

TAURANGA AND WBOP

# GREY POWER

MAGAZINE FOR THE OVER 50s

QUARTER TWO 2020



**AGM**

**30TH JUNE 2020**

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Letters should not exceed 120 words  
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# President's Word



What a lot has happened since my last report! Who would have predicted that an all-consuming event such as a pandemic would hit us and it does not seem all that unexpected that something else such as the USA protests and riots would erupt at this time? The tension that so many people in other countries have been living with has been immense. I don't expect there is one New Zealander who is not very, very grateful to be living in our Southern hemisphere islands. I am however, very conscious that some of our children and grandchildren will have been hit hard economically by this and my heart goes out to them.

When the first Level 3 was announced, Donna packed up her desk at the office and whisked it all home to her dining room. This enabled us to seamlessly carry on with membership renewals and new subscriptions. The phone was diverted and I dealt with several enquiries from home which kept me busy. A huge thank you to both her and her husband who she roped in to address all the envelopes.

Our committee held our March and April meetings by Zoom which was an interesting learning curve for some of us! Last month we met at The Raft Café in the Board Room with the required social distancing but it was good to get back to some level of normality. Our main focus was to organise enough material for this issue of the magazine and to plan the up-coming AGM. (see following page)

One other event that took place recently was the National Party having a change of leadership and it will, hopefully, be of some benefit to us that Todd Muller is also an MP for the Bay of Plenty. We hope to catch up with him in the next couple of months to make sure he has a firm understanding of how superannuitants need to be considered in the coming months and years.


As you will see on the following page, our AGM will be held on the 30th June at 10.30am so that our officers of the committee can be elected and the annual accounts approved by members, in line with our constitution. We really look forward to seeing you there.

In February we had drawn up a plan for the year, particularly with an election looming in September, but much of that will not now go ahead. As I write this there is still a degree of uncertainty of what the long-term future will hold but our office opened on the 26th May with volunteers seemingly glad to be back to their routine. We were hesitating to restart our regular Coffee Mornings but if all goes according to plan our Tauranga meeting will be at St Enoch's Church Hall in 16th Ave on 6th August but we will confirm that in our July Newsletter and it will also give us time to secure a suitable speaker.

The slogan "Be Kind" has been seen in so many places around the country and it will, hopefully, have a much more long-lasting effect on how we treat each other. What we need to do now is stretch that kindness to the planet as well.

One of the downsides to the lock down disruptions was the halt in recycling and now tons and tons of plastics and metals have been added to our landfills which will only hasten the ill health of the land and water ways. I heard this morning that Greenpeace is lobbying the Government to ban the production of single use plastic bottles and this is long overdue. Full scale recycling is no longer the total answer to dealing with our packaging and waste – the emphasis has to be on reuse then recycle.

I must thank everyone again for all the help that was given during the lock down to contact those not on the internet and for the volunteers who have now resumed their duties on the front desk of the office. Take care out there and 'shop local'!



*Jennifer Custins* (President)

# Tauranga & WBOP Grey Power AGM

**WHEN:** 30th June 2020  
**VENUE:** Tauranga Baptist Church Hall, Corner Cameron & 13 Ave. Car parking and entrance are only at the rear of the building.  
**TIME:** 10.30 am

Tea, coffee and home baking will be served after the meeting. Please come along so we can elect our committee and approve the Annual Accounts in line with our constitution. We look forward to seeing you and don't let the food go to waste!

# Our Cover Photo

Our cover hero of this edition is Mike La Fauci. Mike is the husband of our Membership Secretary Donna and he is pictured here sitting at their dining room table diligently hand addressing 378 envelopes for our membership renewals. As the sudden lockdown coincided with membership renewals Donna and her volunteers could not access our offices and were unable to process these in the normal way. Mike gallantly offered to fill the breach and while many of us were relaxing under lockdown laws Donna and Mike were beaver away risking writer's cramp and terminal boredom for the sake of this very worthwhile cause. So, a very special 'Thank you' to Donna and Mike, and to ensure that their sacrifice was not in vain please renew your membership if you haven't already done so!!

*Barbara Stimson*

# SUBSCRIPTIONS WERE DUE 1 APRIL 2020

Membership form on inside of back page.  
Please pay by internet banking, cheque or cash. (Eftpos not at Village)

If you are renewing through internet banking make sure you are paying your membership and not your power bill. Using the renewal form on the website does not automatically make the payment, you still need to make an online internet banking payment.

If you are joining Grey Power for the first time go online to our web site:  
[www.greypowertauranga.org.nz](http://www.greypowertauranga.org.nz)  
Historic Village, 17th Ave, Tauranga  
Hours: Tues - Wed - Thurs 9.30am - 2.30pm

# GREY POWER COFFEE MORNINGS



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

**TAURANGA COFFEE MORNINGS**  
First Thursday of every month at 10 am  
**Venue: St Enoch's Church Hall, 16th Ave (Cameron Road end). Please note change of venue and time.**  
DATES: – 6th August, 3rd September  
SPEAKER: - to be advised.

**KATIKATI COFFEE MORNINGS**  
3rd Thursday of alternate months at 10 am  
**Venue: Katikati Community Centre**  
45 Beach Road just past the schools.  
Dates: - 18th June, 13th August, 15th October  
SPEAKER: - to be advised for August.

**PAPAMOA COFFEE MORNINGS**  
We will be in contact for further Thursday meetings in your area.

All inquiries please phone the Grey Power office, Tuesday - Thursday on 571 2558.  
Host for Tauranga is Dan  
and for Katikati it is Bayden & Lynn.

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

# THANK YOU TOBY

Very unfortunately for us all Toby has had to call it a day after years of volunteering at the office every Tuesday.

Everyone who has had the pleasure to meet him and those who he phoned during lock down will appreciate what a special person he is.

*We wish him well.* Jennifer Custins, President



# LETTERS TO THE EDITOR

This is a response from Phil of the Blue Light Training scheme as a response to a recent article on seniors renewing their driver’s licence:



Hi Ed,  
Thanks for the long article on the above, but for all the information mentioned a very important possibility appears to have been totally ignored. For different reasons, the accident statistics for both old and young drivers make very sad reading, although in this case it is older drivers that are mainly being considered and advice offered for their licence renewal. Looking first at older drivers....

All the present measures the article mentions for older people’s licence renewal are quite valid. However, a very strong argument can be made that to complement these requirements there also should be a compulsory practical driving test for all drivers over 75, and at say 4-5-year intervals thereafter. The test need not be as comprehensive as for the Restricted Licence test, but should clearly demonstrate physical capability and will complement other aspects of licence renewal. It is the age factor and slowing of the reactions of older drivers that are major contribution to their accident rate; statistics show that being older the injuries are usually more serious and recovery takes longer. The logic of the driving test proposition is undeniable and needs to be addressed at the highest level, e.g. the Minister of Transport, and then not let be side-lined as is so often the case. Do not let it die for want of trying.  
Oh, and the younger drivers? The complementary argument is that far more needs to be spent on driver training; yes, it will cost a few dollars but will be very beneficial in later years, resulting in a lower accident rate, number of deaths, and considerably reduced injury-recovery costs. A few examples, driver training should be compulsory on all road types, night driving and driving in bad weather – some of these requirements are already compulsory in Australia so are not new concepts for us. Let us learn from their experience.

These are not idle suggestions, but to establish my credentials for making the above suggestions: I have been driving for 60+ years, in various countries and free of injury accidents (OK, overlook the speeding tickets); Until several years ago I held a New Zealand Grade A Racing Licence (to international level in NZ), and currently I am involved in the Police Blue Light mentoring programme for young learner drivers, which has been extremely successful in improving the test pass rate.

Kind regards, Phil H.

PS The driving in the Bay of Plenty is about the worst I have ever experienced, confirmed by professional drivers (trucks and shuttles) I have discussed this with. Indicators are at best an optional extra – apparently no need for them at Stop and Give Way signs and decidedly optional at roundabouts; crazy tailgating.... the list goes on..

# The 15 Most Common White Lies and Why

WRITTEN BY MARC CHERNOFF



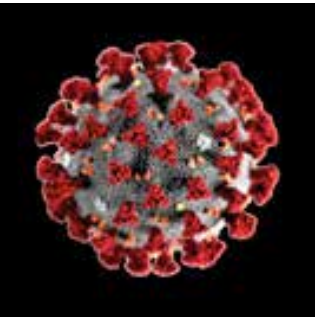
Everyone tells a white lie on occasion, it’s just a question of why. Some white lies save relationships, some ease a hectic situation, and others buy us time. The list could go on forever. Stretching the truth is a natural component of human instinct because it’s the easy way out. We all do it, so there is no reason to deny it. Honestly, I think the world is probably a better place because of our white lies.

As long as we aren’t hurting others or breaking the law, these innocent lies can make life more pleasant. They can absorb potential friction between our varying personalities and vacillating moods as we nudge into one another on the quest through our daily routine. Most of these white lies only stretch an interpretation of what the truth actually is anyways. Given our rigid optimism to each lead a tailored ideal life, white lies simply cushion us from ourselves.

