

ROTORUA GREY POWER

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AUTUMN ISSUE 2022

**The Tree Trust Walk in
Autumn colours. At the
top of Moncur Drive.**

SPECIAL NON-COVID ISSUE

Annual General Meeting PAGE 2

Anosognosia - what the heck is it? PAGE 6

Senior Moments and how to manage them PAGE 10

GREY POWER ROTORUA
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If there are issues you would like Grey Power Rotorua to take up on your behalf, let your Committee know by phone or contact us via our website www.greypowerrotorua.org.nz or email greypower.rotorua@gmail.com

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Please refer to our website for disclaimer.

GREY POWER ROTORUA INC
ANNUAL GENERAL MEETING
Linton Park Community Hall

We invite all of our members on APRIL 4 to Kamahi Place, Pukehangi @ 1:00 pm to hear our guest speaker and then your Annual Report and election of President, Vice-President and Committee.

Nomination forms are available on the GPR website or from the office, Tues – Thu.

Free raffle prizes to be won from our sponsors
Countdown Central Mall
Ciabatta Cafe & Bakery
Zippy Central Cafe
and McLeods Bookshop

Plus the GPR Autumn magazine movie quiz winner.

Tea, coffee and refreshments after meeting. The rules of the hall apply for entry: scan/or sign in, show your vax-pass, wear a mask (and have your GPR Membership Card).

How many telemarketers does it take to change a light bulb?
Only one, but he has to do it while you are eating dinner.

RD



What's inside the Ed's Head?

Yes it's the beginning of a new and, bound to be exciting, new year.

This year your magazine can promise you more controversy and humour, articles of interest, along with snippets of news and information from around NZ and the world too. Wait there's more, with competitions and local GPR events too.

Wieland is very keen to continue with the monthly outings this year, but would like some ideas from members too. Where would you like to have an outing to?

We hope to have at least 5 forums this year also and at present I am waiting for the Minister for Seniors schedule for 2022, so we can hopefully have her along to speak to members.

What would you like to have a forum about?

How about a monthly get-together for a coffee? What about having a few teams to play ten-pin on a Saturday at Motion?

I personally will be stepping away from the interim president role and also the committee at the upcoming AGM in April. Meanwhile, I am continuing my Editorial role for the GPR magazine. My position as Zone 3 Director for Grey Power Federation will continue until the end of this year.

That's all for this issue. I do hope that you enjoy reading this magazine and I look forward to your positive comments to the questions asked of you.

Gerald Hanson | ANZIM. BGE
Editor | geraldhanson.gpr@gmail.com

THE NEXT TIME YOU GET A CALL FROM A BLOCKED OR UNKNOWN NUMBER...

ANSWER IT AND WHISPER... "IT'S DONE, BUT THERE'S BLOOD EVERYWHERE!". THEN HANG UP.

DW by design

Problems with ageing process and personal injury

The ACC National Advisory Group is in the process of preparing a submission to the Minister for ACC requesting that the section of the Act relating to personal injury, that is clause 26(4, a) be removed because it informs that 'personal injury - does not include personal injury caused wholly or substantially by the ageing process.'

We are concerned that this could well be a breach of human rights as they relate to ageing.

ACC carry very limited statistics on these injuries. It is our belief that a lot are never notified due to the fact that doctors know the claim may very well not be accepted so therefore do not send one in.

If this has happened to you or you have been refused ACC cover with regards to this section could you please let us know?

Graeme Faulkner
Chair ACC National Advisory Group

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The SILVER TSUNAMI and SENIOR LIVING

What is a Silver Tsunami?

As the “baby boomers” reach their senior years and as longevity increases, there will be a massive wave of older people needing more care, with less people to provide that care.

Senior Living Facilities will be springing up all around NZ. Many seniors will be investing in these places and hopefully in a Retirement Village that has a Hospital Unit on site. This is important as when their health deteriorates and hospital care is needed, there is no need to go elsewhere. For those who cannot afford this another option is to remain in your own home and have Care Givers to allow you to achieve this safely.

By 2030 over 20% of the NZ population will be classified as aged, many of these people with multiple health issues.

Education and Training is essential in providing skills to the Care Givers. They will play a huge part, in the community, and what was perhaps considered a lowly job will become a fast growing and experienced service.

