

TAURANGA AND WBOP

GREY POWER

MAGAZINE FOR THE OVER 50s

QUARTER FOUR 2020



The meaning of being a Grey Power Member

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Affordable Housing for older people

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The new Minister for Seniors

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www.greypowertauranga.org.nz

TAURANGA & WBOP
GREY POWER

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We would like to hear your opinions or concerns on subject matter for printing in our magazine. Letters must include the writers name, home address and phone number. Letters should not exceed 120 words inclusive. We may not always print all letters we receive. Letters may be edited for clarity and length.

Post to: the address above or email the editor: barb.editor@gmail.com

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President’s Word



What a year it has been and now it is just a week away from Christmas and shortly after that a new year will start. I wrote an article recently referencing the words from an old song by Fred Dagg – “we don’t know how lucky we are!” Even with the inconveniences and difficulties of lockdowns we have done well and long may it last and we appreciate just how very fortunate we are to live in New Zealand. You will have read that Grey Power has a new national President, Jan Pentecost. She is the first female to hold this position, however the choice was never about her gender and everything about her experience and generally pleasant manner. I feel we will benefit as an organisation with her at the helm. There are unfortunately, several things that are not that well. Some of the systems that affect older people – namely housing and health. These have always been areas that have disadvantaged seniors and the more vulnerable on low fixed incomes but now there seems to be an ever-increasing gap between the have and the have nots. We will keep in contact with Jan and hope that she will be able to forge a useful relationship with the new Minister for Seniors, Dr Ayasha Verrall. Our own association will be in touch with Dr Verrall and the hope is that she will be able to impress upon the Government that too many older people are now really struggling to find suitable housing and sufficient, affordable health care. There are some changes coming into effect next year, some of which will have an impact on your lives and you can read about some of them in this issue. Banking is high on the list –for example bank closures and loss of cheques, there is also the introduction of the Euthanasia Bill and The Trust Laws. There are bound to be others. Closer to home in Tauranga we, unfortunately, have been in the news for all the wrong reasons with TCC elected members not settling into their respective roles over the past year. Now we have an acting Mayor, Tina Salisbury, who we hope will be able to pull things together and address the really important stuff such as housing, roading and other infrastructure that is so badly needed in the city. WBOP seem to be moving ahead with what is needed in their region which is good for those residents. I will briefly mention the hot topic of the TCC kerbside rubbish/recycling plan which is due to start next year but is causing a deal of controversy at the moment. It will clearly disadvantage some residents and cause hardship, both financial and physical, but for others, with an existing service costing around \$400-\$500 a year, this is going to be a bonus for them. I sincerely hope that over the next 4 – 5 months the council can iron out some of the kinks and bumps in their system. Another issue that has appeared for home owners in Tauranga are the new classifications on properties that may be affected by high tides or flooding. In some ways, for the Council to have researched and identified the areas that could be prone to flooding due to heavy rain should highlight that better or more effective storm water systems need to be installed. With climate change now being at the top of the Government’s list of things to be attended to it would make sense for Central Govt to fund a substantial amount of this work which is urgently needed to be done by local Councils. I would like to extend my heartfelt sympathies to those who have had a tough year, have lost loved ones or are still missing the contact of close family or friends. I wish you all a very happy Christmas and hope the New Year brings cheer and wellbeing to all.

Jennifer Custins (President)

SUBSCRIPTIONS

Membership form is on the inside back page.

Our financial year is 1 April to 31 March
Single \$20 and \$35 double

You can pay now for the 2021-22 year
Go to our website: www.greypowertauranga.org.nz
Fill in the form and then make payment on line using your internet banking. Or you can pay by cheque, telephone banking or cash. (no eftpos at Village)

Invite a friend or neighbour to join Grey Power to help us make our voice heard.

Historic Village, 17th Ave, Tauranga
Hours: Tues – Wed – Thurs 9.30am to 2.30pm



One snake says to his friend, “I forget – are we poisonous?”

“Why do you want to know?”

The friend replies. “Because I just bit my tongue!”

OFFICE HOLIDAY CLOSURE

Our office at the Village will close at 2.30 pm on December 17 and reopen again at 9.30 on Tuesday 19 January 2021

As always, if anyone has a genuine enquiry or concern, I will be available on 021 676276 or leave a message on the office phone 571 2558 which will be checked regularly. Email us any time.

Have a lovely Christmas and holiday. Jennifer and the team

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: – 4th February, 4th March, 8th April
SPEAKER: to be advised.

KATIKATI COFFEE MORNINGS

3rd Thursday of alternate months at 10 am
Venue: Katikati Community Centre
45 Beach Road just past the schools.
Dates: - 18th February, 15th April
SPEAKER: - to be advised.

PAPAMOA COFFEE MORNINGS

We are arranging a meeting for Thursday 18th February in a café or venue 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.
Hosts for Katikati are Bayden & Lynn.
Host for Papamoa is Lexie.

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

HOLIDAY COFFEE CATCHUP

For anyone who would like some company after the New Year, we will be at The Atrium Café, Otumotai Rd at 10am on Thursday 14th of January.

TAURANGA COFFEE MORNING
5 NOVEMBER 2020



Our meeting was held on a miserable, wet morning at St Enoch’s Hall in 16th Avenue. Around 40 people gathered to hear what our Deputy Mayor, Tina Salisbury, could tell us about the current concerns we have with Tauranga City Council decisions, especially kerbside rubbish/recycling.

Tina began her talk by confirming that Tenby Powell is having a medical break from 20 November until after the New Year, during which time she will step up to being Acting Mayor. She said that Tauranga is being recognised as an Age-Friendly City and a very high percentage of those coming to live in Tauranga are in the 65+ age bracket. Some of the planning currently taking place is orientated so that older people can stay in their homes and age well. The Age Forum that was set up years ago is not functioning at present but when it resumes, it will again give valuable input.

Tina said there are presently seven pensioner villages but these are not working well – all are in need of maintenance and repair and will instead be sold and redeveloped - but she gave her word that current residents will not be thrown out. Councillors are being very cautious in their planning because there are a lot of “unknowns” at present. They see it as very important to protect the needs of the elderly. She asked the audience if we want age-only residents or mixed? Some spoke up for the more natural mixed housing, but there was no consensus.

Tina’s next topic was the Housing Choice Plan Change which is tackling the big issues of house sizes to allow more inner-city accommodation particularly in the Te Papa peninsular along Cameron Rd. They are also changing the requirement for parking spaces and could be drastically reduced with no more than one car park per person and in some places none. The responsibility will then be on Council to provide parking. With amenities close by, people will be able to walk, bus or ride to work and shops

The next issue was kerbside rubbish/recycling/composting and this is a contentious issue for many older people. One of the main concerns is that small properties do not have room for extra bins. The second is finance – several people asked why we can’t do our own recycling or combine with a neighbour and have

one bin instead of two. The answer is that this needs to be a city-wide, indeed nationwide, system that deals with the problem that not all people are responsible with their waste. Tauranga in particular are sending a very high percentage of what could be recycled or composted, to landfill. Tina said that Council Staff are geared to helping where there are problems so we are encouraged to phone in for help. The additional annual charge of \$193 (plus \$37 for glass) from 1 July, will mean that those who have a lot of waste will be better off and those with not much won’t. In this age where environmental concerns are driving policies, councils are doing a lot of research to make sure they “get it right”.

The next question concerned grades of plastics not currently recycled. Tina said at present we can’t cope with this in NZ but research is on-going. With good industrial composting systems, more of the bio-plastics will break down where they don’t in home systems. We need to put up with some inconveniences for the sake of the planet!

What’s happening with the “parking skeleton” in our city? Tina assured us that everything possible is being done to recoup costs so it can be demolished and that the designers are being held responsible. The matter is in the Courts now.

