

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER

SUMMER ISSUE 2021



Federation President Jan Pentecost QSM
with Maxine Boag (Publicity), Isabel Wood (Secretary)
and Bruce Carnegie (Napier President) at a recent
Zone 4 meeting in Palmerston (see page 10-11)

Super Saturday Vaxathon

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A letter from Keriana Brooking

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GREY POWER NAPIER

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PRESIDENT'S REPORT

Kia Ora, Tena Koutou Katoa

Spring greetings everyone.

Since our last Newsletter we had a general meeting in August with guest speaker our Mayor Kirsten Wise but since then due to Covid level 3 and then level 2, we have had to stop holding our normal monthly meetings. I believe with the Delta variant being so contagious, the covid virus will be with us for some time.

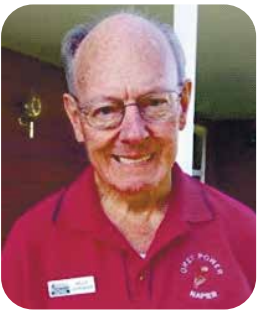
Some good news is that the government is planning to have Vaccination Certificates out in November and when that happens, we may be able to start having our meetings again. We have a meeting planned for Tuesday 16th with guest speaker Steph Rotarangi who is the new CE for the Napier City Council; it would be really nice if we can do this and also to finish the year with our Christmas luncheon. We will have to wait and see what happens, stay hopeful and look forward to getting back to what we enjoy even if it means wearing a mask.

Covid 19 Vaccination. Another reason to help get back to some normality is to be vaccinated, we are often told about anti-vaxxers but we don't hear about people who have a fear of needles and injections. This fear for me goes back to the days when we as children had to go to the school dentist, and through my life every time I was to have an injection, I got myself so anxious leading up to the appointed time I would faint and collapse on the floor.

I have learned to overcome this by explaining my weakness to the nurse or doctor beforehand and ask to lie - down, another idea to take your mind off what's happening is to talk about something of interest, as well as going with someone to support you. Or if you know someone who is scared, please encourage and offer to go with them.

To reassure anyone who has this fear of injection / needles I have had my two covid vaccinations and your worry will be for nothing as it's so quick and painless. So be brave and get the JAB. This will give you peace of mind knowing you are vaccinated.

Napier Courier Contact. At a previous meeting we asked how many of you didn't receive the Courier on a regular basis and shared your disappointment to



Bruce Carnegie
President

my Courier contact who passed on the information to the deliverer and hopefully the service has improved, **if you are still not receiving the Courier you can phone 873 0800.**

Positive Ageing Strategy. The purpose of the Strategy was to outline an age friendly approach for Napier with the overall vision of people "living well and aging well". An advisory structure was established for the Strategy's development to ensure it was well informed by agencies, providers, and seniors living in the community. The sharing of views, combined with local data and information have been key to identifying the vision and key priorities.

Due to Covid this has stopped progressing but the time has now come to formulate the next step with an Action plan. I am pleased to advise that Grey Power is very much part of this project and well-represented by Committee member Jacquie Hurst and myself, with the first meeting on the 10th November.

The chairperson of the advisory Group is Mr Peter Grant who some of you may know through the RSA. We look forward working with the strategy group and Peter. We will keep you informed on our progress.

International Day of the Older Persons. This is a United Nations initiative introduced back in 1990 and is celebrated on the 1st October annually around the world. The day is a time for whanau and organisations to acknowledge and celebrate the contribution that older people make to society.

This year the theme was Digital Inclusion. Some of us have problems understanding and keeping up with the modern technology of our computer, smartphones, eBooks, managing apps, internet banking, saying Hi to the family and how to stay safe online.

To help you improve your digital know-how there are

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digital skill workshops at the Napier and Taradale Libraries. The workshops are specifically targeted for us seniors. For more information and online bookings can be found at napierlibrary.co.nz/services/free-digital-skills-workshops or visit a library to discuss how the workshops can help you gain confidence as you become familiar with the technology.

