look into what, as an organisation, we can do regarding climate change. See article in the magazine.

Local Body Elections are on October 12th and I urge everyone to make the effort to vote. People I have spoken to recently seem to feel that it doesn't matter who is on the council, so why bother?? Please believe that it does matter. If on the other hand you are really unhappy with a councillor's performance, study some of the other candidates carefully to see who might be a good replacement. Here are some questions that would be good to ask candidates:

- Do they support the Productivity Commission's recommendation to do away with the existing Rates Rebate Scheme and bring in a Deferred Payment Scheme?
- Do they feel that Climate Change is important and ask how they plan to reduce emissions and waste in Tauranga and Western Bay? And will they push for a meaningful recycling scheme.
- Do they understand the benefits of our city/town being Age Friendly? What initiatives are they supporting?
- Do they support maintaining the much-needed council or social housing for the older sector? Will they step up to make the existing accommodation more habitable for the present vulnerable tenants?

There are many issues that need addressing in our rapidly growing city and the Western Bay and our association is represented on the TCC Positive Ageing Advisory Forum (PAAF). We meet every 6 weeks at the council building and discuss any concerns we have with some Council proposals and raise any issues such as housing, accessibility and roading/transport. Sometimes it involves small details such as – what is appropriate seating for public spaces, is there enough seating, shade or access to public amenities? There is an enormous amount of construction in the city at the moment which is predicted to carry on, in some cases, until 2021! Here's hoping that businesses will tenant the refurbished buildings.

Reading some of the enclosed articles may have you thinking that we advocate a restrained and sober life. Not at all! I just believe there are some things that are better taken in moderation to keep us fit and healthy so we can have the maximum fun and happy times with friends and family and loved ones, which should never be compromised – should always be in abundance.

Enjoy the warmth of the sun,

Jennifer Custins (President)



SUBSCRIPTIONS

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

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.

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.

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9.30am - 2.30pm

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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.

Thank goodness my book finally arrived, I almost started cleaning the house.



GREY POWER COFFEE MORNINGS



Everyone is welcome to come along for discussion or a chat and listen to our monthly speakers.

TAURANGA COFFEE MORNINGS

First Thursday of every month at 10.15am
Venue: Raft Café, Chapel St, near Briscoes, Tga
DATES: – 3rd October, 7th November, 5th December

KATIKATI COFFEE MORNINGS

Bi monthly second Thursday at 10 am
Venue: Resource Centre
Beach Road just past the schools.
Dates: - 10th October, 12th December

PAPAMOA COFFEE MORNINGS

3rd Tuesday of each month at 10am
Venue: Blackberry Eatery, Gravatt Rd
Dates: 17th Sept, 15th Oct, 19th Nov, TBA Dec

Any inquiries for coffee mornings:
Phone the GP office 571 2558 or
Dan & Maureen: 021744 208 or Jenny 573 7081 for Tauranga. Lexie 021 452975 for Papamoa
Baden & Lynn 549 5423 for Katikati.

ALL ARE WELCOME – Please wear a name badge if you have one.

PAPAMOA COFFEE MORNING

We had our first coffee morning 'Meet and Greet' in Papamoa on the 20th August at The Blackberry Eatery. Several members were there and all seemed to enjoy the experience of being able to get together a little nearer to their homes. Most were from Te Puke and the surrounding area and expressed an interest in repeating the event. If it settles into a group and they would like to have a speaker from time to time we would have to find another venue. For now, we will meet every 3rd Tuesday with the next morning at **The Blackberry 17th September 10am.**

CASHLESS SOCIETY

– Reserve Bank of NZ

I was recently at an interesting presentation by the Reserve Bank of NZ about how life could look if cash was withdrawn from our lives! The RB team had done a very comprehensive study on how it would affect society – the pros and the cons. For example, it would formalise transactions and slow 'black money' (under the table payments) and so increase our economic growth. It could create a more accurate tax collection – there is a big burden on middle class earners because of the massive tax evasion done by others. It would be less expensive for the country by not having to print or make money and could be more convenient and hassle free for us by not having to carry cash.

In some instances, it can curb crime such as robberies and muggings and to an extent reduce corruption. However, there are downsides – there can be a loss of privacy – the Government would be able to track every transaction and see what we buy and where we travel. Although we are not far off that today, with the extensive use of smart phones and internet usage. It would force people to use banks exclusively and the Government would then have to take on a huge increase in taxpayer liability. Also, if we had negative interest rates people may want to withdraw their money but there would be no way of doing that if there was no tangible currency.

Sweden is one of the few countries which is moving toward being cashless. 87% of transactions happen by card, online or a smartphone app. However, they are also concerned about the more vulnerable such as retirees, recent immigrants and people with disabilities, who may have difficulty using or accessing smartphones or computers for banking.

Other questions that were raised at the meeting of a lighter nature were – what would parents put under the pillow for the Tooth Fairy? How would you pay children pocket money? The loss of making a gold coin donation or paying the obligatory \$2 for a cup of tea at a club?

There is no plan in NZ to remove cash from our everyday lives for quite some time but there may be small changes such as dispensing \$50 notes instead of \$20 at an ATM machine and many businesses will make it easier for us to pay for things electronically. So, it's still a good idea to have some cash on standby for those occasions when only a coin is the right thing to have.

A FRIENDS PLACE, WAIHI BEACH



A FRIENDS PLACE (Social Groups for Older People) continues to make a real difference to people's lives here at Waihi Beach. The social programme is now in its fourth year and has proven to be a place that older people can depend on to have some fun, stay connected with people of their own age and stay socially included within the community.

During a typical four-day week there are over 70 people, 'Friends', aged between 65 and 92 years involved at A FRIENDS PLACE and more than 10 volunteers, including myself who help out with the activities, the transport and kitchen duties. The Waihi Beach Community Centre provides us with a great venue that is light, warm, and safe.

The weekly programme includes a Discussion Group, a Board Games afternoon, an Art and Craft Group, a Musicians Club, a Music workshop morning, a (500) Card Club and a Beauty/Pampering afternoon.

We share food together each day and share stories and advice. We also provide free transport as it is beneficial for people to get out of their homes and attend a regular and dependable social group and activity.

We invite representatives from various community groups to come along and speak including government, council, Civil Defence, Police and St John Ambulance which helps to keep older people included and enables them to contribute to decisions made on subjects that concern them.



ORGANISER TRUDY VAN STEE
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Where community shapes the heart of your retirement

JULY GREY POWER COFFEE MORNING

On the 4th July in Tauranga, Grey Power members gathered as usual at Raft Café for their monthly meeting in the Board Room, anticipating an interesting morning with Jim Petersen scheduled to come and speak to us.

Jim started off with a short resume of his life story and gave a good “plug” for Toastmasters. He said he had needed confidence as a young man and found that this organisation gave him practice in public speaking, thinking on his feet and the art of knowing how to put together a short, well-constructed talk on any of a variety of subjects. He recommended it as excellent training for anybody, especially young people, who want to know how to run a meeting, how to organise their thoughts for a speech in a logical way, how to do fund-raising or just to gain confidence.

