



focus

Auckland Greypower Association Inc
Member of the NZ Grey Power Federation

The Active Organisation
for 50 Plus Years

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Queen Charlotte Sound. Photo by Bruce Henderson

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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 Everyone,

Haven't we had a wonderful summer? Too hot and humid perhaps, but the air-conditioned buses are wonderful to travel in. Rain will be welcome for our gardens, especially for our vegetables and trees.

We have a great year of meetings planned. Being election year, it is a good opportunity to tackle some political issues and ask questions of our politicians.

Our first meeting on 3rd April will be on Taxation. Do you think people on low basic incomes should be taxed on their benefit or superannuation at all?

Should there not be a tax-free allowance as is done in Australia and other countries? Everyone would be paying tax on any spending for power, food etc. so we will all be paying fifteen percent tax anyway.

We are holding our AGM in May and Superannuation is the main theme here. Questions about its sustainability, should the age of eligibility be raised . . . or lowered, and should single householders have higher rates than are currently paid out, will all be discussed.

I would like to remind everyone to make sure you are on the correct electoral roll, especially if you have moved house. About 80,000 votes were disallowed at the last election, so people need to make sure they are correctly enrolled.

I sent a letter to the Herald on the withdrawal of cheques by Kiwibank, as President of Auckland Grey Power, and this was published in full. Several very favourable phone calls and comments from other people were passed on to me, so it was seen widely. And congratulations to the other Grey Power members that had letters published in the Herald. I can think of three and just yesterday saw another.

This time, TWO Focus magazines are being sent out. One is to be given to a friend, so please pass on the extra one and help spread the word, and encourage your friend to join too. A \$5 discount is offered to new members who you get to join, if they mention your name. Let us know if you'd like extra copies sent in the future, otherwise we will drop you back to just a single copy.

I would also like to warn people that a scammer is sending begging letters with urgent requests for money in both my name and in the name of Mac Welch, our Grey Power Federation President. Beware . . . Do not respond to these emails. Let me know if you get one of these scam emails.

My best wishes to everyone. Nga mihi nui.

Gillian Dance

President

Mob 09-626-0895 | Email: akgp2gillian@gmail.com



Future Meetings

Auckland Grey Power meetings are on the first Friday of each month, at Greenlane McDonalds, cnr Great South Road and Greenlane West.

MARCH 2020

GREY POWER COFFEE MORNING:

Friday 6th March: First Friday Meet at Greenlane McDonalds (free coffee for Gold Card holders), cnr Great South Road and Greenlane West, 10.30 a.m. Friendship and Discussion Group, Issues, Ideas Day.

COMMITTEE MEETING:

4th Saturday, 28th March: 1 p.m. for 1.15 pm start at Greenlane McDonalds, cnr Great South Road and Greenlane West.

APRIL 2020

GREY POWER MONTHLY MEETING:

Friday 3rd April: **TAXATION ISSUES** with Deborah Russell, M.P., and others

Should Superannuation be taxed? at Ferndale House, 830 New North Road, Mt Albert. Meeting 10.00 a.m. to noon. Plenty of parking. Disability access. Catch Outer Link bus or 22R.

COMMITTEE MEETING: 4th Saturday, 25th April: 1 p.m. for 1.15 pm start at Greenlane McDonalds, cnr Great South Road and Greenlane West.

MAY 2020

Our Annual General Meeting

GUN LAWS. Friday 22nd May, 1 p.m. at Mount Albert War Memorial Hall, New North Road & Wairere Avenue. Guest speaker to be confirmed. Plenty of parking. Disability access. Catch Outer Link bus or 22R.

Are our gun laws adequate? Do they need to be strengthened? Should we return to the unlicensed era or allow those with farms to have free access? Like to join our Committee? Enquiries to Secretary for details and nomination forms.

COMMITTEE MEETING: Saturday 23rd May:

1 p.m. for 1.15 pm start at Greenlane McDonalds, cnr Great South Road and Greenlane West.

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 PRESIDENT SAYS

BASIC SUPERANNUATION SHOULD BE TAX-FREE

By Gillian Dance

Currently, NZ Superannuation is taxed, as is all income in the normal way under the PAYE system.

The basic annual superannuation rate for a single person living alone is listed as \$21,380 or \$411 a week after tax (as at 12th April 2019). If this is your sole income, or if your total income is less than \$48,001 a year, then your tax code is "S" and you are taxed at 17.5% in the dollar.

Work and Income information shows that a single person is paid \$950.84 a fortnight. But after tax you receive only \$822.30 which is approximately only \$411 a week to live on. Over \$128 dollars is taken as taxes!

This is outrageous. There should be no tax taken from the superannuation retirement income at this level. Superannuitants are paying tax of 15% on every dollar they spend. And they have to spend every dollar.

