

TAURANGA AND WBOP

GREY POWER

MAGAZINE FOR THE OVER 50s

QUARTER THREE 2020



**Important Questions
for Political Parties**

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President’s Word



Hello everyone and I hope you are all well and
dealing with the various aspects of your lives within
these rather uncertain times.
The date for this issue was brought forward for the
September election but although that has changed,
we do have a large section which are answers from the main political
parties to questions which were sent to them. The questions are topics
that the Grey Power Federation are lobbying the government on prior to
the election.
We held our AGM on 14 July at the Baptist Church Hall and I’d like to
thank the many people who attended that meeting and the ladies who
helped provide the morning tea. I’d also like to thank the members who
voted to have our standing committee members continue with their
work and for re-electing me as your President.
Our first Tauranga coffee morning since lockdown was held on 6 Aug
at our new venue – St Enoch’s Church Hall. It was well attended and
we had a speaker about the End of Life Choice Bill. We hope this venue
will be popular in the future and it is certainly roomier if we have larger
numbers. Katikati has also had a coffee morning meeting and the report
is enclosed.
As mentioned at the AGM there has been talk of us being asked to move
our office within the village but TCC (our land lord), has now decided
that a new strategy and vision for the future of the village needs to be
drawn up. There is a report in the magazine on the workshops they are
running and some decisions will likely be made at the end of the year.
I was fortunate enough to have quite a long meeting with Tina Salisbury
who is the Deputy Mayor for TCC. We discussed several issues round
elder housing, recycling, the future of the CBD and other infrastructure
issues. I found her to be a very pleasant woman with a strong desire to
do what is best for the city and its people.
Usually this issue would include a report on our National AGM but
due to Covid the July meeting was cancelled and is now tentatively set
down for mid October in Auckland. This year both the President and the
Treasurer are stepping down so it is important that there is a meeting
but we do need to be mindful of people’s health and wellbeing.

With the election 6 weeks away now, I do encourage you to do as
much research as you can regarding the various policies that parties
are putting forward before you vote – and please do vote. Also, very
importantly, there are the two referendum to vote on and we have
included some material on both of them. The legislation for The EOL
Choice Bill has been written so a yes vote will make that law. The
Cannabis legislation has yet to be written so be
aware of that.
Take very good care of yourselves. I saw the first
flowers on a plum tree today so hopefully we can
look forward to some warmer weather.

Jennifer Custins (President)



INFORMATION NEEDED
One of the Federation Board members is
researching the home care industry. There have
been reports of household help (HH)and personal
care (PC) hours or time allowed being reduced. If
this has happened to you could you email or call the
office so we can pass on the statistics to the Board?
Mr Reid works very hard in this sector to ensure
that people are able to have the help they need.
Ph: 571 2558 or tgagreypower@gmail.com

SUBSCRIPTIONS
Subs can still be renewed for the 20/21 year
but are still full price to cover the cost of
printed or other material since 1 April.
Single \$20 and double \$35
To pay or renew, go to our website or call
the office. Pay by cash (no EFTPOS at Village),
cheque or online and our office is open
Tuesday, Wednesday & Thursday
– 9.30 – 2.30.
Subs for new members for the 20-21 year,
from now until December, are half price.
\$10 single or \$17.50 double

VOLUNTEERS NEEDED
Like many organisations we are struggling to have
enough people to look after our front desk for the
3 days that we are open. If you could spare 2 or 3
hours a week or a month please call the office for
further details.



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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 each month at 10 am
**Venue: St Enoch’s Church Hall, 16th Ave (Cameron
Road end). Please note change of venue and time.**
DATES: – 1st October, Speaker Simon Bridges,
5th November, 3rd December speakers 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: - 15th October, December to be advised
SPEAKER: - to be advised for October.

PAPAMOA COFFEE MORNINGS
We are arranging a meeting for Thursday
17th September in a café near you! Location to be
advised. If you don’t have email could you call the
office for details nearer the time.
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.

SHINGLES VACCINES

Free shingles vaccinations will still be available
for everyone between the ages of 65 and 80 until
around December this year (this date has been
extended from April). If you haven’t yet had the
vaccine it’s a good time to contact your doctor’s
surgery and enquire about availability.

CANNABIS REFORM

It could take 10 years to measure the impact of legalising weed – should New Zealand’s proposed law be even stronger?

August 12, 2020
Authors : **Chris Wilkins, Simon Lenton & Tom Decorte**
‘The Conversation’, Massey University, 12/8/20

The referendum on legalising recreational cannabis use may be just over a month away. Campaigns for and against the change are well under way.

We’ve had expert reports from the Helen Clark Foundation, the Office of the Prime Minister’s Chief Science Advisor, the New Zealand Institute of Economic Research and meetings around the country to discuss the likely effects of the Cannabis Legalisation and Control Bill (CLCB).

So, what can be learned from other countries that have already legalised cannabis or reformed their laws? And how does New Zealand’s proposed law stack up against the overseas evidence?

What other countries have done

We recently collaborated with an international group of drug policy experts on a book looking at a range of cannabis law reforms around the world over recent decades. These include:

- cannabis coffee shops in the Netherlands
- cannabis decriminalisation in Australia
- cannabis social clubs, which began in Spain and are government-registered, non-profit organisations producing cannabis exclusively for members’ personal consumption
- full cannabis legalisation in 11 states of the US, with Colorado and Washington implementing fully commercial, alcohol-style reforms
- Canada, which allowed its provinces and territories to decide the model of legal cannabis distribution, ranging from government stores in Quebec to private retail outlets in Alberta
- the often-overlooked reforms in Uruguay, where cannabis is legally available via home cultivation, social clubs and from pharmacies, with government control of production.

Evidence from profit-driven markets

There are significant time lags between law change, establishing legal cannabis markets and apparent impacts on use, dependency and mental illness. For that reason, researchers have concluded it may take ten years to fully understand the outcomes of legalisation.

However, preliminary evaluations of commercial

cannabis legalisation suggest it has led to fewer arrests and significant taxes earned from sales.

At the same time, there is emerging evidence of increasing adult use and dependency, and industry influence over regulatory development.

Teen use of cannabis has dropped in New Zealand, but legalisation could make access easier

The evidence on whether legalisation has increased youth use is mixed. More research is also needed to understand the impacts on drug driving, emergency hospital admissions and treatment demand.

One of the main rationales for legalisation is that it will eliminate illegal markets and provide products of known purity and potency.

The experience in the legal cannabis states of the US, however, clearly demonstrates the challenges of developing regulatory controls of pesticides, fertilisers and product potency.

Early experience suggests legalisation can substantially reduce, but not eliminate, the black market. Legal production and competition also drive down the price of legal cannabis and therefore price-linked tax earnings.

Industry targets daily cannabis users as they are responsible for the majority of sales. Many of these users may be at risk of dependence and other harms. On the other hand, legalisation provides opportunities to address social equity issues related to cannabis enforcement, including discrimination against minorities and disproportionate penalties.

This can even extend to expunging previous convictions and supporting cannabis business and employment in affected communities.

Finding a middle ground

It’s important not to view the legal cannabis debate as a competition between extremes – strict prohibition on the one hand and profit-driven markets on the other. Drug policy experts point to a number of middle-ground policy options that have received a lot less media and research attention.

For example, non-commercial methods of legal cannabis supply, such as home cultivation and cannabis social clubs, have proved popular in Uruguay and Spain. But there are questions about whether these will be attractive to all types of consumers.

Similarly, community trusts in New Zealand offer an alternative approach to reduce commercialisation

and provide funding to local community services. Rules would be needed, though, to prevent cannabis companies from using community funding to enhance their public image and political influence.

