

Grey Power

NORTH CANTERBURY (INC)



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THE ACTIVE NON-POLITICAL ORGANISATION FOR 50+

THE OFFICIAL NEWSLETTER FOR GREY POWER NORTH CANTERBURY ASSOCIATION (INC)



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International Day of Older Persons Resilience of older people in a changing world

It's fitting that the focus of this year's United Nations International Day of Older Persons is building resilience. Over the last couple of years, we've all learned how important friendships and supportive relationships are to our health and wellbeing. Now is a great time to rebuild that sense of community and connections lost.

Here are some practical tips to help you connect with others:

- Call a friend you haven't spoken to for a while
- Reach out to someone new in your community
- Join in – take up a new activity or learn something new
- Join an interest group in your area, like community gardening or a book club
- Volunteer your time or knowledge – reach out to a community service provider or charity that's close to your heart. Volunteering NZ website has great information on community volunteering opportunities.



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PRESIDENTS CHAT

Has Spring sprung? I hope so and I wish you all a nice relaxing summer. We also offer our best wishes for a fruitful term to the mayors and the council members recently elected to both Hurunui and Waimakariri District councils.

Grey Power North Canterbury has been busy as usual - both at committee level and at our general meetings.

Committee News:

The committee continues to work towards becoming more involved in the Hurunui part of Grey Power North Canterbury.

The committee, at its last meeting, agreed to provide an activity calendar for 2023 which will include speakers for each general meeting and the possibility of an outing etc., The committee will meet in January 2023 to make decisions regarding this.

We will also look at how we can increase our membership – if any of you have ideas about this please let me know

Our recent activities:

Shortages of carers in aged care facilities – nationally Grey Power continues to work with carers' unions and other organisations to push for reasonable wage increases for carers and pay parity for registered nurses in rest homes because these problems have led to a shortage of carers and nurses and this impinges negatively on the care of older people who must use these services. As these home and community support care services are reduced the need for hospital care and finally admittance to aged care facilities increases.

This is a grave concern because beds in these aged care facilities are being closed, 1,000 at this time, I believe, for the reasons discussed above so what will happen to older people when they require this level of care?

I have an appointment to speak with the Minister of Health, in mid-November and the results of this meeting will be published in the Grey Power Quarterly magazine.

Health – Helen Walker who provides our association with health information at our general members' meetings has supplied the following information:

- The Christchurch Public Hospital emergency department is overloaded on numerous occasions
- The Christchurch Public Hospital has relaxed its visitor policy
- The Christchurch Public Hospital staff are being educated on climate change
- The CDHB has the largest population of people aged 75 years or more

Recent General Meetings report:

1. The speaker at our last General Meeting on November 1st was Bev Wright a Rangiora Real Estate Agent Who spoke about downsizing. She advised anyone who is thinking about this in 2 or 3 years time that they need to start now. This will involve cleaning out any clutter, giving away treasures to family and friends and selling some items. This will help anyone to take their time about that.
2. A Waimakariri Age-Friendly (A-F) workshop was presented by our John Mather who represents us on the Waimakariri A-F Advisory group.

I have provided some background information below which follows on from my last president's chat regarding A-F.

The movement's aims are supported by and are all part of the work that Grey Power does. A-F is being promoted nationally by more and more councils and others and is supported by local Grey Power associations in most areas.

Alexandre Kalache was behind the development of A-F and he was brought to NZ by the Office of Seniors quite a few years ago. Grey Power, at national level, attended the meeting at which Alexandre spoke. The World Health Organisation has since then run the global A-F programme.

The intention of the movement is to make towns, cities and rural communities more age-friendly and is mainly aimed at older peoples' needs. And the age-friendly check list, which under-pins all this work, in many ways covers all the issues that Grey Power at association level and nationally recognise and work on for our members.

Below are two examples of what is on the checklist:

Outdoor spaces and buildings

That:

- Public areas are clean and pleasant.
- Green spaces and outdoor seating are sufficient in number, well-maintained and safe.
- Pavements are well-maintained, free of obstructions and reserved for pedestrians.
- Pavements are non-slip, are wide enough for wheelchairs and have dropped curbs to road level.
- Pedestrian crossings are sufficient in number and safe for people with different levels and types of disability, with nonslip markings, visual and audio cues and adequate crossing times.
- Drivers give way to pedestrians at intersections and pedestrian crossings.
- Cycle paths are separate from pavements and other pedestrian walkways.

