



ANNUAL GENERAL MEETING

Thursday 27 May 2021 at 1.30pm St James' Church, Lawry Street, Moturoa, New Plymouth

GUEST SPEAKER: Stacey Hitchcock, NPDC, on Hydrogen Energy

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GREY POWER NEW PLYMOUTH INC.

21/117 Powderham Street, New Plymouth 4310

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www.grevpowernp.org.nz

Office Hours: 9am - 1pm Monday, Wednesday & Friday

COMMITTEE 2020 - 2021:

PRESIDENT: Wally Garrett 7550 988 VICE PRESIDENT: Alison Brown 7588 040

TREASURER: Val Armstrong

SECRETARY:

MINUTE TAKER: Mary Perrott

COMMITTEE: Caroline Symmans, Agnes Lehrke, Kathy Sutton, Rob Baigent-Ritchie, Colin Kilpatrick, Louis & Isobel Carter.

TRAVEL TEAM:

Wally Garrett, Val Armstrong - 027 289 1810, Pam Burkett, Agnes Lehrke - 021 022 98721, Desrie Morgan.

A COMMON MISCONCEPTION:

Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament to try to get a better deal for all Superannuitants. As such we will speak to any political group or politician who is likely to make a difference on our behalf. We also seek to keep all our members informed on what Grey Power has been doing on their behalf.

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President's Word

It is pleasing to report that the March quarterly meeting was very well attended. This was in no small way due to the fact the we provided an opportunity at this meeting



for the NPDC councillors to present the Long Term

The presentation certainly brought about a range of reactions from fairly negative to acceptance and then a fair degree of positivity. The meeting numbers of 100 were helped by the active participation of Positive Ageing and Age Concern in promoting the meeting.

As previously arranged our first speaker Fiona Young was well received and her topic of Regenerative Farming was of great interest to many there.

There are a number of public forums coming up that should be of great interest to our members. In conjunction with Positive Ageing and Age Concern, there will be a forum on April 15th 10am at the NPDC chambers. This is to do with Fraud/ Scams.

On May 6th the Forum is to be about the Covid-19 Vaccination and this will be held at St James Church at 10am.

June 17th will see the National Bowel Screening Programme presentation by Kareen McLeod Clinical Nurse Specialist.

Then coming up in August is the deferred Recycling presentation.

You will no doubt have noticed, that there is a lot of collaboration with the other Aged sector groups and this is being done quite deliberately. I firmly believe that more will be gained by working together for the common good of all.

As a Committee, we may need to start thinking about a possible relocation of the G.P. office, if the NPDC does proceed with the proposed changes to the Parking on Powderham Street which could become Leasehold parking. This of course would have a hugely detrimental affect on our members.

Wally Garrett (President)

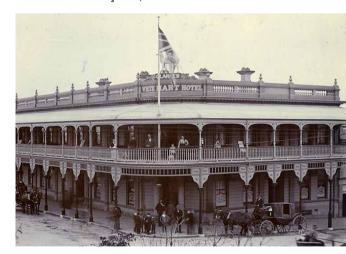
The White Hart Hotel **New Plymouth** (cover photo)

The White Hart Hotel in New Plymouth is and isn't vour typical kiwi hotel. Built in 1886.it is your classic timber Victorian construction: homestead-like with two levels of verandah. It's corner entrance leads out onto the city's main drag, Devon Street West, which is part of the city's growing cultural precinct and includes the neighbouring Clock Tower, the Brewster Gallery and the stunning coastal walkway, featuring Len Lye's Wind Wand.

The original building on the site was a six roomed house built in 1844 by Mr R Rundle, just four years after the foundation of the New Zealand Colony.

It is recorded that the builders worked three days of the week, were drunk for another three and spent Sunday recuperating, so it took some time to build. It was a Refuge for destitute, accommodation for settlers, and Bleak House for British Soldiers. Also used as a hospital in 1855.

The first section was designed by James Sanderson. in an italianate palazzo style and constructed in Rimu and Matai. Around 1901 it received its icon-a life size stag statue that still stands today above the parapet. The building's distinctive balconies, which run the extent of the facade, were added in 1909.