At the conclusion of her talk, Tina was thanked by our President Jennifer Custins and given a small gift. Several questions were raised which Tina asked us to record so she can deal with them:

- * How do we maintain green spaces in our expanding and intensifying city?
- * How are we going to get enough water for a big city? The Waiari Scheme will still be several years away. Most of our supply comes from Oropi. She said that installing meters years ago did help to reduce wastage of water which accounts for a big part of the usage.
- * Will there be instructions drawn up to help people through the kerbside conversion stages?
- * Where are District Nurses going to park to treat residents where there is no provision for parking?

Legends say that hummingbirds float free of time, carrying our hopes of love, joy and celebration. The hummingbird’s delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning and that laughter is life’s sweetest creation.

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



Downsizing can be a stressful time, especially if you are leaving your family home of many years.

Vanessa’s aim is to help take the stress away with services available to help you through the journey from choosing a new home, selling your current home to packing, cleaning and moving. At Inspire we are all about adding value with our professional service and low fees. Our clients are precious to us and we will treat you like gold.

Downsizing Tip Number 1. *It is never too early to start to declutter. If you have a lot to do, start small, with one cupboard or area at a time. Unwanted items can be sold on Trademe or donated to a local charity shop (many will pick up). There are several good local companies that will help you declutter if it all seems too much.*

Call Vanessa for more information on
027 242 7646 or
email vanessa@inspireproperty.co.nz

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The 'gastric band of the brain': Does hypnotherapy for weight loss really work?

By Sarah Templeton in Stuff



I've never been someone who believed much in hypnosis. Even as a child I had a certain amount of cynicism watching people quack like a duck and pretend to jump off invisible diving boards, as so often happened on What Now in the mid-'90s.

But like many people who packed on a few extra kilograms during the COVID-19 lockdown, upon hearing about a hypnotherapy 'gastric band' that requires no surgery or recovery time, my interest was piqued.

Auckland clinical hypnotherapist Richard Kellow promises four sessions is all it takes to fit a 'mental' gastric band - introducing habits of eating smaller portions, snacking less and potentially stopping dwelling on food altogether.

He says his services became particularly popular during lockdown.

"I'm seeing people who have never experienced anxiety before now suffering symptoms and as a consequence, more people are eating for comfort," he says.

"Approximately 90 percent of our daily activities are controlled by the subconscious, the place where our habits and automatic behaviours live. Hypnotherapy offers the opportunity to get the subconscious mind onboard with the conscious mind to change our behaviour."

The author and therapist says the gastric band therapy is not so much what you're putting in your mouth, but instead about what you're "putting in your mind". And great news - he's heavily anti the word 'diet'.

"The virtual gastric band allows you to form new habits that you can maintain; there is no deprivation, so you're free from having to think about food all the time and can instead simply listen to what your body is telling you."

The experience:
I have to admit, I was nervous heading along to my first session with Kellow. Was I going to be put to sleep in some sort of clinical space, and wake up an hour later

with no memory of what had transpired?
No, as it turns out.
Instead, Kellow welcomed me into a room in his Ponsonby villa, where I kicked back on a giant Lay-Z-Boy recliner - I could even put the feet up. We discussed my weight loss goals: for me, the issues lay not so much in my weight, but a general habit of grazing and terrible understanding of portion control that often leads to going back for seconds and thirds after dinner.

I also expressed my worry over not being able to be hypnotised.

But Kellow says, in fact, we can all be hypnotised, something proven by the "natural states of hypnosis" we all go into every day, often driving to work or scrolling Instagram.

He then instructed me to settle back and close my eyes while he took me through the hypnosis. If you've ever done a meditation class or gotten lost in a particularly long Shavasana at the end of yoga, you'll know exactly the vibe.

I was never 'unconscious', but instead got lost in a meditative trance which I suspect had as much to do as being allowed kip in a comfy chair during a busy day as Kellow's words themselves. At the end of the session, I drove back to the office and looked forward to waking up the next day a size 6.

But of course, one shouldn't expect an overnight result. I had three sessions with Kellow all up and at each one I was able to slip more effortlessly into a meditative state than the last.

There are also tasks to complete outside of sessions, but none of them particularly taxing: listening to guided meditation mp3s, hanging an 'aspirational' piece of clothing up, focusing on drinking more water, taking five deep breaths before eating. It's a fair bit to remember, but all easy enough to work into the everyday.

Having said that - I was fairly slack with listening to the mp3s. I 'binged' them near the end of my treatment, which is probably not as effective as regularly listening throughout.

The result:
Did I lose 6kg in a week like many of the other testimonials from Kellow? In short, no, although I like to think I don't have masses to lose (emails informing me otherwise are not required). But instead, I've noticed changes to my eating habits that crept in so subtly I almost didn't even notice.

I no longer go back for seconds after dinner and instead pack it up for next day's lunch without a second thought. Night-time grazing while cooking dinner has been replaced with a drink of water, or sometimes wine. The real test was when a co-worker offered me a bag of mini Squiggles and I took two and couldn't even eat the second. And they were mini!

Even confronted with a cheese board I've been somewhat disinterested - a result that seems to go against my very biology.

Is it possibly a placebo? Perhaps. But that's the great thing about hypnotherapy - if it all operates in the realm of your subconscious, who cares what 'works' and what doesn't when the result is the same?

If you have habits to change or break, I would recommend heading along and seeing if hypnotherapy is for you. If you just need an hour out of your day to lie back and listen to a soothing voice, that's highly recommended as well.

BUS SERVICES

A recent BOP Times article stated that people don't choose to use buses because they are inconvenient and unhygienic. There needs to be better routes, more stops and terminals which would make the system more accessible. This would also be in line with Tauranga's Age Friendly City Strategy. This aims to make public places easy to use, accessible and safe. I will add that the bus service is run by the Regional Council and the buses are cleaned regularly, there is just a general perception that public transport is not the best way to avoid infection, pre and post Covid.

To counterbalance the surge in, and unplanned growth in Tauranga, it is hoped that other services such as Uber, mini buses and other private types of transport will become more available and affordable for older people who are wary of catching a bus or the service is not available where they live. This may take some time but, in the meantime, I think we need to be less hesitant in asking a friend or neighbour to perhaps include you in their trip to the supermarket or ask if they can drop you off somewhere and get an alternative ride home.

THE GOOD OLD DAYS: Remember how many times the element in the jug burnt out and you had to boil water in a saucepan until you were able to drive or catch a bus to an appliance store to buy a new element? But those jugs lasted for many years and you didn't need to throw it out each year because it was the wrong colour – they only came in stainless steel!!

BANK CLOSURES Jennifer Custins
Bank closures in so many locations are going to present a very real inconvenience for older people especially for those who, for a myriad of reasons, cannot cope with remembering pin numbers, operate a fairly complicated phone system and for some the cost of having an internet connection is unaffordable.

This is one of the modern-day changes that is more 'black and white' – alternative ways of paying for some things, depositing or withdrawing cash or needing to talk to a banker for advice over your accounts will, for some, be almost impossible in the future.

To help minimize the stress, all utilities can be put on direct debit and other things that need to be paid for such as memberships, subscriptions or donations can be set up as an A/P (automatic payment).

If cash is needed for incidental payments then hopefully the supermarkets will continue to oblige by giving out cash when you buy your groceries.

One alternative if you are really impacted by the banks closing in your area is to approach a family member or close friend to do some of your transactions. But do be very sure that you can trust them 100%. Unfortunately, research shows that more financial abuse is carried out by family members than anyone else. A much safer way is to ask them to pay for something themselves and reimburse them with cash you have withdrawn while out shopping.

Some banks have set up big machines that you can use to make deposits and withdraws 24/7. I use these to deposit all the cheques and cash that comes in from members and it is relatively simple to use and there are always staff there to give you guidance if you get stuck. Places like Greerton seem to be very badly off as all the banks will have gone by the end of the year and there are now only a couple of the old-style ATM machines left.

