



**Join Grey  
Power  
today for  
your better  
tomorrow**

**Grey Power electricity - gas & broadband  
cheaper rates for our members!**  
- see page 14

**AGM: 9th April. - see page 3**

**Join a Club! - see page 7**

Auckland Greypower Office

557 Blockhouse Bay Road, Auckland  
(opposite the Library)

Phone 09 626-0895

Email: 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

www.aucklandgreypower.org.nz

Joining us is easy

All memberships are \$25 single, \$30 double  
see page 13 for details on how to join.

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magazine, comments on articles and issues of  
relevance to members is encouraged. Please  
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President's Message

Greetings Everyone, Kia ora,  
Another year .... And despite  
more disruptions due to  
Covid-19 we have managed to  
hold our Committee meetings  
and one public event.



We have also planned a number of interesting  
events. (See page 3.) Please mark your diaries or  
calendars or pull out the page and put it in a place  
where you will see it.

The meeting at Selwyn Heights Retirement Village  
was well attended and much enjoyed by members  
and friends.

If possible, come to the AGM in April. We have the  
CEO of the ADHB, Ms Ailsa Claire, speaking on the  
Present and Future Health Care of the Elderly.

Do support some or all of the events we have  
arranged. We would love to see our members and  
welcome hearing their views and suggestions.  
We certainly had a wide range of questions and  
suggestions at the Selwyn Heights meeting.

Nga mihi nui. Very best wishes,

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

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Future Meetings

Wednesday 17th March 2021 at 1.30pm

WAITAKERE GREY POWER General Meeting.

Te Atatu South Community Centre at 247 Edmonton Road, Te Atatu South.  
Guest Speaker Prof Boyd Swinburn, Nutrition Needed for Elder Ages To Stay Healthy.  
All members of the public and Grey Power Members are invited to attend.

Friday 9th April 2021

AUCKLAND GREY POWER - AGM 1.30PM

Fickling Convention Centre, 546 Mt Albert Road, Three Kings  
GUEST SPEAKER Ms Ailsa Claire, CEO, Auckland District Health Board  
Current and Future Hospital Care of the Elderly.  
(see further details below)

COFFEE MORNING

Thursday 6th May 2021 10am. Details to be confirmed  
Issues of the Day

Notice of Annual General Meeting

Auckland Grey Power Association is holding its AGM on Friday 9th April 2021 at the Fickling  
Convention Centre, 546 Mt Albert Road, Three Kings. Doors open 1.00 p.m. Meeting starts 1.30 p.m.

2.00 p.m. GUEST SPEAKER: Ms Ailsa Claire, CEO, Auckland District Health Board,  
will speak to us on Present and Future Hospital Care of the Elderly.

AGENDA:	1. Welcome and Apologies	5. Financial Report
	2. Minutes of last AGM	6. Changes to Association Constitution*
	3. Matters Arising	7. General Business
	4. Presidents Report	8. Election of Officers

\* a) AGM notification time. b) Executive Committee: number of members, defined roles and duties.  
c) Life membership class. d) and some other minor corrections.

Afternoon Tea.

Nominations for Committee positions are open to any financial member. Contact Secretary for  
details. Nominations to be received up to 5 p.m. on 7th April. Copies of the precise remits and  
changes to be updated can be obtained from the Secretary prior to the meeting.

PLEASE NOTE: If AGM cannot proceed on 9th April due to Covid Alert Levels check our face-  
book or web page for a new date and time or alternatively phone the office.



## MEMBERSHIP RENEWAL TIME.

Please renew your membership over the next month if it is due. Usual end of year is 31st March.

Renew by online banking or cheque to our mail box or call into the office with cash or cheque. Your support is needed and we need you.

### DO YOU HAVE A BUSINESS?

Auckland Grey Power wants to re-establish its Discount Booklet. If you will offer a discount to Grey Power members please contact us to be a part of the booklet.