In recent decades the building deteriorated and despite being a category 1 registered historic place with some financial input from this trust, some was removed and considered too costly for replacement. However in 2005 the owner, Renaissance Ltd, came up with a plan to retain as much of the character of the building as possible. All on a \$900,000 budget. The Architect Cecile Bonnifait explained that,"To save this building we had to make the design costeffective and flexible for the future, so we could keep

Grey Power Coffee Mornings

There have been a few requests for a more social side to Grev Power with cuppas and a chat for members. So we will try this and see if there is interest enough for the occasion.

On the first Monday of the month at 10.a.m, at Aroma Café we will have a Coffee Cuppa.

A table has been booked for our use.

Any member may join in and maybe there are some potential new members to come.

This has now started. so come and enjoy the company.

Let's give this our support maybe bring a friend. Put this on your calendar.





Pat McFetridge AREINZ **Linda McFetridge** M 027 273 3940 P 06 759 9160 M 027 207 6809

the iconic front facade"

The courtyards and spaces created have been described as "a new corner of the city - a lively space that will add to the cultural precinct".

The White Hart shares the corner of Devon with gleaming stainless steel building of Len Lyre Centre. The pair provide a striking contrast between New Plymouth's old and new buildings. It is cultural history at its best.

Grey Power New Plymouth Association Inc AGM Committee Nomination Form 2021

| Full Name of Nominee | Position on Committee | Signature of Nominee |
|----------------------|-----------------------|----------------------|
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All positions on the Committee will be voted on.

<u>The above form is not a voting form</u> but your nominations for the Grey Power Committee. Actual voting takes place during the AGM.

You may nominate as many as you wish. So fill out the form and send it in to the office by hand delivery, email or post please.

Your nominee must be aware of your nomination and sign the form to show their willingness to stand. Your support is greatly appreciated.

All nominations will be available on display, for viewing at the AGM.

Remember this is your opportunity to have a say on who you want on the Committee.

If you know someone who is a good TEAM player and may be interested in an active roll, and a dedicated person for Grey Power, then please nominate them. Nominating Committee members or one for a leader's role is so important for the growth and welfare of our Association. Therefore it is an important exercise that we need to be seriously involved in. AGM will take place on Thursday 27th May at 1.30pm - see cover notice.

COVID PHONE SCAM

We have heard that there are a couple of scams asking for payment for COVID vaccines about please be careful if you get a phone call from anyone you do not personally know.

Never in any circumstances give any financial details such as credit card numbers, bank account numbers or PIN numbers over the phone. Even if the caller sounds very official. There is NO charge for the COVID vaccine and Banks do not telephone customers asking for these details – your bank already knows this stuff. Scam: Phone call about the vaccine being for sale First appeared: 20 February 2021

Details: The scammer calls to advise the vaccine is available for \$49.99. You are given the choice to press 1 to continue or 2 to cancel. This is a way to automate getting people on the line for a scammer to then get their credit card details, gain access to their computer or exploit them some other way.

So our advice is **HANG UP!**Do not press 1 or 2, simply hang up.

Covid-19 Vaccination Programme

There will be a Forum on this vaccination programme which begins in a few months.

That date is the **6th May** 2021
.To be held at St.James' Church
Moturoa at 1.30p.m

Do keep this date and time free so you can learn all about this programme and hopefully inform others of it's value. Do bring your friends and neighbours along. **It is free**. As we know this programme is very important for the community's protection against this virus.

We look forward to seeing you all there.

Bowel Screening Programme

New Zealand has one of the highest rates of bowel cancer in the world. Taranaki has the highest in the southern hemisphere.

Regular bowel screening can save lives. So we have a programme available. This is a free programme for the those 60 – 75 yrs.

How does it work?

You will receive an invitation letter to participate, with a consent form. A free screening test kit with instructions on how to use it.

The test can be done at home and is simple to do.

But if you should not wish to participate ring the freephone **0800 92 44 32**.

This programme has been piloted in New Zealand for 6 years with much success. It is now available for other New Zealanders.

There will be a Forum on Bowel Screening on June 17th, NPDC at 10am. Phone the Grey Power office 757 5885 for queries.

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Over the years Bayleys Taranaki has sponsored or supported a significant number of community groups or events. "As a company that has enjoyed the benefits of working in Taranaki, we believe in putting something back", says Dean.



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COVID-19: Vaccine roll-out

Older people in the community are being prioritised in the COVID-19 vaccine roll-out.