Although Covid restrictions prevented us from participating in any community event, Napier City Council organised multi-media advertising for the day and the digital workshops.



Debrief after IDOP with Michele Grigg (NCC), Janet Smith (Age Concern) and Bruce Carnegie (Grey Power)

Finally a reminder that Grey Power is essentially an advocacy group with its main purpose being to communicate the changing needs of the older generation to the political and administrative decision makers both locally and nationally. We are here to advocate for you in the wider political arena.

Best wishes everyone

Bruce Carnegie

President | (06) 844 5635



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LOOP HEALTH AND SAFETY

Editor's note

A Day to Remember
– Super Saturday
Vaxathon

Tena Koutou Katoa



I was fortunate enough to be able to help with the October 16 nation-wide Super Saturday Vaxathon, at one of the two Napier sites: Pukemokimoki marae. Along with people from the Napier Pilot City Trust, the Napier City Council (Chief Executive, some staff, elected members and the Mayor), our MP Stuart Nash, alongside community volunteers, we had a great day cooking sausages and feeding those who came out to get jabbed.

Councillor Ronda Chrystal made her two vans available, driving Maori wardens around who went door knocking to tell locals about the opportunity to get vaccinated. Cr Richard McGrath helped out beforehand with delivering hundreds of fliers in Tamatea. The Mayor, myself, Cr Simpson, Cr Crown and HBR councillor Martin Williams worked with other council staff and volunteers on the barbecue. At Pak n Save, the Napier Host Lions joined to Taiwhenua o te Whanganui a Orotu, along with other volunteers including NCC staff, to barbecue sausages. It was a fantastic community effort.

The results overall on the day were super great: our HBDHB was the region with the highest number of vaccinations: 4 per cent of our eligible population was jabbed on the day!

Like many of us who got vaccinated some months ago, all helpers were double-jabbed and keen to get the numbers up, to keep us all safe. And that's what was achieved.

But we all know we are not out of the woods yet. Now that it's in our country, this virus will seek out the weak, the frail, the vulnerable, and the unvaccinated, some so because they are still hesitant. Even fully vaccinated older people, or those with existing medical conditions could be at risk.

I feel concerned not just for my peers, but for those unvaccinated yet vulnerable people, whose lives could be worst affected when this hits. I know and care about many hesitant friends and extended family members and hope they will keep safe in a local outbreak.

We all have friends and relatives who are hesitant. We may not be able to change their minds, but we can still show them love as they are still part of our community.

"He waka eke noa" – we're all in this together.

Maxine Boag | Publicity Officer



Community helpers at Pukemokimoki Marae on Super Saturday

What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.

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From Keriana Brooking – Chief Executive, Hawkes Bay DHB



Kia ora Napier and Districts Grey Power members.

Firstly, I trust you and all who are dear to you are keeping well.

Our health teams’ work in Hawke’s Bay remain steadily busy and at times far busier than we would all like.

I appreciate it is never good to wait for health care particularly when you are in pain or distress. Please be assured we are treating more people than we ever have before, however our demand, as our population increases and ages, continues to exponentially increase. We are working hard to manage this demand and how the future of healthcare will look as part of the health reform transition and our own locality work.

I take my hat off to our staff and other providers who work day in and day out serving our community. We are all watching with interest as the number of cases of people with Covid-19 Delta variant remains steady and has moved to areas outside Auckland. The idea of active cases with community transmission is a cause of concern, particularly as it is becoming a serious health issue for those in our community who test positive for Covid-19 and are not vaccinated.

Our Health and Disability system has been preparing for community transmission for some time, and our planning pivots when the variant changes and as we learn more about how it can spread from person- to-person.

Changes have been made in our hospital and community settings to manage community transmission, however the health system will be

placed under serious pressure if we experience a community outbreak. An outbreak is when we have increasing numbers in the community with increasing numbers of people needing primary, hospital and intensive care.