- Outdoor safety is promoted by good street lighting, police patrols and community education.
- Services are situated together and are accessible.
- Special customer service arrangements are provided, such as separate queues or service counters for older people.
- Buildings are well-signed outside and inside, with sufficient seating and toilets, accessible elevators, ramps, railings and stairs, and non-slip floors.
- Public toilets outdoors and indoors are sufficient in number, clean, well-maintained and accessible.

Communication and information. *That:*

- A basic, effective communication system reaches community residents of all ages.
- Regular and widespread distribution of information is assured and a coordinated, centralized access is provided.
- Regular information and broadcasts of interest to older people are offered.
- Oral communication accessible to older people is promoted.
- People at risk of social isolation get one-to-one information from trusted individuals.
- Public and commercial services provide friendly, person-to-person service on request.
- Printed information – including official forms, television captions and text on visual displays – has large lettering and the main ideas are shown by clear headings and bold-face type.
- Print and spoken communication uses simple, familiar words in short, straightforward sentences.
- Telephone answering services give instructions slowly and clearly and tell callers how to repeat the message at any time.
- Electronic equipment, such as mobile telephones, radios, televisions, and bank and ticket machines, has large buttons and big lettering.
- There is wide public access to computers and the Internet, at no or minimal charge, in public places such as government offices, community centres and libraries.

The checklist also covers social participation, respect and social inclusion, community and health services, transportation, civic participation and employment, and housing along with their relevant goals.

And finally, the local vision for **Age-friendly is a** community where older people are engaged and connected to a community that values, respects and supports them. And where older people can have the best possible future with opportunities to achieve their full potential, regardless of their capacities, resources, lifestyles or preferences.

The recent members' meetings have also had addresses from the North Canterbury Prostate Support Group, the ASB, which covered banking scams and how older people can look out for these and a speaker from St John, who spoke about medical alarms and other services provided by their organisation.

Upcoming Events:

- The November 1st members' meeting will be addressed by Bev Wright who will talk about preparing a property for sale and other items to do with this- all welcome at the Rangiora RSA at 1.30pm
- The December 6th final meeting for 2022 will be a social occasion with entertainment and afternoon – to be held at the Rangiora RSA - the cost, to be paid by each person attending, will be \$13.00 per person. Details of payment means and RSVP to be provided soon.

This will be our last newsletter for this year so may I wish you all the best festive season possible. Take care one and all

My Christmas wish for you,
my Grey Power friends
Is not a simple one
For I wish you hope and joy and peace
Days filled with warmth and sun

I wish you love and friendship too
Throughout the coming year
Lots of laughter and happiness
To fill your world with cheer

May you count your blessings, one by one
And when totalled by the lot
May you find all you've been given
To be more than what you sought

May your journeys be short, your burdens light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold

I wish this all and so much more
May all your dreams come true
May you have a Merry Christmas
Grey Power friends
And a happy New Year, too.

(My interpretation of a poem by Ruth Kephart)

Ngā mihi o te Kirihimete
me TeTau Hou
A Merry Christmas
and happy New Year.

Jan Pentecost | President



Editors News

Well the weather is certainly changeable for spring, with fine warm days and cloudy cool ones. Those of us Golden Oldies do feel the changes in temperature. The climate is certainly changing and is not as stable as it once was. Also plants and animals are being affected too. However despite all this I trust you are keeping well and enjoying our newsletter.

We are desperately in need of organisations and business to advertise in our magazine. Please contact me regarding this.

Articles: If members have articles they consider may be suitable for publication, my contact details are on the front page.

Tom Bedford | Editor

Aphorism:

A good time to keep your mouth shut is when you're in deep water.

Life is'nt tied with a bow but it's still a gift.

A daily Inspiration:

If we ever have a golden age, it will be because golden hearts are beating in it.

[From Wings of Silver.]

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National census will be held on Tuesday, 7 March 2023

"The five-yearly official count of population and dwellings gives the most complete picture of life in our country," Government Statistician and Chief Executive of Stats NZ, Mark Sowden said.

"The information collected is invaluable, helping communities, iwi, councils, businesses, and government make important decisions about where to fund and locate services that affect all people living in Aotearoa New Zealand."

Stats NZ has taken on board the lessons of the 2018 Census, and the 2023 Census is being designed specifically to enable people to participate in the way that works for them.

