

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER



WINTER ISSUE 2021

**John and
Pam Wuts
with Napier
Grey Power's
wreath laid
on Anzac Day
2021**



**Rex Graham's Regional
Council update**

Page 11

The sinking lid on pokies' social harm

Page 10

Anzac Day memories by Selwyn Hawthorne

Page 14

**Paul Bailey on Napier's
Long Term Plan**

Page 7

GREY POWER NAPIER

PO Box 4247, Marewa, Napier. 4143
Phone: 06 844 5635
www.napiergreypower.org

COMMITTEE

President - Bruce Carnegie
(06) 844 5635 | bpcarnegie@gmail.com
Deputy Chairperson & Publicity officer
Maxine Boag
021 024 70484 | maxine.boag@gmail.com
Secretary - Isabel Wood
(06) 843 0524 | iawood@slingshot.co.nz
Membership Officer - Vacant position

Treasurer - Ian Cook
(06) 844 4862 | ijcook@xtra.co.nz
Committee
Anne Mitchell 844 7011
lilyannemitchell@outlook.com
Russell Wyeth russjoy@windowslive.com
Jacquie Hurst Jacquie.tim@xtra.co.nz
Allie Beattie alliebeati@gmail.com



When supporting the advertisers within this magazine **PLEASE DO LET THEM KNOW.**
Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.
Thanks

Acknowledgements: This newsletter was compiled by Publicity Officer Maxine Boag with the assistance of committee members. It was printed by Kiwi publications, folded and distributed by member volunteers and delivered by members or emailed by the Membership Secretary. Neither the Association, nor any person or persons associated with it accepts any liability whatsoever for the contents of this newsletter, nor do we necessarily endorse any product advertised, or any opinions expressed.

This publication is designed and printed by Kiwi Publications Limited.
For advertising phone Dave on 027 652 5220 or email: dave@kiwipublications.nz
www.kiwipublications.co.nz
Please refer to our website for disclaimer.

Editor's note

We had our first Pfizer vaccines today, at the Taradale Club – whew, what a relief to have that extra layer of protection! For me it's a feel-good experience on many levels: helping me stay healthy longer; not posing undue risk to people around me; and contributing to the well-being of the wider community.
My experience of lockdowns makes me feel grateful now for things I'd always taken for granted like meeting and hugging - that we were deprived of for a few weeks. Imagine months, a year without being able to connect with others in some way. And living with the fear of the virus being spread.

Yay for the vaccine! We have hoped, prayed and waited for this, to help secure our freedom to be, to be together with others, and to travel without fear. Having the jab is a small price to pay for helping New Zealand avoid the horrors of this pandemic that has wreaked catastrophic havoc throughout much of the rest of the world.

To me, it's an act of love.

Nga mihi *Maxine*



ONEKAWA
CURTAINS & BLINDS

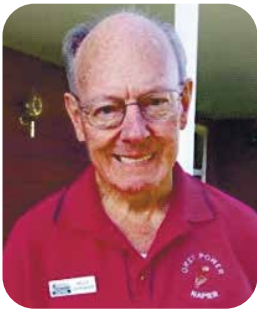


We are pleased to offer gold card members a 10% discount on new curtain or net orders, valued at over \$400.

17 Lipton Place (just off Austin Street)
Onekawa, Napier | (06) 843 9862
www.onekawacurtains.co.nz

PRESIDENT'S REPORT TO THE AGM 2021

Looking back over the last 12 months, we have a lot to celebrate and be grateful for. With what's happening – particularly to seniors - in other parts of the world, we are so lucky to have freedom to get out and about without restrictions. With the recent scare in Melbourne we can't be complacent so KEEP SCANNING - and get vaccinated to protect ourselves and others now and in the future.



A year's meetings
Our monthly meetings are our lifeblood. With audiences of 120 to 200, (except for at Level 2 when we don't meet) in 2020 we had speakers from candidates standing for the general elections; the Peoples Advocacy Society; and the Nationwide Health and Disability Advocacy Services.
This year, we've had Driving Miss Daisy, the Samaritans, Trevor Taurima, with our MP Stuart Nash at our June AGM. (Most have been written up in Isabel's Meeting Reports on page 12 in this newsletter).

At the end of all meetings, we enjoy catching up with afternoon tea and we thank Ali Beattie and all the volunteers who help with this as well as setting up the tables, chairs and other duties to make our meetings a success for your enjoyment. You're very much appreciated.