Families are scattered all over NZ and overseas and are often unable to look after their senior relatives.

Many people who live in deprived areas can become homeless. Neglect and Abuse will be more common.

Planning is imperative. Our vulnerable and deserving “oldies” are special. WE MUST ALL WORK TOWARDS AN AWARENESS OF THIS PROBLEM and LOBBY SENIOR SERVICES - NZ GOVERNMENT.

Katie Williams



The Meeting of Three Waters

Ballachulish, Scotland

The location of the Bridge of Death and the Gorge of Eternal Peril in "Monty Python and the Holy Grail."



THE GLENCOE FALLS, ALSO KNOWN as the Meeting of Three Waters is a location where water collects from three different sources. The waterfall sits at the base of the Three Sisters and it is a popular spot for hikers. A spot very easy to locate.

While gorgeous at any time, during the fall, the most spectacular views occur after heavy rainfall, when the water thunders and tumbles down the hills beyond before forming the River Coe. The River Coe then joins Loch Achtriochtan.

The scenic waterfalls are not only famed for spectacular scenery, they were also the location for The Bridge of Death and The Gorge of Eternal Peril in the movie Monty Python and the Holy Grail. It was in this area that a precariously placed narrow strip of rope acted as the bridge.

People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.

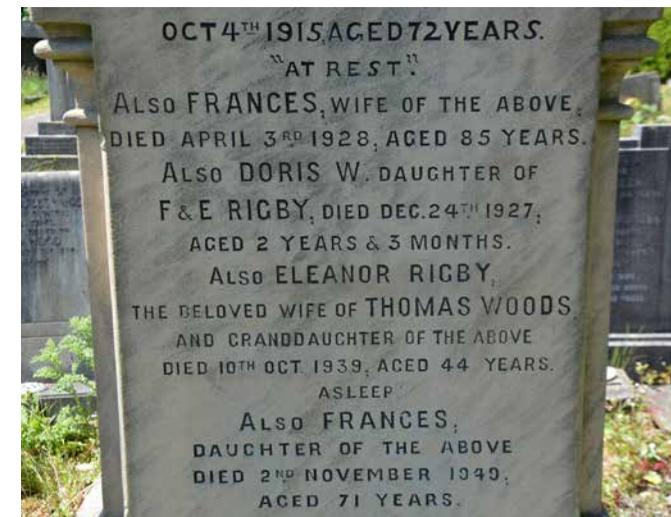
COME TO YOUR AGM.

Beatles Facts

ON THE EVENING OF JULY 6, 1957, John Lennon was introduced to Paul McCartney by a mutual friend after Lennon's band played a small show at St Peter's church in Woolton, a village on the outskirts of Liverpool. The meeting took place in the hall across the street from the church. (Today, a plaque on the front of the hall commemorates the historic meeting.)

Earlier that day, Lennon's band the Quarry Men had played during the Woolton village fete. The afternoon stage was set up on the school grounds directly behind the church. Lennon and McCartney would regularly take short cuts through the church grounds in the early days before they became The Beatles. In the cemetery at St. Peter's, a gravestone bears the name of Eleanor Rigby, which would eventually become the title of a 1966 hit song written by McCartney and included on the Beatles album Revolver. The grave is located in the section of the cemetery to the left of the church, in the second row facing the street, just to the right of the cemetery's center walkway. The gravestone also features inscriptions for several other members of the Rigby family.

McCartney attributed the name to a combination of the actress Eleanor Bron, and the name of a store in Bristol, "Rigby & Evens Ltd, Wine & Spirit Shippers." He also later admitted he might have unconsciously borrowed her name from the gravestone. In any event the details about the Eleanor Rigby in the song are purely fictional. According to the gravestone and census data, the real Eleanor was born in 1895 to parents Mary Rigby and Arthur Whitfield. She worked in a hospital in Liverpool, and in 1930 married a man named Thomas Woods. Eleanor lived in Woolton her whole life, and died at the age of 44 in 1939.



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2022 - The Next BIG Challenge

2022 has arrived in its full glory and will give us many wonderful experiences and joys. However, this should not distract us from our next big challenge which is not looming on the horizon at all but is already here. I am talking about the challenge of how to tackle the climate change and resource use. They go hand in hand and are closely linked to each other.