As a future semi solution, six banks have come together to trial new Banking Hubs in Martinborough and 3 other small towns for 12 months. These hubs process transactions from all 6 banks and will include Smart ATMs and have support staff to lend a hand. I fear it could be years before one is going to pop up in a location near you!

BOOST YOUR CONFIDENCE THIS FESTIVE SEASON

The festive season is nearly upon us and with that brings much cheer, 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 festivities 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 during this festive season 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 | I could prattle on for hours about eating well, however 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'. Don't forget 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.

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

CAT COLOURS *from Modern Cat Magazine*

Tabby is often erroneously thought to be a breed designation when it actually refers to a coat type, one found in a variety of cats, pedigreed and mixed breed alike. Read on to determine which coat pattern goes by what name, as well as which coat types can usually be an at-a-glance indicator of a cat's gender.

Tabby



Tabby refers to a coat featuring distinctive stripes, dots, or bands. Tabbies typically have a coat pattern mark resembling the letter M on their foreheads and the coat is the most common of feline coat patterns and comes in four varieties:

Striped, Blotched, Spotted, and Ticked.

Tuxedo



As the name suggests, tuxedo is a black and white coat and cats are typically black with white paws, chest, and belly. The face is sometimes white or partially white.

Pointed

With a Pointed coat, the "cooler" parts of the body—face, paws, and tail—are a darker colour than the rest of the body.

Calico



This three-colour coat is predominantly white but features distinct patches of two colours—often orange and black or the more subdued cream and blue tones. Calico cats are almost always female as coat colour in cats is a physical

characteristic related to gender. The genetic coding for displaying orange or black colour is found on the X chromosome. Females have two X chromosomes, so they are able to have two different coat colours plus white to create the calico mix. Male calico cats are usually sterile.

Tortoiseshell



Like the calico, this mix of two colours plus white is found almost exclusively in female cats. The difference between this and the calico is that the coat colours are

blended or swirled together rather than being distinct patches. Like the calico, the tortoiseshell may also have significant amounts of white.

If your kitty tends to prefer her red toy over her green one, it's probably the shape she likes -- unless she's partial to the color gray. Cats can see colors to some extent, but they aren't attracted to them. Cats use color to help them spot tiny movements.



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AFFORDABLE HOUSING FOR OLDER PEOPLE

Abbeyfield WBOP

– an exciting local opportunity?

With developers focusing on 3-4 bedroom homes, and Councils no longer investing in new pensioner housing, the availability of affordable 1-2 bedroom housing for older people in Tauranga and WBOP is woeful.

Currently there are 70 WBOP District Council Pensioner units. There are also RSA village units. The only other option for independent housing for older people, other than Retirement villages, is private rentals. These are often expensive, rarely available, and usually cater for families rather than older people.

Innovative approaches are needed to ensure we have adequate affordable housing options close to town and suburban centres in the Bay of Plenty for those over 65 years of age.

Carole Parker, Chairperson of Abbeyfield WBOP, provides some background to a community initiative to raise funds to build an Abbeyfield home in Katikati. They have an option on a suitable piece of land that has been offered at a very generous price.



What is the concept behind Abbeyfield?

An Abbeyfield house is home to between 11 and 14 residents. Each has their own private studio apartment with ensuite, and shares a common lounge, dining area and laundry.

A cook/housekeeper, who is the only paid staff member, provides meals; and other support is provided by local volunteers. The all-inclusive rent covers food, board and all the operating costs of the house. The house provides an affordable option for someone whose only income is NZ Super – as well as a much-enhanced quality of life.

How is it different from a rest home?

Abbeyfield doesn't provide health care – residents are all capable of living independently, taking their own medications and maintaining their own health. Abbeyfield research shows that residents have improved health and wellbeing, reduced loneliness and isolation and that higher level care can be deferred by several years.

Residents are able to organise for someone to assist them with cleaning their own unit. Should the need arise for assistance with health care this would be discussed, and where appropriate this can be sourced externally. If it was identified that a resident required more care and support that an Abbeyfield could provide, then a discussion with the resident, and if appropriate their family, would decide how and what were the next steps.

There is no entry fee or ongoing service costs for Abbeyfield residents, just their weekly rental fee.

Management

Abbeyfield houses are operated by volunteer members of a not-for-profit Abbeyfield Incorporated Society (the 'local Society') which has entered into an affiliation

agreement with Abbeyfield NZ Incorporated. The committee is made up of people from the district who have a passionate belief that older people, particularly those who are on limited incomes, should have access to affordable, safe, accommodation.

Where will the funds for it come from?

Sourcing development capital is the most significant challenge the Society faces in establishing Abbeyfield houses today. Abbeyfield NZ is a registered Community Housing Provider (CHP), eligible to apply for government funding streams, but there are very limited pathways available at present.

A mortgage for some of the cost can be raised, but local fundraising is crucial. Once built, an Abbeyfield house is financially self-sufficient.



What is the age-group it caters to? And are there criteria for living there?

Applicants need to be 65+, reasonably independent and mobile, and able to take care of their own health needs. The focus is providing accommodation for people with modest or no assets. The asset level to qualify would be similar to that required to qualify for WBOP pensioner housing. The application process also takes into account housing and social need. Many residents had reached a point where the effort to maintain their own separate household in the community had become burdensome. Others suffered from loneliness and social isolation, perhaps after losing a spouse, or no longer being able to drive. Family may have moved away, and the once familiar neighbourhood may have changed. Abbeyfield residents give 'security' as one of their main reasons for moving.

An Abbeyfield House supports residents socially, emotionally and physically to improve their quality of life.

Next Steps

The primary focus at this time is to raise the funding needed to firstly pay for the section and then to build the house. Funding will come from various avenues including philanthropic trusts, individual's donations and grants and also through fundraising events.

Carole Parker can be contacted at 0274 579 686 if you are keen to assist with providing financial and resource support for this promising initiative.




CHRISTMAS IS DOING A LITTLE SOMETHING EXTRA FOR SOMEONE

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The only ones I have in my library are ones I have borrowed.



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We have 30-continuous-years of computing under our belts. Remember the first time you turned on a computer, way back when? I remember thinking, "I can find that On button".

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NATURAL FERTILIZERS

Feeding your plants shouldn't mean buying a plastic container full of synthetic fertilizer. Often, you can feed your garden with what you have around your home. And with these fertilizers, you're often reusing or recycling some old product to help your garden, making you even greener. Here are five ways to do just that:



1. Ammonia
Give the alkaline-loving flowering plants and vegetables in your garden — such as clematis, lilac, hydrangea, and cucumbers — an occasional special treat with a shower of 1/4 cup ammonia diluted in 4 litres of water. They'll love the boost in nitrogen.

2. Baking soda
Give your flowering, alkaline-loving plants, such as clematis, delphiniums, and dianthus, an occasional shower in a mild solution of 1 tablespoon baking soda in 2 litres water. They'll show their appreciation with fuller, healthier blooms.

