

## **Scrutinise the candidates: 3 public meetings — see page 3**



**Time to choose the Driver  
of the Kiwi tractor.**

**Please make sure you vote.  
Grey votes count!**



## Auckland Greypower Office

557 Blockhouse Bay Road,  
Auckland

Phone 09 **626-0895**

Email: [info@aucklandgreypower.org.nz](mailto:info@aucklandgreypower.org.nz)

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

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

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



LIKE US ON FACEBOOK:

[www.facebook.com/greypowerauckland](https://www.facebook.com/greypowerauckland)

**[www.aucklandgreypower.org.nz](http://www.aucklandgreypower.org.nz)**

### Joining us is easy

All memberships are **\$25** single, **\$30** double  
see page 7 for details on how to join.

### Executive Committee

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Contact us through the office, by phone, email or write to us at the PO Box.

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

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Please refer to our website for disclaimer.

## President's Message

Kia ora. Greetings to all Members,

Many thanks to the people who have joined Grey Power in recent months and all those who have renewed their membership. Mention us to your friends. We would like them to join too. Our membership is growing at a healthy rate as people realise the benefits they can gain from being part of Grey Power.

Thank you too to those who have generously sent additional donations and the positive comments about what we are doing and also the many suggestions and ideas that we could do or include in our magazine.

Recent weeks has seen a relative return to normal. Or as normal as can be. COVID 19 seems to have been contained but we need to remember to keep up our good habits.

Stay home at the first sign of feeling unwell. Dress warmly for the weather. Hats, gloves, scarves. Wear wool or similar and plenty of layers. Wash hands. Cover coughs or sneeze safely.

It's a virus. They mutate. They will always be with us.

Read the article on building up a strong immune system. Eat well and get plenty of fresh air and exercise. Think positively. Keep our brains active.

Libraries and most of the books and newspapers are there free to use.

Enjoy meeting up with family and friends. Make the most of travelling within New Zealand.

Several articles contributed by members tell us of the positive benefits from Covid lockdown and the joy of going out. An article about the wonderful Jens Meder and sports are worth reading and rereading.

My thanks to all our Volunteers and Committee and callers to the office and emailers. It is often extremely busy in there.

My warm wishes to you all. Nga mihi nui.

**Gillian Dance** President  
Phone 09-626-0895 | Email: [akgp2gillian@gmail.com](mailto:akgp2gillian@gmail.com)



## REMEMBER TO KEEP.....

AN **EMERGENCY LIST OF NUMBERS** Somewhere, prominent. On the fridge? Just in case you or a neighbour need to be in touch with someone in a hurry.

A **SMALL PACKED BAG**. In case of an unexpected trip anywhere with medicines, list of what you take, and important family and friends numbers.

YOUR **AT GOLD HOP CARD** HANDY – So you are ready to tag on when you mount a bus. It will save you being abused and told that you are holding everyone up, or to get off the bus. (This happened to me recently!) – G.D.



## Future Meetings

Meetings will proceed or be cancelled according to Covid levels.

**Grey Power Auckland AGM** has been deferred because of uncertainty over Covid.

### SEPTEMBER 2020

**MOVIE OUTING:** Tuesday, 1st September. Ryders Cinema. See notice on page 4.

**ELECTION MEETING:** Wednesday 2nd September. Meet the local Eastern candidates from all parties. Then a speech and Q&A by Hon. Tim Macindoe, National Spokesperson on seniors issues. Panmure Community Hall, 7 Pilkington Road, Panmure, 1.30 p.m. – 3.30 p.m.

**ELECTION MEETING:** Wednesday 9th September. Michael Wood M.P. and other Party candidates invited. Wesley Community Centre, 740 Sandringham Road Extension, Mount Roskill, 1.30 p.m.

**ELECTION MEETING:** Thursday 17th September. Candidates invited from all political parties. Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Blockhouse Bay, 1.30 p.m.

### OCTOBER 2020

**Selwyn Village Coffee Lounge**, Target Road, Point Chevalier. Wednesday 14th October 2020. From 10.30 a.m. Tea/Brunch, News and Views, Social Chat.

**Grey Power Auckland meeting:** Thursday 29th October, 1 p.m. to 3.30 p.m., Blockhouse Bay Community Centre, 524 Blockhouse Bay Road, Auckland. Retirement Commissioner Troy Churton is guest speaker.

## Helplines

**POLICE** contact numbers:

**IF ITS HAPPENING NOW, call 111**

**IF IT'S ALREADY HAPPENED, use 105**

**COVID 19** NEED HELP?

Contact **COVID EMERGENCY MANAGEMENT**.

