ROTORUA GREY POWER

Phone: 07 - 346 1739 | Email: greypower.rotorua@gmail.com | www.greypowerrotorua.org.nz **AUTUMN ISSUE 2021 Bath House at dusk** Cover photo by: Wieland Hartwig ift Offer I Did you feel the earth shake in January PAGE 8 Grey Power needs you PAGE 16

May 3 Forum - banking changes PAGE 10

GREY POWER ROTORUA

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If there are issues you would like Grey Power Rotorua to take up on your behalf, let your Committee know by phone or contact us via our

website www.greypowerrotorua.org.nz or email greypower.rotorua@gmail.com

REMEMBER Grey Power Rotorua when you change your contact details

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A few words from your immediate past president ...

Kia ora koutou. Happy, healthy new year, everyone!

I've been invited to share my thoughts on how we go forward ... for some this will make their minds go blank, having a feeling of treading water waiting to glimpse what the future might turn out to offer them. For others it's all looking pretty gloomy, and of course for still others it's "just get on with it".

Well, get on with what, and how? More specifically, how does this Association move forward? No doubt the Federation and other Associations are contemplating just these matters, and we will read about it in due course. For our own Association, I feel we specifically have to focus on relevance. How are we relevant in these times? And how can we serve our membership and the wider community more relevantly, and get the best returns for the valuable time our volunteers generously contribute?

The Association started, historically, to resist and, successfully defeated, a threatened surcharge on our superannuation. The financial wellbeing of our seniors is no less an issue today than it was in 1986. And it is this financial wellbeing that is deteriorating on all levels: health services, affordable housing options, employment, senior-friendly local body amenities and rates, and the rising costs of essential services and consumables. Your committee has set itself a plan for the coming few years that target exactly those areas, including the Rotorua Lakes Council annual planning process, and has most recently made a submission to that body about the Open Spaces proposal which, in a nutshell, assumes everybody in the city can walk 500meters unaided, it never rains, and no one ever needs to sit down. We will be speaking to that submission in March, and encourage you to attend the Council meeting to support your Committee's efforts.

Relevance is, of course, in the mind of the beholder. so it is very important that you let your Committee know what it is that matters to you, and how you might be able to participate in addressing the issues.

From everyone a little time and thought, and we will move forward in a beneficial direction.

Nga mihi

Miriam Ruberl | Immediate Past President



Wieland Hartwig - Interim President (right) and Gerald Hanson - Deputy VP and Zone 3 Director for Grev Power Federation



BFF - best friend fell

BTW - bring the wheelchair

TTYL - talk to you louder

BYOT - bring your own teeth

LMDO - laughing my dentures out

FWIW - forgot where I was

IMHAO - is my hearing aid on?

OMMR - on my massage recliner **ROFLACGU** - rolling on the floor

laughing and can't get up





LILLE Healthcare

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 togethers, 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 stubble 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.

Ref: https://www.ontexhealthcare.com.au/articles/boostyour-confidence-this-festive-season/ December 12, 2018

Grey Power Federation Board Snippets

The first Board meeting chaired by our new President, Jan Pentecost QSM, following the Federation AGM was held in Wellington on 5-6th November. Jan is the first woman to be elected as Grey Power Federation President and brings a strong consultative style to the leadership of our organisation.

The Board quickly focused on key lobby priorities for the year ahead. These included the following: -

- Health implications of the Health and Disability
 System Review chaired by Heather Simpson.
 Especially the proposed reduction in the number of
 DHBs from 20 to 8-12. Equitable access to public
 health for all New Zealanders.
- Disability Funding to support organisations lobbying to improve better funding for those with long-term disabilities.
- Aged Care nation-wide equitable provision of home care.
- ACC cover for accidents involving age-related degeneration.
- Housing affordability and availability especially for older people with limited assets
- Membership building our membership base and reputation as the premier lobby organisation for over-50s
- Seniors Commissioner ongoing lobbying to support the appointment of a Seniors Commission as has been endorsed by the current government.

If you have questions or suggestions for the Board please don't hesitate to contact me.

David Marshall | Zone 3 Representative on Grey Power Federation Board - 022 1854 263





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Rotorua Multicultural Council

Introducing Parksyde to senior migrants

Active older residents of Rotorua are privileged to have access to Parksyde, the community centre in Tarewa Place for the youthful 55 plus age group. The centre caters for their social, recreational, health, and educational needs. There is no membership fee to pay, and a small amount payable for participation in each activity. The Parksyde Café is open from 9 am to 2 pm and there is also a library and hair salon. Parksyde provides venues for a book club, a travel club, and other monthly activities.