## Here’s a list of the 15 most common white lies and why we tell them:

1. **It wasn’t me!** – Because some things just aren’t worth taking credit for.
2. **The table will be ready in 5 minutes.** – Because it sounds a lot better than 15 minutes.
3. **Oh, yeah. That makes sense.** – Because option B involves admitting that I am clueless.
4. **Thank you so much! I just love it!** – Because telling someone that their gift sucked would make me look like an insensitive jerk.
5. **Yeah, you look great in that dress.** – Because it’s better than being slapped.
6. **Oh, things would have been different if I was there!** – Because I’m Superman and I can always make a difference... or at least that’s how I want others to perceive me.
7. **No, officer... I have no idea how fast I was going.** – Because claiming ignorance is sometimes better than admitting to insubordination.
8. **I’m 29.** – Because 29 is like 20 years younger than 30.
9. **Yeah, I’ll start working on that ASAP!** – Because telling you I have 10 things to do first would just irritate you.
10. **Yes, John was with me last night.** – Because that’s what friends do... we agree and ask questions later.
11. **My resume is 5 pages long for a good reason.** – Because I’m darn good at bullshittin’!
12. **Man, that sucker was 10 feet long!** – Because anything less would be boring.
13. **Yeah, I was a badass on my high school football team!** – Because I want to be seen by others in an even stronger light than I see myself.
14. **I’m 21, 6’5, with a muscular build.** – Because you can’t see me in this online chat room... ha ha!
15. **I thought I already sent that email out. I’m sure I did.** – Because telling you that it was a low priority and I forgot would probably hurt our relationship.

# THE CORONAVIRUS CRISIS SHOWS WHY NEW ZEALAND URGENTLY NEEDS A COMMISSIONER FOR OLDER PEOPLE



New Zealand is often described as a great place to grow up. We must also ask ourselves whether it is a great place to grow old.

The question becomes increasingly urgent as the impact of COVID-19 becomes clearer. While New Zealand has been one of a small number of countries to have seemingly controlled the spread of the virus, it has been older people who have borne the brunt of the disease.

The elderly have not only died and become critically ill in greater numbers but they have also suffered most under the stringent control measures adopted from lapses in adequate health care.

There has been no shortage of debate about the impact of New Zealand’s strict lockdown on rights and liberties. But, given the burden of the disease has fallen mostly on older New Zealanders, their absence from that debate speaks volumes.

The establishment of an official advocate for the elderly is clearly overdue.

About 15% of the population is aged 65 or older and that will double in the next few decades. The 22 New Zealanders who died from COVID-19 were 60 and older. Many of those deaths occurred in residential care facilities that struggled to adequately test residents and staff or provide personal protective equipment (PPE) and training.

**New Zealand’s aged care has fallen behind** which is sadly ironic because New Zealand has been a world leader in passing laws to protect older people, starting with the Old Age Pensions Act in 1898. Nearly a century later, the Human Rights Act 1993 prohibited discrimination on the basis of age.

In fact, the United Nations was still unsure whether this type of discrimination applied to older people’s rights to health, housing, work and social security. It wasn’t until 2009 that it finally concluded it did.

More generally, the rights of older people are not enshrined in any dedicated global human rights treaty. There are longstanding plans of action and principles in this area, but these fall into the category of “soft law”. They do not create legally binding obligations for

countries. Nonetheless, the UN is now focusing more on the human rights of older people and is considering whether there should be a treaty. It has taken a further step by appointing a UN Independent Expert on the enjoyment of all human rights by older people.

**UN expert’s call for a commissioner** - Rosa Kornfeld-Matte, former UN independent expert on the enjoyment of all human rights by older persons, feels that New Zealand’s leadership in protecting the rights and interests of older people has stalled.

Although there were things to be proud of in what Kornfeld-Matte found, including recent government strategies to cope with an ageing population, and our universal superannuation, there were also concerns. Those included violence, poverty, affordable housing, availability of long-term care workers, structural biases in the health system that disproportionately affect Māori and Pasifika, and increasing rhetoric portraying the elderly as a burden.

To deal with these issues she called for the establishment of “an independent national commissioner on the enjoyment of all human rights by older persons”.

Although there is a minister and an Office for Seniors that has developed commendable strategies, there is still a risk this approach to advocacy will either be too timid or too tied to the views of whichever political party is in power.

New Zealand already has a number of commissioners who are obliged to represent the interests of particular groups or concepts. Their advocacy role is based in legislation and they are independent of any political party or the partisan reach of any political cycle.NZ Commissioner for Children, Judge Andrew Becroft, whose role it is to advocate for the youngest New Zealanders is a great example of how much these roles can achieve.

Fortunately, New Zealand has been spared the devastation COVID-19 has caused elsewhere. But our lives have still been changed dramatically. The challenge now is to ensure the voices of those most at risk from the disease (and from the current means of controlling it) are heard loudly and clearly.

The appointment of an independent national commissioner to advocate for older New Zealanders would be a significant step towards restoring this country’s reputation as a great place to live – at any age.

*Reference: The Conversation 1 June 2020 Authors Claire Breen & Alexander Gillespie – Professors of Law, University of Waikato*

**Grey Power has been lobbying hard for the last few years to have a Commissioner for Older People and will continue to speak to politicians to ensure that this happens.**



# How a Small Town Cared for the Vulnerable during Lockdown

By David Marshall



Katikati is a small rural town in the Western Bay of Plenty - known as the Mural Town & the Avocado Capital of NZ. With a population of 5000 and a plethora of local organisations and clubs, it has become a popular place to retire with over 34% of the population aged 65+, well above the average of 19% across the Western Bay of Plenty.

It is an idyllic place to live, spoiled only by being bisected by SH2. Logging trucks and other Port of Tauranga traffic thunders through the Main Street drowning out conversation in the shops and cafes. The town has united numerous times over many decades to secure a bypass to reclaim their town, only to be repeatedly disappointed by



inaction and broken political promises. But that is another ongoing story. When COVID-19 struck key community leaders, coordinated by the Manager of the Katikati Community Centre, commenced meeting twice weekly via video to plan how the more vulnerable in the community could be cared for during the lock-down. A remarkably high proportion of volunteers in Katikati were over 70 years of age and unable to fulfil their usual valuable services to the community. New initiatives needed to be implemented rapidly.

Meeting via ZOOM was a whole new learning experience for the majority of the 20-30 individuals involved in each meeting. Regional organisations participating included Socialink, DIA, Tauranga Budgetary Advisory, WBOP District Council, BOP District Health Board, as well as Tauranga & WBOP Grey Power. Local organisations included Red Cross, Katikati Community Centre, St John, Christian Foodbank,

RSA, Katikati Taiao, Lions, Katikati College & Primary, Te Rūnanga o Ngāi Tamawhariua, Maori Wardens, Katch Katikati, and local Churches.

Two factors which facilitated a rapid response to the crisis were the ongoing partnership between DIA and Katikati Taiao to support

community-led development (CLD) in the Katikati area, and the recent digital upgrade of the Katikati Community Centre. Through the CLD process leaders from a diverse group of community organisations had been meeting together for over 6 months to work on collaborative projects. This had broken down many silos between organisations and encouraged a collaborative rather than a competitive approach to community challenges. New initiatives to tackle local community concerns about the environment, better pathways for young people leaving college, and achieving the visions for mana whenua had commenced, which engaged a wide cross-section of the community. While many of these projects were largely suspended during the lockdown the willingness to collaborate for the greater good of the community was able to be rapidly capitalised upon. The digital upgrade of the Community Centre allowed Centre Manager, Allan Wainwright, and his team to coordinate the response efforts and to publish newsletters for the public to keep them informed of initiatives and contact numbers for essential services during lockdown.

Through collaboration the Response Team ensured that many existing services were re-instated with new volunteers and support. New services to meet the unique needs of the lock down were also implemented.

Meals on Wheels deliveries were re-instituted through a team of volunteers with essential support from Red Cross. The Foodbank gained access to food from the local supermarket after restrictions on quantities per purchaser limited their ability to purchase sufficient to service the food parcel requests. In addition, the community responded generously with donations and gifts of grocery items and financial donations. The supermarket generously made surplus bread and other food available to the foodbank, with any excess surplus perishable food being distributed to areas of need.

A grocery picking and delivery service, supported by the Taiao and Red Cross, was initiated for those unable to shop – both elderly and young solo mums with children who could not get to the supermarket. As the lockdown



continued business mentoring services were also made available to help businesses bounce back from the lockdown.

300 local Pacifica RSE workers in the Kiwifruit industry arrived shortly before lockdown and were in isolation and then had no access to warm clothing as the Op shops were all closed. The 3 church Op Shops in town made available boxes of warm clothing that had been stored prior to the lockdown for immediate distribution through the pastoral care coordinators at the 3 local Packhouses. A community



appeal for warm clothing was made and the dropped off clothing was then processed through the local laundromat before being distributed. Many home knitters contributed over 200 beanies for the workers, and in excess of 1100 items of warm clothing were distributed.

With no access to vegetable seedlings an initiative to make the town more resilient with respect to food supplies was initiated and seedlings were grown for distribution to home gardens.

Importantly, through intense lobbying, the community newspaper, the Katikati Advertiser, was permitted to commence publishing and to provide local information – especially important for those without internet access who were completely in the dark about services available locally.

With the commencement of Level 2 the Community Response Team reduced meeting frequency to once a



Photo courtesy of Katikati Community Centre Community Update

week, sure that while the challenges of the lockdown had been well handled there was likely to be more community challenges ahead as job losses start to take their toll. Katikati is ready to continue collaborating and working to ensure that it continues its reputation as a caring community despite the challenges ahead.

WBOPDC Mayor, Garry Webber, in a letter to the Katikati Advertiser congratulating the community response said he was confident that “The Katikati model will be used by many in the future.”

As a community we are proud of the dedication and willingness of a large number of volunteers to step up and take responsibility to keep Katikati thriving.