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

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

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

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

**For tradesmen & maintenance issues**, Age Concern: 820-0184.

**Gold Card discounts:** 0800 254 565



## RENEW YOUR MEMBERSHIP FOR 2020.



Auckland Grey Power is run by volunteers. We have no paid staff. Our team give their time to handle all the enquiries, advocacy and administrative tasks of our association on your behalf.

At \$25 a year single (\$30 a couple), this is less than 50c a week. \$5 is a levy to fund the NZ Grey Power Federation and the remainder goes to local running costs for the quarterly magazine, postage, telephone and

office and meeting expenses, and publicity brochures.

To help Grey Power, you can renew for a year or more in advance. If you do, it is less work for our membership secretary. Donations are a great help and help us keep ahead of rising costs. It is much appreciated if you can afford to do so. You can set up an automatic payment too if you prefer. A donation added would be appreciated.

There is a code, e.g. **E2021 - S42**, on the envelope your Focus magazine arrived in. The first bit shows the year your membership expires, the other bit is for postal sorting you can ignore. Those few who have still got E2020 please renew your membership now, as all memberships expire on the 31st March of the year you have paid up to.

We currently have over 900 members on our books in Auckland. We are aiming for 1,000 to 1,500 this year. And eventually 2,000.

The larger the membership we have the more political clout we have. Auckland needs a strong organisation to act as Advocates for Seniors. If people who have yet to renew could do so, it would be greatly appreciated.

Bank account details are listed on the membership page, page 7.

## RATES REBATES AND RATES DEFERMENT

(With thanks to the member who reminded me about this)

If paying your Council rates are a problem, then check with Council or go on line to see if you are eligible for a rates rebate. Up to \$650 is possible if you are under a certain income level. There is a sliding scale.

You can also apply for deferment of your rates. This could be until your property is sold. There is an interest charge of about 3% at the moment. You just have to apply in writing stating your circumstances.

The capital of your property will likely increase in value over time. And it is better to eat well and live in a warm house and visit your doctor and pay for the glasses or aids that you need. (GD)

Disclaimer: Opinions expressed in this magazine are those of the contributors. All information is believed to be reliable. Auckland Greypower does not accept any liability for its contents.



GARDENING CORNER

by Gillian Dance

SPRING GARDEN

Spring is coming. I saw my first flowering Taiwan Cherry tree in leaf in Mt Albert yesterday. Soon the city will find tui feeding on the nectar from their cherry coloured blossoms. Then later the kowhai will be visited repeatedly to get their golden nectar.

Spring bulbs are up. Snowdrops galore in large clumps in Kelmarna Community Gardens in Grey Lynn. The remains of a solitary bird’s nest is visible in a leafless tree. The only one I have seen in Auckland. There used to be many more. A thrush or blackbird perhaps. Do we need to feed these birds too?

As our backyards disappear under housing and concrete drives and courtyards for cars, the grassed areas of lawns and vegetable gardens these birds find worms and grubs in, are disappearing. As are the large trees and hedges that they build their nests in. So do we put out what? Cat food high up?

A member has suggested we erect sugar and water troughs for feeding tui. White-eyes also visit these feeding stations.

Forest and Bird recommend 200 grams of sugar dissolved in a litre of warm water. They also tell us that birds are attracted to bright colours of plants that they feed on. Red of flax, pink of puriri and yellow of kowhai, in a colourful container, or ribbons tied on to the tree.

Our gardens and pot plants need feeding too to produce large, healthy and sweeter crops.

So fertilisers from worm casts and compost dug into your gardens before you plant your seedlings is best done now. It's also time to sow your seeds and put in a warm place to have them ready to plant out in your gardens in October. A packet of seed will cost you little for your efforts, especially if you like lots of tomatoes or chillies.

QUIZ

- 1. **Agathis australis** is more commonly known as?
- 2. What is the yellow flowered nectar-producing tree much loved by **tui** called?
- 3. What is the common name for **harekeke** which used to be used for making rope?
- 4. Are the leaves and fruit of the **kawakawa** plant edible?
- 5. The **kereru** is also known as what?
- 6. The wood of the **kahikatea** was used in the dairy industry to make what?
- 7. What is the **matai** tree also known as?
- 8. Why should **ongaonga** (Urtica. spp) be avoided?
- 9. What bird loves the fruit of the **puriri**?
- 10. What is the Maori name for the **fantail**?

Answers: See page 11.

MOVIE and LUNCH

at **RYDERS CINEMA**,  
Riversdale Road, Avondale  
**10 a.m., 1st September 2020.**



Grey Power members are invited to join with the Avondale-Waterview Historical Society:  
**"CARRY ME BACK".** (1982). A New Zealand film showing scenes from those years. Humorous.