I thank the 36,556 of you (60 years and older) now double vaccinated and as protected as they can be against Covid-19, the 3,604 (60 years and older) residents who have had one vaccination. I recognise the 3,255 of the 60 years and older residents who may still be thinking about it, have medical reasons that prevent them or have purposefully chosen not to take up the vaccine offer.

One of the things I love about working in health is the fact that everyone comes to work to care for people every day. If our hospital and other community health providers have to lock down because of COVID-19 we can’t provide the level of care we would want. We can’t do the number of elective surgeries, we can’t see as many of you face-to-face for your clinic appointments and we have to restrict visitors from seeing their loved ones in hospital. No-one wants that to happen and to prevent it, we need everyone eligible to roll-up their sleeves.

You will all know people in younger age groups who are not currently vaccinated around 28,000 if we were aiming for 100% of our population vaccinated. We would love you to actively encourage anyone you know not yet vaccinated to roll up their sleeves to help protect you, themselves, your family and our precious Hawke’s Bay community

COVID-19 MYTHBUSTING

Vaccine-related hospitalisations are being hushed up.
Vaccines affect women’s menstrual cycles and fertility.
Vaccines can harm children.
Vaccines cause magnetism.
Natural remedies and immunity are more effective against Covid.
Covid-19 vaccines can alter your DNA,
It is unknown if the vaccine causes cancer.
Vaccines are experimental and can’t be trusted.
Vaccine companies are exempt from all liability.
The only reason given to take the vaccine is it might reduce symptoms.

THE SIMPLE TWO LETTER ANSWER TO ALL OF THE ABOVE IS NO



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Mayor Kirsten Wise
at our August Meeting

by Isabel Wood

Our Mayor, Kirsten Wise, was a popular choice for our August meeting and who gave members an update on Council key strategic documents and projects.

Firstly she thanked Grey Power for their recent submission to the Long Term Plan (LTP) and said that 710 submissions had been received which had given Council much food for thought.

Water remains Council’s Number 1 priority and Kirsten advised that progress was being made in regard to this important issue. \$36 million was being spent on upgrading the system achieving the new Government standards for drinking water, and for chlorine free water in the future if this was what was wanted by the community. \$404 million would be spent on the 3 waters - drinking, waste and storm water - over the next 10 years.

\$12.5 million had been allocated for the Ahuriri Regional Park, in partnership with HBRC and mana whenua to improve water quality and provide recreational areas; with the environmental issues the first priority.

Community safety was also a priority. The Mayor said it was Important that people feel safe in their community and the Council’s new Ambassador programme and the CCTV network improvements would help combat negative behaviour.

Other ongoing projects include the restoration of the War Memorial elements and construction should commence before the end of the year. The Aquatic Centre was on hold because of the contamination



Mayor Wise at our meeting

issue but funding has been set aside for repairs and maintenance.

The Civic Precinct Project was progressing well –the Library and Civic Centre to be at the original site with a master plan being developed. Plans for a children’s area and other activities are to be shortly taken out to the community. The upgrade of the National Aquarium also is in abeyance as no Government funding forthcoming. This should revert to the Napier Aquarium if no Government funding as Napier ratepayers can’t be expected to fund a national entity.

The District Plan, a strategic planning document is being developed to safeguard our city – to limit negative effects on our environment such as inappropriate buildings where you can build what type of building. Priorities in the District Plan for the Council were: water, managing storm water, the regional park, urban areas with well-connected suburbs and providing land for growth.

She touched on the process involved in establishing Maori Wards and what they might mean for Napier.

Kirsten spoke about the National Three Waters Reform which was raising more questions than answers. (Three Waters refers to drinking water, wastewater

and stormwater, all of which Councils manage.) There are new water standards coming into operation meaning the status quo is no longer an option, as across New Zealand councils’ infrastructure is ageing and needs replacement to meet these standards. The government has proposed that all our water assets would be controlled by “Entity C” which would cover 21 councils representing over 900,000 thousand people. Council was wanting legislation to protect against privatisation.