## My Favourite Phobias

My 16-year-old grandson started me on my quest for strange phobias by asking me if I had Hippopotomonstrosesquippedaliophobia which is, strangely, a fear of long words. He can not only pronounce it; he can spell it too.



He also suggested I could have Aibohphobia, which means a fear of palindromes and is, of course, a palindrome itself. And no, I don’t have that one. I decided to add to the list by finding some of my own, and here are some of the more unusual phobias I came up with:

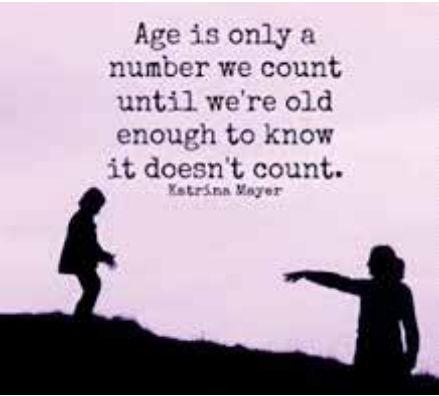
- Doraphobia- a fear of touching the fur of an animal
- Kakorrhaphiophobia – an abnormal fear of failure
- Phobophobia – an irrational fear of developing a phobia
- Anatidaephobia is the irrational fear that somewhere, a duck or goose is watching you.
- Coulrophobia – fear of clowns.
- Nomophobia- fear of being without mobile phone coverage
- Arachibutyrophobia: Fear of peanut butter sticking to the roof of your mouth
- Omphalophobia: Fear of belly buttons
- Kathisophobia: Fear of sitting down
- Caligynephobia: Fear of beautiful women
- Kinemortophobia: Fear of zombies
- Linonophobia: Fear of string
- Ostraconophobia: Fear of shellfish
- Catagelophobia - Fear of being ridiculed
- Koumpounophobia - Fear of buttons
- Samhainophobia - Fear of Halloween

This is a totally random list of the names that amused me the most, but my research has highlighted a serious issue that I now need to acknowledge. I’m a confirmed nomophic, with more than a touch of catagelophobia. I do hope there’s a cure for that!

Barbara Stimson



# Age is just a number, right?



Is 60 the new 40? When can you classify yourself as being ‘old’ rather than ‘middle aged’? The truth is, the older you get, the further you distance yourself from being considered ‘old’ and all of the stereotypes that are associated with it. On average, people feel 20% younger than they are. So, the older you get, the larger disparity between your chronological age and the age you feel. And this disparity is further widened when we maintain healthy lifestyles. With healthy habits, you may not notice the number of years go by as quickly as someone else might.

Studies show that you age more slowly when you have a positive attitude toward age. There are many benefits to thinking about and treating your body as younger than you are. Many older people may be bogged down by the negative stereotypes of aging, and distance themselves from the chronological age that they are because of it. In fact, ignoring these stereotypes might be exactly what is needed to slow the aging process. In this article, we will discuss ways in which to treat your body and mind to age well.

## 10 tips for healthy living and aging well are:

1. **Buy sneakers** – Investing in sturdy and comfortable sneakers and other quality walking gear, will encourage you to get out and move. With the right tools, you will be more likely to use them. According to Streets and Saunders in their book The Age-Well Project, regular brisk walking can improve cognition and decrease risk of fatal cardiovascular disease by 24%
2. **Balance yourself** – Literally, practice balancing. The muscles used to stand tall start to deteriorate after 30 and approximately 1/3 adults over 65 take a serious fall each year. If we do not actively strengthen our core muscles as part of our fitness routine, we become increasingly unstable. As a preventative measure against these types of falls, it is recommended to do balance exercises.
3. **Cut sugar from your diet** – Too much sugar in your diet is not good for your health. Most refined, added sugars in processed foods far exceed the amount of carbohydrates needed for the body to function properly, the excess of

which lead to obesity and cardiovascular problems. For perspective, the American Heart Association recommends approximately 6 teaspoons of added sugars per day, and one standard can of pop can have upwards of 9 teaspoons. There are many ways to reduce sugar intake, including swapping out sweet treats like cookies and cakes for fruit, or seasoning foods with additional spices or extracts in place of sugar. Further still, several studies support the fact that the Mediterranean diet, which is primarily made up of wholesome, unprocessed foods, is one of the best diets to follow.

4. **Train your muscles** – Muscles deteriorate at a rate of up to 5% per decade after the age of 30 when not exercised regularly; this is a condition called sarcopenia. Resistance training can counteract this deterioration
5. **Get off the floor** – It may not seem like a necessary exercise to practice, but as we age we will increasingly have mobility issues. Most mature adults don’t find themselves on the floor regularly. So, in the event that they do, it can be very difficult to get back up, especially in an emergency. It is better to prepare and train yourself to be able to stand up again.
6. **Maintain speed** – When exercising, not only is muscle-building necessary for power, but also for speed and stamina. Experts believe your fitness doesn’t slow because you age, you age because your fitness slows. Challenge yourself to do your exercise routine a little bit faster each time. High intensity interval training can transform muscle mass at the cellular level to help maintain stamina.
7. **Grow your self-confidence** – Negative stereotypes about mature adults can bring self-doubt and create barriers. Having an ‘I’m-too-old-to-do-that’ mentality will age you much faster. Keeping a positive attitude and connecting to other like-minded friends can boost your energies and make you feel much younger. Additionally, challenging yourself to do activities outside of your comfort zone can help you to engage socially. Studies have shown that loneliness can age you faster, as it has been linked to greater risk of dementia, depression, and heart attacks. Why not make new friends by volunteering or by joining a club or travel tour?
8. **Work on a project** – Take up a long-term hobby. Find a goal that brings you joy, meaning, and or purpose to your life and regularly work toward accomplishing it. It could be returning to school for a degree, working up to a black belt in martial arts, or participating in a play, among infinite other possibilities.
9. **Keep learning** – Like any other muscle, your brain needs exercise for it to remain healthy. Find a topic

you like and start reading, or find a local course to take. According to neurologist Emily Rogalski, superagers (those 80 or over who possess similar mental capacity of those much younger) have optimism, perseverance and robust brain stimulae in common). In other words, those who keep busy with reading, travelling and/or hobbies that are new to them are often able to slow the shrinking of the brain that occurs when we age.

**10. Destress** – Stress has a substantial impact on our health at any age. It has been found to weaken our immune system and make us susceptible to adrenal dysfunction, headaches, and irritable bowel syndrome, and accelerate the aging process. Destressing is imperative not only for better moods but also for healthy body function. Meditate, take an interest class, or take a vacation; find a solution that suits you.

**Travelling for healthy aging**  
Travelling has several beneficial qualities for healthy aging and addresses several of these tips. It provides the opportunity to physically exercise by walking between different tourist spots; to develop social interactions with travel companions and locals; to stimulate the brain as it takes in new sights and information; and to remove someone from their daily stresses and routines. All of these factors contribute to the fact that taking a vacation regularly can reduce the risk of heart attack and depression. In fact, the Framingham Heart Study found that men who did not vacation yearly have a 30% greater risk of fatal heart disease. Similar findings were made with women.

*Adapted from article by Odyssey Traveller, with thanks.*

## SURELY YOU’RE JOKING MR FEYNMAN!

*By Richard Feynman born 1918*

Second instalment from his book – enjoy.

I had a Ford coil - a spark coil from an automobile - and I had the spark terminals at the top of my switchboard. I would put a Raytheon RH tube, which had argon gas in it, across the terminals, and the spark would make a purple glow inside the vacuum - it was just great! One day I was playing with the Ford coil, punching holes in paper with the sparks, and the paper caught on fire. Soon I couldn't hold it anymore because it was burning near my fingers, so I dropped it in a metal wastebasket which had a lot of newspapers in it. Newspapers burn fast, you know, and the flame looked pretty big inside the room. I shut the door so my mother

- who was playing bridge with some friends in the living room - wouldn't find out there was a fire in my room, took a magazine that was lying nearby, and put it over the wastebasket to smother the fire. After the fire was out, I took the magazine off, but now the room began to fill up with smoke. The wastebasket was still too hot to handle, so I got a pair of pliers, carried it across the room, and held it out the window for the smoke to blow out. But because it was breezy outside, the wind lit the fire again, and now the magazine was out of reach. So, I pulled the flaming wastebasket back in through the window to get the magazine, and I noticed there were curtains in the window - it was very dangerous! Well, I got the magazine, put the fire out again, and this time kept the magazine with me while I shook the glowing coals out of the wastepaper basket onto the street, two or three floors below. Then I went out of my room, closed the door behind me, and said to my mother, "I'm going out to play," and the smoke went out slowly through the windows. I also did some things with electric motors and built an amplifier for a photo cell that I bought that could make a bell ring when I put my hand in front of the cell. I didn't get to do as much as I wanted to, because my mother kept putting me out all the time, to play. But I was often in the house, fiddling with my lab. I bought radios at rummage sales. I didn't have any money, but it wasn't very expensive - they were old, broken radios, and I'd buy them and try to fix them. Usually they were broken in some simple-minded way - some obvious wire was hanging loose, or a coil was broken or partly unwound - so I could get some of them going. On one of these radios one night I got WACO in Waco, Texas - it was tremendously exciting! On this same tube radio up in my lab I was able to hear a station up in Schenectady called WGN. Now, all of us kids - my two cousins, my sister, and the neighbourhood kids - listened on the radio downstairs to a program called the Eno Crime Club - Eno effervescent salts - it was the thing! Well, I discovered that I could hear this program up in my lab on WGN one hour before it was broadcast in New York! So, I'd discover what was going to happen, and then, when we were all sitting around the radio downstairs listening to the Eno Crime Club, I'd say, "You know, we haven't heard from so-and-so in a long time. I betcha he comes and saves the situation." Two seconds later, bup-bup, he comes! So, they all got excited about this, and I predicted a couple of other things. Then they realized that there must be some trick to it - that I must know, somehow. So, I owned up to what it was, that I could hear it upstairs the hour before. You know what the result was, naturally. Now they couldn't wait for the regular hour. They all had to sit upstairs in my lab with this little creaky radio for half an hour, listening to the Eno Crime Club from Schenectady.

