



ROTORUA GREY POWER

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AUTUMN ISSUE 2020

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Cover photo supplied by M Ruberl

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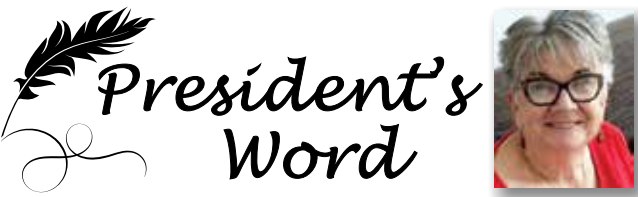
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Welcome everyone to the first issue of 2020 – and the shock of realising that by the time you get this the **Christmas party** and the charming Koha Group’s music are well and truly behind us – it’s March! We were overwhelmed by the generosity of **donations for the raffles**, truly too many to mention, for which a **big thank you** is registered here! Hopefully very few have had your lives disrupted by fires, floods, droughts, viruses, cancelled travel plans, or even, as in my case, a sudden change in your accommodation arrangements.

I am delighted to tell you that **Rotorua Energy Charitable Trust** has this year granted us \$8,000, mostly to be spent in advertising and delivering our planned calendar of forums and workshops. Please study the **calendar of events** closely, over the year there will be 10 forums on a variety of topics, including retirement villages, the climate change emergency declared by the Western BOP Regional Council last year, handling life after cheque accounts, and much more. **Minister for Seniors Tracey Martin** has accepted an invitation to come and speak with you all, and we will be hosting two additional **“Meet the Party Candidates”** events in August leading up to the General Election.

Members of your Executive Committee are making steady progress in crafting a much needed, up-dated **draft Constitution**, to be presented for your consideration and input at the next AGM, in line with the revised legislation governing Incorporated Societies and Charitable Trusts – both of which are currently under review and require all incorporated societies to update their constitutions to specify certain elements. A key component in that draft is your Committee’s recommendation to operate our financial year from 1 January to 31 December, so as to better align ourselves with the Federation financial year.

We continue our efforts to influence both the way in which rates are struck and the burden on our members living in the Rotorua Lakes Council domain.

Several of the members of the **informal Climate Change group** set up by Merv Lauder of Waihi Grey Power are members of Associations falling within Zone 3, and we are currently discussing what recommendations we might encourage all Associations to put to the Federation, in light of the Board’s positive response to the Federation AGMs endorsement of the proposal that climate change is of significant import to seniors. On that note, you will find in these pages a

second article with a radically different view on climate change from that presented last edition by Merv Lauder – with a view to reflecting the variety of views held on the topic, and stimulating discussion within our community. If any of you can offer a 3rd point of view, we’d love to hear from you !

Outings got off to a spectacular start to a mystery destination which turned out to be Tyburn Monastery, some photos from which appear elsewhere. If you have not been on one yet, do come and join us! For those of you who are keeping up the “going for a Sunday drive” tradition, this place is highly recommended. Also recommended – but you’ll have to be quick to catch them before they finish – are the spectacular basketed begonias being grown in a garden in Moncur Drive by Association member Mary Johnson, easily seen from the footpath and people are welcome to take a closer look on foot – an example appears on our magazine cover.

Perhaps the most disquieting fact of everyday life for many of you right now will be the determination of a growing number of banks to cease cheque account services, and in some cases, to continue to process cheques for the time being but at an outrageous cost of \$5 per transaction to the Association. The strenuous efforts of your Association, other Associations and the Federation at Government level have fallen on stoney hearts and deaf ears – we have been unable to change or even delay their decision, and we are given no choice but to follow suit.

Notices in this issue are your reminder that your subscriptions are due on 1st April for the 2020/21 year, **NO INDIVIDUAL INVOICES WILL BE MAILED OUT.**

We ask you please, where possible, to make your **payments online**. We are also willing and eager to accept your subscriptions by **Eftpos and cash** during office hours as advertised. Our **March forum**, as well as the **Age Concern’s Positive Aging Expo**, on March 29th, where your Association will have a stand, provide two additional opportunities for you to pay your subscriptions by cash and eftpos. Do take advantage of them!