Along the way, Jim became involved in the Good Neighbour Trust that provides strategic help for struggling families in the Tauranga Community. They run a food distribution service from their Burrows Street Centre, gathering “left-over” food or food that has gone past its use-by date – bread, frozen goods, fruit and vegetables - from a number of supermarkets around the wider area in three vans that have been donated by one of the large retail companies in Tauranga. The Centre attracts an army of helpers who come in daily to sort the food into useable and non-useable, immediate or longer term distribution: non-useable food gets sent to a piggery or composted. The recipients are schools, pre-schools, day-care centres, and care institutions that can pass the food on to their clients and families who need it. Good Neighbour now runs a commercial kitchen where young people are being trained in food preparation, budgeting, shopping and healthy eating. This Centre is set up to be available in the case of a Civil Defence Emergency.

The last part of Jim’s talk focused on his charity referrals business. He seems to have been a “jack of all trades” because he is also in real estate and developed a business where he could specialise in selling houses for seniors who need to down-size, sell their family home and move into something smaller. He decided that 20 per cent of the money that he made from each sale would go to charity and he’s finding that it works well, both for him and for his senior clients. He works through Trade Me which is where the major amount of advertising happens for house sales.

Grey Power members enjoyed Jim’s talk and plied him with questions at the conclusion of his talk, always a good sign of interest in a presentation.

Jenny Utting

AUGUST GREY POWER COFFEE MORNING

On the first day of August, Grey Power members hurried to get out of the biting wind sweeping across the estuary into the shelter of the Raft Café for the monthly coffee morning. Over our cups of coffee, we welcomed our speaker for the morning, Rhonda Ritchie, representing Sailability Tauranga. A good many of us wondered what she would have to say to this group of retired, comfort-loving greyheads about the

art of sailing! However, we didn’t wonder for long because she really got our attention and interest. Sailability is an organisation that has been running in Tauranga for three years, catering for the needs of the disabled sector, giving them the opportunity to get out on the water and enjoy an exhilarating sport that not many would ever have tried before. There are similar clubs and groups operating in most of the major seaside cities and towns around New Zealand and internationally.

Operating from the Yacht Club building at Sulphur Point, Sailability runs seven two-man sailing boats and aims to take disabled members out on the water once a week when tide and weather are right. Obviously, more is done during the warmer months. Safety is paramount and every effort is made to keep participants supported and safe. A huge team of volunteers is needed for all manner of activities from catering and maintenance to managing finances, upkeep of boats, organisation and governance, fundraising, dockhand and computing skills. Between 15 and 18 volunteers are needed each time the boats are out, and they aim to do three 1hour sessions a day. At the end of the day, boats need to be washed and properly stored ready for the next week. Volunteers are given free meals during the day; disabled participants are given one free sail then are asked to pay a membership of \$50 per annum.

Their “customers” are people with autism, the aged, the blind and wheelchair bound, those with mental problems and others disabled by accidents. There is no age restriction; in fact, several of the Grey Power members there were promised a sail later in the year just for the fun of getting out on the water! The benefits they get from this sport, Rhonda said, are a sense of freedom on the water, independence, being able to do something that has been only the preserve of the able-bodied, the chance to compete in regattas and to be included in community events. It is heartening to see the improvement in the skills and attitudes of those taking part. Some get so keen on the sport that they learn to sail their boats on their own and get to compete in races.

There are a few special financial needs the Club would like to see addressed: They would like to be able to do two days a week in the summer which means more volunteers; they would like more boats and a dedicated ramp. Finances loom large as in any volunteer organisation and about \$23,000 a year are needed to cover costs and keep it affordable. Volunteers are well trained to maximise safety. The next training day is 14th September. Who knows! Someone among Grey Power members might just like to wander along and see what goes on!

Jenny Utting

CITY SEARCH - Can you unscramble the words below to make the names of famous cities??

HAHASIGN, ONERUMBLE, HAILPAIDHELP,
ANIMAL, ANTISAGO, NOTEDMOTIVE, EASIERBONUS,
NILTUBAS, GINJIBE, PUBDATES

Solution on page 23

Plan ahead today, for peace of mind tomorrow

Planning your funeral in advance can make
a difficult time easier for your family

Thinking about your own funeral plans may seem odd to some, but by planning ahead, you can help ensure that your family will not experience extra distress at an already difficult time, knowing your wishes are being fulfilled.

Keeping a record of what you’d like when it comes to your service and burial or cremation, can take a lot of pressure off family members at a time when they’re likely to be very stressed. Grief can affect our ability to make considered decisions and it can be overwhelming to think of all the things that need to be done. Even though talking about death can be difficult, planning ahead is such a helpful thing to do.

“Planning ahead not only makes things much easier for the family but can also offer peace of mind,” says Neil Gedge, the manager of Elliotts Funeral Services.

Neil says his team of funeral directors are happy to meet with people to talk them through what they’d like, so there is no uncertainty after they’ve passed away.

It’s a particularly good idea if you’d like some personal touches as part of your funeral, or if there are certain things you definitely don’t want.

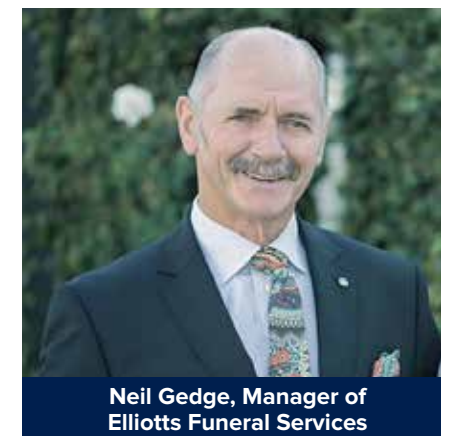
Elliotts Funeral Services can supply you with a free preplanning pack which enables you to record your information as required by the Registrar-General of Births, Deaths and Marriages, as well as including details of who needs to be notified of your passing and also your preferences for your funeral.

“People do find it is a useful thing to do. Straight away you can see that it’s like a weight has been lifted off their shoulders. Similar to writing a will, there is satisfaction in knowing that everything is taken care of.”

This recorded information is also greatly appreciated by families. “We have a lot of people saying it gives them peace of mind and a sense of direction in the planning of a funeral because the person who has died was able to have their input into the music or the readings or the casket. It is gratifying to see that their wishes are then carried out,” Neil says.

The other thing you can talk to a funeral director about in advance is the cost. This can help to avoid a financial burden on your family, who may otherwise have to pay for the funeral themselves. The FDANZ Funeral Trust allows people to pay for part, or all of their funeral. The money is paid into the trust and released to the funeral director at the relevant time.

While a major life change like going into a rest home or being diagnosed with a serious illness may prompt you to begin planning your funeral, it’s never too soon to start thinking about what you may want. The relevant time thinking about what you may want.



Neil Gedge, Manager of
Elliotts Funeral Services

Elliotts
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Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with a free funeral pack which contains material about Elliotts Funeral Services and important information with regards to planning a funeral. We are also happy to come out to you and discuss your needs, and can provide a free, no obligation estimate if you wish.

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CLIMATE CHANGE

At the last National AGM, a proposal was put forward that Grey Power look into Climate Change and how it may affect older people and what, if anything, we can do to slow it down or mitigate the damage. Members from Zone 3 have formed a small group to look at what our age group can do – if not to make our lives better – at least try to leave it a better place for all the younger people growing up in the world.

