



**GREY
POWER**

focus

Auckland Greypower Association Inc
Member of the NZ Grey Power Federation

The Active Organisation
for those aged 50+

Summer 2021 Issue 59
www.aucklandgreypower.org.nz
ISSN 2703-1888



**REASON FOR
THE SEASON**
see page 6

YOUR COVID PASSPORT - see page 4

COVID... How to avoid it - see page 4

Join Greypower and get discounts - page 16

HALF PRICE TO JOIN GREY POWER - page 2

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 14 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 / 027 404 0804
historian@avondale.org.nz

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

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.

President's Message

Kia ora, hello everyone.

An unusual year. We are still adjusting to what is happening. It has been particularly difficult for people trying to operate a business. And for those living alone or in retirement villages.

I think we are fortunate in that we have had some wise heads making some decisions that have prevented the widespread of this disease and enabled our health services to manage what they can.

Auckland Grey Power has been active where it could. It has been on TVNZ Q&A and many letters have appeared written by Grey Power members on various topics in the local Herald.

I would urge all of you to encourage your friends and families to join the Grey Power movement. Anyone over age 50 is welcome. Even younger. If we do not lobby for the health and the services that we need then we won't get them. You are needed to help Grey Power to achieve what older people need.

With my very best wishes for a pleasant holiday break and may 2022 be a happy rewarding one for us all.

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



NEW MEMBERS SPECIAL JOINING FEE

Half the year has gone. So Auckland Grey Power has decided to have a special joining fee.

Just \$15 for the half year means you can become a member and are eligible to get our discounted unlimited broadband, unlimited phone, power and natural gas rates.

See Grey Power Electricity article. Phone them on 0800 473 976.

See back page to learn how to join Grey Power. Join for the year 2022/23 at the same time for only \$40.



Future Events

No events in January. Join in local community events. Join activities at local libraries. Phone and check what is on.

Monday and Wednesday - Walking Groups. Slow, medium or fast. Meet at Community Centre, Blockhouse Bay. 9am.

Tuesday - Housie Remuera Library. 11am and 1pm.

Tuesday monthly - talks with guest speaker.

First Monday - Waterview Friendship Group and Bus outings. Phone Gillian at the office.

Wednesday HOUSIE Mt Eden Senior Citizens Rooms. 489 Balmoral Dominion Road, 11am - 1pm.

Thursday monthly - Remuera Library knitting group.

Friday - Glen Innes Library 10am. Valda's Friendship Group.

Fridays - Pt Chevalier Library. Knitting and Craft group. Meet at 10am

Friday monthly - Ukelele Group, Remuera Library.

Bus outings - Phone Gillian 09 626 0895 for details.

FEBRUARY

Waiheke Boat trip, Saturday Market and RSA. Saturday 12 February 2022.

Meet at Ferry building. Bring your Gold Card. Catch 9.30 ferry. Bus around the island. Bring or buy your lunch there. Register interest by emailing or phoning office 09 626 0895.

SOCIAL LUNCH Pt Chevalier RSA Friday 23 February. Meet for lunch at noon.

GREY POWER PUBLIC MEETINGS We will be arranging meetings from February such as Dominion Road Light Rail and Local Body Elections.

CONTENTS *focus* Summer 2021

New Members Special Joining Fee...	2
Future Meetings	3
Your Covid Passport	4
Reason for the Season	6
Keepers of Local History	8
Comment of Global Warming	8
Te Reo Maori Corner	8
Gardening	9
Grey Power Associations	9
Where can you top up your Hop Card	10
Grey Power Aims & Objectives.....	12
Holiday Hours	15
Science - can you explain.....	15
Membership Form	16

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

Under the new framework, regardless of the setting - Green, Orange or Red, you can do a lot more if you are vaccinated.

Crucially, to visit things like concert venues, religious gatherings, restaurants and hairdressers you will need to show you have been vaccinated. That's why My Vaccine Pass is important - it is your ticket to being able to do things and visit places. It is an official record of your COVID-19 vaccination status for use in Aotearoa New Zealand. Anyone aged 12 and over who has had 2 COVID-19 vaccinations administered in New Zealand, or who has been given a medical exemption, can now request a My Vaccine Pass.

The quickest way to get your Vaccine Pass is online, through My Covid Record | Ministry of Health NZ, but if you cannot access this service you can call 0800 222 478.

Your Vaccine Pass will include your name, date of birth and a QR code. You can save this pass on a digital device, like your phone, or print a physical copy.

Your regular Pharmacy could supply you with your NHI number and some have offered to apply on line and print off your Vaccine Certificate.