We ended the year with our Christmas luncheon at the Pukemokimoki Marae. There were approximately 140 members and guests who enjoyed an excellent variety of finger food and were entertained by Ross Hart with a mixture of old favourite Christmas and

(continued on page 4)

Notice of Meeting

Grey Power Napier & Districts
Annual General Meeting
Tuesday, 15th June
St Columba's church, Taradale
Starting at 1:30 pm

Agenda | Apologies | Approval of last year's minutes (2020) | Reports: President, Finances, Membership, Publicity.
Appointment of Scrutineers:
Election of Officers:
• President
• Deputy Chair
• Secretary
• Treasurer
• Publicity Officer
• Membership Secretary
• Committee members: up to 6 allowed.

AGM followed by guest speaker
Hon Stuart Nash, MP for Napier

Afternoon tea.

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



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

samaritans 0800 72 66 66
Aotearoa New Zealand samaritans.org.nz

(President's Report to the AGM 2021
continued from page 3)

general songs enjoyed by all. Again, a big thanks to all the volunteers who work so hard in making the Christmas luncheon a great way to finish the year.



We started this year off with our Volunteers' Luncheon at the Taradale RSA. All enjoyed the lunch followed by thanks and appreciation to all our 60 volunteers who give of their time, energy and expertise in many ways including folding and delivering the newsletters plus the new discount books, phoning members, catering, fruit picking and committee responsibilities. Without our volunteers we could not function as we do; it was a privilege to present six 10 year plus active volunteer service awards in appreciation of their service to Grey Power Napier and members.



On October 1st each year since 1948 the world celebrates the International Day of the Older Person and last October along with Age Concern, we assisted the Napier City Council with organising tours through the Rose Gardens at Kennedy Park, with over 5000 roses to see and learn the history about each one made this day a great way to celebrate the occasion.

This was coupled with the launch of Napier City Council's Positive Ageing Strategy which many of us had worked hard on together for over a year. Thanks to Michele Grigg and Community Services staff for working so hard to make this happen.



During the year committee members attended four Zone meetings at Palmerston North, which gave us the opportunity to discuss issues with other Grey Power associations from Wairoa through to New Plymouth down to Wellington. Discussions normally revolve around what is happening at the Federation Board level as well as sharing experiences with other associations. Deputy Chair Maxine is representing our association at the Federations' AGM and conference this July in Nelson; I know she will speak when needed on our behalf.

I also attend meetings with the Positive Ageing Trust and the Hawkes Bay Hospital Management. Both these meetings are shared with other Hawkes Bay Grey Power Associations and Age Concern branches.

It was great to go to the ANZAC day memorial services and to present wreaths at the Taradale Memorial Clock and the Napier Clive Square Memorial, such an honour to be at these services as no way should we ever forget what happened in the past and the sacrifices made by many.

In May we made a submission to the Council's Long Term Plan 2021 - 31 which we have asked to speak to at their hearing. You can read our submission in the newsletter.

We will be speaking at the Napier City Council Long Term Plan Hearings, on Wednesday, 9th June, 10:45 am, at the Simkin Room, Level 1, Pettigrew Green Arena at 480 Gloucester Street. All welcome! The Hearings, starting 10:30 am Tuesday, 8 June through to 9 June will be streamed onto Council's Facebook page.

(continued on page 6)

RYMAN PIONEERS

Certainty

THE FUTURE. YOU'RE GOOD.

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

- From independent and assisted living to resthome, hospital and dementia care.
- Our deferred management fee is capped at 20% - one of the lowest in the retirement sector.
- Our base weekly fee is fixed for the entire time you occupy your townhouse or apartment*

*Some conditions apply

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

We have a range of townhouses and apartments at our Princess Alexandra Retirement Village. Enquire now for more information or to book a tour.

PRINCESS ALEXANDRA VILLAGE
145 Battery Road, Ahuriri, 06 835 3018

rymanhealthcare.co.nz



(President's Report to the AGM 2021
continued from page 4)

We thank all our sponsors who advertise in the newsletters, Discount Books plus Beth Shan Funeral Directors who donate generously towards your afternoon teas. A special thanks to Shona Bayliss from Princess Alexandra Retirement Village who also donates the delicious savouries you enjoy at our meetings – as well as being a volunteer deliverer of our newsletters.

Thanks to the Maori Wardens who greet us all with a friendly smile and ensure we park safely and correctly, very much appreciated.



Last but not least we say a huge thanks to John Wuts who has resigned from the committee. John has for many years been a treasurer and Membership secretary. He will be missed from these responsibilities but assures us he will still continue to be involved with all the other active volunteer services he gives to Grey Power. (I/ we are very pleased about that.)



We are also losing Rana and David Dallas who are moving to other pastures. Rana has been on the committee for five years and we have appreciated her wisdom and hands on help when needed, also David who always gave 100 plus when helping out. Their services and support will be missed and we all wish them all the very best with their moving to and future.

I am always grateful for the staunch support of the Grey Power committee who keep the organisation ticking over – everyone plays a valuable role in our team, we share the work and value each other's contribution.