The Government recently announced the COVID-19 vaccine roll-out plan, focusing on targeting those most at risk of getting the coronavirus and those most at risk of getting seriously ill.

The roll-out is being staggered, with the population divided into four main groups.

Group 1: Started in February

This group consisted of 50,000 border and MIQ workers, their household contacts and the people they live with. This group will now have had at least one dose administered.

Group 2: Started in February and will continue through to May

This group covers frontline workers and people living in high-risk settings. This includes older people in the Counties Manukau District Health Board (DHB) district, home support workers, and those living in aged residential care.

Group 3: Planned to start in May

The rest of the senior population is in group three, with those aged 75 and over being vaccinated first,

followed by seniors aged 65-74. This group also includes those with underlying health conditions and disabilities.

Group 4: Planned to start from July

The remainder of the general population.

For the most up-to-date information on the vaccine roll-out, including a more thorough breakdown of the people included in each group, head to the Unite Against COVID-19 website covid19.govt.nz



New Zealand Government

A message from Catherine Hall, Alzheimers New Zealand

Dementia affects nearly every New Zealand family at some point, in some way. You, or someone you know, could develop dementia.

Around 70,000 Kiwis are living with dementia. That number will nearly triple in coming years, costing nearly \$5 billion a year by 2050. The impact of dementia is so huge that it must be a top health priority for Government after COVID-19.

Most Kiwis living with dementia live at home, not in secure care. Just like the rest of us, they want to lead full and active lives, doing things they enjoy in their communities.

However, if you are living with dementia, you may experience huge levels of stigma, discrimination, fear, and misunderstanding.

Often, people living with dementia feel isolated, even from friends and family. They may not like to admit or talk about it. We are often told that one of the biggest challenges of being diagnosed with dementia is other people's reactions.

We can all do something to create a more Dementia Friendly New Zealand – a kind and caring society where people living with dementia are supported and encouraged to live well. There are many ways you can help. You can pledge your support for our Dementia Declaration.

You can also become a 'Dementia Friend' and learn about dementia and how you can help. It's free and only takes 20 minutes online.

If you have a business or organisation, you can make it 'dementia friendly' through our Dementia Friendly Recognition Programme.



Catherine Hall, Chief Executive of Alzheimers New Zealand

If you're keen to join dementia and age friendly work going on in your community, contact us and talk to your council about getting involved. Learn more at our website, www.alzheimers.org.nz.

People living with dementia have said, "our lives matter. We seek a society where people living with dementia are included, understood and respected; where services and facilities are accessible; and, where people value our presence."

This is exactly what a dementia friendly approach looks like. Let's make it happen. Because a dementia friendly New Zealand would be better for all of us.

In Touch



HOW COMPULSORY WATER RESTRICTIONS HAVE IMPACTED OUR SUMMER DEMAND



NEW PLYMOUTH

+6%

OAKURA

45%

INGI FWOOD

-111%

OKATO

-14%

10%
5%
0%
2018
2019
2020
2021
-5%
-10%
-15%
-20%
New Plymouth
Oakura
Inglewood
Okato



*Water stats for January/February/March

Big sludge removal

Work is underway to remove decades-old sludge from a storage lagoon at the New Plymouth Wastewater Treatment Plant, with the help of \$3.5 million of Government funding. It is our largest project to get investment from the Government's \$523m nation-wide three waters stimulus and reform package. The same machines used to remove silt from Pukekura Park's waterways are sucking sludge dating back to 1990.



Cheques are to be exited

The days of sitting down to write out a cheque for your quarterly rates bill are almost at an end with NPDC's main bank stopping the use of them in June. That means from May 14, we will not be able to accept cheques for payments like rates, fees and fines. There are plenty of other ways to pay like automatic payments, direct debit, card payments or come and see us in person. We will be happy to help.

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Once you have down loaded the SuperGold App this will let you search for SuperGold savings near you, or where ever you plan to be. There's over 10.000

places throughout New Zealand to use your SuperGold card so give it a go.



