

NORTH SHORE GREY POWER

Email: greypowerns@gmail.com

SPRING ISSUE 2023

Cover photo: Takapuna Beach

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NEWS**

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**MEMBERS
ELECTION
MEETING
18 AUGUST**

GREY POWER
NORTH SHORE

P.O. Box 32-635, Devonport 0744

Email: greypowerns@gmail.com

Facebook:

Grey Power North Shore
Grey Power North - Senior Voice

We have relocated from the Age Concern office in Milford, and our office phone may be unavailable for a short time.

Membership:

Ron Wilson 478 2490

President:

Bill Rayner 445 3370

COMMITTEE 2023/24:

President: Bill Rayner

Vice President: Dave Moore

Secretary: TBA

Treasurer: Ron Wilson

Editor: Bill Rayner

Membership: Ron Wilson

Committee Members:

Rob Gillbanks / Joe Grieg
Raewyn Nevin / Anne-marie Coury
Trish Deans / Gloria Howe /
Anne Martin

Auditor: Bruce Woodley

Attached: (Media) Ruth Jackson

LETTERS TO THE EDITOR:

Letters to the Editor are welcome on matters relevant to seniors. They must include the writer's name, address and phone number, and should not exceed 150 words. 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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Please refer to our website for disclaimer.

President’s Word

My last note highlighted the difficulty many senior groups were facing in the current community and Council environment, and the role that Grey Power was continuing to play in community advocacy and supporting other community groups in their advocacy as well as core focus on senior issues. Our AGM highlighted this element and approved a \$10,000 donation to Hospice Harbour towards the completion of their new Takapuna facility a tangible and appreciative acknowledgement of the vital work they do for our Shore senior community. An earlier meeting hosted the Minister Hon Ayesha Verrall, and Hospice CEO Jan Nicholls with a focus on increased Government support for palliative care. We have all personal or associated experience of the pain and stress of the ongoing wait for elective surgery for our age related issues of hip replacements etc with delays and postponements, inevitable under the current stresses of the overall health system. The Sunday Star Times has graphically highlighted the issues and anguish with the lack of resources for palliative care support and support for the Hospice movement.

This all become very personal for me recently with a close relative in a very distressed state, effectively bed-ridden over a lengthy period of time with 25% lung capacity and inoperable cancer causing great pain. She lived forty minutes from Tauranga hospital with her family in northern Australia and an 83 year old partner for support. Continual emergency ambulance calls to go to hospital. A very fraught and difficult situation and she eventually died in hospital in a ‘no resuscitation’ situation. There is a real and urgent need for greater Government support for palliative care for our most frail and vulnerable, and for a review of the End of Life process. Difficult in the current health/hospital pressures but has to happen.

Highlighted personally once again that the core purpose of Grey Power is strong advocacy and campaigning for the issues impacting on the senior community of which palliative care and support for seniors pre-surgery are a major current issue. And added a very personal gratitude and thanks for the support our local Grey Power has and continues to give to our local Hospice.

Our next meeting will be a panel of local Party election candidates focusing on their Party’s senior issues policies. The social media focus of the current campaigning makes it very difficult to get specific comment on less than major issues. Hopefully we can.

A lot going on with the Local Council budget planning we will be engaging with as noted. Some strange ideas coming out like a target rate for a new Takapuna library.

This newsletter will be somewhat disjointed as I have just spent two weeks out of action including a week in North Shore Hospital for gall bladder surgery right on top of the newsletter preparation deadline so it is very much cobbled together. Apologies for that, back on track next issue.

Bill Rayner | President

SUBSCRIPTIONS NOW DUE
for year to March 31st, 2024

If you have not paid already
please attend to this ASAP!

Subscriptions are \$20 single
and \$30 for a couple

Please note carefully the procedure
to follow. Your membership number
will be printed on the envelope
your newsletter arrives in

As well as your sub payment we need to update our phone and email data base. This is very important as we still do not have phone numbers or emails for many of our members. This is not only for our own communications but to be able to provide for contact in emergency situations like the recent flooding.

Step One

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

Step Two

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 also be made over the counter at Westpac branches. Some members post their sub directly to the Grey Power mailbox.

If you do not have email, please post us a note with the information to Grey Power North Shore, P.O.Box 32-635, Devonport, Auckland 0744

If you are unable to make payment online by yourself or with help from family or carers, phone Ron Wilson on 478-2490.