YOUR COVID PASSPORT

How Do I Get a Vaccine Pass if I don't Have a Smart Phone, a Computer or Internet?

For people without a smartphone or access to a computer call **0800 222 478** to request a **My Vaccine Pass**. You need to have a National Health Index (NHI) number ready or you may be asked a few things to confirm your identity - such as names and date of birth. Someone can call for a person on their behalf, but they must have their permission.

NEW ZEALAND IS AT WAR A WAR AGAINST A VIRUS

Auckland Grey Power President, Gillian Dance, is urging all senior people to contact family members and encourage them all to get vaccinated this weekend or as soon as possible.

Medical experts have warned all Aucklanders and people in Northland and rural communities

that they expect the number of Covid cases in the community to escalate.



If they are correct it is possible that up to 1000 to 5000 people will be infected per week. The possibility that all hospital facilities will be full is very likely and local GPs will be having to manage and monitor cases of infected people in their homes.

Do not leave it until its too late.

You need to get the vaccination before you catch Covid-19. It's no use after you get sick with it. Do it now. Do not procrastinate. This might be life or death for you or someone in your family.

Keep eating well. Keep taking your favourite vitamins and supplements if you believe in these remedies. Most will do you no harm. Get plenty of sunshine for vitamin D. But get the vaccination as well. Its free. So why not get it as soon as possible.

If we want to return to normal we need to put aside any personal views and beliefs and follow the best proven medical advice, and do what is best for everyone.

This disease pandemic is like a war. A war against a virus. It is not going to go away.

If you want to help New Zealand to win this war..... Get vaccinated.

Cell Phones and Computers

We're all shifting more and more into a digital age. Are you finding mobile or smartphones, tablets, laptops and desktop computers confusing? If you want to know more about your electronic devices, both what and how to do things with them, don't delay.

Join your local Senior Net group. For a modest charge they will train you to make better use of your electronic devices.

Consider this a great Christmas present to yourself. Ring or email them today.

**Check for your local Senior Net group online at
<https://seniornet.nz/locations>**

or give Auckland Grey Power a ring:
09 626 0895. We are here to help you

Be willing to be a beginner every single morning. (Meister Eckhart)

In other words do not give up. Have a go at something. Do something. Help someone. You will be helping yourself to enjoy life.

WANTED

Sensible friendly person to be in the Grey Power office to greet people and answer the phone.

If you have those skills and can offer once a month or so please phone or call in.
Free coffee and biscuits etc.

We are at 557 Blockhouse Bay Road
opposite the local library.
Phone 09 626 0895 to make sure we are
there would be helpful. Ask for Gillian.

Live in the moment, and find each moment worthwhile. You owe it to yourself to forgive the past. Live in the future.

Make time every day to do what's important to you - to work enough to feel satisfied, to play enough, to stay young.



**NEW ZEALAND'S
MUST DO
EXPERIENCE**

**RETIRED
FROM WORK BUT
NOT LIFE?
HAVE WE GOT AN
EXPERIENCE
FOR YOU!**

**ASK ABOUT OUR deals
FOR SuperGold
card holders!**

BOOK NOW: VISIT - www.canopytours.co.nz | PHONE - (07) 343 1001

**WORLD'S
#1
NATURE
ACTIVITY
THE ORIGINAL
CANOPY TOUR**

**QUALMARK
100% PURE
NEW ZEALAND
EXPERIENCE AWARD
WINNER**

**Rotorua
CANOPY TOURS**

REASON FOR THE SEASON
Why Do We Celebrate Christmas?

Briefly, the religion called Christianity is named after the person we call Jesus Christ.
A Jewish baby, he was born in a stable in the town of Bethlehem to a couple called Mary and Joseph, in the Roman controlled country which is known today as Israel.

Early scholars calculated the date of his birth to be 25 December and they calculated our years from that date as BC (before Christ).
They may have the birth date incorrect but that has become the date the Christian Church leaders decided to celebrate his birth, and AD (after Anno Domini) in Latin meaning "in the year of the Lord".

In more recent years it has become the custom to give cards and presents to people we know. To family and friends. These days it is more likely to be an email rather than a card. And with the commercialization of Christmas it has lead to the expectation that many, and often expensive, gifts

are given. But is this really necessary?
Being together with family and friends, and sharing good food and their company, and remembering this wise mans actions and teachings should be what is important and worth celebrating.
Of love and caring. Of kindness, fairness and justice. Looking after the sick and poor. Widows and children. (Editors views)



60-minute Messiah

Auckland Choral is excited to present a 1 hour concert of Handel's 'Messiah' Christmas selections. Come and celebrate Christmas with these timeless treasures. ... a special, short programme of favourite Messiah choruses and some much-loved arias from very special guests:
Marlena Devoe, soprano, Kate Webber, alto and Simon O'Neill, tenor .
A wonderful occasion after the challenging times this year to lift the spirits and celebrate Christmas.