Send the details about your business by email or write in or phone our office. (See page 2)

### Do you want to make some dollars?

Stall available outside our office every second Saturday. Have you got goods to sell? Sell your goods and promote Grey Power. Contact Gillian, 09-626-0895.

## Remember Grey Power in your Will.

### NEED A TRADESMAN? OR HAVE A PROBLEM?

Ring **AGE CONCERN**, (09) 820-0184. It only costs \$20 a year to join them

## Online banking

Things have changed rapidly. Cheques are on the way out. Banking is all about making a profit. We have to adapt. We're smart enough to do it. If the Queen can learn to use the computer at age 94, then I am sure New Zealanders can do it too.

So ONLINE BANKING.... Give it a go.

Every bank is willing to show you how to use the computer key board (which is just set out like an old fashioned typewriter) to make payments to any account anywhere. It is dead easy. So do not be afraid of having a go.

The staff at all banks are more than willing to show you. You can make an appointment time by ringing them up to see a staff member. Or just walk in with your bills and ask them to show you how to do it.

This is safer I am told than using your computer at home. And if you need help each time, the staff will assist you.

I had trouble remembering my password at my bank. So I have had to ask for help several times. The old saying.... If you don't use it, you lose it.

I seem to have so many passwords for various things that I would forget my password.

I have solved my problem. I have decided to use the names of my long-dead ancestors and part of their date of birth. Problem solved. As long as I remember which ancestor with which bank!

It is very important to type in the correct bank account numbers you are sending money to. So if you need help, ask the staff to put in the details for you. They will repeat what they have typed in for you to confirm they are correct.

You can of course set up the accounts names of regular payments such as Council rates, electricity payments and Clubs or accounts we wish to make regular donations to with all the various details. Bank staff help with this.

Of course, one can arrange automatic payments, but I like to see the bill before I pay it. (GD)



# RYMAN PIONEERS

*Certainty*

## THE FUTURE. YOU'RE GOOD.

**When you choose a Ryman village, you're set. Our Peace of Mind Guarantees are designed to protect you, so whatever the future holds, we've got your back.**

- From independent and assisted living to resthome, hospital, and in most villages, specialist dementia care.
- There are no hidden costs, no surprise costs when you move in and no administration fees.
- Our base weekly fee is fixed for the entire time you occupy your townhouse or apartment\* and the deferred management fee is capped at 20%.

\*Some conditions apply

Having certainty inspires confidence. It's just one of the ways we're pioneering a new way of living for a new retirement generation.

**From Orewa to Pukekohe, we have 11 Ryman villages in Auckland.**

Each one is unique and provides you with a village community within your local community. To find the village that's right for you, or to enquire about availabilities, simply give us a call or visit us online:

**0800 000 290**  
**rymanhealthcare.co.nz**





# Cream Custard Fruit Sponge

by Gillian Dance.

Split a store-bought sponge into two halves. Spread whipped cream over each half. Then spread store-bought custard over them. Then decorate with tinned peach slices and strawberries or blueberries etc. Keep in fridge until ready to serve. Cut into small wedges to serve.



# Smartphone tuition

by Gillian Dance.

If you need to learn more about your smart phone, i-pad etc then Book A Librarian. They will give you an hour of instruction and show you whatever you want to know about.



Three ladies in their 80s came into our Blockhouse Bay office and ended up making arrangements to have lessons with the local librarians.

There is no age limit on learning. If the Queen of England can learn to Zoom and Skype at 94 then so can we. (We might only need better glasses!)

# FREE SHINGLES VACCINES

These are available from your doctor.

Shingles can be a very painful condition.

It is caused by a herpes zoster virus similar to chickenpox. It attacks the nerve endings and causes a rash and blistering on various parts of the body.

It can be fatal if left untreated.

Older people are more susceptible to getting it. Especially if you have had chickenpox as a child.

You need to see your doctor as soon as you feel or see any symptoms because the sooner treatment starts the less it effects you and the faster you recover.

It's obviously far better to get the free vaccine and avoid getting SHINGLES. (GD)



# FREE BOWEL SCREENING CHECKS

These are now available for all people between age 60 and up to 74.

