

NORTH SHORE GREY POWER

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SUMMER ISSUE 2022

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Not Neglect Your Family History**

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GREY POWER
NORTH SHORE

P.O. Box 32-635, Devonport 0744

Email: greypowerns@gmail.com
We are currently relocating from the Age Concern office in Milford, and our office phone may be unavailable for a short time.

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COMMITTEE 2022/23:

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Joe Grieg
Raewyn Nevin
Anne-marie Coury
Dr Homa Hirnatner
Bill Atkinson

LETTERS TO THE EDITOR:

Letters to the Editor are welcome on matters relevant to our senior community.

They must include the writer's name, address and phone number, and should not exceed 130 words. We may not always print all letters we receive and they may be edited for length and clarity. And courtesy is our watchword.

Disclaimer: Grey Power North Shore Inc. and any person or organisation associated with it will not accept any liability for the contents of this publication. All due care and attention to accuracy is taken to ensure details are correct. Opinions expressed are not necessarily the views or policies of the Association or the Grey Power Federation..

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President's Word

Spring is ending with something of a cold snap and tempestuous weather. It is times like this it is a delight to live on the Shore and not in the deep south or Taihape all snowed in and roads icy. It is a question of relativity, coldish or deep frozen.

Interesting to see featured in the news that it is cheaper to fly to Hawaii with Hawaiian Airlines than to fly to Timaru with Air New Zealand. A huge temptation for southerners if they could afford the fare to Auckland.

Still the Womens Rugby World Cup is with us with the hype that goes with such events – 20,000 pois made for everyone to twirl. I still can't quite get used to women playing rugby. Doesn't seem quite ladylike, lady likeness being a great concern of my grandmother in 'guiding' my sister. A sign of my age.

My son arrived for a week from the United States first time our family had been together for three years locked in with COVID. A wonderfully joyous occasion shared by so many Kiwi families in recent months. Although a shock to realize that my lovely little granddaughters are now 18 and 20.

We certainly need a few happy distractions with the state of things both in New Zealand and overseas, with uncertainty and concern on a number of fronts, the war in Ukraine raising worries we thought would never happen again beyond the memory of younger generations.

And the passing of the Queen who we saw with excitement and awe as children along the roadside waving our little flags in Dec 1953 as the young Queen and the Duke drove past. The sense of loss In essence the "lady like" generation moving on.

On a different level our local mayoral campaign with neither of the two remaining contenders having the normal political mana and senior level experience of the past. Auckland faces many issues impacting on our lives not the least being the potential destruction of our long standing Shore community character and heritage through insensitive enforced over development.

Rising rates and interest costs, the risk to seniors social housing, with serious housing shortages and high rents, in an uncertain political environment with increasing overall inflation make the need for a strong senior community voice more important than ever.

Grey Power has had a long sound working relationship with Auckland Council, and our local MP's, and that will continue. As will our engagement with our local and city community affairs to ensure our senior community is part of the changing dialogue.

On reflection this newsletter is a little heavy in content. We are on our own learning curve to cater for all our diverse membership interests and wider Shore area and striking the balance between work and light hearted entertainment and our new digital environment.

Please bear with us, we are well on the way.

Bill Rayner | President

Members Meeting

Friday, November 18th
1 pm
Netball North Harbour
44 Northcote Rd.

Hon. Ayesha Verrall, Minister for Seniors,
Assoc. Minister of Health is our guest speaker.

She will be preceded by a presentation from
Hospice North Shore

Give her a great welcome – we had to
cancel her twice with COVID

Bring your friends and
neighbours
.....

We invite you and your friends to stay
for our usual post match cuppa.

EARLY NOTICE OF
FEBRUARY MEETING

The Next Meeting will be on
Friday, February 24th, 2023
at the Netball Centre,
1 pm start as usual.

Please note in your diary or calendar

Because of printing timing issues over the summer holidays it will not be possible to have the newsletter to you in time for the meeting. We will email notices and publicise the meeting on Neighbourly and community media.

NEW MEMBERS Go to the Grey Power Federation website: www.greypower.co.nz
Fill out the online form and this will automatically be sent to us. You will then receive an email or phone call from us to give you your sub payment options.

SUBSCRIPTION RENEWALS
for year to March 31st, 2023

We have a few members who have not yet paid the sub and are keen to get things tidied up.

As well as your sub payment we need to update our phone and email data base. Payments should preferably be paid online direct to the Grey Power bank account

Westpac A/c 03 0181 0167968 00

and include your membership number and name.

Then email: greypowerns@gmail.com
to advise payment and include:

Name
Membership Number
Phone number
Email address

Also indicate quarterly newsletter preference with:
"Digital" or "Printed"

Payment can be made over the counter at Westpac branches.

If you are unable to make payment online by yourself or with help from family or carers, phone Dave Moore on 444-8185 or Bill Rayner or Anne Martin on 445 3370 to sort out.



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Accessibility Matters Impact our Future

Why Access matters?

On our aging journey, we can face many barriers to accessing help, services, information and to negotiating our way safely through public space. As we develop conditions that limit our eyesight, our mobility and flexibility, suffer memory loss, and face a world where communications are mainly digital, we can feel isolated, left out and have real difficulty connecting with what we need.

Research tells us 24% of all NZers, face barriers due to having a disability of some type. Many NZers though do not face these barriers till they reach their 70s or 80s. Suddenly they become aware how difficult life can become with a disability. When the UN passed the Declaration of the Rights of Disabled Persons, some 10 years ago, the late John Ballantyne, former President of Counties Manukau Grey Power, passionately declared “That’s what we must fight for” as older adults. He saw the UN declaration, as the beginning of a new advocacy journey that could bring legal teeth to influence the changes and improvements that were needed to fight “ageism”.

Now finally we have a once in 10 years chance to make a real difference. **The Accessibility for New Zealanders Bill**, was passed in Parliament and is with Select Committee, who will receive submissions up to 7th November 2022.

Choices presented by this new Legislation

Strong views were expressed by MP’s from all parties during the first reading of the Bill. There are choices now to be made:

- 1) do those who want change, reject the Bill as too weak, given it doesn’t have set standards, any authority to appeal to, is basically to form a Committee to advise the Minister.
- or
- 2) Support a strengthened version of the Bill, so the current weaknesses are removed.

As usual with any proposed legislative change, Grey Power North Shore will relay your experiences and suggestions for change, to our local MP’s. We will also liaise with Jo Millar, Health and Disability Portfolio holder on the Grey Power Federation Board.

Anne-Marie Coury

What Our New Polies Are Paid

The politicking and the counting is over. You have made your choice. Set out below is what our Council politicians will be paid. You may want to change your mind!

Current 2022/23 rates	\$
Mayor	296,000
Deputy Mayor	167,900
Chair main committees	140,860
Deputy Chair	127,240
Chair other committees	127,970
Deputy Chair	112,300
Councillor	107,800

Local Board – varies according to size		
	Hibiscus-Bays	Devonport-Takapuna
	\$	\$
Chair	92,630	87,050
Deputy	55,580	52,230
Member	46,310	43,530

In the ‘olden days’ our local Councillors used to get ‘petrol money’, and knew their community intimately. Sometimes change isn’t for the better. Still, most will earn their money, particularly on the Council.

