



focus

Auckland Greypower Association Inc
Member of the NZ Grey Power Federation

The Active Organisation
for those aged 50+

Winter 2021 Issue 57
www.aucklandgreypower.org.nz
ISSN 2703-1888



**Covid
Vaccinations
see page 3**

WANTED Senior Memories
- see page 3

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Auckland Greypower Office
557 Blockhouse Bay Road, Auckland
(opposite the Library)
Phone 09 **626-0895**
Email: info@aucklandgreypower.org.nz
Office Hours: Monday to Friday 10 a.m. till 12.30 p.m.
Volunteers are ready to listen and help with resources and contacts. Our Mailing Address: **PO Box 48-157, Blockhouse Bay, Auckland 0644.**

 LIKE US ON FACEBOOK:
www.facebook.com/greypowerauckland

www.aucklandgreypower.org.nz

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

Executive Committee
President: **Gillian Dance**, BA (Sociology & Psychology) 09-626-0895 / akgp2gillian@gmail.com
Vice President: **Nanette Nathoo**, QSM, 021-157-5757 / nanette.nathoo@gmail.com
Treasurer: **Lingappa Kalburgi**, MNZM, JP 021 114 2148 / lingappa.kalburgi@gmail.com
Secretary: **Alan Bray**, 09-636 6260 / aj.bray@extra.co.nz
Database Administrator **Heldur Bender** 021 676 059 / akgp2heldur@gmail.com
Membership Administrator: **Jens Meder** 09-846 2525 / jensmeder29@gmail.com
Heather Alford, QSM, JP heather@alfords.co.nz 09-816 8996
Gael Baldock, GaelB@extra.co.nz / 021 0250 1000

Focus Magazine
Editor: **Gillian Dance**. 09-626-0895 akgp2gillian@gmail.com
Assistant editor: **Lisa Truttman** 09-828 8494 historian@avondale.org

Contact us through the office, by phone, email or write to us at the PO Box. Feedback on the magazine, comments on articles and issues of relevance to members is encouraged. Please send your contributions to: The Editor, **Auckland Greypower Focus**, PO Box 48-157, Blockhouse Bay, Auckland 0644 Email: akgreypowerinfo@gmail.com

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President's Message

Greetings/ Kia ora everyone,
We seem to be through nearly half the year already. Apart from the lockdowns in Auckland we have avoided the worst of the Covid epidemic and have come out reasonably well compared to some countries. We still have to remain alert and practice good habits to stay healthy.

The Budget announced in May gave little to our senior age group. A Senior Care Commissioner was appointed to address the issues for residential care. Grey Power will continue to lobby for this to become a full Senior Commissioner to address any issues for any older citizens.

The increased costs for water and rates are set well above inflation. Council's spending and the activities in which it involves itself need to be closely watched and questioned. And perhaps it is time to return some of the GST spending on the America's Cup and other events; this might be better directed into Councils coffers.

See Events Page and note the Coffee and Conversation meetings we are organizing across the city. They are weekly and in different locations so members can go to one when it suits them. I hope to see you there.

Best wishes/ Nga mihi nui.

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



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Future Meetings

COFFEE & NEWS AND VIEWS (mark your diary) 10.30am - noon

FIRST TUESDAY	6 July, 3 Aug, 7 Sept MT WELLINGTON McDonalds, 77 Lunn Ave
SECOND TUESDAY	13 July, 10 Aug, 14 Sept PT CHEVALIER Mud Deli Cafe, Great North Road, (by Arcade)
THIRD TUESDAY	20 July, 17 Aug, 21 Sept ST HELIERS Cypress Cafe (by Library)
FOURTH TUESDAY	27 July, 24 Aug, 28 Sept BLOCKHOUSE BAY Icoco Cafe (opposite Library)

WANTED... SENIORS MEMORIES

Grey Power would like to hear the stories of the past from our many members. Your early memories. Where you lived. How you came to New Zealand and why. How you got to school, your teacher, the games you played, your fellow schoolmates, your working life.

And what about your grandparents, your great uncles and aunties? Do you have any interesting photos? Or certificates?

If you start by writing a story each day it soon adds up and would be a wonderful legacy to leave for your family.