Present water rates are \$610.00 – this could rise to \$1,250.00 per year per household or to \$3,730.00 per year if we are not in an entity. Our Council has expressed no confidence in the proposed entity and have proposed a Hawkes Bay entity to cover Napier City, Hastings, Wairoa and Central Hawkes Bay District Council.

Some interesting questions were put to Kirsten from members on the sanctity of the War Memorial site. Men wearing Gang patches, food trucks, taxis and other vehicles are using the forecourt which some of our members opposed. Kirsten advised that the Council was working on change in this area.

The Council pensioner housing issue was raised with concerns expressed including if they are sold off to a private provider older people would become more vulnerable as this could see them mixed in with all ages and would feel unsafe. No decision has been made but the status quo is unsustainable.

Other questions from members included the Faraday Centre, Bay Skate, Ocean Spa, cycling tracks, and Kirsten stressed that

the Council was striving to have activities for all ages which they would protect, maintain and improve at all times.

The flooding that occurred last November was also raised. Kirsten replied that protocols were in place and that the pumps were turned on and full of diesel. A full review with HBRC and Civil Defence was undertaken and the Council was looking to invest

in storm water in future. The future of Westshore Beach was mentioned as being no longer “attractive or user friendly”; but this is not in the Council LTP at present.

Thanks were given to Kirsten by President Bruce Carnegie for her very comprehensive and informative overview of Council projects.

It took
“Click it or Ticket”
to get people to
wear a seatbelt.
I wonder if
“Mask it or Casket”
might work?



by Stuart Nash
MP

With summer just around the corner, many of us here in Napier have already started planning for the holiday season.

This year, there’s one extra item to cross off the to-do list as we approach the end of the year:

getting the COVID-19 vaccine.

The Delta strain of the virus that arrived from New South Wales is a disease of the unvaccinated. It is putting much higher numbers of the unvaccinated population into hospital and intensive care units, and some need respirators to help them breathe. Don’t let that happen to your loved ones, friends, workmates, or yourself.

There is a bright spot around the corner. It’s called summer.

Many holiday events and festivals and even ordinary businesses like bars and cafes will increasingly ask

for proof of vaccination before letting you through the door or the gate. If you want to take part, the window is closing. To be fully immunised by Christmas, you need your first vaccination this month.

The good news is that it’s easier than ever to get your vaccine.

I know some people might still be a little unsure about getting the vaccine, and that’s OK. It’s important to get the right information to help you make the best decision for you and your family. If you do have questions or want more information before making up your mind, you can find reliable, accurate information, along with advice from medical experts, at covid19.govt.nz. You might also like to check in with your GP or health provider with any specific questions you have.

Choosing to get vaccinated is not only the best way to protect yourself and your family from COVID-19, it also helps us all get back to doing the things we love. Let’s continue the solid effort here in Napier and take the opportunity to boost our vaccination rates.

Stuart Nash

MP for Napier

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

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Authorised by Stuart Nash MP, Parliament Buildings, Wellington

Federation President Jan Pentecost at October Zone 4 Meeting

By Isabel Wood

At our recent Zone meeting held in Palmerston North and attended by Bruce, Maxine and myself from our Association, there were 30 people present from 13 Associations across the lower North Island.

Our special guest was Jan Pentecost QSM, the current, and first woman President of Grey Power Federation, a very warm, pleasant and extremely hard working lady who has already given 10 years service as the Federation Secretary. We are extremely fortunate to have someone of Jan’s calibre to lead us into the future. Also attending was the new Federation Secretary Ross Fallen of Wanganui.

Jan thanked the Zone for inviting her to the meeting and said that she considered Grey Power was a family working together – cooperation and respect for each other was essential. Zone meetings were important in allowing Associations to bring issues affecting their members to the attention of the Board.

In answering questions put to her,

Jan said that Grey Power Federation has clear aims one of which being to define and implement the roles and responsibilities of the 77 Associations in New Zealand.