Best wishes to the new committee and look forward to an exciting year ahead. Stay safe

Bruce Carnegie | President, Ph: 06 844 5635

TIME TO RENEW YOUR GREY POWER MEMBERSHIP!

Your membership runs from 1 April 2021 until 31 March 2022 and is still only \$15 per individual or \$27 per couple. Details are on page 15.

IF YOUR CARD IS NOT YELLOW, YOU WILL NOT HAVE RENEWED. If there's a green stripe on your address label, this is your overdue notice!

If you are hooked up to Grey Power Electricity or Gas, your Grey Power Association membership must be current for you to continue to receive the discounted charges.

If you're not sure, please talk to President Bruce at 06 844 5635 to discuss the best way to stay part of our "family". We want you to stay with us.

Napier City Council's Long Term Plan 2021-2031



Napier's draft LTP was sent out to the community for feedback in April-May, and Council received over 700 submissions from individuals and organisations. 33 submitters will be speaking to Council at the LTP Hearings on June 8 – 10, after which Council will vote on the Plan.

Grey Power Napier made a submission on your behalf, which you can read on the following page (page 8). You can watch the Hearings online, on Council's Facebook page 8 – 10 June.

We asked Paul Bailey, a former Regional Council councillor and a Grey Power member what he thought of the Napier City Council Plan. Here's his comment.

I am pleased with the direction being taken by Napier City Council as indicated in their Long Term Plan. Our Mayor makes no apology for focusing on the 'three waters' and climate change issues facing our community. This shows great courage from her and her team.

I'm excited about the development of the Ahuriri Estuary into a Regional Park as recognition of the estuary for its ecological values is long overdue and we need to take this opportunity to get this project underway whilst all parties are in agreement.

If we are serious about solving some of the more pressing issues facing society such as beggars and crime then we need to make some serious investments in our more disadvantaged communities. Therefore I believe it is important that Te Pihinga in Maraenui should not be further delayed.

Overall the long term plan gets a 85% pass mark from me. I think the recommended spending proposals are not only necessary, but also beneficial for Napier City.

Paul Bailey

follow us facebook

follow us on Facebook
@greypowernapier or website
<http://napiergreypower.org>

This newsletter is posted on the above website and on the Kiwi Publications website
www.kiwipublications.co.nz

Napier Grey Power's responses to specific LTP consultation items:

WATER SUPPLY: We support starting now with meeting new national Drinking water standards within five years;

AHURIRI REGIONAL PARK: We support investing in this project

TE PIHINGA – Maraenui Community Facility: We support this.

COUNCIL HOUSING: We support borrowing to keep this going without rates.

FARADAY CENTRE: We support Option 2 to close it down temporarily until its future is decided.

STREET MANAGEMENT: We support investigating the Ambassador street safety programme.

TRAFFIC SAFETY PLAN: We supported increasing traffic safety plans across the city.

John C Smith

Straight up all the time

www.knowledgewagon.nz/covid.html

Read my 2020 resource as above and hyperlinks yet? As valid today as when posted. Watched our Dr Samantha Bailey covid videos yet? Available on you tube and other platforms. Particularly recommend her **2020: The Year Medicine Lost Contact** posted 12th May 2021. Read Virus Mania yet? Now also an audiobook.

No excuses. Lose the fear. Make the break from mainstream media misinformation and retune.

This advertisement for your edification and education as the antidote to indoctrination.

Napier & Districts Grey Power Association
SUBMISSION TO NAPIER CITY COUNCIL
LONG TERM PLAN 2021 – 31

Greetings to Mayor Wise and Councillors

Napier & Districts Grey Power is a local advocacy group for seniors, currently with 1400 members. Part of a regional network of independent Grey Power branches, and joined with the Grey Power Federation, we hold well-attended public meetings monthly and produce a discount book and four newsletters. We meet regularly with DHB staff managers, are part of the HB wide Positive Ageing Trust; and have been involved in the development of Napier's Positive Ageing Strategy. Mayor Wise, MP Stuart Nash and other dignitaries come along and speak to members at one of our meetings. We hold well-organised candidates' meetings for both local and central government elections.

Napier Grey Power values our long-standing positive working relationship with Napier City Council and appreciate your input into our newsletter. As well as working with your Community Services department, we have Cr. Boag on our Committee keeping us well informed by updating us at our meetings and in the newsletter on Council matters.

As you know, Napier is an ageing city with an explosion of retirement villages and a severe housing crisis that has hurt all ages. There are over 16,000 people living in Napier who are aged 60 or older (2018 census). By the year 2040 over 1/3 of our residents will be 60 or older. Many seniors are living only on the pension, and it is their welfare which we are most concerned about. With last year's double-whammy, the Covid-19 lockdown and the flooding, we would like to thank NCC for working hard to keep elderly safe and well-fed during lockdown. The flood last year hit many of our residents, including vulnerable older people such as those flooded out of the Masonic flats on Vigor Brown street. We appreciate all the work Council did to recognise and meet the needs of older people in these crisis situations.