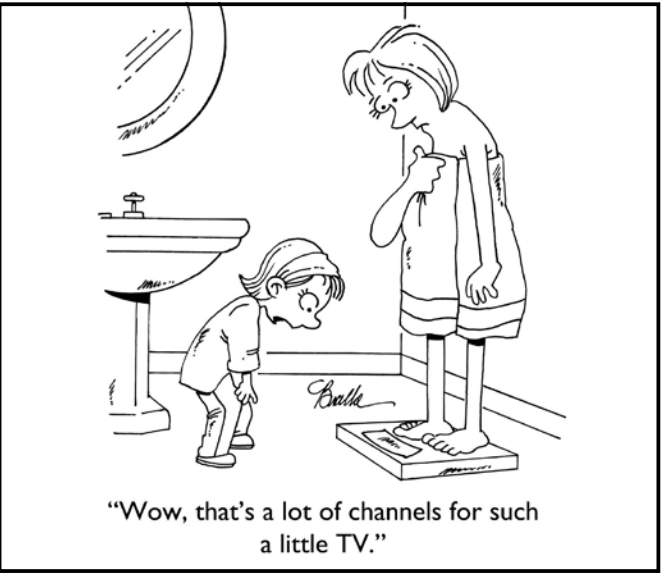
3. Bananas
Banana peels, like the fruit itself, are rich in potassium — an important nutrient for both you and your garden. Dry out banana peels on screens during the winter months. In early spring, grind them up in a food processor or blender and use it as a mulch to give new plants and seedlings a healthy start. Many cultivars of roses and other plants, like staghorn ferns, also benefit from the nutrients found in banana peels; simply cut up some peels and use them as plant food around your established plants.

4. Coffee grounds
It isn't the caffeine in coffee grounds that garden plants like azaleas, rosebushes and evergreens love, it's the acidity and aeration the grounds provide — not to

mention nitrogen, phosphorous, and trace minerals. Just be sure to dig the grounds into the soil to keep them from becoming mouldy. Dig about ¾ cup of grounds into the soil near the roots, repeating once a month. And don't overdo it. Fertilizing even acid-loving plants with coffee grounds too frequently could increase soil acidity to undesirable levels.

5. Tea
Sprinkle new or used tea leaves (loose or in tea bags) around your rosebushes and cover with mulch to give them a midsummer boost. When you water the plants, the nutrients from the tea will be released into the soil, spurring growth. Roses love the tannic acid that occurs naturally in tea. Likewise, schedule an occasional teatime for your ferns and other acid-loving houseplants. Substitute brewed tea when watering the plants. Or work wet tea leaves into the soil around the plants to give them a lush, luxuriant look.

Written by Reader's Digest Editors.



SURELY YOU'RE JOKING MR FEYNMAN

*By Richard Feynman born 1918
Fourth instalment from his book*

One job was really sensational. I was working at the time for a printer, and a man who knew that printer knew I was trying to get jobs fixing radios, so he sent a fellow around to the print shop to pick me up. The guy is obviously poor, — his car is a complete wreck, — and we go to his house which is in a cheap part of town. On the way, I say, "What's the trouble with the radio?" He says, "When I turn it on it makes a noise, and after a while the noise stops and everything's all right, but I don't like the noise at the beginning." I think to myself: "What the hell! If he hasn't got any money, you'd think he could stand a little noise for a while." And all the time, on the way to his house, he's saying things like, "Do you know anything about radios? How do you know about radios — you're just a little boy!"

He's putting me down the whole way, and I'm thinking, "So what's the matter with him? So it makes a little noise." But when we got there I went over to the radio and turned it on. Little noise? My God! No wonder the poor guy couldn't stand it. The thing began to roar and wobble — WUH BUH BUH BUH BUH — A tremendous amount of noise. Then it quieted down and played correctly.

So I started to think: "How can that happen?" I start walking back and forth, thinking, and I realize that one way it can happen is that the tubes are heating up in the wrong order — that is, the amplifier's all hot, the tubes are ready to go, and there's nothing feeding in, or there's some back circuit feeding in, or something wrong in the beginning part — the RF part — and therefore it's making a lot of noise, picking up something. And when the RF circuit's finally going, and the grid voltages are adjusted, everything's all right. So the guy says, "What are you doing? You come to fix the radio, but you're only walking back and forth!" I say, "I'm thinking!" Then I said to myself, "All right, take the tubes out, and reverse the order completely in the set." (Many radio sets in those days used the same tubes in different places — 212's, I think they were, or 212-A's.) So I changed the tubes around, stepped to the front of the radio, turned the thing on, and it's as quiet as a lamb: it waits until it heats up, and then plays perfectly — no noise.

When a person has been negative to you, and then you do something like that, they're usually a hundred percent the other way, kind of to compensate. He got me other jobs, and kept telling everybody what a tremendous genius I was, saying, "He fixes radios by

thinking!" The whole idea of thinking, to fix a radio — a little boy stops and thinks, and figures out how to do it — he never thought that was possible.

Radio circuits were much easier to understand in those days because everything was out in the open. After you took the set apart (it was a big problem to find the right screws), you could see this was a resistor, that's a condenser, here's a this, there's a that; they were all labelled. And if wax had been dripping from the condenser, it was too hot and you could tell that the condenser was burned out. If there was charcoal on one of the resistors you knew where the trouble was. Or, if you couldn't tell what was the matter by looking at it, you'd test it with your voltmeter and see whether voltage was coming through. The sets were simple, the circuits were not complicated. The voltage on the grids was always about one and a half or two volts and the voltages on the plates were one hundred or two hundred, DC. So it wasn't hard for me to fix a radio by understanding what was going on inside, noticing that something wasn't working right, and fixing it.

To be continued.....

LEGAL IDENTITY

Some form of legal identity is needed to open a bank account or make important changes to existing accounts and there are other instances where it is needed. This poses a problem for people who no longer have a driver's licence or a current passport. It is also a lot safer and more efficient if you can carry a card sized ID in your wallet rather than carrying around your valuable passport.

The new Kiwi Access Card has been designed to give anyone in NZ the freedom to access goods and services and is a valid form of photographic legal identity recognised by banks and other professional businesses. The card has been specifically designed with New Zealand's over 60s and retired communities in mind, to ensure you have a reliable and secure evidence of identity card. You can apply for this at a participating NZ Post Shop or AA Centre. It is \$55 incl GST plus there is a further cost of \$20-\$26 for a passport photo.

Another form of Legal ID is a Gun Licence. For some other situations you can apply for a 'legal declaration' written by a doctor or a Retirement Village manager, who has known you for 3 or more years.

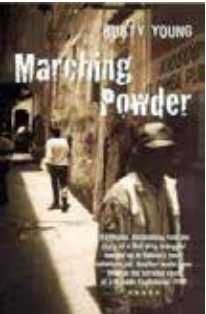
Until the Gold Card is upgraded to give it the acceptable accreditation to be a form of legal identity, we will have to make do with the options just mentioned.

BOOK REVIEW
By Barbara Stimson



Three Little Wax Eyes
Kinsa Hays

I always like to support local talent and am delighted to do that in reviewing this book by local writer and Grey Power member Kinsa Hays. This is a delightful book, suitable for pre-school children and is absolutely beautifully illustrated by Carolyn Wells. Three Little Wax-Eyes is a story about three little birds who are learning to fly and the fun they have learning to swoop and land with help from their parents. At the back of the book are things to do, suggested questions for parents and teachers to engage with the children and a few facts about wax-eyes. Written in both English and Te Reo this would be a beautiful Christmas gift for the young person in your life.



Marching Powder
Rusty Young

This is not a recent book so I'm sure a lot of people will have already come across it, but I have just read it for the first time. This is such a fascinating true story of life in the San Pedro prison in La Paz, Bolivia. This prison is in the centre of the town and is also a town within a town, containing shops, restaurants, apartments, mountains of cocaine and anything else anyone could desire. The only thing required is money and if you don't have access to money then life is miserable indeed. Rusty Young spent three months in the prison with convicted drug smuggler Thomas McFadden. Thomas was a British citizen, guilty indeed of the charges against him and fortunate enough to have access to money, at least initially. He becomes an entrepreneur whilst in jail and also samples his own product for the first time ever. Every official in the prison is open to bribes and the ease of your sentence is utterly dependent on the depths of your pockets. Poor people live in absolute deprivation but rich prisoners are able to buy apartments, businesses and even trips outside into the 'real' world. Tourists are even given tours of the prison and are able to join in the wild drug and alcohol fuelled parties that take place. The prison becomes party central for young backpackers. Thomas McFadden is a criminal but comes across as a very interesting and likable man and his story is very well told. If you haven't read this book yet I would highly recommend it.