The test is simple clean and can be done at home. The test kit is sent to you with instructions. It is part of the National Bowel Screening programme to detect cancer early and prevent deaths.

Again see your doctor and request it. A stitch in time saves nine! (GD)

# Considering a Retirement Village?

Mr Troy Churton, a Financial Retirement Commissioner, who is an expert on Retirement Villages, gave us a thorough and excellent outline of the things to be considered when moving into a Retirement Village to a very appreciative audience.

We all enjoyed a good chat after the meeting over a lovely cup of tea and coffee. Many thanks to Kathy and Paul Davie who organised it. The afternoon tea included some very nice sandwiches. Not one was left over.



Troy Churton enthalls the audience. Photo by Heldur Bender.

# Join a Club!

Lots of folks enjoy social membership of clubs. Here are a few recommended by our members. If you belong to any clubs you recommend, please send the details for future publication.

**Auckland Cycle Touring Association.** Does social bike rides every Saturday, Sunday, & Wednesday. Also other social activities such as potluck dinners. Stay fit and healthy: meet interesting people and see the countryside! [www.acta.org.nz](http://www.acta.org.nz)

**Association of Book Crafts.** This is a club for amateur bookbinders and book-lovers. Regular afternoon meetings held at MOTAT, with interesting guest speakers. Also offer training sessions. [www.abc-nz.org.nz](http://www.abc-nz.org.nz)

**Auckland Philatelic Society.** Holds two evening meetings each month in Mount Albert Senior Citizens' Hall. Meet interesting collectors and see the fascinating displays each meeting! Also holds an annual exhibition. [www.aps.gen.nz](http://www.aps.gen.nz) Phone Nick, 817-5668.

**Soil & Health Association.** This is a club for organic gardeners and folks interested in healthy living.

Monthly evening meetings held at Western Springs, with interesting guest speakers and Powerpoint slide-shows, followed by supper. Has a great library, and seed-exchanges. Also organise some field trips on weekends. [www.organicnz.org.nz/auckland-branch](http://www.organicnz.org.nz/auckland-branch) Phone Adrienne, 480-0458.

# FURTHER CLUBS

Local clubs can be found by visiting your local Community Centre and picking up the brochures they have there. Service Clubs such as Lions or Rotary Clubs and sporting clubs can be found all over Auckland such as Master Athletics and Master Swimmers for age 35 to 95+.

Orienteering, Dancing, Singing, Bowling indoor and outdoor, Gardening and Canoeing Clubs can be enjoyed by all ages. Community Gardens to grow your own food, Bee Keeping and Fix it Sheds, can be joined. Knitting groups meet in libraries.

Social Clubs such as Friendship Clubs, U3A, RSA, Church Groups, Communicare, Selwyn Foundation, Hindu Elders, Shanti Nivas, and many diverse social and cultural groups can be found by contacting your local Citizens Advice Bureau or searching online.



A Heartland Reverse Mortgage is similar to a normal home loan that has been designed for the needs of people aged 60 and over.

Heartland Reverse Mortgages have helped over 18,000 New Zealanders live a more comfortable and enjoyable retirement. A Reverse Mortgage can be used for a number of purposes including home improvements, assisting family, medical and healthcare, repaying debt, day to day living expenses or unexpected costs. A Heartland Reverse Mortgage offers considerable flexibility and protection, including:

- Maintain ownership of your home.
- Flexible drawdown options.
- No regular payments required.
- Designed to provide you peace of mind.

For more information visit [heartland.co.nz](http://heartland.co.nz) or call one of our Reverse Mortgage specialists on 0800 488 740.

# Retire with financial freedom with a Heartland Reverse Mortgage

HEARTLAND  
REVERSE MORTGAGES



Heartland Bank's lending criteria, fees and charges apply.