For those of you enjoying Grey Power Electricity discounts, I remind you that these are dependent on your Grey Power Rotorua membership being current, so do not delay !!

May what remains of summer be kind to you all.

Miriam Ruberl

President

Collaborating for their community

Rotorua Lakes Council News, December 2019

Rotorua’s Te Aka Mauri received a mobility scooter charging station on Friday 15 November, thanks to the generosity and collaboration of local businesses alongside Rotorua Lakes Council’s Safe and Sustainable Journeys team.



Unison and Holland Beckett Law saw the value that the charging station would have for the Rotorua community and sponsored the cost of the unit.

Unison Relationship Manager, Danny Gough, said Unison was excited to be involved in the project. “We’ve partnered with the Council on many key community projects over the years, including the sponsoring of the Lakes Safety Programme, Energy Events Centre, The Rotorua Night Market and Te Aka Mauri, so we welcome this latest opportunity to contribute further to the Rotorua community.”

“While we have an electric vehicle charging station in Rotorua, a mobility scooter charging station is a first for us. Our sponsorship means more people in Rotorua can get out and about and Te Aka Mauri is a key local community hub that plays a vital role in improving the wellbeing of our community”, Danny from Unison says.

Simon Collett from Holland Beckett also agreed that the unit was a big step forward, not just for community groups that struggle with accessibility, but for setting a new standard for public facilities.

“We were delighted to be offered the opportunity to contribute in some way to Te Aka Mauri. Te Aka Mauri represents a really unique solution for the Rotorua community, and the charging station is yet another innovative amenity that sets this library apart from others,” said Mr Collett.

This project stems from the Safe and Sustainable Journeys Implementation Plan (SASIP), which aims to improve journeys for those with accessibility issues. The SASIP governance group works alongside CCS Disability to achieve improved outcomes and opportunities for everyone to get around our beautiful city.

The charging station is located under the stairwell in Te Aka Mauri and will help ensure people that use mobility scooters have enough power for their trip home.

What is the Rotorua Multicultural Council?

Dr Margriet Theron
President, Rotorua Multicultural Council

The Rotorua Ethnic Council was set up in 1996 when Mayor Grahame Hall and his wife Sandy saw a need for an organisation that would represent the interests of the growing number of migrants in Rotorua. The first President was a Dutch migrant, Pieter van Etten. He was followed by Alexis LewGor, a migrant from Fiji. The current President is Dr Margriet Theron from South Africa. The Executive Committee and staff come from China, Fiji, India, Japan, Mexico, New Zealand, the Philippines, Russia, Samoa and Zimbabwe. The name was changed to the Rotorua Multicultural Council (RMC) to reflect the names used by similar organisations in the rest of New Zealand.

Why do we need a Multicultural Council?
When migrants arrive in a new country, they naturally feel most at home with people from their own cultural background. Over time they become members of organisations such as the Korean or Samoan Church, the Dutch Club, the Japanese Parents Group, the Indian Association, the Philippines Friendship Society, the Chinese Community Association and many more. But there are some issues in which all migrants have a common interest: settling in a country where the climate and the culture are different, immigration policies, making progress towards citizenship, finding schools for their children, understanding the health care system, making sure that they will not be exploited by landlords and employers, learning English, finding jobs that match their skills and experience, and getting the residents of their new home country to understand the contribution that highly skilled migrants are making to the economy. To address these common needs, Multicultural Councils have been set up in about 20 cities and towns around New Zealand. The Multicultural Councils are affiliated to the NZ Federation of Multicultural Councils which addresses migrant issues at a national level.

Objectives of the Rotorua Multicultural Council
The RMC has four objectives:

- To support new migrants while they settle in Rotorua
- To encourage and help migrants to celebrate their own cultures
- To help migrants to understand the special place of Maori in New Zealand society
- To increase the understanding of local residents of the migrant community and the contributions that they make to Rotorua.

