

Why not breed monarch butterflies?

see Page 16.

Emergency helplines:

see Page 2.

Monarch butterfly farming. *Photo by Bruce Henderson*

Auckland Greypower Office

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Auckland

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Office Hours: Monday to Friday
10.30 a.m. till 12.30 p.m.

Volunteers are ready to listen and help with resources and contacts. Our Mailing Address:

PO Box 48-157, Blockhouse Bay, Auckland 0644.



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Joining us is easy

All memberships are **\$25** single, **\$30** double
see page 8 for details on how to join.

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Feedback on the magazine, comments on articles and issues of relevance to members is encouraged. Please send your contributions to: The Editor, **Auckland Greypower Focus**, PO Box 48-157, Blockhouse Bay, Auckland 0644 Email: akgreypowerinfo@gmail.com

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Please refer to our website for disclaimer.

President's Message

Greetings, Kia ora, Nihao,
Talofa lava, Namaste,

Covid 19 has caused us to postpone our AGM and some public meetings. We hope to resume them as soon as possible. All Grey Power Associations have been asked to defer their AGMs.

And in the circumstances, I have suggested that the current Committee continue in their present roles.

We have been able to talk to some of our members by phone. Thanks to Sue Henry and Barbara Tonson in particular for helping on this.

Regretfully we learnt of the death of Mr Don Dunn, a former long-serving and extremely competent and active President.

The Committee at its last Executive meeting, has nominated Mr Tom Foulkes and Mr Jens Meder as Life Members for their services to Auckland Grey Power.

We thank members who have contributed articles and letters to this latest magazine. We need and value your input.

We welcome especially all new members. An extra Focus is included for members to give to family or friends. And a gentle reminder to those who need to renew this year's membership to do it by on-line banking or send a cheque to our PO Box.

We are checking our phone and following up messages. THANK YOU to those members who have recently renewed, and for the generous extra donations.

Take care. Kia kaha,

Gillian Dance President

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



Helplines



POLICE contact numbers:

IF ITS HAPPENING NOW, call 111

IF IT'S ALREADY HAPPENED, use 105

COVID 19 NEED HELP?

Contact **COVID EMERGENCY MANAGEMENT.**

In Auckland, ring **0800 22 22 96** for any problems related to Lockdown, Food, etc.

CITIZENS' ADVICE BUREAU are operating remotely. Phone **0800 367 222.**

OFFICE FOR SENIORS Concerns, help on elder-abuse, call them on **0800-32-668-65.**

HUMAN RIGHTS COMMISSION Complaints, Concerns, Suggestions Phone **0800-496-877.**

Future Meetings

The Grey Power office will be closed while the high Alert is in force. But our answerphone can still record your messages, so ring any time, and we can access these calls from home and call you back: 626-0895.

We usually use this space for forthcoming meetings, but due to circumstances beyond our control I shall just use it to report on the effect the Corona virus has had on us. As it turned out, the decision was taken out of our hands when the City Council called me and advised that they would no longer rent out their halls for public meetings until the virus situation was resolved. So the next two meetings are cancelled and we will advise you when the situation changes. We shall continue to produce "Focus" as we can still get it printed!

AUCKLAND GREY POWER AGM

(previously announced as 22nd May) is cancelled, due to COVID-19. We are hoping to hold our AGM later in the year if it is possible. The last Friday in August or September perhaps.

GREY POWER FEDERATION AGM

is cancelled by decision of the Board.

We can announce that we will be organising **MEET THE CANDIDATES MEETINGS** when conditions allow us. Stay safe all of you.

Nga mihi nui. Best wishes, – Gillian.

GREY POWER PRESIDENT SAYS

END DISCRIMINATION AGAINST OVER-70s!

by Gillian Dance.

The Government's requirements under Level 4 Lockdown is for Over 70's to stay at home.

One of our members is 75 and his wife 72, and neither of them are on any medication, nor have any ongoing medical problems, yet the rules are age specific. He has been trying to do as much as possible within their house, but being active as a cyclist, a retired photographer and event organiser, he is suffering both mentally and physically for not being able to do the basics due to the imposed age restriction.

We totally understand the 2m social and physical separation, but how do you think the authorities would react to them being out there at the supermarket and hopefully when the levels come down, being able to drive to places within the guidelines? This is particularly worrying as the restriction on over 70's looks as if it will be in place for the foreseeable future.

Rather more worrying – his wife slipped in the kitchen and pulled her shoulder, which would be something a chiropractor should be able to relieve with a phone call appointment. He contacted one who advised him that as the lady is over 70, the Government would not permit the Chiropractor to undertake physical treatment. It seems to me that the senior age group is being discriminated against here, as if they think we pose a risk which doesn't necessarily exist, and is definitely age-prejudiced.