Missing Street Numbers

A long standing irritant raised by a member is the lack of street numbers on shops and premises in the commercial areas of Takapuna and most others across the city. She had great difficulty in finding her destination and most of us have faced that frustration.

Grey Power will take the need for such numbers up with the Council and the local business associations. With the cutting back of parking ability in the town centres it is even more critical for seniors unable to troll up and down the street to have such a simple aid to navigation. Clearly a problem for tradies and courier deliveries as well.

It is just common sense and a business courtesy. Needs to happen.

Membership Admin News

We have been struggling a bit with the changes to our new digital environment through the volume of members, linking and integrating with the Federation office master files, our own computer co-ordinating issues, and a shortage of key helpers.

Working from the Age Concern front office didn’t work out as well as anticipated as our activity impacted on their working with clients, the location was difficult, our computer linkages proved a problem, and there was very little activity outside the main February/ March/April membership renewal flow, and the COVID restrictions didn’t help.

We are no longer working from the Age Concern office in Shakespeare Rd, but are maintaining our close relationship with Age Concern which is common sense, and we greatly value. We are discussing our ongoing working pattern at the moment. Our physical “operation” is now based with Gloria Howe, our Membership Secretary, at her home, and she will be the core membership contact person - phone number 489 -9517. Email greypowerns@gmail.com. We will maintain the office phone 486-8062 but may have to suspend it until we decide where it is to be based, so please phone either Gloria on 489-9517 or Bill Rayner on 445-3370.

We have done a large amount of work getting our database detail accurate but still have a little way to go. We have 1,790 members in 1,290 households which creates a significant workload.

- 1. We will be mailing all our members magazines for this third copy – a number of members are un-financial and this will be their final chance to pay their 2022 sub.

Also, we anticipate a number being returned as people are no longer at the address – we appreciate we may have been advised of some changes but would appreciate your patience if you do receive another letter at that address which is no longer relevant.

Note that we will be mailing one newsletter to each household using the first name on the data base.

- 2. We have a number of members for whom we have no telephone numbers – this is because many people do not have land lines and use mobile phones exclusively. If you have changed from a landline to a mobile please let us know. There may

be times when we need to phone you for some reason. For instance if your newsletter gets returned to us for some reason.

- 3. We have 470 members on email – it is clear many members will have emails we have not got on our database. For our August meeting with a delay in the newsletter we emailed all the members we had addresses for to advise of the meeting. If you didn’t get one of these emails, please forward your email address with name and membership number to greypowerns@gmail.com. This is important as getting our Mailchimp email newsletter up and running is an urgent priority.
- 4. The subscription renewals will go out with the February newsletter and we will include a form for you to give us your current address (in case it isn’t quite right), email addresses, landline numbers and mobiles and if you have any name changes.
- 5. Grey Power is a broad church and we have members who belong for varying reasons, for general support of the advocacy role, the community affairs involvement, Grey Power Electricity customers. It is appreciated that many people cannot attend our quarterly meetings and we also have a core number who come along regularly.
- 6. At our next meeting we will be noting the names of those who do attend so that we can have a special list of members to contact regarding the meetings – we had real issues with our COVID cancellations letting people know that the meeting was off.
- 7. There were real difficulties with the withdrawal of cheques and the closing of bank branches for members to pay their subs. For next year we will arrange a better system such as drop off points to ease the problem.

Thanks for your support and patience in these trying times.

Sometimes we need to remind ourselves that today is the tomorrow we worried about yesterday, all is well.... So why worry! If you are feeling blue and don’t know what else to do, think of someone else who might be as lonely as you. Pick up the phone and dial! You’ll brighten another person’s day, and yours too!

AARP Visit New Zealand

A team from AARP, the American Association of Retired People visited New Zealand last month to learn from our experiences of supporting and advocating for older people and to share their insights.

With a membership in the United States of almost 38 million the AARP publish the most widely read magazine in the world, and are a very powerful political lobby in Washington.

With a son and his family in the US I am a member of AARP and receive this magazine, the current banner headline being AT LONG LAST, DRUG PRICE RELIEF. Congress has passed a new law that makes prescription drugs more affordable for older Americans the culmination of a 60 year campaign by AARP.

The new law requires Medicare to negotiate with the drug companies for lower prices, and penalises those that rise faster than inflation. The law will save hundreds of billions of dollars for seniors, taxpayers, and Medicare. It will also provide older Americans piece of mind, knowing that the drugs to keep them alive will not impoverish them. From 2025 annual personal cost of drugs will be capped at \$2,000, with insulin capped at \$35 a month.

US\$2,000 is currently approx NZ\$3,400, a level most of us could not comprehend as a 'reduced' cost. Prescription costs are just the tip of the iceberg in the astronomical costs of overall American health care. My son advised me that medical costs are a major source of bankruptcies in the US.

It is a realisation that with all our current health sector issues we can be very thankful for living in New Zealand and the basic equity and quality of our medical care.

Let's count our blessings and really appreciate and support those doctors and health care people that keep us safe through this period of strain and difficulty.

Bill Rayner

Senior Focus Planetfm 104.6

A radio show reflecting the diversity of our senior community, preparing seniors for a changing future

Sundays 5.25 pm – or on-line 24/7 at www.planetaudio.org.nz/programmes/seniorfocus

On air since 2015 Senior Focus has provided information, advocacy, and practical strategies for senior wellbeing across Auckland, broadcasting from Sky Tower. The weekly radio show is hosted by Anne-Marie Coury, with input from guests and other broadcasters following on from a ten year senior radio show that the late Marie Hull-Brown hosted, as an early champion of age friendly policies and strategies for ageing well.

We welcome ideas, input and guests, so please contact us on greypowers@gmail.com or text or call Anne-Marie on 027 301 6202



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Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

“Supermarket Car-park Fines Sting Overstayers”

The Devonport Flagstaff article headline says it all.

Fines of \$65 are being issued daily to overstayers at the Devonport New World car park. After years of warning motorists who park for more than 90 minutes, New World have contracted Parking Enforcement Services, a subsidiary of Wilson Parking, to police the area for the past twelve months.

The fee is more than three times the maximum fine Auckland Transport (AT) levies in public car parks with time limits.

It is generally unknown that the car park is a curious hybrid where Auckland Transport has a portion and New World has another, an arrangement dating back to the establishment of the super market in the '80's in the Devonport Borough Council days.

Auckland Transport control Bartley Tce alongside Caroline Sills and other retailers and the supermarket, and the other side of the carpark alongside the Post Shop, Clarry's etc. and Devon Lane next to Hale's panel beaters (1 and 2 on the image), and New World own the middle part.



John Aston, owner of New World, advised the Flagstaff that when New World staff pointed out cars that had overstayed the limit the abuse was unbelievable so the patrolling was contracted out. He advised that parking all day while going to work or to Waiheke were some of the worst abuses.

John's concerns are completely understandable as obtaining a park in the carpark has become increasingly difficult no doubt impacted by the introduction of pay parking around the ferry terminal and the village.

The forced intensification will only make things much worse, a particular problem for seniors.

Wilson's Parking which absorbed the earlier Tournament Parking who had a reputation for over zealous charging is the major parking services provider in Auckland. Grey Power has made consistent submissions over recent years for Auckland Council to take major control of Auckland parking.