*To be continued.....*





## GARDENING *by Jennifer Custins*

It's been a very interesting time since March. Lovely weather but no rain – nurseries closed so no instant seedlings to get in the ground for autumn. Next logical step was to grow my own plants so I ferreted around in the garage for seed raising mix – oh no I used up all but half a cup last year! No problem I thought, just look up 'make your own' on the internet. Well I had a bit of this and that and after making a huge mess on the dining room table had something approaching the right stuff. Next were the seeds – yes this is good I thought, plenty of packets in a box but on further investigation saw that the 'best before' dates were around 2001 to 2008! Never mind, they've been in the dark all these years so should be ok. You may be surprised to know that I now have about 32 baby beetroot seedlings just waiting to be planted out. It will of course be many weeks before they turn into eatable vegetables and will be readily available in all vege shops but mine have been laboured over with care and many kind words of encouragement so they are bound to taste better.

Diverting a bit – I have to say in hindsight that the most frustrating thing that happened to me over Level 4 lock down, was the experience of buying seeds on line and being told they were an essential item so could be delivered. The seed company, Egmont's, did a great job in making up my order but then very unwisely, sent it via NZ Post. A courier actually brought the packet up to my front door and then had some sort of brain demise and drove off with it because I wasn't home. What followed was literally hours spent on the phone listening to messages and going round in circles on their web site trying to locate my seeds. All to no avail until out of the blue 15 days later a postie gave them to me on a Saturday. The sad thing was that by that time the weather had started to cool and I've had very little success in raising any seedlings since.

It's the 1st June now and the official start of winter so most things are quite dormant. The nurseries are open again and I succumbed to buying some punnets of winter flowers – lobelia and primulas which are pretty hardy. A friend and I have vowed that we will make every effort to grow flowers and veges from seed in the spring – there

are 3 reasons for this – it is a big cost saver, the produce tastes nicer and we enjoy the fascination of watching the seeds turn into miniature plants and then grow and flower and so on. It is all about timing, and now is not the time, but all too soon the days will lengthen and the weather will warm up again and I will have new seeds and seed raising mix.

I did go a bit crazy during lock down and found all the bulbs that I had bought or been given (50 odd) and went round digging holes and planting random bulbs in random places. I can see the tips of several peeping up out of the soil now so it will be a surprise to find out what they actually are when they mature.

I have included a photo of monarch butterflies because it has been an awful season for them due to the extreme heat and dry weather so this is just a reminder of how beautiful they are and hope they come back next year.

Other than keeping the weeds at bay and doing the odd pruning and reshaping there is not a lot to do for the next couple of months. Time to enjoy any indoor plants we might have, feed the birds and wait for spring to arrive.



## The challenge of telephone banking



An intrepid woman, who's a Grey Power member from Katikati, had a growing awareness of a change in her daily life that wouldn't fade into the background. It kept poking its head out of the 'too hard to tackle now' zipped bag where it was supposed to reside in a cupboard in her think tank.

It came from firms she paid regularly who requested her to 'pay online' or notified her that they would no longer be accepting cheques for payment. At 82 she was proud of her record of independence and her ability to control her finances but she was beginning to feel uneasy about these requests and hated to admit it but she was feeling left behind in this area of paying her bills. She liked the fact that she could go to the bank each week and take out enough to cover the week's costs in cash. She knew the tellers and they were always helpful and friendly. She had a credit card but she didn't like to give away its details to anyone else.

Finally, not long before the Covid19 Lockdown, she plucked up the courage to ask at the bank about how she could pay the bills she usually paid by cheque. She confessed that she felt she was being left behind and asked if they could suggest something. The teller was very helpful and suggested she could organise an eftpos card for her and also said that there was telephone banking which was very easy.

She went home and decided not to go ahead with the suggestions because she felt she'd lose control of her finances with either of these suggestions.

During Lockdown she posted a cheque to Wellington to pay a bill. It was one day late arriving and she was charged a penalty fee! Around this time a letter came from the ANZ explaining how to enrol for telephone banking and so she did! The process involved two telephone calls, both were answered by a person, not an automated response. The purpose of these calls was to register her, to gain a recording of her voice for voice recognition, and the second was to set up the telephone banking operation. She found these procedures easy and is now confident to pay her bills, where necessary, over the phone.

During the Level 4 Lockdown I phoned her and we discussed how to pay a membership renewal without using a cheque. She told me what she'd done and I asked her to come around to my place so that I could write the story down, checking the facts as we went. This we did at a later date, enjoying the new freedom of being able to go out a bit and sit with someone else, 2 metres away, on our deck. This lady gave her story to me in the hope that it would encourage those of our readers who find themselves in a similar situation to go to their bank, and ask for advice about what they could do to pay bills they currently pay by cheque. The banks will want to help you so, remember, if you're feeling at all worried about how to pay bills without using cheques, next time you're in the bank ask what they recommend you can do.

*Jill Marshall*

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I guess the closest comparable example would be if someone knitted me a jersey. I would know how to wear that jersey like an expert and I could admire the pattern, but please don't ask me what stitches were used to achieve that splendid outcome. At the same time, I can put that jersey ON, and take it OFF multiple times a day, and it still works precisely as expected.

If you have a mobile phone, with a Gmail address (for a Google account) that you never use, instead of using your regular email address; this is one area we can straighten out.

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# Relationship Changes in a Village

Retirement villages are microcosms of the wider society. Residents’ relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents’ obligations are governed by contracts that usually don’t have the level of flexibility to easily allow for changes when personal circumstances change.

This is the third article on this topic. We’ve looked at divorce and the opposite, moving a new person in. This time we’ll look at how operators treat dependent adults or children who want to move to live with a village resident.



Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times, or grandchild live in the resident's unit either temporarily or permanently. Whether or not an operator will allow this will depend on the particular village and circumstances. The operator's consent is required because these people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider whether the dependant person's needs can be suitably managed by both the resident and the village. Further, the operator will want to know that there’s a plan for the dependent person’s care if the resident becomes unable to care for them. Where consent has been granted to a long-term

guest, the operator is likely to reserve the right to revoke it if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Having children live in a retirement village can be divisive, so many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have been instances where a child has

pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will

comply with all village rules, respect other residents’ rights and that his or her right to live in the unit may be revoked by the operator.

In the end, it’s in everyone’s interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents’ needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor; *and*
- Talk to their village manager promptly so they can jointly work through the options open to the resident.

*editorial supplied by Retirement Villages Association*

# Gratitude



In another episode of my varied/interesting/ crazy much later working life, I co-owned a boutique sawmill. We were aiming to fill a gap in the market at the time to custom make timber for people to use inside their homes for things such

as sarking, similar to the inside of a Lockwood home. Apart from keeping the books and looking after the staff I had the job of driving a 2-tonne forklift to move the logs around. First, I took them off the pile where they had been delivered, on to an area where I had the delightful job of water blasting them all before then transferring them to the manually operated sawmill. The logs were, on average, 4 metres long and very heavy, so not a good look to misjudge their centre of balance and drop one!

From the waste material we decided to create a fire wood business which was very successful. The way the long lengths were converted into fire wood are best not described here as it was quite frankly, hair raisingly dangerous a lot of the time. Suffice to say it involved heights and chainsaws! Also throwing timber from a pile up into a truck in the hot weather certainly has its drawbacks – I often suffered from dehydration and an aching back. However, my reward was hopping into the truck and doing the deliveries. One of the things that really amazed me was 1) how many people in the country wanted fire wood delivered and 2) the expectations of where people expected me to reverse the truck around houses in the city!! Despite that, I loved those days of driving all over Tauranga from the Kaimais to Pongakawa/ and children calling out “the fire wood man has arrived!” Odd isn’t is how people expect someone doing that job would be a man.

The point of this particular story is that I recently read a very interesting article written by life coach, Lauren Parsons and she was talking about gratitude. Our sawmill didn’t last of course, terribly hard work and our marketing skills were nowhere near as good as our learned knowledge of timber and machinery! However, looking back I’m so grateful for the experience and I remember more clearly the hours spent out in the sunshine and fresh air than the wet and cold in the winter and the rather too frequent injuries. Getting

into something unexpectedly with very little knowledge or experience, in this instance, an industry, teaches you to draw on previous experiences and strengths – and makes you grateful for them.

Lauren wrote about how gratitude, which means being thankful and a readiness to show appreciation for something and return kindness, can greatly enhance our wellbeing. What we are having to live with now is the ideal time to reflect on what we have and what we can do, rather than the negative.

She says: “Gratitude. It’s the ultimate cure for stress and worry and thankfulness can move a person from feeling down to feelings of happiness and contentment. We all want more of that in life, right?”