Briefly, two farm boys set out to smuggle their father's body back to the family farm so they can claim their inheritance. They had persuaded him to cross Cook Strait to watch a rugby shield game where Marlborough lifted the Ranfurly Shield from Wellington. Unfortunately, he dies in his sleep. And to inherit they need him to have died on his family farm and to be buried there.

\$30 covers film and lunch and Ryders Museum.

**BOOK BEFORE 20th AUGUST.**  
Phone Alison 825 0300 or Gillian 027 815 7139.

The Importance Of A Funeral

Funerals don’t just keep me employed, nor have they evolved as only a commercial enterprise. Funerals have taken place in one way or another since ‘Adam was a baby’ or ‘we climbed down from the trees’, whatever your belief. Everyone mourns their dead.

It is important that we take time to reflect on the passing of a loved one, a friend, a colleague or a member of our community. It does not have to be grand or elaborate. During the recent lockdown many people have had only the closest family near, or in one case no family (all overseas) but close knit friends. Technology has advanced where people on the other side of the world can not only view, but speak live and have their input at a funeral.

It is important to say goodbye, to let others reflect on their loss and acknowledge that even if we are from a small family, your family will miss you. The funeral industry has grown to where many think its unsustainable for ordinary people to be able to afford ‘a good send off’, some of the best funerals that we have held have been where we can make that important day a special one with meaning and love without spending a great deal. We always remind people - the reason grief hurts so much, its’s the cost of love.

editorial supplied by Just Funerals

PHONE  
0800 804 663



Auckland’s Affordable Funeral Home  
Proudly Family Owned and Operated

Committal Service with Cremation

Transfers within Auckland | Temporary Preparation | Eco Coffin Option (upgrades available) | Transfer to your Funeral Venue (via hearse) | A hand tied bouquet of current seasonal flowers | Cremation (Just Funerals Preferred Crematorium) | 1 Death Certificate  
now \$3300\*\*

Chapel Service with Cremation

Transfers within Auckland | Preperation or Embalming | Eco Coffin Option (upgrades available) | Transport to Funeral Service via Hearse | 1 Hour gathering at Just Funerals preferred Chapel (including hearse transfer) Other Chapels or Venues available\*\* | Celebrant or Minister Donation | 30 Colour Service Sheets | Music of your Choice | Cremation (Just Funerals Preferred Crematorium) | Registering the death with the Department of Internal Affairs | 1 Death Certificate | Returning the Ashes in person  
now \$4450\*\* Waikumete \$4700\*\* Purewa \$4700\*\*

Family Burial Service

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

Non-Service, Simple Cremation

Transfer within Auckland | Simple Casket | Cremation | 1 Death Certificate  
now \$2125\*\*

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

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



# MAILBOX

## Whither Superannuation?

Among the Letters to the Editor (NZ Herald, 22nd July 2020), Susan St. John, of the Retirement Policy and Research Center, Auckland University wrote, that the New Zealand Super Fund (NZSF) "does not guarantee any of the features of New Zealand Superannuation, such as its level, the age of eligibility ....etc. Nor will it be of any help for the next 30 years."

This totally refutes the generally accepted view, that the NZSF – by partially pre-funding NZ Super through taxation revenue – was actually created for the purpose of helping to keep our current NZ Super level and entitlement age sustainable in view of the ageing population factor, or the diminishing ratio of working-age people in relation to the increasing proportion of longer living superannuitants – and is planned to start doing that by 2026.

Also, is not the NZ Super Fund and contributions to it very useful already by increasing our collective (retirement) wealth ownership creation and resultant additional income earning capacity, which cannot happen if the NZSF contributions are redistributed for immediate consumption?

For the sake of our future, would not evidence-based discussion and clarification of this all be very desirable?

*Jens Meder, Point Chevalier.*

## Free Coffee or Cuppa

If you are a customer buying something at McDonald's and show your Gold Card, you can get a free latte or flat white coffee. Or tea. Just tell them what you prefer.

## Clever idea to cut power bills

Power bills are always huge, and water-heating is the biggest portion.

A few years ago, I conceived a great idea to reduce my bill. Sign up for membership at a nearby gym – with a gold card, most offer a huge discount on the "normal" sub, as they get so few seniors. Then, turn off your hot-water switch! Now your home taps will only give cold water, so you are forced to visit the gym every day to grab a shower. Or even go twice a day if you like. And you can use all the gear and exercise while there: something all senior citizens should do a lot of!



Some gyms also offer a sauna, which is wonderful! The gym I attend charges \$85 for a three-month membership, and this is covered by the huge reduction in my power bills (I estimate about 40% cheaper without the water-heating component.) This system works well if you live on your own, and can easily journey to the gym: probably not so good if you share a home with a big family.  
*Name with-held by request.*

## Proposed changes to NZ Super and Veteran's Pension delayed

Last year, the Government proposed changes to New Zealand Superannuation (NZ Super) and Veteran's Pension.