MEMBERS PAYING IN CASH
AT WESTPAC

A helpful message from Rachel Wilson, Customer Service Rep – Northern, Westpac.

Mr. Rayner, I filed a complaint in our system on your behalf re your members struggling to deposit their cash subscriptions at our banks. Our Extra Care Team have discussed your concern.

We have placed the following note on Grey Power North Shore’s account profile.

“WESTPAC BRANCH STAFF’ – Please help members pay fees in CASH. Assist at ATM if over the counter is not an option at your branch.

Mention this if you have a problem in future

Unfinancial members
please note that this will
be the final copy of the
newsletter sent to you so
please renew your sub.

If you are uncertain of
your status please ring
Ron Wilson 478 2490.

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.

Members Meeting

Friday, August 18th
1pm

Netball North Harbour,
44 Northcote Rd

Election Meeting Focus on Senior Policy Issues

GP North Shore covers four electorates and the meeting will be a panel presentation on senior issues relevant to the Shore from MPs/candidates of the various Parties.

Labour	Shanan Halbert
National	Simon Watts
ACT	Karen Chhour
Greens	Steve Abel
NZ First	Jenny Marcroft

Where do seniors fit in the current campaign?

Come along and find out.
Bring your friends
and neighbours

Insurance

Insurance is a growing household expense. Over the past decade, the cost of home insurance has risen 155 percent and contents cover by more than 40 percent.

OUR TOP THREE TIPS:

1 Don't set and forget: While there are doubtless other things you'd rather do than review your insurance, regularly assessing your cover and the risks you need to insure against could save you hundreds of dollars a year.

For example, if you have life insurance the amount of cover you need when you have a young family and a sizable mortgage will be much different to what you need when the kids have left home and the mortgage is nearly repaid. Making sure your cover matches your circumstances means you won't be paying extra premiums.

2 Compare prices: When you get your annual renewal notice, check if you could save by switching companies. Get at least three quotes. Our latest survey of car insurance found you could save more than \$400 a year by switching.

Check your policy to see what you're getting for your money. Pay close attention to the exclusions

- the things that aren't covered
- to help weigh up whether you're getting a good deal.

3 Take a higher excess: The excess is the amount you contribute in the event you need to make a claim. Taking a higher excess should mean you pay less in premiums.

DON'T FORGET

WHEN CHANGING INSURERS,
DON'T CANCEL YOUR OLD
COVER UNTIL YOU'VE BEEN
CONFIRMED AS A CUSTOMER OF
THE NEW INSURER.

consumer.org.nz

Come to Lunch at The Bays Club

The Grey Power Lunch Club group was launched by a group of enthusiastic members on June 14th, highlighted by friendly fellowship on a beautiful day at the Bays Club. Overlooking the beach in Brown's Bay, originally a businessmen's club, it has now morphed into an attractive venue for the senior community, particularly for the ladies.

The luncheon gatherings will be held on the second Thursday of each month the next two being on August 17th and September 14th. They are initially restricted to 12 members a time and something of an experiment that could grow into a special group of members who are regulars especially those of us living alone.

You do not need to be a Bays Club member and will attend as a guest of one of our committee who are. The meals are good quality and reasonable with a SuperGold \$15 selection, and you pay your own way. The Club has a Veteran Membership for over 60's of \$35 - the idea is that if you enjoy the Club you can join and come anytime you like with friends.

To book for the August and September meetings phone/email Bill Rayner 445 3370 or brayner@xtra.co.nz.

The Club is at 6 Anzac Rd, Browns Bay, right on the beach. Check the website at www.baysclub.co.nz



Our inaugural lunch, Gladys Zanovich, Alexandra Bruce, Bianca Lodge, Helga Allegrini, Brian Dorrington, Anita Wacker, Stephen May hosted by Bill Rayner.

Alzheimers NZ factsheet in 10 languages

Alzheimers New Zealand, has released new information sheets about dementia in ten languages.

Available in English, Te Reo Māori, Samoan, Cook Island Māori, Tongan, Niuean, Fijian, Tokelauan, Tuvaluan, and Kiribati, they share basic knowledge about dementia and the support available to those living with dementia, as well helpful information as for their whānau and friends.

Access the information sheets at the Alzheimers NZ website:
<https://bit.ly/3ZDuBGt>

Gold Card offers

SuperGold Card has a "Set Location" feature on the black bar on the opening page, where you can nominate where you are and it will find special offers in that area.