“Every action we take is the result of a thought. Our thoughts are incredibly powerful; they shape our lives. While you can’t always control the thoughts that pop into your head, the great thing is that you can choose what to focus on. Your brain isn’t able to focus on two things at once, so if you are feeling down and you then practice gratitude, your perspective shifts and everything changes.”

“Imagine what a difference that could make to everyday situations in your life? Gratitude is an essential precursor to happiness and Psychologist Shawn Achor says, when our brain is ‘in positive mode’ we are 31% more productive, 23% less stressed and 39% more likely to live to the age of 94!”.

“Even in the most challenging times it is possible to be grateful for our blessings. We may not be able to change the facts of a situation, but we always have the power to choose how we perceive them and in turn how we respond”. *Ref: Business Expo Keynote Speaker.*

So, when we entered into completely uncharted waters with the pandemic I was very grateful that some of my past experiences gave me the confidence that ultimately, we’d be ok. I’m also particularly thankful that the public health system had someone as steady and pleasant as Dr Bloomfield to virtually hold our hand through the worst of the crisis but I want to give a very special dollop of gratitude to whoever organised the weather. Someone decided that we had enough to cope with so let sunshine and warmth prevail allowing mums and dads to spend some quality time outside with their offspring, older people could take their time going for a stroll and I was able to stand in the Mitre 10 car park waiting for the ‘collect’ part of ‘click’ in the sun and a helpful young man lifted my bags of compost into the car - with a smile! Not all bad.

*Jennifer Custins*



Council Rates Postponement Options

David Marshall



Local councils are offering ratepayers under financial pressure to postpone all, or a portion, of their rates as the effects of COVID-19 impact our communities. However, the options are not the same in Tauranga City (TCC) and Western BOP District Council (WBOPDC) areas. A guide to what is available is outlined below, but those interested should obtain full details and application forms from their respective Councils.

**Rates postponement for those in financial difficulties,** including ratepayers aged over 65. The criteria for eligibility are

- 1. TCC
  - i) Ratepayers need at least 25% equity in their property.
  - ii) Are unable to access financial assistance from private sector financial institutions.
  - iii) Must have applied for a rates rebate.
  - iv) Must pay the first \$1000 of the rates demand.
  - v) Must provide evidence of their financial situation.

For more information email [arrangements@tauranga.govt.nz](mailto:arrangements@tauranga.govt.nz) or call 07 577 7000

- 2. WBOPDC
  - i) Ratepayers need at least 20% equity in their property.
  - ii) Property must be used solely as residential.
  - iii) Must pay the first \$500 of the rates demand.
  - iv) Must provide evidence of their financial situation.

For more information email [rates@westernbay.govt.nz](mailto:rates@westernbay.govt.nz) or phone 07 571 8008

The bureaucratic hurdles, particularly for Tauranga City residents, are a significant barrier to anyone needing to apply for a rates postponement. This is disappointing as we enter a time of increasing financial strain post COVID-19. We hope that TCC will review their criteria and show a little more compassion to those who are struggling to survive in their own homes post COVID-19. Pre-approval and confirmation of financial status of applicants via MSD could remove part of the stigma of having to reveal personal financial details to Councils.

The Costs of Postponing Rates

Generally the rates are postponed until:-

- The death of the ratepayer, or
- The ratepayer ceases to be the owner or occupier of the property, or
- The ratepayer ceases to use the property as their residence, or
- Until a date specified by Council in the postponement agreement

The postponed rates are registered as a statutory land charge on the rating unit title. Councils currently add a postponement fee to the rates and charge interest that changes year by year according to the interest rates. For TCC it is currently 3.75%, and for WBOPDC it is 3.6%.

Rates Postponement for Homeowners aged over 65 years.

This option is only available to those residing in the WBOPDC region.

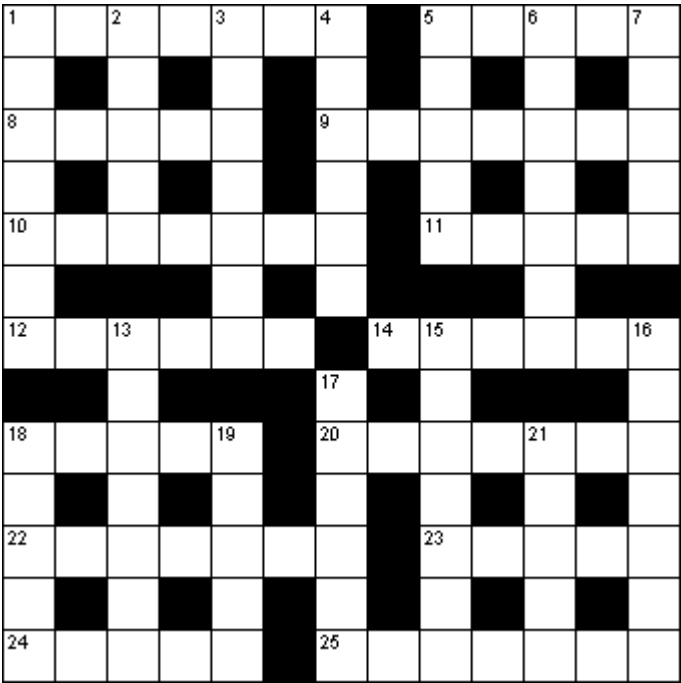
Criteria:

- Property must be used solely as residential.
- At least one ratepayer (or, if the ratepayer is a family trust, at least one named occupier) is 65 years of age or older.
- Council must be satisfied, on reasonable assumptions, that the risk of any shortfall when postponed rates and accrued charges are ultimately paid is negligible.
- The property must be insured for its full value and evidence of this produced annually.
- To protect Council against any suggestion of undue influence, applicants will be required to obtain advice from an appropriately qualified and trained counsellor.

The amount postponed may be the full rates or any portion of the rates levied each year. The postponed rates may be repaid in part, or full at any time. While there are no direct charges to applicants for consulting the counsellor, there are administration fees and other levies added to the postponed amounts, which need to be considered, as well as the annual interest charges. Therefore, it is important that applicants consult with the counsellor to establish if this is an appropriate financial option for them. Council have established a reserve fund, out of which any shortfall will be met between the net realisation on sale of a property and the amount outstanding for postponed rates and accrued charges, at the time of sale. This will ensure that neither the ratepayer(s) nor the ratepayer(s) estate will be liable for any shortfall.

For more information email [rates@westernbay.govt.nz](mailto:rates@westernbay.govt.nz) or phone 07 571 8008

Puzzle Page



Down

- 1. Tycoon (7)
- 2. Dissonance (5)
- 3. Perceptiveness (7)
- 4. Wanderers (6)
- 5. Aspect (5)
- 6. Vegetable (7)
- 7. Austere (5)
- 13. Discomfort (7)
- 15. Mocks (7)
- 16. Pull out (7)
- 17. Stopped (6)
- 18. Accumulate (5)
- 19. Dock (5)
- 21. Bird of prey (5)

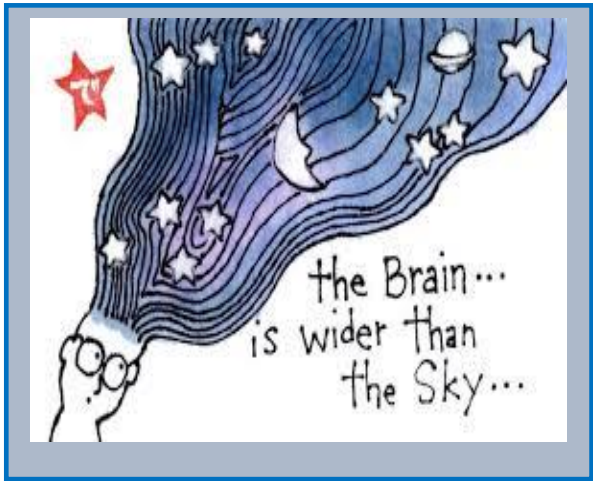
Across

- 1. Large house (7)
- 5. Pieces of information (5)
- 8. Profits (5)
- 9. Gruesome (7)
- 10. Retaliated (7)
- 11. Form of transport (5)
- 12. Hostility (6)
- 14. Stick (6)
- 18. Permit (5)
- 20. Sincere (7)
- 22. Creatures (7)
- 23. Doctrine (5)
- 24. Ledge (5)
- 25. Sweet (7)

BRAIN TEASER

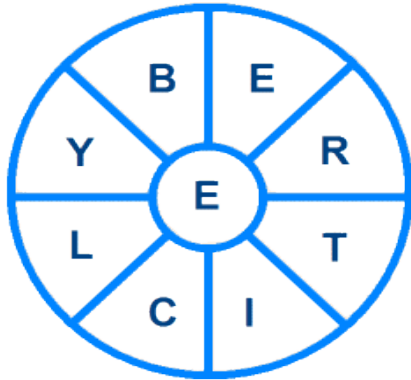
- 1. In this puzzle, each letter represents a different number. Can you work out what number (0-9) each letter stands for? The leftmost letter cannot be zero in any word.
- 2. Norma travels to work by car. Helen walks and Joan travels by train. Who travels to work by bicycle - Diana or Lucy and why?
- 3. ACCUDE, ARTIST, GAZEBO, GLOOMY, STATUE. Which one of the following words belongs in the list and why? BORDER, DANCER, FRIEND, OBJECT, PRINCE.
- 4. If a camel is 5 years old, a giraffe is 6 years old and an elephant is 14 years old, how old is a gorilla?

Solutions on page 22



WORD SEARCH

How many words can you make from the letters in the circle? Each word must contain the letter E. Can you find a 9 letter word and 20 other words avoiding proper nouns?