Grey Power was aiming to achieve 100,000 members within 5 years and is presently gaining around 2,000 members each year. The Strategic Direction adopted in 2012 has been renamed the “Modernisation Plan”. The main aim to be implemented was to protect the wellbeing of all older persons in New Zealand through advocacy, focusing on health, disability issues, adequate funding and working with other organisations like Age Concern – with digital exclusion being one major issue.

A number of specific issues such as rates rebates and Income Related Rent Subsidies for Council flats were briefly discussed and are presently being worked on. Often these issues take a long time to resolve and associations need to be informed of outcomes.

Jan mentioned that we now have an Aged Care Commissioner and while grateful for what we have, we need a “one stop shop”. Jan informed us that research and evidence gathering from associations was taking place and that the whole Constitution will be rewritten once the Incorporated Societies Bill goes through Parliament, so there’s a lot of work in progress at the moment.

On the issue of the Federation magazine sent to members quarterly. Jan advised that the magazine is available in digital form. Advertising in the magazine was the main issue from associations who would like to see less of it and more content from the Board and members, but unfortunately advertising was a necessity and was arranged by the publishers of the magazine. (This is similar to our newsletter: Kiwi Publications sells and organises the advertising, so we can get the newsletter laid out and printed up for no cost).

Bruce Carnegie outlined how we deliver our newsletters – by email and letterbox delivery and were distributed to libraries, RSA’s, other service organisations and clubs in an effort to promote membership. Some present felt that the format

of the Federation magazine was too large.

On the withdrawal of the low user electricity rates, Jan had received advice from Pulse Energy’s new CEO Sharnie Warren who had said that this will affect all energy retailers not just Grey Power Electricity, and the changes will not affect our users in any way.

The Three Waters issue produced some lively debate with Jan pointing out that three remits were passed at the AGM on this issue and that the Board would push to prevent privatisation. A referendum was needed in conjunction with Local Body elections in October 2022. The Federation would be contacting Councils and Mayors to request they not make a decision without a referendum. Associations were also asked to contact their Councils and MP’s voicing concerns over the future of water assets and ask for their support. In many areas ageing infrastructure is a major concern. This is also about Public Health – we need to change the way we do things. The Government cannot force councils to comply but say there are major reforms ahead. Some thought that Grey Power needs to emphatically push for a referendum.

Associations were advised that any business for discussion at Federation AGM’s needed to be formulated as remits, although topics for discussion could be tabled at the meeting. Delegates to the 2022 AGM should put any issues forward in advance as remits. Further information on this would be sent out to associations.

Jan favours being referred to as Chairperson rather than Chairman. She also informed us that the Federation Secretary will be in charge of communications. The Federation is working towards better marketing.

Using the Super Gold Card as an ID card was also raised but the costs involved are too high – with new technology and smart phones the Federation was including in its lobbying a push for a nationwide system. Submissions have also been made to emphasise that all older persons must have access to the 111 and medical alarm system should copper lines be discontinued.

Terry Hemmingsen, the Zone Director, thanked Jan for attending the meeting and sharing her thoughts and opinions which had

been very much appreciated by all present.

After lunch the Meeting attended to the usual business, Minutes, Board Report, Financial Report, Assn Reports. Maxine presented a motion to the meeting requesting “That the Board makes every effort to upgrade and improve the Federation website with an adequate budget to do so”.

Various members shared their thoughts on the upgrading of our public persona through both the website and Facebook. These sites can be strong selling points for Grey Power. They are considered vital for information to be relevant and current in growing and maintaining our membership. After lengthy discussion the motion was adopted.

The problem of real estate agents in many areas targeting older people was raised – cold calling and urging them to sell their homes. This was worrying for many and possible solutions were discussed.

To celebrate having Jan, our Federation President, at the meeting a group photo was taken after the meeting closed at 1.30pm.



Zone 4 meeting representatives who hosted President Jan Pentecost



Federation President with four local Presidents: Bruce Carnegie (Napier), Valetu Araipu (Central Hawke’s Bay), Ron Wilkins (Hastings), Jan Pentecost, Terry Hemmingsen (Horowhenua and Zone Director).