"The 2023 Census will be the most inclusive census yet. People will have more choice about how they participate, either online or on paper. We will have significantly more paper forms available than for the previous census and will make these forms available earlier," Mr Sowden said.

"We are also doing more to support people whose first language is not English and will deliver the census in a wider range of accessible formats to better meet the needs of disabled people."

There will also be more support available to help people get ready for the census and complete their census forms.

"In the 2023 Census, there will be close to double the number of census collectors on the ground compared with 2018 to ensure people have what they need to take part. This will include help online, at your doorstep, or in your home for those who need the most support," Mr Sowden said.

"Engagement teams from Stats NZ are working with communities around the country on how the 2023 Census can work best for them. A big focus for the 2023 Census is achieving the highest response rates possible, especially for Māori, Pacific peoples, and other population groups with historically lower response rates," Mr Sowden said.

"There will be further community engagement leading up to census day to help people understand the importance of the census and feel confident about taking part.

"This speaks to the theme for the 2023 Census: Tatau tātou – All of us count. By reducing barriers to participation and making it easier to complete, we are aiming to achieve high response rates so that we can produce quality census data that benefits all communities and groups in Aotearoa New Zealand."

About the 2023 Census

The Aotearoa New Zealand Census of Populations and Dwellings is an official count of how many people and dwellings (where people live or stay) are in Aotearoa New Zealand. It is a snapshot of the people who live in our country and the places they stay in and call home.

The information collected is used to inform important decisions, including where to spend taxpayers' money on services like schools and hospitals and infrastructure like roads and public transport. Community organisations and iwi use census data to support funding applications so they can serve the needs of their people and communities.

Under the Data and Statistics Act 2022, everyone living or staying in Aotearoa New Zealand on the night of the census, Tuesday 7 March 2023, is required to complete a census form. This includes parents and caregivers completing census information for children and babies.

You can find more information about the 2023 Census by:

- visiting the official census information website, www.census.govt.nz
- visiting www.stats.govt.nz/2023-census
- emailing info@stats.govt.nz
- calling 0508 525 525 (within Aotearoa New Zealand only).

The power of many

The virtuous circle of volunteerism and how expanding your networks can build a better later life.



New migrants and older people in New Zealand face some similar challenges we have discovered in an interview with Dr Margriet Theron ONZM, President of the Rotorua Multicultural Council.

Transitioning out of paid employment may lead to lost networks and social connection, or the need to establish a new sense of purpose.

Margriet observes that volunteering and helping people embrace a new life here can be very rewarding. "It will enrich your life. Whatever migrant community or family you connect with, you will share and learn. You will receive friendship, gratitude, and a greater understanding of another culture."

Rotorua Multicultural Council, one of 25 regional Multicultural Councils operating in Aotearoa, is striving to make migrants feel 'at home' in their community. They support and connect over 64 different ethnicities and their guiding principle is collaboration.

Margriet is a leader in this endeavour and has first-hand experience of the challenges new migrants face,

relocating to New Zealand in 1978 with a young family.

Building on this experience Margriet has steered the growth of the Rotorua Multicultural Council. They co-create, collaborate and host a range of courses, celebrations, and events as diverse as the communities they serve - supported by interest groups and the generosity of volunteers.

From adopt a grandparent, professional speaking courses, multicultural lunches, and raranga (traditional Māori flax weaving) classes, through to environmental and women's wellbeing programmes, and supporting families in need. Everyone in the community is welcome.

"One of our strengths here in New Zealand is our connectedness. This is where women can look around and reach out to new migrant families in their communities. It's the simple things. Talk to them. Ask about their children. Is there anything I can do? You don't need skills, just kindness. Share some baking, offer to mind the children, let them walk through your garden and take some plants," Margriet says.

Search the Community Directory on the Citizens Advice Bureau website for volunteering opportunities in your local community.

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Alert over combining supplements, medication



"You have to be aware - if you're not, you could actually be harming yourself."

"New Zealanders should be aware that when using dietary supplements without support from their doctor, [it] can at best be a waste of money, and at worst expose them to interactions or symptoms of excessive consumption."

Dr McLeod said clinicians should encourage patients to use diet to attain nutrition and encourage information sharing of supplement consumption by their patients.

"Often, non-prescribed products are a waste of money offering no health benefit."