Sunday, 19th December 5.00pm | Auckland Town Hall | Bookings: [ticketmaster.co.nz](https://www.ticketmaster.co.nz) | 09 970 9700

Please note: This is an 'Orange Alert Level only' event. The Health and Safety of our Patrons and staff is our priority. Auckland Choral and Auckland Live will be operating to the Ministry of Health Covid-19 guidelines and directives.

THE IMPORTANCE OF
A MEANINGFUL FUNERAL

Funeral services have always been a part of life. Until 2020 that is. When Covid hit, suddenly funerals were not allowed and it was hard. Many people lost loved ones, some were prepared for the loss, for others it was unexpected. Either way, our primal need to grieve and engage in the ritual of a funeral was denied. The effects of this situation are now being seen across the country, and indeed across the world.
The human race have held funerals since the beginning of time and they play an extremely important role in the grief journey. They allow us to face the reality of our loss, support family and friends and to be supported by them, express our feelings and emotions and to begin the transition to a life without our loved one.
Now, more than ever, we are realising the importance of a funeral for those left behind. Pre-planning your funeral can bring comfort and peace of mind to your and to your family. It also ensures that you get the goodbye you wanted.
Pre planning is free and at Davis Funerals, we make it as simple as possible. Contact us today and one of our professional, experienced funeral directors can guide you in creating the perfect send off. You can call us on 638 9026, email office@davisfunerals.co.nz or call in to any of our five branches across Auckland.



Davis
Funerals

Keepers of your local history

Hello, my name is Lisa Truttman, and I've been President of the Avondale-Waterview Historical Society since July 2003 – a long time! (The years do tend to sneak up on us, don't they?) Long before the AWHs was incorporated in 2002, though, I have been passionate about collecting and researching local history. You'll find my Society's publications on our website here: <http://avondale.org.nz/publications.htm>

But there isn't just us beavering away, researching local history, holding meetings, hosting guest speakers and publishing. From New Lynn through to Glen Innes here in Auckland, there are a number of such societies and organisations. If you're into family history, you may well have contacted us before now, our knowledge of local social history hopefully helping you along your own research path. But even if you're just curious about the name of your street, or the story of your home, we can likely help with that, too.

Contact me at the NZ History Federation (at the moment, I'm national President) at nzhistoryfederation@gmail.com, or call me on 027 4040804 and I'll do my best to put you in touch with the local team working to help preserve our heritage.

A COMMENT ON GLOBAL WARMING

To answer those who point out that in summertime, temperatures vary by several degrees on the same day, so what's the problem with global warming of less than 2 degrees – think of your body. Normal body temperature is around 37 degrees. You can put your hands in hot water and their temperature will go up and that's not a problem. But if the temperature of your whole body goes up by just one degree it's considered a fever and you don't feel too well. If it goes up to 39 or 40 degrees or even more, you're very ill. That's how it is for the planet. The one degree increase that has already occurred has contributed to disasters all around the world.

Also, with respect to extinction – does it matter

if we lose one or two species? Think of an aeroplane – if one rivet pops off the wing, it's not a problem, and similarly if two or three pop off. But if rivets continue to pop off there comes a time when with the loss of just one more rivet the wing falls off, followed by catastrophe. We know about rivets on aeroplane wings, but when it comes to our environment, our understanding of the importance of individual species is minimal. There are millions of species that we haven't even discovered yet and they are all interdependent. Losing one affects the whole chain but we have no idea how. This is our main problem – our ignorance. Will the wings fall off one day? Who knows. It will be catastrophic, we know that.

Susan Grimsdell | Auckland Central

Te Reo Maori Corner

Towns and places have always had Maori names but when settlers came they often gave the area a name that they thought reminded them of their homeland or after a person they admired. Here are some places with their original name

Auckland... Tamaki makaurau.

(Ta-ma-ki -ma-kau-rau..) meaning "Tamaki....a place desired by many".

Avondale....Whau. (ph-o) It is commonly thought to be named after the Whau plant. But Lisa Truttman, the local historian, tells me that the early land maps of Auckland show that Maori called the bush that covered the land and the Titirangi hills, etc Te Wao or Te Wau (te Wow). Visit her website for full details.

Hamilton.....Kirikiriroa.