R O S E  
+ G R A S S  
- - - - -  
= F L O W E R





## BROCCOLI STALK FRITTERS

To celebrate Love Food Hate Waste's Compleating campaign, try this delicious recipe for broccoli stalk fritters.

'Compleating' is eating to reduce food waste and to get the maximum goodness out of your veges.

### INGREDIENTS:

- 1/2 head of broccoli - stalk and florets
- 2 eggs
- Zest of 1 lemon
- 1/4 cup plain yoghurt
- 1 tablespoon of lemon juice
- Salt and pepper to taste
- Olive oil (to cook)
- 1/4 cup flour
- 1/4 cup grated cheese

### METHOD

1. Chop broccoli into small chunks. Use all the broccoli, both florets and stalk.
2. Blitz the broccoli in a food processor or blender until it's a fine consistency.
3. In a bowl mix the broccoli in with the eggs, flour, lemon zest, cheese and salt and pepper.
4. Heat olive oil in a small frying pan on medium - high heat.
5. Make spoonful of mixture into fritters and fry until golden on either side.
6. Mix the yoghurt and lemon juice together and serve as a dipping sauce with the fritters.

**Tip:** If you don't have a food processor you can use grated broccoli stalks or finely chopped cooked broccoli.

*Ref: Recipe from Tui Garden Supplies*

## CLIMATE CHANGE



Since March this year we've certainly had a chance to reset and rethink how we can do things better - spending locally, not driving so much, making

more home-cooked meals and buying less takeaways, for starters.

At one of the North Island Councils they had to vote against collecting plastics 3 -7 and this is because our country cannot recycle them and their recycling company won't take them anymore. In future if a bin is contaminated with these plastics, the whole lot will end up in landfill, including the recyclable 1-2s. This is a nationwide issue and making things out of some of these plastics (like fence posts and benches) is not necessarily the answer – there's no knowing how long these things last and we could end up with finite products which will eventually end up in landfill anyway. It would be much better if we stopped using them wherever we can and promote the circular economy approach.

However, the amount of plastics that end up in landfill is still relatively small. Interestingly, a much bigger issue is household food waste going into landfill. This makes up quite a large percentage of all waste and emits methane which, as we know, is a bad gas.

### Initiatives that Grey Power could push for:

- Education programmes/more publicity on composting household waste or having a worm farm – put pressure on local councils and the Government to do this.
- Encouraging people to grow their own vegetables and fruit - we could support and promote any local or national organisations who can help get people started, or who share good advice.
- Avoiding non-recyclable plastics as much as possible - encourage members to vote with their purse!
- Encouraging people to keep up with the cycling and use of public transport.
- Encourage local Councils to plant more natives, and encourage residents to plant more trees.

All Councils have been, and will continue to be, asking for submissions and ideas on their next Long-Term Plans. Now is the time to write submissions to encourage them to move ahead with ways of dealing with the problem but in a way that is fair to everyone.

## COMMUNITY GARDENING

By JSSM

Here's a way to continue gardening after downsizing to a small apartment. Some of us find ourselves shifting from the luxury of living where space abounds for veggie or flower growing to a small and compact environment. Sometime after painting the fence and counting the brick tiles and contemplating the concrete driveway my thoughts turned to investigating the community garden. Our oldest son had spotted it while out walking his dog and gave us a rundown.

I went for my own voyage of discovery and found the plots at the Mount Community Gardens off May St. There were a couple of people busily tending their plots and I was invited to come to their 5th Anniversary meeting. Little did I know that it included news from the committees, a run-down of some of the history of the Gardens plus a nice layout of finger food. What a great introduction to a wonderfully thought out and enjoyable place.

Plots are sought after and I went on the waiting list which seemed to stretch for ever. While waiting I did a bit of volunteer helping out and ended up feeding the worms and waiting. Finally, after about 7/8 months I was happily informed that I had a plot. Time to start planting and watering and trying to see what other folk had done.

The site consists of 41 raised and numbered plots of about 5 metres X 1 metre, which were constructed from salvaged timber from the wreck of the MV Rena. Yearly dues in October pay for council fees, water and up keep at the site. Many fruit trees are around the site and on the northern and western perimeters are herbs and a variety of other plants for all of to use. Plots are kept tidy and trellises are constructed across the plots so as not to block sunlight from others. Chemicals and poisons are discouraged while striving to stay as organic as possible.

Working parties do the mowing, weed eating and general maintenance on a weekly basis. Volunteers muck in and many hands make light work. Larger jobs are reserved for a general working party and a wish list of jobs to get done is provided. Again, the more the merrier and a lot of work gets done.

The grounds have the 41 plots, a flower garden with

bird bath and picnic table nearby. A couple of sheds for tools and other goods, an open shed for sharing produce or other items. As it is the site of the old Croquet Club the old open waiting shed has been preserved at the southern end not far from another picnic table and a swing. If not working, sitting is allowed and even sitting on the swing for kids of most sizes without age restrictions.

What to grow is the question and some gardeners have a huge variety, while others stick to few species. Some can eat out of their plot most days all year round which is a great use of the available space. By no means a complete list but I have noticed runner beans, bush beans, broad beans and varieties of all these, beetroot, basil, broccoli, brussel sprouts, cabbage, capsicum,

carrots, cauliflower, celery, courgettes, cucumber, eggplant, garlic, artichokes, kale, leeks, lettuce, onions, parsnips, peas, potatoes, pumpkin, radish, rhubarb, silver beet, sweetcorn, strawberries, tomatoes, turnips and the rest I have either left out or forgotten-sorry.

The committee has the unenviable job of collecting dues, allocating plots, checking on plots, hearing complaints, organising working bees and generally

keeping all running smoothly. A lot of materials like fertilisers, compost, straw etc. are donated by local businesses. As part of being a community garden excess produce and support is given to Streets Retreats, Under the Stars and Kai Aroha. A committee is a thankless job at times but well appreciated by us. There have been a few bits of tea leafing but mostly our plots seem to survive all right. During hard times some people do a bit of unauthorised sharing and we just try to be a bit observant. Compost is made on the site and usually is transferred from one bin to another at a working bee. It is too much work for just a couple of hands.

Overall, it is a great concept and is also carried out at other communities across the country. If the time or interest was there, I have been thinking of wandering around to a few other gardens to see how they work. Meeting like-minded people in a congenial setting is a bonus for gardeners and is a good social theme for people of all ages. Even though this article is for an older demographic it doesn't imply that gardeners are all gold card carriers. Ages are varied which keeps us all young. Bring on spring, but it is surprising what grows through the winter.





## If experts know so much, why does nobody trust them?



IN the midst of the debate on the most crucial decision the United Kingdom had faced in a generation, then-minister for justice Michael Gove exclaimed: "I think the people in this country have had enough of experts." That statement received almost as much

media attention as his recent admission that he has used cocaine.

But Mr Gove's statement was no impromptu outburst. It was a deliberate attempt - common nowadays among populist politicians - to build political capital out of anti-expert anger. The names vary - technocrats, nerds, dweebs, eggheads, pointy-heads - but the sentiment is the same across many countries and contexts: distrust of know-it-alls and the evidence-based public policies they favour.

The Death of Expertise is the revealing title of a 2017 book by Tom Nichols, a professor at the US Naval War College. Nichols gets it just right. Once upon a time, when doctors or teachers opened their mouths, people listened. Today, people who have done a half-hour of "research" on the Internet claim to know just as much. And any expert who confidently claims X, backed up by decades of study, may face thousands on Twitter or Facebook who claim that "in their experience," Y is true.

Experts and technocratic elites can be easy to hate. They often speak in jargon-filled sentences no one can understand. They can be arrogant, as when Hillary Clinton described Trump voters as a "basket of deplorables".

In Latin America, intellectuals routinely depict middle-class voters who lean right as consumerist social climbers who have sacrificed class solidarity on the altar of money-grubbing individualism. If identity politics is, as Francis Fukuyama has defined it, nothing more than a group's demand for dignity, well, knowledge elites have not been treating their fellow citizens with much of it.

Moreover, expert prognosticators have not been very good at prognosticating. Across the street from my office at the London School of Economics is the building where, in the midst of the global financial crisis a decade ago,

Queen Elizabeth II asked: "Why did nobody notice it?" The assembled academic luminaries could not provide an answer.

Likewise, academia's leading lights failed to anticipate the other world-transforming event of the last 30 years, the collapse of the Soviet bloc. This failure puzzled Philip Tetlock, then a professor at the University of California, Berkeley, so much that he wrote an entire book about it. His conclusion: experts who confidently believe in only one approach and view the world through a single conceptual lens are particularly bad at forecasting. By contrast, experts who recognise how little they know and therefore proceed by trial and error, constantly adapting their forecasts, are less likely to get it all wrong.

But technical ability is not the only or even the main issue. Conflicting motivations are probably a more important reason citizens increasingly distrust experts. There is a misconception at work. Policy wonks think of themselves as unbiased purveyors of high-quality, evidence-based advice. Informed citizens reasonably fear that the wonk in question may be in thrall to a particular ideology or methodology; that the advice may be politically motivated; or that advisers may tailor their counsel to their own career concerns (how to get that plum job on Wall Street after leaving government, for example).

Economists have a name for this: the principal-agent problem. It occurs when the shareholders of a company (the principals) hire a manager (the agent) whose interests may not be perfectly aligned with theirs. Economics has a whole subfield, contract theory, devoted to devising contractual arrangements, rules, and regulations that overcome this incentive problem. But strangely, economists have devoted relatively little time to solving the problem that affects them directly: how to ensure that politicians and voters can trust the advice that experts provide.