Projects of the Multicultural Council
To achieve its objectives, the RMC runs and supports many projects. These include:

- Multicultural Lunches held monthly in the Rotorua Library with a different host country each time
- Professional Speaking for Migrants courses
- Women's Wellbeing programmes to help migrant women to settle in Rotorua
- Participation in events such as the Japanese Summer Festival and the Waitangi Day Celebration at Ohinemutu
- Community welcome events for Toi Ohomai international students
- Celebrations of cultures such as Africa Day and the Latin American Festival · Running a Multicultural Hospice Support Group.

In future issues of the Grey Power Magazine we will tell you more about each of these projects. For now, you can follow us on the Multicultural Rotorua Facebook page and attend any of our events which are advertised there.



MARCH FORUM

23 MARCH

1pm

at Linton Park Community Centre


"Climate & Environment"

Tania Tapsell and Fisher Wang, Rotorua Lakes City Councillors

DID YOU KNOW?

You can make biodegradable and renewable confetti using a hole punch and leaves for parties and weddings. This is used as an alternative to plastic confetti that ends up in landfills or the ocean.

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Mail: PO Box 4353 Hamilton East 3247,
In-person: Chanel Centre, Catholic Diocese of Hamilton, 51 Grey St Hamilton East, Hamilton

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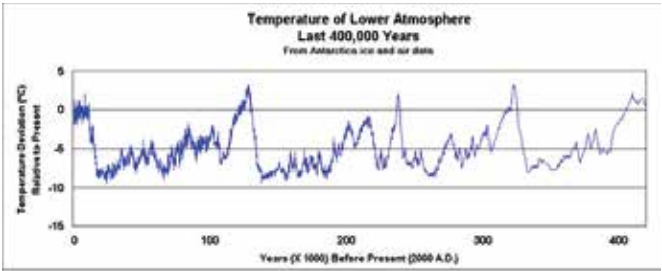
Important Notice: please read
This application to deposit is issued with the Replacement Product Disclosure Statement (PDS) dated 18 December 2019 for an offer of debt securities issued by the Roman Catholic Bishop of the Diocese of Hamilton, trading as the Catholic Development Fund (CDF). The Replacement PDS and the Trust Deed can be viewed at the following websites: NZ Companies Office www.business.govt.nz/disclose; Catholic Diocese of Hamilton www.cdf.cdh.nz or the Diocesan Office at 51 Grey Street, Hamilton East, Hamilton 3216

CLIMATE CHANGE OPINION #2

Climate Change/Global Warming – The Fallacy

David Buckleigh, Grey Power Rotorua member

1 Long before humans existed there was dramatic climate change. The planet earth is in the 5th ice age that science knows about and is named the Pleistocene glaciation” ice age. It has lasted for around 2.5 million years. That is why we have permanent ice sheets in the Northern and Southern hemisphere i.e the Arctic and Antarctic. There have been 4 previous ice ages which have lasted much longer than the present. During ice ages there have been a number of warming and cooling cycles and in the current ice age the cooling periods have lasted about 90,000 years and the warming periods 11-12,000 years. The current warming period started about 11,000 years ago.



2 Carbon dioxide is not the No1 greenhouse gas (GHG). The main GHG is water vapour which averages about 2% of the atmosphere. It is higher over warm water (eg tropics) and as little as 0.01% over deserts and very cold climates. It accounts for around 95% of the GHG effect.

3 Carbon dioxide (CO2) is our “friend” not our enemy. Why? Without CO2 life on earth would not exist. It is a vital plant food and all of life lives off CO2. To demonise it shows total ignorance of school child level science.



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4 Almost all CO2 comes from natural sources and not human activity. It is a trace gas in the atmosphere, less than 400ths of one percent. Compare this to: Nitrogen 76.51% Oxygen 20.52% Water Vapour 2% Argon 0.92% All other trace gases 0.05% Human contribution is about 5% of the 400ths of one percent. Almost unmeasurable.