Volunteering at Waipuna Hospice, with Joy Beanland

Volunteers are essential to the work of Waipuna Hospice. In their charity shops they are valued for an array of capabilities, like sorting through appliances, discovering treasure hidden in bric-à-brac, physical strength for lifting furniture and fridges, customer skills, and a plain old willingness to get stuck in and help sort donations into valuable components that can be sold in Waipuna Hospice Charity Shops shops.



This financial year Waipuna Hospice needs to raise \$4.25 million to continue to offer specialised palliative medical care and support services to families in our community. That's just under \$82,000 per week. Waipuna Hospice's retail operation contributes almost half of that, which is only possible thanks to the incredible work of their volunteers.

Joy Beanland has been a volunteer at the Waipuna Hospice Fraser Street charity shop for 8 years. For her, volunteering is as beneficial for her as it is for Waipuna Hospice.

"I love belonging to something purposeful," explains Joy. "I had a lot of experience working in retail previously, so was quite confident coming into my role. However, it's not just about selling. The retail part of volunteering in the shops isn't the essence of it, it's about the people and the team in which we work. The benefits are as much for me personally as they are for the cause."

Joy loves the energy on busy days, and meeting people from so many different walks of life, especially their regulars. "We have a lot of regular customers in the Fraser Street shop, and we think of them as part of the Waipuna Hospice family. They love coming in to see us, and we love seeing them."

"I would encourage anyone who has some spare time and enjoys working in a team to volunteer and join the Waipuna Hospice family. It's not a one size fits all. Different people like different things, and there is something for everyone."

If you'd like to come have a friendly chat or meet the team, call the Waipuna Hospice Volunteer team on 07 552 4380 ext. 314, or apply on their website https://www.waipunahospice.org.nz/volunteer/.

NZ Superannuation explained



Retirement Commissioner Jane Wrightson has released the first ever definition of what New Zealand's retirement income system is actually for, while emphasising that financing retirement must be a joint effort between individuals and the government.

New Zealand Superannuation (NZ Super) and retirement savings plans like KiwiSaver make up the retirement income system, but Wrightson says that until now there has been no definition of what that system should achieve. There is also no definition of the role of NZ Super in the Superannuation and Retirement Income Act.

"During the Review of Retirement Income Policies last year, it was clear New Zealanders had deeply held views on the role of NZ Super, but they differed," says Wrightson.

"Some considered it was there to prevent poverty and ensure people retained dignity in old age, others saw it as providing a basic standard of living, as a gesture of care for the elderly or as a reward for working hard and paying taxes."

Wrightson says her role requires her to monitor and advise government on retirement income issues, but that is hard to do without defining what our retirement income system is for. As a result, she formed an Expert Advisory Group, made up of academics and policy specialists, to fill that gap.

She says the "purpose statement" that has been created will be used by her office – the Commission for Financial Capability - and will allow her to test proposals that may affect people's retirement income in the future.

The Expert Advisory Group's purpose statement for the New Zealand's retirement income system: "A stable retirement income framework enables trust and confidence that older New Zealand residents can live with dignity, participate in and contribute to society, and enjoy a high level of belonging and connection to

their family, community and country." To help current and future retirees achieve this, a sustainable retirement income framework's purpose is twofold, the advisory group says.

Firstly, to provide NZ Super to ensure an adequate standard of living for those who are eligible, with NZ Super the government's primary contribution to financial security for the remainder of a person's life. Secondly, to actively support New Zealanders to build and manage independent savings that contribute to their ability to maintain their own relative standard of living.

It also notes that the retirement income system sits within the broader government provisions of things like health care, housing and transport, that are needed to help older people live well.

"This statement acknowledges the dual role of Government and the individual in preparing for their retirement," says Wrightson.

"Whether people use KiwiSaver or another vehicle to build independent savings, they must be supported in putting money away for retirement because for many, NZ Super alone will not be enough."

The new definition comes as New Zealand's retirement income system slipped from 8th to 10th place in the Mercer CFA Institute Global Pension Index this year, coming in behind countries such as the Netherlands, Australia and Norway.

"My aim is to ensure a stable income system to enable people, now and in the future, to retire with confidence," Wrightson says.

Ref: Lifetime Retirement Income



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CONSPIRACY THEORIES
– WHY DO THEY THRIVE?



Since COVID-19 lockdowns descended, people’s longings for haircuts, child care and adult interaction have steadily grown. But there’s one thing for which our appetite seems even more insatiable: conspiracy theories.

The latest example making the rounds is the already-debunked Plandemic video, which argues that shadowy forces manipulated the virus to control people. Despite its out-there premise, the video has had serious uptake: It racked up more than a million views before YouTube removed it. Other discredited COVID theories have amassed their own cult followings.

It can feel baffling to watch friends and family passing on such theories like gospel. But to behavioural scientists, it isn’t really all that surprising — especially in the midst of a pandemic.

“There’s good evidence that conspiracy theories flourish during times of crisis,” says Joseph Pierre, psychiatrist and researcher at the David Geffen School of Medicine at UCLA. “When we feel insecure, we often look for information that provides an explanation for chaotic events.”

People seek out alternate takes on reality when they’re inclined to mistrust official ones for various reasons. Groups most prone to conspiracy theorizing include people with lower socioeconomic status, those who have been excluded or ostracized and those who feel life is out of control. All of these groups’ numbers have swelled since the start of the pandemic. “Where people are feeling powerless, anxious and threatened,” says Northumbria University social psychologist Daniel Jolley, “conspiracy theories can offer some relief.”

When you’ve been relegated to an out-group, it’s easy to see conspiracy theories as the perfect antidote to exclusion. The theories give believers the heady sense that they’re special or set apart: Unlike all the

other misguided “sheeple,” they reason, they now understand what’s really happening. Research confirms that people adopt conspiracy beliefs as a way to feel unique.

Conspiracy theories also stem from the very human tendency to look for patterns and broader meanings in the world. This tendency often promotes our survival as a species — it helps us recognise faces almost instantly, for one thing — but it can turn toxic when our pattern detector is “over-tuned,” so to speak. In a Union College study, subjects who believed in conspiracy theories were more likely to see meaning and intent in random movements of triangle shapes.

The conspiracy theories people gravitate toward the most are often the ones that mirror their existing biases. After the Plandemic video appeared, one fan wrote to the director, “I did massive hours and days of research, cross-referenced everything multiple times and your video helped confirm everything/95 percent of what I found.”

Conspiracists’ tinfoil-hat vibes might make them seem ridiculous, but the narratives they push are far from harmless. “The consequences of conspiracy theories are significant and wide-ranging,” says Jolley. Not only do new theories discourage pandemic best practices like mask use, Jolley’s studies confirm that people steeped in conspiracies tend to become more prejudiced. They are also more likely to have violent intentions.

What’s the best way to respond when someone you know promotes one of these debunked theories? Your first instinct might be to counter it with provable facts — a practice studies show may change minds, although not reliably. But experts caution that aggressive pushback may lead your debate partner to cling more tightly to false beliefs. “Most people who believe in conspiracy theories don’t trust the informational sources the rest of us rely on,” Pierre says, “which thwarts attempts at counterargument.”

Another approach is to suss out how a drive-by Facebook poster came to believe a theory in the first place.

“Start from a place of trying to understand, rather than trying to convince,” Pierre says. “Lead with questions like, ‘Who do you trust or mistrust and why?’ That can help establish the rules of engagement.” This tactic can also give you a sense of whether someone’s open to reasonable discussion — or whether they’ve gone too far down the wormhole to come back.

By Elizabeth Svodoba in Discovery Magazine

THE ROYAL NEW ZEALAND NAVY

The Royal New Zealand Navy has a mammoth responsibility. Founded on 1st October 1941 by King George VI the Navy has a proud record of service in both war and peace.