### OUT OF TOUCH

Small innovations, like requiring academics to disclose upfront who funds their research, certainly help, but only so much. At a deeper level, experts face a problem familiar to politicians: convincing citizens that they (the experts) share the same values and concerns, and therefore advocate the policies that they (the citizens) would choose if they had the information needed to make that choice.

In an ideal world, experts would present a menu of policy choices from which citizens wisely choose. But in the real world, citizens have neither the time nor the inclination to sift through complex and tedious policy alternatives. Nor, sadly, do most politicians.

Policy wonks are seldom asked for a menu of options;

more often, they are asked a simple question: what should we do? And in answering that question, wonks inevitably bring their own values and preferences to bear.

So, as with so many political issues nowadays, it comes down to a matter of identity: can voters identify with the expert or the politician whom the expert advises? Can voters sense that they belong to the same tribe and uphold the same values?

Typically, the answer is no. And there lies the root of the problem. Policy gurus and politicians probably spend too much time with others like them - top civil servants, high-flying journalists, successful business people - and too little time with ordinary voters. This undoubtedly shapes their worldview. As a Spanish-language saying goes, "Dime con quién andas y te dire quién eres": "Tell me who your friends are and I'll tell you who you are."

So how can experts regain citizens' trust? The answer is paradoxical: by becoming intellectually more modest, less beholden to the rarefied ways of the ivory tower and the lecture hall, and likelier to listen to people who do not have a PhD. If they could become "humble, competent people on a level with dentists", as John Maynard Keynes once suggested, then there is at least a chance that voters will identify with the nerdy pointy-heads and find them trustworthy.

The task is urgent, because the world needs credible experts. After all, if a tooth aches, we turn not to a pleasant and well-meaning friend, but to the frightening syringes and drills of the most competent dentist we can find.

*By Andre Velasco in The Business Times, London*



## A word from the National Party Spokesman for Seniors

I was very pleased to be given the role of National's spokesperson for Seniors earlier this year. It is a challenging and exciting role which has assumed even greater importance as a result of our shared Covid-19 experiences.

While the recent weeks of our nationwide lockdown imposed significant constraints on all New Zealanders, many of those who were hardest hit were our senior citizens, especially those living in retirement villages and care facilities who felt cut off from family and friends, and those who were living independently but discouraged

from shopping, or who did not have the computer skills or equipment to shop online. Many of those who did have access to computers reported frustrating delays in receiving their purchases.

Some of our Seniors were prevented from returning to their rest homes after hospital treatment because of the government's inadequate provision of Covid testing arrangements at those facilities.

Many others endured sometimes-painful deferrals of vital elective surgery, or were unable to consult their doctors, or were separated from partners receiving hospital care. For those living with dementia, the experience was especially bewildering, and distressing for their families. We must learn from all of these problems and others in considering how we might be better prepared for a future epidemic response in this country - although we all pray that such a plan will never need to be implemented.

While it is too early at the time of writing to be announcing specific new policy proposals for the General Election, National MPs used our time in Opposition over the previous two years to undertake detailed engagement with relevant sectors across all aspects of public policy to ensure we would be well-positioned to implement effective, costed policies on matters of importance to New Zealanders.

We produced a series of detailed policy discussion documents covering health, education, law and order, the economy, our environment and much more, and we welcomed feedback from all New Zealanders on our proposals. That feedback has helped shape our thinking and will be reflected in the policies we will announce in the weeks ahead.

If we are given the privilege of leading our next government, National will be ready to get to work without relying on hundreds of expensive working groups to shape our thinking, which is why the current government was so slow to get started.

I can confirm that we are committed to keeping Government Superannuation at no less than 66% of the average wage, to responding appropriately to the increasing incidence of dementia arising from the fact that we are living longer, to helping Seniors to overcome the problem many experience from "digital exclusion", and to ensuring that the needs and concerns of older New Zealanders are heard, respected and appropriately responded to in the policies and decisions of a National-led administration.

Best wishes to all Tauranga and Bay of Plenty Grey Power members.

Tim Macindoe  
*National Party Spokesperson for Seniors*



# How to spot a Text Message Scam



From an article by Tim Brookes (in How-to Geek)

The tactics of a text message scam are virtually identical to those used in a standard email phishing scam. “Phishing” is when someone acts like a representative of a legitimate business or institution to steal personal information, like your credit card details, bank account information, or social security number.

It normally starts with an email that seems legitimate. Within the body of the email, there’s a link to an “official” website that’s designed to trick you into giving away your login credentials, personal details, or money.



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The website is usually indistinguishable from the actual companies, including the branding. “Smishing” (a portmanteau of SMS and phishing) works almost identically. The scammer sends a text message with a link to potential victims. Normally, the message invites you to verify your account details, make a payment, or claim a prize.

Because SMS is such a basic form of communication, fraudulent messages are hard to spot. Text messages are short, which leaves little room for obvious spelling or grammar mistakes. Also, URL shorteners are common in text messages due to the 160-character limit.

This opportunity hasn’t gone unnoticed by scammers. Sending text messages en-masse from a web interface is cheap and easy to do. While there is evidence of mobile carriers using spam filtering techniques similar to those of email providers, many smishing attempts slip through the net.

There are plenty of other scams circulated via SMS, as well. Social engineering, in which a scammer messages you directly and attempts to gain your trust is also a problem. This type of scammer often uses phone calls and emails in addition to SMS messages to appear more legitimate.

**Here are six things to keep in mind the next time you receive an unsolicited text message that invites you to click a link:**

**Number One: Is the Message Relevant to You?**  
Scammers will try anything to get you to click on their link. For example, they might say you’ve won something. But did you enter any sort of competition? You might be notified that you have a parcel to pick up, but are you expecting anything?

Sometimes, it’s a gift card for a store where you don’t shop. Other times it’s a final notice for a bill you’ve never received before. I’ve received messages about “prizes” from airlines I’ve never flown with—and how often do airlines give away prizes, anyway? Always remember the golden rule: If it seems too good to be true, it probably is.

**Number Two: Don’t Tap Links in Suspicious Messages**  
Most text message scams include a link, and, usually, the URL doesn’t match the company name. However, even if it does, you have no way of knowing whether it’s safe or not. Some of these scams are designed to spread malware, and, sometimes, all that requires a tap (or click) on a link. To be safe, avoid tapping links in unsolicited text messages.

If you do happen to tap a link, you might be redirected (often multiple times) to a different website. If the

address bar in your browser bounces you from one website to another in quick succession, that’s a good sign you’re being hit with a scam.

**Number Three: Don’t Fall for a Convincing Website**  
Suppose you accidentally tap a link without giving it much thought, and you see a very official-looking website. Some scammers are adept at producing websites that appear identical to the companies they’re trying to imitate. Don’t fall for it!

It’s surprisingly easy to create a carbon copy of a website simply by downloading the page and uploading it elsewhere. Sometimes, the whole website functions as it normally would, including the “About Us” links and other unrelated content.

**Number Four: Pay Attention to the Grammar**  
A large percentage of smishing attempts originate in countries where English is not the official (or first) language. As a result, many scammers make spelling or grammar mistakes that should be relatively easy for a native speaker to spot. This might be as simple as a misplaced word, improper capitalization, or a sentence that just seems “off.” You also see incorrect capitalization, missing punctuation, and a URL that was incorrectly pasted mid-sentence.

Of course, not all scammers are from non-English-speaking countries. Many have a solid grasp of the language and understand how to make the bait look genuine. Anecdotally, though, the vast majority of smishing attempts I’ve received have contained obvious grammar or spelling mistakes.

**Number Five: Don’t Trust a Personalised Message**  
In many of the examples in this article, the scammers managed to get my name right. This sort of personalisation could lead some to believe the message is genuine. You might receive a similar message trying to impersonate your bank, ISP, or cell provider. Unfortunately, chances are high that some of your personal information has been leaked online. Data breaches are common, and they allow scammers to piece together information that makes them appear more legitimate.

For example, they might know your address, which smartphone you use, or your social media handles.

**Number Six: Suspect It’s Real? Contact the Company Directly**  
One of the most common smishing attempts of late is the postage scam. The message appears to be from a postal service informing you that you have to pay additional shipping costs on a package or verify your address. The landing page says the package will be returned to the sender if you don’t pay to create a sense

of urgency.

My partner received the smishing attempt below last week. Despite the official-looking tracking number and a carbon copy of the Australia Post website, mail handlers don’t attempt to collect overdue shipping costs via text message. They also won’t send your package back within a few days of receiving it. Due to these inconsistencies, the scam was exposed.

A quick search led me to a page on the AusPost website describing the scam. We also previously explored the FedEx package delivery scam. If you receive a similar

Hi, your parcel: YF-2521558 can not be shipped from the distribution center due to unverified address. Verify it at: <https://k.prdtlnk.com/>

SMS, search the web for “USPS (or the relevant delivery service) text message scam.”

Social engineering attacks can be a lot harder to spot—particularly if you already think the person you’re talking to is who they say they are. One easy way to spot such a scam is if the other party is asking for payment or donations in gift cards.

It’s well-established that companies will never email, text, or call you and ask for payment. If you suspect an overdue bill or postage fee isn’t legitimate, contact the company directly before you give out any information. If someone is soliciting donations, make sure you donate to the organization directly, via its official website, at a point of sale, or a collection box rather than via text.