This included closing the option to include a non-qualifying partner in payments and changing how some overseas pension deductions are made. A decision has been made to delay introducing these changes until 9th November 2020. This will be dependent on legislation passing.

The only thing changing is when these proposed changes will come into effect. This means:

- you can still apply to include your non-qualifying partner in the NZ Super or Veteran's Pension payment. There are no changes to eligibility criteria right now.
- if you're already included in your partner's payment, you'll continue to receive your payments – you don't need to do anything.
- overseas pension deductions will continue to be made in the same way they are now.

There's more information about the proposed changes on the Work and Income website. Closer to 9th November 2020, the Ministry of Social Development will write to people affected and let them know what it means for them. There'll also be updated information on the Work and Income website, [www.workandincome.govt.nz](http://www.workandincome.govt.nz).

## Got Lockdown reminiscences?

**If anyone 70 and over would like to share their experiences regarding Covid-19 Lockdown, you can have Your Say by writing a letter Online.** To write a letter, go to: [https://auckland.au1.qualtrics.com/jfe/form/SV\\_bl4012ayXtru4gl](https://auckland.au1.qualtrics.com/jfe/form/SV_bl4012ayXtru4gl) or deliver to your local library. People over 70 were identified as most vulnerable to the virus. It is vitally important these voices are heard to inform future pandemic responses.

All letters (with the letter-writer's permission) will become part of a permanent archive at the Auckland Museum. Please share this information so that as many people as possible are offered the opportunity to participate in this project.

# Join Us Before You Need Us

## Membership Application Form 2020 - 2021

**Auckland Greypower Association Inc**



Applying to Join ☐ or Renewing membership ☐ and paying annual subscription of

Single \$25 ☐ or Couple \$30 ☐ plus (if any) Donation \$ \_\_\_\_\_ Total: \$ \_\_\_\_\_

First Name *Dr/Mr/Mrs/Miss/Ms* \_\_\_\_\_ Last Name \_\_\_\_\_

Partner's Name *Dr/Mr/Mrs/Miss/Ms* \_\_\_\_\_

Street Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Phone(s) \_\_\_\_\_

Email \_\_\_\_\_ @ \_\_\_\_\_

Year of Birth \_\_\_\_\_ Partner's Year of Birth \_\_\_\_\_

**I can volunteer to help Grey Power:**

twice weekly ☐, weekly ☐, monthly ☐, occasionally ☐, sorry unable to help ☐. *Please tick one.*

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

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

**Issue 54 2020 Spring**

## Payment Options:

1. Internet Banking transfer into either of our Auckland Greypower Association's accounts: Kiwibank **38-9012-0058673-000** or TSB **15-3968-0008956-000**  
*Use your surname in Particulars and phone number in Reference fields for identification.*
2. Set up direct debit to one of our bank accounts payable before 31st March annually. Details as in option one above.
3. Pay at any TSB or Kiwibank branch convenient to you. Details as in option one above.
4. Mail cheque (no Cash) to Auckland Greypower, PO Box 48 157, Blockhouse Bay, Auckland 0644.
5. Pay in person at the office, 557 Blockhouse Bay Road, Auckland (for hours see page 2).

Mail this application with the payment, or simply email the form's information to us:  
**[membership@aucklandgreypower.org.nz](mailto:membership@aucklandgreypower.org.nz)**

## Benefits of Membership

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





Have your input! Have your say!

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

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

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

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

**Other:**.....

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

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

**Details:**.....

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

*(Tick those applicable)*

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

**Details:**.....

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

.....

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

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

.....

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

.....

**My name and phone number and/or email:**

.....

*Many thanks and with our appreciation – your Greypower volunteers!*

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



\$2,000 AD&D

All members of Grey Power are now covered by a \$2,000 Accidental Death & Dismemberment Benefit provided through American Income Life Insurance Company. This is an automatic membership benefit of belonging to Grey Power.

**To have an AIL representative deliver your certificate of coverage and explain additional insurance coverage available:**

**Reply online:** [AILNZ.co.nz/Request](https://AILNZ.co.nz/Request)

**Reply by telephone:** (09) 320 3031

A.M. Best, one of the oldest and most respected insurance ratings companies, has rated American Income Life as A+ (Superior) for overall Financial Strength (as of 7/19).



in New Zealand

**Mario Soljan**  
Telephone (09) 973 5254  
[Mario@AILNZ.co.nz](mailto:Mario@AILNZ.co.nz)  
[AILife.com](http://AILife.com)



# Gluten-free bread

Recommended by Jamie Oliver.