Ministry of Health clarification:

Current regulation for Dietary Supplements is provided by the Dietary Supplements

Regulations 1985, made under the Food Act, which specifies requirements for the composition, dose and labelling requirements for dietary supplements.

The nature of claims in relation to dietary supplements or other natural health products are also regulated under the Fair-Trading Act which requires that claims are able to be substantiated and are not misleading. Products with a therapeutic purpose, regardless of any claims that are made, are medicines as defined by the Medicines Act 1981. Medicines are required to be approved before they are able to be sold in New Zealand.

Last year (July 2021) the Government decided to regulate natural health products under the Therapeutic Products Bill, as a distinct category, separate from medicines. The Therapeutic Products Bill, expected to be introduced to Parliament this year, will modernise and provide comprehensive regulation of therapeutic (medicines and medical devices) and natural health products.

For natural health products, which include dietary supplements, the Bill will provide assurance of the safety and quality of these products and require any health benefit claims to be substantiated with robust scientific or traditional evidence.

It will also help consumers to make informed decisions about their health.

If consumers have any questions or concerns about any medicines or natural health products they are taking, they should talk to their doctor or pharmacist.

Sourced: Otago Daily Times. Friday, 19 August 2022

A new study by University of Otago (Christchurch) researchers showed the use of over-the-counter non-prescribed dietary supplements has increased 72% in New Zealand over the past 15 years, but most people do not need dietary supplements to gain optimal nutrition.

Senior research fellow Dr Geri McLeod said there was no specific legislation governing natural health products in New Zealand, and New Zealanders were able to freely combine dietary supplements and prescribed medications.

Data for the study was from the Christchurch Health and Development Study - a birth cohort of babies born in Christchurch in 1977. Cohort members were assessed at age 40 on their use of prescribed medications and non-prescribed dietary supplements. "Among this group of nearly 1000 40-year-old New Zealanders, more than one-third (36.4%) were using a dietary supplement.

"Of this group, nearly half (47.1%) were also taking prescribed medication. "More females reported using dietary supplements than males," Dr McLeod said. Of the group taking dietary supplements, she said more than one in three were taking dietary supplements that had no evidence for treating the stated health condition.

A small number of participants reported dietary supplement and medication combinations that could produce an interaction, she said. "It can sometimes stop prescribed medications from being taken up by the body. "For instance, iron is a well-known one - it can interfere with thyroid medications.

Do something today that might just save your life!

Free bowel screening now available across New Zealand.

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

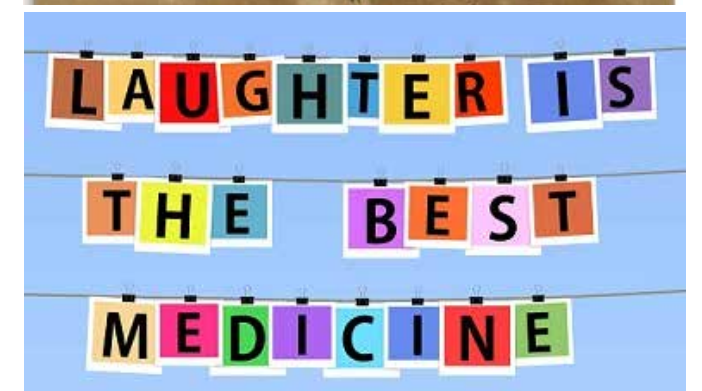
A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.



Improving lives of disabled people: Have your say

The Accessibility for New Zealanders Bill (the Bill) has passed its first reading in Parliament. It is now before the Select Committee and you can submit feedback on the Bill by Monday 7 November 2022.

The Bill establishes a new legislative framework. It aims to provide a consistent way of addressing systemic accessibility barriers that prevent disabled people, tāngata whaikaha Māori and their families or whānau, and others with accessibility needs from living independently and participating in all areas of life. The Bill also aims to ensure that disability issues are front of mind in decisions by policy makers and the Government of the day.

The Bill would do three main things:

- It would establish a Ministerial Advisory Committee of up to 10 people (called the Accessibility Committee) to make recommendations to the Minister for Disability Issues about how to address accessibility barriers and grow accessibility practices across New Zealand
- It would enhance accountability and co-ordination across the Public Service and Government to progress accessibility issues by creating clear responsibilities for the Minister for Disability Issues, the chief executive of Whaikaha – Ministry of Disabled People, and the Accessibility Committee
- It would build knowledge and awareness about the importance of addressing accessibility barriers. This legislation will build on and support the work of Whaikaha – the Ministry of Disabled People, launched in July 2022.