Membership News

Annual Meeting

Our annual meeting was well attended and thank you all who came along. The President reported that 2022/23 had been a difficult year with COVID and later the flooding issues, along with the difficulties Grey Power had in the planned establishment of an administrative office in Age Concern’s premises in Shakespeare Rd. This was the plan transferring from the many years of administrative stability provided by long serving stalwart Treasurer/Editor Des Stobbs who had retired.

In essence it didn’t work out with issues with COVID restrictions, location, lack of activity and IT integration and valiant efforts of key volunteers, and the office was closed down. We paid Age Concern several thousand dollars in rent which we regarded as a donation to a kindred organisation rather than an expense as such, and look forward to our strong association with Age Concern continuing as usual.

The forward plan to build relationships with other community groups and to have a strong community and heritage sector involvement and Council engagement continues. Important in these interesting times.

Our committee was in essence re-elected with the addition of Bruce Woodley. We still need to build our operating capacity and need more people involved with our specialist groups. Will come back to you on that.

It had not proved possible to establish the charitable trust agreed at the 2022 AGM, and the AGM passed a resolution approving the donation of \$10,000 to both Hospice Harbour towards the final completion of their new facility in Shea Tce, and to Age Concern for the support of their Home Visitor Service for the elderly. Both extremely valued and needed contributions to the welfare of our Shore seniors, and a real pleasure to be able to assist.

Grey Power has been using the Netball Centre for decades, and for a large part of that time the Centre caretaker Peter Oswald has been responsible for the setting up of the hall, sound system etc for us. Always extremely willing and helpful it was with great pleasure we made a presentation to him to recognise his contribution



Bill Rayner with Peter Oswald

The meeting ended with a presentation from Tim Charman, Area Manager of CAB North Shore which covers seven offices across the Shore and Hibiscus Coast with 10 staff and 140 volunteers. Another critical service for the senior community.



Bill Rayner with Tim Charman, CAB North Shore Area Manager

Digital Newsletter

Once again you will all receive a printed copy of the newsletter - hopefully we will be able to switch to providing digital copies next issue. With the rise in postage costs this will be timely.

Credit cards



The number one rule with a credit card is to pay off your balance in full each month. Otherwise you'll be paying high interest charges - about 20 percent - on money owed.

Avoid the minimum payment trap:

Don’t be tempted to pay just the minimum - minimum payments are designed to benefit the bank, not you, and you’ll be charged interest on the outstanding balance.

Don’t get caught by steep annual fees:

The other trap with credit cards is the annual fee. This fee will be much higher if your card is linked to a rewards scheme.

Credit card rewards schemes only really reward big spenders. Unless you spend more than \$25,000 every two years - and pay off your card at the end of each month - most schemes won’t be worth it. You’ll be better off by switching to a card with no (or a low) annual fee.

When to consider a debit card:

Debit cards can be used over the internet just like credit cards and over the counter when you’re overseas, and their annual fees are much lower (in some cases non-existent).

The big difference with a debit card is that it’s like cash: it draws on the money in your bank account, so you’re not getting yourself into debt. However, if you always pay off your credit card each month, there may be no real benefit from switching to a debit card. You’ll lose the interest-free period on purchases that you get with a credit card.

consumer.org.nz

Northshore Property Management

Northside Property Management is owner-operated and provides the hands-on management you require on a daily basis. We employ mature, experienced managers. We are Northshore based and have rentals from Devonport to Orewa. We care about the sort of tenants who rent your property, - we get it right.

We have thorough accounting systems that are balanced every working day. We do not tolerate late payments. We carry out regular detailed property inspections. We use honest, reliable tradies. They are cost-effective and deliver quality work - and our guys guarantee that work.

Our current owners can tell you their properties are hardly ever vacant. We keep our tenants on long-term lease contracts, carry out reference work and credit checks on all tenants.

We offer market-based fees and we believe they are ‘cost-neutral’ to you, the owner. We know we add value, and we know we save you money in the long run,- always balancing good tenants, low vacancy, and competitive market rentals.

Editorial supplied by Northside Property Management

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Mark: M 0274 81 27 26
E mark.kelly@raywhite.com

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NORTHSIDE PROPERTY MANAGEMENT

WWII tunnels and house on Auckland's North Shore could be permanently closed

We're pleased to report we're making progress in our bid to stop Council and Devonport-Takapuna local Board from permanently closing - or even demolishing - the historic WWII tunnels and barracks house at Kennedy Park.