Superannuation should be tax free up to a Living Wage! Please make this point to every prospective politician during the run-up to the election!

GREY POWER ELECTRICITY is really useful.

The team at Grey Power Electricity welcome all members to sign on with them for cheaper electric power.

As a Grey Power member, you have access to Grey Power Electricity's low-cost energy rates. There are no long-term contracts: you can leave at any time, but please give 30 days' notice. They also offer natural gas, LPG, and Phone and Broadband, so this is quite a worthwhile offering here.

You still get your Lines Company dividend each year.

To join up, ring them on 0800-473-976, or visit their website: **www.greypowerelectricity.co.nz**



Covid-19

We are still learning more about this new virus – and to date, New Zealand has had several cases of COVID-19.

We're hopeful the swift actions by the patients and the health sector, mean there is a low risk of any spread into the community from these cases. It is critically important that we all work together to protect New Zealanders from COVID-19 and play our part in the global effort to contain it.

We all need to follow our public health messaging, such as hand hygiene and cough etiquette. And avoid shaking hands with anybody!

How worried should I be?

- It is highly unlikely you will catch the virus walking down the street
- Coronavirus appears to be as infectious as the flu and the symptoms are similar - fever, cough and shortness of breath. You are only likely to catch it if you are near to someone with the virus. Most people catch the virus from someone at home, a close workmate or someone they spend time with.
- People will not be moving around the community if they are suspected or confirmed of having the virus – they will be in isolation. Their family and anyone they may have infected will also be asked to stay at home.

How serious is coronavirus?

- People are being infected, mainly in China, Italy, Iran, and Korea, but only a small number of those with coronavirus have died.
- Most people have a mild to moderate illness with flu-like symptoms
- People of all ages are being infected, but older people and those with medical conditions seem most likely to get seriously ill.



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How do I protect myself and my family?

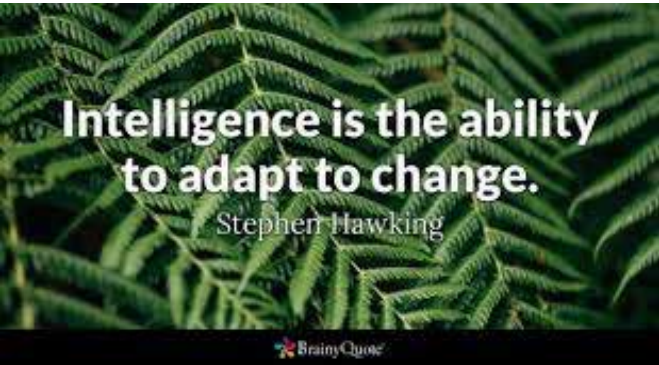
Everyone should protect themselves from the virus, as you would for the flu -

- Washing your hands regularly, or using hand sanitiser, is the best way to avoid this illness. Do a vigorous hand-wash 4 times daily, and ALWAYS before meals. Wash sides of your hands and wrists as well.
- As with other illnesses, do not go to work or school, or see visitors if you are sick.
- Cover coughs and sneezes with tissues or clothing, and wash hands afterwards
- Avoid being near people who are sick
- Washing your hands often and covering coughs and sneezes will do more to protect you from the virus than a mask.
- If you are sharing food, use utensils to serve the food and keep your personal spoon, fork, or chopsticks separate to avoid transmission through saliva.

What should I do if I think I could have coronavirus?

- If you start to experience mild symptoms, then stay at home and call Healthline for advice: 0800-611-116. Interpreters are available on request.
- If you start to experience more severe symptoms arrange to see a doctor urgently. Call ahead and mention your travel history. Difficulty breathing requires immediate medical attention and can be a sign of pneumonia.

Where can I find more information? Information is updated regularly on the Ministry of Health website: www.health.govt.nz or ring Health line 0800-611-116.



AUCKLAND COUNCIL:

RATES REBATE: apply now!

The Rates Rebate Scheme is to give a subsidy to low-income home owners on the cost of your rates. The maximum rebate this year is \$640.

If you are a legal ratepayer for the property that was your home on 1st July 2019 and you are named on the Council Rating Information database, you are eligible. It's best to apply now, as they don't accept any applications after the deadline of 30th June 2020.

Most retirement village residents can apply. If you hold a licence to occupy agreement, a separate declaration form is needed from the retirement village operator, and must be included with your form for submission.

Your rebate is determined by the level of rates payable in the 2019-2020 rating year, your household income for 2018-2019, and the number of dependents living with you. You can visit the website and enter your details into the rebate calculator, at www.govt.nz/rates-rebates



Incontinence - It's nothing to be embarrassed about

If you experience bladder weakness, you're not alone - over 1.1 million New Zealanders suffer from incontinence - and while it may be more common in women and the elderly, bladder weakness can occur at any age.