Auckland Grey Power can arrange to get them printed in book form for you by a local printer. Perhaps we could even put out a booklet of some of our members experiences. All information will be confidential.

Contact Gillian at the Grey Power Office
09 626 0895 or email akgp2gillian@gmail.com

COVID-19 IS WITH US FOR THE LONG HAUL

Research coming in from overseas shows that some countries or areas with populations that have received over 75 per cent vaccination coverage have infection and hospitalisation rates reduced by 90 per cent.

Government publicity in the NZ Herald explains in detail that what is being given is not the virus itself. It is something that triggers the body's immune system to be prepared to resist Covid-19 or its variants if you come in contact with the virus. This reduces the likelihood of severe reaction to the infection.

If you have not been contacted with a date for vaccination it is possible to ring in. If you meet the criteria you may be able to arrange a date and time to receive your vaccination.

TO BOOK A VACCINATION
Ring 0800 28 29 26

MEMBERSHIP RENEWAL TIME

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

Renew by online or telephone banking or personal transfer at your bank or call into the office with cash. Your support is needed and we need you.

GET A DISCOUNT ON YOUR BILLS

Phone 0800 473 976 with details of your gas, power or broadband bills. Join Grey Power. (see page 16) For 50 Plus age group

Grey Power Speaker

Available to speak at groups or Club meetings.
Phone Grey Power office 09 626 0895.

MENDING and SEWING

Do you need any help with buttons or repairs etc? Contact the office 09 626 0895

Thanks

For those who sent in postage stamps.

**Remember
Grey Power
in your Will.**

NEED A TRADESMAN? OR HAVE A PROBLEM?

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

AUCKLAND HERITAGE FESTIVAL

**This will run from
2 October to 17 October this year.**

The programme of events, walks, talks and displays will appear on the festival's website from around August. <http://www.heritagefestival.co.nz/>. So have a look at it and mark your diaries. There may be few programmes available.

For those among the readers who like to research their family history, or simply access the wealth of sources at the Auckland Research Centre and Sir George Grey Special Collections at the Auckland Central Library in the city, this year has been somewhat frustrating for another reason other than a pandemic! Re-roofing work on the building has meant that the second floor of the library, which houses the collections, is closed to the public until further notice. But -- there is still a way you can access information, simply by going to a special desk the library has set up on the 1st floor, and ask for items to be brought down for you to look at. There are a few printer-reader machines available on that floor as well, so you can look at microfilms, as well as read research-only books.

Lisa Truttman is happy to help Grey Power members with any research questions where she can, and can give estimates for research projects, especially regarding property and land history. Contact Lisa Truttman, historian@avondale.org.nz, phone (09) 828-8494 or 027 4040804.

PROPERTY RATES REBATE

This is a reminder that to receive your property rates rebate for the current financial year if you have not already done so you must apply for it from Auckland Council before 30 June.

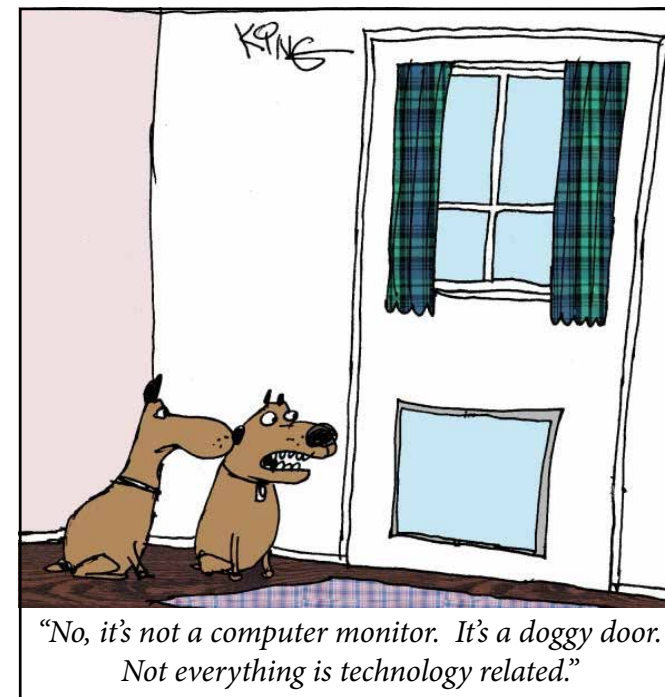
The maximum rebate you can receive is \$655. The current threshold for a rebate is \$26,150 a year. You can claim the cost of your water rates as well as the Council rates. The form sets out the income thresholds

Forms are available at Council offices or their website. Your local CAB usually has them.