## BOOST YOUR CONFIDENCE

Social activities and outings should be fun and a thing to look forward to, but unfortunately for some it can also bring up some uncomfortable feelings. When we think of parties and get together, some people tend to shy away from the activities due to fears around bladder weakness or incontinence. Despite these fears, it is important for us to remember that these symptoms are more common than we think – 1 in 5 people experience some form of continence struggles in their lifetime. With these statistics, we need to ask ourselves why we are feeling shy, embarrassed or uncomfortable, and strive to be more confident in who we are. To help with these struggles, here are a few tips to help manage these discomforts and live a life in full view!

### 1. Keep Hydrated

Some people believe that by reducing fluid intake, they won't have to go to the toilet as often. Well this is what really happens: your urine becomes concentrated (a dark yellow colour) and this irritates the inside of the bladder. Your bladder then wants to squeeze itself to remove the urine making you have to go to the toilet more often. Even worse, some drinks also have this effect on your bladder – drinks that have caffeine in them such as coffee, tea, soft drinks, energy drinks and alcohol should be reduced to help us maintain a healthy bladder.

So how much fluid should you drink each day? It's a simple question with no easy answers. Studies have produced varying recommendations over the years, but in truth your water needs depend on many factors; including your health, how active you are and where you live. Consequently, try to drink when you are thirsty but keep in mind that you should be having around 6- 8 glasses of 250 ml of fluids per day. Just remember that water will always be your best choice of fluid!

### 2. Try to keep alcohol intake in check

To promote a healthy bladder, it is recommended to have at least 2 alcohol free days a week – however the more the better! Both men and women should consume no more than 2 standard drinks on any day (which may be hard during the festivities) where one standard drink is equivalent to:

- One 375ml can or stubbie of mid-strength beer
- 100ml wine (13.5% alcohol)
- 30ml nip spirits
- One 250ml can of full strength pre-mix spirits (5% alcohol)

### 3. Eat plenty of unprocessed, fresh foods

It all boils down to this simple rule. Processed foods (biscuits, cakes, takeaways, soft-drinks etc.) are all laden with sugar, salt and bad fats – so fresh is best! Don't think of it as a 'diet', think of it as 'eating well'. Remember, it's also a good idea to eat more fibre, which can be found in vegetables, fruits and whole grains. This helps prevent constipation – a cause of urinary incontinence.

### 4. Toilet Visits

Teach your bladder good habits! Try not to go to the toilet 'just in case'. This can result in a lazy bladder that gets into the habit of believing it needs to be emptied regularly. Try to go to the toilet only when your bladder is full, and you really need to go. Also, whilst you are out and about, to help you be better prepared find a toilet close by for you in advance.

### 5. Get moving!

Honestly, we all know that we sit on our butts way too much, but we make lots of excuses as to why we can't exercise. Let's change our mindset and decide that it isn't exercise that we are going to do, but just moving. By 'moving' 30 minutes at least a day, you will be doing your body (and its future) a huge favour. This will help by keeping your bowels regular and assist you in losing any extra weight that may be putting strain on your bladder and its supporting muscles. There are lots of different ways to get moving but the trick is to find something that suits you. Try parking the car further away from your destination and walk the extra distance instead. That will be a great start!

### 6. Use the right protection

Make sure you are using the correct size and absorbency for your continence products. If you are not using the correct product, you may find that the performance will not provide the results you require and you may feel uncomfortable. If you are unsure if you have the right product for your needs, Lille Healthcare NZ can send you a few samples to try before you buy.

### 7. Personal Hygiene

Good personal hygiene is very important in managing incontinence. If you wear an absorbent product it is always a good idea to have a pack of wet wipes or wet wash gloves on hand for your personal hygiene and wellbeing so that you can refresh when needed. Please remember, if you have any questions surrounding your bladder discomforts or continence troubles, you can reach out to the Continence NZ Helpline

**0800 650 659** or email [info@lillehealthcare.co.nz](mailto:info@lillehealthcare.co.nz).

Ref: <https://www.ontexhealthcare.com.au/articles/boost-your-confidence-this-festive-season/> December 12, 2018

## How to get Council to fix or repair something

If you notice something needs to be repaired or there are overgrown bushes on footpaths, or any other issue, let Auckland Council know about it.