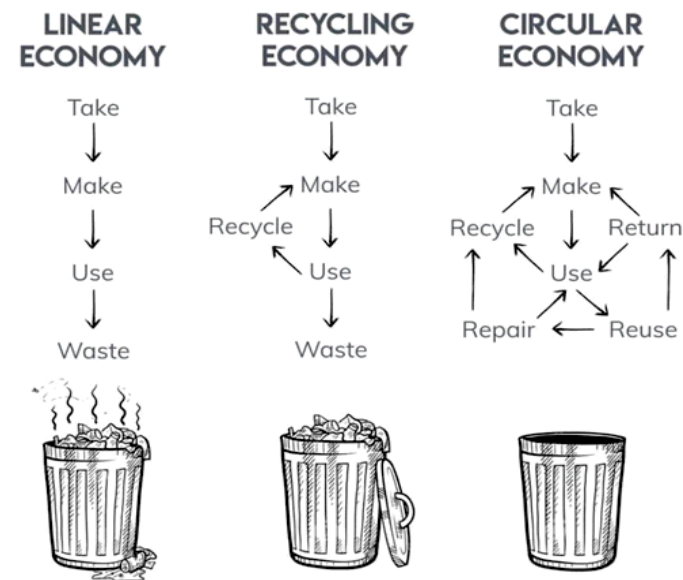
There are many issues to consider: Are we making a big enough effort to buy products with less packaging, or packaging which can be reused or recycled? Can we plant a tree or give one to a friend or relative to plant? Are our properties likely to be affected by stormier weather or rising sea levels? What is the future of insurance for our homes going to be? I don't have the answers to a lot of these questions but I'm positive that every little personal effort we make can make a difference.

Of course, the best way to rectify anything destructive in the world is for everyone, globally, to change their behaviour! In some instances, humans are hell bent on inventing new things – bigger, better, faster, easier. The downside is that in that process other things can be lost or damaged.

For instance, to have our shampoo in a handy but non-recyclable container, fossil fuel must be extracted from the ground, destroying the earth and emitting carbon into the atmosphere. When we have emptied the container, it is sent to the land fill and could take centuries to break down and even then, although it can no longer be seen with the naked eye, it is still in the ground, and not in a good useful way. The shampoo is

usually made from palm oil, much of which comes from palm plantations. Unfortunately, these plantations have been made by destroying beautiful rain forests, killing endangered wildlife, plants, and all living creatures which make up the eco systems that every living thing depends on, including us. Many common products and foods are also made from palm oils. However, ways around this destruction are being developed. For instance, shampoo is now available in a cake made from natural products and wrapped in paper, therefore creating very little carbon footprint.

In NZ, especially Tauranga, we can do our bit by buying things with the numbers 1 or 2 on the packaging, which means the packaging can be recycled or choose a glass container which can be reused over and over again. It is important to consider what impact we have on the environment as it affects what sort of life our descendants will have in the future.



Chequeless for some

For Kiwibank customers this is the last month that you can order a cheque or deposit book. Cheques will no longer be accepted as a form of payment at any Kiwibank branch from 1st April 2020. This is being mentioned again because our association uses Kiwibank to deposit all the cheques that you send us for your memberships. Next year this is going to be a problem so we are encouraging members to try using other forms of payment such as telephone banking, set up an Automatic Payment (with an end date) or go to Bayfair or The Crossing branches and they will take you through each step of internet banking. We are also hopeful that there will be an eftpos facility at the Village by next year.

To have help with general computer/internet skills, Senior Net run very good classes at the Village, phone 577 1912 or www.taurangasenior.net.co.nz.

The Public Libraries also have some free classes: phone 577 7177 or email library@tauranga.govt.nz

Telephone & Internet Scams

We are often being warned about telephone scams and more recently there have been more from Spark and the Police – With Spark for instance – think – are you a customer – no? Just say “Thanks, I’m not interested” and hang up. Do it quickly because they want to keep you on the phone as long as possible to try to persuade you that they are genuine. Utility companies or the police will never phone you with such important information nor will they ever ask for personal information over the phone. Also, there is never a case when you should give money to someone you have never met. People through the internet can sound very convincing but no honest person would ask you to part with your money. If in any doubt, please phone the office for advice. Enjoy the internet but stay away from emails that come from people you don't know or haven't contacted.

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How many words can you make from the letters in the wheel?

Each word must contain the hub letter I. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?

Solution on page 12

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Why Your Decades After 60 May Be Your Best

Retired people past that age are the most joyful. Here's why.

by Shayla Thiel Stern March 10, 2017



When my daughter was in kindergarten, her teacher asked her class to create self-portraits imagining what they would be like as grandparents in the future and to fill in the blank, "When I am a grandparent, I will...". My daughter used white cotton balls to create a head of fluffy white hair and filled in a blank beneath the picture with "SWIM LAPS," written in her sweet, unsteady penmanship. She was perhaps inspired by her own grandmothers' and great-grandmothers' fondness for pool exercise.

I was reminded of this when reading a story from The Guardian's recent series on retirement. The article led with a video about a 66-year-old recent retiree who goes for a daily swim in the frigid ocean at Cornwall with other older adults — never missing a day because of the sense of joy it brings not only to swim, but to swim with like-minded friends. It was something she could not have done while still raising her children and working full-time, she notes.

Life Experience Makes Us Courageous

Using interviews with men and women across Britain, Guardian reporter Amelia Hill discovered a common theme for the article: Even if you don't make a specific plan for what you will do in retirement, you are likely to be happy in whatever you choose. She notes the choice is personal and the source of joy is far-reaching, from volunteering to playing with grandchildren to swimming daily in the ocean.

Research about happiness and aging shows that older adults generally are happier than their younger counterparts, and retirement is likely to improve your happiness and health. Moreover, that effect is immediate and long-lasting.

The Guardian interviewed Caroline Lodge, co-author of the book *The New Age of Ageing: How Society Needs to Change*, which followed more than 50 people age 50 to

90.

"Most of our interviewees are amazed by the fact that they are enjoying life and that they feel young and normal, sometimes into their 90s,"

Much of this joie de vivre seems to come from something that many of us have enjoyed as we've grown older: A sense of self-confidence based on our years of experience.

"It's the loss of angst about what people think of you: the size of your bum or whether others are judging you correctly. It's not an arrogance, but you know who you are when you're older and all those roles you played to fit in when you were younger are irrelevant," said 69-year-old Monica. "That makes one more courageous."

Who Cares What Other People Think?

And it isn't just self-confidence that engenders years of experience. It's that you no longer need to care what other people think. Another interviewee (who chose to remain anonymous in The Guardian) put it beautifully: "Last week, I swept across a crowded pub to pick up a raffle prize ... with my dress tucked into my knickers! A few years ago, I would have been mortified. Not anymore. Told 'em they were lucky it was cold and I had knickers on!"

Lifelong learning and the willingness to continue to learn is good for the body, mind and soul. In fact, people who perceive themselves as lifelong learners often are "superagers," or people who remain vital and cognitively resilient through very old age.

"I do things now that I wouldn't have dared to do when younger, for fear of being crap at them," added Hartwell in The Guardian. "Now I try my hand at whatever I fancy and if I'm not as good as others, I don't care, I'm still learning."