This was both to control the regulatory and pricing elements, constraining the less than ideal practices of some private operators and the associated tow away businesses, and recognising that it is an excellent business money maker. To sell off existing city carparks is just not economic sense.

Fell on deaf ears as so much of Council consultation processes do.

Current focus is to ensure that adequate parking is available for seniors in the plans to cut back on car usage, restrict curb side parking, parking in the town centres, and for everyone to walk or ride bikes. Our submissions insist on it being recognised that many seniors need cars because of mobility and access issues, and include SuperGold free parking periods and special senior parking places at malls and shopping centres. Also that parking revenues should be retained on the Shore and not get lost in the Council collective revenue black hole. More on this later.

Maybe Auckland Transport should offer a parking patrol service for the Devonport New World car park with penalties at Council rates, not Wilsons.

Meanwhile take care in the Devonport New World car park.

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email: help@tech.kiwi.nz

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.

Retirement Village Residents' Association News

In recent weeks the Select Committee of Social Services has conducted hearings of submissions on the need to amend the Retirement Villages Act 2003 and/or the Code of Practice. There have been some strong comments on the need for changes, some expressed this as being critical.

RV Residents chief executive Nigel Matthews and our immediate past president Peter Carr, presented the RV Residents case early in the piece. On 21/9 Consumer NZ CEO John Duffy and Consumer Advocate Anelies Gawn, submitted strongly supporting the call for an urgent review of the Act.

Some current terms in the Occupation Licences of residents were described as being manifestly unfair and confusing in interpretation.

Consumer NZ believes, as we do, a resident, or their estate, should be entitled to their exit payment within a reasonable period of time after vacating their unit, irrespective of how long it takes to find a new resident for the unit. Also why should the resident be charged with the monthly levy toward operational costs after the unit has been vacated and the key returned.

The resident does not own the unit and has no control in the resale of the Occupation Licence. The Village Operator has the resident's money; it is unacceptable that the resident assumes a risk in repayment. Village cash flow management should not be a risk or responsibility of the resident.

The RVA (Retirement Village Association), representing the owners, also presented to the Select Committee, submitting that it did not see a change of the Act as being necessary. RVA has suggested that its members could/should voluntarily amend the operational practices under question. For example, that interest would be paid on the sum due to the resident if settlement had not been made within 9 months.

This is not acceptable to the Retirement Village Residents' Association.

The Retirement Village Act 2003 and the resulting Code of Practice does need an urgent review. To rely upon the Operators to voluntarily change matters is a bit like leaving the fox to guard the chickens.

I enjoy my retirement village living and in my particular village some of the issues of concern are no longer an issue. The outstanding one is when do I get my money back. The period is of particular concern if the funds are needed to move out of a lifestyle village

into one which has continuing health care.

Cheers and enjoy all the good life that Village Living offers.

Joe Greig
Committee Member Grey Power North Shore,
Committee Member RV Residents Auckland

To join RV Residents go to www.rvr.org.nz/membership

ERRATUM Further to my comments in our Spring magazine, "There was intention that the Act would be reviewed in around 10 years; other than some adjustment in 2006 this has not been done". The word not was left out; of course the meaning was completely changed. (Humble apologies – my proof reading error. Editor)

Go Nails

Bayswater resident Fiona Rubie, a registered diversional therapist, has created her own business Go Nails offering mobile manicures and pedicures.

Fiona has persevered with her new business over the past year with a few stops and starts during the covid lockdowns.

Fiona was announced First Place Winner of the Judy Cooper Excellence Award at the annual diversional therapy national conference demonstrating diversity with her new business. The theme Diversity, is the inclusion of people from a range of different backgrounds. One such client, Devonport resident Sophia Mahoney, a polio survivor, became the subject of Fiona's submission for the Excellence Award. Sophia said "Because of my mobility issue, I phoned Fiona and she came to my home. She gave me a massage and did my toenails, and another time my fingernails, and I found her to be out of this world. I totally recommend Fiona".



"I am offering a regular, reliable service at a genuinely affordable price using quality products following infection-control protocols and salon standards of sterilisation. Benefits include improved circulation and vitality with a relaxing pamper," Fiona said.

- Luxury Manicure
- Deluxe Pedicure

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Fiona 027 2000 437
or 09 446 6988
fiona@gonails.co.nz

Help Still Needed Join The Crew

A particular need is to help us co-ordinate and improve our communication and connection with our members and the community in the new for us digital environment.

We are looking for social media savvy helpers to assist with the Facebook, email newsletter production and online information sources like Neighbourly.

We plan for a group to assist with our quarterly magazine production and other media input – ideal for writers.

Also members interested in community affairs as publicised in the last newsletter to help with our community activity, including linkage with Local Boards.

These will be relatively informal groups with a social element as well.

We also still need a Treasurer.

If you can help with any of these roles please contact Bill Rayner 445 3370.

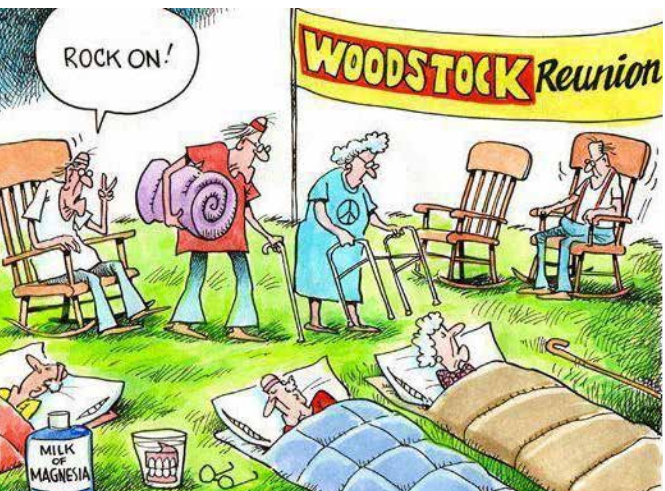


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Will NZ Super be enough to support a nation of people paying off mortgages and rent?

- Retirement Commission Media Release, 30th August 2022.



The Retirement Commission is compiling their 3 yearly report to Government – 2022 Review of Retirement Income Policies.

To inform their report they commissioned Treasury to use the Household Economic Survey (HES) data to examine housing costs across age groups. The analysis showed that those retirees still paying rent were much more likely to be spending 40% or more of their NZ Super on housing costs. This is the situation today and trends are clearly showing that more and more retirees will be retiring in rental accommodation, or in their own homes with residual mortgages.

In 1986, 87% of those in their 60’s were homeowners, with mortgages paid off. In contrast by 2018, 80% in their 60’s were homeowners, but 1 in 5 were still paying off mortgages, and 20% were renting. Based on current trends the balance between homeowners and renters will be 60:40 by 2048.

When NZ Super was introduced, it was with the underlying assumption that those becoming eligible would be mortgage-free homeowners. Today’s reality is very different and is rapidly becoming worse.

Grey Power Federation made an extensive submission to the Retirement Commission that included the supportive evidence of the survey of 2833 members in June. The plight of those renting in retirement was made very clear with a call for urgent attention in this area:-

Inequalities in eligibility for accommodation supplements is forcing some seniors to resort to inadequately heat their homes in winter and to commence utilising Foodbanks to survive, for the first time in their lives. This trend has been particularly

noticeable since the arrival of COVID in New Zealand. GPF recommends urgent action on this inequitable, silo approach, situation with all those applying for accommodation supplement being allowed to have cash assets of up to \$40,700. This would assist a significant number of retirees in rental accommodation currently paying well in excess of 40% of their NZS income in rent, and finding themselves unable to meet rising energy, and food costs.