What could be New Zealand's last remaining example of a village built to deceive enemies during WWII could be permanently closed, with parts demolished.

The Castor Bay Battery and Camp at Kennedy Park on the North Shore was built to defend the Rangitoto Channel. The site includes two gun pits linked by tunnels. But enemies wouldn't have known this, as the pits were disguised as houses, with fake tile roofs and canvas sides which could be rolled back to aim the guns.

The rest of the camp was built to look like an up-and-coming seaside village: The observation post was painted like an ice cream shop, the camp's water reservoir had its roof painted to look like a tennis court and the barracks were designed to look like regular homes.

Only the observation post, the gun pits, tunnels and one of the barracks remain. The site is listed as a Category 1 historic place by Heritage New Zealand. The land, which included a pā, was obtained by the Crown from Māori in 1841 and construction of the battery began in 1941. However, a 2022 assessment found the tunnels to be in poor condition, while the last of the barracks is fenced off due to it being an earthquake risk.



Auckland Council has proposed some options for the site, including to decommission the tunnels, resulting in "complete loss of heritage value of tunnels" with the "potential eventual collapse" of the structures.

Comprehensive repairs at a cost of \$1.5 million could preserve the tunnels for the next 25 years. Options for the house include demolition, costing about \$108k, or replication, which would cost between \$520-670k, but would decrease its heritage value. To restore the building could cost about \$1.8m.

The Kennedy Park WWII Installations Preservation Trust takes tours through the tunnels on the second Sunday of every month. Chairperson Chris Owen said the tours are well-attended because people are becoming more interested in WWII history. "They don't know what happened in Auckland during the war... There was a period when people just didn't want to know."

Castor Bay Ratepayers' and Residents' Association president Hamish Anderson said the council was in this position because it had failed to adequately invest in maintenance of the site. "It would just be incredibly short-sighted for the council to make these sorts of decisions based on short term budget shortfall. "Once this wonderful heritage is gone, it's gone forever."

Auckland Council manager of area operations Sarah Jones said no decisions had been made yet. Work had been done in the tunnels and the observation post within the last two years. "The Devonport-Takapuna Local Board are considering a range of options for the barracks building including demolishing it, making the site safe, re-building using any house material that can be salvaged, or re-building from new, keeping the same visual facade. "The tunnels are in poor structural condition and are being similarly investigated, but demolition is not being considered." Also being considered was heritage value, the outcome for the community, safety, cost and whether consent would be needed.



Pictured above: Kennedy Park WWII Installations Preservation Trust chairperson Chris Owen (left) and Castor Bay Ratepayers' and Residents' Association president Hamish Anderson (right).

Bank fees

Fees provide lucrative income for banks. Last year, they earned \$2.3 billion from fees and commissions charged to customers. But you maybe able to avoid some of these charges.



Ask about fee exemptions: Start the hunt for bank savings by looking at your everyday transaction account. Over a year you could be forking out hundreds of dollars in fees. Check if you qualify for any fee exemptions on your transaction account.

If you have a mortgage with your bank, you should be able to haggle to pay no monthly fees.

You should also be exempt if you have term deposits or a decent pile of savings. Regular deposits or a minimum monthly balance can also strengthen your case to get fees scrapped.

Banks usually offer exemptions for children, students, new graduates and those aged over 65 (although these sometimes come with provisos, such as having your NZ Super paid into your account).

Cutting costs: If you don't qualify for an exemption, look at how you're using your account. Add up the number of transactions you do each month. If you have a lot of payments going out, then an account with a flat monthly fee will usually be a better option than one that charges per transaction.

Don't be afraid to ask your bank what it's prepared to offer to keep you on as a customer.

Go online: Most banks charge hefty fees when you do your business in branch. Online banking means you can avoid these charges.

The Devonport Community House LIBRARY RUN

We'll pick you up and take you to the Devonport Library. Friendly information session, library services and tea/coffee before taking you home again.

Thursdays 1.30pm - 3pm

\$2 donation

Phone to book (09) 445 3068



Tell your elderly friends and neighbours.
Thanks!

DEVONPORT
COMMUNITY
HOUSE



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info@dils.co.nz www.dils.co.nz



Double celebration for Harbour Hospice

Harbour Hospice has officially opened its refurbished North Shore facility at 7 Shea Tce, Takapuna.