Winter Energy Payment

The Winter Energy Payment has ended for this year. You will have received four days of Winter Energy Payment with your 11 October 2022 payment.

If you have any concerns about how you'll manage without it, there may be other ways Work and Income can help. Use the online eligibility tool to check what you might be able to get or call the Work and Income Seniors team on 0800 552 002. Everyone's situation is different, so they're always happy to talk with you.

If you qualify for the Winter Energy Payment next year, you'll get it automatically from 1 May until 1 October 2023.

"All Seniors information sourced from Seniors Newsletter Editorial"

COVID-19 response: the next phase

Public health experts say it is now safe to remove most COVID-19 rules so, from mid-September, New Zealand's COVID-19 Protection Framework (traffic lights) ended.

Antiviral medicines are now available to treat early COVID-19 at home for people at risk of becoming very sick with COVID-19, including:

- any New Zealander aged 65 or older
- Māori and Pacific peoples aged 50 or older
- anyone with 3 high-risk conditions.

Make sure you are up to date with your COVID-19 vaccinations and boosters as they provide an extra layer of protection. If you've had COVID-19, you can get vaccinated 3 months after you tested positive.

While many of us look forward to enjoying more freedom, it is vital that people at higher risk of severe illness are safe.

Christmas Dried Fruit Balls

Ingredients

- 1 cup dates
- 1 cup sultanas
- 1 cup raisans
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds

Method

Place the sunflower and pumpkin seeds in kitchen whizz and blend until roughly chopped. Then add all dried fruit and blend until well combined.

Take teaspoonsfull of the mixture and roll it into balls then roll in Coconut or chocolate hail.

Set in fridge for approx 2 hours.

You can use any dried fruit or nuts. Please ensure you use the same ratio of dried fruit, with seeds and nuts.



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Viking funerals

One question we get asked a lot is if you can have a 'Viking funeral' referring to the idea that your body be placed on a ship and set alight. Although this is often suggested in jest it does come up frequently. The short answer is no you cannot have a 'Viking funeral'. In fact, there is little evidence that Vikings actually did burn their dead in boats, most Vikings were simply buried.

Although you cannot have today's idea of a 'Viking funeral' there are alternatives that incorporate some of the aspects.

Burials at sea

The first option is burial at sea. Burials at sea can occur within five designated sites around New Zealand. The closest to Christchurch is 55 nautical miles northeast of Lyttelton.

Burials at sea must meet specific guidelines including:

- obtaining a compliance certificate for the burial from Maritime NZ.
- You must be in a sealed casket that will stay intact.
- The casket must sink quickly to ensure it does not drift from the recorded burial location and it must not resurface.

The person undertaking the burial must provide evidence to show that the requirements were met. Including evidence, the casket sunk and the exact coordinates of where the body entered the water.

Scattering Ashes

The second option is getting cremated and then having a family member either scatter you at sea or place your ashes in a raft and letting it drift out to sea.

There are generally no restrictions on the placement or scattering of ashes as long as you do not cause offence to anyone else in the process. This gives family members substantial flexibility to try to accommodate your burial wishes or a variation of them.

Godfreys Law can help you

If you want any unusual after-death or funeral requests, get in touch with the Life Law team at Godfreys Law to update your will and have these reflected in your will.

You can call Maddy, Gina or Phil, our solicitors, on 03 366 7469

editorial supplied by Godfreys Law

Supporting people who go missing

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing



a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.

AARP visits Aotearoa

A team from AARP (formerly the American Association of Retired Persons) visited Aotearoa 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 publishes the most widely read magazine in the world.

During their time here they met with a wide range of people including community organisations, researchers, and government officials across seven towns and cities.

The team visited Mata Close House in Tahunanui, run by Abbeyfield New Zealand who provide supported, affordable shared housing for older people, who can enjoy the company of others while retaining their independence.



They also learned about Home Share for Her, a Nelson charity that connects women with homes, to women who need homes. As co-founder, Chloe Howorth, explains “There are many women living alone not ready to downsize their family home who would welcome some help and company. And single women wanting to share housing and companionship.”