Reforming cannabis laws is a complex challenge, but New Zealand’s history of drug reform holds important lessons

Finally, many of the key lessons from regulatory responses to alcohol and tobacco harm are highly relevant to the regulation of legal cannabis. This includes minimum pricing, limits on the density of retail outlets, plain packaging, smoke-free policies and restrictions on advertising.

State or not-for-profit monopolies for alcohol have been effective at achieving public health objectives and could be considered for legal cannabis sales.

How does the New Zealand bill stack up?

While there is much we still don’t know about the full consequences of cannabis legalisation, there is a strong case for a conservative regulatory approach that seeks to limit the adverse impacts of the new market and curtails industry power.

This makes more sense than allowing profit-driven commercialisation and then struggling to roll back the consequences, as happened with tobacco.

Much of the CLCB is broadly consistent with this restrictive approach to cannabis legalisation. It provides for government licensing of production, no advertising, plain packaging, outlet controls, excise tax based on weight and potency, and provisions for community partnerships and not-for-profit retail outlets.

However, the CLCB could be strengthened with a lower potency cap, formal minimum pricing, a commitment to a high excise tax, and provisions to allow cannabis social clubs.

The recent attempt to regulate the harmful “legal high” market in New Zealand highlighted the importance of adequately resourcing regulatory agencies and enforcement, engaging with key health stakeholders and communicating policy aims to the public.

If the referendum passes, then, careful attention will be needed during implementation to ensure the law realises its harm-minimisation goals.

Grey Power NZ Federation Inc. supports the supply of medicinal cannabis on doctor’s prescription via the Pharmac System. However we do not support personal cultivation, recreational use or any other form of supply other than through the Government controlled Pharmac system

KATIKATI COFFEE MORNING REPORT

Hi all, I do hope you are handling our reasonably mild winter by keeping warm and healthy. Thank you to our PM Jacinda for our heating allowance subsidy. Lyn and I have appreciated it. Our power bill is almost in credit!

Our last meeting, 18th June was a happy successful morning. Our very busy Vice President David Marshall brought us up to date on discussions at Regional and National meetings and the work the Govt. negotiates behind the door that we are not up to date with. David gave us a clear understanding and answered a lot of questions from the floor. Thank you, David, for your input and also your work with the Red Cross during lockdown.

We then discussed how folk handled the Covid lockdown and it was amazing to hear how creative people were and how they appreciated the peacefulness of lockdown. Wonderful. But let’s hope all our citizens do the right thing to avoid having another lockdown.

The guest speaker for our August meeting was Robyn Patterson. She is the Health and Consumer Services Mediator with the D.H.B. and can assist with patient/professional services with the D.H.B or with other specific problems and needs you may have.

Finally, I always look forward to catching up with members in the Katikati area and we are ready to hear any stories you may wish to share.

A guest speaker for the October 15th meeting is still to be arranged.

Please bring a friend plus \$2.00 towards room hire and coffee/tea.

Thank you, *Baden*
Phone the office 571 2558 for any queries.



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SOME IMPORTANT QUESTIONS FOR OUR POLITICAL PARTIES:

We have put several questions to the major political parties in the run up to the General Election to see how their answers line with the specific policies Grey Power are advocating. After each party name there is a note in brackets commenting on how well their response lines up with our policy.



What is your party's commitment to establishing an Aged Care Commissioner by the end of 2021?

Promises were made by Labour in 2017 but are yet to be delivered.

Labour - *sympathetic with no clear commitment*
Older New Zealanders should be able to access the care they need, and that care should be safe, and of high quality.

The establishment of an Aged Care Commissioner continues to be under consideration by Labour, alongside other measures to ensure the health and wellbeing of all residents and staff in aged and residential care facilities. It's important that rest home residents, their family/whānau, or others in the community are able to speak up if they have concerns or complaints about the care they are receiving. That's why we're further strengthening the complaints framework in aged residential care. Work is being undertaken on the National Framework for home and community support services, as well as improving the

recruitment and retention of registered nurses, included in the aged residential care sector.

National - *in line with our policy*

National will ensure representation from all key stakeholders in the aged care sector is heard at a government level. **National will establish a Seniors Commissioner to be a champion for the elderly.**

We anticipate that providing education about elder abuse and advocating for those who may be victims of elder abuse in its various forms, will be a major focus of the commissioner. National will strengthen measures to detect and prevent all forms of elder abuse (physical, psychological, and financial) while raising public awareness of the issue. National will adequately fund the 24/7 elder abuse and neglect phone line 0800 EA NOT OK and Super Seniors initiatives.

We will reintroduce and restore funding for NGO-run day programmes for the physical and mental health of seniors that were cut by the current Government.

Green - *in line with our policy*

The Green Party supports improved accountability throughout the aged care system through the establishment of an independent Aged Care Commissioner and Commission, reporting and performance measures based on health outcomes and improved complaints mechanisms as soon as possible.

NZ First - *in line with our policy*

New Zealand First would create an independent Seniors Commissioner and seek to create a Ministry for Seniors currently only a small office for seniors inside of the Ministry of Social Development exists.

We would create a Seniors Commissioner with similar powers to the Children's Commissioner. These powers would be to advocate on behalf of all seniors across Government and society in general and would include powers to monitor and report on Rest Homes and Retirement Villages (excluding Dementia Units).

We would like to pursue any opportunity to provide greater consistency and quality in home care and respite care by using a Minister for Seniors to manage local contracts on a nationwide basis as opposed to the current variable provision by local DHBs.

ACT - *not in line with our policy*

Act does not support the establishment of an Aged Care Commissioner. Ever more bureaucracy and judicial processes will never adequately address the important issues.

What is your party's commitment to ensuring all New Zealanders have equal access to medical care?

Post-code health is rampant in New Zealand with many New Zealanders unable to qualify for elective surgery due to the constraints within the DHB region where they live, rather than on the severity of their condition.

Labour - *sympathetic with no clear commitment*

Labour is committed to ensuring equitable outcomes in our health system so that every New Zealander can get high quality health care when and where they need it.

We're investing a record \$3.9b over four years in DHBs to relieve the pressure they're under. We've made record investments in capital spending to rebuild our run-down hospitals and health facilities.

We've committed to improving the health and wellbeing of some of our more vulnerable communities over the next five years.

We've also established the Cancer Control Agency and the Cancer Action Plan. These are significant steps towards achieving equity in our health system.

This record is part of our strong commitment to ensure that all New Zealanders have access to the highest quality medical care no matter where they live.

National - *in line with our policy*

National's health manifesto will specifically address equal access to medical care with policies around post code health and inequalities across age, gender, ethnicity, location and socioeconomic status.

National will improve access to health care services for seniors, including palliative and hospice care.

We will reintroduce targets to ensure the health system is focused on delivering outcomes.

District Health Boards will be required to develop and implement strategies to provide end of life care to all those who need it, including those in remote or isolated areas. We will increase the Government contribution towards the cost of maintaining hospice services.

National will deliver a world class **Dementia Care Action Plan. We will also increase** resources for respite day services and public information available about dementia to alert people to the risk factors.

Green - *sympathetic with no clear commitment*

The Green Party believes that health funding should keep pace with the growing population.

Through the Covid-19 crisis, Kiwis have been compassionate. We look out for one another and New Zealanders deserve world-class public health services. Our tax system needs reform to reflect this, so that those who have high incomes and high net wealth contribute a little more to support high quality public health services that benefit everyone.

The Green Party's approach to tax reform will see those who are doing very well contribute slightly more to our shared public services, such as health infrastructure.

NZ First - *sympathetic with no clear commitment*

New Zealand First agrees that access to and the quality of health care for our seniors should not be dependent upon where you live or which DHB you are served by. That is why we support many, but not all, of the recommendations from the Simpson report into the Health system.