The opening was attended by more than 200 generous donors, supporters, local businesses, staff and volunteers who gathered at the hospice facility last month to formally celebrate the end of its ambitious \$20 million-dollar redevelopment project. The project had been many years in the planning and close to two years under construction.

The opening took on an extra special meaning as 2023 also marks 40 years of Harbour Hospice care in the community. Forty years ago, a pioneering group of volunteers started the very first hospice on the North Shore. Harbour Hospice now cares for more than 1200 patients and their families from Devonport to Te Hana each year, with more than 230 staff and 1200 volunteers.

Harbour Hospice Chief Executive Jan Nichols says the refurbishment marks a critical moment in Harbour Hospice history, and gives the charity the ability to “care for more people young and old, extend our reach into the community and lead the way in providing

world-class, specialist end-of-life care”.

More than 100 individuals, couples, families, trusts, foundations and businesses made gifts to the project, totalling \$10 million. “Their loyalty to Harbour Hospice and belief in this project has been deeply humbling,” Nichols says.

The remaining \$10 million was contributed from the North Shore Development Foundation built up by Hospice over many years.

The new and improved facilities have 15 patient rooms, a dedicated family and whānau area with two bedrooms, outpatient, counselling, therapy, day programme and training rooms, a commercial-grade kitchen in addition to improved facilities for its interdisciplinary team of specialist nurses, doctors, family support team, therapists and specially trained volunteers to provide 24/7 care and more.

Demand for palliative care across the region is expected to increase by 50 per cent in the next 14 years, and 90 per cent in the next 40 years.



Hospice volunteering

There are a lot of different roles that you could consider volunteering for at Harbour Hospice. Volunteering is a great way to meet people, use your talents, learn new skills and can help give purpose and bring more enjoyment into your life. Our teams are very welcoming of new volunteers.

Ways you can help Harbour Hospice

Volunteer in one of our Shops on the North Shore

Over 30% of our funds come from our shops so you would be helping to raise the funds we rely upon. There are a variety of roles from front counter to sorting to customer service and shop presentation.

Shop shifts are 3-4 hours once a week while others vary between 2-4 hours.

Work directly with our patients in one of the following community roles

- Community Visitor
- Driver to appointments
- Life Story Writer
- Nav-CARE volunteer
- Compassionate Touch massage

Work onsite at Harbour Hospice in one of the following roles at Shea Terrace, Takapuna

- Receptionist
- Kitchen helper (2 hour shifts)
- Group programme assistant – room set up, setting up tea & coffee
- Gardening – help make our gardens look gorgeous
- Light maintenance work

To learn more, please phone **Julie Reid 021 197 2536** or reception on **09 486 1688** and ask for Julie.



Te Kahu Pairuri mai i Takarunga ki Te Hana



Save The Devonport Peninsula Trust

The Devonport Peninsula Trust does good community work

The Devonport Peninsula Trust is a long serving community group that delivers a network of community events, it builds local voluntary capacity, identifies local needs and has created a network of local involvement over decades.

Yet the members of the Devonport Takapuna Local Board have suddenly announced they intend to cut the funding from this invaluable group, giving only eight days' notice, and without meaningful consultation. Does the Local Board have a better plan? Have they discussed this with the community? Does the Local Board think the community will simply accept that this significant, well connected and networked organisation will be wound down and dismissed?

The Local Board's proposal is to replace the Trust with a one person "activator," allocating \$98,000 to the role, to replace the established voluntary Trust and its network, this doesn't add up. The one person will be expected to fill the shoes of an experienced community group. It doesn't make sense to cut the funds which allow the Trust to operate and tag those funds to one individual.

There are three part-time employees who meet the deadlines and run the programmes, and they are supported by the Board of the Trust. There are six active and engaged members on the Trust who represent Devonport Rotary, the Devonport Business Association, Restoring Devonport Hauraki Trust and the newly formed Local Emergency Management group. These individuals are locals who give their time to make sure our community runs programmes and events throughout the year. It's hard work. They oversee the health and safety policies and procedures, provide the necessary equipment, police vetting, first aid, traffic control and rubbish management, and that's just scratching the surface. It's all a labour of love for these individuals.

The Trust's programmes and events have evolved over time. The Trust is the glue for the success of Matariki. The Trust works with all the groups to provide a co-ordinated programme. The Halloween Trail for Bayswater started off small and now it's a loved annual celebration for families, the Christmas Parade doesn't simply appear, the athletic events, the playgroups,

senior forum, community forum all rely on the Trust's dedicated effort. This is the outcome of the Trust's work, and for most of us we simply depend on the Trust to deliver. Everybody benefits.