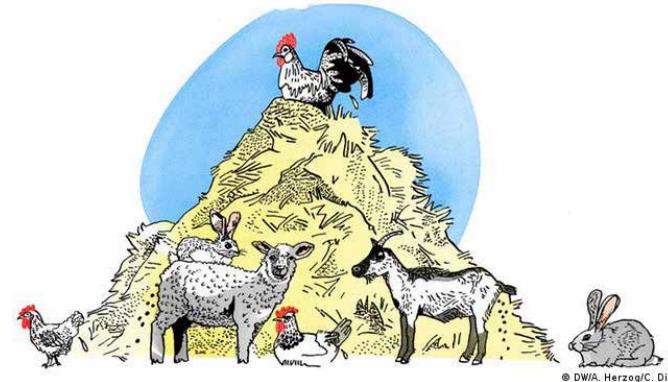
I am fully aware, that there are a lot of people who do not believe that there is an impact on the climate due to our activities. The argument is that the climate has changed since the earth came into existence. This is well documented by the rock and fossil records. Nobody disputes that. However, the human impact on the climate is on top of the natural swing. The natural swing is a slow one and takes many years, compared to the human impact. This is easiest observed by the average temperatures around the globe since temperature readings have been recorded for a long time. During the last 100 years the temperatures have increased disproportionately and at an ever increasing speed.

The ever increasing amount of consumption of resources requires more and more energy use. The highly developed societies consume now more resources than the planet can provide. The rest of the world is unfortunately following this track. This leads not only to a depletion of the resources, but also to the climate change.

We need to arrest this trend and turn it around. Otherwise, the habitat, planet earth will be destroyed; resulting in that that the humans will, together with most animals, die out as well.

How can little New Zealand have an impact for the better? How can you, a single person, have an impact for the better? The challenge seems to be immense

and we seem to be insignificant. The answer is simple: Yes, we can. There is a German proverb which illustrates this nicely: "Kleinvieh macht auch Mist". The Scottish have the equivalent which is "Many a mickle makes a muckle". The best English translation would be "Every little bit helps". Have a look at the following drawing:



What can you do today? Lots of things. Some don't cost anything, some cost just a little bit, some cost a bit more and some will save you money or even earn you dollars. The New Zealand Government has setup a website to assist you in this task (www.genless.govt.nz). Here are nine areas where you can make a change right now. Unfortunately, I cannot go into details since it would exceed the space available in the magazine.

1. Make your voice heard by those in power
2. Cut consumption and waste
3. Eat less meat and dairy
4. Leave the car at home
5. Reduce your energy use
6. Cut back on flying
7. Respect and protect green spaces
8. Invest your money responsibly
9. Talk about the changes you make

More Pedestrian Crossings on Fenton Street?

GreyPower is concerned about the safety of pedestrians - children and elderly, who use Fenton Street and have to cross from one side to the other. As a result, we are keen to persuade the council to install a controlled crossing - possibly down by Piako Mitsubishi and Oppies Fish and Chips. We need the views of people who use this area, do you cross Fenton Street on a regular basis, where do you go and how often - do you consider it dangerous and what would you like to see by way of a crossing on this part of the street? Please contact Grey Power by calling 07-346-1739 between the hours of 11 am and 2 pm Tuesdays to Thursday or email greypower.rotorua@gmail.com

Article by Jim Adams GPR Committee Member.

Prince Andrew Commemorative Coin



New Zealand Super – Historical Truths and Fallacies



As debate rages in the media as to the sustainability of NZ Super, it can be useful to look back at some facts and fallacies from our history of a universal superannuation entitlement.

1. As a past taxpayer, I have paid for my NZ Super and am entitled to it.

- **False.** While many of us may have started work understanding that part of our tax was set aside for our future NZ Super payments, this is not the reality anymore. On 1 April 1969 the Social Security Tax was absorbed into general Income tax, and the existing universal Superannuation Benefit was then funded entirely from general taxation. This situation continues today where the taxation from current workers enables the payment of NZ Super to retirees. On 1 April 1990 National Superannuation was renamed Guaranteed Retirement Income and there was a move to ring-fence this income by a special retirement tax, initially set at 7.5c in the dollar. This initiative was short-lived with National repealing this in June 1991.