LITERATURE QUIZ

1. Who was Konrad Korzeniowski better known as
2. What was Miss Marples' first name?
3. Who wrote Pinocchio?
4. What was Janet Frame's official name?
5. What was Katherine Mansfield's family surname?
6. Which American author loved bull flights.
7. What was his first name?
8. What was Poirots occupation?
9. Who created him?
10. What was Beatrix Potter famous for?

(See Page 13 for Answers)



Bloom Living apartments - A popular choice!

Bloom's brand-new apartments in Manurewa East are proving popular but there's still plenty of opportunities to purchase your own freehold apartment and be part something quite unique.

Located at 20 Alfriston Road, Bloom offers over 55's the chance to be part of an independent, vibrant, like-minded community. Apartments can be owned outright which means capital gains sit with the owner when it comes time to sell.

Bloom's fantastic location is second to none ensuring you're within easy walking distance of Manurewa Town Centre's fabulous amenities including transport,

shops, medical facilities, library and Cossie Club.

The well-designed apartments are low-maintenance, safe, secure and energy efficient. Each has two bedrooms, open plan living, the latest F&P appliances, private outdoor area and a car park.

Step inside and experience how beautifully livable a Bloom Apartment is.

**Show Homes: Weds & Thurs
10am-12pm, 20 Alfriston Road.
Contact Marisa Johnstone today
021 991 805.**

**Financial
freedom?
Choose
Bloom.**

✓ Own your home outright

✓ 100% entitlement to capital gains

✓ Low weekly body corporate fees

✓ No hidden costs

At Bloom Living, you can have it all; a brand new, healthy home, stress-free living while being connected to a vibrant over 55's community. Embrace the financial freedom that comes with homeownership in retirement. Visit our Show Homes to see if Bloom Living is right for you!

From **\$593,000**

2 1 1 1 1

Freehold Retirement

Show Homes: 10am – 12pm Wed & Thurs by appointment, 20 Alfriston Road, Manurewa East.

Call Marisa Johnstone, 021 991 805 for more information | bloomliving.co.nz

BloomLiving



“COMPASSIONATE CAPITALISM”

Having achieved abolition of the surtax on superannuation and with passing away of the energetic founders of Grey Power, we face the challenge to generate enthusiasm for new memberships from the younger generations.

This is so, because if we want to keep our current rates of NZ Super from age 65 sustainable also for our increasing proportion of longer living children and grandchildren after the “baby boomer bulge”, we have to become strong advocates and supporters of economic policies that will make it possible without impoverishing the nation through excessive “hand-to-mouth” immediate consumption.

An effective continuation in this direction is in uninterrupted and possibly increasing contributions into our national (retirement) wealth creative NZ Super Fund, from which among other possibilities e.g. a proportion can be borrowed for financing needed infrastructure construction and maintenance.

RATE INCREASES UNFAIR ON SENIORS ON LIMITED INCOMES

The President of Auckland Grey Power says that the proposed rate increases set by the Auckland Council are totally unreasonable for older citizens on fixed limited incomes.

She says that citizens who have lived much of their life working and contributing to the development of their local area should be entitled to have a set limit on the rates they can be charged by councils.

They have already funded the development of their communities so why should they be paying for the interest on the debt that local bodies are entering into to fund the infrastructure needed for the thousands of people yet to arrive in the city. Or why should they be funding the large capital required for these massive projects for transport and water.

As it is our higher income earners who contribute during their life time much more than what they get back through our universal NZ Super equal to all, our NZ Super Fund - and KiwiSaver - are straightforward examples of the relatively new concept of COMPASSIONATE CAPITALISM.