5 The sun causes climate change. It should be obvious that virtually all of the heat on the planet comes from the sun. The sun is constantly changing its heat output which occurs in many ways such as magnetic fields, cosmic rays, brightness and sunspot cycle activities.

6 Volcanoes, asteroids and meteorites can cause climate change. Volcanic eruptions also release huge quantities of CO2 and at times levels that were 3 times higher than today. There are active volcanoes under the Antarctic. And Iceland is effectively a volcano.

7 Cosmic rays, micrometeorites and cloud variation can cause climate change.

8 Changes in the earth’s orbit and in our solar system can cause climate change. Earth’s tilt towards the sun and its orbit around the sun is not constant and results in changes to the distance between the earth and the sun which changes the average heat from the sun.



9 The majority of scientists do not believe in man-made global warming despite what you might read and hear in the media. The Wall Street Journal wrote an article (The Myth of the Climate Change 97 percent) on this subject in May 2014. Over 31,000 scientists signed a petition stating the opposite to the published claims that 97% of scientists agree that humans cause global warming.

10 Climate change has become a pseudo-religion requiring no proof, just belief.

11 Government funded scientists falsified climate data as shown in the “climate gate scandal”.

12 Money and power can cause people and the news media to promote global warming.

13 Political lies and manipulation cause the global warming problem.

The IPCC charter which sets out what the IPCC is to do on behalf of the United Nations says
"The role of the IPCC is to assess on a comprehensive, objective, open and transparent basis the scientific, technical and socio-economic information relevant to understanding the scientific basis of risk of human-induced climate change, its potential impacts and options for adaptation and mitigation."

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Or, put more simply, the IPCC is to report on the magnitude of man-made climate change and what can be done to reduce its impact, the existence of man-made climate change being assumed from the outset. So who determined that climate change was human induced in the first place? Does this sound like science to you or “politics”.

The Reality - Humans cannot change the climate. All they can do is adapt to it.

Some suggested reading
The Delinquent Teenager by Donna Laframboise – an expose of the IPCC
Climate Change The Facts – Dr John Abbott & 11 others.
Heaven + Earth: Global Warming
- The Missing Science by Professor Ian Plimer
Climate. The Counter Consensus
– by Professor Robert Carter
The Great Global Warming Blunder – Dr Roy Spencer
Climate Change & the Great Electricity Rip-off
– by Professor Ian Plimer

Some useful websites
www.thegwpf.com
www.wattsupwiththat.com
www.heartland.org

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Grey Power Rotorua 2020 Calendar of Events March - May				
(some events still need to be finalised)				
March	Day	Time	Event	Notes
16.03.	third Mon	9:30 AM	outing to PlentyFlora, 1188 SH30	(Gold Coin) meet at Parksye
23.03.	Mon	1:00 PM	Linton Park Community Centre, Forum on: Climate & Environment. 16 Kamahi Place, Pukehangi.	speakers: Cr Tania Tapsell, Cr Fisher Wang
29.03.	Sun	9:30 AM	Age Concern Expo (closes 3pm) we have a stand	Rotorua Events Centre
April	Day	Time	Event	Notes
20.04.	Mon	1:00 PM	forum: Rotorua Area Primary Health Services (RAPHS)	Linton Park
20.04.	Mon		sorry, no outing on the 20th	
May	Day	Time	Event	Notes
11.05.	2nd Mon	1:00 PM	forum on retirement villages	Linton Park Community Centre
18.05.	third Mon	9:30 AM	outing... t.b.a.	meet at Parksye

Outings

The Mystery Outing has come and gone and – by all accounts – it was very well received. Our destination was the Tyburn Monastery (a Benedictine congregation) on Dods Road near Ngakuru. The weather was kind to us with an overcast day but no rain. Eleven people came. We had tea, coffee, bickies and cake waiting for us on arrival. Our main contact was a Brisbane-borne nun who had arrived here only four months ago after several years in a Tyburn monastery in Scotland.

It wasn't quite as wheelchair-friendly as I remembered from a previous visit; Roger and Mary had a few issues and needed a bit of huffing and puffing. Sorry about that, guys.