The instruction to 70 plus says **SHOULD** – not **MUST**. A dislocated shoulder is surely an emergency. Would her doctor fix it if the chiropractor couldn't?

What evidence is there that those over 70 years of age are extremely vulnerable to the Covid-19 virus? While it is true that frail and vulnerable people are at far greater risk of catching any disease, it seems to me to lock down the fit and healthy is unnecessary. In fact, it could also be seen as a gross infringement of our rights to move freely without hindrance. Perhaps the instruction should just have been to folks with underlying health conditions. Now that would be reasonable. But to just select an age category seems rather unscientific. Looking at the figures put out in December based on the Wuhan study – if it is accurate – the figure for deaths in age up to 59 is only 2.3%. And even then, some of those people would have had underlying health conditions. The 60 – 69 age group shows 3.6% and the 70 – 79 age group did rise to 8.0%. But again, there is no indication as to which people had underlying health conditions. All? "Some"? "None"? This may be revealed in the report but it is not covered. This study also points out that people with a poor diet or living in poverty are more likely to have underlying health conditions and a poor immune system. They are more likely to die from this virus. But most New Zealanders in the older age groups have grown up with an excellent diet. They should have a good immune system. Many have kept up their exercise activities. They take part in Masters Games and sports such as cycling, swimming, running marathons, playing golf, and many other sports. People of older age groups usually are well aware of how to take care of themselves. They have not got to the age they have for no reason.

It seems far riskier to allow children to mix and mingle at school. The virus could be symptomless and be taken home. It would seem far more sensible to me to keep the younger groups such as school children at home and stop requesting older people to remain isolated at home. Further information on the incidence of the cause of deaths would be revealing. It might be that the medicine decided on has been too strong.

Covid-19 - update

New Zealand is currently at **Alert Level 3** = Restrict.



Level 3 allows many businesses to get going again, and for many people to go back to work. For people aged 70 and over, and others with existing medical conditions, there are additional risks should we be exposed to COVID-19. People need to weigh up these risks against being able to live our lives as normally as possible and enjoying safe activities under Alert Level 3. Some of us are at more risk than others because we have certain health conditions (which we may not even be aware of) that mean we are at risk of severe illness should we get COVID-19. At Level 3 we still need to continue to reduce our contact with others outside our bubbles, as there is still a risk the virus can get out of control. We need to continue to stay at home, other than for essential personal movement – like accessing essential services, healthcare, work (if it is not possible to work from home), and for permitted travel and recreation. It is still best to access services without leaving our homes, and things like internet shopping and deliveries should continue. When we do go out, we need to practice social distancing (keeping 2 metres apart) and good hygiene (avoid touching surfaces, hand washing, cough etiquette). Options for managing your health and safety might include working at times where there are fewer other workers around, increased physical distancing where possible, additional protective measures or equipment, or undertaking duties with lower levels of customer interaction (in the office, rather than the frontline).

At Alert Level 3 we will need to be even more vigilant. All of us will need to unite against COVID-19 by sticking to the rules.

NZ Red Cross has translated the Ministry of Health's Easy Read Resources about COVID-19 in 11 different languages: www.redcross.org.nz/stories/new-zealand/learn-prepare-and-take-action-covid-19/

NZ Government launched a WhatsApp channel to share COVID-19 updates. Copy this link: covid19.govt.nz/whatsapp

Auckland Emergency Management website: www.aucklandemergencymanagement.org.nz/major-incident/covid-19

If you are out of supplies and struggling to get basic food, call **0800 222 296** between 7 a.m. – 7 p.m. to ask for help.

Mental Health Foundation (MHF) has launched their All Right? campaign: Getting Through Together: www.allright.org.nz/campaigns/getting-through-together

Ministry of Health's website to find all updated health information about COVID-19: www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus

NZ Government's Unite Against COVID-19, www.covid19.govt.nz/, and subscribe to the e-newsletter, which provides a daily update on COVID-19 news, resources and frequently asked questions.

NZ Police videos have been developed. YouTube page shares videos with information about COVID-19 alert level 4 in Mandarin, Niuean, Fijian Hindi, Fijian, Cook Islands Māori, Tongan, Korean, Samoan, te reo Māori, Kiribati, Punjabi, and Hindi.

Flu tracker. The Government encourages all New Zealanders to join FluTracker to help monitor flu and COVID-19 symptoms throughout NZ. For more information: www.info.flutracking.net/

Please Stay at home, stop the spread, save lives. As always, look after yourselves, look after your loved ones, and look after your community.

Covid-19, Wuhan flu - Whatever people call it, this new virus is here and we need to live with it. We don't have a natural immunity to it. We need to be careful.