At this point it should be remembered that without the basic economic function of saving for reserves and useful investment (i.e. capitalism) nothing beyond primitive “hand-to-mouth” survival can be achieved, and in view of that the concept of compassionate capitalism is easily seen as more promising for a better future than the extremes of enslaving state monopoly capitalism, and liberal/libertarian capitalism which has intensified socio-economic polarization into Haves and Have-Nots.

Would not Grey Power attract a lot of interest by declaring itself in favor of the principle of compassionate capitalism without declaring itself in favor of any political party, but letting the political parties woo for Grey Power votes through sustainable compassionate capitalist policy proposals?

Jens Meder
Contact Jens on 09 846 2525 if you would like to discuss it with him. Or written response to the Editor

Older seniors renting their homes are also paying rates. They pay the cost of their rates to their landlord in their rent.

She said she would support a Rates Freeze for senior citizens of limited means. *(This is her personal view)* What do other people think?

When a person's income comes only from their superannuation then the rates rebate they can claim is only a little help. And if your rates bill is \$4000 then it is a struggle to pay increased expenses that are needed as you get older.

Rate rises of 5 per cent or more means less available income to cover those expenses. These Council rate increases are not matched by increases to Superannuation to cover them.

HAVE YOUR SAY
Auckland Council wants your views

From **Tuesday 8 June until Friday 16 July** Auckland Council invites the public to have their say on proposed changes to three bylaws before any decisions are made.

- 1. Animal Management Bylaw 2015**
Council approval to be required for more than two beehives on a property. Rules regarding feeding of animals on private property
- 2. Clarify definition of waste and what can be disposed of**
Define rules relating to the taking of water..
- 3 Trading, Events and filming regulations**
Clarifying the need for rental micro mobility devices such as e-scooters and e-bikes to be approved under their own licence instead of a mobility shop licence as they currently are. (Note: Central Government legislation sets rules for micro mobility devices in relation to where users ride, the use of helmets, speed and suitability of hardware.

Phone **301 0101** to find out more or visit **www.aucklandcouncil.govt.nz**

When supporting the advertisers within this magazine

PLEASE DO LET THEM KNOW.

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

Thanks

LIVE LIFE..... AND LIVE LONGER

Often as we get older we can tend to stay at home. If we have lost a loved partner the urge to go out alone can be a deterrent.

Isolation and loneliness can shorten our lives. It can bring on feelings of depression.

The stimulation of meeting other people can enrich our lives. We can use our time helping others which in turn is actually helping ourselves to live a more meaningful and enjoyable life.

Volunteering to help other people or groups are rewarding. We meet and make new social acquaintances. Perhaps long time friendships. Even marriage.

Joining in activities that engages one's mind and body improves our physical health and mental wellbeing.

Groups such as service clubs, Lions, Community Patrols, Church Groups that provide community meals and Friendship and Gardening Clubs, U3a, Rebus or Rotary are all great groups to be long to. They only cost a few dollars a year to join.

And Community Centres with their vast array of activities dancing, singing, music, gardening clubs, and Libraries with their knitting groups are free to join.

So call in or make some phone calls.
You have nothing to lose and everything to gain!

Kiwi Tech
www.tech.kiwi.nz

If you have issues with your computers or devices, or would like some tutoring, call or email Alastair at Kiwi Tech

09 815 1525 | 021 731 211
email: help@tech.kiwi.nz

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.



Arena Living | Retirement Villages NZ | Peninsula Club

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.

LILLE Healthcare

LIVING WITH INCONTINENCE

Having incontinence should not stop you living an active healthy lifestyle. Here are some simple tips to get started on your active lifestyle living with incontinence.

Make sure you drink water - It is very important, even when suffering from incontinence that you drink enough water every day. Dehydration can cause other issues that may affect your health.

Create an exercise plan - Exercise and body movement is a great way to get active and make you feel better. Find exercise that works with your incontinence issues and gets you moving.

Maintain or reduce body weight - Reducing body weight is a simple way to reduce pressure on your body and assist with incontinence issues, it is also better for your overall health.

Create a daily schedule - Plan each day ahead, when you will drink, bathroom stops and how long you can travel. Give yourself clear timelines and make your daily life manageable and enjoyable.