2. Annual increases in NZ Super are not based on annual Cost of Living increases.

- **True.** Currently under the NZ Superannuation and Retirement Income Act 2001, the annual adjustment of NZS is set to ensure that the married rate (after tax) is not less than 66% or more than 72.5% of the average ordinary time weekly wage (after tax). Interestingly legislation used to stipulate that the range was to be between 65% and 72.5% of the average wage, but the government in April 2007, as a result of a Confidence and Supply Agreement with NZ First, moved the lower limit to 66%. Treasury in its latest consultation document (He Tirohanga Mokopuna 2021), as well as many commentators, are claiming that if the NZS was no longer linked to the average weekly wage, but be limited to COL adjustments, that the future "burden" of NZS would be significantly lowered. Grey Power is opposed to this blunt instrument which would

significantly disadvantage those who currently struggle to live in dignity with NZS as their sole, or dominant income – particularly seniors who are living alone and/or renting.

3. There was a time when NZS was calculated as 80% of the before tax Average weekly wage.

- **True.** In August 1978 National Superannuation for a married couple was increased from 70% to 80% of the average ordinary time weekly wage! A year later it was reduced to become 80% of the after-tax average weekly wage! In 1990 when National Superannuation was renamed Guaranteed Retirement Income, the calculation was reduced to be between 65 and 72.5% of the net average wage. In April 1999 the rate paid fell to only 62.7% of the average wage. The calculation of the base for NZS for married couples has fluctuated over the years but has been consistent since 2007 at 66% of the net average weekly wage.

4. NZS is an entitlement, not a benefit.

- **False.** I can hear the howls of indignation and anticipate some interesting feedback on this one. I acknowledge that it is not simple. The NZ Superannuation & Retirement Income Act 2001 states very clearly that "Every person is **entitled** to receive New Zealand superannuation who attains the age of 65 years", provided they also meet the current residency requirements. However later in the legislation it clearly uses the words "entitlement" and "benefit" interchangeably. In Section 31 "**Entitlement to be paid New Zealand superannuation in specified Pacific country**" it includes the following "A person **entitled** to receive New Zealand superannuation is entitled to be paid the **benefit** in a specified Pacific country at..." The 2 words are used interchangeably and consequently on the WINZ website (<https://www.workandincome.govt.nz/products/benefit-rates/benefit-rates-july-2021.html>) both NZ Super and Veteran's Pensions are included in the list of "Benefits". So, perhaps the correct statement is that "NZS is an entitlement that is paid as a benefit to those who qualify."

If you have questions about NZS that you would like answered please don't hesitate to contact me.

David Marshall

Chair Superannuation and Taxation National Advisory Group.

What Causes Senior Moments and How to Manage Them

By Carrie Hill, PhD Updated on January 05, 2020

If you've ever experienced senior moments — a nonmedical term for mental glitches — you're not alone. A few years ago, I was buying groceries and had just swiped my debit card. The machine asked me for my PIN, which I had entered hundreds of times before, and I froze. I couldn't remember it for the life of me. As the cashier peered at me as if I was a possible identify thief, I quickly cancelled the transaction and switched to a credit card that required no PIN.

My grandmother died of Alzheimer's disease. So did her mother. My father is 70 and shows no signs of the disease, but his mother and grandmother didn't develop it until their late 80's. We don't know yet whether the disease will strike three or more generations in a row.

Even though I was in my mid-30s when I blanked on my debit PIN, I couldn't help but wonder if there was something really wrong with me. I guess I was too young to call what happened a senior moment, but in reality, that's all it was.

I was sleep-deprived and stressed that day — two things that can bring on those dreaded senior moments. A few weeks later, I returned to the store, but this time I was calm and rested. I remembered my PIN without a hitch.

Over time, the brain often experiences some normal age-related memory loss. This happens for many reasons, such as decreases in neurotransmitters and brain size, which can make it harder to pay attention and process information. People with normal age-related memory loss, though, are usually able to compensate for these changes by using lists and other memory aids. In other words, the senior moments don't generally impair daily functioning.

A common type of senior moment does have a scientific name: literal paraphasia. This is when we distort a word by substituting one sound for another. Temporarily forgetting names, phone numbers or why you went upstairs ("What was I going to get?") are also common senior moments.

Reducing Senior Moments

Our fast-paced society probably increases the chances of having senior moments. Multitasking makes it harder to retain facts because we're not giving any one piece of information our undivided attention. Also, the fatigue and stress that many of us experience because we're overworked, reduce our ability to

concentrate and pay attention to details. Here are some tips to reduce the incidence of senior moments: Do one thing at a time.