We have had many people with compromised immunity or underlying conditions contact us to pre-plan their funeral as they feel that this virus will end their life prematurely. Many people will have grown up with stories of family members who died during the Spanish Flu pandemic after WW1. As Funeral Directors we have been familiar with the New Zealand Influenza Pandemic Plan for a number of years, 38,000 deaths in an eight-week period is the NZIPAP modelling, the action taken has saved tens of thousands of lives. As of the time of writing it looks like we have 'dodged a bullet', we will come out of this.

Our advice to our community – Wash Hands, Keep Your Distance, Minimise Social Gatherings. We do not need to be scared or fearful of this virus. We need to manage it until a proven vaccine can be created.

We have not been able to offer traditional funeral services at level 3 & 4, but keeping everyone safe is a priority as we understand directly what a pandemic can do. At level 2 we will be able to have safe services again.

If you are needing to plan a funeral, need funeral advice or are wanting to receive one of our free funeral planning packs, please do contact us on **0800 804 663**.

editorial supplied by Just Funerals

PHONE
0800 804 663

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Transfers within Auckland | Preperation or Embalming | Standard Size Wood Grain MDF Flat Lid Casket | Dressing at Funeral Home | Transfer Home 1 Death Certificate | Temporary Grave Marker **now \$2900**

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** There can be extra costs depending on unique circumstances.

Please call for an appointment to visit with us at 14 Bassant Avenue, Penrose, Auckland



MAILBOX

QUEUES AT SUPERMARKET

Hi, I would like to say how disappointed I am with Grey Power regarding our older citizens. You don't seem to be looking out for them, a lot of the elderly are having to stand in queues with everyone else and I have seen one poor man even collapsing. Some supermarkets are letting them go on home delivery but even that is hard for some as they don't have the internet or have to wait ages for a slot. Overseas, some supermarkets are setting aside times for them to be able to go in an hour before everyone else which is great, but for some unknown reason you said we didn't need it, not sure why, but our elderly citizens DO need help.
Pauline, Auckland.

Grey Power has lobbied for improvements and made similar suggestions. It is indeed a puzzle why all this did not happen sooner rather than later. After all, these businesses had seen what was done overseas. But it was the supermarkets who initially did the best they could as they saw fit. Of course, it has all happened so quickly and most people were unprepared. They probably did the best they could at the time. Most supermarkets have seen the light and it is good that Gold Card holders now get priority in their queues. The others need to do the same.

Banks also need to extend their hours and the days they operate so that the public can access the banks for cash or payment of bills. We are ringing around our members to support them socially and if anyone needs any special help, we are assisting them as needed. We are also answering our office phone number (09 626-0895) and have received quite a number of recorded enquiries about different matters. I personally am answering these from home. I regret I did not receive your email sooner. But I was unable to respond as I myself am recovering from surgery. Nearly back to 100%. I hope to meet you sometime in the near future when New Zealand and the world gets back to normal life, or as near as, again.

With my very best wishes, Gillian Dance, President, Auckland Grey Power.

ON THE FUTURE OF SUPERANNUATION

Referring to the Susan St. John and Claire Dale proposals on the future of NZ Super as reported in Focus # 52, may I clarify and speak in favour of the status quo on some points?

Firstly, none of our universal NZ Super has been



paid out by any of our NZ Super Funds so far, and our current NZ Super Fund – also financed by taxation revenue the same as our NZ Super – does not alter the taxation-funded NZS principle. By partly pre-funding NZ Super, the NZS Fund will only help to keep our current NZS rates and conditions sustainable by “subsidized” taxation on our diminishing proportion of working age people in relation to our increasing proportion of seniors and generally increasing life spans. According to current policies, the NZSF will start helping to finance the increasing cost of NZ Super due to the ageing “baby boomer” generation by about 2026.

But the relatively ageing population factor will not disappear with the baby boomers, and therefore, for the benefit of our grandchildren and their descendants, should not Grey Power be very passionate about the NZ Super Fund remaining or becoming a permanent institution with an adequate rate of not to be interrupted contributions to it built into our taxation system?

This money does not disappear from the economy, but when invested in financing needed and desired maintenance and construction of infrastructure and productivity assets, it creates jobs and wealth – and the money to repay these debts does not go to (possibly foreign) money lenders, but to the cash flow helping to finance our own NZ Super.

From this, is it not clear that for collective welfare security and retirement wealth creation, an adequate taxation rate including a component of NZSF contributions is desirable – and that therefore government taxation revenue income should not be reduced nor its collection made more complicated by asking for tax free NZ Super income? Public discussion and debate on that is needed and welcome.

Jens Meder, Point Chevalier.

CANNABIS REFERENDUM



This year, we have a referendum to vote on whether marijuana should be legalised. I urge everyone to vote in favour of this.

Most of us know some friends or relatives who have been prosecuted in the past, and often fined or jailed for the “crime” of having a natural herb in their pocket. Meanwhile, another person may have tobacco or sweets in their pocket, and despite the enormous health risk from use of both sugar and tobacco, no crime is imputed to them! Queen Victoria is reported to have been a regular user of marijuana for medical issues (or maybe she just liked it to relax), so it was never banned in her day.