We are concerned with the rate increase which because of your raising the Universal Annual General Charge will adversely affect ratepayers living in lower-valued homes. For many in such cases, the increase is far more than the eight per cent you cite; 24 per cent was the estimate for lower value homes in your consultation document. This is very disappointing and while some fixed income ratepayers can apply for rates rebates, this will not cover the increase you are making. Can you please let us know why this change

was made, in light of its implications for ratepayers living in "low value" residences?

It was exciting to be part of the Positive Ageing Strategy which we had contributed to, adopted; we are now waiting to see it being applied. With an overall vision of people "living well and ageing well" the strategy was developed with our active collaboration. The proof of the pudding of course is when it kicks into action, so we would like to know how it is going to be applied across council policies and activities, and which with specific projects will be undertaken by Council to fulfil the aims of the Strategy.

Napier Grey Power submitted to your Gambling Venues Policy asking for a Sinking Lid and a ban on relocations, so were pleased to see you approve the former and put restraints around the latter. The social harm done by pokies addictions, particularly to the most vulnerable, is always of concern to us and we look forward to seeing you taking a strong stand in lobbying the government to replace gaming grants. We would also like Council to stop applying for gaming grants: you have deep pockets and we believe on principle Council should not be seeking money most of which comes from vulnerable people. Before we comment specifically on the issues raised in the document, we would like to mention your council housing. This is of course one of the Positive Ageing Strategy Priority Areas, where the Strategy says: "having suitable housing options that are affordable and accessible so that people are safe and secure, warm and healthy and feel part of the community." We believe this means you will not turn your backs on the tenants in your subsidized flats and sell or lease them to another housing provider with different eligibility criteria. Where will those seniors go? Market rentals are beyond them. We are opposed to having Council flats lost from public ownership by the people of Napier. A social housing provider may buy with a caveat of having only older tenants but after ten years they could sell up and make the situation even more desperate for fixed-income seniors. Other alternatives must be investigated so we do not lose any of this accommodation.

A further recommendation to Council from Napier Grey Power would be that the Living Wage should be a priority for all Council workers.

Thank you for the opportunity to submit the views of our Association. We would like to speak at the Hearings.

Bruce Carnegie

President, Napier & Districts Grey Power Association.

Taking Care of Our Seniors



by Stuart Nash
MP

Winter has come around quickly! In Hawke's Bay, we're lucky to enjoy a warmer climate than down in Wellington, but even here, the air has started getting chilly once more. A lot has happened since last winter, especially with the huge challenge of COVID-19, but I'm proud of the work the Government has done to ensure older New Zealanders are living better lives.

With the colder weather setting in, it's time for the Winter Energy Payment to start again. The payment, which runs from May to October, means older Kiwis don't have to worry so much about the cost of heating their homes, and can stay warmer through winter. Many of you have been in touch to let me know the difference this payment has made since Labour introduced it in 2018, and I know it will be welcomed again this year.

Something else that is ramping up is our plan to roll out the free COVID-19 vaccine to everyone in New Zealand. This is the largest immunisation programme in our history, and it's exciting that it's now under way. Some of you will have already received your first dose, and many more of you will be able to book

your appointment over the coming weeks, as we roll out the vaccine to people aged 65 and over. Getting vaccinated is the best way to protect you and your family, so I'd really encourage you to get vaccinated when it's your turn. You can find out more at covid19.govt.nz

On top of tackling the pandemic, we've also started rebuilding our health system. This will ensure you can get the care you need, when and where you need it. We've already made a good start, from fixing hospitals and taking mental health seriously to making GP visits cheaper and prioritising cancer prevention and care. The new health reforms in the works will also help to make primary care more seamless and tailored to your needs. Any specialist or hospital care you need will be more consistent across the country, so if you live rurally you'll have greater access and more certainty around this.

You've probably noticed, too, that we upgraded the SuperGold Card. The new digital platform and app have made the card easier to use. We've also made sure that retirement village residents are recognised as paying rates and are therefore entitled to apply for a rebate.

I'm always keen to hear your thoughts, so if you'd like to ask a question, discuss an issue or make a suggestion, I'd love to hear from you! You can email me at stuart.nashmp@parliament.govt.nz.