The Rotorua Multicultural Council is aware that there are older migrants in our community who are lonely, who have problems in communicating in English, and who are not aware of the wonderful range of activities available at Parksyde. A successful funding application was made to the Government's Office for Seniors, and now senior migrants will be able to participate free of charge for ten weeks in the programmes offered at Parksyde.

What will be on offer?

In collaboration with Robyn Skelton, the Manager of Parksyde, seven activities have been chosen which senior migrants can attend ten times for free. These are activities where there were spaces available in the sessions, and when lack of confidence in speaking English will not create much of a barrier. The activities, all offered once per week, are:

- 1 **Embroidery**, 9 am on Wednesdays
- 2 **Beginners Tai Chi**, 9 am on Wednesdays
- 3 Experienced Tai Chi, 10 am on Wednesdays
- 4 **Indoor bowls**, 1 pm on Wednesdays
- 5 **Experienced Mahjong**, 1 pm on Thursday
- 6 **Seated aerobics for the unfit**, 2.15 pm on Thursday
- 7 **Table tennis for experienced players**, 10.30 am on Friday

New participants in these programmes are asked to arrive at least 15 minutes before the start of their first session at Parksyde and then tell reception that they are a migrant, and that they have come for a free activity funded by Multicultural Rotorua.

There will be free tea or coffee available at the Parksyde Café to each migrant and a buddy from their class after their session has ended.

We hope that the senior migrants will enjoy

learning new skills and making new friends; that they will keep coming for ten sessions; and then expand their participation in the activities offered at Parksyde.

There is lots of free parking at Parksyde and the Number 5 bus to Western Heights leaves from Arawa Street (next to the Library) in the city every 30 minutes and stops near Parksyde at 47 Tarewa Road.

How can you help us?

If you know any older migrants who would enjoy any of the activities listed, please tell them about this opportunity. You may want to join them while they become familiar with Parksyde; the funding available includes paying the initial activity fee for local residents who offer to support a migrant. And you are invited to tea or coffee after the session to help the migrants to build new networks and friendships.

More information from Margriet Theron, phone 021 1729697 or theronm@yahoo.com





When I was 15, I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of "getting to know you" questions you ask young people: Do you play sports? What's your favorite subject? And I told him, no I don't play any sports. I do theater, I'm in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That's amazing! And I said, "Oh no, but I'm not any good at ANY of them."

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: "I don't think being good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them."

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could "Win" at them.

- Kurt Vonnegut



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Grey Power congratulates Minister of Seniors

Jan Pentecost, recently elected as President of the Grey Power Federation, congratulated the newly appointed Minister for Seniors, Dr Ayesha Verrall on behalf of the Federation.

"We worked well with the last Minister for Seniors, Tracy Martin and look forward to building a positive working relationship with Dr Verrall," Jan said. "Her medical background bodes well for us having a conversation with her on seniors' access to health care."

"There are a lot of issues our members are concerned about, from hospital waiting lists, to housing, to home help care," she said. "We are keen to sit down with the Minister and talk about these issues as well as the Seniors' Commissioner the Labour Party agreed to put in place."

"With a new government, setting new goals for the next three years, we look forward to putting our hopes and aspirations to the Minister."

Grey Power is a political advocacy group for older people but does not support particular political parties.

No matter who you are, or what you are going through, Samaritans are here to listen.



Samaritans listen without judgement, available 24/7, so that no-one in New Zealand ever has to feel alone when dealing with life's challenges.



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Did you feel the earth shake in January?



Bruce Quedley, Neighbourhood Support Rotorua.

In January I was working at my desk early on Monday 25th and suddenly I felt the first of the series of earthquakes that were centred at

the eastern end of Lake Rotoiti. It got me thinking how prepared are we when the sudden unexpected disaster, which may hit at any time ... an earthquake, hydrothermal eruption, flooding etc.

Rotorua District is located in an area where any of these may occur, at any time. We must be prepared for it, not if it happens but when it happens.

Neighbourhood Support Rotorua encourages its members to prepare for the sudden and unexpected.

By being part of a Neighbourhood Support Group you have a support network around you, which in most cases is physically closer than your family support network. In a time of disaster and crisis we rely upon our support network for help, information and direction.