The Trust has been working on an Emergency Preparedness Plan to strengthen the community's ability to cope with that conceivable weather event for the Devonport, Bayswater and Belmont areas, this is now stymied by the Local Board's unwillingness to support the Trust and acknowledge that the Trust will play a vital a role in civil defence planning at the grass roots level.

The Local Board is putting at risk what has taken two decades to build. This Local Board must learn to recognise and value the contributions of the Devonport Peninsula Trust and continue to support the allocation of funding for the Trust.

The Friends of the Devonport Peninsula Trust will present their petition to the local Board on the 18th July and hope that the Board reconsiders and re-evaluates its stance.

For the Friends of the Devonport Peninsula Trust – Linda Blinco, Yvonne Powley, Trish Deans, Rangetta Sami, Danny Watson, Mike Cohen, Lynn Lawton. David Bayley, Ryan Trotter, Sam Luxemburg, Dave Veart

It is too late to support the Friends petition but Grey Power will make an independent submission to the Devonport-Takapuna Local Board meeting on July 18th to support the Board reviewing its plan to cut funding both to the Devonport Peninsula Trust and the Takapuna North Community Trust.

PLEASE SUPPORT OUR ADVERTISERS

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

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With many years of experience working in funerals, it is safe to say that the Windsor Funerals team love our job.

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These days, families have so many choices and whether you want a small and intimate service or a large-scale or traditional funeral; our highly experienced team will be able to support and guide you through the process of creating the perfect farewell for your family member.

We are small enough to attend to every detail and large enough to deliver the highest level of customer care, giving you and your family the best experience, you could hope for.

We look forward to supporting you and your family when you need assistance with a funeral.

Phone us today for advice on how we can help you

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editorial supplied by Windsor Funerals

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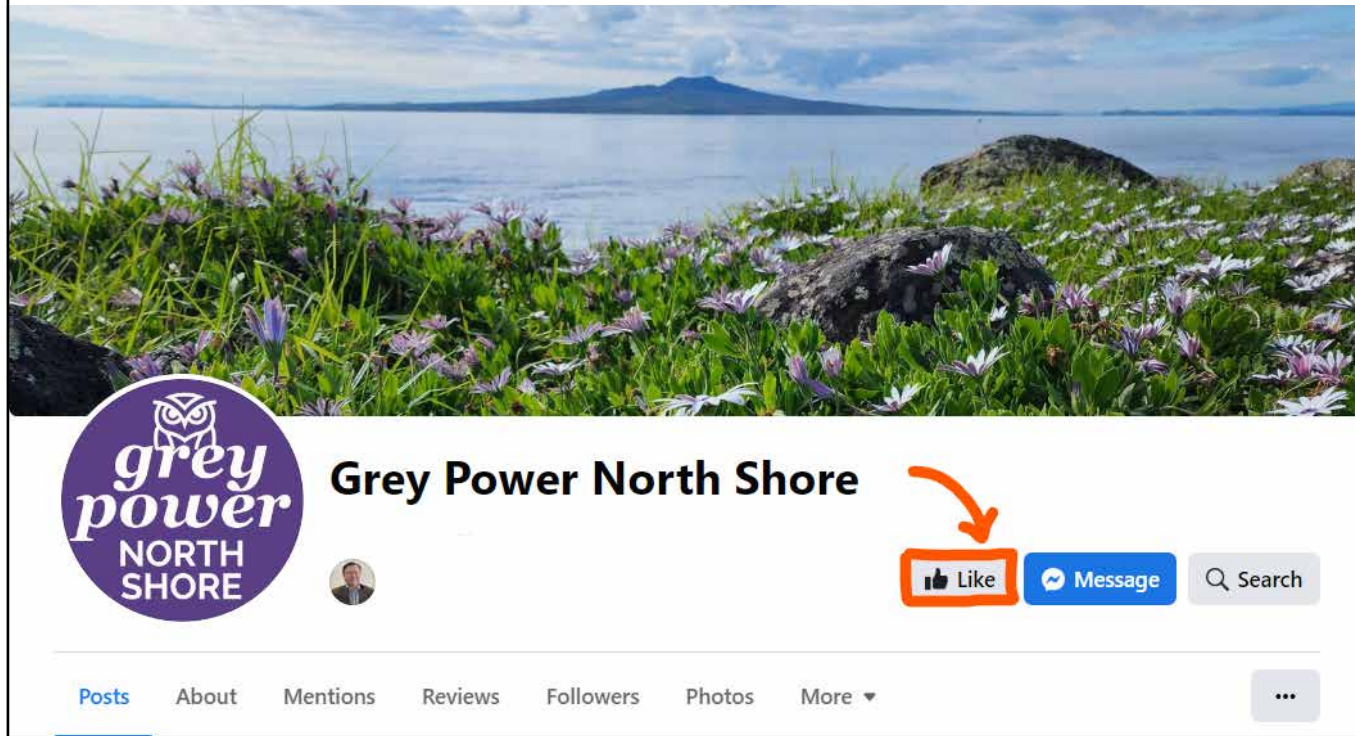
Cremation packages start at \$2900 gst inclusive