Stuart Nash

MP for Napier

Minister for Economic and Regional Development, Minister of Forestry,
Minister for Small Business, Minister of Tourism

155A Tennyson Street, Napier
(06) 835 6093
stuart.nashmp@parliament.govt.nz

Office hours are:
9.00am to 4.00pm Monday to Friday

Authorised by Stuart Nash MP, Parliament Buildings, Wellington

Sun Glare Protection when driving. One of our loyal Grey Power members, Robert Benjamin has designed a rectangular Perspex shield which attaches to the car's sun visor and will protect the driver's eyes from being blinded by the sun when it is low on the horizon.

Dr Benjamin is selling them at \$15 each, with \$7 of that to be donated to charity. His contact e-mail is: robert.jeyam@slingshot.co.nz

Putting the lid on pokies

Napier City Council’s new Gambling Venues Policy

In April, Napier City Council adopted changes to their Class 4 Gambling Venues Policy – better known as guidelines for ‘pokie machines in pubs’.



Community consultation was invited, with the main options being to choose a sinking lid approach or a cap system - which was the preferred option for Council. Additional nuances included whether to prohibit the ability of incorporated clubs when amalgamating to merge their gaming machines, and under what circumstances would relocation of gaming machines to upgraded venues be approved by Council.

Te Rangihaeata Oranga (Hawke’s Bay Gambling Harm Services) led the campaign to change to a sinking lid approach and not to allow any relocation of pokie machines once a venue closed. Te Rangihaeata Oranga holds the Ministry of Health contract to reduce gambling harm in wider Hawke’s Bay. Councillor Maxine Boag stepped up also, removed herself from the Council committee declaring predetermination and campaigned hard out to get community input into a policy that would reduce some of the social harm caused by pokies.

- The main points raised for the community to note in this debate were:
- Pokie machines are only played by a small proportion of New Zealanders but they are the most harmful form of gambling (the most money is lost)
 - The majority of problem gamblers cite pub/club pokie machines as their main gambling problem
 - People who go to pokie venues can stay there all day and spend as much as they want
 - Under the Treaty of Waitangi the Crown, and its agents, have a duty to protect Māori from negative health outcomes. 44% of problem gamblers seeking help are Māori
 - Playing pokie machines is a deprivation issue. \$17,407,330 was gambled on gaming machines

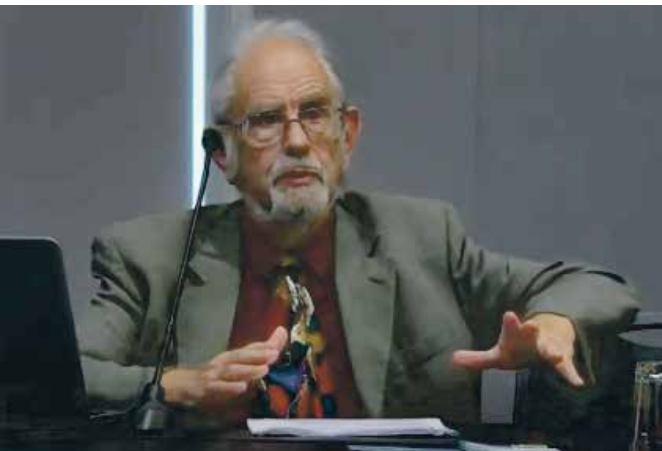
in Napier in 2020. This money came from the most deprived in our community. The more deprived a gambler is, the more money they spend on gambling. Women and the elderly play to escape a troubled life.

So although the sinking lid policy – whereby machines are not replaced if a venue closes - is a step in the right direction, Te Rangihaeata Oranga also advocates for licences to be removed at venues where there is poor host responsibility, and where gambling is making more money from customers than the sale of food and beverage - which is illegal. Some pubs even have ATM’s within the venue which allow people to withdraw more money that is in their bank accounts.

A total of 105 submissions were received from the Napier community, with 61 submitters supporting a sinking lid policy plus removal of relocating machines once a venue closes. 8 submitters supported keeping the cap system which would not see a reduction in pokie machines – these submitters being the pokie machine industry itself, i.e. the owners and main profiteers from these machines, including Napier RSA, and Napier Clubs.

In summary, the community of Napier actively participated in this important social policy decision, given the far-reaching impact of problem gambling through symptoms such as crime and family violence. It was the community’s voice that Council listened to, so it was a worthwhile exercise in a community-led response.

Hawke’s Bay will soon be joining the majority of councils around New Zealand who are understanding that reducing gaming machines in their communities is the better choice for minimising social harm in the wider population.



Dr Robin Gwynn presenting to the Gambling Policy hearings.

Rex Graham – Chair, Hawkes Bay Regional Council

We are incredibly lucky. We are lucky to live in Hawke’s Bay, a beautiful region known for our warm balmy days, beautiful landscapes and produce that feeds us and the world.

Yet this region, like most other places in the world, has significant environmental issues. We need to reverse the historic damage done to our land, water and biodiversity, and we need to prepare our region to a dramatically changing climate.