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion. It's important consumers can continue to rely on quality products that offer the best performance, comfort and fit. Lille Healthcare has developed solutions that respond to your needs. Our exclusive range includes pads, pants, adult diapers and underpads for men and women.

Our easy-to-use Lille Healthcare Online Shop

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provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Editorial supplied by Pacific Hygiene



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Order now at www.lillehealthcare.co.nz



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

How to Cope with the Drought

The drought may have broken, but we hunted for some tips to avoid stress at the next drought. Here are some ideas to help when water supplies start to dwindle.

Get through the dry weather:

It is especially important to be aware of inefficient water usage during times of drought.

Step 1: **Plant drought-resistant plants.** Reduce your water use in the garden by planting drought-tolerant varieties, mulching trees and plants, and watering your lawn and garden only when absolutely necessary.

TIP: Water your garden early or late in the day to prevent water evaporation. Do not let water run off into the drain. Use “second-hand water” from your washing-up or cleaning, on the plants and trees. Plants don’t mind a bit of soap, but they hate salty water!

Step 2: **Fix water leaks.** Fix leaks in your taps and water pipes.

Step 3: **Take short showers.** Take short showers and turn the shower off between soaping up and rinsing. Reducing your shower time by one or two minutes can save up to 650 litres of water each month.

TIP: Install water-saving shower heads for extra savings.

Step 4: **Adjust toilet tank.** Place plastic bottles or bricks in your toilet tank to reduce the amount of water used

when you flush, and don't flush unnecessarily. Urinate into a bucket, mix with used dishwater 50:50, and tip on gardens.

Step 5: **Don't leave water running.** Don't leave the water running when it's not necessary. This includes while brushing your teeth, shaving, washing dishes, cleaning vegetables, or washing your car. Wash your vegetables in a basin, then tip the dirty water on to plants or trees in the garden. Try not to let any dirty water run down the sink, even old dishwater is great for the plants!

Step 6: **Optimize appliance usage.** Operate your washing machine and dishwasher only when they are full.

Step 7: During non-drought periods when rainfall is plentiful (usually in our winters), **fill up empty plastic milk containers with water,** add 2 drops of Janola per bottle to discourage algae growth, and store these in your basement or shed. With the next drought, these may be your lifeline!



SUPERANNUATION: what of its future?

Susan St John and Claire Dale of Auckland University prepared a paper on NZ Super, recently. They suggest paying NZS as a tax-free grant, with a special tax scale for “other income” for those over age 65 to claw back NZS from high-income earners.

NZS is paid out of the New Zealand Superannuation fund, which is stand alone, and it currently stands around \$46 billion dollars and that is where super payments are now made from. The new report recommends it be paid out of general taxation, and it would be set to take an increasing share of government spending as the proportion of older people rises. As pressure on the budget rises, they suggest tweaking NZS may be part of a solution.

They argue that raising the age of eligibility is not the answer, nor is reducing the amount received by superannuitants. Such changes would create new pressures, and full means-testing of the age pension as in Australia would be political suicide, but they see merit in a new tax structure for high-income earners over 65.

Their “blue sky proposition” pays NZS as a universal grant, not part of taxable income. When additional income is earned, it would be taxed under a progressive tax regime, so that high-income earners effectively pay back the grant. To protect the large majority of superannuitants who have only modest amounts of “other income”, a two-tier tax scale of 17½% and 39% is urged.

They suggest that this approach retains simplicity and universality, while reigning in expenditure at the top end. Reductions in payments to high-income superannuitants would provide a modest contribution to the government’s overall fiscal position, making it fairer to the working-age Kiwis whose taxes pay for NZS.

The paper has 12 scenarios modelled and costed, and they believe that a 10% saving could be easily achieved without affecting today’s retirees at all. That’s about \$1½ billion.

Retirement Commissioner, Peter Cordtz said St John and Dale’s suggestions were worthy of consideration. “NZS was established to go beyond mere prevention of poverty in old age, and to ensure all superannuitants have an acceptable standard of living,” he said. “We want to ensure that NZS remains as a fundamental basic income for future generations.”

Accumulation is the process of saving for retirement, while Decumulation is the process of spending those savings. Today, folks can spend between 0 and 40 years in retirement, which makes planning decumulation a

challenge. Management of property and investment income can become increasingly problematic as people age, especially if they experience cognitive decline. Retirees now face many risks, including outliving their savings, living longer than expected, and requiring expensive long-term care.

St John and Dale propose a new approach they call “KiwiSpend”. In exchange for a lump sum, a limited KiwiSpend annuity could be provided as an opt-out default option. KiwiSpend, they suggest, would include long-term care insurance, and be limited to an additional \$10,000 to \$15,000 per annum. At the point of needing long-term care, the annuity would treble to reduce the extra costs for middle-income people.