AARP will produce a special feature on Aotearoa New Zealand for their international periodical, The Journal. We look forward to sharing their insights with you once they are published.

Eldernet Group celebrates turning 25



Back in 1997, Eleanor Bodger QSO, co-founder and leader of Eldernet, saw a need to provide information for older people to enable them, their families, and people working in the aged-care sector, to make more informed choices.

Eldernet became one of New Zealand’s first websites helping older people to navigate the ageing journey – and all the ups and downs along the way.

“Over the past 25 years, we’ve seen people become empowered with information in ways we never thought possible, and what we are particularly proud of is the way we haven’t wavered from our vision of making life

easier and better for all older people,” says Eleanor.

Following the 2010 and 2011 Christchurch earthquakes Eldernet shared their resources and systems with the Canterbury District Health Board, helping with post-quake support.

Eldernet’s website has loads of helpful, practical resources including a comprehensive directory of services. Their Knowledge lab has answers to questions you’d never thought to ask! You can order a printed copy of their ‘Where from here’ handbook free from their website or by phoning 0800 162 706.

It’s now illegal to ignore "do not knock" stickers

The following is some more information and how to get stickers.



How to get a 'Do Not Knock' sticker

- Consumer members can request a sticker through the form on Consumer’s website.
- If you’re not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints.
- Alternatively, you can make your own sign or download a printable version of the sticker.

It is now illegal to ignore "do not knock" stickers

Changes to the Fair Trading Act, which have come into force, mean door-to-door traders who ignore a ‘Do Not Knock’ sticker risk fines of up to \$30,000.

In addition to imposing fines, the courts can also order the cancellation or variation of a sales agreement, as well as compensation if an uninvited seller ignores a sticker or a direction not to enter a property.

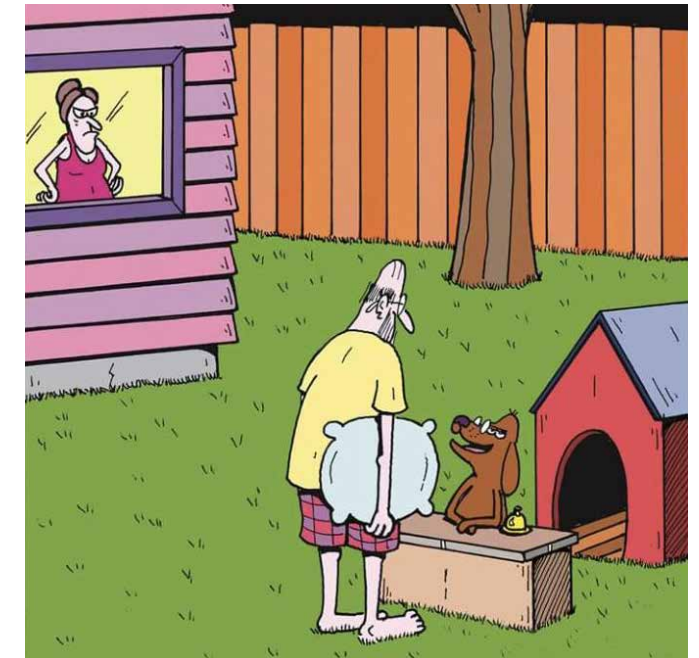
“This is a great win for consumers,” said Jon Duffy, Consumer NZ Chief Executive. “We have been calling for these changes to the Fair Trading Act since 2014, when we first launched our campaign. Since then, we have distributed more than half a million stickers to consumers to keep unwanted sellers away,” he said.

“Over the years we have heard terrible stories of pushy

salespeople hounding householders to buy products they don’t want or need. In some cases, people have even purchased products just to get rid of the seller.

“We’ve also heard stories of sellers ignoring the stickers, so it’s great ignoring a ‘Do Not Knock’ sticker or instruction to stay away will now have serious financial implications for the trader on the doorstep.”

You don’t need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they’re told for two years. If they don’t do as they’re told, or they ignore your sticker, you can complain to the Commerce Commission.



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

Dan Rosewarne

Labour List MP based in North Canterbury

I’m here to help

03 382 1195 | dan.rosewarne.mp@parliament.govt.nz
Private Bag 18 888, Parliament Buildings, Wellington 6160
f /DanRosewarneWaimakariri



Authorised by Dan Rosewarne MP,
Parliament Buildings, Wellington



Protect Yourself During Earthquakes!