Government should ensure that CPAC scoring tools are used consistently across New Zealand and that they are transparent, administered and recorded accurately on a nationwide register to provide meaningful analysis of need. Once we are confident of the need, we would encourage new thinking to deliver services.

We are investigating the ability for funding for senior's health issues to be ring fenced –this would cover not only medical intervention services but others such as home care, respite care etc.

ACT - *sympathetic with no clear commitment*

Act believes that we should strive to ensure all New Zealanders have equitable access to the health care they need. The current regional imbalances in access flows from the rigid bureaucratic management of health care

What is your party's commitment to New Zealand Super in the next term of government?

We need a clear direction on any policies regarding age of eligibility, taxation rates, basis of calculation of annual benefits, and Super GoldCard changes.

Labour - *in line with our policy*

Labour is committed to keeping the age of eligibility for New Zealand Superannuation at 65 and continuing to increase the payment rate in line with increases in the average wage.

A sustainable economy is about planning ahead to ensure that future generations can share in prosperity. That is why one of the first acts of our government was to re-start contributions to the NZ Super Fund. This fund will help make universal superannuation sustainable for future generations. We will make those contributions year on year, increasing them as a priority.

The Labour-led Government has also boosted the SuperGold Card, including the introduction of the new digital platform for card holders and businesses, giving over-65s access to deals and discounts. As of March, over 108,000 people had downloaded the SuperGold Card app.

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National - partly in line with our policy

National will maintain superannuation payments at no less than 66% of the average wage while ensuring the long-term viability of the superannuation scheme by phasing in a rise in the age of eligibility from 65 years to 67 from 2037.

Those who are currently aged 48 or older will continue to qualify for super from their 65th birthdays.

Green - sympathetic with no clear commitment

The Green Party believes that universal superannuation should be available at age 65, but the Government should identify ways to allow flexibility in the age a person may receive New Zealand Superannuation, for example to allow early entry for people with a permanent health condition or disability, lower life expectancy, or as part of a Just Transition.

The Green party agrees with retaining the indexing approach agreed to in the Accord on Retirement Income Policies (1993).

NZ First - in line with our policy

New Zealand First remains committed to New Zealand Super as a non-asset tested universal income for those eligible citizens and residents of 65 years and over at 66% of the net average wage.

New Zealand First remains committed to expanding the discounts and services the SuperGold Card provides to our Seniors. In the last three years New Zealand First has gained over 7 million dollars to support the expansion of the SuperGold Card. We were also successful this term in gaining the funding to provide digital inclusion support for seniors.

New Zealand First understands that living on Superannuation is difficult for many seniors. That is why we are committed to stretching their Super dollar by continuing to advocate for local businesses to acknowledge their contribution with discounts and services.

ACT - not in line with our policy

We are the only party with a policy to bring down the cost of superannuation for future generations of taxpayers.

ACT will raise the retirement age. Starting in 2023 we will raise the age of entitlement to superannuation from 65 to 67, at a rate of two months per year, finishing in 2035.

What is your party's commitment to the Rates Rebate Scheme?

The Productivity Commission have recommended scrapping of this scheme and replacing it with a National

Rates Postponement scheme. Others have argued that the Rates Rebate Scheme needs a major overhaul to reduce bureaucratic hurdles and to increase its value to better reflect that Local Government Rates continue to significantly outstrip the cost of living increases, while the rebate fails to reflect the reality of the situation those on fixed low incomes endure.

Labour - sympathetic with no clear commitment

We are still considering the Productivity Commission's recommendation however we are committed to making it easier to get support for older New Zealanders who are unable to pay their rates.

As our world changes in response to COVID-19, it's important the Government remains responsive and continues to support vulnerable New Zealanders. That's why we moved quickly to remove a barrier for some applying for the Rates Rebate Scheme and meant they could apply remotely. Previously, people needed to appear in person to have a statutory declaration witnessed for their applications. We know this can be challenging for people who have declining mobility, have a physical disability or aren't close to affordable transport options.

Labour remains committed to supporting our older New Zealanders, and this is just part of our plan.

National - sympathetic with no clear commitment

National recognises the importance of the Rates Rebate to seniors in relieving the burden caused by rate payments and we will consider the recommendations made by the Productivity Commission report.

National opposes the system recently implemented by the Government that removes the requirements to sign a Statutory Declaration. The rates rebate is a means of re-distributing taxpayer funding, so we must be prudent to ensure that this money is not going to waste and the system is not being abused.

National supports streamlining this process through the IRD in order to minimise council bureaucracy and reduce the risk of fraud.

Green - in line with our policy

The Green Party voted in support of the Rates Rebate scheme and stand by that position.

We believe that if central government places new responsibilities or increases costs on local government, appropriate resources should be available to meet those costs.

NZ First - in line with our policy

New Zealand First is committed to the retention of the Rates Rebate Scheme and was one of the parties supportive of the Rates Rebate (Retirement Village Residents) Amendment Bill which recognised the

residents of retirement villages and their rates payments.

We agree that there needs to be a review of the scheme to reduce any hurdles to seniors gaining the rebate and to acknowledge that the balance between rate increases, increased Superannuation due to increases in the minimum wage and increased costs over all are not reflected in the rebate equation currently in place.

ACT - not in line with our policy

Our view is that the Councils spend too much and don't get much done.

What is your party's commitment to reducing ageism in New Zealand?

There are ongoing reports of discrimination against older people within the workplace, as well as in the community, that robs them of active and positive contributions to their communities, and society as a whole.

Labour - in line with our policy

Labour stands against all discrimination. Nobody should face discrimination either in the community or in the workplace for any aspect of who they are.

Older New Zealanders make a valuable contribution to our workforce and our economy. Over 20% of people over 65 are still working, and is important that Government, employers, and the wider community support older people to continue to work if they wish to.

It is illegal for employers to discriminate against staff or job candidates on the basis of age. It is important that people feel supported and empowered to assert their rights at work.

Over the last three years Labour has put kindness and empathy first. This different approach to leadership is one important way we have demonstrated our commitment to inclusiveness.

National - in line with our policy)

National will support initiatives to overcome ageism, loneliness, and social isolation, and reduce the worrying incidence of suicide among our seniors.

We will establish initiatives to lift the rate of digital inclusion of seniors. We will increase access to technological solutions to support seniors to live independently, upskill for modern employment opportunities, and provide a navigation service for seniors to assist them to access the support services that suit them best.

We understand that our senior citizens make valuable contributions to our communities whether through remaining in paid employment, volunteering in the community or caring for grandchildren and whanau. We are committed to ensuring Government services cater

for the specific needs and challenges people encounter as they age. It is important that seniors feel safe and respected.

Green - in line with our policy

The Green Party is aware some of our older population face significant challenges: social isolation, employment issues, age discrimination, housing concerns, elder abuse, etc.

We support the 'Better Later Life He Oranga Kaumātua 2019 to 2034 Strategy', which notes changes that need to be made to make the future better for New Zealanders as we age.

We will work towards:

- Increasing funding for aged care providers and ensure that the funding model provides viable services.
- Mandatory staff-to-resident ratios in aged care
- Investigating housing options for seniors.
- Encouraging innovation in delivery of aged care to cater to the needs of a growing and diverse population.
- A high level of home support services for people who are willing and able to continue living at home.

NZ First - sympathetic with no clear commitment

The Minister for Seniors, Tracey Martin, has ensured that ageism in employment has been front and centre during the last three years.

She launched the "Better Later Life" strategy document in 2019 and held the first multi-Ministers meeting to ensure that the government departments of Social Development, Housing, Employment and Health begin work on addressing the needs of this particular group of New Zealanders.

Over the Covid recovery it will be necessary to remain vigilant around ageism in employment as data shows us that if those 50+ are not well supported to transition to other areas where their skills are of value then they remain without employment longer than any other age demographic.

Since 1988, every attack of New Zealand Superannuants has been repulsed in law by New Zealand First.