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'If there's a Rock & Roll Heaven, you know they have one hell of a band'

Shane Cortese and the 'Class of 58'

Kicking into his blue suede shoes, Shane Cortese is set to have you rockin' as he sings and entertains you with his personal selection of 50's rock & roll music including hits from Chuck Berry, Eddie Cochran, Buddy Holly and the king himself Elvis Presley. The Class of 58 play tribute to the songs and artists that changed music forever. In an era that defined what it was like to be free, Shane's Jukebox songs will engage you in a performance of sensational rock 'n roll entertainment.

The Class of 58 have always loved the vibe and energy of the 50's Rock & Roll, and they love to bring that energy and entertainment factor to the stage. Shane came from a musical theatre background having performed on the Prestigious West End in 'Elvis the Musical, Rock and Roll Heaven and the Rocky Horror Show' to name a few. Returning to NZ Shane became a household name through his television work on Shortland Street.

At a corporate charity event, he met Chet O'Connell, and their performance of Chuck Berry's Johnny B. Goode started a musical relationship and friendship that is stronger than ever today. The Class of 58 formed in 2004 and the band quickly began playing their own theatre shows. In 2006 and 2008, they completed two national tours of NZ playing to sell our crowds from Kerikeri to Invercargill. Their 2008 album release 'Jukebox 58' sold in excess of 4000 copies and was a true testament to the popularity of the band and the music they play.

They have had stellar engagements at large, scale outdoor events such as Coca-Cola Christmas in the Park, Queenstown Winter festival, Lakeside Rotorua, and have played at many of the outdoor summer festivals throughout NZ.

Aside from playing their own concerts and being invited to festival events, the Class of 58 have performed on the international stage in Australia and Kuala Lumpur, as well as many Corporate events bringing their love of 50's music and performance to a younger generation. Their moto has always

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been "if you present a great show, the music will speak for itself" – and they have proved time and time again that Rock & Roll will never die.

Sunday News says, "They swayed, they clapped and they rose to their feet at least three times in ovation at the 'Outrageous Fortune' and 'Dancing With The Stars' poster boy morphed himself from Del Shannon to Elvis, to Eddie Cochran and Chuck Berry."

Bay Chronicle comments by saying "Shane, Chet and the Class of '58 recreated the sound and feel of the 50's to perfection. I LOVED this show."

Shane Cortese is a master showman and sings with a passion that shows his love of music, performance and 50's Rock & Roll. Featuring brilliant guitarist Chet O'Connell and the equally dynamic Class of 58 band, these memories will have you yelling out for more!

Performing on Saturday 12 October, from 6.30 pm at Holy Trinity Church in Tauranga. Get your tickets now for this not-to-be-missed performance, from waipunahospice.org.nz/concert or email events@waipunahospice.org.nz or phone 07 552 4380

Funds raised go directly towards providing specialist palliative care for patients living with a life limiting illness within Tauranga and the Western Bay of Plenty from Waihi Beach to Paengaroa.



NATURAL GARDEN TIPS

The shelves at the garden store bulge with all manner of sprays, pellets, liquids and powders designed to kill any nasties on your veggie patch or encourage your roses to bloom at their most spectacular. But if you want to avoid putting too many chemicals onto your garden or just want to save some money, there are plenty of homemade alternatives that work just as well.

To help reduce pests and diseases

General insecticide: Mix one teaspoon of natural dishwashing liquid with two teaspoons of vegetable oil. Pour into a spray bottle and shake well. Spray the liquid directly onto bugs (like aphids or mites) until they are covered and the liquid will smother them.

Black spot fungicide: Add three teaspoons of bicarb soda to one litre of water plus a few drops of dishwashing

liquid to help the solution adhere to the leaves. Spray directly onto the area affected by the fungus, although, be careful not to overdo it.

Snails and slugs: Place a small, shallow dish of beer in the garden. It will attract snails and slugs that will crawl into the liquid, but they won't be crawling out again.

Powdery mildew: Combine equal parts milk and water in a spray bottle and spray directly onto the affected areas. Three treatments over the course of one week should clear up the mildew.

Cabbage worms: Despite the name, these pesky bugs will eat many types of vegetables and just a couple can do serious damage. Sprinkle self-raising flour or cornmeal over the leaves in the morning when the worms start to eat. It will swell in their gut as the temperature rises.

Other helpful tips

Coffee grounds: Acid loving plants like tomatoes, blueberries, roses and azaleas love coffee grounds. You can mix them into the soil, sprinkle them on top or create a soil drench by soaking the grounds in a bucket of water for two to three days before pouring it over the garden.

Banana peel: Plants love potassium and banana peels are chock full of it. Put one or two in the bottom of a hole when putting in new plants or bury under mulch for existing gardens. The peels will rot and release potassium that will fertilise the plant and also repels aphids.

Egg shells: Egg shells are 93 per cent calcium carbonate, which is the same ingredient as popular fertiliser lime. You can add the crushed shells straight to the soil or powder them in a blender and add to a spray bottle of water to apply directly to the leaves.

Happy gardening!

Word Wheel Answers: 9-letter word - EDUCATION
Some other words of five letters or more containing the hub letter I: actin, adieu, antic, audio, audit, canid, cited, coati, cutie, dicot, dicta, edict, induce, nicad, tenia, tonic, tunic, unite, untie, action, atonic, auntie, coined, detain, induce, induct, notice, united, untied, aconite, auction, caution, conduit, noctuid, noticed.

Make Your Vote Count

With so many residents concerned about issues that affect their daily lives such as local transport, housing, increases in rates, water quality, flood damage, pensioner housing etc it is surprising that so few exercise their vote in the City, District, or Regional Councils. In 2016 less than 40% of eligible voters exercised their vote for Councillors in Tauranga and the Western Bay of Plenty.

Some complain that they don't know their candidates so it's not worth voting. Certainly, this year in Tauranga and Western Bay many positions are being hotly contested and some candidates may be relatively unknown.

Footpaths, libraries, streets, water, sewage, stormwater, parks and swimming pools are all managed by your local Council. They also foster community & cultural events, as well as encouraging local economic and housing developments. Councils impact your neighbourhood and district. They need to know your ideas for future priorities!

This is why one of the most important ways you can take part in the decisions that shape the future of your city, town, or district is to get involved in the Local Body Elections.

Questions for your council candidates.

If you can attend public meetings where candidates speak you will get a good idea of which candidates are worth supporting. If you can't make the meetings, there are brief statements from each candidate in the election packs. Candidate statements also appear in local papers, and are on-line at sites like Sunlive (www.sunlive.co.nz). Ask questions at the local candidate meetings or you can call or email the candidates if you

have questions.

What sort of things should you be asking about? Issues vary around local body regions but in your area, it could be rates increases, recycling, age-friendly communities, local public transport, footpaths, roading issues, council housing etc. Also check where the candidates live to ensure they can adequately represent you – anyone can stand for election but there is no requirement that they live in the area that will be impacted by their decisions!

NZ First Bring Flicker of Hope for Action on SH2.



At a NZ First meeting in Tauranga on August 8th, the Hon Winston Peters was asked by our Vice-President on NZ First's commitment to fixing the dangerous section of SH2 from Omokoroa to Tauranga and provision of the often promised Katikati Town Bypass.