Use the best incontinence products available - Make sure you have the best incontinence products available to help with any leaks or issues and not stop you daily activities.

Reduce caffeine and alcohol - By reducing the consumption of alcohol and caffeine (both diuretics) will stimulate the bladder, so best to avoid.


Work with your Doctor - It is important to work with your Doctor to determine the cause of the incontinence and also find the best treatment.

For more information about the Types of incontinence and Causes of Incontinence go to www.lillehealthcare.co.nz

editorial supplied by Lille Healthcare NZ



Please be aware that there is a worrying scam someone is running. The scammer is posing as a representative of Grey Power. They are claiming that as cheques are being phased out, people will need to use credit cards, and are asking for these details over the phone. Please be aware that Grey Power are not making calls of this nature. If you receive a call like this, please do not give out your credit card details.



There is absolutely nothing to be said in favour of growing old. There ought to be legislation against it.

- PATRICK MOORE



DEDICATED TO CONTINENCE CARE

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



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

ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

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

Order now at www.lillehealthcare.co.nz

WHAT CREATES THE FOAM IN YOUR FLUFFY COFFEE

In a cafe, the barista will put a steam pipe directly into a jug of milk. This steam does two things, it injects millions of air bubbles into the milk and heats it at the same time. When milk is heated above 60 degree C the proteins denature. *(Their characteristic properties are destroyed)*. Proteins look like balls of string, and when heated these balls start to unravel. The denatured proteins then start to link up around the gas bubbles forming a bit of a protective layer. This results in the fluffy layer on top.



IN MEMORY OF
Thomas Harold (Tom) Foulkes

An active member of Auckland GP for over 25 years passed away in April at the age of 92.

As a sometimes controversial, but most meticulous treasurer he served for about 20 years from the late 1990s in a period of steady membership growth from below 1500 to just over 2000 by the time he retired after 2012.

Tom, you are remembered by those who knew you.

Jens | a committee colleague of Tom for over 10 years.

Meet The Team

Steven and Vicky Davey founded Just Funerals in 2013. Through a few friends and families funerals they identified that there was a need to provide professional services, but without the large financial burden that usually comes with a funeral.

With support and training from some contacts in the industry Steven and Vicky started offering services throughout the Auckland area. Starting part time in the business (both working shift work to make sure one of them was always available for families) to now being both full time and employing 5 people the focus Steven and Vicky have has remained the same.

To deliver compassionate, professional services at affordable pricing.

They are honoured to assist every family with their most precious possession and are grateful for the ongoing support of the entire Auckland community.



editorial supplied by Just Funerals



'Keeping Traditions Affordable'

Auckland's Most Affordable Funeral Home

0800 80 4663

Proud to be Family Owned and Operated

Pricing Includes GST

Private Service with Cremation
\$3550**

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



Onsite 35 Seat Chapel



Comfortable Arrangement Room

Chapel Service
\$4900**

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



Traditional & Modern Vehicles

Family Burial Service
\$2900**

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

No Service Cremation
\$2125**

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

FREE Information Pack Available

14 Bassant Avenue, Penrose, Auckland

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

** There can be extra costs depending on unique circumstances

Grey Power Aims and Objectives

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

Visual Personality of our Organisation

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

Grey Power policies

Superannuation

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

Health

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

Social services

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

Essential services

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

Law and Order

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

50 plus

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

Privatisation

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

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

You need Grey Power, and Grey Power needs You!

**FIGHT
COVID-19
coronavirus**

GET YOUR COVID-19 VACCINATION



Getting a COVID-19 vaccination is the best way to protect yourself your family and your community.



GENERAL KNOWLEDGE QUIZ answers

1. Josef Conrad,
2. Jane.
3. Carlo Collodi.
4. Nene Janet Paterson Clutha.
5. Beauchamp.
6. Hemingway.
7. Ernest
8. Detective
9. Agatha Christie
- 10 Peter Rabbit and other animal stories

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

GARDENING

WINTER IS HERE.

You may have already planted your winter seedlings to benefit from the warm soils so they got away to a fast start. But it is not too late.