An elderly friend in Dunedin got six months in jail for this herb a few years back. Yet that same

man devoted many years to safeguarding Kiwis by working in our navy. Ingratitude? I'm sure you know similar bizarre stories.

Why should our society continue to act like a dictatorship, in telling everyone what they can and can't do with their own lives? In the past, people who spent their time telling others not to enjoy themselves were called “wowzers”. I doubt we need such bad advisers any more (if we ever did!) I suggest we all act firmly to get rid of this foolish ban on use of natural herbs now. Let's legalise it, and let the police chase real criminals, rather than fake ones.

Bruce Henderson, Blockhouse Bay.

CANNABIS REFERENDUM – please say No



This year at the elections you will be asked: “Do you support the Cannabis Legalisation and Control Bill?” I urge everyone to vote NO to kill this poisoned chalice bill.

Cannabis use has been a problem in western countries since the sixties when it became popular with antisocial element. Its use has left a long trail of sad and bad problems. Gradual softening of the fight against illegal drugs has made this worse, while a tough stance in some countries has shown the problem can be controlled.

Throughout the nineties, Mr Nandor Tanczos promoted cannabis legalisation idea but it was rightly ignored. In recent times this cause got financial support from some “philanthropists” and the attention of politicians. Campaigns have been launched to liberalise cannabis. Is this done to undermine and damage our society?

Some claim that legalising cannabis will help to reduce the problems associated with drug use. And there are radical voices wanting to legalise most currently illegal drugs.

There is a widespread misunderstanding that this referendum is about “medical cannabis.” It is not! The medicinal issue has been solved by the Medical Cannabis Act of 2018 already. The upcoming referendum is about allowing cannabis to be sold to anyone of 20 and over for any reason unconditionally!

There is a plethora of reasons to vote NO. Baseless claims have been made that crime will be reduced by legalising cannabis! Overseas evidence shows criminals can promote and sell it to underaged and push harder drugs. Convicting them will be more challenging as they can use a legal cannabis business as a cover for illegal activities. Complicating prosecution isn't a crime reduction. They just may go free!

Some quality wine is good for your health while drug abuse is one of the major reasons for the current mental health crisis. Cannabis isn't fun! Use your

money for real fun: hobbies and holidays, sports and arts, support good causes!

Do you want dopey doctors to operate on you? ... ride a cab, bus or train with a dopey driver, fly with a dopey pilot? ... You have the power to say NO! Say NO to DOPE! Give future a HOPE.

Heldur Bender, Panmure.

This and the preceding letter are individual personal views. – Editor.

DISCRIMINATION AGAINST OVER-70s?

The Government's requirements under Level 4 Lockdown is for Over 70's to stay at home. I am 75 and my wife 72, neither of us are on any medication, nor have any ongoing medical problems, yet the rules are age specific. Personally, I have been in isolation for over 5 weeks simply because I came back from Sydney a couple of days before the 2 week self-isolation period which then merged into the Level 4, 4-week Lockdown. I have been trying to do as much as possible within our house, but being active as a cyclist, a retired photographer and event organiser, I am suffering both mentally and physically for not being able to do the basics due to the imposed age restriction. I totally understand the 2m social and physical separation but how do you think the authorities would react to me being out there at the supermarket and hopefully when the levels come down, being able to drive places within the guidelines? This particularly as the restriction on over 70's looks as if it will be in place for the foreseeable future.

Probably, more worrying – my wife slipped in the kitchen and pulled her shoulder which would be something a chiropractor would be able to relieve with a phone call appointment. She contacted one who advised her that as my wife is over 70, the Government would not permit the Chiropractor to undertake physical treatment. I'm not sure what to think about this but it seems to me that we pose a risk which doesn't necessarily exist, and is definitely age prejudiced. I welcome your comments.

Kind regards, Colin.

The instruction to 70 plus says SHOULD – not MUST. A dislocated shoulder is surely an emergency. Would her doctor fix it if the chiropractor couldn't?

A pulled shoulder might only require a sling. She may be just needing a massage. She could take this issue to the Human Rights Commission, who is acting for all individuals who have concerns about Covid-19 matters to do with our human rights.

Gillian Dance, President, Auckland Grey Power.

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.

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* _____

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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 53 2020 Winter



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 ALL: 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.

Have your input! Have your say!



Auckland Greypower would like to identify the skills and resources that our members could perhaps share with our Association in various ways.

Would you like to let us know what skills and interests you have and might be able to contribute if Greypower needs help with any of your talents?