Thanks to this easy recipe, even if you're gluten intolerant, you'll never have to go without again.

### Ingredients

- 325 ml semi-skimmed milk
- 2 large free-range eggs
- 1 teaspoon white wine vinegar
- 450 g gluten-free brown bread flour, plus extra for dusting
- ½ teaspoon sea salt
- 2 tablespoons golden castor sugar
- 1½ x 7g sachet dried yeast
- 3 tablespoons olive oil

### Method

1. Preheat the oven to 200°C/400°F/gas 6. Warm the milk in a small pan over a low heat, then leave to cool slightly. Crack the eggs into a large bowl, add the vinegar, then gradually stir in the warm milk until combined.
2. Combine the flour, salt, sugar and yeast in another bowl, then, using a wooden spoon, stir the dry ingredients into the wet mixture until it forms a sticky dough. Add the olive oil, then bring it together with your hands into a ball, adding a little flour if it's too sticky.
3. Place onto a lightly oiled baking tray, cover with a damp tea towel, then leave to prove in a warm place for around 1 hour, or until doubled in size.
4. Once risen, place the tray in the hot oven and bake for around 35 minutes, or until golden and cooked through. Leave to cool slightly on a wire cooling rack, then slice and serve. Delicious with hearty stews and soups, or toasted and served hot with butter and jam.



## Grey Power submission on Emergency Budget successful

On behalf of Auckland Grey Power a submission was made by the President to Auckland Council. Other Associations also wrote submissions.

Over 30,000 submissions were lodged across the city but the majority calling for lower or nil rates increases were ignored.

Senior Citizens have retained the current level of use for their Gold Card travel on public transport. The Auckland Council did not cut our usage back, which had been suggested as a possible option.

Grey Power Associations also lobbied for the retention of library and swimming pool facilities.

Cuts were suggested in other areas such as the Events budgets and nice but not essential festivals.

## CORRECTION - BUTTERFLIES

In the Winter issue of FOCUS, we included an article about monarch butterflies. We have since been advised that neither Jacqui Knight nor the Moths and Butterflies of New Zealand Trust was consulted and have concerns that some of the material is incorrect. Of particular alarm is the statement that 'most monarchs are females' – which is nonsense.

As well, the Monarch Butterfly New Zealand Trust had changed its name to the Moths and Butterflies of NZ Trust when it was realised that there not only seemed to be fewer monarchs each year but also NZ's other butterflies were becoming less apparent. A prime example is the forest ringlet, once reasonably common but now in serious decline. With the help of subscribers to BUTTERFLIES magazine the MBNZT is now campaigning to save this iconic NZ species (pictured).



"If you love butterflies, as most people do, supporting our efforts with a subscription to BUTTERFLIES magazine would help our work," Jacqui Knight told Auckland Grey Power. "Part of each subscription goes towards our vision to ensure that New Zealand's ecosystems support thriving populations of butterflies."

Jacqui is still an advocate for the conservation of NZ's butterflies but moved from Russell to Blockhouse Bay, Auckland over ten years ago where she is working to create butterfly habitat in a local park.

Auckland Grey Power apologises that part of the report was taken from "NZ Geographic" magazine, an article by Dave Hansford. Regrettably we failed to seek permission from that magazine and from Dave to use this material, but did include his name among the contributors. The intention was to promote the good work that Jacqui is doing, and permission and acknowledgement should have been shown.

## SOUTH ISLAND TOUR

9th to 25th November: 17 days.

With Waterview Friendship Club. The Club meets on the first Monday of most months and an outing each second Monday of the month. Trading table and speakers.

To join and find out more about the trip phone President Rena 828-9861, or Gillian 027-815-7139.

## Free haircuts for men.



Free haircuts offered for men at a training facility. Monday to Friday between 10am to noon and 1pm to 3pm. It can be found to the left of 60 Federal Street in the City.

## Academy Cinema cheap Wednesdays

The Academy Cinema offers cheap movies on Wednesdays. All movies\* on Wednesday are \$5 per person. These films generally differ



from their regular releases, screening blockbusters you may have missed or great films they didn't have the room to screen. It's a great opportunity to watch multiple films in one day.

The \$5 Wednesday schedule is uploaded a week in advance. They highly recommend booking online as sessions regularly sell out.

They are at 44 Lorne Street, next to and below the Central Library.

A lift is available for those who do not do stairs. The Library staff will assist with directions for the Lift. A glass of wine or a beer as well as coffee, tea and snacks are available.

*\*excluding film festivals that may fall on a Wednesday (such as NZIFF 2020) or exclusive special events. They will state if there is a pricing difference.*

## Leave a Bequest

This is a reminder for Senior Members to be generous and to consider leaving a legacy to Grey Power Auckland, to assist senior citizens in the future. Our full name is **Auckland Greypower Association Inc.** We would like our own property, instead of renting, which is costing us \$200 a week.