99% of our trade goes by sea

To manage this the RNZN has:

2 frigates, both being upgraded in Canada, **HMZNS Te Kaha** is expected home prior to Christmas

2 Offshore Patrol vessels - **HMZNS Wellington** and **Otago**

2 Inshore Patrol vessels - **HMZNS Taupo** and **Hawea**

Fleet Support ship – **HMZNS Aotearoa** - the largest ship ever to serve in the RNZN. She will support the fleet with stores and fuel. She has a strengthened hull and will be able to operate in the Antarctic



Did you know that:

New Zealand has the 9th longest coastline in the world – 15,100 kilometres

New Zealand search and rescue region is 12.5% of the earth’s surface – 30,000,000 square kilometres

HMNZS Canterbury – Strategic Sealift ship

HMZNS Manawanui – Dive and hydrographic survey ship

So, with only 9 ships the 2,300 strong navy has quite a task to fulfil and your tax used in the Defence budget is giving excellent value for money.

Delicious Chocolate Fudge Slice

This easy fudge slice recipe requires no cooking - just assemble and leave to set.

INGREDIENTS

- 125 grams butter
- 1/2 cup sugar
- 1 tbsp cocoa
- 1 whole egg
- 1 tsp vanilla essence
- 1 packet Round wine Biscuits



INSTRUCTIONS

1. Crush Biscuits roughly or how preferred, set aside.
2. Melt slowly in a pot the Butter, Sugar and Cocoa until blended.
3. Remove from heat and mix in Egg and Vanilla Essence.
4. Pour over Crushed biscuits.
5. Press into slice tin and place in fridge to set.

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The new Minister for Seniors



Dr Ayesha Verrall has been appointed as the new Minister for Seniors after October’s election.

A Labour list candidate from Wellington, she has become one of the few politicians who have shot straight into Cabinet as a first time MP.

Dr Verrall replaces the outgoing Minister for Seniors, Tracey Martin, following New Zealand First’s election defeat.

Dr Verrall is not only becoming the Minister for Seniors, but picking up other substantial roles, including Associate Minister of Health, with delegations for public health, as well as becoming the Minister for Food Safety and Associate Minister of Research, Science and Innovation.

Prime Minister Jacinda Ardern is clearly keen to capitalise on Verrall’s medical experience. An infectious diseases doctor, she is an expert on vaccines, tuberculosis and Covid-19 and is described as being “instrumental” in improving New Zealand’s contract tracing regime having prepared an audit report on the system for the Ministry of Health before joining the Labour list.

The Prime Minister said, “In the middle of a global pandemic, I believe we would be foolish not to use the considerable expertise Dr Verrall brings on infectious diseases into our response.”

Ardern says the new Labour Government’s two main priorities will be driving the country’s economic recovery from Covid-19, and continuing the health response to keep New Zealanders safe from the virus.

Verrall, who grew up in Te Anau but now lives in Wellington with her partner Alice and their daughter, told media she was “very humbled” to be going straight into Cabinet, as well as "eager" to bring her expertise into the government’s Covid-19 response.

She told Radio NZ’s Checkpoint programme she considered her new roles to be important areas.

"As a doctor in a hospital I've worked with a lot of seniors at times of difficulty and crisis in their lives, and through that work gotten to know a lot about their circumstances and aspirations, and I want to learn a lot more and deepen that knowledge through engagement with the sector throughout this term, and meeting people in the community."

"I'm really excited to be implementing our plan for an Aged Care Commissioner which is really important as well."

"It's an important watchdog role and it also has the ability to make sure that standards of care are met in the sector, and that's really important because some of the people are in a position of vulnerability."

"It's important to have a watchdog there to make sure standards are kept, and they can also raise issues directly with Parliament."

Newly elected Grey Power Federation president Jan Pentecost says Verrall’s medical background “bodes well” for discussing 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,” she says.

Ref: Lifetime Retirement Income 11/11/20

The Battle of Pukehinahina

- Gate Pa 29 April 1864



War came to Tauranga in 1864 as a result of the fighting taking place in Waikato. The British military acting for the New Zealand government invaded the Waikato region in July 1863 with the dual aims of defeating the Kingitanga movement and opening up land for settlement. Some Māori from Tauranga were Kingitanga supporters and had gone to fight in Waikato. The Tauranga area was part of the logistic system where food, supplies and warriors were moved over the Kaimai Ranges into Waikato.

In January 1864 British warships and soldiers sailed into Tauranga Harbour to establish a blockade of the harbour, prevent food being transported to Waikato

and to discourage more local warriors from joining the fighting there. In response, Tauranga Māori built several pā in an attempt to draw the British out from their base at the tip of the Te Papa Peninsula (the Strand and Elms area) to attack them.

Eventually, under the command of Ngāi Te Rangi chief Rāwiri Puhirake, they built a pā on a small hill (Pukehinahina) at present day Gate Pā. The British called it ‘the gate pah’ because it was by a gate on a cart track across a ditch, and possibly through a fence, that ran across the hill to prevent cattle wandering.

The pā was built at ground level and had underground areas for the warriors to shelter and fighting trenches. It was defended by about 230 warriors including at least one woman, Heni Te Kirikaramu. The British had an overwhelming advantage in men and firepower. They bombarded the pā for most of the day on 29 April and then launched an infantry assault late in the afternoon.

The fighting was ferocious and it initially appeared that the British troops had won the day but suddenly they were driven out of the pā. It was still surrounded and General Cameron, the British commander, intended to resume the battle the next day.

During the night the warriors evacuated the place carrying many of their wounded with them. When the British came up into the pā the following morning they found that none of their dead or wounded comrades had been harmed, and some had been cared for and given water.

The British casualties were 31 killed and 80 wounded; the naval brigade and the 43rd Regiment losing many

men including their senior officers. Māori casualties are harder to estimate because some were carried away during the night. Estimates range between 19 and 32 killed with approximately 25 wounded.

The Māori involved were mainly from Tauranga Moana iwi - mostly Ngāi Te Rangi with some Ngāti Ranginui and Ngāti Pukenga, and other groups from further afield.

The British regiments engaged were the 43rd (Monmouth) and the 68th (Durham) as well as smaller groups of artillery and militia. The Royal Navy ships in the blockade and who provided men for the assault were; HMS Curacoa, HMS Esk, HMS Falcon, HMS Harrier, HMS Miranda. Two Victoria Crosses were won in the battle for carrying wounded men from the field.

The battle is remembered as a victory for the Māori defenders despite their drastically fewer numbers, and also for the chivalry shown to the wounded soldiers and sailors who lay in the pā after the battle.

The British troops occupied the pā the next morning and soon built a strong redoubt on the site. Māori continued to attempt to draw them out into a decisive battle and on 20 June 1864 Rāwiri Puhirake led a large force of at least 500 warriors as they began a new pā at Te Ranga, 5 kilometres inland from Gate Pā.

The British received intelligence that a pā had just begun and Lieutenant Colonel Greer led a force out early on the morning of 21 June. In the battle that ensued that day approximately 130 Māori, including Rāwiri Puhirake, and 13 soldiers were killed. Peace was negotiated and the government confiscated 50,000 acres of land upon which much of the present-day city of Tauranga sits.



The Estonian way

– A model for the future?

Through an encrypted digital ID, Estonians can access about 99% of public services online.

The country's paperless system serves as a model to other nations.

By STEPHEN JOHNSON in The Big Think (abridged)

- A new report from The Associated Press outlines Estonia's most recent advancements in its digital government.
- Estonia allows its citizens to vote, obtains medical data and register business documents online.
- Given security concerns and other complications, it remains unclear whether nations like the U.S. could implement similar systems.