This will take all of us as a community, working together, to reduce our environmental footprint and live more sustainably.

At the Regional Council, we have practical solutions to many of these issues, and we know what needs to be done. We now have real momentum and we are seeing some great results, such as Lake Tutira becoming swimmable again.

We have recently finished consulting with the community about our Long Term Plan which sets out our investment framework for the next 10 years.

In the plan, we are proposing a regional park at the Ahuriri Estuary in partnership with the Napier City Council and Mana Ahuriri. The estuary, as many of you will know, is suffering as untreated stormwater drains feed contaminants right into it. We want to work together to manage the waterways and stormwater networks in the estuary, and develop a regional park on an area called Lagoon Farm.

This is more than creating a wetland to ‘polish’ the stormwater, but enlarging the intertidal zone to give more habitat back to the estuary.

We are focused on improving the health of our freshwater, and have strong rules in place on farms in the Tukituki catchment to reduce nutrients going into the rivers, and we have new policies in the Heretaunga area to protect rural and urban streams and rivers.

We have more than doubled our capacity to work with landowners and have so far planted up to 1,400 hectares of land to reduce the erosion that damages our rivers.

Our support for schools and community groups to plant up streams and wetlands are seeing record numbers of people getting involved.

Three years ago we expanded our Sustainable Homes Programme to include financial assistance for solar

hot water, solar electricity, rainwater tanks and septic tank upgrades. More than 16,000 Hawke’s Bay homes have been improved through this programme, reducing winter air pollution.

This is a broad snapshot of our work, yet I can tell you that much, much more work is going on.

We have rapidly increased the scale and pace of our work to fix our legacy of environmental issues, and confront a changing climate – yet we can’t do this alone. We need to do so much more as a region to achieve the transformational change required to fix our environmental footprint. So let’s act now, change some of our habits to be more sustainable, and protect the future for the next generations.



Rex out in the field



EASY CLEAN BLINDS

+ more



Clean, repair & restore
Venetians, Verticals, Wooden,
Roman, Rollers & New Blinds.

P: 06 876 7111 M: 027 532 0776
easycleanblinds.co.nz

Serving Hawke’s Bay for over 20 years with all blind cleaning, repairs, restoration & new blind requirements.

OUR MONTHLY MEETINGS 2021

By Isabel Wood

Sadly, because of being in a Covid-19 Level 2 situation our February meeting had to be cancelled. Hopefully this will all be a thing of the past.

MARCH 2021 MEETING: We welcomed Nadja McKellow from the National Health and Disability Advocacy (NHDA) as our speaker who outlined the services offered. NHDA was first established in 1966, mainly in response



to the Cartwright experience, and a Code of Rights was implemented to obtain speedy resolutions. The NHDA is completely independent of any other health services and there is no time restraint on problem solving – they can go back to 1966. They outline the options available to those seeking their help to resolve issues - for example a failed knee replacement operation, helping to get clients back on waiting lists or getting referred back to the specialist involved.

There are two advocates covering Hawke's Bay and they have an office in every area of New Zealand, are on Facebook, Messenger and their website. There are no costs for their services. The call centre in Whanganui (0800 555 050) will put you through to your own region.



APRIL MEETING: A new concept for our April meeting saw us with two speakers – Jo Zurcher from Driving Miss Daisy and Meg Sillay from The Samaritans.

Jo, from Driving Miss Daisy, had owned her franchise in Napier for a year (Covid-19 Lockdown shortly afterwards had certainly been a huge blow to her business). There are currently 75 franchises in New Zealand and their aim is to help the over 70's remain independent and enjoy their lives. They offer a door-to-door service, oversee clients safely into the car and home again and offer support and assistance with shopping, social visits, doctor's appointments, pets to the vet and so forth. All cars have ramps if help needed with entry and egress.

All drivers are vetted by the NZ Police and must be First Aid trained. They aim to offer all clients a safe and enjoyable experience. Times and distances to be travelled are arranged at the time of booking

with costs assessed – a pre-booking service online is also available. Jo presently covers the Napier and Taradale area. A variety of vehicles, all easy access and comfortable, are available to cater for wheelchairs or walkers and cars are cleaned twice daily.

Meg, from The Samaritans, who offer a telephone helpline service, started her presentation by quoting the Samaritan code "Whoever you are, Samaritans are here to listen". Last year 50,000 calls were taken by the



Samaritans; already in 2021, 23,000 calls have been answered, up 25% for this period from last year. Meg herself has been actively serving for 40 years on the telephone, rostered for two hours at a time.

The Samaritans was first started in the UK 70 years ago by a Church of England Minister, who, after conducting three suicide funeral services of young people in one week, was very concerned with what was happening so he advertised locally for listeners and was overwhelmed by the response of his parishioners wanting to help. Just sitting and listening was the basis of the formation of the Samaritans.