ACT - sympathetic with no clear commitment

ACT opposes discrimination against older people.



A few everyday things with hidden purposes



The pom-poms on beanies and other hats. They might look cute and fluffy now but they had an actual function before. French sailors used to wear hats with pom-poms so that they wouldn't hurt their heads on the ceilings of the ship during rough weather.

Notebook margins. Remember the horror of realizing that “college ruled” notebook paper meant slimmer margins, and therefore left room for more writing? Well, believe it or not, those margins weren’t invented as a guide for how many sentences you could fit onto one page, or even to leave space for note-taking. Manufacturers began to apply margins to writing paper for the purpose of protecting your work. Earlier on in history, rats were a common resident in many people’s homes, and one of their favourite snacks was your paper, in addition to everything else they could munch on. Applying wide margins to paper safeguarded against losing important work by leaving blank spaces around the edges for the rats to chew through first, and to protect the writing on the outer edges from general wear and tear.

The half-belt on coats and jackets. Nowadays, half-belts are added to clothes mostly for the sake of style. However, they were originally used on oversized military jackets that doubled as blankets to gather up all the extra material so that soldiers could walk without stumbling.

The ridges on the edges of some coins. Ridge patterns on coins are a relic of the past when precious metal coins would be as valuable as their weight. However, some sneaky rogues would shave off the edges of coins and use that metal to mint new coins while spending the shaved coins as if they didn't weigh less. The ridges were added so it would be obvious when somebody had shaved off parts of a coin and was trying to cheat the system.

The little arrow-like symbol on a dashboard. It’s not only you who, upon arrival at a gas station, has had to work hard at remembering which side your gas tank is on. It turns out, the answer has been right in front of you. Every dashboard has a little symbol—an arrow or a triangle—placed near the gas gauge. It indicates precisely that which you forgot: which side your gas tank is on. If the arrow is pointing left, look for the filler

cap there. If it is pointing right, you know what to do. **The number "57" on a Heinz bottle.** Apparently, the embossed number "57" on Heinz’s bottle is what the company’s spokesperson calls a soft spot. “All you need to do is apply a firm tap where the bottle narrows, and the ketchup will come out easier.” No need to punch that bottle too much!

Buttons. Aside from the obvious use for buttons, you might have wondered why the ones women’s shirts are on the left. Especially when you consider that most people are right-handed. Turns out, putting the buttons on the left of clothes is an old tradition carried over from a time when buttons represented your social and financial status. If you owned buttons, you probably were being dressed by a chambermaid, and the buttons on your left were on her right when she was facing you.

Oral hygiene: In the 1970s, cleaning the mouth to keep it healthy wasn’t enough; people wanted something in the toothpaste to freshen the breath, too. Aquafresh answered the call by adding in a blue stripe to their paste to indicate that it could do both. After people began paying more attention to the health of their gums, the brand added a 3rd red stripe to their product, indicating that their paste now had triple action; cleaning, freshening, and plaque control. Even though solid white toothpaste offers the same benefits, companies continue to add stripes to their paste because it still sells.

Why are **keyboard letters** arranged the way they are? To find the answer to this question, we need to take a look at the first keyboard ever invented. It belonged to the typewriter. Originally, keys were arranged in alphabetical order but typists got so good at their job that they would end up typing too fast and the key “arms” would get cross-wired and stuck. So, keyboard manufacturers had to randomize the order of keys to intentionally slow down typists to keep the machine running, and we haven’t changed it back to this day.

With thanks to Boredpanda.com



THE HISTORIC VILLAGE

by Jennifer Custins



During August the village management ran a series of workshops with a goal to form a new vision and strategy for the Village. The last one was done in 2012 and a great deal has changed since then and much of it is no longer appropriate. Approximately \$4.5m has been spent over the few years restoring the buildings, moving some and making the roads and walkways safer and neater.

We were asked to consider the vision, principles and goals of the village and were they still relevant?

- * What is still working?
- * What can be improved?
- * What is needed at the village?
- * What is the future of the village going through to 2030?
- * What would encourage people to come to the village?

At the workshop which Donna and I attended, people were generally less in favour of retail and felt that it should be more community based with more emphasis on art and learning.

For many years The Historic Village has been rather on the out skirts of the city but with the proposed housing density of the Te Papa area (the ridge from Greerton to the hospital) and the upgrade of Cameron Rd, it will become the central place for many of those people to use as a community centre.

We would love to hear your thoughts on what you would like to see for the village. Reasons you would not come and what could be done to improve it? What do you like about it now?

Contact the office on 571 2558 or email tgagreypower@gmail.com

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REPORT ON TAURANGA'S
COFFEE MORNING IN AUGUST

THE END OF LIFE CHOICE BILL

For the first time, Grey Power members found their way to St Enoch's Presbyterian Church in 16th Avenue for their monthly coffee morning. Before Lockdown, coffee mornings have been held at Raft Café in town but parking was often a problem there and our President has suggested that we try this option which has better parking but not the attraction of barista coffee!

Our speaker, Heather Major, came to talk about the End of Life Choice Bill, the binding referendum we will be asked to vote on in the coming election in September. Because of her personal experience and the desire to research whether the provisions in the Bill will keep our society safe, particularly the older members of our communities, she has already been asked to speak to other Grey Power Groups around the Auckland Province.

She began her talk by taking us through her own experience of seeing her husband, early in their marriage and with a year-old baby girl, diagnosed with brain cancer. He was expected to die early but in fact lived until his daughter was a nine-year-old, old enough to have a good relationship with her father. As an eighteen-year-old student in Hamilton, her daughter Rachel recently gave a speech citing five reasons from her perspective why she believes the Bill is not a safe one and not ready to be considered as law for our country.

1. She knows that doctors are not always able to give a correct prognosis for length of life in an illness. Her dad's doctor was out by about eight years.
2. In the present Bill, there is no mention of support for the mental health of the person asking for assisted dying or of the people left behind. The doctor is not required to screen the person for depression. There is no requirement for family to be consulted or told of the reason for death and it won't even be on the death certificate. Family have no way of finding out the truth if the person chose to die without informing them. This would surely lead to severe mental trauma - with no provision for mental support!
3. Her third point was that a teenaged brain at the age of 18 is not experienced or mature enough to ask for assisted dying. 25 is the age when a brain is

said to mature. An 18-year-old doesn't know what they can cope with.

4. It seems that no one is checking this process right through. If there are no witnesses required, who is there to see if justice has been breached because the key witness is dead? Nobody is going to be responsible for checking that all the forms are correct and nobody would know what really happened. In cases where an elderly person asks for assisted dying because they feel they are a burden to their family or even where a level of coercion has been applied, there is no proof and no come-back. Elder abuse would never be picked up.
5. Politicians have not made good on their promise to the 18-year-old speaker to make the Bill safe. Families of the sick person do not automatically receive any support; the doctor is required only to do his best to make it safe and the patient is not necessarily given enough support to die naturally.

Heather continued to say that a person receiving a diagnosis of a life-threatening disease, if over the age of 18, can ask for assisted dying straight away while still in the shock of diagnosis. Four days is the time given for thinking it through before following up with a lethal dose. Several things surprised the members at the meeting; turning off life support and the "Do not resuscitate" clause are not mentioned; it doesn't have to be a last resort when a person is suffering so much pain that they opt for death – uncontrollable pain is not one of the criteria for a request as we all assumed it would be; it can be a decision taken in the absence of pain or other disability; there is no requirement to try available treatments first.

It speaks loudly that out of the 6000 Doctors surveyed about the Bill, 1600 were against it in its present form and only 23 voted for it. It seems there is no legal requirement for doctors to be fully informed about the provisions of the Bill.