Do it straight away. It's easy to put it off and then nothing happens.

Phone Council on 301-0101. Or email them via their website form, at [www.aucklandcouncil.govt.nz](http://www.aucklandcouncil.govt.nz) Give the exact address of where the problem is.

Every Request For Service is allocated a Job Number. Ask for the Job Number and then the matter can be tracked. Hopefully the matter will be attended to, but it will be easier to find out what is happening if you need to follow the matter up.

Some matters fall under other bodies than Council. You might need to ring them. Water issues such as leaking pipes are repaired by Watercare: phone 09 442-2222 (24 hours, 7 days a week).

Auckland Transport (AT) looks after bus shelters, roads, railways, and footpaths. Phone 366-6400.

Auckland Council – usually looks after anything in the public domain. Anything that needs attention in parks, or public toilets or halls etc. Phone 301-0101.

## KEEP YOURSELF SAFE!

When out and about, be alert to who is passing or approaching you.

Even greet them. They will then know you can identify them.

Keep an eye on your handbag.

Put your hand bag in your car and shut the door, and then put your groceries in the boot. Do not leave it on the roof of the car. Only keep in it what you need for shopping or your day out.

Put your keys in your pocket, if you can. Then if you lose a bag, your house and car keys are still safe with you.

It is safer to clutch your handbag rather than have it hanging over a shoulder or an arm. Or hold a small hand purse containing cash or credit card. You only need one – not all your cards.

There have been instances of people falling and being dragged after a hand bag theft.

There has been bag-snatching here in Auckland. One woman even died.

So think and prepare yourself to shop safely. This will reduce your chances of becoming a victim of crime.

The good news is that people age 65+ are the least likely to be victims of crime.



Source: Crime Statistics Study NZ



DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

**ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR**

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

Order now at [www.lillehealthcare.co.nz](http://www.lillehealthcare.co.nz)



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



# WHY DO PLANE TRAILS FORM?

Condensation occurs when the hot exhaust air from the planes engines meets the very cold air at that altitude.

It turns into ice particles and as the plane travels in a straight line a long straight cloud is formed behind the planes line of travel. It then disperses and the line cloud slowly disappears from our vision.

People often refer to them as contrails which is short for what they are – condensation trails.

Many people believe all sorts of conspiracy theories about them. Some are afraid of them and credit them with all sorts of strange explanations.

So if you did not know before, you will now know the rational scientific explanation. And the next time you see one you will know how and why they form.

The elaborate designs from planes in aerial displays are similar. (GD)



# SERIOUSLY SENIOR QUIZ

This will really get your brain cells seriously challenged. An easy one first. Send us your questions to be included in the next issue.

- 1. You're travelling on a boat. Its filled with people. When you look again you don't see a single person on it. Why?
- 2. What is seen in the middle of March and again in April that can't be seen at the beginning or end of the month?
- 3. I have cities but no houses. I have mountains but no trees. I have water but no fish. What am I ?
- 4. What are the next three letters in this series? OTTFSS
- 5. A girl has as many brothers as sisters but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?

Answers: See page 15.

# Meet The Family

## Oliver Davey

Just Funerals is one of the few family owned and operated funeral homes in Auckland. In recent years many of the New Zealand owned and operated firms have been purchased by large overseas companies and some can be found advertising 'Family Operated'. At the core of Just Funerals, Steven, Vicky and eldest Son Oliver run and manage day to day operations.

Oliver was the youngest person ever to enrol and successfully complete the New Zealand Diploma in Funeral Directing at age 18.

Oliver has been with Just Funerals since its inception 8 years ago, from helping prepare coffins, to growing with the business and now arranging and directing funerals himself.