(kiri -kiri -roa) meaning a long stretch of gravel (roa...long) which occurred on the west bank of the river.

Palmerston North ...Papaioea.

(Pa-pa -e -o- e -a) Meaning " Look, how beautiful it is. " It was a very large clear area in the bush.

Wellington....Te Whanganui O Tara.

The name of the harbour. Te (the) great harbour ...nui (big)of Tara (a person)

Nelson....Whakatu. (whaka -tu) meaning to build, raise or establish.

GARDENING

To grow healthy vegetables the soil needs nutrients that will maximize your plants' growth. Poor quality soil or incorrect siteing will result in poor quality plants. Such weak plants are more prone to disease.

Rotation of plants in your vegetable garden is the best way to avoid disease. Leaving a patch of ground fallow over winter is a great way to avoid or get rid of a disease area. Dig in weeds that appear over time before they seed.

It is now early summer. The soils are warm and the sun is here. If you have not already sown your own seeds it will be best to buy them from a farmers market or your local plant merchant, Kelmana Gardens at 12 Hukanui Crescent, Ponsonby grow seedlings and vegetables organically. They are available for sale. Shop hours: Wednesdays, 10am - 4pm, Saturdays, 9am - 12pm phone 376 0472, email hello@kelmarnagardens.nz.

The seedlings may have come from a nice sheltered hot house so make sure you harden them off before you plant them outside, in a sheltered shady spot for a few days. Then plant out on cool days or in the evening. Water the soil well and then add a little each day.

Wind barriers around the plants made from recycled paper bags or cardboard could provide shelter from hot sun and wind. Or shade cloth with hoops to support it. This also protects strawberries from bird strike and you get to eat a lovely crop of juicy tasty time berries.

Gillian Dance



GREY POWER ASSOCIATIONS

Grey Power consists of 76 Associations over the various regions in New Zealand, which in turn are member organisations of the Grey Power Federation. The Federation is made up of several Zones like Provinces. The Auckland Zone (Zone 2) is made up of eight Associations.

The Auckland Grey Power Association (the former Auckland City areas) was first established in 1986 in a response to the introduction of the Surtax on Superannuation. The other Associations in Zone 2 are :-Warkworth, Hibiscus Coast, North Shore, Waiheke, Waitakere, Howick Pakuranga and Counties Manukau.

Each Association organises public meetings with guest speakers and other events. They can assist you with advice or advocate on your behalf. For contact details and info on how to join your local Association, phone the Federation office on 09 299 2113 or fed-office@extra.co.nz.

Worried about changes in your loved one's memory or behaviour?

Struggling to care?

TIME FOR A BREAK?

Bethany Hill Dementia Care is **certified** by Ministry of Health to provide:

Long Term Care | Day Care | Respite Care



BH

Bethany Hill
Dementia Care

582 Leigh Road, Warkworth

Ph: (09) 422 6006

Email: admin@bethanyhill.co.nz

www.bethanyhill.co.nz

Where Can You Top Up Your AT Hop Card?

People over 65 can travel at no cost after 9am. However often we need to leave home earlier to make the most of our day.

All Gold Card Hop cards can have cash fares preloaded on them. The card costs \$10. Top ups are from \$1 but one dollar will get you no where. Even one stage of travel costs from \$1.80.

Bus drivers have not been accepting cash for some time now and it is very likely AT will not willingly reintroduce it. It's extra work for drivers and AT to handle it. (Another way of withdrawing the use of cash transactions. Another case of electronic take over of our lives?)

If you Google you will see little information about where you can go to top up your card. They give no addresses of the stores. And very few suburbs. But there is a listing for areas under North Auckland, West Auckland the South and Central. The information is very poor. It is best to ring the AT .

AT Top Up sites are:

- | | |
|--|--------------------|
| Auckland CBD | All train stations |
| Britomart Train Station | Break Out Store |
| Civic Convenience Centre | Ferry Building |
| Mt Roskill | St Lukes |
| Sylvia Park | |
| Mini Mart Cnr Blockhouse Bay Road & Gilfillan Street | |
| Mt Roskill Shopping Centre Dairy Dominion Road | |
| Remuera Rd Upland Shopping Centre Lotto and Dairy. | |

Next Focus # 60 to follow with more AT Top Up sites. Please email or phone and let our office know of your local ones.

WANTED:

Census Collectors

Gardeners

Hairdresser available

Newspapers/Catalogues Delivery

Production Technician

Sewing and mending offered.

Storeperson.

Contact Gillian in our office

09 626 0895

Keeping Traditions Affordable

The Meaning behind our statement.