Samaritans offer a confidential service to callers across the country. The training is very intense 50 hours is required and then trainees are supervised. Skills also need to be developed to be able to wind down after calls and to keep safe. A supervisor can be contacted to destress and counselling is available if needed. Callers are encouraged to make their own decisions – the Samaritans help them to take the next step to solve their problems.

Meg said listeners with wisdom and experience are always needed and this is an ability that older people have so volunteers are always welcomed. After training, volunteers with a natural caring nature develop confidence and expertise to be able to give support to those in need over the phone. Naturally donations to help with funding are always welcome and they have a Givealittle page.

Our May speaker was Trevor Taurima, who presented an inspiring account of wildlife protection and habitat restoration in the Maungaharuru ranges, above Lake Tutira (report to follow).



**WATER
WE'RE ON IT.**

What's up with Napier's water?

Water has been a dirty word in Napier in the past. Now, it's a buzz word and the highest priority on the Council's to-do list.

When we say "water" from a Council point-of-view, we mean three things - separate but interrelated - drinking water, stormwater and wastewater: What comes out of the taps, what ends up in the drains and what comes down when it rains. The network of pipes, valves, pumps, bores and tanks that manage the flow of these three is complex and vast. And in some parts well-worn, antiquated and the victim of years of under resourcing.

Now we are working hard to upgrade our systems, as well as rethink some of the traditional ways we've handled water in our City.

One of the things we're up against is chemistry. When the chlorine was introduced to treat our water sources, some of those sources had high levels of manganese, which mixes with chlorine and turns water murky brown. We are doing a number of things to remedy this. It's not a quick fix, it's a multi-pronged solution that will take time to get right. Some of what we are doing is a pilot that'll benefit a particular area in the short term then roll-out to other areas.

Other projects are big and expansive, and will benefit the whole City.

The projects at the top of the list at the moment are an extensive review of the process of Napier going chlorine free, creation of a mini-network fed by low manganese water in a neighbourhood that has experienced dirty water issues, upgrades of water mains to ensure they are future-proofed for fire-fighting requirements and to prepare for population growth, and stormwater education campaigns to make sure our community knows that what goes down the drains can end up in the sea.

One of the biggest projects is to explore new sites for water bores that are low in manganese. At the moment we are working in Awatoto and Taradale to investigate sites there. Soon we will be flow-testing them to see if they are suitable as new water sources for specific areas of Napier.

Water for Napier City is a big job but a team effort. We have engineers, planners, scientists, researchers, technicians, and maintenance teams all working together to come up with ways to make sure our water is clean, safe and reliable, for our community now and in the future.

Important too is the community who participate in our work by monitoring household water, letting us know when they have issues so we can get people out there to investigate and deal with the issue quickly, contribute to community meetings, get involved in the water conversation online and are patient with us when we are carrying out water works in their neighbourhoods.

All of this is important work and it takes all of us to get it done. Water, we're on it.

Don't be a silly sausage!



Remember to
register your dog
before 1 July 2021 at
[napier.govt.nz/pay-it](https://www.napier.govt.nz/pay-it)

Musings on my many ANZAC Days by Selwyn Hawthorne



My first recollection of the day that we honour the loss of so many brave young Kiwi personnel who paid the supreme sacrifice for New Zealand would have been in 1948 as part of the assembly at Napier Central School where each year we were given the small piece of paper to pin to our shirts on which was printed a red or Flanders poppy, the international symbol of War Remembrance. Later in that week I was taken to the ANZAC Civic Service. So many surviving service men and women turned out and marched from the Napier Soundshell to Memorial Square accompanied by the two Napier Brass Bands and the Port Ahuriri Pipe Band down a crowd-lined Tennyson Street to honour their mates' service and take on board the reverent addresses by local and visiting dignitaries. This was followed by the pin-drop silence while the Last Post, The Ode and Reveille were sounded, the flag lowering and raising and wreath-laying rituals and finally the Benediction and the Cenotaph Guard Dismissal.

In my early to mid-teens I used to travel with Reg Eaves, photographer for the Daily Telegraph newspaper, to attend the Napier Dawn service, then the Maraekakaho and Tikokino services prior to getting back to Napier in time for the Civic Service. My job was to carry his bag of lenses and spare cameras and film.

In more recent years the kaupapa of ANZAC has changed. Today's youth are an ever-increasing cohort in the event. This year the City of Napier Cadet Corps Unit formed the Cenotaph Guard, the Napier Boy's High School Pipe Band play the parade on to Memorial Square. A month prior to the day the Napier RSA organised a college speech contest with competitors vying for prizemoney of \$5000. I have been in the past a judge in this event and the talent displayed in both research, understanding, empathy and presentation is an absolute credit to the competitors. In addition to the prizemoney the winner invariably becomes one of the guest speakers at the Napier Anzac Day Civic Service. This year Karamu High School's Ethin Templeton commenced his speech by comparing the courage of the Covid-19 front line workers with that of servicemen of the past. An inspiring young man.