- Notice how things look, smell, taste and feel, as well as what's happening, in order to remember something in multiple ways.
- Replay memories in your mind to reinforce them.
- Get enough sleep.
- Learn stress management techniques.
- Reduce mental clutter by using calendars, lists, and gadgets such as personal digital assistants (PDAs)
- Try using memory tricks (Mnemonics)

The Office for Seniors Elder Abuse Prevention Fund

The Office for Seniors Elder Abuse Prevention Fund is now open and is accepting applications. We have received \$200,000 from the Joint Venture for Family Violence and Sexual Violence to fund projects that focus on violence prevention needs within the older population (aged 65+) in New Zealand.

We will give priority to projects and initiatives that:

- show collaboration with other organisations and community groups
- include diverse communities within the older population (65+) including Māori, Pacific, ethnic, rainbow, and disabled communities.

Groups with legal status can apply for a grant of up to \$25,000. Applications close 1 April 2022. You can find more about the fund, eligibility criteria and application process here: [Elder Abuse Prevention Fund | Te Tari Kaumātua \(officeforseniors.govt.nz\)](#)

Need help or more information?

You can contact the Office for Seniors at ofs@msd.govt.nz to arrange for someone to contact you to discuss your project proposal before completing an application form.

8 Tips for Adjusting to Retirement

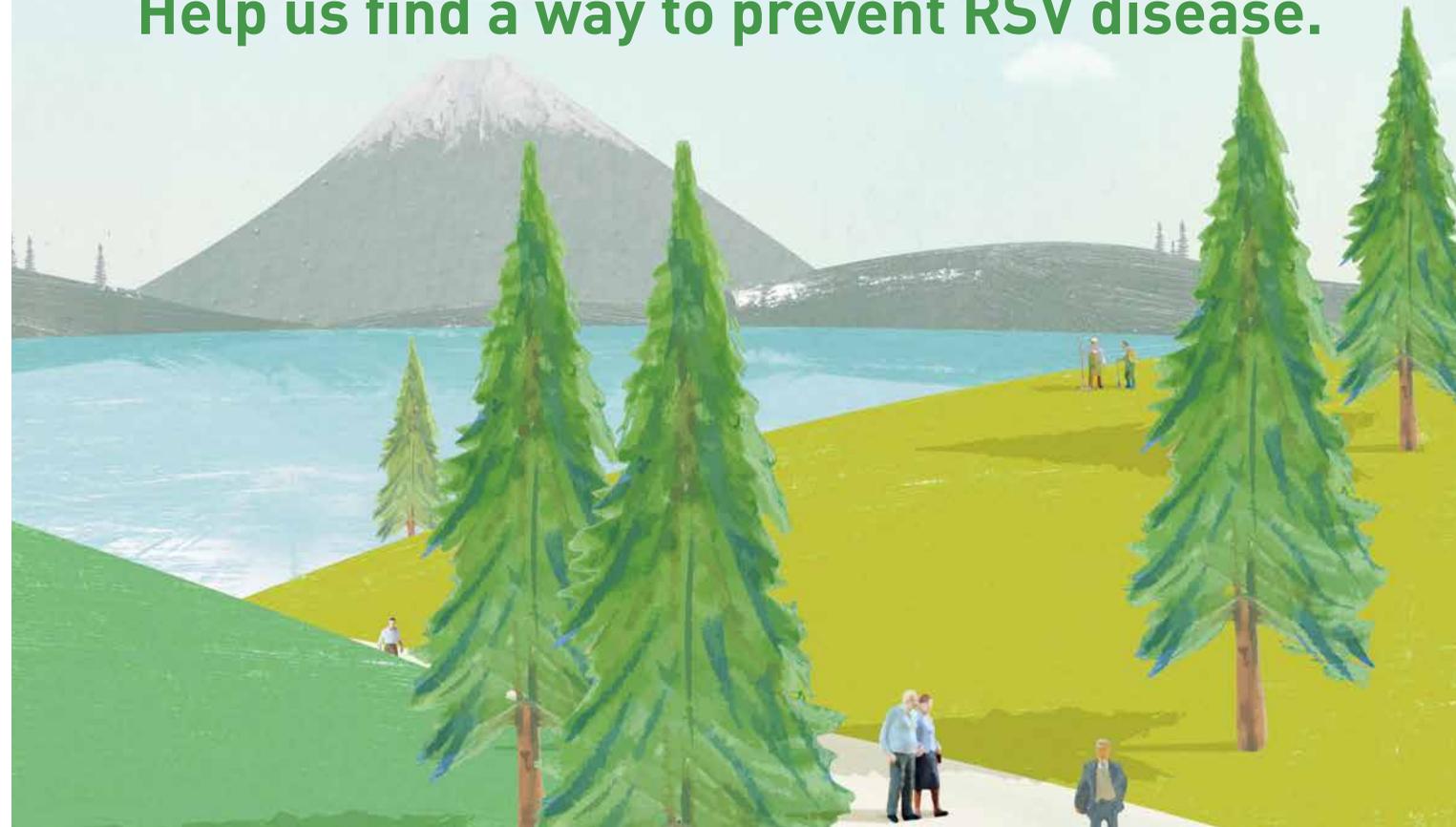
This New Phase of Your Life Can Be a Little Difficult to Navigate at First