697 of our members in the GP survey had difficulty paying their regular living expenses each month. Rates & energy payments were a challenge for over 60% of these members. An analysis of those who were renting, or living in Pensioner Villages or Social Housing, showed that 59% of these were struggling to pay their monthly expenses. For these members rent, energy payments, food, and transport costs were a significant burden.

David Marshall | Chair, Retirement Income & Taxation NAG, Grey Power Federation.

A thank you! David Marshall’s was the first Grey Power email survey exercise and was a great success with 2,833 members taking part which gave real weight to the submission made to the Retirement Commission. Our North Shore members were a key part of this, also the first email involvement we have had with you all and a positive sign of a more effective engagement to come with our community affairs activity.



“Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?”



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“We have been using these products for nearly 3 years now and we love how they have helped us with our joint pain and other health issues ... Honestly, you have to try these as they are the best and we love the fact that they are NZ grown.” bskolos59



SUPPORTS HEALTHY HEART

SUPPORTS HEALTHY JOINTS

SUPPORTS HEALTHY SKIN

GENERAL WELL BEING

More Weekend Herald News For Our Top End Members

Exciting news for our Top End members once again in the Weekend Herald with our local journalist Anne Gibson reporting on the opening of the Costco super store at Westgate with their range of goods you won't find at New World.

First up a 3.02 carat pear-shaped clarity solitaire diamond platinum ring, its price \$149,999.99. Clearly they think a flat \$150,000 will discourage potential buyers. The good news is that the GST of \$19,500 will cover a single superannuitant's pension for almost 10 months.

An Omega Seamaster stainless steel men's watch is a snip at \$27,999.99, a Versace men's watch is \$1,249, with a ladies' Longines is \$6,499.99. If luxury handbags are your thing a black Yves St. Laurent Niki medium shoulder bag is \$3,999.99, a Bulgari handbag is \$4,599.99, with YSL's Loulo small quilted black bag is \$3,199.99.

Cartier glasses frames with 18 carat gold trims are \$1,399 with free tests from an optician available. They take the prescription to Seattle who collect the lenses and send them to Sydney to be put in the frames, and on to Auckland.

Maybe more relevant to ordinary seniors is that they will be providing Kirkland Signature, Phonak, and Phillips rechargeable digital hearing aids in the \$1,999.99 to \$3,999.99 range with free audiology tests.

Clothing brands include Calvin Klein, Puma, Ben Sherman, Tommy Hilfiga, Nordica, etc etc.

Costco is a membership only mega store, and have an extremely wide range of goods, not just the Top End section. Also it has a focus on bulk purchases like a 48 slab of toilet rolls

Anne Gibson's Herald colleague Diana Clement in her Money column 'How not to overspend at Costco' has some sound advice for us Lower Enders. Costco will save you money if you shop with your head screwed on, and use what you buy. Kiwis have a tendency to throw out a good chunk of the food we purchase.

Also make a list, pre-check the prices, and stick to it as Costco make the profit on the "non essentials". Several other tips so Google her article. The store is huge and has a chaotic layout to tempt shoppers just looking for basics and her sign off is "You'll go on a voyage of discovery every time. Costco's business model needs you to walk out with stuff you didn't plan to buy."

Not sure an overseas owned mega store is quite what we need with the profits flowing to the US and it is clear that it will have a significant impact on our local retail scene already struggling.

Supporting local business in our various shopping centres is very much in seniors interests, but reluctantly, anything that will reduce the price of hearing aids, can't be all bad.

Still Top Enders, no doubt your lady would love a Bulgari hand bag for Christmas !

Access Alliance Survey Support

Grey Power supports the Access Alliance which advocates on behalf of disabled people.

The Government Accessibility for New Zealanders Bill has passed its first reading. Access Alliance has concerns that the Bill is lacking standards, a regulator, a barrier notification system, and a disputes resolution procedure. The Grey Power Federation will be making a submission to the Select Committee.

In the interim to support their concerns, Access Alliance has launched a petition to be presented to Parliament. It would be appreciated if the petition could be circulated and members encouraged to sign it.

The petition can be accessed and signed at 'change.org' or alternatively on the Access Matters website if you wish to download a copy.

We urge you to support this petition and thank you for your assistance.

Karina Bellman
Chair Grey Power Disabilities Sub Committee



GST on Elective Surgery Private Option Has To Go

A recent letter in the Herald highlighted the complete inequity of people suffering from the pain and stress of continuing delays for elective surgery and paying for private treatment having to pay GST of 15% on the cost.

This is just plain wrong and inequitable. Such surgery is an entitlement under our health system, and people taking the private option are both taking pressure off the hospitals in these difficult times and saving the taxpayers money.

The Government ideological commitment to GST on everything because of the ease of collection has to go. The recent backdown on the addition of GST to the Kiwisaver fund management fees is the thin end of the wedge.

The double taxation of GST on rates is a long standing irritant, but our children have to pay GST on their university and tertiary institution fees, and have to take out student loans to do it. 15% of student debt is GST tax, and they are paying interest on it. Also 15% of the cost of a new "affordable" home goes to the Government in tax.

A core problem is that the 15% GST is too high, increased from the original 10%, then 12.5%, and to 15% in the last Government's income tax trade-off. Australia has a 10% equivalent with a number of exemptions such as food and medical expenses.

The Government has just announced a \$9.3 billion "surprise" improvement in the Government Budget income forecast through a higher than expected tax take.

A major review is necessary with "convenience ideology" giving way to equity and common sense.

A fair go for our seniors paying for their own elective surgery will be a good first step.

The election is coming up – time for action.

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

Things To Do

Board Games for Seniors

Interested in joining groups playing board games for fun and friendship?

Tea and Games at The Devonport Community House.

Tuesdays and Thursdays 10.30am – 12.00pm

You are invited to join them for a cuppa and to play board Games of varying sorts. Bring your friends and meet new ones. No bookings required – just come along. Gold coin donation.

Phone 09 445 3068

Sunnynook Community Centre – Free Games Afternoons. Mondays 1.00pm to 3.00pm (school terms only)

Casual board games (Scrabble, Rummikub, Backgammon, Chess) Or bring your own favourite game, or alternatively bring your unfinished objects/projects (knitting, scrapbooking, card making, cross-stitch, etc.) No need to book – just come along.

Tea and coffee provided.

Phone: 09 410 4902

Takapuna Scrabble Club

– Exclusively Scrabble

Tuesdays and Fridays 9.30am – 12.00pm at the Takapuna Senior Citizens Hall, 5 The Strand, Takapuna (next to Library)

Enjoy a game of scrabble in convivial company – Contact Malcolm Beazley.

Phone: 09 445 8034

Simon Watts

MP for North Shore

National Party Spokesperson for Local Government, Associate Finance, Associate Infrastructure.

Your local MP, supporting you and our community.

1 Earnoch Avenue, Takapuna
northshore@parliament.govt.nz
09 486 0005
f @simonwattsmpp

Authorised by Simon Watts, Parliament Bldgs, Wgtn.