Taradale RSA and the Greendale Services Club are similarly encouraging, with today's schools and colleges playing a far greater part in the Remembrance of so many lost souls.

INVOICE for GREY POWER MEMBERSHIP 2021

If you are a NEW member; or an EXISTING member (and the sticker on your Grey Power membership card is not YELLOW) your membership fees are due

Either:

1. Pay your sub online to bank account number: 38-9009-0434068-00 Grey Power Napier & Districts; put your Surname, Initial and Grey Power membership number if renewing. If you're a new member, please email greypowernapier@gmail.com or phone Bruce at 06 844 5635 to let us know you have joined.

2. Complete this form and mail it to us at Grey Power Napier & Districts, PO Box 4247, Marewa, 4143 or phone Bruce and he will pick it up. Or scan and email. Or join on line on our web page.

Your name/s

Address

Phone

email

M'ship no

You are paying \$15 for 1 member (tick if applies) or \$27 for a couple

Amount paid:

Payment Type:

Can we email your newsletter?

Thank you

WHY JOIN GREY POWER?

For only \$15 per year (single) or \$27 for a couple, you can become a member of the Grey Power Federation as well as Napier & Districts Grey Power for the year 1 April 2021 to 31 March 2022.

Membership benefits:

Free local Discount Book

Four local and four national newsletters per year

Free Accident Insurance Cover - \$2000 paid by AIL in event of death by accident or loss of a limb

Reduced Health insurance

Cheaper gas & electricity through Grey Power Electricity's low user rates for members

Your membership is vital to our effectiveness in seeking discounts and advocating on matters you care about. By the way, you don't have to be over 60 to become a Grey Power member - anyone can join and get the benefits!

Call President Bruce 844 5635 for more information.

Quarterly Newsletters:

Next issues

Tuesday 10 August, Tuesday 10 November.

Contact Maxine Boag with any items of interest.

Previous newsletters can be seen on www.kiwipublications.nz

Monthly Meetings

3rd Tuesday each month, 1:30 pm

Convenor: Bruce Carnegie

It's the little things that Judy appreciates the most — like getting out and throwing a ball with her grandchildren.

Two years ago, before joining a weekly Strength and Balance class, Judy was in pain daily.

"I got stiffer and stiffer before having both knees replaced."

Now 68, she remembers looking ahead: "I knew if I didn't do something, give me five years and I'd have so much pain that I wouldn't be getting much pleasure out of retirement."

"Successful surgery meant I could improve my strength, mobility and fitness."

For people over 65 like Judy, the increased risk of falling is very real. ACC statistics show that every year one in three people in that age group will fall, often resulting in injury or hospitalisation.

Enliven is proud to be the lead agency in Hawke's Bay and Tairāwhiti for the Live Stronger for Longer initiative, tasked with ensuring every person in the region aged 65+ who is at risk of falling has access to a Community Group Strength and Balance class.

There are now over 70 accredited classes in Hawke's Bay from Takapau to Wairoa, and 13 across Gisborne and Tairāwhiti. And it's never too late to start.

"The classes are still challenging," says Judy. "But there's a healthy balance between challenge and encouragement. Now I can have friends round or go out to something social and not worry about how long I'll have to stand."

If you'd like to join a Community Group Strength & Balance class near you, please get in touch: (06) 281 2534 | 0800 436 548 enliven@psec.org.nz | livestronger.org.nz

enliven

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

Falls are not a normal part of ageing.

Join a Community Strength & Balance class to stay strong and steady.

0800 436 548

liverstronger.org.nz

enliven@psec.org.nz

14 GREY POWER NAPIER AND DISTRICTS ASSOCIATION INC 15 ISSUE TWO WINTER 2021

Grey Power Napier committee 2020-2021



From left: Bruce Carnegie (President), Maxine Boag (front – deputy chair and publicity);
Jacquie Hurst (back – committee member); Allie Beattie (committee – catering);
Ian J Cook (treasurer); Lily Anne Mitchell (committee member); John Wuts (membership);
Russ Wyeth (committee); Isabel Wood (secretary) Absent: Rana Dallas (committee)

**Grey Power Napier would like to thank our
generous sponsors and supporters, including:**
Beth Shan Funerals
Grey Power Electricity
Computer Connection
AIL Insurance company
Princess Alexandra Retirement Village
and ALL advertisers.



Sender: Napier & Districts Grey Power
PO Box 4247
Marewa 4143