A: Skills, talents and experience you could offer: *(Tick those applicable)*

e.g. trades & crafts ☐, teaching ☐, nursing ☐, catering ☐, office management ☐, publishing & printing ☐, lawyer ☐, consultant ☐, IT & website management ☐, Facebook ☐, Photography ☐, Videoing ☐, Podcasting ☐, etc.

Other:.....

B: Can you provide help at our AGM and/or Public Meetings? *(Tick those applicable)*

e.g. registration and greetings desk ☐, provide scones ☐, pikelets ☐, sandwiches ☐, savouries ☐, cakes or biscuits ☐, Vegan ☐, etc. Offer transport for members needing assistance to attend meetings ☐.

Details:.....

C: Could you help on: Committee or Interest Group ☐, Secretarial skills ☐, Treasury ☐, Membership ☐, Arranging Public Speakers ☐, Public Meetings ☐, Editorial ☐, Arranging discounts for members ☐, Publicity & press releases ☐, Advertising our events ☐, Telephoning older members (Friendly Caller) ☐ ?

(Tick those applicable)

Could you help in running Raffles ☐, Trading Table ☐, or similar activities?

Details:.....

D: I am available regularly ☐, once a week ☐, once a month ☐, or casually ☐ (once in a while)?

.....

E: What are the current main issues you have interest and/or concerns about?

e.g. health, dental, local body, private motor & public transport, crime, etc.

.....

F: Do you have any suggestions on how Grey Power can become more effective?

.....

My name and phone number and/or email:

.....

Many thanks and with our appreciation – your Greypower volunteers!

Please post this form back to: **Auckland Grey Power, P.O. Box 48-157, Blockhouse Bay 0644.**

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Technologies Featured

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ELECTION 2020

The Electoral Commission is monitoring the COVID-19 outbreak and how it might affect the 2020 General Election and referendums. It will be guided by the advice of the Ministry of Health.

Following the announcement by the Prime Minister in January that the election would be held on 19th September, the Electoral Commission is continuing its preparation to deliver the election and two referendums on that date and is looking at additional contingency measures that can be put in place for voters and election workers.



COULD THE ELECTION DATE BE CHANGED?

There are three ways the date could be changed:

1. The Prime Minister is responsible for setting the election date and could choose to change it. The last possible date for an election in 2020 is 21st November.
2. Parliament could change the law to extend the term of Parliament. This would require a 75% majority.
3. The Chief Electoral Officer has some powers under the Electoral Act to adjourn election day voting. This could be by an additional vote period of three days and then one or more subsequent periods of up to seven days at a time.

Currently for their safety the staff are not able to process enrolment forms sent by mail. You can still upload a form and return it by email. Their offices are closed because of the current alert level for COVID 19. They are working remotely and will respond to your enquiries. They can be contacted by visiting their website and completing the online form. Email enquiries@elections.org.nz or write to P.O. Box 3220, Wellington 6140. Phone 0800 35 76 56.

(Source: from Electoral Office website)

Grey Power Aims and Objectives

1. To advance, support and protect the welfare and well-being of older people.
2. To affirm and protect that statutory right of every New Zealand resident, to a sufficient New Zealand Superannuation entitlement.
3. To strive for a provision of a quality Health Care to all New Zealand residents regardless of income and location.
4. To oppose all discriminatory and disadvantageous legislation affecting rights, security and dignity.
5. To be non-aligned with any political party, and to present a strong united lobby to all Parliament and statutory Bodies on matters affecting New Zealanders.
6. To promote and establish links with kindred organisations.
7. To promote recognition of the wide-ranging services provided by senior citizens of New Zealand.
8. To gain recognition as an appropriate voice for all older New Zealanders.

Visual Personality of our Organisation

- Strong and active but not militant
- Friendly and mature
- Acting with dignity and integrity
- Having the wisdom of age
- Adding to quality of life
- A positive organisation to be associated with

Grey Power policies

Superannuation

Grey Power believes New Zealand superannuation to be a state, tax-funded scheme payable at the age of 65 years that allows the retired person an adequate income to live in reasonable comfort and dignity and be able to participate fully in the community. That superannuation be accepted as an entitlement and not means-tested. This income should include a special provision to provide for the needs of the person living alone. A multi-party Superannuation Accord should secure the scheme.

Health

Grey Power believes in a Public Health System that protects and promotes the health of New Zealanders. Grey Power will strive to have a Parliamentary Accord on Health that interprets the declared will of the majority of citizens of New Zealand and not a system that reflects the aspirations of any current government.

Social services

Grey Power believes all persons in New Zealand should have access to and be accurately informed, of all

entitlements, initiatives or changes that affect them. Equal opportunity must exist in all areas of Social Services to ensure a fair and equitable standard of living for all.

Essential services

Grey Power believes energy (electricity, gas, solid and liquid fuels) should be produced, delivered and used in the most effective ways possible and at a cost that is affordable to the domestic consumer. Energy supplies should as far as possible be reliable and secure, and energy prices stable, undistorted and at a level that reflects their strategic importance to New Zealand.