It's easier than ever to order goods and access information online. So, why don't governments offer the same level of digital convenience to citizens when they need to, say, go to the DMV or register a birth certificate?

A new report from The Associated Press shows how Estonia's digital government is doing just that, and how the country serves as a model for how the rest of the world might pursue digital transformation.

In Estonia, which has been steadily digitizing its government for decades, the country's 1.3 million citizens can access virtually all public and private services online by using a digital ID card that enables them to do tasks such as banking or business operations, signing documents or obtaining a digital medical prescription.

The country's digital government also:

- Has used blockchain technology in its national health, judicial, legislative, security and commercial code systems registries since 2012.
- Became the first country to offer online voting in a national election in 2005.
- Provides each citizen with online access to nearly all of their personal medical data.

Estonia plans to automate the birth registration process, making it so parents simply receive an email when their child is born. These and other records are managed through a software called X-Road, a decentralized data exchange system that links separate public databases, and enables people to see when data has been accessed or changed.

"Outgoing data is digitally signed and encrypted, and all incoming data is authenticated and logged," the report reads.

Marten Kaevats, Estonia's national digital adviser, told The Associated Press that the goal is to create a government that supports its citizens while cutting out the red tape.

"In an ideal world, in the case of an invisible government,

when a new child is born neither of the parents would ever have to apply for anything: to get maternity leave, to get child support from the municipality, to get a kindergarten place, to put the name to the child," he said. "All of those different services would be delivered automatically."

This increased efficiency could affect the way people perceive their governments.

"People's expectations for government services are the same as they have of all other digital interactions in their daily lives," Steve Hurst, who heads Deloitte Consulting's Digital Government group in New York, told Nature. "If you don't meet those expectations, it affects people's perception of the quality of government."

Security concerns

One major concern about digitizing government information is that compiling a cache of data belonging to a person or business in one easily accessible place might be convenient, but it also makes it an attractive target for hackers.

For instance, Estonia had to issue software updates for hundreds of thousands of ID cards after security experts discovered a flaw that hackers could've exploited to gain access to private data. Government officials said they expected it wouldn't be the last security risk the country would have to navigate.

Government corruption is another concern, though some say it could be prevented by technologies such as cryptocurrency and smart contracts, which could also make nations more transparent in areas like government spending.

"With smart contracts, governments can collect taxes in real time — this a more dynamic way for governments to collect," wrote ConsenSys Media, which covers the blockchain industry. "Additionally, blockchain technology would provide radical transparency for taxes — we would be able to see precisely where governments are using citizen's taxes."

It remains unclear whether Estonia's more comprehensive implementation of digital government would currently work well in the U.S. or other countries, as Zvika Krieger, head of technology policy and partnerships at the World Economic Forum, suggested to The Associated Press.

"When you add in more people, more diverse stakeholders, more layers of government at the city, state, and local level, you are adding in exponentially more complexity," Krieger said.

The promising sign is that the transparency of Estonia's model seems to give people more faith in government.

"Estonians hate their politicians just as much as everyone else," he said. "But at least since the administration of the state works extremely well and efficiently, people trust the system."

Right-sizing and moving on

Rattling around in a large, and mostly empty house, is depressing and challenging. So what can be done about it? "Downsizing" for many is a term that diminishes age, so let's try "right-sizing". Not amazingly original, but it suggests that changes in one's life are a catalyst for thinking about what's really needed for the future – and for many older people, a five bedroom late Edwardian villa in the suburbs isn't it.

***So, right-sizing it is.
And a retirement village
is an increasingly popular
right-sizing option.***



The first and perhaps the greatest challenge in moving to a new place is working out what to do with the accumulated memories and stuff of decades of life. Someone said that "part of the trouble in "getting rid" of stuff is accepting that certain parts of my life are over. For example, I was never a frequent entertainer, but I do have nice tableware that is used for "company." Letting it go would signal that that part of my life is over. The same could be applied to sports equipment. What I mean is it is more than getting rid of extraneous stuff. It is like saying that

part of my life has gone forever -I am moving into decrepitude where I won't need my silverware or my tennis racquets!"

It needn't be like that, but we know it's not easy. The internet has plenty of sites giving advice on how to decide what to keep and what to give away, how to manage things that provide lovely memories with what's really a non-essential. Perhaps you could create four piles in four corners of a room – stuff that's essential for your future happiness, stuff that has value which your family and friends might appreciate, stuff that no-one immediately wants but could be worth something to strangers, and – let's face it – junk. Then just make sure the family takes delivery sooner rather than later, you send the unwanted but worthwhile stuff to a charity shop or sell it on-line, and lastly, get that skip ordered in today!

People decide to right-size for all sorts of reasons. They don't want to "be a burden on the family" and decide to sort their belongings long before the children have to do it for them. Or perhaps there are good health reasons – the stairs are too much for the knees, the garden's getting beyond it, or vacuuming all five bedrooms is an exhausting pastime and you have much better things to do.

Releasing equity in the family home has been a major incentive to move. Thanks to the buoyant property market, we've known people to sell their family home, move to a retirement village and bank hundreds of thousands of dollars into the retirement savings. It's a bit like winning Lotto, and the addition to the savings means a quantum improvement in their retirement lifestyle.

Moving to a smaller home also means significant savings in costs too – power, rates, insurance, furniture, maintenance and upkeep all fall away. Retirement village homes are purpose-built for older people, with no steps, insulation and energy-efficient appliances, the economies of scale with rates and insurance, and someone else looks after the maintenance and lawns.

But don't take our word for it. See what our residents say about the many benefits of right-sizing to a retirement village on our Retirement Life Facebook page here - https://fb.watch/1D_iOFnML/

editorial supplied by Retirement Villages Association

THE MEANING OF BEING A GREY POWER MEMBER

Grey Power is so much more than just a large lobby group and is made up of 76 autonomous associations throughout NZ. They all have presidents and committee members and varying numbers of loyal volunteers who help with paperwork, phone calls, fund raising and tea making. But common to all, is their desire to help their fellow seniors in each of their communities. In doing this, it enables the committee members to receive feedback and get the right information so they can in turn, pass it on to the governing board of the National Federation. These board members are the ones who do the bulk of the research into issues such as health, housing, rates, law and order, aged care and social services and then make the trek to Parliament to speak to the politicians.

This is not an easy job. Board members are often perceived as ‘old, white haired people’ and ‘here they come again’! We might be older with greying hair and persistence but with that also comes experience, wisdom and most importantly a great deal of knowledge about our age group and their needs.

On the lead up to the election we asked the main political parties their views on particular concerns that we have for the older sector. It was disappointing that in most cases very few seemed to have those issues anywhere near the top of their list of things they wanted or were interested in working on over the next three years. It is a rather worrying aspect of having a wave of much younger politicians in parliament. On the other hand, the world has changed with Covid coming into the mix and it may well be the young people who



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are best able to see their way to curbing any more spread of the virus and some of the more experienced finding a way to build the failing economy back to a healthier level. This in itself will hopefully safeguard things such as National Super, health and the aged care sector which are all so vital to our wellbeing.

An increasing number of people have joined Grey Power so as to be able to benefit from cheaper electricity prices with Grey Power Electricity and Broadband. Many do not have a sense of or interest in Grey Power as an organisation but they are in fact benefiting from long hours and months of campaigning and negotiating to bring cheaper electricity and Broadband prices to older people and by being members they help financing us to go to large corporations or parliament to lobby for further benefits.

The board will be watching carefully to see if any new taxes or existing ones tweaked in the next term of government which may affect seniors. Grey Power was formed in 1986 to protect seniors from having their assets tested and taxed. Times have changed and policies to do with taxes will always hurt some but as seniors we do not want to be discriminated against again.

It was pleasing to have a new Minister for Seniors who seems keen to engage with Grey Power and Labour’s stance appears to have shifted a bit to recognise that there are a growing number of seniors who need help and support.