MAILBOX



GOLDCARD DISCOUNT BOOK NEEDED

Following the "SuperGold card updates online" article in the GreyPower Magazine of November 2019, a member with no access to a computer rang us asking for help to receive "the new Update for (a) GreyPower Discount Book 2020". I am not aware that such a book exists, and with the arrival of the GoldCard nearly 8 years ago, the Auckland GreyPower Association gave up printing its Discount Booklets.

Perhaps we should urge the availability of a nationwide GoldCard Discount Booklet?

Jens Meder, Point Chevalier.

The Committee is looking into this. We would ask members to approach their local businesses and ask if they are willing to give discounts to Grey Power members. In return, we will promote them in our publications. – Editor.

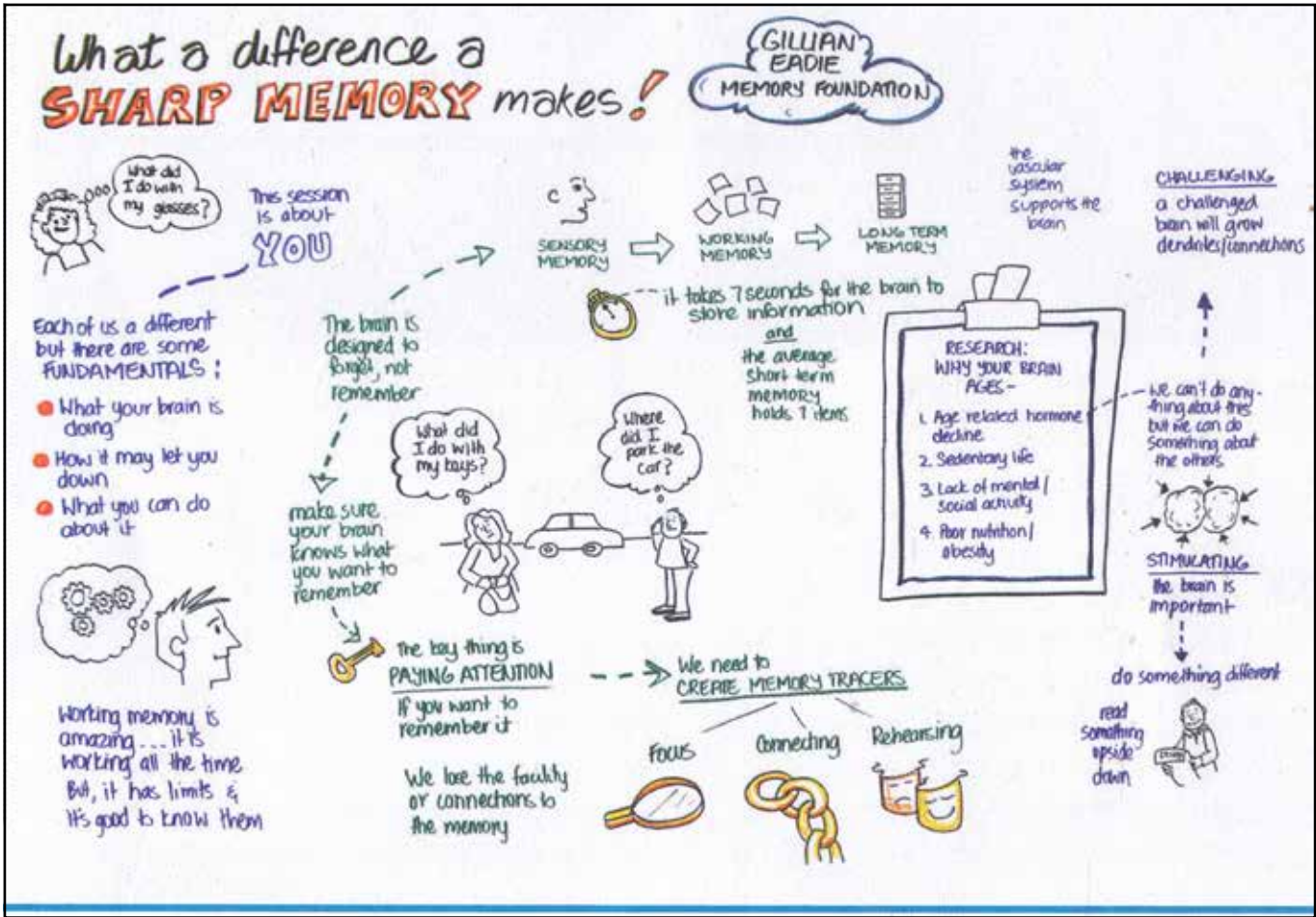
ACCOUNTANT SOUGHT

Hi, I've just joined Grey Power. I need an Accountant who is familiar with the tax challenges facing a working 65+ and has some financial planning skills re pending retirement ... & doesn't charge like a wounded bull. Can any members help me?



Kathrine.