You can keep the soil warmer if you place something over it to keep the worst of the cold out. Frost cloth to cover tender tips of some plants or cardboard can be laid around the plants. Check under it regularly for slugs. Look daily... you do not want your precious seedlings eaten.

Using containers with the tops open and their bottoms cut out can act as mini wind breaks. They allow water in and provide shelter from buffeting winds. Again keeping your seedlings warmer.

And remember to feed liquid fertilizers around your plantings. Preferably your own homemade fertilizer from a worm farm or similar. But make sure it is not too strong. Dilute it to the strength of weak tea so it does not "burn" but not onto the seedling, put it around the soil

If your strawberries have formed runners detach them and replant in containers to ensure they root well. Then plant them out in raised beds in the garden. Replace the old plants every two years to ensure vigorous flowering.

Gather up autumn leaves, moisten and compact in a bin. This can be turned into mulch by the time spring and summer arrives and will provide excellent mulch around your summer plantings.

Garlic benefited from an early start to avoid the humidity and the rust that infected them so badly last summer in Auckland's humid weather.

Gillian Dance | President Auckland Grey Power

Do you have any early signs of osteoarthritis? Are you aged between 55 - 80 years?

You may be interested to take part in the paid study by Massey University's School of Food and Nutrition looking at the effects of Greenshell™ Mussel (GSM) intake on early signs and symptoms of osteoarthritis (\$200 per person). For further info please contact Cassie Slade: c.slade2@massey.ac.nz or Tel: 09 213 6859 or go to (www.massey.ac.nz/search/) and enter ROAM study. **Study info:** https://www.massey.ac.nz/massey/learning/colleges/college-of-health/school-of-sport-and-exercise/human-nutrition/research/studies/roam-study/roam-study_home.cfm

PLACE NAMES OF AUCKLAND and what they mean*

New Zealand has three official languages. English, Maori and Sign language. Over 25 percent of people in Auckland were born overseas. Many New Zealanders have limited knowledge of Maori.

Here are some words commonly seen around Auckland. We hope they are of interest and help in understanding their meanings.

MAUNGAKIEKIE - maunga (mountain) + kiekie (the native shrub). This shrub was common on this mountain.

ONEHUNGA - one (beach) hunga (of sand and mud, alluvial soil).

OWAIRAKA - O (place of or belonging to) + Wairaka (a female Chieftainess)

REMUERA - remu (edge of) + (w)era (burnt). Originally Remuwera.

RANGITOTO - rangi (sky) + toto (blood). It erupted 750 years ago, the lava looked red in the sky.

TAKAPUNA - taka (assembly) + puna (a spring) People used to gather there to drink the spring water.

PUPUKE - Lake Pupuke. From the Maori verb pukea which means to well up or rise.

TAMAKI MAKAU - tamaki (desired) + maka rau (the land was desired by many)

WAITEMATA - wai (water)+ mata.....(sparkling)

OTARA - originally Te puke o Tara.... puke(hill) + o (place of/belonging to) Tara.

* There may be alternative explanations for some place names.

RENEW YOUR MEMBERSHIP FOR 2021 - 2022.

Auckland Grey Power is run by volunteers. We have no paid staff. Our team give their time to handle all the enquiries, advocacy and administrative tasks of our association on your behalf.

At \$25 a year single (\$30 a couple), this is less than 50c a week. \$5 is a levy to fund the NZ Grey Power Federation and the remainder goes to local running costs for the quarterly magazine, postage, telephone and office and meeting expenses, and publicity brochures.

To help Grey Power, you can renew for a year or more in advance. If you do, it is less work for our membership secretary. Donations are a great help and help us keep ahead of rising costs. It is much appreciated if you can afford to do so. You can set up an automatic payment too if you prefer. A donation added would be appreciated.

There is a code, e.g. **E2021 - S42**, on the envelope your Focus magazine arrived in. The first bit shows the year your membership expires, the other bit is for postal sorting you can ignore. Those few who still have E2021 please renew your membership now, as all memberships expire on the 31st March of the year you have paid up to.

We currently have over 900 members on our books in Auckland. We are aiming for 1,000 to 1,500 this year. And eventually 2,000.