The monastery is on a hill with a panoramic view from Mount Calvary (some of us managed to 'climb' it). From a sunny deck we had Lake Ohakuri and the Waikite Valley spread out in front of us. A bush walk leads through a small rainforest, ending by the lakeside. The Tyburn Chapel and the Rosary Garden are also worth a visit.

Our next outing will be on March 16th (I always aim for the 3rd Monday). We meet at 9:30 am and leave by car pool at 10:00 am. This outing is to PlentyFlora – 1180, SH30. Same direction as last time, but not as far. It is a self-guided tour because Monday mornings is PlentyFlora's busy time. They appreciate a Gold Coin donation and they will put out some chairs for us.

Oh, Chintana (our resident engineer) has sorted the issue with the missing seatbelt for the middle passenger on the back seat of our car.

Hope to see many of you on March 16 at Parksye.

Wieland



Delivering a Strong Economy

Lowering the cost of living, creating jobs, supporting small business, cutting regulation, and investing in public services. This was the core of the economic plan announced by Simon Bridges in his launch of National's Economic Plan.

This is a plan that is ambitious for New Zealand and the opportunities that can be created for Kiwis up and down the country.

This is a plan that Rotorua families sorely need.

The Government has consistently failed to deliver on its promises, has piled on the tax, cost and red tape and made things more uncertain domestically at a time of global uncertainty. As a result New Zealand has become a country of missed opportunities.

The cost of living is going up and New Zealanders are paying more in rent and petrol tax. The economy is in decline falling from a growth rate of nearly four per cent a year under National to now almost half of that and continuing to decline.

Job growth has dropped from the 10,000 new jobs a month under National to barely 1000 a month.

This matters because when we start to slip, it affects your back pocket.

Kiwis deserve much better than this.

National will help Kiwis keep up with the cost of living by indexing tax brackets to the cost of living. We will put more money in your back pocket. Tax relief is one part of how your family can get ahead. We need to raise incomes and get people into jobs and we need to attack the cost of living.

In the coming months we will announce our full tax plan that will see people on the average wage better off and keeping more of what they earn.

We will cut red tape and build both the transport and social infrastructure our country needs. We won't be afraid to partner with the private sector to deliver projects that matter to us all. That means we can deliver more roads, more rail, more transport and more social infrastructure faster and better.

Hon Todd McClay
Member of Parliament for Rotorua
Spokesperson for Economic Development, Trade, Tourism, Small Business, Workplace Relations and Safety.

Authorised by T.McClay, Parliament Buildings, Wellington.



Hon Todd McClay MP for Rotorua

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Plastic ban takes aim, but misfires

While it's easy to ban little stickers on fruit, it will surely be a Herculean task to standardise national collection.

Banning items such as fruit stickers, cotton buds, microbeads, straws, supermarket bags or whatever plastic item is deemed Public Enemy No. 1 next can give the impression of environmental progress, but the bigger gains must come from tackling New Zealand's more pressing policy challenges – standardising kerbside collection and investing in onshore processing.

There's a huge difference between what waste councils accept, collect and process. Waste expert Lyn Mayes surveyed 67 authorities on their kerbside collections and unearthed some disappointing facts.

Five councils don't give any recycling information on their websites. And information from the remainder revealed a mishmash of rules and inclusions. Some 19 councils don't accept any of the hard plastics at all, 26 have no direction on Tetra Paks, and 25 are silent on aerosols. Sixteen council websites don't mention plastic meat trays. Perhaps the best indication of the mess is that just 14 council websites had enough information about what products are recycled to be able to say yes or no to each packaging material question.

For a country with a population smaller than Melbourne, it's disappointing we can't organise ourselves to be more efficient and effective with national collection standards and greater recycling capacity. While it's easy to ban little stickers on fruit, it will surely be a Herculean task to standardise national collection. The Government treads carefully because it means having tough conversations with councils about what they should

collect, how it should be processed, and requiring more effort from voters to sort, wash and put out their rubbish.