Our focus this year has been about our members, and doing our best to keep in touch with them either by mail, email or phone. In October we started another exercise in having a group of volunteers ring each member who does not have the luxury of the internet. We referred to it as a ‘wellness call’ but it is so much about letting these people know that they have not been forgotten. One person said that she felt as though she had “dropped off the map” because she gave away her computer due to failing eyesight and it is a complete disservice to leave these people alone as they age, due to advancement in technology.

Next year we will continue to work with members of the community and try to offer more support for those in need. It is also by doing this that we are able to relay real life examples to our board who can use this to put pressure on the Government to make necessary changes.

Jennifer Custins

BEE BUS CARDS

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 phone **0800 422 9287**

GREY POWER ELECTRICITY - A reminder that you must be a current, paid up member to benefit from the electricity/LPG/broadband 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**



MEMBERSHIP APPLICATION / RENEWAL FORM

Tauranga & WBOP Grey Power Assn Inc

PO Box 841, Tauranga 3140 (Historic Village, 17th Avenue)

www.greypowertauranga.org.nz | Email: tgagreypower@gmail.com | Ph: (07) 571 2558

*** Membership year is from 1 April to 31 March**

New Member ☐ Renewal ☐ GP Electricity ☐ yes ☐ no Membership Number: _____

Name: (s) Mr / Mrs / Miss / Ms _____

Address: _____

Post Code: _____ Phone Number: _____ Mobile: _____

Email Address: _____

AGE GROUP INDICATION: 0 – 49 50 – 65 66 – 75 76 – 95 + [circle one]

Privacy Act Requirements: All information will remain confidential and will not be supplied to any other party. Please note promotional material may be inserted in mail outs for the interest of members.

ANNUAL MEMBERSHIP (please circle):

Single \$20.00

Double \$35.00

Donation \$ _____

TOTAL: \$ _____

Online Banking: Kiwibank 38 9001 0051732 00

Cash or Cheque - pay at office

Office Hours: 9.30am to 2.30pm Tuesday - Thursday.

Please note we do not have eftpos

(Renewals use membership number as reference.

New members use phone number)

Any donation to help with the cost of postage, envelopes, paper etc. would be very much appreciated.

QUARTER FOUR 2020 23

Puzzle Page



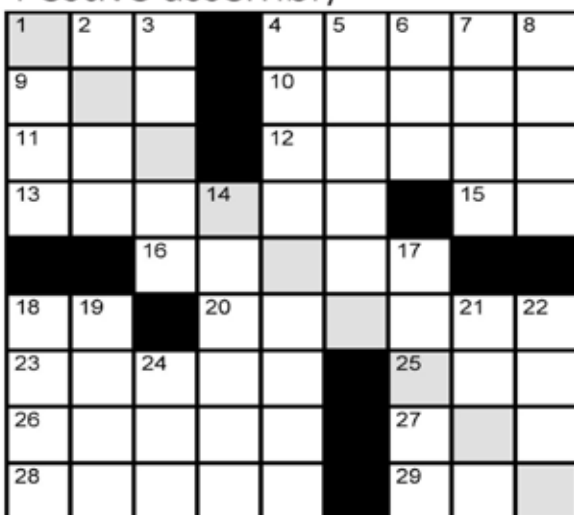
Festive assembly

Across

1. Feds' document producer
4. Glasses
9. PC linkup
10. Athletic shoe feature
11. Hall-of-Famer Mel
12. Come from behind
13. Female fowl
15. Northeasternmost st.
16. Song of praise
18. Tagged player
20. Beats it
23. Poet's "below"
25. Lithium-___ battery
26. Home on the range
27. Santa ___ winds
28. Forebodings
29. Lab or golden

Down

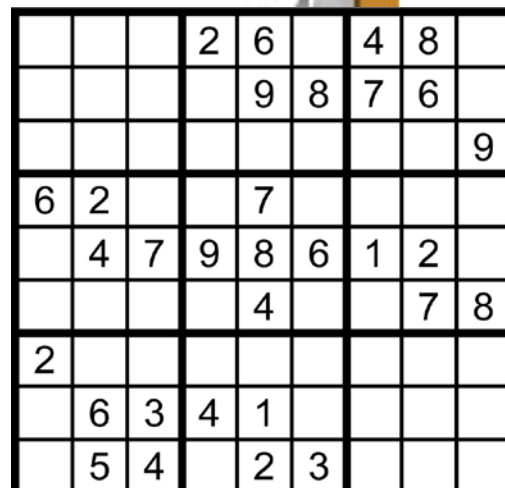
1. Hardly haute cuisine
2. Toast topping
3. Available
4. Braking sounds
5. Flat



6. Moray, e.g.
7. Storm precursor
8. Eye sore
14. Move quickly
17. Water nymph
18. Keen on
19. Abound
21. Like old recordings
22. Unforeseen difficulty
24. Gorilla



The headline is a clue to the answer in the diagonal.

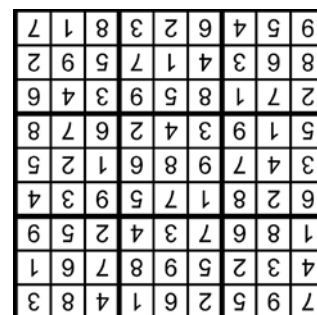


How to solve sudoku puzzles

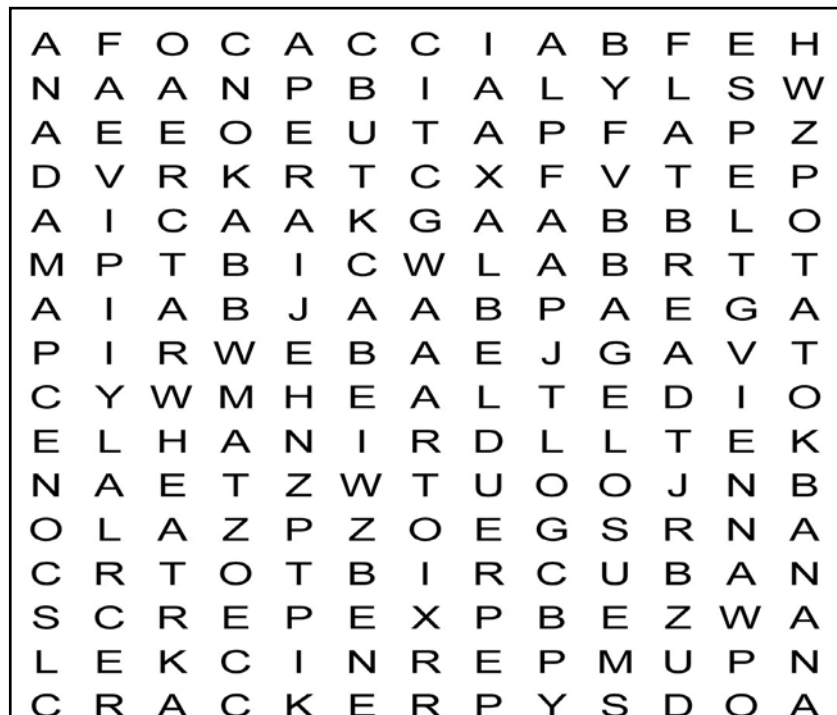
No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid.

The difficulty on this puzzle is medium.



Bread Search



ANADAMA
AREPA
BABA
BAGEL
BANANA
BEER
BIALY
BLACK
BOULE
BROWN
CIABATTA
CRACKER
CREPE
CUBAN
FLATBREAD
FOCACCIA
LAVASH
MATZO

NAAN
PITA
PIZZA
POTATO
PRETZEL
PUMPERNICKEL
ROLL
RYE
SCONE
SODA
SPELT
TEACAKE
VIENNA
WAFFLE
WHEAT
WHITE
ZWIEBACK