As a reader of this newsletter you are in the Rotorua area. I encourage you to think about what you would do when disaster strikes. Are you prepared? Here are some suggestions to Get Prepared.

Do you have a friend or family member who is in contact every day or so?

To have this type of contact in place helps in case you have an accident or medical event and cannot contact anyone. If your friend or family member is unable to contact you, they can initiate some welfare checks to see if you are alright, such as visiting you, or contacting a neighbour to check on you. If contact can still not be made, a call to the Police for them to make a welfare visit can be arranged.

Do you have close at hand the following items:

a working torch (with good batteries), a battery operated radio (most cars have one), food & water supplies to last at least three days (remember a can opener if the food is in a can and make sure the water is still fresh), warm spare clothing, identification paperwork that you can take with you. These items can form what is called a "getaway kit" which you can grab if you need to exit your home quickly.

I would encourage you to be part of a Neighbourhood Support Group, who are encouraged as part of their establishment, to have a communication network between neighbours and to make an emergency plan, able to be activated in case of an emergency. That plan can include: a known assembly point where neighbours can gather, a welfare check of neighbours, in case someone has not reached the assembly point, and knowledge of neighbours who have first aid experience or other essential skills/occupations that could be of value at that time.

For further information about joining or establishing a Neighbourhood Support Group contact the office 07-349-9470. If there is no one available please leave a message, or email: nsrotorua@gmail.com.





As the new 2021 Editor I would like welcome all existing Grey Power members and prospective members who have read this magazine.

It is over 40 years since I last edited and produced a magazine for The Flaxmere

Jaycee Chapter. Oh boy how things have changed since then.

I look forward to offering you an interesting and informative publication along with a lighter side.

I would welcome your positive feedback and any articles that you think may be of interest to our 50+ age group.

Thank you, Gerald Hanson.

Todd McClay Member of Parliament for Rotorua

2021 has finally arrived after what was a very troubling year. My electoral is open for the year and already has been very busy. Locals have raised issues about homelessness and crime. Housing remains the hottest topic as do gangs and extreme concern over the new variant of Covid getting out of isolation and into the Auckland community.

Last year will forever be known as the year of Covid.

Together we endured lockdowns and restrictions - we missed out on seeing loved ones. Those sacrifices mean we're now in a better position than many of our international counterparts.

Hundreds of thousands of people were dependent upon the wage subsidy as the economy was forced to shut down. Sixty-five thousand people lost their jobs and the number is growing.

Businesses took on debt to make ends meet, some to unsustainable levels. Many closed, and far too many more are still likely to.

During this time, the government borrowed and spent almost \$40 billion. To put this into context that's more than they spend on health and education each year.

The government has said that New Zealand's debt will grow to almost \$200 billion over the next three years.

And, when Auckland was forced to go into a second lockdown when a Covid case got through the border in August, the Chamber of Commerce estimated the economic cost was \$450 million per week.

That's the cost of building a new regional hospital in a city the size Hastings.

New Zealanders can't afford to keep going in and out of lockdown or more restrictions. The government needs to quickly manage the high trust self-isolation process so that the sacrifice New Zealanders made last year were not for nothing.

We need to roll out vaccine to affected areas of Auckland to prevent further spread and reduce the economic impact the yo-yoing in and out of lockdowns and the impact that will have on the future of New Zealanders.

Hon Todd McClay | Member of Parliament for Rotorua Authorised by T. McClay, Parliament Buildings, Wellington







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Grey Power Achievements

Brief Overview of some results that Grey Power have been effective in achieving.

- Removal of the Surtax
- Asset Testing Legislation being Phased Out
- Lower doctors' Fees
- Lower Pharmacy Fees
- Removal Over 80's Driving Tests
- Removal Simulated Driving Tests by **Occupational Therapists**
- **Lower Tariff Electricity**
- Superannuation Increased to 66% NATOTWW (net after tax ordinary time weekly wage)
- Rate Rebate Scheme revitalised and more recently extended to include retirement village residents
- 10. Independent Superannuation & Income Centres
- 11. Improved Regulations for Rest Homes
- 12. Code of Practice for Rest Homes
- 13. Abolition of Interest on Student Loans
- 14. The National Superannuation Adjustment for the Tax Cuts in the 2008 Budget is a long awaited recognition by a major political party of the plight of the elderly reliant on NZ Superannuation
- 15. Hearing aid subsidy increased
- 16. Rates Rebate Scheme indexed to CPI. Amount now \$655 (originally \$500) and threshold now \$26,150 (from 20,000 originally)
- 17. Spot Audits for Rest Homes
- 18. Retention of Graduating Doctors - (Student Loan)
- 19. Lowering Electricity Increase for ETS
- 20. Retention of SuperGold Card Off-Peak Travel (free in some centres).
- 21. Retention of SuperGold Card Waiheke Island Ferry Travel
- 22. Increased funding for Gloucoma operations
- 23. Annual clothing allowance for grandparents raising grandchildren (In conjunction with Grandparents raising Grandchildren)
- 24. Winter Energy Payment
- 25. Security doors on most Council owned pensioner flats