Are We Passing With Our Queen?

Is it the end of our era?

The passing of Queen Elizabeth II who has been part of our lives since many of us stood on the roadside in December 1953 and January 1954 waving our little flags as the young Queen and the Duke drove by in one of the local Royal tour events is more than the passing of a Monarch.

It also marks the end of a generation with an inherent traditional sense of duty and community contribution forged by the flow on social impact of two world wars separated by a major international depression, the associated major movement of displaced people seeking new lives, and the ongoing threat of the Cold War and nuclear incineration.

Post war basically everyone was poor with virtually no cash savings. The country was essentially financially drained by the war effort coming after the major depression. We faced major infrastructure backlogs, a rising population from the “baby boom” and immigration, and the sad social impacts of the war on both the servicemen and women and the civilian community.

Rationing to provide food for war ravaged Britain and import licensing restrictions continued for many years.

Fortunately infrastructure and industrial development, public and private, created a growth economy with jobs for everyone and a time of simple prosperity.

Life was no doubt simpler with a uniformity of the age old human focus on the family unit as the core factor of social and community life.

Wages were based on the concept of the husband earning enough to support his wife and two children, with the wife’s major role being involved with the home life and raising the kids; a major occupation with no modern home appliances, no car, no supermarkets, daily shopping, sewing and knitting of family clothing, preserving fruit and home vegetable gardening, and care of elderly relatives.

Women as always were, and are, the driving dynamic in family, social and community activity.

All businesses etc were closed in the weekends providing family time together. No DPB or The Pill in the early days and a certain social morality with traditional churches still a major influence in the community.

Social activity was home made with close

neighbourhoods. Few people had cars. Walking, cycling, and public transport, was the norm, now a political mantra. Obesity wasn’t a problem in the “olden days”.

It was usual to marry young, have your children quickly, buy a section and build a house. This was normally a simple solid home on a bare section in a new subdivision, furnished with family hand down furniture. You and your mates put in the concrete drives and footpaths. And planting the trees that have created the “leafy suburbs” so under threat today.

Sports and other community facilities were built and financed through community volunteer effort. No restaurants or cafes as we know them, pubs closed at 6.00 pm with the major social activity being Saturday night dances around the city where the young met for polite amorous adventure.

Service clubs like Jaycees, Rotary, Lions, Senior Citizens Associations, (then called “Old Folks Associations”!) and the RSA, played a major part in community development as did the long standing city firms and families like Smith and Caughey, Winstone’s, Wilson and Horton, and Farmers. Now all fading away.

Queen St was the natural and dynamic community centre of the city with Friday night shopping and movies being a weekly outing for many. John Courts corner was where young men gathered for the local promenade of young ladies. Very different from the desperate state the main drag is in today.

Many of you will remember it all well.

Times do change, and we have lost a lot of our social cohesion with new stresses.

But we must be thankful our own children and grandchildren have lived in prosperous times free from the blight of war and depression. As we have ourselves.

At the same time as we are hearing a call for the voting age to be lowered to 16 to “teach them about civics and the electoral system”. A bit like giving 16 year olds a drivers licence so they can learn to drive a car. Not sensible.

The country needs to heed Prince William’s comment noted in the Herald “I learned from growing up don’t mess with your grandmother.”

Words of wisdom. We are still in the game.

Bill Rayner
President

The Story of Your Life is Important. Do Not Neglect Your Family History

A sadly neglected aspect of our lives is the gathering up the stories of our families.

How often do we hear “I wish I’d talked to Grandma about the family before she died.” Our own earlier generations lived closely together, wrote letters, and knew all the old uncles, aunts and cousins of extended families. In our modern world that is no longer the case.

The most important thing you can do for your family is to ensure that what you know of your parents, grandparents, and your own lives is not lost.

Genealogy is a major modern hobby with the advent of the digital My Heritage type computer sites, but as with most of our modern world there can be a digital overload. We can trace the bare facts of our ancestors generations back, but have lost the most important story element of their lives. Similarly with images, downloaded in gay profusion from phones and cameras, but no collation or identification of events or people.

The key thing for you to do for your family is to create a basic record of your parents, and grandparents generation, sort out selective important photos and write on the back who they are. Also write out a simple story line of what you know about them and their lives and times they lived in. It does not need to be a book, but it can lead to that.

This is relatively easy with computers, but if needs be a pen and a notebook is fine. Just get it done – it is the foundation building block to avoid your grandchildren lamenting that they hadn’t spoken to Grandma about their family. If possible draw in one of your family as a helper and co-ordinator

The easiest and most lovely of all is to have digital camera recordings of you being “interviewed” on your life experiences which both records your voice and image for your family. Four or five half hour sessions covers a lot of ground. This should be as well as your basic family record outline.

For guidance and support to get started joining our local North Shore branch of the NZ Society of Genealogists, who meet at the Glenfield Senior Citizens Hall, would be helpful.

Contact our own GP committee member Raewyn Nevin, multi-tasking as the NZGS North Shore Branch Treasurer, at 021 255 2496.

Help With Your Family History

NZ Society of Genealogists North Shore

Although a majority of our branch members enjoy the privileges of belonging to the NZSG we also welcome anyone who is interested in Family History to our group where they can receive help and information to further their family research and knowledge of genealogy.

There is no charge to belong to the branch but a \$5 door charge to our sessions.

We have two sessions a month at the Glenfield Senior Citizens Hall, one on the first Monday afternoon where our programme organiser provides us with very enjoyable and knowledgeable speakers or activities and the second is a night meeting on the third Wednesday. There has been a heightened interest in DNA and its genealogical applications.

Other topics have been about writing our family stories.

Our night meetings are computer/web page centred and we provide wi-fi for members attending which allows up to 10 people to access the internet at one time. We have IT education sessions relating to genealogy research and the internet access makes the learning easier. Access to the internet also makes it easier for speakers and attendees to carry out 'real' research. We also have a social gathering at the end of the meetings over a cuppa.

Our research officer is very kindly storing and giving access to the NZ Herald Birth and Death Index Registers, microfiche , NZ Genealogist magazines, and other resources we have and which are listed on our webpage www.tinyurl.com/nsgenealogy – access arrangements are listed in each newsletter. She also provides a research postal service which sends copies of entries from the NZ Herald Birth and Death Registers from her home to enquirers.

There is a monthly interesting, informative and well-presented newsletter with all the information about the branch and contact numbers that you need.

Any enquiries you can ring me:

**Raewyn Nevin, Treasurer,
North Shore Branch of NZSG
021 255 2496**

Take Care With Grey Power Electricity Payments.

We have a problem with members paying Grey Power Electricity online into the Grey Power North Shore account by mistake. This means that you are an overdue debtor with GP Electricity and an issue in organising a refund for you.

A solution is to separate GP membership from GP Electricity in your online banking Payee list e.g. GP Membership and Electricity GP.

Grey Power Electricity (GPE) is an operating division of Pulse Energy, and GPE has a partnership agreement with Grey Power New Zealand, but there is no owner relationship between the two.

All power enquiries should be made directly with Grey Power Electricity phone 0800 473 976.

Senior Greenkeeper's Hand Needed – Would suit a fit senior.