Are there people willing to undertake some volunteering unpaid and/or some commercial paid jobs? Those available could e-mail us their info: what are their skills, locations willing to travel to and time frames they are available! Maybe we should have a job board for volunteer as well as paid commercial opportunities, full time as well as part time. – Editor.



RECIPE:

SPICY BRAIN FOOD



New research shows that eating curries containing turmeric might help prevent Alzheimer’s.

Do you get “grey moments” when you can’t think of . . . of . . . um . . . Or do you want to protect your brain from age-related decline? Well, it looks like curry is the answer!

New research has shown that occasionally eating curry produces “better cognitive performance”. This was a National University of Singapore study, reported in New Scientist. It seems that turmeric is the golden key here. Turmeric (Curcuma longa) contains an antioxidant called curcumin, which acts to prevent the buildup of amyloid plaques, which lead to degradation of the brain. Turmeric is a basic constituent of curry, so curry boosts brain power in elderly people.

Similar research to the Singapore study indicates that cinnamon may also help with brain power. So here is a special recipe which includes both these useful ingredients.

Alzheimer’s Curry

Preparation time = 30 minutes.
Cooking time = 40 minutes. Serves 4.

- | | |
|--|---|
| 1 tablespoon vegetable oil . | 1 onion , halved & sliced. |
| 2 garlic cloves, crushed. | 2 teaspoons grated fresh ginger . |
| 2 teaspoons ground turmeric . | 2 teaspoons ground ½ cumin . |
| 2 teaspoons ground coriander . | 400g can diced tomatoes . |
| teaspoon ground cinnamon . | 750g chicken thigh fillets , trimmed, cut into 3cm pieces. |
| ½ teaspoon cayenne pepper . | ½ cup coconut milk . |
| 1 cup chicken stock . | |
| 500g kumara , peeled & cut into 3cm chunks. | |
| 80g baby spinach leaves. | |
| Cooked basmati rice , to serve. | |

Method: Heat the vegetable oil in a large pan, and add the sliced onion. Cook over medium heat for about ten minutes, until soft and golden brown. Add the garlic, ginger, & spices, then cook, stirring for 30 seconds, then add the tomatoes and stock. Stir well, scraping the bottom of the pan.

Now stir in the chicken and kumara. Cover and bring to the boil, then reduce the heat to “low” and simmer for 30 minutes, until the kumara is soft. Take the lid off for the last 5 minutes of cooking.

Finally, add the spinach and stir through to wilt it, then stir in the coconut milk. Serve with rice.

Notes: Don’t be put off by the long ingredients list: it is mostly dried spices, which are easily available at the supermarket or Food for Less. Have the garlic, ginger, and spices measured out into a small bowl so you can add them all at once to prevent them burning. You can decrease the cayenne to ¼ teaspoon if you prefer a milder curry.

Funeral Pre-Planning

Not many people want to think about their own funeral. Bring it up with your ‘nearest and dearest’ and an initial reaction may be that they do not want to think of you in the past tense or they may not want you to consider your own demise or, a general realisation that one day you won’t be there and that will hurt, emotionally. Gone, not here, left us. All of these terms are final.

Writing down what you want at your funeral is having input on how your loved ones will say goodbye. Funerals are for the living, those left behind have for time immemorial gathered to say goodbye to the ones that are loved. Your wishes will be recorded with a funeral pre-plan.

A funeral does not have to be a cast of hundreds, it can be anything from a gathering of close family and friends to say goodbye in an informal setting, to acknowledge that you were loved and will always be loved to having a marching band leading the hearse through the cemetery ‘New Orleans Style’. A Funeral can be as simple, or elaborate as you wish.

Just Funerals is offering you a free no obligation information pack that assists you in thinking about and recording what you want at your funeral. Whether it be large or small, simple or not, it is important to record your wishes so that you can be honored by the ones you leave behind.

Call 0800 80 4663
to have your Free Information pack sent out.

Join local clubs!

by Gillian Dance

I would like to remind people how important local clubs are. Bowling Clubs, RSA, Tennis, Athletic Clubs, Senior Citizens and others. To keep them we need to use them and support them.

Balmoral Senior Citizens Club

This Club is based at the Mt Eden War Memorial Hall on Dominion Road, Balmoral. Wednesday is Housie Day. Opens at 10.30 a.m. with Housie at 11.00 a.m. Then have a cup of tea or coffee with your lunch. Or you can arrive for the 1 p.m. session. Good prizes which get better with a bigger attendance. You do not have to be a member to join in the Housie. But if you want to join it is only \$15 and they have lovely bus outings and a great Christmas luncheon.

RSA Point Chevalier.

This club is on Great North Road near the Point Chevalier shops and on the 650 bus route from across the city, the 18 and others from the city, and has the most lovely meals. On Thursday they even have a special lunch menu of hot roast meals for only \$12. And an extra desert for Gold Card holders for only \$4.