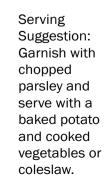
Baked Chicken

| Ingredients: | 1 Serve | 2 Serves |
|----------------------|------------|------------|
| Oil | 1 t | 2 t |
| Dry breadcrumbs | 2 T | ⁴⁄₄ cup |
| Turmeric | ⅓ t | ½ t |
| Paprika | ½ t | 1 t |
| Chicken stock powder | ½ t | 1 t |
| Cumin | 1∕4 t | ½ t |
| Chicken pieces | 1 | 2 |

Method

- Pre-heat oven to 180°C.
- 2. Lightly grease an ovenproof dish with oil or oil spray.
- Mix breadcrumbs, turmeric, paprika, chicken stock powder and cumin together in a small bowl.

- 4. Coat chicken on both sides with breadcrumb mixture.
- 5. Place chicken in greased dish and drizzle with oil. Cover dish with lid or tinfoil.
- Bake in oven for 40-45 minutes or until cooked.





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TRUSTS

You may be aware that there has been changes to the laws affecting Trusts, with a new Trust Act which came into force on 30 January of this year.

One of the new requirements is that trustees are to notify the beneficiaries of the Trust that they are beneficiaries and provide some basic information to them about the Trust. The reason for this is that beneficiaries need to keep trustees accountable and they can not do that if they do not know that they are beneficiaries. I see it as part of a growing and developing rights-based philosophy in law.

A difficulty can arise with some families who have not informed their children that they have a Trust and that the children are beneficiaries. Some prefer to keep their descendants in ignorance as they fear that knowing that there are trust funds available may disincentivize their children to work, study and advance in the world. Of course, this is true for some descendants but not all. This illustrates the difficulties when laws are passed that affect everybody. We know that everybody is not the same, our children, their needs and abilities, are not the same.

The trustees need to think this through and decide which approach to take. There are various approaches that can be taken depending upon the trustees and the Settlor's wishes. Settlor's wishes remain important still. What were they when he/she/they established the Trust? Where is that recorded? Are the trustees running the Trust to meet those wishes.

The trustees may also wish to consider how many beneficiaries to have for easy disclosure of information. Another aspect of the new law Is that trustees need to identify one person who will retain all the records of the Trust. This includes alterations to the Trust Deed, changes of trustees and Trust minutes. Also Trusts must be managed in an appropriate fashion

Now is the time to review Trusts and some clients are asking "Do I still need a Trust?".

Avoidance of tax was one of the original reasons for Trusts and has been a reason to have a Trust until this century. Management of your affairs to avoid tax is permissible. Tax evasion is not permissible. Using a Trust is generally not viewed as tax evasion. There are also other reasons to have a Trust and they may or may not pertain to your current situation.

We are reviewing Trust deeds for a way forward and we would be happy to talk to you about your situation.

For the MOST important decisions of your life see us

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Editorial supplied by QuinLaw

Travel for the Year:

We have very interesting travels prepared for the year ahead, but firstly we need to look at procedures that enable us to book for the travel.

Once you have selected which trip you'd like to undertake, book with your payment choice.

To book your seat you need to pay the given amount. By cash, cheque for now or direct credit into the travel account 153948 0007390 01 with Surname and trip name, e.g Tawhiti. Or pay by

Fees should be paid up to a week prior to the trip please, as the bus size etc. has to be arranged. Refunds are readily available if required as Covid **Levels and illness can arise.** To make travel less expensive we have taken out the set lunch, so you choose what is on offer.

2nd Trip of the year: 3rd June 2021.

Pioneer Village Stratford & Percy Thompson Gallery Cost \$30.00. Buy own Lunch.

Depart the Raceway car park at 9.00a.m

The village has a mini township set up under the governance of Mt. Taranaki in the background. There is a little church still used for weddings and multiple collections of the way life was in past times. Also a train to ride about on and delicious food supplied by the Shakee Pear Café' at lunch. Then off to the Percy Thompson Gallery to view the awesome art and craft displayed A visit to Eve's Garden Gallery a great place to shop. Perhaps a call into the fabulous Hospice shop nearby for a forage for a worthy cause before heading home.





3rd Trip of the Year: 5th August 2021.

Whanganui Special.

Cost \$60.00 Buy own Lunch. Depart Raceway Car Park at 8.30 a.m

Aramaho Rowing Club on Taupo Quay for visit and hear the history. A.M tea provided. Visit to the Glass Blowing Gallery nearby view the displays. Upokongaro for lunch and a walk over the bike bridge. To St. Paul's Putiki for historic tour of this magnificent building. Finally to Virginia Lake Fernery a special and striking display and the Aviary nearby. Somewhere well worth the visit. Then the home run to our lovely city.