Facebook page

The Facebook page is a great way to keep you *instantly* up to date with the latest news – and complements our quarterly magazine, and regular email newsletters.

Here's where you can find the page: <https://www.facebook.com/greypowernorthshore>

To “like” the page, and make sure you get the latest posts in your Facebook feed, simply go to the page and hit “like” on the right hand side (*as shown in the photo below*).



Travelling overseas and your New Zealand Superannuation

If you are planning an overseas trip, you may be entitled to continue receiving your New Zealand Superannuation (NZS) or Veteran's Pension (VP). But there are a few important things to note before you go.

Your NZS payments can continue for up to 26 weeks while you're away provided you return to New Zealand within 30 weeks.

If you intend to travel overseas for longer, you must apply for General Portability payments at least six weeks before you leave New Zealand. General Portability payments are not the same as your full NZS entitlement and instead reflect the number of years you have resided in New Zealand, meaning the amount you get depends on your individual situation.

If you receive any other payments from the Ministry of Social Development (MSD), such as the

Accommodation Supplement or Winter Energy Payment, these will stop if you are away from New Zealand for more than 28 days.

It's important you let MSD know your travel plans, otherwise your payments will be wrong and you may have to pay some money back. The easiest way is using the 'Overseas travel dates for NZ Super or Veteran's Pension' online form: <https://bit.ly/3nfjRQq> or by giving them a call on 0800 552 002. Don't forget to get in touch when you return from your travels so your payment can be started again.

**For specialist information,
contact MSD's International Services team.
Telephone: 0800 777 227
Fax: 04 918 0159 or email:
international_services@msd.govt.nz**

Auckland Northern Bays, Remuera, Eastern Bays and CBD.

Assisted transport is a service available throughout Auckland, for people that need a little extra reassurance for themselves and their families. We help people continue to live their best life, without the stress or worry of driving.

This service gives people their freedom & independence back.

One local provider is Freedom Companion Driving (Northern Bays) owned and operated by Julie & Laura, who cover the Northern Bays, as well as Remuera, Epsom & Eastern Bays. The Freedom Driving operation is well known in Auckland and we have been running these franchises for just over a year.

Freedom was established in New Zealand in 2011, we currently have 32 franchisee nationwide.

In addition to Julie and Laura

in Albany we have Andrew 021 0299 2627.

in Devonport we have Simon 021 92 3940.

in Takapuna we have Paul 027 216 7701.

in Howick we have Daniel 021 929 911, and

on Hibiscus Coast we have Bill 021 041 9486.

Simon and Andrew have Wheelchair accessible vehicles.

On the North Shore we have 6 cars, and a Wheelchair Accessible Vehicle capable of transporting both manual and larger power wheelchairs. We have an amazing team of support staff & drivers, with 12 drivers who are like family to our clients & provide trustworthy and caring service that is about much more than just transport.

Our service is designed to provide personalised transport and can offer door to door service and we always go 'the extra mile'. Our clients tell us that its like riding with friends or family, as we have a small team of drivers that people get to know and trust.

We drive people to medical appointments, shopping or going out for a social occasion. We assist with child custody transfer and help with getting children to and from school or activities. We don't just restrict trips to humans either, and can even assist taking pets to vet or grooming appointments.

We even take people for outings with assisted companionship, going on walks with pets or assisted trips to the supermarket. We go the extra mile, even helping unpack the shopping if required.

Part of our Freedom role is as a support person, when requested, we can stay with the person to support and navigate appointments and pass on information as

required to the family.

We have clients that have regular bookings, and also those that book as needed, bookings can be made 6 months in advance or on the day. This is great for the client as we can also be available on short notice or for emergencies.