Amy Morin, LCSW Updated on April 04, 2020

1. Expect to Go Through Stages of Emotions
2. Structure Your Days
3. Set Small Goals
4. Grow Your Friendships
5. Consider an "Encore" Job
6. Create a New Budget
7. Schedule Volunteer Shifts
8. Give Yourself Flexibility to Figure it Out

People aged 60 years or older are at an increased risk of developing complications, such as inflammation of the lungs or pneumonia, from a cold-like virus called RSV.

**Are you aged 60 years or older?
Help us find a way to prevent RSV disease.**



Consider supporting research by joining the EVERGREEN Study assessing a study vaccine to prevent RSV disease and learn more about respiratory infections.

The purpose of this study is to see if the investigational study vaccine can prevent respiratory syncytial virus, or RSV, disease.

You may be eligible to participate if you:

- are 60 years of age or older.
- can do your usual daily activities even with some interference from any health conditions.
- are able to use smartphones, tablets, and/or computers.

Additional eligibility criteria will be assessed by the study centre staff. The study will last for up to 2 RSV seasons.

Qualified participants may receive the study vaccine and some study-related medical care at no cost. The study will not pay for other medical care or current medication(s) needed to support your daily healthcare routine.

Janssen Vaccines & Prevention B.V.
Participant Poster, 22 Mar 2021 [V01 NZL(en)]



To learn more about the EVERGREEN Study, please visit <https://nz.evergreentrial.com>, or you may contact the study centre at:

Lakeland Clinical Trials Rotorua

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I love trees! Having been brought up on a farm and having the availability of woods surrounding college, never too far from hazel, oak, chestnut, lime, poplar, elm ash and all the other wonderful trees that Nature has bestowed upon us. Even in literature, the first poem I ever became attached to - Trees, by Joyce Kilmer, and sung, beautifully by Paul Robeson.

As children, we climbed trees, carved our names upon them, ate the nuts, gathered the autumn leaves, made huts from the branches, and enjoyed the wonderful smell of burning leaves, and listened, in the winter, to the crackle of logs on an open fire! I never want to be far from a tree - so important in our lives!

Fishing is a very debatable subject to me, I love coarse fishing - the lay side of the sport! Sitting on a riverbank, a few bottles cooling in a net in the water, watching the float bobbing gently in the current, leaning back against a tree, cheese sandwiches, and the obligatory box of hooks and floats, etc. Paradise! When later my sister's boyfriend took me fly fishing - all that energy! Standing knee-deep fast running water, arms aching, feet wet! Nope, not for me! I know fly fishing is the love of most Kiwis, but really, all that effort! I remember once using a line from a boat off the coast in Cornwall, apart from getting sunburn and nearly having my fingers cut off by a monstrous dogfish I tried to haul in! Wonderful!, the wife doing the steering and looking after the engine, me gulping beer! Paradise! We managed to land a couple of dozen fish - mostly inedible! but those fresh mackerel - I can still taste them!

Kindly supplied from the memoirs of Jim Adams

"Why Keep It Secret?"