4th Trip of Year: 4th Nov 2021.

Te Awamutu

Cost \$60.00 Buy own Lunch. Depart Raceway Car Park 8.30.a.m

A.M tea on route. To

Te Awamutu Rose gardens, then the Memorial Gardens in an unique setting with special reference to our RSA. Lunch at local café Red Kitchen. On to the Ohaupo Church Garden. The gardens are at their best at this time of the year so well worth the visit. Finally a special visit in store for travellers. Hopefully.

Disclaimer: Whilst we plan as accurately as possible for trips, there are often last minute alterations necessary, because things arise. Businesses have issues, let downs occur, but we have to adjust to make the day suit your needs. That's life. So please understand we do our best to get it right. We communicate as best we can at the time. Thank you.



Tips to help Older People fall-and stay Asleep

A third of people over 65 take something to help them sleep, but these medications can pose risks.

But what can I do? These two startling statistics are a worry. After all sleep is one of our most fundamental needs-right up with water and food. Healthy Aging polls show how serious sleep issues are for seniors. Side effects for drugs include, urinary retention, and constipation because of these antihistamine aids. Medical Guidelines warn these drugs, even prescribed can increase confusion, dizziness, memory loss, lead to falls, car accidents and more.

What we can do?

Before using aids try sleep habit changes to foster

- Keep the same sleep schedule every day.
- Stick to bedtime routine. (read, soothing music, warm wash, to wind down.)
- Keep gadgets & screens out of the bedroom. (smart phones, T.Vs, laptops, no Blue lights.)
- Limit or stop consuming caffeine in afternoon &
- Try not to nap during the afternoon or evening. (Ruins cycle.)
- Avoid alcohol for sleep, and liquids filling the bladder in night.
- Exercise, especially late afternoon. Make it brisk with some deep breathing.
- Relaxation. Note what works for you so it can be a regular daily activity.
- Try to keep the bedroom well aired, darker quiet place for rest & sleep.
- Be calm, quietly prepare for bed. Positively take on the routine.

We can change things that are in our control. Do try this out!



Annual Increase to NZ Super:

New Zealand Superannuation and Veteran's Pension Payments are adjusted each year to reflect increases in the cost of living, inflation and the average wage.

From 1 April Payments will increase to:

- 1. \$768.92 each before tax or \$672.22 each after 'M' tax for a married couple who both qualify.
- 2. \$506.64 before tax or \$436.94 after M tax for a single person living alone
- 3. \$466.03 before tax or \$403.33 after M tax for a single person sharing accommodation.

The first full payment at the new rate will be on 13th April. For a full summary of new rates go to the work And income website www.workandincome.govt.nz and search for "benefit rates" 2021.





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Glamorous Kin of Coffee

| 1 | 2 | 3 | 4 | | | 6 | 7 | 8 |
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Across

- Pesky insect
- Artist's inspiration
- Lion's den

AFFIDAVIT

APPEAL

CHARGE

DOCKET

EVIDENCE

FOREMAN

GUILTY

DEFENDANT

COURT

- 10. Snack often twisted apart
- 11. Site of the Taj Mahal

HEARSAY

INNOCENT

MISTRIAL

PLAINTIFF

SIDEBAR

OVER RULED VERDICT

JUDGE

PANEL

PLEA

6

- 12. Campus V.I.P.
- 13. Flights of fancy
- 15. Always, in verse
- 16. Coke or Pepsi
- 22. Lotus position discipline

TESTIFY

TWELVE

VOIRE DIRE

WARRANT

WITNESS

9

TRIAL

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Down

Нарру

24. Wax-coated

cheese

25. Sixth Jewish

month

26. Bone-dry

27. Cravings

ADO

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SMABREVAG

7 8

21. Commits a faux pas

20. Complain

G

6

OBBO

- Serpent of Hindu myth
- 3. Breezy
- Product identifier
- Characteristic of the present
- 6. Fertilizer chemical
- 7. Tailor's line
- 8. A long, long time 14. Danger color
- 16. Tournament passes
- 17. Went on horseback
- 18. Biology lab supply
- 19. Assistant

The Benefits of Pets

Want to start 2021 with a cuddly companion? If you're considering pet ownership, there are lots of great reasons to bring a 'fur baby' into your life. "Extensive research shows that interacting with animals has multiple physical and mental health benefits for seniors," according to a spokesperson for the SPCA.