When arranging a funeral for a family 'nothing but the best care and service' is what Oliver will deliver to families when their loved one is in our care.



editorial supplied by Just Funerals



'Keeping Traditions Affordable'

Auckland's Most Affordable Funeral Home

0800 80 4663

Proud to be Family Owned and Operated

## Pricing Includes GST

### Private Service with Cremation \$3550\*\*

Transfer into our care, Temporary Preparation, Eco Casket, Hearse Transfer to Funeral, Hand tied bouquet of seasonal flowers, Preferred Crematorium Cremation Fees, 1 Death Certificate



Onsite 35 Seat Chapel



Comfortable Arrangement Room

### Chapel Service \$4900\*\*

Transfer into our care, Eco Preparation or Embalming, Eco Casket, Hearse Transfer to Funeral, 1 Hour Gathering at any Chapel, Celebrant or Minister Donation, 30 Colour Service Cards, Music, Standard Cremation Fees, Hand tied bouquet of seasonal flowers, Preferred Crematorium Cremation Fees, 1 Death Certificate



Traditional & Modern Vehicles

### Family Burial Service \$2900\*\*

Transfer into our care, Preparation Wood Grain MDF Unpolished Casket, Dressing at Funeral Home, Temporary Grave Marker, 1 Death Certificate

### No Service Cremation \$2125\*\*

Transfer into our care, Dressing your loved one, Eco Kit-Set Ply Casket, Preferred Crematorium Cremation Fee, 1 Death Certificate

FREE Information Pack Available

14 Bassant Avenue, Penrose, Auckland

Chapel | Arrangement Room | Dinette | Casket Display Area | Qualified Funeral Directors

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

# Grey Power Aims and Objectives

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

## Visual Personality of our Organisation

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

## Grey Power policies

### Superannuation

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

### Health

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

### Social services

Grey Power believes all persons in New Zealand should have access to and be accurately informed, of all entitlements, initiatives or changes that affect them. Equal opportunity must exist in all areas of Social Services to ensure a fair and equitable standard of living for all.

### Essential services

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

### Law and Order

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

### 50 plus

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

### Privatisation

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

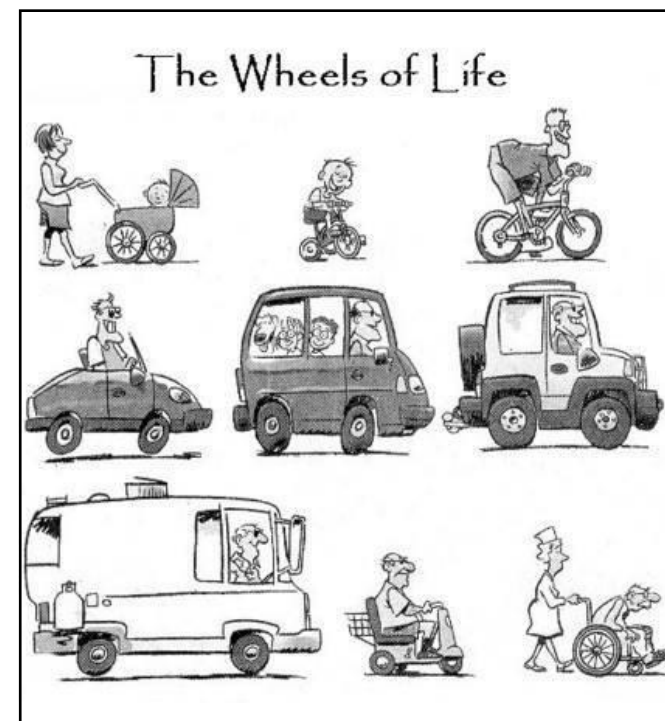
Since Grey Power's inception in the mid-1980s, in response to the introduction of taxes discriminating against older New Zealanders, the society has won recognition as "the voice of the over 50's" and has successfully lobbied government and local authorities on issues threatening older people's ability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

**You need Grey Power, and Grey Power needs You!**

### Avoiding Dehydration

As the hot weather continues, here is a reminder to you to keep your fluid levels up! We all know that hydration is important and that becoming dehydrated can lead to health issues. Older people are more prone to dehydration for several reasons and the health impact can be more significant. Professor Carol Sham, health researcher at Massey University has recently published a pilot study that found that only 15% of older people studied met the recommendations for fluid intake. 16% of participants were clinically dehydrated and a further 27% had impending dehydration – a total of 43%!