Available from Grey Power Rotorua

We're now on our 6th reprint. The foreword says: "Nothing is surer than death and taxes". "Why Keep It Secret?" does not replace a Will and is not a legally binding document. WKIS guides us through documenting our important information, so that those responsible for carrying out our wishes are clearly advised.

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Did you know that in a rapidly aging Japan, older adults now use more diapers than babies do. One town is recycling used diapers into fuel pellets.

Name the 1960's movies and if you get them all correct you could be in to win a MYSTERY PRIZE

Email answers with membership number to: geraldhanson.gpr@gmail.com by March 1st.

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* winner must attend the AGM to claim the prize.

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Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choirstalls. Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there." Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal,

and we made it work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>



Grey Power Rotorua Inc have NOT moved from 1333 Eruera St and are not sharing space at Parksyde House with Age Concern.

We will remain where we are as long as we are able or until we can lease more prominent premises at a still affordable rent.

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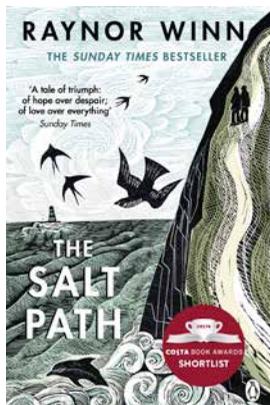
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BOOK REVIEW

By Jemma Morrison,
Manager

Our journey had drained us of every emotion, sapped our strength and our will. But then, like the windblown trees along our route, we had been re-formed by the elements into a new shape that could ride out whatever storms came over the bright new sea.'



I recently finished both *The Salt Path* and *The Wild Silence* by Raynor Winn. Both were wonderful reads. Part 1 of her first book begins with Raynor and her husband (who have been together since their teens) hiding under the stairs from bailiffs who have come to claim their home. After decades on the farm they love, the land they nurtured and raised their children on, a so-called friend betrays them after an investment they made with him and they lose the court case to keep their home.

The shock of becoming homeless is something the two will have to deal with many times over, as well as peoples' judgement and discomfort, when they hear of their situation. A few days later, they have more bad news – Raynor's husband Moth is diagnosed with a terminal illness and both of them hit the lowest point they've ever faced in their lives. Raynor's only solution is to walk. They have loved each other since they were teens, and walking in the wild has always been a shared passion. Despite the, at times, debilitating pain that Moth must endure, they begin to walk the 630 mile South West Coast Path along the coast of England.

They are at the mercy of the elements with barely enough food or money to survive and it is a truly humbling, at times desperate, but ultimately healing journey. Raynor's account is down-to-earth, raw, honest and at times so evocative and beautiful. Their connection with the natural world buoys them on, and fills their spirits. A really remarkable and inspiring book which creates a newfound awareness and empathy for people who don't have a home, something we often take for granted.

I was swept up in their journey and they felt as familiar as friends by the final page.

Ngā mihi nui,



Local Government Commission - appeals and objections received against Rotorua Lakes Council representation review

Kia ora.

Rotorua Lakes Council recently decided its final representation proposal for the 2022 Local Elections. The council has received appeals and objections to its proposal. This means the Local Government Commission (the Commission) must now determine the council's representation arrangements, as required by the Local Electoral Act 2001.

The council has forwarded all appeals and objections to the Commission. This email is to confirm that we have received your appeal or objection.

What happens next

The Commission will now consider all the information relating to the council's representation review, including all appeals and objections. The Commission's first step is to decide whether each appeal or objection is valid – that is, does it relate to matters which are within the Commission's powers to consider in accordance with the Local Electoral Act. I will let you know the outcome for your appeal or objection.

The Commission will then decide whether to hold a hearing to help inform its determination. If it decides to hold a hearing, we will invite anyone with a valid appeal or objection to speak at the hearing. Please note that these steps will likely be completed around mid-February. If a hearing is required, it will likely take place in mid-late March.

The final step will be for Commission to determine the representation arrangements for Rotorua Lakes Council for the 2022 Local Elections. The determination will be issued prior to 11 April 2022. I will be in contact again around mid-February with regards to your appeal or objection. Please feel free to email me if you have any questions at this point.

Ngā mihi,

E-J Ruthven | Senior Advisor Local Government Commission

Mana Kāwanatanga ā Rohe Local Government Commission

Toi Hiranga | Regulation & Policy

Te Tari Taiwhenua | Department of Internal Affairs