These benefits include the unconditional companionship and comfort pets offer, especially to those who are lonely or isolated. A recent study found that people aged 65 and over were 29 per cent more likely to be lonely if they were living alone. By 2034 it's estimated that people in this age bracket living alone will make up 55 per cent of all people living alone.

"Older people tend to make responsible animal guardians and typically have a lot more time to give to an animal, which is mutually beneficial for both animal and the owner," the SPCA adds.

Don't want to commit? Volunteer! There are several opportunities to work with organisations across the country, including at the SPCA whose 5,000-strong volunteer workforce covers roles such as fostering animals before they are ready for adoption.

Alternatively, you can research your options at Seek Volunteer and Volunteering New Zealand.

If you are fortunate enough to be able to commit to owning a pet, be sure to pick your pet with care, the SPCA advises. For example, dogs generally need a lot of exercise and are ideal if you regularly go out on long walks. However, smaller breeds need less exercise, so are usually easier to look after.

If you are already a pet owner, creating an Enduring Power of Attorney (EPA) can give you peace of mind by

choosing someone you trust to make important decisions about your furry friend, in the event you're not able to.

Even without an EPA, you can start working with a friend or family member who is happy to care for your pet if you can't.

Source: www. superseniors.msd.govt.nz



When you understand why a pizza is made round, packed in a square box and eaten as a triangle... Then you will understand women"



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23. Last name in fashion **Jury Duty search** TMVDELURREVOB **SUBPOENA**

LA N T $N \circ C$ Ν AWREJUDGEE ITN N T WEGRAHCY OEUVJAQYT OZTPT XCETL FUNKS I E V PESCAUIAYT ENONGMDDWG DDDFN I E E E AAZDFSLRNB FPVYE O G АН VETAFEQLJUFER

6 3 8 6 5 8 1 1 3 5 3 8 9

6

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 easy.

12 GREY POWER NEW PLYMOUTH

Let's not confuse retirement village living with home ownership

A housing crisis is gripping the country and every day we hear reports of New Zealanders losing out on their dream home, queues at open homes and 'standing room' only at auctions.

Owning your own home is seen by many Kiwis as a birthright, and despite recent Government announcements, property remains a popular investment choice for many people.

Retirement village living is also riding a wave of popularity with 100 people moving into a village across the country every week. However, in most cases, residents are choosing to sell their homes. release the equity and forgo home ownership in favour of a different model. The most common model is called "Licence to Occupy".

A licence to occupy means a resident purchases the contractual right to occupy a property such as a villa or an apartment at a village, but has no legal ownership of the property itself or the land. The purchase of this right to live in a residential unit is often at a substantial discount to the average price of a freehold property in that area.

In return, the village operator assumes the ownership risks for the property such as long-term maintenance, renovations, storm or earthquake damage, pays rates and insurance and continues to invest in the village by providing an age care facility, upgrading the common areas, or rebuilding units to appeal to a new generation of residents. These investments are made at no risk or cost to the resident.

In addition, 60% of villages fix weekly fees so the resident is insulated from any increases in rates. insurance, staff salaries, and general overheads. For example, village residents on fixed weekly fees won't worry about Wellington City Council's proposed 17% rates hike.

Many of our residents tell us they like the model because it provides them with certainty of costs. Unlike owning a home, they aren't exposed to risks. So why is this important? Well, just like a licence to occupy model is not like owning a home, it also means that in most cases, residents or their estate do not share any capital gains when the property is re-licensed to another resident.

Any 'gains' made on the re-licensing of units is used by an operator to off-set the risks of owning the property such as maintenance and necessary expenditure. The resident, with no ownership stake in the village, is not liable for any unexpected property costs.

Understandably, many of our residents recognise they can't have one without the other - either they can share the risk of ownership and the unexpected costs, or they forgo capital appreciation in the security of knowing they do not face these costs.

In my experience, the residents I talk to understand this. They are astute, they've done their research and due diligence and have, as is required by the law, sought independent legal advice before moving into a village.



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