### QUIZ ANSWERS

- |               |                   |             |
|---------------|-------------------|-------------|
| 1 Kauri       | 2 Kowhai          | 3 Flax      |
| 4 Yes         | 5 Wood pigeon     | 6 Butterbox |
| 7 Black pine  | 8 Stinging nettle | 9.Kereru    |
| 10 Piwakawaka |                   |             |

## GREY POWER ELECTRICITY is really useful.

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



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

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

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

## Go offline ?

I had spent an hour in the bank with my dad, as he tried to transfer some money, and

I couldn't resist myself as I asked: "Dad, why don't we activate your Internet Banking?"

"Why would I do that?", he asked.

"Well, you won't have to spend an hour here for things like transfer. You can even do your shopping on line.

Everything would be so easy."

I was so excited about initiating him into the world of Net Banking. He asked, "If I do that, I won't have to step out of the house?" "Yes, yes", I said. I told him how even groceries can now be delivered to the door and how 'Amazon' delivers everything. His answer left me tongue-tied. He said "Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now. You know I am alone – this is the company that I need. I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave. Two years ago I got sick. The shop owner from whom I buy fruit came to see me and sat by my bedside and cried. When your Mum fell down a few days ago while on her morning walk, our local grocer saw her and immediately got his car to rush her home, as he knew where I live. Would I have had that human touch if everything came on line? Why would I have everything delivered to me and force me to interact with just my computer? I like to know the person I am dealing with, and not just a 'seller'! It creates bonds of relationship. Does 'Amazon' deliver all this as well?"

Technology isn't life!

**Spend time with people, not with devices.**

- anon.



## MEET OUR MEMBERS: Jens Meder by Heldur Bender

A veteran of Auckland Greypower for 20 years, the silver-haired 91 year-old Jens Meder has issued your membership cards for many years. So, who is this man serving you?

He grew up in Kuressaare, a small town on Saaremaa Island in Estonia. His family and the society around were not rich but not abjectly poor either. He vividly remembers episodes of idyllic life until the outbreak of World War 2 which changed everything.

He recalls his mother admonishing him to be prudent with money and to put some aside for rainy days – advice that helped throughout his sometimes-turbulent life. He developed a saving-habit and learned to be frugal with his earnings. Various jobs such as catching and selling fish helped him to buy his first bike and he has been an enthusiastic cyclist ever since. Bike trips around the home island during school breaks as well in Australia and New Zealand in later life.

In 1939, ethnic Germans started to leave the country, answering Hitler's call to return to the "fatherland", including some of his school friends. It was alarming to learn some were housed where Polish or Jewish locals had been evicted. There was uncertainty in the air but also hope that the worst will pass since Estonia declared neutrality. In June 1940 when Paris was falling, the Soviets started a takeover of the Baltic countries. There was some excitement as the Soviets made lofty promises of a bright future and local kids got to watch Soviet films for free. In school, he found the president's picture had been replaced with a portrait of Stalin. Life started to change and many aspects of it were scary. Businesses, buildings and land were confiscated as well as savings in banks, some people were arrested and others disappeared. The real communist reorganisation of society and repression had started. He later learned of atrocities the Soviet NKVD committed in the medieval castle's cellars just about 1 km from his home. In the summer of 1940, Jens's father was captain on the cargo ship "Leola" sailing between neutral Portugal and Britain, violating the German blockade. It was attacked and sunk by the Luftwaffe. A fortnight later, the news reached the local newspapers in Estonia but no details of the incident were given. The fate of his dad was not known at the time. In June 1941, the war broke out between Germany and USSR and things got really stressful as Soviet "Destruction Battalions" were roaming around burning down houses. All bikes and radios were confiscated but Jens was able to save his bike since one of the family bikes was not registered. The bikes and radios were returned a few weeks later.

Soon, after a short battle, the Wehrmacht marched in. Next morning when it was quiet, curious Jens ventured out to see the battle area; fallen Germans had already

been buried, but the dead Russian bodies were still laying where they had fallen. The initial hope that Germany would help to restore Estonia's independence didn't materialise and the future outlook became gloomy. Under the heavy war taxation, life under Nazi occupation was not easy but somewhat safer compared to Soviet rule with the exception of the Nazi paranoia about Jews.