Law and Order

Grey Power seeks a fairer justice system encompassing all people in New Zealand and to strive to make people safe in their homes and on the streets.

50 plus

Grey Power strives to improve the living standards, benefits and equal work opportunities for those aged 50 years to 65 years.

Privatisation

Grey Power strives to ensure that there is no further privatisation of public state assets and to resist any sales of State Owned Enterprises.

Since Grey Power's inception in the mid-1980s, in response to the introduction of taxes discriminating against older New Zealanders, the society has won recognition as "the voice of the over 50's" and has successfully lobbied government and local authorities on issues threatening older people's ability to continue participation in their communities. Grey Power now has New Zealand wide coverage with a huge representation of people retired or approaching their retirement years. The aging of New Zealand's population will see people spending up to a quarter of their lives in retirement. And never before has there been so much insecurity over health, safety within one's home, and the cost of living. It is becoming increasingly evident that people aged over 50 years need a united voice if their circumstances on reaching the age of retirement are not to be jeopardised.

You need Grey Power, and Grey Power needs You!



Food delivery by Student Volunteers

We're pleased to let you know that the Student Volunteer Army Grocery Delivery Service is launching in Central Auckland (Remuera New World); with other Auckland locations to follow.

The SVA Grocery Delivery Service (in partnership with New World), enables them to get groceries to those over the age of 65 or who are medically vulnerable.

Head to www.sva.org.nz <<http://www.sva.org.nz>> to shop (or call their friendly team on 0800 005 902).

For more information, head to their FAQ page <<https://shop.sva.org.nz/pages/faq-frequently-asked-questions>>



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 8.

GARDENING CORNER

by Gillian Dance

WINTER GARDEN

Hopefully our winter gardens are planted out with silver beet, cauliflowers, cabbages, bok choy, broccoli, everlasting spinach and winter lettuces.

It is still warm enough to plant seedlings if you have them. If you have punnets, its best to plant some of them, and then the rest a week apart, so there is a succession of them maturing and ready for picking at different times.

But it might be better to plant out the entire lot to catch the warm soils while you can, and then give the surplus away to friends and family.

TIME TO PRUNE

After fruiting and trees are dormant is the time to get out and prune.

This helps to ensure you have a healthy and well-shaped tree that will give you a better crop next year.



If trees are not pruned, they become dense, which prevents the sun getting into all parts off the tree to ripen fruit. Borrow a book on pruning from your local library or Google it on your computer.

All pruning gear should be sharp and cleaned before moving to another tree. Only prune on a dry sunny day so that cuts dry and seal. Very large wounds may need special treatment.

The first thing to remove is any dead or damaged wood from any branch. Then remove any branches that are growing internally and crossing over another. Remove any wood from the centre part of the tree to allow the sun to get through, shaping the tree so there are five or more main leaders.

Then trim up to one third from the narrow lateral branches ending each with an upward bud.

Dispose of all dead wood and old diseased fruits out of the garden.

The author is an Old Girl of Massey Agricultural College – one of the few – and a pass in Microbiology – fungi, viruses and bacteria. She was a Science Technician with Plant Disease Division, so she knows her onions, so to speak.

GENERAL ELECTION 2020

(or will it be 2021?)

We have no idea as we go to print whether the General Election set down for 19th September 2020 will go ahead as planned. But we all need to make sure that we enrolled correctly to make sure our votes are valid.

Over half the electorates have changed their names or have had alterations to their boundaries.

If you are not sure a phone call to 0800 367 656 will confirm you are enrolled and in which electorate.



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. You need to be a current Grey Power member to get this deal, so renewal of your Grey Power membership each year is necessary. Make an automatic payment may be the easiest way. See Membership Form, on page 8.

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

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other people think and their
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NATIONAL RADIO over 100 stations.
AUCKLAND – Tune to: AM 756 | FM 101.4 Concert
92.6 | Parliament 882 AM

WAATEA RADIO at 603 AM for latest news on Maori
events/issues throughout the day.

RADIO 1ZB at 89.4 FM and 1080 AM.
Talk-back 0800-80-1080 or Txt 92 92
Bruce Russell, Sat 8 p.m. – 12 p.m.
Memory Lane is excellent. And on nights
Midnight to 5 a.m.

Mike Hosking, Mon to Fri. 6.30 – 9 a.m.
Kerre McIvor, Mon to Fri. 9 a.m. – 12 p.m.
Various other hosts daily.

RADIO TARANA Your Indian Radio 1386 AM
www.tarana.co.nz

BLOCKHOUSE BAY RADIO Interesting talks &
discussions | 88.3 FM.