Heather ended her talk by saying that dignity and respect are due to every person, regardless of their choice, and the law needs to be drafted in such a way as to give that. Dan thanked her for her time and for the challenge she left us with to think through the issues raised.

This presentation was a personal perspective on the proposed legislation. Grey Power Federation has no official position on this legislation but encourages all members to vote in the referendum according to their own conscience.

SURELY YOU'RE JOKING
MR FEYNMAN

By Richard Feynman born 1918

Third instalment from his book



We lived at that time in a big house; it was left by my grandfather to his children, and they didn't have much money aside from the house. It was a very large, wooden house, and I would run wires all around the outside, and had plugs in all the rooms, so I could always listen to my radios, which were upstairs in my lab. I also had a loudspeaker not the whole speaker, but the part without the big horn on it. One day, when I had my earphones on, I connected them to the loudspeaker, and I discovered something: I put my finger in the speaker and I could hear it in the earphones; I scratched the speaker and I'd hear it in the earphones. So, I discovered that the speaker could act like a microphone, and you didn't even need any batteries. At school we were talking about Alexander Graham Bell, so I gave a demonstration of the speaker and the earphones. I didn't know it at the time, but I think it was the type of telephone he originally used. So now I had a microphone, and I could broadcast from upstairs to downstairs, and from downstairs to upstairs, using the amplifiers of my rummage sale radios. At that time my sister Joan, who was nine years younger than I was, must have been about two or three, and there was a guy on the radio called Uncle Don that she liked to listen to. He'd sing little songs about "good children," and so on, and he'd read cards sent in by parents telling that "Mary So-and-so is having a birthday this Saturday at 25 Flatbush Avenue. "One day my cousin Francis and I sat Joan down and said that there was a special program she should listen to. Then we ran upstairs and we started to broadcast: "This is Uncle Don. We know a very nice little girl named Joan who lives on New Broadway; she's got a birthday coming, not today, but such-and-such. She's a cute girl." We sang a little song, and then we made music: "Deedle leet deet, doodle doodle loot doot; deedle deedle leet, doodle loot doot doo. . ." We went through the whole deal, and then we came downstairs: "How was it? Did you like the program?" "It was good," she said, "but why did you make the music with your mouth?"

One day I got a telephone call: "Mister, are you Richard

Feynman?" "Yes." "This is a hotel. We have a radio that doesn't work, and would like it repaired. We understand you might be able to do something about it." "But I'm only a little boy," I said. "I don't know how" "Yes, we know that, but we'd like you to come over anyway." It was a hotel that my aunt was running, but I didn't know that. I went over there with, they still tell the story, a big screwdriver in my back pocket. Well, I was small, so any screwdriver looked big in my back pocket. I went up to the radio and tried to fix it. I didn't know anything about it, but there was also a handyman at the hotel, and either he noticed, or I noticed, a loose knob on the rheostat, to turn up the volume, so that it wasn't turning the shaft. He went off and filed something, and fixed it up so it worked.

The next radio I tried to fix didn't work at all. That was easy: it wasn't plugged in right. As the repair jobs got more and more complicated, I got better and better, and more elaborate. I bought myself a milliammeter in New York and converted it into a voltmeter that had different scales on it by using the right lengths (which I calculated) of very fine copper wire. It wasn't very accurate, but it was good enough to tell whether things were in the right ballpark at different connections in those radio sets. The main reason people hired me was the Depression. They didn't have any money to fix their radios, and they'd hear about this kid who would do it for less. So I'd climb on roofs to fix antennas, and all kinds of stuff. I got a series of lessons of ever-increasing difficulty. Ultimately, I got some job like converting a DC set into an AC set, and it was very hard to keep the hum from going through the system, and I didn't build it quite right. I shouldn't have bitten that one off, but I didn't know.

To be continued.....

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BOOK REVIEW

By Barbara Stimson



The Price of a life by Wayne McCarthy

Wayne McCarthy is a local Tauranga man who has written a book about prostate cancer and his personal experiences with it. He believes that he is the only person who has written a book about experiencing prostate cancer in the NZ public health system.

Prostate cancer claims twice as many deaths per year as deaths on our roads and it is now the most prolific form of cancer, edging ahead of breast cancer. One in 9 males will contact prostate cancer, yet in spite of this it's very much below the radar.

The average age of men diagnosed with prostate cancer is 66 years but all males in their 70s 80s or even 90s may contract it. Wayne has written this book to bring more awareness to people in this age group. He refers to his experience in the NZ system, and points out that Maori die at a much greater rate than their Pakeha equivalents from prostate cancer.

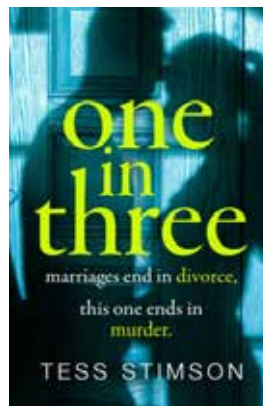
He also makes a few practical suggestions regarding various matters such as pads, trousers and shoes for post operation. Wayne also highlights the difference in treatment patients in the public system receive compared to those in the private system.

The book is published by AM Publishing. The address for the e-book is <https://online.fliphtml5.com/boksd/ttdw/>

Wayne would like to mention that although he sourced his information from the Cancer Society of NZ, they in turned sourced their information from Prostate Cancer UK.

In his acknowledgements he refers to the Cancer Society of NZ. Although he sourced this information from them, they in turn sourced it from Prostate Cancer UK.

The e-books are free and the paper book is available to members of Grey Power (prior to 31 December 2020) for \$11.49 plus postage, if any. The book will have a price of \$19.99 in book-stores. All enquiries regarding the purchase of the book should be sent to christopher.waynemccarthy@gmail.com



One in Three by Tess Stimson

Just because I can I am using my position of great power to promote the latest, hot off the press, novel by my step-daughter Tess. Her new novel 'One in Three' has just been produced in paperback and is also available digitally (Borrow Box has it and you can borrow it through the public library).

This is Tess's tenth novel (*she has also written a couple of non-fiction books*) and is, in my opinion, definitely the best. One in Three is the story of Louise who was married to Andrew, Caz who married Andrew after his divorce from Louise, and Andrew who ends up dead. Both women are there at the time of his death, which happened during a family reunion. Both women loved him - but which one of them killed him? This is a twisting turning and gripping story told from the point of view of both women and interspersed by police records and interviews. This story is guaranteed to have you constantly guessing. Who is telling the truth? Who has reason to lie? This is a sure-fire page turner which I found impossible to put down. Tess writes beautifully and creates believable characters and compelling and complex plots lines. This is pure escapism and I would highly recommend this book - even if I had no relationship to the author, and even if she hadn't dedicated the book to me!!

Just for Laughs



One day my housework-challenged husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to me, 'What setting do I use on the washing machine?' 'It depends,' I replied. 'What does it say on your shirt?' He yelled back, 'Auckland Blues!' And they say blondes are dumb...

A couple are lying in bed. The man says, 'I am going to make you the happiest woman in the world...' The woman replies, 'I'll miss you.....'

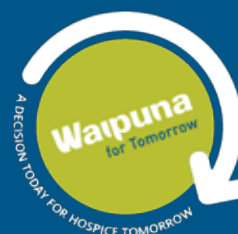
Q: What do you call an intelligent, good looking, sensitive man? A: A rumour



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TAXI CHITS from Total Mobility

Age Concern is an approved agent for Total Mobility in Tauranga. Call them on 578 2631 or visit them at 177a Fraser Street Tauranga to make arrangements for an assessment to be made about your situation. Taxi chits will give a 50% discount off the fare.