The Greensman is looking for a fit and reliable person to help with maintenance of bowling greens on the North Shore mainly Sunnybrae. This is seasonal work Oct-May. You will need to be available for a couple of hours each morning seven days a week with Christmas break. Work must be completed by 9.00 am so you will need to be an early riser. We are happy to consider a part-time/job share arrangement.

Task & Duties: The work is straightforward. You will be cutting greens in the morning, and at times you may be needed for hand watering in the evening. Additional green maintenance and associated tasks may be available.

We'd love to hear from you if you are fit and reliable, proficient with machinery or confident to learn, and a good communicator. You will need your own transport. We would prefer a sub-contract arrangement with pay around \$25/hr.(negotiable). **Please email us at: the greensmanservices@gmail.com with your interest and contact details of if you have any questions.**

Remember to be SunSmart



Mayoral Candidates Meeting

The August meeting featuring the Mayoral candidates was a great success, very well attended for our first real post COVID meeting, with just under 200 members present, effectively a full house at the Netball Centre.

We had four of the candidates, Efeso Collins, Wayne Brown, Viv Beck, and Craig Lord. Leo Molloy had accepted but had withdrawn at the time of the meeting. Subsequently Viv Beck has withdrawn as well. Wayne Brown was almost a no show as he was stranded in the north with both roads south closed because of the severe flooding the day before but managed to get through in time.

Each candidate gave a "stump" speech very much in line with the public perception of the candidates, and answered three pre-advised questions, would they continue to have the established regular meetings with the senior community, the key issue of the retention and development of the Council owned senior housing stock, and in the difficult financial situation the Council faces what major projects would you cut back on or support.

They all agreed to the meetings with the senior community continuing, and heartening, all were basically supportive of the retention and development of the Council Haumaru senior housing stock. Predictably Esefo Collins was supportive of the Council project programme, and Wayne Brown had light rail to the airport on the cutback list, a major change to the Auckland port operation with the port to start paying rates to the Council, and a hard line approach to Council staffing numbers, and costs. All aimed to restrain rate increases.

Questions from the floor included the Government intensification legislation and the impact on the heritage Special Heritage Areas. Esefo Collins expressed a concern of the need for affordable housing, the others were generally supportive of the retention of the heritage areas.

Reflective of times a questioner asked what affiliations they had to any political or activist groups with Collins and Beck being clearly Labour and National, and the others declaring none.

Very much the standard pattern – the candidates have attended over 60 similar meetings, with the same questions and a few minutes to make their case, It doesn't seem quite fair.

A significant benefit was that under our pressure to have an adequate sound system for the meeting the Netball Centre have re-activated the in ceiling sound system which gave good hearing over the whole venue.

Voting closes the day we go to press – we look forward to a good working relationship with whoever becomes our new Mayor.

GP Federation National AGM

The Grey Power national AGM was held in Wellington in July with ninety plus delegates attending from the 72 associations that make up the Federation.

Our North Shore had four people attending, Bill Rayner, Dave Moore, Raewyn Nevin and Anne Marie Coury. Bill Rayner was elected un-opposed as the Federation National Treasurer, as was existing President Jan Pentecost, of Rangiora.

It is Federation practice that remits passed at the national AGM become the formal policy of Grey Power, and debate was vigorous and wide ranging.

The seven Zone Representative Board members hold specific portfolios which include Retirement Income and Taxation, Health, Local Bodies, Housing and Transport, Aged Care and Retirement Villages, Law and Order, and Energy. They provided comprehensive reports to the meeting.

Speakers at the AGM included:

John Collins	<i>Retirement Villages Association</i>
Dr Suzy Morrissey	<i>Director of Policy, Retirement Commission</i>
Carolyn Cooper	<i>the new Aged care Commissioner</i>
Sharnie Warren	<i>CEO of Pulse Energy and Grey Power Electricity.</i>
Rachel O'Connor	<i>Lead Advisor to the Race Relations Commissioner.</i>

A common thread of the speakers was the need for more nurses and qualified carers for the older population.

Minister for Seniors Hon. Ayesha Verrall could not attend because of COVID and gave a video presentation.

Community Comment – Trish Deans

Takapuna Library Future On The Block

The future of the Takapuna Library and neighbouring Mary Thomas Centre and Takapuna Community Services Building is one of the biggest decisions facing the next Devonport-Takapuna Local Board.

Back in August 2021 Eke Panuku, one of Auckland’s Council Controlled Organisations, presented four possible options to the Local Board. They were to investigate in detail and report back. The most controversial was option 4 which proposes to sell all three buildings (the Takapuna Library, the Mary Thomas Centre, and the Takapuna Community Services Building), and relocate them to a smaller facility beside the new town square.

The Panuku report hasn’t yet been received, over a year later, so it will be the incoming board who must make this significant decision. It’s important that you’re aware of what’s at stake.

The options are:

OPTION 1 – Retain the library and community buildings and upgrade them where they are.

OPTION 2 – Sell the Mary Thomas Centre and use the money to renovate the existing Takapuna Library and Community Services Building.

OPTION 3 – Sell the Mary Thomas Centre and sell the air rights above the library and community services building, using the money to renovate the existing Takapuna Library and Community Services Building.

OPTION 4 – Sell the library, the community services building, and the Mary Thomas Centre and move all three to a new, smaller facility (possibly 45% smaller) beside the new town square in Takapuna.

There can be a case for local boards to sell local assets – but only if you get something better as a result.

Our libraries have a wonderful collection of books – and they’re also so much more than that. They’re centres of learning and knowledge.

They run a huge range of activities and programmes. They provide much-needed study space for students. They have fantastic online capacity – while recognising that we still have many residents who are not digitally literate, or can’t afford computers and broadband connections. The Northern Research Centre, which serves the entire north-west region, is a simply amazing service with an archive of irreplaceable information.

The library is a true community gathering space, and fills a genuine social need.

The neighbouring Mary Thomas Centre and Takapuna Community Services Building – have rooms for community use, and also house organisations including the Citizens Advice Bureau, Plunket, Age Concern, Takapuna Senior Citizens, North Shore Budgeting Service, ANCAD, and the Takapuna North Community Trust.

These organisations provide invaluable and irreplaceable services across every sector of our diverse community. Several are already short of space and need more to be able to meet the growing demand for their services. Council simply can’t provide the wonderful activities and programmes, or essential community and social services, that these organisations do so well.

The central questions the local board must ask when considering each option is: “Will we be getting something better, and will it be future-proofed to serve coming generations?”

If the answer to those is “no” then the local board’s answer must also be “no”.

Trish Deans is a current member of the Devonport-Takapuna Local Board, ex Chair of Devonport Heritage, and a leading Auckland heritage advocate.

End of Life Care Should Be for All

A more sombre note on the sad and serious issues that many seniors face as the years take their toll and physical and mental health fades and the end of their lives approaches.

As with most things personal association creates awareness.

Recently a very old friend in his mid 80’s who had had a truly loving long marriage and family engagement, and a fully shared lively and interesting life, was in hospital recovering from a stroke. Sadly just on the point of returning home he was diagnosed with a recurrence of bowel cancer with intense pain, facing a major high risk operation with very minimal chance of success. He chose in a loving and supportive family environment that he had had a wonderful life and his time had come.

At the same time I have a close relative who has serious emphysema, back pain, mobility issues, and cancer under treatment who lives in the country. She is in and

out of hospital in constant pain and with breathing difficulties. Her family are in Australia, and our family is looking to provide the constant palliative care and support that she currently needs. It is not easy.