The larger the membership we have the more political clout we have. Auckland needs a strong organisation to act as Advocates for Seniors. If people who have yet to renew could do so, it would be greatly appreciated.

Bank account details are listed on the membership page, page 13.

Helplines



POLICE contact numbers:
IF ITS HAPPENING NOW, call 111
IF IT'S ALREADY HAPPENED, use 105

COVID 19 NEED HELP?
Contact **COVID EMERGENCY MANAGEMENT**. In Auckland, ring **0800 22 22 96** for any problems related to Lockdown, Food, etc.

CITIZENS' ADVICE BUREAU
are back to face-to-face meetings.
Phone **0800 367 222**.

OFFICE FOR SENIORS
Concerns, help on elder-abuse,
call them on **0800-32-668-65**.

HUMAN RIGHTS COMMISSION
Complaints, Concerns, Suggestions
Phone **0800-496-877**.

For tradesmen & maintenance issues,
Age Concern: **820-0184**.

Gold Card discounts: 0800 254 565

MISSING....LOOKING FOR...

**ARE YOU AN OLD GIRL OF AUCKLAND GIRLS
GRAMMAR SCHOOL? OR YOUR MOTHER, AUNT
OR GRANDMOTHER?**

Your old school would like to hear from you!

They would like to receive photos, stories and recollections that you have from the past. Their archivist would appreciate them. Even just a few details of events or memories of favourite teachers would be of interest.

They have also established an Auckland Girls Grammar School Foundation. If you can give your contact details and the year you went to school they would appreciate hearing from you. Also any names and contact details of any classmates would help when they have class reunions or special events. If you have access to a computer at home, or in a local library, go onto Google and open the AGGS site and you can see what they are doing lately.

Phone them on 09 307 4180 or email admin@aggs.school.nz.
Their postal address to write to is: c/- AGGS,
PO Box 68 053, Victoria Street, West Auckland

Join Us Before You Need Us

Membership Application Form 2021-2022

Auckland Greypower Association Inc



Applying to Join ☐ or Renewing membership ☐ and paying annual subscription of

Single \$25 ☐ or Couple \$30 ☐ plus (if any) Donation \$ _____ Total: \$ _____

First Name *Dr/Mr/Mrs/Miss/Ms* _____ Last Name _____

Partner's Name *Dr/Mr/Mrs/Miss/Ms* _____

Street Address _____

Suburb _____ Postcode _____

Phone(s) _____

Email _____ @ _____

Year of Birth _____ Partner's Year of Birth _____

I can volunteer to help Grey Power: Please tick one.

1. weekly ☐ 2. monthly ☐ 3. occasionally ☐ 4. sorry, unavailable. ☐

Send me extra copies of Focus & Greypower brochures to distribute: Yes ☐ No ☐

Privacy Act. All information remains confidential & is not supplied to any other party.

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Payment Options:

1. Internet Banking transfer into either of our Auckland Greypower Association's accounts:
Kiwibank **38-9012-0058673-000** or
TSB **15-3968-0008956-000**
Use your surname in Particulars and phone number in Reference fields for identification.
2. Set up direct debit to one of our bank accounts payable before 31st March annually. Details as in option one above.
3. Pay at any TSB or Kiwibank branch convenient to you. Details as in option one above.
4. Pay in cash in person at the office,
557 Blockhouse Bay Road, Auckland
(for hours see page 2).

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

Benefits of Membership

1. Having a voice and influence to protect seniors rights and interests, welfare and wellbeing. Advocacy and input into policies and decisions at Parliament, Local govt, Auckland Council & Local Boards/ Watercare/DHB's/ Auckland Transport, etc
2. Regular publications, our newsletter and the Federation's magazine.
3. Accident Insurance – \$2,000 free for our members in the event of death by accident. To register contact AIL: www.ailnz.co.nz/request/
4. Save with Greypower Electricity on power and phone. Call 0800-473 976, www.greypowerelectricity.co.nz
5. Savings on own and on partner's Medical Insurance – go to www.vestacover.co.nz for more details.

Disclaimer: Opinions expressed in this magazine are those of the contributors. All information is believed to be reliable. Auckland Greypower does not accept any liability for its contents.