"I have seen that is now a matter of absolute urgency since the last election," says Winston. "After the election it's the biggest crisis point of development requiring work. "But I happen to agree with you that it does require that because of the traffic danger and the need to get that towards Katikati as fast as we possibly can, and we will do our best to find that money." *Sunlive Aug 8th (<https://www.sunlive.co.nz/news/217360-winston-peters-agrees-sh2-is-traffic-danger.html>)*

Local NZ First MP, Clayton Mitchell, was subsequently asked by us as to the specific plans to implement action. His response was as follows: "I can reaffirm my belief that the SH2 Omokoroa to Tauranga, and the Katikati Bypass is a critical piece of infrastructure for the area. Unfortunately, at this stage I do not have an update to provide you with on this matter, other than to say that I will continue to lobby the Transport Minister on behalf of our region."



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Retirement Village Living v Residential Care

Residential care and retirement villages are different. Purchasing into a retirement village is a lifestyle choice. Residential care is for people with high dependency needs who have been needs-assessed as requiring long term care.

If you move into a retirement village, in an independent unit or serviced apartment, you may not be able to access any publicly funded home-based support services. Check the retirement village contract for this. If you move from independent living into residential care you may be required to continue paying service fees for the independent unit, plus premium room fees and residential care fees. Costs can be significant. It may be possible to access residential care services in a serviced apartment or care suite that you purchase. You then pay for care either privately or via the residential care subsidy.

Check what levels of residential care are available at a village. Not all villages offer care facilities on the same site. If you require care that is not available onsite, you may need to relocate, continue to pay retirement village service fees and be unable to release equity to cover care costs.

Premium room fees often apply in retirement village care facilities. There is no public funding for premium room fees. Even if you are eligible for a Residential Care Subsidy / Loan, you cover the cost of premium room fees privately.

Thoroughly investigate potential costs of care and outgoings with family and your attorney before you become a retirement village resident.

Premium Room Fees: These are common in residential care and include 'additional features of a permanent or fixed nature', such as an ensuite, big room or garden access. There is no public funding for these fees or additional services and they typically range from \$10 - \$75 per day. It is very important to be very clear about any additional costs prior to entering care. The types of services and items that need to be paid for by you or family are – non prescribed medication, dentists, opticians, audiologists & x-rays. Personal items such as hairbrush, razors, TV, radio, batteries, soap, shampoo and other toiletries. Dry-cleaning, private phone, internet or Sky TV.

Day care or short stays can provide a gradual transition to long term care. This way you are not moving to a totally new environment and there is time to get to know staff and residents.

Often the need for residential care is urgent. If there is no vacancy at your first choice, you might have to consider another facility but you can choose to move again.

Contact Seniorline on 0800 3754395
www.seniorline.org.nz for more information
or visit www.centealtas.co.nz
also Eldernet www.eldemet.co.nz 07 579 3051
has vacancy information for all District Health Boards (DHBs).

If you are caring for someone who is terminally ill, or has an ongoing health or mental condition you may be eligible for a Carer Support Subsidy. You or your doctor needs to arrange for a Needs Assessment. You could also call the Ministry of Health Help desk on 0800 281 222

Information for this article came from two updated booklets published by Seniorline and copies are available at our office. Ph 571 2558



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THE WONDERS OF THE BANANA PEEL



From whitening your teeth to making your garden grow pest-free, check out these clever uses for banana peels

1. Grill a juicier piece of chicken

You're a grill master...except when it comes to skinless chicken breasts. They're so lean that they dry out faster than you can flip them. Next time, place a banana peel on top of each breast while cooking. The peel will create a barrier that acts like skin, helping the meat retain its natural juices.

2. Make a natural fruit-fly trap

Even though the oranges and apples in your fruit bowl are nowhere near expiration, you often find little flies buzzing around your kitchen. Catch the pests once and for all by crafting a trap. First gather a large yogurt container, a banana peel, a hammer, and a small nail. Using the nail and hammer, poke holes in the lid of the yogurt container. Place the banana peel inside, snap on the lid, and leave it where the flies tend to gather. The sweet smell of banana will attract the fruit flies, leading them to crawl inside—but they won't be able to fly back out through the tiny holes. Dispose of the trap after a day or when most of the flies have been caught.

3. Stop a scratched CD or DVD from skipping

If your favourite disc just won't play smoothly, fix it with a banana peel. To do: Rub the back of the disc in a gentle circular motion with the inside of the peel. Wipe off any residue with a soft cloth, then lightly spray the disc with glass cleaner and buff it until it looks clean. The wax in the peel will fill in scratches without harming the plastic finish, so the disc can play sans skips.

4. Rid your garden of aphids for good

After noticing some insect damage in your garden, you decide that it's time to nip the problem in the bud. Just cut up two or three banana peels, then dig a 1-inch-deep hole in the ground at the base of your plants and place the peels inside. Aphids and ants find the high potassium concentration in banana peels unappealing, so this little trick will make the pesky bugs retreat.

5. Swiftly lift ink stains from skin

Thanks to an exploded pen, you've got ink-covered hands—

and soap and water aren't doing the trick. To the rescue: banana peels! Rub the white side onto the discoloured areas and watch the stains disappear. The natural oils in the peel will attract the oils in the ink, weakening the pigment's bond with the skin for easy removal.

6. Soothe an itchy bug bite

Summer is coming to a close, but it seems the mosquitoes have yet to get the memo—the critters are still biting you. For fast, chemical-free relief from an itchy bite, rub the inside of a banana peel against the inflamed area. The peels are full of polysaccharides, which will seep into skin cells to halt swelling and inflammation within minutes.

7. Whiten teeth on the cheap

No need to spend a fortune on professional whitening strips—let banana peels do the job instead. Simply rub the inner white side of a peel against your freshly brushed teeth for about 2 minutes every day. The combination of plaque-busting, astringent salicylic acid and gently bleaching citric acid in banana peels will effectively lighten surface stains on teeth without wearing down the enamel. With this trick, you'll have bright pearly whites within a week!

8. Buff away scuffs on leather shoes

Last year's sling-backs are still in great condition, except for a few scuffs on the toes. The natural fix: Lightly rub the spots with the white side of a banana peel, then wipe with a clean cloth. The peel's potassium (a key ingredient in leather polish) will be absorbed into the leather and diminish the marks, leaving your shoes looking brand-new.

9. Perk up dull, dreary houseplants

If your potted ferns, cacti, and spider plants look like they need a little pick-me-up, give them a quick rubdown with the white side of a banana peel. The skin's rough texture will gently buff away dust, while its natural oils will add a nice polished sheen. Bonus: banana peels contain nutrients like potassium that feed plants to keep them healthy and flourishing.

10. Remove a splinter painlessly

Make removal of a tiny wood sliver a cinch with this trick: Tape a piece of banana peel, white side down, over the wound and leave it on for 30 minutes. The enzymes in the peel will seep into the skin and encourage the splinter to move toward the surface for easy plucking. The result: a tear-free extraction.

With thanks to Prevention.com

WISE AND WONDERFUL KATIKATI



Wise & Wonderful caters for seniors who are seeking companionship and would like to meet new friends,

share stories and have some fun. A range of activities such as board games, quizzes, bingo and arts and crafts are on offer along with some gentle exercise. We have a dedicated group of passionate volunteers who organise and facilitate the programme and we also receive volunteer support from SuperGrans Western Bay of Plenty. Wise and Wonderful is held at the Katikati Community Centre every Tuesday afternoon from 1:30pm-3pm and a free pick up/drop off service is available within the Katikati area. Afternoon tea is provided and a gold coin donation is appreciated.