The Student Loan achievement was recognised in a letter from the Co-President of the NZ University Students Association, Connor Roberts, and also by the Prime Minister in an address to the Students

Association in 2006. We are also mindful of the fact that there are many gains still to be made and that our members can be assured of our continued efforts on their behalf. In addition to the above. Grev Power has been successfully involved in many outside committees in Energy and Health in particular. Plus Hard of Hearing, Disability committees. NZ Specifications for conditions in Rest Homes, Community Support Services Industry Training Organization (CSSITO) for conditions for Care and Rest Home Workers, Health of the Older Person, (HOOP) and Electricity Commission and Rest Home Workers. Health of the Older Person. (HOOP) and Electricity Commission Committees to give a few examples.

Grev Power Rotorua is pleased to advise that



is coming to our May 3 Forum to speak and advise on the Future of Banking in 2021.

Please note this down on your calendar and be at Linton Park Community Hall by 1:00 pm.

Westpac are doing this to help the senior community of Rotorua adapt to the major changes with banking in NZ.

Westpac also assures Grey Power that it does not matter which bank that you use and absolutely no pressure to become a Westpac customer.



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

The Wheels of I ife

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 onyour device to remind you.





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Contact CDF: Phone: 0800 843-233 Email: cdf@cdh.org.nz Website: www.cdf.cdh.nz Mail: PO Box 4353 Hamilton East 3247, In-person: Chanel Centre, Catholic Diocese of Hamilton, 51 Grey St Hamilton East, Hamilton

editorial supplied by Catholic Diocese of Hamilton

Leave your loved ones fond memories.... not your funeral costs

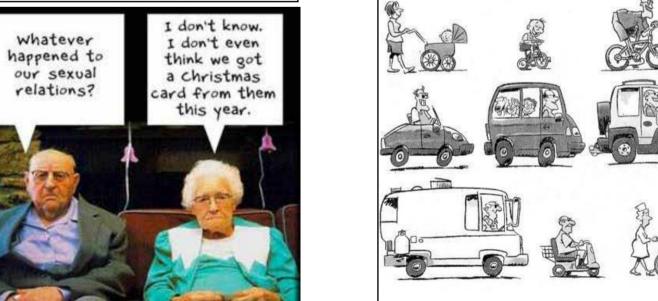
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This is in reply to the lovely Beer Bread recipe by The GRH Bakery from this magazine's Spring 2020 Issue.

No Knead Bread



14 oz (1.75 cups) Warm water

 $1 \frac{1}{2}$ tsp Yeast $1 \frac{1}{2}$ tsp Salt

3 ½ cups Bread Mix flour (or plain white flour) 3-4 tbsp of your favourite seeds or nuts

- 1. Prepare a warm bowl. Put yeast and warm water into the bowl and stir them well together.
- 2. Add flour to the mixture of the yeast in the bowl and stir them together roughly with a wooden stick. You can use the handle of a wooden spatula. Scrape the flour mixture from the bowl to form a dough and transfer it to a lightly greased bread pan. No need to knead the dough! Cover the pan with cling film and put it out under the warm sun to rise for 1 hour 30 minutes.
- 3. After 1 ½ hours remove the cling film from the pan and use the same wooden stick to stir and blend in, little by little, your favourite seeds and nuts. Cover the pan with a tea-towel and put it to rise in the sun for another 30 minutes.
- 4. Bake the dough at 210°C for 45 minutes.

Enjoy !!! The CUH Bakery



Anti-Masker Drowns After Trying Out SCUBA Diving

"Why Keep It Secret?" Available from Grey Power Rotorua

We're now on our 6th reprint. The foreword says: "Nothing is surer than death and taxes". "Why Keep It Secret?" does not replace a Will and is not a legally binding document. WKIS guides us through documenting our important information, so that those responsible for carrying out our wishes are clearly advised.