In August 1944, his mother evacuated with him and his siblings to Germany which was considered a safer bet than to stay at the hands of the returning Soviet regime. Also, she had received via Swiss Red Cross news that her husband was alive and well in Canada. The ship they boarded was a lucky one, as they arrived in Germany unscathed. Later they moved to Bavaria, known to be occupied by the US forces in order to escape the Soviets again. The life in the US run camp was pretty good. They were better supplied than refugees in the British or French zones. Surplus canned food they traded to local Germans in exchange for fresh fruit. Even schooling in Estonian

language was provided in the US zone! After Jens finished school, he grabbed an exciting opportunity in 1947; a 2-year contract to work in Australia. His father had come to Auckland in 1947 and bought a boat and established a successful fishing business. Mother arrived from Germany with younger brother and Jens from Australia.

By 1949 all the family members were reunited again, except his sister who married an American soldier and settled in Texas. After trying various jobs Jens saved up enough to start his own business. The tricks of the trade he learnt from his

uncle and the Duchess Home Cookery on Symonds Street was bought in 1955. Just in time, as he got married. The bakery provided reasonable income to raise a family of six until he retired. "Quality service and produce at reasonable price is the winning formula", says Jens.

Besides work, Jens undertook part time Economics study at Auckland University, as he was keen to learn how business and society works. He was impressed by the NZ pension system, guaranteeing carefree retirement in old age. Not many countries had it so in those days. He became a proponent of "people's capitalism," where everyone is an owner of some capital which should guarantee a reasonable living standard and security, and give some power in economic affairs to everyone. One important part of his idea was the Super Fund with "personal accounts". To promote this, he has been member of National, ACT, NZ First and Labour Party. In 1993, Jens marched from Cape Reinga to Wellington to publicise the idea, but it didn't gain the attention he had hoped. Lately his main concern has been to secure a sustainable pension for future generations by partly pre-funding it with the permanent NZ Super Fund similar to Singapore, Norway and others. He welcomes good evidence-based debate on this subject!



Photo by Heldur Bender

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## ENROL! VOTE ELECTION 2020

If you want to check or update or make any enquiries if you have a smart phone or use a computer go to Google – enter VOTE NZ. Or phone 0800 367 666.

Find your electorate, or locate your nearest voting place and its hours.

You can vote from 5th September until 19th September. Booths open at 9 a.m. and close at 7 p.m. on election day. It is suggested that you vote early to help to maintain physical distancing. Hand sanitizers will be in all voting places.

If the weather is wet and transport is not easy to arrange on the day of the elections people can be deterred from voting.

All political parties usually offer transport to take you to the polls. You only have to ring them.

They can also bring the voting papers to you. This may involve several trips for them to get your authorisation so that the person in charge of the polling place can issue them with papers to take to you.

Then they bring them back to you for you to mark as you wish. You mark them without any observation by them. They might turn their backs or even leave the room.

You put your marked voting papers into an envelope which you seal. So your voting is done in secret. They are then taken back and given to the Registrar in charge of the booth.

If you are blind or have limited sight or difficulty reading or writing, there are several ways to cast your vote.

You can be taken to a Polling Place. And the person in charge of the booth is allowed to assist you. You tell them who or how you want to vote and they will mark your papers in that way for you.

To speed up the process take the Easy Vote card that will be posted to you later in August. If you forget to take it you can still vote. You do not need any ID.

**EVERYONE'S VOTE IS IMPORTANT.  
SPECIAL VOTES ESPECIALLY.  
GREY VOTES MATTER.**

## Some joys of lockdown

by Margaret Blay.

Though many were even more isolated than usual, or lost jobs or worried about businesses, lockdown brought some delights!

The air was deliciously clear, the streets quieter, so native birds and their song returned to some of our gardens. Tūi visited me, and I saw a pair of kererū in my street for the first time.

Families walked or cycled together every day. Strangers greeted each other – a first for many. Some of us walked in the middle of the road, initially for social distancing, but what a sense of freedom and power it gave! Around my way, we want to reclaim the roads for permanently quieter transport. If we use public transport, we need to do it more if possible. The big reduction in cars meant fewer road deaths, too.

People baked more – bread and cakes. Or grew food, thronging garden centres before lockdown arrived.

I cleared overgrowth at my place, revealing the harakeke I planted 30 years ago.

Some families may have been getting to know each other better. (A bit too well for some?!) Lots of learning on both sides, I hope! Just as long as people could find quiet or solitude when they needed it ... Stressed adults may have learnt to reflect, a new thing for many.

Some families must have watched TV, played CDs, or even live music together.

I wonder how many learnt new skills online – meditation, writing, sewing. Or took that study course they'd put off. I saw beautiful, colourful children's art in windows and on fences. One large dazzling work seemed to be constructed from foil chocolate wrappers.

The drought was disastrous for farmers and others, but it served some town dwellers well, giving us a sense of holiday.

I noticed berms getting shaggy. Some people rejecting that social pressure that normally means we destroy living things! I was saddened when the mowers started up again.