Consumers will probably shrug about cotton buds changing from plastic to cardboard (which Johnson & Johnson did two years ago), but will definitely have a view when rates rise as councils are made to collect, sort and process a wider array of waste.

It's clear consumers want action, however, and action will happen. Research by data company IRI shows 47 per cent of Kiwis surveyed avoid buying fruit and vegetables in packaging, 40 per cent say excessive packaging influences what they buy, and 52 per cent of 18 to 34-year-olds feel guilty buying products that aren't environmentally friendly.

But there's a steep learning curve needed when it comes to using more eco-friendly solutions, when 37 per cent of 18 to 34-year-olds simply throw away compostable packaging and 27 per cent don't know how to dispose of it anyway.

Government bans have enabled New Zealand to take steps towards a circular economy, but these are complex issues and it can be two steps forward, one step back. The banning of so-called "single-use" plastic supermarket bags is a good example. Yes, some plastic will have been reduced, but many consumers are now buying plastic bags instead of getting them free. According to IRI, there has been a 49.7 per cent bump in sales of garbage and tidy bags in the past 12 months. This was predicted, because single-use bags for many had more uses around the home, particularly as rubbish-bin liners. In the meantime, consumers have spent an extra \$17.6 million on reusable shopping bags – a 171 per cent increase in sales over the same period. As we move towards a circular economy it's important

continued on page 11

continued from page 10

to have realistic expectations about what can be achieved. While food and beverage manufacturers have focused on designing out unnecessary packaging or moving to different packaging materials, some single-use plastic packaging has an important role ensuring safety, quality and practicality. Frozen peas are snap frozen to preserve freshness and nutrition, but they'd be impossible to get home and store if not packaged.

So small changes are easy, dealing with the big issues is much harder. We're not limited by getting industry and consumers to do the right thing. We're limited by the fact that there's not enough to do with it once it's collected. Until we address this, the circular economy is just a curve.

Katherine Rich is chief executive of the NZ Food & Grocery Council.

compute IT with Wayne Parkinson

Under the bonnet .

..
When you are ready to purchase a new computer, how do you figure out which one is right for you? I spent 15 years working as a mechanic and 10 years of that involved in building race cars. If a component didn't add to the performance, then it was extra weight and it had to go. I bring that way of thinking into computing. Let's look at some of the major components inside the computer . .



Central Processing Unit - CPU

The CPU is considered the brains of the computer. Typically they come in two flavours, Intel or AMD. Think Ford and Holden, both are fine vehicles and it will come down to personal preference and the tasks to perform. AMD are usually a bit cheaper, but Intel run cooler. The biggest enemy of anything electrical is heat, especially in a laptop, so for me this is a no-brainer.

The current series of Intel CPU's are; i3 – think little nana car that is fine around town and the odd trip away, i5 – think midsized car that's fine for town and no worries for tripping, i7 – grunty V8 that's a bit

thirsty around town but loves tripping, i9 – bragging rights in having a hot sports car to go to the shop to buy a bottle of milk.

So, how do you decide? Define the tasks required and get the appropriate sized CPU. If your needs are minimal; email, cruising the internet and looking at your photos then an i3 will probably be fine and an i5 would be better if your budget will stretch to it.

Moving up in needs – if you plan on editing photos as well as the above then an i5 would be your start point and an i7 if the budget could stand it. Be careful with the editing as you should now also consider a separate graphics card in the computer. This will also move the price north.

Video editing and full-on database work would have you seriously looking at an i7 and maybe an i9.

Random Access Memory - RAM

The amount of RAM combined with the power of the CPU will determine the overall speed and performance of the computer. The minimum in most computers now is 4Gb, having more is better, up to a point. For home use there is no real advantage in going over 8Gb, even if the computer will take it.

For most of us we can remember a lot of things and we can easily recall them from our brain. RAM is sort of like that, but it can only take in so much. In life, if we need to record something we write it down and hope we can retrieve it later. In the computer, that is storage and we will explore that in the next publication.