ShakeOut took place on 27 October 2022 at 9.30am around the world. This was a national earthquake drill and also a tsunami walk for people in a coastal area. Drop, Cover and Hold is the right action to take in an earthquake but if you have difficulty getting onto the ground, or cannot get back up without help, you can also:

If Possible



DROP!

COVER!

HOLD ON!

Using Cane



DROP!

COVER!

HOLD ON!

Using Walker



LOCK!

COVER!

HOLD ON!

Using Wheelchair



LOCK!

COVER!

HOLD ON!



Stay there, hold on, and protect your head with a pillow

Stay away from buildings, walls and power poles

Stop where safe, turn on hazard lights and stay in your vehicle

Put the brakes on in a safe place and protect your head

Drop, protect your head and stay there until the shaking stops

IN BED OUTSIDE DRIVING WHEELCHAIR ANYWHERE

Canterbury's Most Exciting NEW Retirement Village!



Introducing Amberley Country Estate

We are delighted to introduce Amberley Country Estate, an exciting new 250-home Retirement Village, coming to Amberley, the gateway to the Hurunui District. Here, you'll find generously-sized, well spread out, energy-efficient Villas with spacious fully maintained yards and landscaped gardens. Our 330m² Clubhouse is available now for the very first Residents. And, for your peace of mind, we have modern medical and care facilities coming too. If you're 65+ and seeking an active lifestyle with laid-back country estate living, find out more today. Visit our website or call 0800 573 573.

What makes Amberley Country Estate So Special?



A Layout that is Different to Other Villages.

Instead of lines of similar homes in a row, we have a wide range of villas, with each street set out in a uniquely distinctive layout.

Shared right of ways gives a more intimate setting, like living in a cul-de-sac. But, with rural-people in mind, some homes have private driveways and extra generously-sized yards.

As well as meaning the Village doesn't seem like all the homes are the same, each yard is unique too. Streets are beautifully landscaped with attractive colourful plantings. Paths meander through the village and pocket-parks abound.

This extra "visual amenity" gives your home more individuality and the streets more character, making the village feel more special and upmarket.

With Spacious and Luxurious Energy-Efficient Villas. And Double Garages too.



Our luxurious Architect-designed 94-182m² 2 and 3 Bedroom Villas combine the highest standards of style, comfort, security and energy efficiency: ducted central heating, thicker walls with more insulation and thermally-broken windows keep the cold outside and means power bills are low and you're warm and comfortable year round. Less power use is better for the planet too! Plus many have Double Garages.

Plus there's SO much more!

To find out ALL the many reasons why Amberley Country Estate should be your next move, visit our website or call 0800 573 573.

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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.

Editorial supplied by Retirement Villages Association

Early On-Demand Music Streaming Required Lots of Nickels

The machine had over 170 songs to choose from, each one assigned a different number. Customers would use its built-in telephone to connect with the local Multiphone station, filled with records and turntables. A DJ with a friendly voice would be waiting on the other end to answer the call and play the requested record. The stations, located in Seattle, Tacoma, Bremerton, and Spokane, were staffed entirely by women.

"You'd put your nickel [into the Multiphone] and you would hear a hostess from the central station ask through the speaker, 'what number, please?' And you'd say, I want number 202, 'Fools Such As I.' And then they'd grab the record from the rack, put it on the turntable associated with the location you were at, play it, and that was it," says Seattle historian John Bennett, author of the upcoming book *The Shyvers Multiphone Story*. Bennett, who runs Jukebox City, a vintage jukebox business in the Georgetown neighbourhood, is a Multiphone collector himself. A self-proclaimed antique hoarder, Bennett bought around 500 Multiphones in the 1980s, which he sold at an antique shop he owned at the time. Back then Multiphones only sold for \$100 a pop—today, they're much rarer, and can go for over \$2,000.

The brainchild of Seattle inventor Ken Shyvers, Multiphones came onto the scene in 1939. At the time, jukeboxes were only spinning 20 or so records, at most. Shyvers wanted to expand the playlist, so he created the Shyvers Multiphone: a mini-jukebox, with an Art Deco aesthetic. It stood about 20 inches tall and, during its mid-century heyday, could be found anywhere from diner counters and bars to drive-in theatres.

Information from Atlas Obscura online magazine Feb 2022.