To contact the centre please call 549 0399. Everyone is most welcome.

HEALTHY EATING AT ALL AGES

Daily Telegraph UK by: Charlotte Lytton (Abridged)



Part of the Telegraph's guides to better health and wellbeing throughout your lifetime, experts reveal how to maintain a healthy diet with body-boosting foods, whatever your age.

Certain decades of life and the changes they bring, be they hormonal or lifestyle-based, can require us to sharpen our focus on particular areas.

Stress is one of the biggest causes of weight gain during people's thirties and, as workplace pressures and the need to balance personal and professional life rises during this time of life and recognising the signs may be the key to not derailing a healthy diet. Being consumed with work can cause people to reach for options that are low in nutrients but high in saturated fats "in an attempt to fulfil emotional needs," according to the Mayo Clinic, "even when you're not hungry."

They advise asking yourself why you're eating before that first bite: is it because your stomach really is rumbling, or just because you want the warm embrace of slab of Dairy Milk? Stress also directly affects the speed of women's metabolism, according to 2015 research, with study participants who admitted to feeling under pressure in the 24 hours prior burning fewer calories than their peers, as well as resulting in higher levels of insulin, which contributes to fat storage - usually around the abdomen, which is linked to far greater health risks.

Eating well while you're young can set up healthy habits for life - a good idea in theory. While the mainstays of a good diet apply no matter your age - everything in moderation, eating whole foods wherever possible and choosing from a wide range of ingredients - certain decades of life and the changes they bring, be they hormonal or lifestyle-based, can require us to sharpen our focus in particular areas. Here's what to look out for at your age and stage.

Fifties

Eating well and moving as much as possible must override the natural inclination to take your foot off the pedal.

The average woman in New Zealand begins the menopause at 52, at which point oestrogen production drops, raising heart disease risk to the same level as men's, as well as susceptibility to osteoporosis. Weight, blood pressure and cholesterol must be monitored during this decade, which means cutting back on alcohol and caffeine, and picking low-sodium options where available for foods like stock cubes, baked beans and soy sauce at the supermarket.

With evermore research drawing links between our lifestyles and serious diseases like cancer, inflammation and hypertension, renewed focus on eating well and moving as much as possible must override the natural inclination to take your foot off the pedal.

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon," journalist Doug Larson once wrote: both as a prescient nugget of truth, and reminder that processed meats like those found in a BLT serve, sadly, very little nutritional purpose.

Sixties and Seventies

As life expectancy increases, ensuring that the growing number of years we have are good quality matters all the more.

Retirement can provide a good point at which to recalibrate healthy regimes. Continuing a diet rich in calcium and protein sources remains crucial, due to the ongoing diminishment of bones and muscle: Bond advises plenty of kale, spinach, broccoli, eggs and brightly coloured fruits.

The latter, including oranges and carrots, are rich in carotenoids lutein and zeaxanthin, which are believed to boost eye health generally and protect against conditions like age-related macular degeneration, which can impair vision.

With average life expectancy at 81.4, ensuring that the growing number of years we have are good quality, matters all the more. At every stage, "you need to find a diet and exercise regime - it's not one versus the other - that matches your age in life," Dr Yeo advises. Maintenance may not feel as immediately gratifying as shedding half a stone thanks to a rapid diet, but the long-term benefits of sustained good living mean you will see the proof in the (occasional) pudding!



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LOCAL ATTRACTIONS

OROPI HOT POOLS



Not far from the centre of Tauranga and nestled in beautiful tranquil countryside you can find Oropi Hot Pools. Just drive a few kilometres along Oropi Road and make a left turn into Warner Road. The pools are well signposted along the way.

This stunning venue is suitable for the whole family, with a restaurant, coffee shop, camping site and even a secluded beauty spa. There is a well-planned children's play area along with barbecue facilities that can be booked for family or group activities. The hot pool is a perfect temperature for young and old alike and large changing rooms and showers are provided. You can forget all your cares in this fabulous spot, either for a few hours or a day. Or why not spend a couple of days camping and relaxing?

The Hot Pools are open
Tuesday to Sunday 10am to 10 pm, all year round.

Check out their website on
<http://oropipools.co.nz>
or give them a call on 07 543 3913

Heat pump use: According to Energywise, you shouldn't leave your heat pump on all day. When the weather is cold, it might be tempting to leave your heat pump on all day but relying on this heating method is likely to mean unnecessarily high power bills.

While lots of people believed leaving a heat pump on all the time was economically efficient, Energywise technical expert Christian Hoerning said switching your heat pump off while you were out for the day or at work could slash "roughly \$50 to \$100 a month" from a power bill, depending on the size of the heat pump and the size of the space it needed to heat.

"You should only heat your home when you need it," Hoerning said. "Don't leave your heat pump on all day if you're not there. You can set the timer to turn the unit on half an hour or so before you get home or before you get up in the morning."

Set the thermostat to a healthy temperature of between 18°C to 21°C. "Setting the thermostat to the maximum level will cause high electricity use and could cancel out any other measure you've put in place to make the system more efficient."

From the above comments, it would seem easy to deduce that cooling the house in the summer would benefit from the same advice.

Rates Rebate Scheme to be Axed?



The Productivity Commission has released their draft report on Local Body funding and financing. While many of their recommendations have merit, one that has alarmed us is a proposal to axe the Rates Rebate Scheme and to replace it with a national Rates Postponement Scheme.

Their logic included statements such as "There is little or no evidence that rates have generally become less affordable over time. Much concern focuses on affordability for low-income (particularly elderly) households who own their own homes. Yet such households generally have much lower housing costs than other low-income NZ households."

As an Association, and Zone, we disagree with this conclusion. From 2009 to 2019 the rate rebate has increased a miserly 17%, compared with an average increase of 54% in rates across the country. In addition, income eligibility levels have not been increased to match the rates increases.

We have made a submission to the Productivity Commission to revamp the Rates Rebate Scheme with simpler application procedures, a significant increase in the annual income for eligibility, and a higher rebate, as an alternative to a scheme that would create debt against the homes of the elderly dependent on NZ Super as their sole income. Those Councils who have offered rates postponement schemes have had very low participation – this is not the optimal way to solve this problem.

(https://www.productivity.govt.nz/assets/Documents/faacf52aab/ProdCom_Draft-report_Local-government-funding-and-financing.pdf)

Big Marijuana – a cautionary story.

As a result of the coalition agreement between Labour, Greens, and NZ First we will get to vote on legalising marijuana at the next election in 2020.

For those of us who encountered weed in the 60's and beyond, we could believe that it was relatively harmless and not worth wasting precious police resources on arresting and prosecuting recreational users. So let's legalise marijuana and focus our resources on the more dangerous drugs!

Supporters for legalisation of marijuana would have us believe that this is the opinion of the majority of New Zealanders. In January this year the NZ Herald reported a study from Horizon Research, commissioned by licensed medicinal cannabis company Heliux Therapeutics. Of the 995 adults over 18 years of age surveyed, 60% said they would vote "yes", 24% would vote "no", and 16% had no opinion. "The strongest support for legalisation came from the 25 to 34 age group (75 per cent), while the only age group that did not show majority support for legalisation was the 65 and over age group."