This article was sparked by a recent lead editorial by Tracy Watkins, Editor of the Sunday Star Times of the paradox of the Government financial support for euthanasia under the End of Life Choice Act and the dire financial state of the Hospice movement and lack of palliative care in general.

Drawing on her own experience with her terminally ill mother her lead paragraph reads:

“Anyone who has had to help someone with terminal cancer navigate the health system will know that there are some things that hospitals do brilliantly well, like treating the diseases and prolonging life. They are not so good at other things like supporting someone once they walk out the door”

She goes on to say:

“The misconception most New Zealanders have about palliative care is that it’s first world standard and that there will be a bed for us if we need it. And it’s true that the end of life care is world class for those who can access the scattering of hospice beds in New Zealand. Hospices do their job incredibly well. But there are not enough of them.

So for everyone else, dying with a terminal illness in New Zealand can be a chaotic, confusing, and bewildering time of not knowing where to turn for help. It can also be the opposite of death with dignity – a painful, hideous death, thanks to the paucity of palliative care specialists.”

The same SST edition has a sobering investigation by colleague Nikki McDonald into the shocking state of hospice funding in New Zealand, a wake- up call for us all.

“Painfully, it seems to be that you would be better off choosing euthanasia, rather than roll the dice on accessing professional end-of-life care in a hospice.

As Nikki’s article points out, euthanasia is fully funded, whereas hospices are only partially funded by the Government. They survive, barely, with donations, and by flogging off second hand goods.

Euthanasia patients can also get a specialist flown to them for free. No such funding is available to fly a palliative care specialist to a terminally ill cancer patient.”

“The fear is that it is not a free choice at all between

euthanasia and palliative care when the odds are so heavily stacked against dying patients accessing the sort of palliative care they deserve.

As one mum told Nikki about the lack of support to manage a dying baby’s pain at home. ‘We felt very let down’.”

As Tracy said “we have all been let down.”

Thank your Tracy and Nikki for highlighting this critical issue so expressively and well.

Time for a campaign to get Hospice and palliative care the Government support it deserves.


Talk to your MP now.

Bill Rayner



MP Maryan Street speaking at Grey Power North Shore on her “right to die with dignity”” campaign 2013

Legends say that hummingbirds float free of time, carrying our hopes of love, joy and celebration. The hummingbird’s delicate grace reminds us that life is rich, beauty is everywhere, every personal connection has meaning and that laughter is life’s sweetest creation.



Retirement villages sector launches most significant reform in a decade

New Zealand’s retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation’s best practice guidelines. The reforms will be voted on at the RVA’s AGM next year, and if passed, will become part of the Association’s best practice requirements that members’ performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector’s best practice disclosure guidelines regarding residents’ transfer to care will also be recommended to be incorporated into the Retirement Villages’ Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

“Retirement village living is one of the country’s most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates,” says Graham Wilkinson, President of the Retirement Villages Association. “However, we have always accepted the need for improvements to the sector’s consumer protections regime where they are feasible and make sense.

“Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry’s Blueprint is clearly delivering positive outcomes for residents across New Zealand.” The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. “That’s why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game.”

Stopping weekly fees when residents leave units has already been adopted by the six largest corporate operators

and larger independents and dozens more operators will now follow, says Mr Wilkinson. “The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing.”

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government’s Healthy Homes standards. “All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA’s Executive Committee as an independent member to bring older peoples’ views to the table.

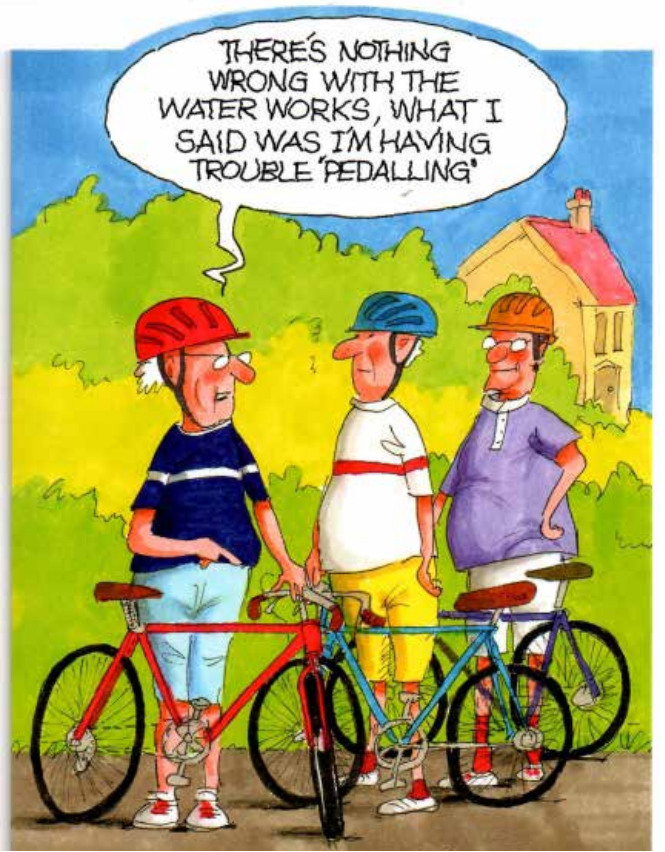
“We’re prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. “For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. “Standardised contracts may be helpful, but what’s more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There’s a very real risk that innovation will be stifled if contracts are essentially a template.”

The RVA is concerned about the negative unintended consequences of imposing changes to the sector’s commercial model, says Mr Wilkinson. “Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. “If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment.”

The sector is also confident residents’ needs were generally catered for when they moved into care, he says. “87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn’t the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn’t immediately available, and seven per cent moved away for personal reasons. “This shows that very few residents in villages have trouble moving to care where it is in a village.”

“Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process,” says Mr Wilkinson.

Note: the RVA’s Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.
Contact John on 021 952945 to find out more.



Our Newsletter Digital Option

All members will be receiving a mailed copy of this newsletter. Our email tree is not yet quite complete and functioning.

Kiwi Publications publish a number of newsletters for Grey Power and Age Concern and all these are on their website, including Grey Power North Shore.

You can access these on their website at:
kiwipublications.co.nz

Click on: Publications on the Home page – this brings up the Publication page.
Click on: Publications in the menu bar at the top of the page - this brings up all the editions on the site, and select Grey Power North Shore.

Click on: the issue you would like to view in the Archive section on the right hand side.

It is very interesting to see what other Associations are doing as well as Age Concern.

History does not have to be boring!

There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows adjacent to it. Prisoners were taken to the gallows (after a fair trial of course!) to be hanged. The horse-drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK". If he said YES, it was referred to as ONE FOR THE ROAD. If he declined, that Prisoner was ON THE WAGON.

They used to use urine to tan animal skins, so families used to all pee in a pot and then once a day it was taken and sold to the tannery. If you had to do this to survive you were “piss poor”. But worse than that were the really poor folk, who couldn’t even afford to buy a pot; they “Didn’t have a pot to piss in” and were the lowest of the low.

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying “It’s raining cats and dogs.”

The good old days

It is for all people born before 1945.

"We are the survivors! Consider the changes we have witnessed!