We learnt to manage with less, and had to plan our shopping well in advance instead of impulse-buying, great lessons from lockdown.

I revelled in looking at the beautiful brick Seven Sisters, built in 1903 in a nearby street, and rediscovered a mysterious fascination with sash windows along the sides of houses!



## LILLE Healthcare

### MYTHS AND REALITIES ABOUT URINARY INCONTINENCE

Let's face it: Urinary Incontinence (UI) is still a taboo. The recognition of the disease is not easy, and that is why there have always been myths about the pathology. To banish these legends we have decided to comment on some of the most common.

It is said that UI is typical of the elderly. Although it is true that as we get older, its incidence increases, it is not the only condition for it to happen. Incontinence can also appear after a birth, a surgery and even bad urinary habits. For example, not going to the bathroom when we need to urinate can promote incontinence. The musculature can be weakened, in fact, if this process repeats itself repeatedly over time, it may eventually lead to problems in initiating urination or even in slight losses.

Another widely spread myth is that drinking less liquid prevents incontinence. Again, this statement is not correct, since in fact, this could cause the urine to become more concentrated causing irritation in the bladder and, consequently, a greater frequency of visits to the bathroom. A good hydration is essential.

But the myths do not end here. It is usually taken for granted that urinary incontinence only affects women, but it is something that affects both men and women. In men it can happen because of the natural weakening of the muscles that surround the urethra. But, above all, it is related to prostate problems, although it can appear after surgeries.

That UI has no solution is another of the statements that are often made false. There are methods to alleviate and minimize their effects, such as medical treatments (either through medications or surgery) or through something more traditional such as pelvic floor physiotherapy. Also moderating certain foods of our usual diet such as fizzy

drinks, alcohol, chocolate, spicy foods, etc., can help us improve in this regard. In any case, an assessment must always be carried out by a specialist.

Incontinence products are specifically designed to contain large amounts of liquids and are made of materials that, in addition to absorbing quickly, lock-in fluids which help with odour control and have antibacterial capabilities.

The taboo of incontinence leads many times to believe that sexual relations are impossible, but it is not a physical problem, but a mental one. Here the problem affects any age range, since the loss can occur during the relationship – due to the pressure exerted on the bladder – or at the end due to the uncontrolled spasms that occur in it. But the losses do not make it impossible to have good sexual health at all.

In any case, we recommend that you consult with your doctor to guide you and help you find the best solution. (Ref: lillehealthcare.com.au)

Lille Healthcare NZ has a range of continence products to suit most needs. Our full range of products are available for purchase online at [www.lillehealthcare.co.nz](http://www.lillehealthcare.co.nz) for delivery direct to your door.

*Editorial supplied by Pacific Hygiene*



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## The Benefits of Semi Sports for an Ageing Body

by Tony Coppard

As a 90 year young person, I have made many alarming observations about the effects of ageing on so many of my friends and associates that have drastically altered their lifestyles later in life, but it is possible to kick back the onslaught of that downhill journey that we all face!

**A change of attitude is the answer, but, in order to achieve the change, discipline is the key!**

Sport is one avenue that can be used. Even when our limbs are failing that could prevent a lot of sporting activities, applying some discipline to overcome the negative attitude, some involvement can still be achieved in sports such as darts, bowling, and croquet, to name a few. Those lucky enough to have good fitness

levels can do running, jumping and other vigorous activities — the key factor is the togetherness or comradeship that the activity provides, to prevent isolation and loneliness in the older person.

Another major factor that seems to accelerate our decline is when we move house to a different location, leaving behind most of our personal belongings, friends and our gardens, that leave a huge hole that in most cases is filled with negative thoughts that are hard to deal with. Finding new friends is hard going, but again some physical

activities can fill this void, provided they are of the gentle variety, but need the togetherness of a club to beat the blues.

Even without a decent size garden, a variety of plants and shrubs can be grown in a container for herbs and greens, that can also be a feature of a make-do “garden club” with morning tea and chat time to fill in a dull part of the day. A competitive angle can be added to this meeting by a competition for the best blooms or tomatoes grown on a terrace or window ledge.

Finally the best thing to look after is our “nerve centre” or the “boss of our body” (the brain). If it is not stimulated, it will get lazy, which in turn makes you, “the body,” tired and lazy as well! Again, exercise and some sort of activity, like walking

outdoors in the fresh air among trees and bees, can be the weapon to stimulate that brain to keep you and it healthy — the golden rule is ten minutes of outdoor nature is better than indoor board games, unless confined to bed. The picture is me doing the long jump then the 100m sprint, using imagination of my father with a stick chasing me at nearly 90 years old.

Music uses all parts of the brain, so there’s another club to join!