IHEART RADIO | 91 FM Talkback
Phone 09 362 597 or Txt ZMZM

PACIFIC ON AIR There is coverage from all Pacific
Island groups, including **RADIO SAMOA** on 1593 AM,
and **NIU FM** on 103.8 FM.

CHINA RADIO – There are several to choose from,
including **CHINESE VOICE** on 104.2 FM, and
GLOBAL on 90.6 FM.

(See Google – "Radio Stations in Auckland" for a
complete list and details).

Exercise at home

ACC is helping bring an exercise programme for house-
bound older people to TV screens around NZ as part of
a new collaboration with TVNZ and partners across the
health sector.

Hosted by Bernice Mene, Healthy for Life is designed to
help older people work on their strength and balance
through an exercise programme called the Super7.
From the comfort of your bubble, this show provides
tips for staying safe in the home, keeping your brain
active, how to keep up your social links and friendships
and advice about healthy eating and sleep during this
time.

Healthy for Life screens on TVNZ1 from May 2nd at
9 a.m. and repeats Saturdays thereafter and is also
available at TVNZ on demand.

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



Who would love to live in a tree?

IN MEMORIAM

We acknowledge the passing of Donald Alexander
Dunn, 25th March 2020 in Middlemore Hospital,
after a long illness.

Donald was President of Auckland Grey Power from
approximately 2006 to 2012. His presidency was
characterized by strongly disciplined meetings under
his chairmanship and a three year period of our
extraordinarily increasing financial resources when
he managed to get our newsletter printed and mailed
without any cost to us (apart from the substantial
working bees to fold and tape 2000 newsletters),
all paid for by the advertisements signed up by the
printers. During this period until Donald resigned
because of ill health in 2012, annual membership
averaged over 2,000.

Donald, we are trying hard to catch up with that
achievement.

On behalf of the committee – Jens.

COMMUNITY MEALS AVAILABLE

It can be a lonely place living on your own in a flat or state
unit or apartment. But there are many places in the
community where one can go and have a friendly free cup
of tea or coffee or a hot meal.

Plan a day out using your Gold Card on the buses. Take
a container for an extra meal to take home from Merge.
Their butter chicken is divine, if you are lucky to be there
when it's their option of the day.

If you haven't been for a while, check that it is operating
before you go, particularly in the current climate.
Lockdown will have seen some of these outlets forced to
close.

MERGE CAFÉ, 453 Karangahape Road
Open Mon to Fri. 7am to 2pm. Breakfast to 10am. Lunch
from 11 a.m. to 1.30 p.m.

A la carte available. Hot home cooked meals from \$5.
Set menu varies daily. Vegan or meat-based choices. Hot
Roast with vegetables each Thursday \$7. Take-away meals
available. Bring own container for no extra charge.

HAVEN, 453 Karangahape Road in Merge Cafe.
Friday evening: 7 p.m. to 10 p.m. Saturday and Sunday:
Open 10 a.m. to 7 p.m. or later. Drop in for social time and
activities with free soup.

Monday
St Kevin's Arcade,
Karangahape Road. From
6 p.m.

Wednesday
KAITIAHI, 18 Huia Road. Pt Chevalier. Second Wednesday
of the month, Open 5 p.m. to 8 p.m. Meal served from
6.30. A place for people to gather and share a meal.

Friday
St Columba Church Community Centre, 92 Surrey
Crescent, Grey Lynn. Surplus fruit, bread & vegetables etc
from Kiwi Harvest.

New Lynn Community Centre. Lunchtime Noon. Food
parcels available, but need to apply for them prior and may
need a bill with proof of address etc.

There are many others, so can you let us know the details
of any you are aware of?



LILLE Healthcare

PERSONAL HYGIENE AWARENESS

It is vital to reinforce the importance of practising good
hand hygiene as it is our number one defence in reducing
cross-infection. The overwhelming majority of infections
are spread by touch from contaminated surfaces, with
the recipient then touching their eyes, nose and mouth,
thus transferring the infection to the body. Hands
should be washed and/or sanitized at a minimum after
coming into contact with someone who has a cold, flu
or infection, after using the bathroom, before and after
changing continence pads, after smoking, after coming
into contact with infectious material etc.

INCONTINENCE HYGIENE

Research recommends that the skin be cleansed once
daily and after each incontinence episode with the use of
a syndet (soap-free) cleansing product. Syndets, synthetic
soap like products are pH neutral (4-5) whereas normal
soap bars have a pH of around 8-13. The skin should
be dried carefully and thoroughly, avoid rubbing as it
has a deleterious effect on the skin's moisture barrier.
(Lichterfeld et al., 2015)

**Q. Why do you wash hands before and after
applying continence aids?**

A. For Protection and infection control requirement

**Q. Why is Personal Protective Equipment used e.g.
gloves?**

A. To Protect yourself and family from cross
infection.

**Q. Why is the continence aid removed from
front to back?**

A. To assist preventing Urinary Tract Infections,
especially in women.

Editorial supplied by Pacific Hygiene



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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%
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Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely
in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at www.lillehealthcare.co.nz



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

The fascination of breeding monarch butterflies

by Bruce Henderson and Dave Hansford.