Just Funerals have always been focused on providing families the most affordable funeral services in both the North and South Island.

When trying to come up with an idea that speaks about the company we asked, what do we do? what do we focus on?

We realised that we provide traditional funeral services, much like other funeral homes whilst keeping the cost affordable to all families.

During the most recent lockdown, we have seen the impact Covid-19 has had on families financial situations. Most families want to give their loved one a Traditional Funeral, and were worried about the financial burden, however being affordable means we are able to give loved ones a send off they deserve without compromising on quality.

At Just Funerals we give guidance to what financial assistance there is available to them, this helps ease stress during the difficult time of losing a loved one.

Just Funerals is Family Owned and Operated, you can trust they are taken care of.



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!**

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 ALL: 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.

JP Services are now available from the Auckland Grey Power Office or by arrangement in your home if you are unable to travel. Phone 09 626 0895 and leave a message for Heather Alford QSM. J.P.

WORK AVAILABLE.

CAREGIVER for Special Senior Person. 24/7.
Most weekends off. \$60,000 plus. Live in. Warkworth.
Phone Gillian 09 626 0895 for contact details.

MEMBERSHIP RENEWAL TIME

Please renew your membership over the next month if it is due. 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.

REUBEN & McGEACHIE LAW

DISCOUNTS AVAILABLE FOR GOLD CARD HOLDERS - PLEASE ASK

YOU COME TO US or WE COME TO YOU

We are friendly, reliable and would love to help you with all your legal needs, for example:

- Property - Sale/Purchase/Refinance
- Elder Law - Retirement Villages
- General Practice Specialists

- Estate Planning & Wills & Trusts
- PPPR & Enduring Power of Attorney

09 835 1520 | admin@rmlaw.co.nz
33 Lincoln Road, Henderson, Auckland
www.facebook.com/ReubenMcGeachieLaw

Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Sunnyside at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



editorial supplied by Retirement Villages Assn.

Science. Can you explain?

There were ants in the sugar bowl.

Well, I was short of sugar. The bowl was put into the freezer to stop the ants moving around. Freezing did the job. They were easy to scoop up, the ants still immobile. The sugar-coated spoon was dipped into boiling hot water where said ants washed off. They did not swim.

This process was continued until the sugar was ant free. All ants floated on the surface of the water except one. It sank to the bottom. Why?

Please send your best guess or knowledge of physics or anatomy to the Editor. Answers will be published in the next edition Focus #60. Prize for best or original answer.

HOLIDAY HOURS

The Blockhouse Bay office will shut on Friday 24 December 2021 and reopen on Monday 10 January 2022.

With many thanks to all those people who have helped Auckland Grey Power during 2021. And with our best wishes for 2022.



Bloom Living apartments - Own your Home in Retirement.

Bloom Living's Manurewa apartments are filling up fast, but there's still opportunities to purchase your own freehold apartment and be part of a thriving over 55's community.

Gorgeous, two-bedroom homes are available now priced from \$593,000, including a carpark and F&P appliances. This secure, gated community is close to Manurewa's fabulous amenities, including transport, shops, medical facilities and Cossie Club.

Apartments are available on the ground, first and second floors. Open-plan living creates a modern environment for you to enjoy. Homes are equipped

with generous kitchens and are approximately 65m2 internally flowing onto private patio's and downstairs have gardens. Bloom offers a great lifestyle, vibrant community and wonderful communal spaces to relax, socialise and meet new neighbours.

Best of all, you'll own your apartments outright. When it comes time to sell, the capital gains sit with you!

Show Homes: Weds & Thurs 10am-12pm by appointment, 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

Join Us Before You Need Us

Special half price membership. Sept 2021 to 31 March 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: \$ _____
Special Half Rate \$15 ☐ Membership to 31 March 2023 \$40 ☐
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 _____ (optional) Partner's Year of Birth _____ (optional)

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** ☐

It would be helpful if Grey Power knew your current or previous occupation (e.g. Lawyer, Nurse, housewife, mechanic, etc) (optional) _____

Or your current interests (e.g. music, cooking, debating) (optional) _____

And if there are any particular issues or concerns. (e.g. Local body rates) _____

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

Issue 59 2021 Summer

Payment Options:

1. Internet Banking transfer into either of our Auckland Greypower Association's accounts:
TSB **15-3968-0008956-000** or
Kiwibank **38-9012-0058673-000**
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 form with personal details to our PO Box 48-157, Blockhouse Bay, Auckland 0644. Or scan or email the details and send to our email address
membership@aucklandgreypower.org.nz

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.