If you need help with this, or would just like to chat about your options, give me a call at 345-6098



Editorial supplied by Abingdon Computing Essentials

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Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras. A Wheelchair accessible van is available. Freedom Drivers are police checked and are ACC Registered Vendors.

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Editorial supplied by Freedom Companion Drivers

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www.freedomdrivers.co.nz

From www.yoursightmatters.com

Cataract Treatment May No Longer Require Surgery

According to the World Health Organization, cataracts are responsible for 51 percent of world blindness, which represents over 20 million people. Unlike other eye diseases such as glaucoma and macular degeneration, cataracts are treatable. By removing the deteriorated lens of the eye and replacing it with an artificial intraocular lens, lost vision can be restored. In fact, in many cases eyesight can be improved so that it is clearer than ever before.

In the near future, surgery may not be the only method to remove cataracts. Using polymer science, or the study of proteins, researchers at the University of Massachusetts Amherst are developing a new cataract treatment that will not require surgery. Since the lens of the eye is made of protein and water, polymer science has helped researchers make significant strides in understanding the science of how proteins in the lens of the eye clump together to create a cataract.

University of Massachusetts Amherst polymer physicist, Professor Murugappan Muthukumar, says that all neurological diseases and diseases of the human lens are due to undesirable clumping of proteins. Based on this premise, researchers shot light into solutions hundreds of times and measured how much light came out and at what angle. Then, they used the measurements and a model of the human lens to learn more about the relationship between protein clumping and its molecular structure.

These findings could potentially open up new possibilities in the treatment of cataracts and presbyopia. The new technology has recently been licensed to a major pharmaceuticals company. Muthukumar’s goal is for eye care specialists to use non-surgical methods to intercept cataracts before they cause vision loss.

“While I was growing up in India, I was deeply disturbed by the sight of too many blind people, unable to work and reduced to begging...Many times I have wondered what life would be like without sight, and I feel a terrible loss,” he explained.

“All my professional life I have wanted to do something about it. This was my motivation”

(Source: Optometry Today).



Contribution from Committee member
Geoffrey Shekell, source : internet

Blackbird baby

Wings of charcoal
You think the sky is falling.
Your lonely song
Straddling the wind
Searching for an audience.
The home you grew up in
Had white walls and high ceilings.
Pure and sheltered.
You thought the room was shrinking,
Pinning your wings to your sides.
But baby
You were just growing.
Destined to break down the door.
To let the art of your dangerous spirit
Use the clouds for a canvas.
Blackbird baby
You've been raised by doves.
They've passed on their sparkling reputation
But it doesn't suit your matte feathers.
You're a whole other kind of beautiful.

Blackbird baby
Wings of charcoal
You think the sky is falling.
You feel so alone
You don't see how they envy you.
Your mind is a weapon, my dear.
Never doubt it for a moment.
Your body is a treasure, my dear.
Love it like nothing else.
Your time is valuable, my dear.
Don't waste it on what brings you no joy.
These lessons you have yet to learn.
You see only the thunder in the sky.
But there's a world of rainbows to be discovered.
Blackbird baby
You find it so hard to believe
That you are loved.
But you are everything to me.

Blackbird baby
Wings of charcoal
You think the sky is falling.
You see pieces of it hit the ground.
The end in sight.
Let me hold you.
Let me hold your whole world
So tightly that all the pieces of the sky
Fit back into place.

Afraid of what could go wrong
You pin your own wings to your sides.
Force of habit.
But without them
How will you fly?
Blackbird baby
Open your wings for me.
Show me your dance of ebony
Like a silhouette on the sunset.
Blackbird baby
Hatch from your prison

And soar.



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Authorised by Fletcher Tabuteau, Parliament Buildings, Wellington

I hope you were all able to take some time to relax over the holidays and had a good start to 2020. It's great to be back on deck after a much needed break and quality time with my family.

I congratulate local senior, Paul Wright who received a New Year's honour for his services to fire and emergency in the forestry industry. It was also pleasing that seven people were acknowledged throughout the country for their services to seniors. Their work ranged from research around ageing to raising awareness of the welfare of older people.