We were born before penicillin, before polio shots, frozen food, plastic, contact lenses and Frisbees.

We were born before credit cards, laser beams and ballpoint pens. Before tights, dishwashers, clothes dryers...and before man walked on the moon.

We got married first, and then lived together. How quaint can you be? In our time, closets were for clothes, not for 'coming out of.'

Designer jeans were scheming girls called Jean, and having a meaningful relationship meant getting along with our cousins.

We thought fast food was what you ate during Lent. We were before house husbands, gay rights and computer dating.

We were before day care centres and group therapy. We never heard of FM radio, tape decks, electronic typewriters, artificial hearts, word processors, yoghurt and guys wearing earrings.

For us, time-sharing meant togetherness, a chip meant a piece of wood, hardware meant hardware and software wasn't even a word!

Back then, 'Made in Japan' meant junk, and pizzas and instant coffee were unheard of.

In our day, grass was mowed, Coke was a cold drink and pot was something you cooked in. Rock music was a grandma's lullaby and Aids were helpers.

And we were the last generation that was so dumb to think you needed a husband to have a baby.

No wonder we are so confused and there is such a generation gap today.

But we survived"

"from the Northern Outlook"

Vegetable Soup

- Ingredients:**
- 1 cauliflower
 - 1 onion diced
 - 2 Tbsp butter
 - 1 leek sliced
 - 3 carrots diced
 - 3 handfuls macaroni
 - 1 tsp salt
 - 2 litres hot water
 - 2 beef stock cubes
 - 1 tsp curry powder



Method:

Wash cut and separate the cauliflower.

Fry onion on medium heat in butter until soft.

Add other vegetables and stir-fry for 15 minutes. Add hot water and bring to the boil, then add the macaroni, beef stock, salt and curry powder. Bring back to the boil, stir regularly and simmer for 25 minutes.

If too thick, add water.

ORANGE ALMOND CAKE (gluten free)



Preheat oven to 180c
Prepare a 20cm cake tin

Method:

Boil 2 navel oranges for 15 mins in water. Cool, chop roughly and whizz in a processor. Beat 3 eggs with 1 cup of sugar. Fold in 3 cups of almond meal and 1 tsp of baking powder. Fold in oranges to mixture and place in tin. Bake 1 hour at 180c until cooked

Are you aware!

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.

Health Quality and Safety Commission/Partners in Care have developed 2 new resources below to help plan for your next hospital or health care visit.

These resources are available in many languages and formats for accessibility (like easy read, NZSL videos and audio versions). If you prefer a hard copy, phone our office on 578 2631.

Let's plan for your next health care visit | Me whakamahere i tō toronga haumanu hauora

This resource is to help you plan your next health care visit. Planning and asking questions will help you understand more about your health and treatment for an illness or injury. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.

www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit

Let's plan to leave hospital | Me whakamahere i te wehenga i te hōhipera

Hospital staff want you to leave feeling well informed and with answers to any questions you may have. This sheet will help. Some things may have already been discussed with you and won't be relevant. There are spaces if you or your whānau want to make notes.

www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital



FIVE WAYS TO WELLBEING

CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED

Give

Your time, your words, your presence

TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING

EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

BE ACTIVE

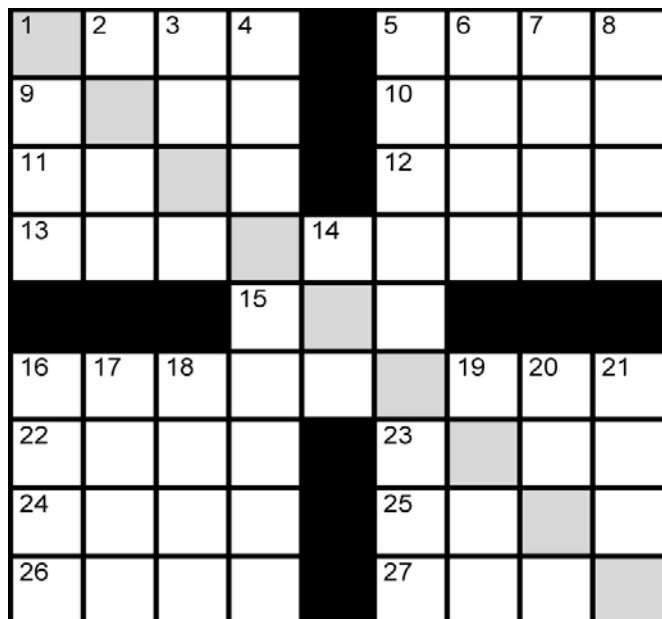
DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

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To Build



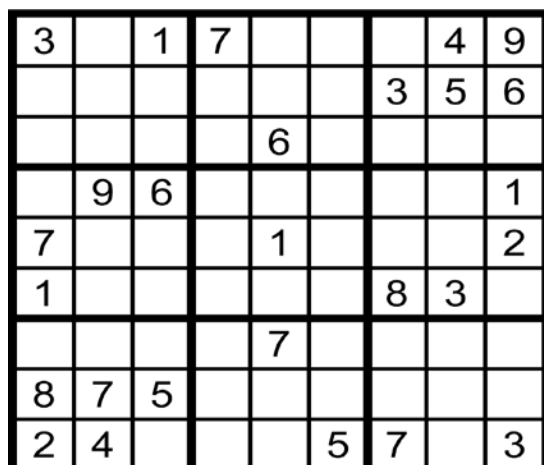
Across

1. Bivouac
5. Hat-tipper's word
9. Frost
10. Clearasil target
11. "Green Gables" girl
12. "Darn it all!"
13. Population statistics
15. Hog's home

Bamboo
Blue vanda
Cinnamon
Cockleshell
Crested snow
Easter
Egret flower
Foul giant

Foxtail
Fried egg
Ghost
Grass pink
Halloween
Holy ghost
Marsh
Masdevallia

Moth
Noble rock
Nun
Phaius
Showy tiger
Slipper
Spider
Vanilla

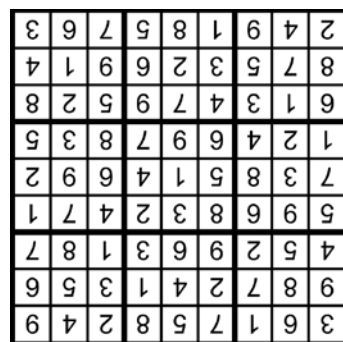
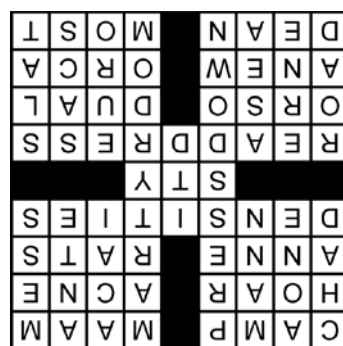


26. College bigwig

27. The bulk

Down

1. Neighbor of Libya
2. Top-rated
3. Educator Horace
4. Push, in a way
5. Fate of one with a cause, perhaps
6. Antioxidant berry
7. Poker pot starter
8. Military meal
14. "___ be my pleasure!"
16. Start of many Hope/Crosby film titles
17. Coastal raptor
18. Floating, perhaps
19. Continental currency
20. Pouches
21. Bed board



The crossword headline is a clue to the answer in the shaded diagonal

ORCHIDS



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*