GENERAL ELIGIBILITY CRITERIA:

An eligible person must have an impairment that prevents them from undertaking any one or more of the following five components of a journey unaccompanied, on a bus in a safe and dignified manner:

- Getting to the place from where the transport departs.
- Getting onto the transport.
- Riding securely.
- Getting off the transport.
- Getting to the destination

A medical certificate is not required to establish eligibility for Total Mobility, and should not be required as part of the eligibility assessment. It is not the impairment itself that determines eligibility, but whether the impairment prevents the prospective client from undertaking the journey.

What actually is a bond?

Ref: AEST Australian National University

There was a rush of extremely cashed-up investors desperate to get a slice of July's rare 31-year government bond auction in Australia and it was similar here.

What's a bond? What's a bond auction?

The Australian government received A\$36.8 billion of bids, \$20 billion of them within hours of opening the two-day auction. \$15 billion makes it the third biggest bond sale in Australian history.

Each sale nets the government money it won't have to pay back for five, ten or 31 years at rates of interest that until recently would have been unthinkable low. The 31-year bond went for 1.94%. That means the foreign and Australian investors who bought them (including Australian super funds) were prepared to accept less than the usual rate of inflation right through until 2051 in return for regular government-guaranteed interest cheques.

Investors who bought ten-year bonds were prepared to accept only 0.92% per year, investors who bought five-year bonds, only 0.40%.

What's a bond?

Even bond traders find it hard to accurately describe what bonds are. Author Po Bronson writes a scene where a bond trader refuses to work anymore and demands to see an actual bond, "any kind of bond". He tells his boss he can't sell bonds "if he's never seen one".

Like many things that used to exist physically, they're now mainly numbers on screens, but it helps to get a picture.

This one is a US 27-year bond from 1945.



The biggest part of the paper is a promise to repay the US\$1000 it cost, in 27 years' time. The smaller rectangles are called coupons, and each year the owner can tear one off and take it in to get 2.5%. If the owner wants to sell the bond to someone else (and bonds are traded all the time) it'll be sold with one coupon missing after one year, two coupons missing after two years, and so on.

When rates fall, prices rise

The price of a bond will vary with what's happening to interest rates. If they are falling, an existing bond, offering returns at old rates, will become more expensive and can be sold at a profit. If they go up, an existing bond will become worthless and have to be sold at a loss. It leads to confusion. When bond rates fall, bond prices rise, and vice versa.

For half a decade now bond rates have been falling. They've fallen further during the COVID crisis, making bonds a doubly good investment. They offer superannuation funds and others certainty at a time when everything seems uncertain, and if rates continue to fall, they increase in value.

It is an indictment of our times that so many investors want them

WHICH POLITICAL PARTY IS BEST FOR INVESTORS?

Mark Lister, 10 August 2020

Ever wondered which side of New Zealand's political spectrum has been friendlier to share investors and homeowners?

The blue team would probably be the winner in many straw polls. National is generally considered the better economic manager, as well as the party with an affinity for big corporates and a bias to those who already have wealth behind them, such as homeowners.

However, if we look back over the last 30 years of New Zealand politics - essentially the MMP era - the numbers tell a slightly different story. In fact, it has been Labour governments that have been kindest to asset owners.

We've had four governments since 1990, and all of them have presided over steady asset price growth. The NZ share market has returned 9.4 per cent per annum since then, while national house prices have increased 5.8 per cent annually.

Each of those regimes has seen its share of ups and downs, with four recessions occurring in New Zealand since 1990. There was a fairly bad one in 1991, another in the late 1990s, then the GFC just over a decade ago, and the one we're currently experiencing. All recent governments have experienced at least one of these periods of difficulty.

The strongest period for the housing market were the Helen Clark years, with national house prices gaining 7.9 per annum when Clark's Labour Government was in power.

The best years since 1990 for share market investors have been the last three - by a reasonable margin. Under Jacinda Ardern, NZ shares have increased at an annual rate of 14.9 per cent.

This could mean a few things, or nothing at all. Maybe Labour governments have been better at managing the economy than they're usually given credit for. Maybe 30 years of falling interest rates have overwhelmed any political factors. Maybe the sample size is too small. Or maybe, in recent times, there just hasn't been as much between the major parties as in the past.

I'm no political expert, but there could be a bit of truth in that last point. Jacinda Ardern and Sir John Key probably have more in common than many of their fans like to admit.

Both are great leaders, classy orators, and have done wonders for New Zealand's image internationally. Both have had to manage us through major crises as well. However, neither has the appetite for major transformation, and both seem to prefer maintaining the status quo over rocking the boat. Perhaps that's simply what a major party needs to do to hold on to the centre and it's only the smaller parties with the luxury of offering a genuine difference.

Looking beyond October 17th, maybe markets and the economy will do what they do, regardless of who is running the show. Maybe the workers, businesses, entrepreneurs, farmers and risk takers among us are far more important, and will make much more of a difference than politicians ever will.

Sit back, relax and enjoy the election campaign. It'll be entertaining, there'll be a few twists and turns, and someone will come out on top.

There will always be sectors that find themselves on the wrong side of policy changes, while some parts of society will benefit and others will be unaffected. But should the election outcome cause you to rethink your investment strategy, and will it significantly impact your KiwiSaver account or the value of your house? Probably not.

From: *Craigs Investment Insight*, August 2020

THE LOVE DRESS

The mother-in-law stopped unexpectedly by the recently married couple's house. She rang the doorbell and stepped into the house. She saw her daughter-in-law standing naked by the door. "What are you doing?" she asked. "I'm waiting for my husband to come home from work," the daughter-in-law answered. "But you're NAKED!" the mother-in-law exclaimed. "This is my Love Dress," the daughter-in-law explained. "My husband loves me to wear this dress! It makes him happy and it makes me happy. I would appreciate it if you would leave because he will be home from work any minute." The mother-in-law was tired of all this romantic talk and left. On the way home, she thought about the Love Dress. When she got home, she got undressed, showered, put on her best perfume and waited by the front door. Finally, her husband got home. He walked in and saw her standing naked by the door. "What are you doing?" He exclaimed. "This is My Love Dress." She replied. "Needs ironing," he said.

RUBBISH & RECYCLING
FOR TCC



We asked members and other people in the community about their thoughts on the proposed rates funded kerbside rubbish and recycling scheme for 2021?

1. The questionnaire/survey regarding this was so biased toward what council wanted that many people did not make a submission. Needed to be much more open ended.
2. The majority of people want to do a better job of helping the environment but a) it's too complicated and b) they want to have a choice.
3. Rate payers want to know up front what the cost will be per household before having to agree to a scheme.
4. A lot of people have their own composting systems and recycle by using a paid contractor or go to a transfer station. Why should they, in effect, pay to subsidise those who can't be bothered or are unable to compost/recycle?
5. Will we be forced to have extra bins that need to be taken to the footpath? Many older people have never used the blue glass bins as they are too heavy to carry. People who don't drink alcohol or other beverages end up with a couple of jam jars or such like every month and they are able to drop them off to an op shop or friend to reuse. \$36 a year for an empty container.
6. Rubbish – many people want central government to work on manufacturers reducing the packaging that products are put into. Recently the Green Party have put forward a proposal for manufacturers to take responsibility for recycling some electronics, plastics and tyres.

General information about the recycling
market in New Zealand:

Paper and cardboard

The New Zealand market collects approximately 500,000 tonnes of waste paper each year via commercial or domestic council contracts. Once collected, depending on the collection methodology and sorting quality, the material is feed into 4 domestic markets. Paper and cardboard is also exported overseas, because we produce more paper and cardboard than we can recycle in NZ. The remaining material is predominately exported overseas to: Vietnam, Malaysia, India and Indonesia.

Plastics

There has been a lot of public confusion around which grades can be recycled in NZ, namely grades 3– 7. It has become evident there are only long-term recycling solutions available for grades 1 and 2 plastics. We have only officially accepted grades 1 & 2 plastics for recycling in Tauranga because we have never been able to guarantee plastics 3-7 were getting recycled once they were sent overseas. Once collected and sorted, the plastic is sent to companies within New Zealand. Any excess is usually exported overseas.