It was a busy year last year and this Coalition Government made great strides in progressing seniors' issues with the launch of the Better Later Life strategy, introducing guidelines to help banks meet the needs of older customers, promoting enduring power of attorney and the launch of the new SuperGold app and website. We look forward to progressing and building on these initiatives to keep improving the lives of older New Zealanders.

This year I'm looking forward to seeing the progress of Provincial Growth Funding investments made in Rotorua. Projects that have received funding have included the revitalisation of the lakefront, investment in forestry and research, Te Uru Rakau (forestry service) and the re-opening of Rotorua Museum. There has been great support for Rotorua, which has benefitted more from this Government than it has in two generations.

Editorial supplied by Fletcher Tabuteau

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GRANDPARENTS RAISING GRANDCHILDREN

An Introduction to the Independent Children's Monitor
The role of the Independent Children's Monitor (the Monitor) is to oversee the Oranga Tamariki system including the Oranga Tamariki (National Care Standards and Related Matters) Regulations 2018 (NCS Regulations).
The Independent Children's Monitor monitors the system of state care, not individual children, to ensure the organisations that look after our tamariki (children) and rangatahi (young people) are doing what they need to, to enable them to reach their potential and thrive.
The Monitor have published their first Report Agency Compliance with Regulations 69 and 85 of the Oranga Tamariki (National Care Standards and Related Matters) Regulations which is now available on their website.

Membership subscriptions for 2020/2021 due on or before 1 April 2020.
Members failing to renew their subscriptions in good time risk losing their discounts granted by Grey Power Electricity.
Payment can be made online – please supply your membership number in the code box, and family name as reference, OR pay at the office by eftpos or cash.

Planned monthly member meetings

- 23 MARCH:** "Climate & Environment" with Tania Tapsell and Fisher Wang, Rotorua Lakes City Councillors
- 27 APRIL:** presentation by RAPHs – Rotorua Area Primary Health Care Services
- 11 MAY:** Forum on Retirement Villages, speaker Secretary of the Retirement Villages Association

Times: 1 pm.
Venue: See calendar for venue details

Have you checked out the Grey Power Electricity blog yet? Their blog offers insightful articles with power saving tips, how to understand your bill and much more. To find the blog simply visit greypowerelectricity.co.nz/our-blog

CITIZENS ADVICE BUREAU ROTORUA – NOT SURE? ASK US!

This is the 42nd year the Rotorua Citizens Advice Bureau has been providing its services in the local community.
With the increasing digitisation of government processes and the withdrawal of public counter services, the Bureau remains a very relevant and essential service for many people, playing an important role in responding to people's needs and supporting inclusion in society.
While some services are getting harder to access the CAB is there for people in a way that works for them – whether it is face to face, by telephone or on-line.
We're here:

- To help
- For free
- For Everyone
- Whatever your problem
- Face to face, kanohi kit e kanohi
- Online – website, on-line chat

- In the local community
- To advocate on issues
- For your rights
- For young and old
- For migrants

So if you are finding it difficult to deal with government agencies, you need advice about your rights as a tenant, landlord, worker, neighbour, consumer or you want help with any aspect of modern-day living, the Bureau is the place to go. We still have real people willing to get into real conversations, written pamphlets and information sheets, as well as the back-up of great digital information and our website.

If you want to contact us you can visit our premises at 1143 Eruera Street, or you can telephone 0800 367 222 or 348 3936, or email rotorua@cab.org.nz

The Bureau is open Monday to Friday from 9.00am to 5.00pm.

Remember, our advice is free. Not getting it could cost you though!

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editorial supplied by The Law Shop

MAHJONG AT PARKSYDE COMMUNITY CENTRE FOR SENIORS



One of the week's activities at the centre is playing mahjong on Tuesdays and Fridays. We enjoy a large comfortable room in both winter and summer starting at 1pm, with a social cuppa at half time and finishing at 4pm. If there are learners or players who would like to refresh play, we could organize a learners group.

**For more information about the group
phone Jill 347 6527**



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