Interestingly, as we age our thirst perception becomes impaired – we simply do not feel thirsty as much, even if our bodies are not receiving enough fluids. Does this ring true for you? Our kidneys function also naturally declines as we age, so maintaining adequate fluid intake is so important. As we age, we cannot rely on responding to our thirst alone, we need to build fluid intake into our daily routines. Consider having a glass of water at set times or when you watch a certain TV programme or listen to the news on the radio. Or if you are tech savvy, perhaps you could set alarms on your device to remind you.





## GARDENING CORNER

### PRUNING

Time to prune the fruit trees and canes again. Google or get a good library book if you are not sure of what to do.

Basically, remove any deadwood. Remove any cross branches. Thin out excess growth in the centre to let light and the wind in. This helps fruit to ripen and to reduce disease such as brown rot in peach and nectarine trees.

Reduce the height by no more than a third. This depends on when you last pruned... if ever?

Trees will respond by shooting upwards if you give them a straight crew-cut. So cut to an outward lateral bud to encourage them to grow in that direction.

Make sure you leave next year's fruiting wood on your trees.

Know before you take to cutting your tree. Otherwise.... Little or no fruit next year!

Clean your cutting tools between trees. Disinfect to prevent spreading viruses being spread. Trees do get diseases and die.....

Remove any diseased leaves or old fruit from around the trees. Rubbish bin it. Never compost it.

Get your vegetable patch ready for winter seedlings to go in. Dig well-rotted compost in but not too deep. Put your seedlings in now while it's still warm.

Remember to deadhead the roses, the lavender.... everything. Most plants will be encouraged to form more buds to flower for you. The plants "decide" they have done their job and stop producing more flowers if you don't remove old dead ones.

Enjoy your gardening.

— Gillian Dance.



## 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](http://www.greypowerelectricity.co.nz)



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our magazine to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*

### QUIZ ANSWERS

1. They are all couples.
2. The letter R.
3. A map.
4. ENT (each letter represents the first letter in the written numbers: One, Two, Three, Four, Five, etc).
5. She has four sisters & three brothers.

## RENEW YOUR MEMBERSHIP FOR 2021.

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 still have E2021 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 13.

## 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 back to face-to-face meetings.  
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**

If you have issues  
with your computer  
or devices,

call Kiwi Tech:  
09-815 1525

or email:  
[help@tech.kiwi.nz](mailto:help@tech.kiwi.nz)

mobile:  
021 731 211





# Join Us Before You Need Us

## Membership Application Form 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: *Please tick one.*

1. weekly ☐ 2. monthly ☐ 3. occasionally ☐ 4. sorry, unavailable. Helping by being a member ☐

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 56 2021 Autumn



### Payment Options:

- 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.*
- Set up direct debit to one of our bank accounts payable before 31st March annually. Details as in option one above.
- Pay at any TSB or Kiwibank branch convenient to you. Details as in option one above.
- Mail cheque (no Cash) to Auckland Greypower, PO Box 48 157, Blockhouse Bay, Auckland 0644.
- Pay in person at the office, 557 Blockhouse Bay Road, Auckland (for hours see page 2).

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

### Benefits of Membership

- 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
- Regular publications, our newsletter and the Federation's magazine.
- Accident Insurance – \$2,000 free for our members in the event of death by accident. To register contact AIL: [www.ailnz.co.nz/request/](http://www.ailnz.co.nz/request/)
- Save with Greypower Electricity on power and phone. Call 0800-473 976, [www.greypowerelectricity.co.nz](http://www.greypowerelectricity.co.nz)
- Savings on own and on partner's Medical Insurance – go to [www.vestacover.co.nz](http://www.vestacover.co.nz) for more details.

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