**Be Careful Out There**  
Be sceptical of any text messages you receive that aren’t from friends or acquaintances. If you keep these basics in mind, you won’t be tricked into giving up cash or your personal information.



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Book Review by Barbara Stimson

Both books I am reviewing in this issue are based on the stories of young women raised in strict religious homes. This is entirely a coincidence and not because this is a favourite genre, and the books could not be more different. One is a true story of hope and courage in the face of adversity, the other a sad and dark tale of a lost young girl.



**Educated** by Tara Westover  
Tara Westover was born in Idaho into a family of Mormon doomsday preppers who eagerly awaited the day the moon would turn red and the end of days would arrive. Her birth was not registered as her father did not believe in government. She did not attend school as her father did not believe in education, nor did she ever see a doctor or dentist as her father did not believe in medical science. Her days were spent canning peaches, preparing for the end days when her family would survive the destruction that was coming to the world. She also had to work in her father’s scrap metal yard, where she was no stranger to injury and danger. Tara’s mother was a herbalist and became a very popular natural healer so a lot of Tara’s time was also spent helping her mother to mix tinctures. Tara’s emotional and educational wellbeing were not of any concern to any of her family, it would seem. She was neglected and physically and emotionally abused, primarily by her older brother Shawn. Despite all the hardship and the brain washing there was something in Tara that wanted other than this for herself. She fought for her right to an education and eventually, at the age of 17, was offered a scholarship to Brigham Young University. Having no education other than what she had managed to scavenge on her own and with no idea of how the world works she battled her way through. Tara eventually earned a place at Cambridge University in England and is now the holder of two doctorates. Rarely have I read such a story of amazing persistence and fortitude; this is an extremely readable



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memoir. I can’t recommend it highly enough – for me it was ‘un-put-downable’



**The Discomfort of Evening**  
by Marieke Lucas Rijneveld  
I’ll say it straight away, this is a very strange book. The reason I am reviewing it is that it is so very, very well written and somehow, I couldn’t put it down. The Discomfort of Evening was shortlisted for the Booker International Prize 2020 and I understand why, it is beautifully expressed, deeply disturbing and extremely moving.

This is the story of Jas, a twelve-year-old girl, told in her voice, of her life in a highly religious home on a farm in Holland. Jas is afraid that her pet rabbit is being fattened up for their Christmas dinner and flippantly tells God she would rather her brother died than lose her rabbit. That evening her brother loses his life on the ice and although she is unable to verbalise her pain it is clear that Jas is desperately afraid that it is her fault. As she becomes more and more isolated and withdrawn the family is also sadly and silently imploding. The way the author is able to put herself in the place of this child who is so troubled and yet so unable to communicate her distress is pure brilliance. As Jas becomes more and more reclusive, hiding within the coat she won’t remove; the family is falling apart and nobody is able to speak of their loss. The narrative is bleak, the entire family is lost in a sea of grief and there is no comfort to be found. Jas and her siblings also turn to some unsavoury behaviours which makes this difficult to read, yet it is incredibly poignant and somehow strangely honest.

Don’t read this book if you are looking for a happy ending. It is disturbing on almost every level, yet it has haunted me long after most books I have read are completely forgotten.

Puzzle page answers:

**HUB WORDS** solution: 9-letter word – CELEBRITY  
Some other words of five letters or more containing the hub letter E: beery, belie, beret, beryl, betel, birle, biter, creel, elect, elite, erect, eyrie, leery, liter (litre), lycee, rebel, relic, retie, terce (tierce), tiler, tribe, trice, celery, eerily, recite, relict, tercel (tiercel), treble, erectly, liberty, reticle, celerity.

**Brain Teasers:**

- A=5, E=2, F=1, G=9, L=0, O=7, R=8, S=6. W=3
- The third letter of each name is the same as the third letter of the method of transport, so Lucy travels by bicycle.
- The second and fifth letters of each word in the top list are consecutive, so OBJECT.
- The numerical value (A-Z=1-26) of the second last letter of each word is the same as the age of each animal, so the gorilla is 12 years old.

M	A	N	S	I	O	N	F	A	C	T	S
A	O	N	O	A	A	T					
G	A	I	N	S	M	A	C	A	B	R	E
N	S	I	A	E	B	R					
A	V	E	N	G	E	D	T	R	A	I	N
T			H	S		G					
E	N	M	I	T	Y	A	D	H	E	R	E
	A				C	E			X		
A	L	L	O	W	E	A	R	N	E	S	T
M	A	H	A	I	A	R					
A	N	I	M	A	L	S	D	O	G	M	A
S	S	R	E	E	L	C					
S	H	E	L	F	D	E	S	S	E	R	T

**IMPORTANT**

Make sure you have enough smoke alarms and that the batteries are working. Keep your mobile phone well charged over winter in case of power cuts. Or have a corded phone on hand.

**NEED HELP AT HOME?**

We no longer have a list of tradespeople at the office but suggest that members needing a service, go to [www.neighbourly.co.nz](http://www.neighbourly.co.nz) However if you don’t have internet access always phone the office to ask for advice.

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We need to distribute all the extra copies of our magazine each quarter and would like a few people round the Tga & WB area to drop them off at waiting rooms etc. **Please call the office 571 2558**

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# Neighbourhood Support

## Who we are, and what we learned during the pandemic

*Bruce Banks, WBoP Neighbourhood Support Manager  
& Papamoa Co-ordinator*



### What is Neighbourhood Support?

Some of you may well remember that from the outset we were called Neighbourhood Watch, much like most other countries. The name did not truly represent the ideals of our organisation so the name was changed to Neighbourhood Support. WBoP Neighbourhood Support is just one of many groups that make up NS NZ. Nationally there are 220000+ member households and in WBoP we have nearly 17000 member households. Our strongest Neighbourhood Support membership is in Papamoa which currently has 6200 member households which represents 64% of the community.

The old Neighbourhood Watch, as it was known, was primarily focussed on crime prevention & reduction, but the new Neighbourhood Support encompasses so much more. We are still very connected with the Police in the area of Property Crime reduction, but also have a focus on “Creating Safe, Resilient & Connected Communities” through Emergency Preparedness and identifying the vulnerable & isolated members of our community and connecting them with neighbours.

The way Neighbourhood Support works is simple. We recruit volunteers to form a Street Group. A Street Group usually has around 20-30 member houses so larger streets are usually divided into smaller, more manageable sizes. This recruit is called the Street Co-ordinator and their role is to gather the contact information of the members and create a Contact List. This list is shared among the members so that if an emergency occurs, they are easily able to contact others in the group. We provide an Info Pack to our Street Co-ordinators so that they know exactly what the role entails. Once the group is formed, all they need to do is watch out for comings and goings of their group members. Furniture trucks and For Sale signs are usually a good indicator. We have well over 500 Street Groups operating at present but can always do with more, so if you would like to know more, I am only a phone call away.

Neighbourhood Support has an e-Newsletter which goes out to members fortnightly, which contains our exclusive Police Property Crime Reports. Our members place high value on these reports because they alert them to recent criminal activity in their community. We have many other interesting and informative items in our e-Newsletters that hopefully

make our community a safer and more caring place to live.

### What did we learn during the pandemic?

You are probably sick of hearing about the Covid-19 Pandemic, but as I write this article, we have just ONE active case left in NZ and over a week with no more cases recorded. What a monumental effort by all five million of us to get to this point.

Did Neighbourhood Support learn anything from the pandemic? We certainly did!!!

When Level Three was announced, we also found out that we were NOT deemed as an essential service. This left us in the uncomfortable position of not being able to get out into our community when the community needed us the most.

Right from the start of Level Three, I was fielding 200+ calls and emails every day, during the hours of 6am to 11pm. These calls were from both members, and non-members, but all enquiries were handled irrespective of being a member or not. So, what did people want?

From the outset there were so many calls from people wanting Neighbourhood support to authorise an activity that was outside the rules. The concept of STAY HOME UNLESS GOING DIRECTLY TO ACCESS ONE OF THE ESSENTIAL SERVICES was so foreign to all of us, that many people thought the rules were too rigid, and should not apply to them.

#### *Some examples are...*

The lady that lives in Papamoa East and wants to go to Bayfair to the new Countdown to shop, is this okay? Of course not, she had to go past her three nearest supermarkets to achieve what she preferred.

The man that lived in Judea that wanted to drive to Papamoa so that he could walk on the beach, even though there were perfectly adequate parks and walkways in his own vicinity. Again, the answer was no.

The big thing that came out of the Lockdown was just how well our Street Groups performed. Where we had active Street Groups, the Street Co-ordinators identified those members of their group who might need assistance. Knowing who was old, in poor health, or isolated from family was absolute gold. These vulnerable people got assistance with shopping, collecting pharmaceuticals and other essential services. Our Street Co-ordinators became the “Glue” in their group, but there was no expectation that they take on all this extra responsibility, they just did. Or they arranged for another member to help out. This is proof that in a crisis, Neighbourhood Support Street Groups work.

We made thousands of Welfare Check phone calls to our members during the lockdown and identified some people in crisis and helped them to access the essentials they needed from the appropriate agency. I know we made a real difference to those people's lives.

You too can make a difference to your neighbourhood, and we welcome enquiries from your members to take on the volunteer role of Street Co-ordinator where they live.

*If you would like any more information about Neighbourhood Support please contact Bruce Banks on 07-562-2828, 027-271-3772 or email him at [nspapamoa@wbopns.org.nz](mailto:nspapamoa@wbopns.org.nz)*