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 Summerset 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.

What's up with Napier's water?

WATER WE'RE ON IT.

Water is our number one priority. We are working on a range of water projects to help Napier's drinking water, stormwater and wastewater networks. Below are some of the projects we are currently working on. Want to know more? Visit [napier.govt.nz](https://www.napier.govt.nz) keyword search **#water**

LOW MANGANESE BORES

Securing low manganese water to feed into Napier's drinking water network is an essential part of getting rid of dirty water issues for good. A bore site at Awatoto has been tested and found to be low in manganese with reliable strong flow rates. A second bore which is likely to have low manganese water will be drilled about 50m away, the drilling of this bore is due to start soon. In the future, it is planned that these two new bores will replace A1 and C1, which together supply a quarter of Napier's water.



DEDICATED WATER TAKE

Up until recently those using truck-loads of water, literally, have filled up at City hydrants. That's about to change with the introduction of a dedicated water take filling station with a correct backflow prevention device. Users will require a permit and swipe card to use the water station but it will ensure there's less risk to our water supply becoming contaminated through backflow at our hydrants. The water take station is due to open in November.



FIRE MAINS

Preparing for future growth in some areas of Napier means improving vital infrastructure. In Bay View this looks like improving water mains to ensure there is sufficient supply for future fire-fighting requirements. This project is well underway with the first stage due to be completed by March 2022.



OCTOPUS IN GREENMEADOWS

"Protect what you love" is the message behind the big bold bright new creature that's appeared in Greenmeadows.

The 5 metres by 12 metre mural was painted by Sam Savage working in collaboration with children from Greenmeadows School.

The octopus is a reminder to the community that waterways go straight to the sea so anything that's dropped in the water, whether it's rubbish or runoff, will end up in the ocean.





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Meet our Committee:

Linda Mellor, Membership Secretary



Hi, I'm Linda Mellor the new Membership Secretary for Grey Power Napier. I retired at the end of 2019 after 40 years working as a librarian, finishing after working for the last 23 years at the Twist Library at EIT Hawkes Bay.

Throughout my career I was involved in promoting librarianship as a career, and in 2006 was awarded an Associateship of the Library Association of NZ of which I am very proud.

In the course of my work I had lots of practise administering membership systems and creating statistical spreadsheets for all types of library record-keeping so when I saw that Grey Power was looking for someone to run their membership database it seemed meant to be.

I grew up in Inglewood, Taranaki and had never been to Hawkes Bay until I met my husband Jeff at Victoria University (I had never seen an orange growing on a tree either!) We have been married for over 45 years and have followed his teaching career around a bit, including a memorable year on teaching exchange in England in 1984, before returning to the Bay in 1988 for Jeff to teach at Tamatea High School, and later at Taradale High School. We have one son, Phillip, who is an economist with MFAT in Wellington and he and his wife Gemma have given us two lovely grandchildren who we don't see enough of in these Covid times.

Apart from books and reading, my garden is my other main interest – I come from a long line of gardeners and seem to need to have something growing all the time. We have explored a bit of the world and seeing local gardens is always part of the plan – Sissinghurst in England and the Canberra Floriade are amongst the highlights. Our last trip was by train from Sydney to Perth and then a bus trip to see Western Australian wildflowers was equally memorable.

The committee has made me very welcome and the transition has had a few bumps but generally I think the membership spreadsheet is running well and I am enjoying meeting many new people in the Grey Power community.

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 issue

Tuesday 1 March 2022

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



380

Last year more than **380** local people took up the challenge to move more and reduce their risk of falling.

63

There are **63** ACC-accredited Community Strength and Balance Classes in Hawke's Bay. Find your class:

livestronger.org.nz Or call Enliven: **06 281 2534**

Grey Power Napier committee 2021-2022



Front from left: Allie Beattie, Isabel Wood, Ian Cook, Maxine Boag, Anne Mitchell
Back: Bruce Carnegie, Linda Mellor, Kay Nesdale, Jacquie Hurst, Russell Wyeth



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