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What's wrong with our Bus Service?

by Tony Coppard.

If you have to use the bus and travel to those “awkward” places, there is sometimes a long walk to the nearest bus stop, where often there is no shelter from nature’s tantrums, then you patiently wait for the next monstrous bus to appear. Quite often it is nearly empty, even as you reach the part destination where you have to disembark, and after another little jaunt, wait for the next connecting bus, another massive double-decker, again quite empty. Sometimes folk have to use three buses to reach their destination: a marathon for the frail and elderly, that may only be a



Photo by Bruce Henderson

few minutes in a car!

For a start, do we need these big nearly empty rigs pounding our roads for so little revenue at off-peak times? They are good for the needs of workers and university students, where full buses can be seen going about their deliveries, in peak hours.

To provide a better service with more diverse routes with more bus stops, electric mini-buses are needed to deal with smaller numbers of people in off-peak hours. Even with the additional costs for extra drivers, these more effective vehicles using better computerised traffic plans, would be much better for the clean-air-scheme and health of our city folk.

Another method might be to provide a depot of small electric vehicles that can help out when too many passengers are at the bus stops and can be sent there quickly, when alerted by the camera at the stop indicating the number of people waiting. It can also tell the passengers that a vehicle has been despatched with a message displayed on the electronic screen with approximate arrival time.

The key objects of public transport are to get more paying passengers, by offering a fast availability of buses. Buses that use bus lanes travel quicker than cars, and can travel to a wide variety of routes,

then using the smaller electric vehicles to deliver passengers to a wider range of smaller communities, that are not economic for large buses to service. For too long, Auckland Transport has gobbled up large amounts of local and central government funds to play about with a patched-up system that does not attract the public to use it! Instead, the city is flooded with more cars than we need, that only use up our valuable roads for PARKING! This makes it more difficult for bus drivers to negotiate their vehicles and keep on time, so another problem needs sorting by getting these cars OFF OUR ROADS, possibly by converting the berms into car parks at a cost to the car or the house owner.

As taxpayers who provide funds and use the public transport, we need transparency rather than smoke and mirrors, to reveal the true costs of running such an expensive beast as the public transport conglomerate that use many other transport companies to service Greater Auckland, being the largest transport system in NZ. Is Auckland Transport keeping up with new systems of driverless electric and hydrogen vehicles that are used overseas? Auckland Council has a hydrogen-powered bus on trial, but this requires an expensive high-pressure charging point for these, compared to the cost of an electric charging point for the modern battery-powered electric buses.

Perhaps a public inquiry is needed to investigate these transport matters!



Photo by Bruce Henderson



Auckland Grey Power recently hosted delegates of Zone 2 for a meeting at Point Chevalier RSA. (Photo by Heldur Bender.)



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Baroness Barber, corner of Blockhouse Bay Road, and Kinross Street (by the roundabout), Blockhouse Bay. Hair cuts for Men and Women \$10 and \$15. They do an excellent job.

PERSONALISED STAMPS! Like some stamps with your photo, or photo of your pet or grandchild? Or your artwork or house? Easily done! These look like stamps, but won't carry your mail, though you can stick a "normal" NZ Post stamp beside it and then your letter will be delivered. Call Bruce on 828-3772 after 2 p.m.



FREE GREYPOWER ACCIDENTAL DEATH INSURANCE: Please remember, that as a financial member over the age of 50, you don't have to do anything to qualify for the \$2000 accidental death insurance benefit, as promised on the yellow card you got when joining Grey Power, apart from letting your beneficiaries know of this benefit - or complete the postage paid card to AIL Insurance if you prefer your beneficiaries registered with them already.

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A **SHOE REPAIRMAN** AVAILABLE. Contact them at onestepahead@extra.co.nz or ring 09-376-3289. 287 Ponsonby Road.

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.

Where wisdom is called for,
force is of little use.

NEIGHBOUR PROBLEMS? HEALTH ISSUES?
If you have issues with the neighbours, or health issues that you can't solve, please contact Age Concern, 57 Rosebank Road, Avondale. They have a big staff and happy to help. 9 a.m. till 4 p.m. weekdays. Phone 820-0184.

USED POSTAGE STAMPS WANTED
Don't need your old stamps?
Drop them into the Grey Power Office. We can pass them on to good homes! Call in to 557 Blockhouse Bay Road.



RENEW YOUR MEMBERSHIP FOR 2020.
Auckland Grey Power is run by volunteers. We have no paid staff. Our team 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 Grey Power Federation and the remainder goes 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. You can set up an automatic payment too if you prefer. A donation added would be appreciated.

On your envelope this magazine is sent in, at the top, you will see in a small box in the centre, something like this: **E 2021 – S 42**. This is a code: the year following E is the year your membership expires, so if it says **E 2020**, it's time to renew. The other bit (S) is our postal sorting batch for the Post Office.
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, page 14.