Tin and Aluminium cans

There are quite a few tin and aluminium cans suppliers throughout NZ, all of whom turn scrap material back into a raw material to be manufactured into another produce.

Glass

TCC sends all of the glass that is collected from its glass recycling service to OI New Zealand, in Auckland approximately (6,000 tonnes per annum). Glass is one of the only packaging options that is infinitely recyclable.

Q & A from the TCC website: -

- Q. What's wrong with putting food waste down a waste disposal system?**
- A. Tauranga's waste water system is designed to handle liquid wastes with only a small amount of solid waste - large quantities of food waste may block sewers and cause overflows into the environment. Also, food waste in the waste water system has to be treated differently to conventional waste and the resulting sludge has to be trucked to a landfill anyway. So, putting food waste down the sink is an expensive and risky way to manage food waste. Disposal via the sink also wastes a resource that could be turned into

compost or biofuel to improve soil condition instead.

- Q. Do we really have a waste problem?**
- A. We're (Tauranga) the only major centre in New Zealand that doesn't provide a rates-funded kerbside collection, and we have one of the worst rates per capita in New Zealand for sending household waste to landfill. Nearly 70% of our household waste going to landfill could be composted or recycled instead.
- Other cities with a similar collection have seen a significant reduction in household rubbish in landfills, benefiting their environment, the community and future generations.
- Q. Does anything actually get recycled in Tauranga?**
- A: We are expecting to be able to process all of our food scraps, recycle all of our food and drink cans and the majority of our paper and cardboard, and plastics grades 1 & 2 in New Zealand.

Many rate payers said that they don't want to use this service so can they opt out?

A from TCC: Unfortunately, if we allowed residents to opt-out this would mean the service would become too expensive to introduce city-wide and achieve our overall goal of reducing the amount of household waste going into landfill.

Although many residents have been doing the right thing by reducing the amount of rubbish they send to landfill – unfortunately not enough have been, which is why our city has one of the worst rates per capita in New Zealand for sending household rubbish to landfill.

We all need to work together to meet our goal of reducing the amount of household rubbish going into landfill that could be recycled or composted instead. We have tailored the service to reward those in the community producing less waste overall, by giving households the option of having a smaller/cheaper wheelie-bin for the rubbish and recycling collections. Not every resident wants to pay for every rates-funded service (for example, some might never use a library, others a skate park or rugby field), but rates ensure that the needs of the city, as a whole, are met. This rates-funded kerbside collection service is about what's right for the environment, community and future generations - as a whole. If you don't want to use any of the four collection bins you can ask for your bin to be picked up by the council after delivery, but you'll still need to pay for the service, so we can provide the service as a whole to the community.

HEALTHY FOOD

By Jennifer Custins



One could go on for ever reading and researching which foods are good or bad to eat or drink but the big picture seems to always be to have a wide variety and most things in moderation.

Having said that, it does seem handy to note that some of our most often used foods are particularly good for us.

ALLIUMS: - onions, spring onions, garlic, chives and leeks. These contain a number of really good properties that can help with allergies, immunity, diabetes, healthy gut, heart and more. The allium family contains sulphur so if you are allergic to that then of course avoid them. However, the sulphur for most of us is beneficial to healthier skin – spring onions in particular. Leeks can act as an antioxidant; garlic helps lower blood pressure and all help with memory and inflammation in some areas.

I find it an easy vegetable to prepare and add to many of my savoury dishes and hopefully I'll stay healthier for longer!



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THE GOOD OLD DAYS!



Long ago life in the kitchen was pretty uncomplicated and the food was fairly simple. Fish on Friday, something a bit special on Saturday and a roast on Sunday. Winter usually involved pies of some sort – often made with left overs so there was much less waste. The rest of the week was made up of cold meat, mince, something made in a pressure cooker or a stew. Summer was easier with an abundance of fresh veges and fruit. Lamb and pork chops became a staple of NZ BBQ food. Salads were made with crunchy lettuce, tomatoes and hard-boiled eggs covered with lots of creamy mayonnaise. Dessert was a must, which was often stewed fruit and ice cream, sago or semolina pudding or something with jelly. Special occasions meant you might have pavlova or a trifle made with bottled fruit and in the winter, it was rice pudding, apple crumble or lemon meringue pie!

Do you remember afternoon teas when grownups used cups and saucers, and had an extra plate to put a delicious piece of cake on? This was anything from a square of chocolate rough, to scones or a slice of sponge filled with cream and jam!

Going even further back, unpasteurised milk was churned into butter and cheese. Most people had chickens for eggs and meat, and most had vege gardens. If they didn't, there was often a local person who was happy to share their produce. It amazes me that so many of us from that time are still alive given that there was almost no, or very little, refrigeration. Somehow our immune systems were able to cope with the odd bit of bacteria here and there! Also, we fried our eggs in butter, did the roast in fat from the last one and we baked with butter and cooked using lard or fat - which didn't turn out to be such a good idea as we had a very high rate of heart failure for people in their 60's.

Now we are faced with rows and rows of different oils to choose from instead. All the cooking shows have chefs adding vast quantities of olive oil to their cooking recipes. Are all oils equal? *See the next issue for that information!*

My parents immigrated to NZ from England in the late 40's and 5 years later purchased a piece of land, in an auction, which was far too big and uncultivated with 13 other sections bordering it. Somehow my parents, almost fresh out of city life in London, set to work to

clear the land and build a modest house in the middle of it. A third was planted with 38 fruit trees, a third into vegetables and flowers and the rest was an enormous lawn that required endless hours of lawn mowing and edges trimmed by hand.

The fruit trees loved it there and flourished, but the down side was that for months my father would bring in buckets of fruit that had fallen and/or been pecked by the birds. This took up room on the kitchen bench until my mother peeled and chopped and cooked and bottled them. She used to complain that we never seemed to pick and eat a perfect one from the tree! The sight and smell, particularly of Golden Queen peaches, will always be with me and I can remember now the rows and rows of big AGEE jars high up in the cupboards.

Life in the kitchen then may have been uncomplicated and simple but very labour intensive. On the other hand, women were able to be at home all day to cope with all this extra work which they fitted in round doing the housework and endless piles of laundry - often done by hand.

Nowadays it is so very different, still the same number of people to feed in a family but no time to do it. We have state of the art refrigeration, everything is wrapped twice in plastic, but despite that a very unpleasant virus has crept into our lives. This has caused many people round the world, especially the young, to question the way things are. The younger generation have no real personal experience of the simpler way of life and yet that is what they are asking for now. They are worried about climate change as well and are researching how we could live in a healthier, greener and more sustainable way. A Young Leaders Forum is looking at ways, through a 'reset program' that a more balanced and compassionate way of life could be achieved. They want to work towards a nature-based economy which priorities the human relationship with nature.

It was very interesting that during Level 4 lockdown so many people went back to home cooked food, growing their own vegetables, sewing, knitting and exercising out in the fresh air. It seemed that with more free time people were more than happy to lead a more nature-based life.

I made vast quantities of apple and guava crumble and froze most of it. I'm so enjoying a warm plate with cream on the odd evening, which takes me back to the 'good old days'!

Jennifer Custins



REMEMBER THIS?

Blancmange

Classic, creamy and comforting, blancmange is really the French version of panna cotta. It is delicious all on its own, or served with a variety of toppings such as home-made jam or stewed fruit.