Membership Application Form 2022-2023

North Canterbury Grey Power Association Inc

Applying to Join Renewing membership paying annual subscription

single \$20 couple \$30 plus (if any) Donation \$ Total \$

First Name (Mr/Mrs/Miss/Ms/Dr)

Surname

Street Suburb

City / Town Postcode Occupation

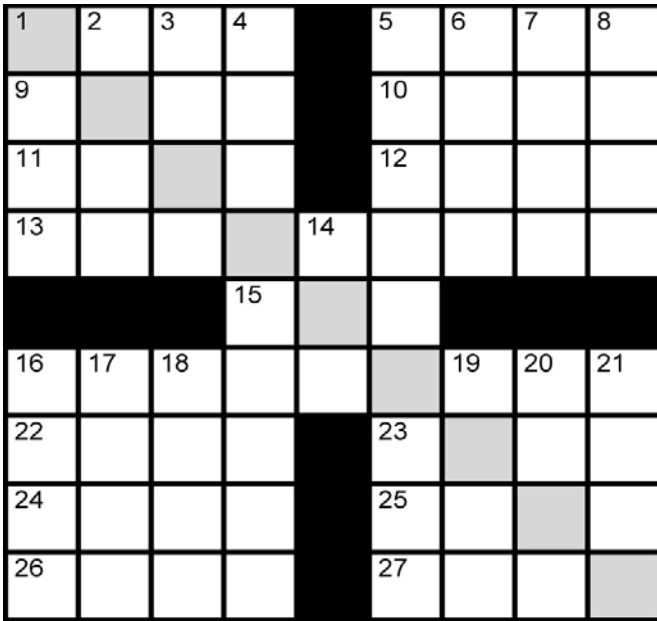
Phone Number (Home) (Mobile)

Email

Paying:- Internet banking Kiwibank using account number: 38 - 9006 - 0651286 - 01 and your Membership number and surname as a reference.
Cash at Kiwibank or NZ Post using the above account number and membership number.

New Members please contact: The Membership Secretary, P O Box 28 Rangiora or phone 021 0902 0251 or email albiemjb@gmail.com

To Build



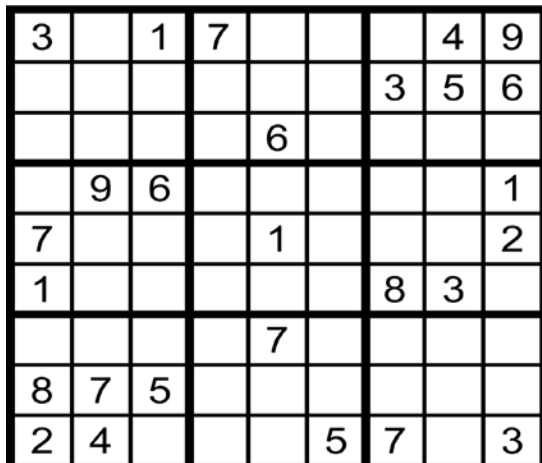
Across

- 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

16. Look at something

- again
- 22. Approximately
- 23. Twofold
- 24. All over
- 25. Killer whale

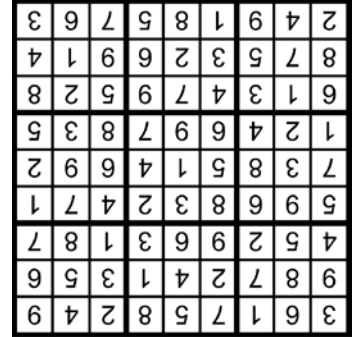
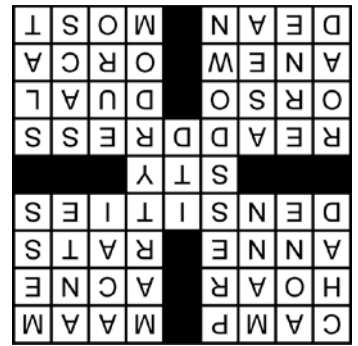
- | | | |
|--------------|-------------|-------------|
| Bamboo | Foxtail | Moth |
| Blue vanda | Fried egg | Noble rock |
| Cinnamon | Ghost | Nun |
| Cockleshell | Grass pink | Phaius |
| Crested snow | Halloween | Showy tiger |
| Easter | Holy ghost | Slipper |
| Egret flower | Marsh | Spider |
| Foul giant | Masdevallia | 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.*