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The cardiologists diet, if it tastes good, spit it out. Anonymous

GARDENING CAN BE DANGEROUS

Safe handling of potting mix and compost is needed. Legionnaires disease, if caught, can be deadly. It is a type of pneumonia caused by bacteria that commonly live in potting mix, compost and soil. It can be breathed in via dust.

People over age 60 or those who are current or former smokers or those with pre existing conditions, are more at risk from death from this disease. Flu-like symptoms can appear two to ten days after exposure.

Symptoms present may be a cough, shortness of breath, fever, muscle pain, stomach aches, headache, diarrhea or nausea and vomiting. If you experience any of these symptoms it is recommended you contact your medical advisor and tell them of your recent gardening activities. Early treatment is usually effective but serious illness can require hospital care.

Care is needed when using potting mix. It is sensible to wear a well-fitting mask and wear gloves. Open bags carefully with scissors, and reduce dust by damping down the potting mix or compost.

Work in a well-ventilated area outside. And wash your hands before you remove your mask.

The disease can also be caught from infected water droplets from air conditioning systems.

Enjoy your gardening but keep safe!



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Editorial supplied by Freedom Companion Drivers





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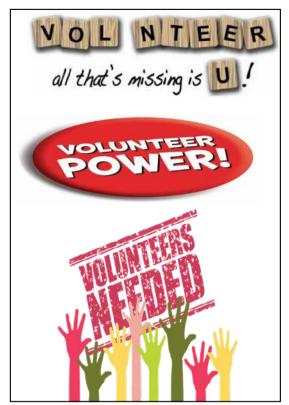
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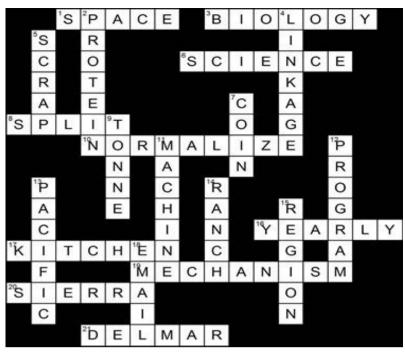
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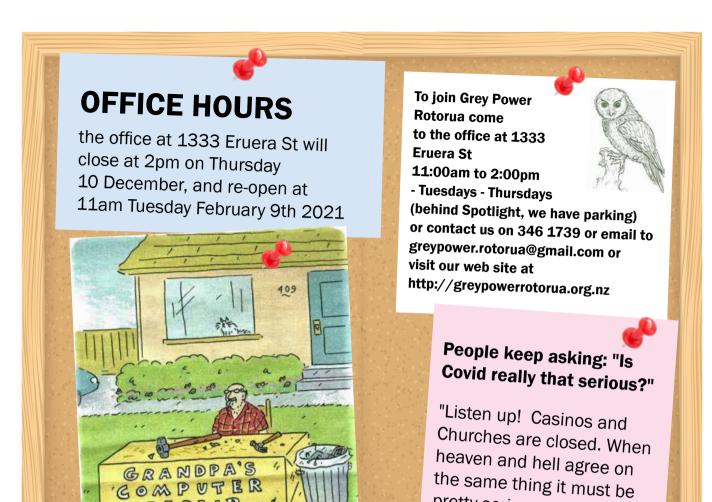
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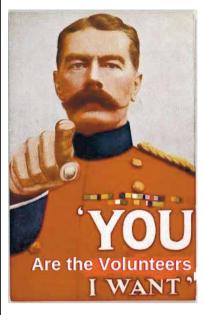
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YES, Grey Power Rotorua needs YOU!

We are reaching out through the magazine for volunteers at the Grey Power Rotorua office. Minimal office skills are required and the friendly face at our help desk is priceless.

Last year, due to personal and health reasons, we lost a number of our members. All of them held a variety of volunteer roles.

Please consider a small amount of your time to help at the office, or on the committee and subcommittee levels.

Grey Power Rotorua is constantly working at advocating for our senior community and will do this better with your assistance.

If you read this magazine through, good on you. Do you have an issue that we may be able to help with? Email, phone or call in to see us.

Gerald Hanson ANZIM
Deputy VP and Editor, Grey Power Rotorua

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