INGREDIENTS

- 1 tablespoon cornflour
- 2/3 cup (160ml) milk
- 2 teaspoon sugar
- 1/4 teaspoon vanilla essence

METHOD

- 1 Blend cornflour with 1 tablespoon of the milk in a small bowl until smooth.
- 2 Bring remaining milk to boil in small pan; remove from heat. Add sugar, vanilla and cornflour mixture, stirring over heat until mixture boils and thickens.
- 3 Pour blancmange into small bowl, cover; refrigerate several hours or until set.

Flavours such as strawberry, chocolate, almond or almost anything can be added. It can be stored, covered in the fridge for up to 2 days. Take a trip down memory lane and give this one a go. Very simple and easy to make.



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Specialised Smoke Alarms for People with Hearing Impairment

With winter upon us and heaters and fires blazing, it's an appropriate time to share some information about specialised smoke alarms for people with a hearing impairment.



All conventional smoke alarms in NZ emit a high-pitched sound which can be difficult for people with age or noise related hearing loss to hear, especially when their hearing aids are removed at night for sleeping.

Specialised smoke alarms look like conventional alarms however they transmit, via radio waves, to a receiver by the person's bed. The receiver can vary in function however it always consists of a bright strobe light with an attached shaker which is placed under the pillow giving people early notification of smoke/fire in their home.



If you, or someone you know has a hearing loss it could be worthwhile checking if they can hear their conventional smoke alarm especially during the night. If not please contact Life Unlimited Hearing Therapy for a free assessment. Our hearing therapists are qualified assessors for this specialised equipment. There is some funding available where specific criteria are met. Fire and Emergency New Zealand (FENZ) are also involved in the assessment and installation of these smoke alarms.

Ph 0800 008 011 or email hearing@lifeunlimited.net.nz for further information.

BPPV? Do keep reading....

By Liz O’Riordan

Benign Paroxysmal Positional Vertigo - my goodness that’s some title. I had a bout of this just after lockdown and thought I would share some knowledge with you because it can happen to anyone, but more especially the over 50s and more particularly women.

I sat up in bed one Friday morning and my head started to spin.....then stopped. Odd I thought. I got up as normal but when I went to put on my shoes, and ooops spinning again. Off I went to my reformer Pilates class at Bodysense, and halfway through it happened again. “Hmm” I thought “off to the doc with you my girl”. After walking in a line heel to toe, balancing on one leg and then another, and having my head manoeuvred whilst lying down the doctor was pretty sure it was BPPV and suggested I book an appointment at the Vertigo Clinic.

I’d never heard of such a place and having made an appointment I spent the weekend trying not to move my head too much. My husband drove me to the clinic as I wasn’t sure if I should actually be driving and, in some trepidation, went in for my appointment. I shouldn’t have worried as Gemma was most understanding and after taking a history explained the procedure really clearly. The procedure name is CRT which stands for Canalith Repositioning Technique (which is a broad term for a number of techniques for BPPV) and the specific technique that Gemma used is called the Modified Epley Manoeuvre. All done and my head was no longer spinning, but just to be on the safe side we waited 15 minutes and repeated the procedure. Since then I’ve had no repetition of the problem, and I’m armed with the knowledge that I can attend the clinic without a doctor’s referral should it ever occur again.

The ear's role inside your ear is a tiny organ called the vestibular labyrinth. It includes three loop shaped structures (semi-circular canals) that contain fluid and fine, hair-like sensors that monitor the rotation of your head. Other structures (otolith organs) in your ear monitor movements of your head — up and down, right and left, back and forth — and your head's position related to gravity. These otolith organs contain crystals that make you sensitive to gravity. For a variety of reasons, these crystals can become dislodged. When they become dislodged, they can move into one of the semi-circular canals — especially while you're lying down. This causes the semi-circular canal to become

sensitive to head position changes it would normally not respond to, which is what makes you feel dizzy. Vertigo can make you feel out of control and frightened but in most cases of vertigo the causes aren’t a serious health threat and some cases resolve on their own. If not then a visit to Justine or Gemma at Tauranga's very own vertigo clinic will hopefully fix the problem.



Justine Drummond, founder of The Vertigo Clinic 344, Otumoetai Road, Tauranga 021 999 963 or 027 544 2732

\$2.99 SPECIAL

If you are a senior you will understand this one; if you deal with seniors, this should help you understand them a little better, and if you are not a senior yet... God willing, someday you will be...

The 2.99 Special

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99. 'Sounds good,' my wife said. 'But I don't want the eggs..' 'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously. 'YES!' stated the waitress.. 'I'll take the special then,' my wife said.. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' my wife replied. She took the two eggs home and baked a cake. **DON'T MESS WITH SENIORS!!!**



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A reminder to sign up for the new Bee Bus cards if you using the bus service. These are used in conjunction with the Gold Card and can be ordered online at www.BeeCard.co.nz or at this stage call us or a friend for assistance if you are not able to use the internet.

GREY POWER ELECTRICITY - A reminder that you must be a current, paid up member to benefit from the electricity/gas/LPG discounts. Renew or join today and then phone 0800473 976 or go to www.greypowerelectricity.co.nz

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 However if you don't have internet access always phone the office to ask for advice.

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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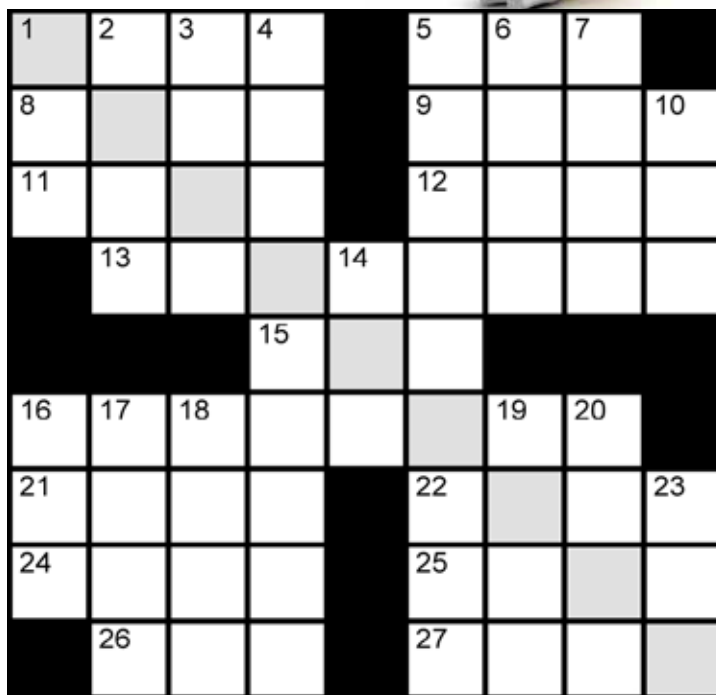
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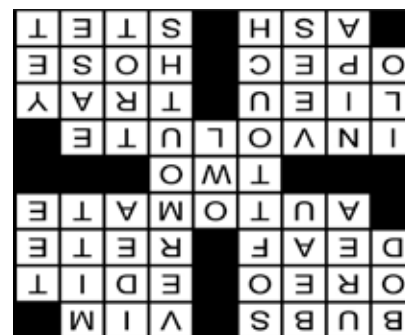
1. Old-style "dudes"
5. Pep
8. Three-ply snack
9. Computer menu option
11. Not hearing
12. Nerve network
13. Mechanize
15. Wee hour
16. Rolled up in a spiral
21. In ___ of
22. Cafeteria carrier
24. Oil cartel
25. Nozzle site
26. Volcano output
27. "Let it stand"

Down

1. Physique, slangily
2. Fertilizer chemical
3. Sweetheart
4. Borrower's easy target
5. Used in martinis and manhattans
6. Think tank nugget
7. Catcher's need
10. Golf ball prop
14. Hooter
16. 1969 Peace Prize grp.
17. Asian palm
18. Flying formations
19. Easy gait
20. Facilitate
23. "Is it soup ___?"



Greek Food



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