In a semi-suburban quarter-acre at Russell, butterflies find sanctuary. Thickets of swan plants and stinging nettle, vivid nectar-bearing flowers and small, specially enclosed shade houses offer food and safe lodgings. Even Jacquie Knight's one-bedroom home is largely given over to the protection and procreation of butterflies. Recently-emerged monarchs hang from the sundry items of hardware and the host plants lining the verandah, flexing their crumpled wings that are still wet from the chrysalis. Whatever interior space isn't occupied by food plants, host plants, mosquito netting (to protect her charges from parasitic wasps) and butterfly-tagging paraphernalia, is taken up by the office clutter of the Monarch Butterfly Trust, which Knight heads. It was originally formed in 2005 to protect one of the few known monarch wintering roosts in Northland from a residential development.



"Everybody in New Zealand knows the monarch butterfly," says Knight. "If you asked the average New Zealander how many butterflies we have, they would say two; the cabbage white and the monarch. And after that, they'd be stumped." The trust intends to change that. While the monarch remains Knight's abiding ardour, she's now using the trust's profile to advocate for the rest of our butterflies. "The monarch is now acting as an ambassador for the others," she says. For Knight, that means a ceaseless speaking tour; schools, gardening circles, women's groups—any chance to convince people to leave a feral corner of the garden for admirals, coppers, blues. "People get rid of all the weeds and plant lawn instead. I think that's crazy; we've got to get out of this mentality of having lawns, and let the butterflies breed." Today, many folks enjoy helping the beautiful and harmless monarch on their journey through life. I've been a monarch fan for many years, and urge you to do so too. All you need to do is plant some swan plants. You can buy packets of the seeds in most supermarkets on their gardening shelves, or if you know any friends with swan plants, ask them for some seeds (we usually get hundreds of spares each season!) After your plants begin growing, you will find that they are considered very tasty by both slugs and snails. I've found the best way to wipe out those pests is to visit your garden late at night armed with a torch and a screw-top bottle. The pests all come out at night to nibble on the plants, so catch each one, drop it in the bottle, and screw the lid shut. You may need to do this several nights in a row, to catch

all those in the neighbourhood. Then leave it a week, and repeat, and you will get those who slipped through on your earlier efforts. You should find that this "snail and slug genocide" will work wonders, as it gets rid of all the breeding stock in that region of your garden. But I still find it worthwhile to make a quick night check once a week or so. When passing monarchs notice your plants, they will land and lay eggs. This can be a problem on young plants, as too many caterpillars will decimate your plants! Swan plants usually die if all their leaves are eaten away, though some regenerate. I prefer to move the larger caterpillars to more bushy plants. If you end up with too many caterpillars (it does happen!), then a good solution is to gather many of the unwanted extras into a lidded container, and take them down to MOTAT, which has lots of nice big swan plants growing near their old Waitakere Railway Station building, and release them on to leaves there. Look out for other swan plants growing round your neighbourhood, and scatter seeds on wasteland to help new growth.

Eventually, your caterpillars will pupate, and form a green chrysalis which hangs down. The caterpillar may crawl away to a new and unusual location to do this: it's not uncommon to find them climbing up the sides of houses and fences, to choose a nice place to pupate. They stay in the pupa for around 12 days, then emerge as a new butterfly. If I see them emerging (or soon after they hatch), I like to hold out my finger to them, and they will crawl on to you, then you can take them to a sunny area, and let them walk on to a sunny plant. If it is a swan plant, that is better still, as they are familiar with it. The butterfly likes to sit in the sun for a few hours while it pumps its wings up with fluids and then dries out, before it makes its first flight.

Most monarchs are females. The males can be easily recognised by the two large black spots on the wings. Caterpillars and butterflies "taste" using their feet. Their big enemy is the **Asian paper wasp**, introduced to control the white cabbage butterfly. These vicious little insects hover and strike at tiny caterpillars, and enjoy monarchs as well as the white butterfly caterpillars. So keep a look out for the small wasp nests, which you will often find hanging from some random plant in your garden, or on the beam of a shed or fence. Once found, approach at night by torchlight (while the wasps are sleeping), cut the top suspending cord with scissors, and let it drop into a container. Quickly put the lid on, then drop this into your freezer. After a few days there to kill the wasps, you can consign the container to the trash bin. Good luck on your butterfly farming! And keep watering those swan plants during the dry summers.

For more information, visit the **Monarch Butterfly Trust**: www.monarch.org.nz, and my first butterfly website (now slightly outdated): www.angelfire.com/film/butterfly



Photo by Bruce Henderson