Do not expect love and care.
Give IT instead.

Where are our memories?
by Andree Davies, in Scotland.
This is a photograph of me paddling in the sea in Wales, where my grandmother lived after the war. In this digital age, where have our memories gone? This came home to me when my two eldest grandchildren asked me if I have any photographs of them when they were little.

I made up two photograph albums, one for each, of the photographs I had.
Photographs are valuable to us all to remind us of our past. This even more so if our memory fails. All those events in our lives lost forever. So time to get printing those pictures, and putting them in an album so future generations can see them!



APPLE CRUMBLE
by Heather Alford
Apple Crumble is a favourite pudding, delicious served with custard. Try other seasonal fruit or canned fruit, for a change. This recipe has been lovingly lifted from The Great Little Cookbook – hints and healthy eating on a tight budget written by Sally Mackay with editing and design by Jill Harris, for Ministry of Social Development, 2006, and now, sadly out of print.
3 cups stewed apples 1/3 cup margarine
1/2 cup rolled oats 1/2 cup plain flour (not self-raising)
1/2 cup sugar
1 tsp cinnamon
Place apples in the bottom of an oven-proof dish. Mix the rest of the ingredients together to make a crumbly mixture. Sprinkle over the top of stewed fruit and then bake at 180° C for half an hour or until golden brown.
Microwave version: Place fruit in microwave proof dish, add topping and cook HIGH 2 minutes. For a golden top, grill for 3 – 5 minutes before serving.
Variations: Use other seasonal fruit such as pears, kiwifruit or rhubarb.



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We've moved from Eastridge Shopping Centre to 305B Kapa Rd, Mission Bay.

Ear Health Birkenhead, 131 Birkenhead Ave Birkenhead. Ph: 09 480 5676
Ear Health Grey Lynn, 28 Surrey Crescent Grey Lynn. Ph 09 361 3838
Ear Health Mission Bay, 305B Kapa Road Mission Bay. Ph: 09 390 5367

Join Us Before You Need Us

Membership Application Form 2020 - 2021



Auckland Greypower Association Inc

Applying to Join ☐ or Renewing membership ☐ and paying annual subscription of
Single \$25 ☐ or Couple \$30 ☐ plus (if any) Donation \$ _____ Total: \$ _____

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

Partner's Name *Dr/Mr/Mrs/Miss/Ms* _____

Street Address _____

Suburb _____ Postcode _____

Phone(s) _____

Email _____ @ _____

Year of Birth _____ Partner's Year of Birth _____ Interested in volunteering **Yes/No**

Send me extra copies of Focus & Greypower brochures to distribute: Yes/No

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

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

Issue 52 2020 Autumn



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).

Mail this application with the payment, or simply email the form's information to us:
membership@aucklandgreypower.org.nz

Benefits for Greypower members

1. Having a voice and influence to protect seniors rights and interests, welfare and wellbeing. Advocacy and input into policies and decisions at Parliament, Local govt, Auckland Council & Local Boards/ Watercare/DHB's/ Auckland Transport, etc
2. Regular publications, our newsletter and the Federation's magazine.
3. Accident Insurance – \$2,000 free for our members in the event of death by accident. Your relatives need to actually claim this from AIL: www.ailnz.co.nz/request/
4. Save with Greypower Electricity on power and phone. Call 0800-473 976, www.greypowerelectricity.co.nz
5. Savings on own and on partner's Medical Insurance – go to www.vestacover.co.nz for more details.

Your Grey Power magazine:

WHY WE HAVE ADVERTISEMENTS

Auckland Grey Power has an arrangement with Kiwi Publications Ltd 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 group. If we did not help each other in this way the costs of a magazine would be prohibitively expensive.



*Lighting the cannon!
(Photo by Bruce Henderson.)*

DISCOUNTS FOR SENIORS

The latest Super Gold Card discounts announced recently by Winston Peters and Tracey Martin (Minister for Seniors) can be obtained by ringing 0800 254 565.

NZ Grey Power Federation have arranged discounts for members with

| | |
|-------------------|---------------------|
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Marijuana Public Meeting



at Grey Lynn Community Centre in November 2019.

by Gillian Dance.

This was a well-attended meeting, organised by Grey Power. Over 40 members of the public and Grey Power members were there to listen to Ms Paula Bennett from the National Party, who covered the subject in some depth. She is a very competent speaker.

She pointed out that National did support the legalisation of medicinal marijuana. She was concerned about the widespread distribution that might occur. It was pointed out from the floor that surely it would be issued as medicines are now currently, by a medical doctor, on a prescription, and that it would be easy for the pharmacist and the Health Department to monitor who was issuing how much and to whom.