In contrast an independently conducted study of 1000 randomly selected adults representative of the voting public conducted by Curia Market Research, and commissioned by Family First, found that only 18% supported legalising recreational marijuana. (NZ 1 News Now 23 April 2019). More recently a 1 News Colmar Brunton poll, found that 52% of new Zealanders were opposed to legalisation, and 39% were supportive.

We hear positive stories about the impact of the legalising of recreational marijuana in countries like Portugal and USA states like Colorado. But, what are some of the facts?

The Rocky Mountain High Intensity Drug Trafficking Area report on "The Legalization of Marijuana in Colorado: The Impact", Volume 5, Update Sept 2018 provides some sobering statistics on the impact of legalisation of marijuana in Colorado.

Since recreational marijuana was legalized:

- marijuana related traffic deaths increased 151 percent while all Colorado traffic deaths increased 35 percent
- traffic deaths involving drivers who tested positive for marijuana more than doubled from 55 in 2013 to 138 people killed in 2017
- The yearly rate of marijuana-related hospitalizations increased 148 percent.
- "The average potency of concentrated extract products increased steadily from 56.6 percent THC content by weight in 2014 to 68.6 percent at the end of 2017."
- As of June 2017, there were 491 retail marijuana stores in the state of Colorado compared to 392 Starbucks and 208 McDonald's.
- Colorado past month marijuana use for ages 12 and older is ranked 3rd in the nation and is 85 percent higher than the national average.

Currently there is a push for random drug testing of drivers in New Zealand, this is great, but do we want to also increase

the likelihood of drug-impaired drivers being loose on our roads by legalising recreational marijuana? Hopefully we can learn from the painful lessons in Colorado.

The American Academy of Child and Adolescent Psychiatry (AACAP) in its 2017 Policy Statement on Marijuana Legislation provides a timely warning about our young people and the impact of legalisation: "Marijuana legalization, even if restricted to adults, may be associated with (a) decreased adolescent perception of marijuana's harmful effects, (b) increased marijuana use among parents and caretakers, and (c) increased adolescent access to marijuana, all of which reliably predict increased rates of adolescent marijuana use and associated problems."

"Marijuana is addicting, has adverse effects upon the adolescent brain, is a risk for both cardio-respiratory disease and testicular cancer, and is associated with both psychiatric illness and negative social outcomes." Donald Hagler, Marijuana Use: Detrimental to Youth, American College of Pediatricians – April 2017

Big Marijuana, just like Big Tobacco previously, has invested heavily in the USA in marketing of high potency THC that targets children,

despite the law forbidding sale to children Why would adults need their high potency THC to be marketed in multi-coloured Gummy Bears? A simple Google search for THC Gummy Bears reveals multiple marijuana manufacturers prepared to sell these to you on-line.

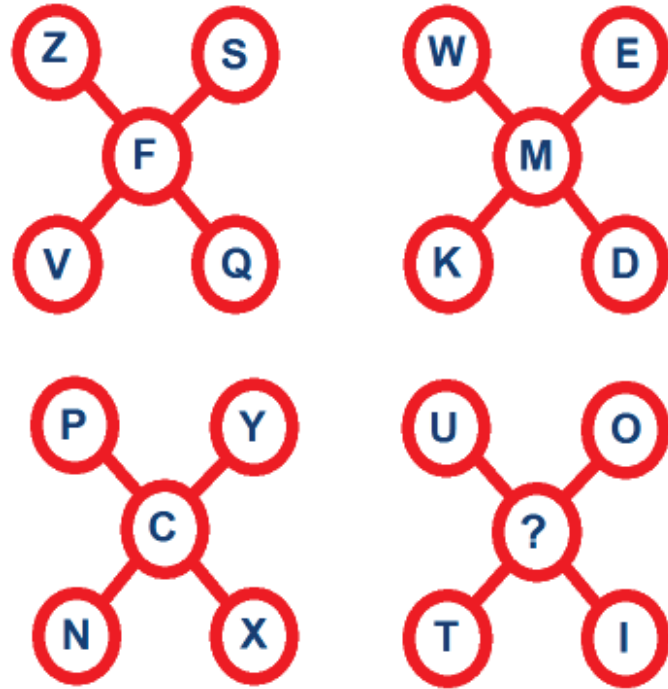


"The U.S. market for legal cannabis products was forecast to grow from \$8.5 billion in 2017 to around \$11 billion in 2018, more than doubling to \$23.4 billion by 2021. For beverage and tobacco companies where sales have stalled or fallen, this is a growth opportunity too tempting to ignore." Paul Ausick 24/7 Wall Street, Jan 2, 2019. <https://247wallst.com/consumer-products/2019/01/02/10-largest-marijuana-companies-3/>

Treating drug use as a medical/social problem, rather than a criminal offence has merits as demonstrated in Portugal where "drug dealers still go to prison. But anyone caught with less than a 10-day supply of any drug—including marijuana and heroin—is typically sent to a local commission, consisting of a doctor, lawyer and social worker, where they learn about treatment and available medical services." Want to Win the War on Drugs? Portugal Might Have the Answer, Naina Bajekal, Time Aug 1 2018 <https://time.com/longform/portugal-drug-use-decriminalization/> Let's look carefully at what is proposed in the 2020 referendum and don't support a proposal that will increase harm to our young people and society as a whole.

Mind Over Matter

Break the code to discover the missing letter. Hint: A-Z = 1-26



Solution on page 23

SENIORS DRINKING

In a recent NZ Medical Journal, it was highlighted that older New Zealanders, specifically 'baby boomers', are the generation that is increasing their hazardous drinking, while alcohol consumption by teenagers is dropping off. Baby boomers are also the generation that is less likely to be given advice on their drinking, or to be screened for it, by their GPs or practice nurses.

The trouble is, the potential harm from drinking alcohol increases as we age. Our bodies don't process alcohol as well, we are more likely to have conditions that alcohol can make worse and there is a likelihood it can interfere with any medication that we are taking.

Despite the popular belief that drinking in moderation is healthy (a view encouraged by alcohol marketers), evidence is building that there is no risk-free amount of alcohol we can drink. Alcohol is a carcinogen, it's full of empty calories, it affects our sleep and mood, and drinking heavily can increase our risk of stroke, high blood pressure, pancreatitis and more.

Unfortunately, many of us have selective hearing when it comes to warnings of the harm alcohol can cause. But there's something amiss when the people who are heading towards, or just starting to enjoy, their retirement are drinking more hazardously, while more teenagers are making better decisions now.

During 'Dry July' this year some people realised that drinking was more often a habit and not a necessity. Many of our generation were, unwittingly, set a bad example by some of our parents who had experienced terrible things during WW2 and used alcohol to dull those memories. We have a more open society these days to help people cope with life's traumas.