A member of the audience spoke about the health benefits of hemp and that it had been commonly used in the past, for various ailments.

The meeting closed with a lovely afternoon tea and people mixed and mingled and continued to talk about the topic among themselves long after Ms Bennett had to leave.

The current position of Grey Power is that we support the use of medicinal marijuana. The Grey Power Federation's view is that it is an Individual's choice to vote how they want to on the referendum issue. It is a conscience vote. As it should be. But the precise question that will be in the referendum is still to be announced.



President Gillian Dance (left) with Paula Bennett M.P. at the meeting.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our magazine to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

The fascination of celluloid movie film

Movie film dates from 1893. The first public screening of a motion picture in New Zealand was on 13th October 1896 at the Opera House, Auckland, and was part of a show presented by Charles Godfrey's Vaudeville Company.

The first screening of a colour film (colour process, not just a coloured black and white film) was on Christmas Eve in 1911. It was a simultaneous showing at the Globe Picture Theatre in Queen Street, and the King's Theatre in Mercury Lane.

The first filmmaker in NZ was Alfred Whitehouse, who made ten films between 1898 and mid-1900. The oldest surviving NZ film is Whitehouse's "The Departure of the Second Contingent for the Boer War" (1900).

Many enthusiasts enjoy collecting and showing celluloid films. This can be in one of several formats: 35 mm (which is the size mainly used by cinemas) or 16 mm (which is very prolific, as it was used for schools and for television. 35 mm films are bulky and expensive (I saw a 35mm print of "Lawrence of Arabia" at a friend's home recently: it occupied an entire banana carton for its 13 reels!)

16 mm film is a popular, economical gauge of film. 16 mm is the width of the film. Other common film gauges include 8 mm and 35 mm. 16 mm is generally used for non-theatrical (such as industrial or educational) film making, or for low-budget motion pictures. RCA developed sync sound for 16mm cameras in 1933. Besides certain applications, like satellite observation, ethnographers from the 1950s on began to use 16 mm cameras for scientific work. Over time, the cyan, magenta, and yellow dyes that form the image in colour 16 mm film inevitably fade. The rate of deterioration depends on storage conditions and the film type. In the case of Kodachrome amateur and documentary films, and Technicolor IB (imbibition process) colour prints, the dyes are now so stable and the deterioration so slow that even prints now over 70 years old typically show no obvious problems.

Unfortunately, dyes in the far more common Eastmancolor print film and similar products from other manufacturers, are notoriously unstable. Prior to the introduction of a longer-lasting "low fade" type in 1979, Eastmancolor prints routinely suffered from easily-seen colour shift and fading within ten years. The dyes degrade at different rates, with magenta being the longest-lasting, eventually resulting in a pale reddish image with little if any other color discernible. 16 mm is 7.62 mm per frame (40 frames per foot). 122 m (400 feet) runs in about 11 minutes at 24 frames per second. The film runs as vertical pulldown, and is rewound on a takeup spool by the projector.

The first feature film made in NZ was "Hinemoa". It premiered on 17th August 1914 at the Lyric Theatre, Auckland.

If you would like to become a film buff and collect some 16 mm films, one way is to search on Trademe or Ebay. I'm a big fan of Dr Seuss, and have purchased many of his superb

witty cartoon films on Ebay, usually at prices around \$50 each. Of course, you then need to double that price for the stamps to airfreight it over here from the vendor, but you do end up with a great film!

Films are much cheaper if you buy them from other collectors within NZ. There is a club: the NZ Film Buffs' Association, which holds a weekend convention twice each year, and these typically include several auctions of members' surplus films, projectors, and paraphernalia. This is the place to snap up real bargains.

Visually, celluloid film is far superior to DVDs, and allows you to see the true subtlety of form and colour. With standard 16 mm, one edge of the film has sprocket holes, to drive the film through the projector, and the other edge has the sound track.

The best projectors are Eiki or Singer. Price for a nice one is often between \$50 and \$150, though when new, they were over \$2,000. But demand has plummeted with video, so now they are frequently found quite cheaply.

For more information, please visit the Buffs' website: www.nzfilmbuffs.co.nz or write to The NZ Film Buffs' Assn., 45 Maryhill Avenue, Hoon Hay, Christchurch 8025.



Left: Several 16 mm movies. Films should always be carefully stored in cans to keep them dust-free, as dust acts like grains of sandpaper and can ruin your films as they pass through the projector's "gate".

Right: A 16 mm reel of celluloid film: this one a 23-minute colour production



Above: An Eiki self-threading 16mm projector, with a just-screened film reel aboard. Ideally, you should darken the room before screening your films.

Right: Close-up of the Eiki self-threading projector. The control switch at lower left turns on the film drive and light, while the next knob allows you to switch from magnetic sound (like cassette tapes) to optical sound, the most widely-used. The other three knobs are for sound adjustment.