If you're looking for reasons to cut back on, or cut out drinking, here are five great ones:

1. You'll sleep better. Alcohol affects the quality of our deep sleep. If you avoid drinking before bed, you're more likely to wake up feeling refreshed.
2. You'll look better. Alcohol dehydrates you which can make your skin look dull and dry. Opting for water, instead, can improve the overall look and feel of your skin.
3. You'll feel better. With glowing skin and a good night's sleep, your mood can improve. A recent study found women who didn't drink had the highest level of mental wellbeing compared with moderate drinkers.
4. You'll have more money for fun stuff. Instead of buying wine, you can buy movie tickets or save up for a relaxing massage or, even, a holiday.
5. If you need to, you might lose unwanted weight. Alcohol is high in kilojoules but has low nutritional value. Cutting back or stopping altogether can help some people shed a few kilos.

This article has been altered and abridged from the excellent magazine "Healthy Food Guide"!



The values of my military training serve me well

For those who served in the military, you will know that recruit training focuses on dress, bearing and teamwork. Learning how to iron uniforms, polish boots, make a bed to perfection, and platoon drill, dominates the first few weeks. It instills self-respect and respect for others. Importantly, it develops teamwork.

The old saying that a smart soldier is a good soldier is equally applicable in civilian life as it is to the military. Fundamentally it's about professionalism. So, what are my five big take-outs from military service and how will they apply to the role of Mayor of Tauranga.

First and foremost, I learnt **I can't do everything myself**. A team, and ideally a multidisciplinary team, is critical to success. For a team to work well, it needs effective leadership. I believe this is fundamentally what is currently lacking in the Tauranga Council and we therefore have a divided, ineffective team.

Secondly, the military honed into me the importance of **being decisive, with a team united behind me**. The caveat to this is recognising the line between confidence and arrogance,

just like the line between bravery and stupidity. This decisive, team-based approach will transform the Tauranga City Council and empower the Chief Executive to make pragmatic decisions about resource allocation. One of the first tasks will be to fix the Mauao base track – New Zealand's most loved walk!



Thirdly, **it's important to learn from the experience of others**. In the army, you quickly learn to listen to and respect the opinions of those with broad operational experience. As your Mayor, I will bring broad leadership and team-building experience, and importantly, I will bring compassion.

Fourthly, **the human factor - respect for your fellow men and women**. Whilst we need to plan well and harness cutting edge technology, we must remember that in every plan and every decision, we are dealing with people. The culture of an organisation, flowing from the senior leadership team, should be one of performance, empathy and respect. Some of the

current Elected Members describe TCC as "The Machine". It is not a machine, it's a living, breathing organism; a place of work in which people are employed. To describe TCC as a machine explains much of the cultural problems with the current organisation and why their interactions with the residents of this city often lack the respect that I seek to instil.

And then there's this: **you always have something more to give**. Most don't know their limits until they join the military. Most haven't really endured serious discomfort for weeks on end, been so tired they hallucinate, or experience the overwhelming weight of physical and psychological pain. Luckily, this is not part of the job description for Mayor! What it's taught me though, is respect, empathy and compassion towards others. We cannot have another Bella Vista. We cannot let families down in the same uncaring and disrespectful way that the Bella Vista families, and others, were treated. As your Mayor, I will always have something more to give!

I love this city of Tauranga. It is my home. I am a local, and whilst I have been away and travelled the world on business and in the military, this has always remained my home. Having served my country, I now seek to serve my city. It would be my honour to serve you as your next Mayor of Tauranga.

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Tips for reducing rubbish

Suddenly we have hit a crisis point with respect to disposal of household waste. The following are just a few ideas I've developed to minimise what we put out for rubbish collection and have meant we only put out a rubbish bag every 2-3 weeks.

If you do not subscribe to a recycling bin (TCC) you can use cartons or other suitable containers to separate the recyclable items such as paper, cardboard, glass (TCC provides bin), tins, aluminium cans, plastic bottles which are 1 or 2 category recyclables etc. from other waste to take to the nearest Recycling Centre. Go to the local Council website for your area to find your nearest Centre.

Use any smaller sized plastic bags from packaged foods such as cereal packets to place smelly foods in and then seal them or else freeze them. Freezing works very well for meat scraps and reduces the chances of fly larvae in your bin.

Fill any containers that are not recyclable with plastic wrapping, used baking paper, wrappers from things such as chocolate or muesli bars etc or other squashable refuse to reduce the space they might occupy. Stack items wherever possible.

Collapse cardboard boxes and put them in the cardboard collection for the Recycling Centre.

We also compost the majority of our food scraps, vegetable and fruit peelings etc. Even using a waste disposal is better than them going into general rubbish. Stale bread, soaked in water, can be thrown on the lawn for the birds during the day but best not to in the late afternoon or evening as it might attract rats.

Avoid buying drinks in disposable containers. There are now a variety of 'keep' cups and bottles for hot and cold drinks.

Buy a minimum of packaged food - this is a big challenge!

I'm sure many of our readers could add other ideas to these. Please email us with any practical tips that have proved useful.

Jill Marshall

DIGITAL DIVIDE

At the last National AGM a Remit was put forward that there is a growing Digital Divide between the people who are connected to the internet and those who are not. There can be several reasons why – and that is why one of the remits was about asking for “the internet to be classified as an essential service for WINZ customers”, which would include superannuitants. We support this proposal as there are many who simply can't afford the extra monthly fee for an internet connection. Hopefully the Government will listen when the board lobbies them on this issue.

Removing rage from our public debates by Alex Penk BOP Times Abridged

While engaging in abuse and fostering rage might provide a short-term high, it does a lot of long-term damage and is wrong—if you want proof, just look at America under President Trump.

The antidote is what legal philosopher Jeremy Waldron has called the "chilly virtue" of civility. He says that civility involves respect for others, even and especially for people you disagree with deeply. It's a "chilly virtue" because it's about "formality", not feelings. It means being committed to certain rules of engagement, binding ourselves to a procedure for dispute resolution, and accepting the outcome because we know we'll never reach consensus on these issues. Like all virtues, it has to be practised to become part of who we are.

Practising it means striving, as Waldron has also said, for a society where "everyone tries to answer the best, not the worst, that can be made of their opponents' positions" and "consider that they might be mistaken and to imagine at any rate what it must be like to hold another view".

It means recognising that the "other side" aren't monsters, they're people like us with competing views of what's good and right, and competing judgments about how to prioritise the goods we do agree on. So, for example, if you oppose euthanasia, you should recognise that supporters genuinely believe we need this practice to prevent needless suffering and to uphold freedom of choice.

If you support euthanasia, you should recognise that opponents are genuinely concerned that it would create a risk of wrongful death, especially for the most vulnerable. To return to Waldron, it means recognising that people we disagree with might be our opponents, but they are not our enemies.

So, we should contest these big, divisive issues, and all the others that politics brings our way. We should argue vigorously for our view, and that the other side is wrong, and debate the facts.

But we can't afford to stoop to abuse or rage. We have to be better than that. After all, we still have to live together when these debates are over.

- Alex Penk is the CEO of Maxim Institute, an independent research and policy think tank based in Auckland



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Dementia Awareness Month

Did you know that 1 in 3 of us will be affected by dementia in some way? Just take a minute to think about that statistic that means it is highly likely that you or someone you know will be affected by Dementia.

September is dementia awareness month with fundraising activities and the dementia walk (Saturday 28th). This walk is free and fun, whilst highlighting

the increasing number of people in our area who need support. Register at <https://mw2019-mountmaunganui.gofundraise.co.nz/>



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