Many of our clients use the Total Mobility card, which is currently subsidised and offers a 75% discount on trips (to a maximum discount of \$60 per trip). We are also ACC Registered Vendors. All our drivers have P licence endorsement, NZ Police checked, and trained in comprehensive first aid.

All our cars can take cash & eftpos payments, or we can invoice the family or client directly as required.

**We work harder,
to make life easier.**

Transport you can Trust



Kind, friendly transport with extra help if needed

- Local or long distances
- Business travel
- Shopping
- General outings and sightseeing
- Extra help and assistance - nothing too much trouble
- Medical appointments
- Airport transfers
- Shopping
- Economical
- Total Mobility Cards accepted
- Fully licensed and police checked

****Wheelchair accessible Vehicle available**

**** Hibiscus Coast also covered**

**North Shore Bays | Laura | 021 355 126
Albany | Andrew | 021 0299 2627
Devonport | Simon | 021 923 940
Takapuna | Paul | 027 216 7701
Howick | Daniel | 021 9299 11
Hibiscus Coast | Bill | 021 041 9486**

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companion driving service
www.freedomdrivers.co.nz

0800 956 956





July 1st International Tartan Day

For those many of us who enjoy a wee dram from time to time and the skirl of the pipes it is interesting to know that July 1st is International Tartan Day when all those of Scottish blood are encouraged to wear Tartan to show pride in their Scottish heritage.

It is often forgotten in modern times that the defeat by the English under Prince William, Duke of Cumberland of the Scottish Jacobite army of Prince Charles Stuart at the Battle of Culloden in 1746 lead to major destruction of Scottish highland culture and structure aimed at blending Scotland into the English rule.

Many Scots left for America including my own McDonnell clan who as an entire group emigrated to New York then an English colony, and of course in later times thousands left Scotland to come to New Zealand. As noted in the comment the Scottish clan structure is very much akin to the Maori iwi culture.

Interesting to note that our Scottish ancient ancestors came from Scythia via the Holy lands to Alba, ancient Britian.

Worthy of another wee dram and toast to old times! And wear the plaid with pride.

“The purpose of celebrating “TARTAN DAY” goes back over 200 years, when the wearing of their Tartans, by the Scots, was once again legally allowed by the British Crown. Scots, their descendants and supporters worldwide should never need an excuse to wear Tartan. However the repeal of the Act which had punished people for wearing the Tartan, was indeed a most significant event in Scottish History, as the ‘Act of Proscription’ contributed to the demise of the Clan system as it was and created the system as it is. It is therefore to be encouraged that all those of Scottish Blood shew pride in their Scottish heritage and wear some tartan on July 1st each year, the date of the Repeal.

INTERNATIONAL TARTAN DAY, marks the anniversary of the Repealing of the Act of Parliament (British), which made it punishable by ‘A term of seven years transportation to the colonies’ for the wearing of Tartan. Below are the ‘Act of Proscription (1747)’ and the ‘Repeal Proclamation (1782)’. That is almost two generations where the Tartan, the Pipes, and even some Clan Names, were lost to the Scots, banned by the British Crown. On the 1st of July it was hoped that

all of Scottish Blood wear something Tartan, proudly asserting their heritage, which is far more antient than the English. (The Scots migrating from antient Scythia {Declaration of Arbroath - 1320} via the Holy Lands {Jacobs Pillow/Stone of Destiny}, Spain and Ireland to Alba where the Romans having conquered South Britain, had to build defensive walls against those they called the Scotti). There are certain similarities to the New Zealand Maori when it comes to; Land Rights, an Empathy for the Land, and a Kinship System second to none.

The Act

That from and after the First Day of August 1747, no man or boy within that part of Great Britain called Scotland, other than that as shall be employed as Officers and Soldiers of His Majesty’s Forces, shall on any pretext whatsoever, wear or put on the clothes, commonly called Highland clothes (i.e.) the Plaid, Philabeg, or little Kilt, Trewes, Shoulder-belts, or any part whatever of what peculiarly belongs to the Highland Garb; and that no Tartan or Party Coloured Plaid or stuff shall be used for Great-coats or upper coats, and if any such person shall presume after the first said day of August, to wear or put on the aforesaid garments or any part of them, every person so offending.... Shall be liable to be transported to any of His Majesty’s plantations beyond the seas, there to remain for the space of seven years.

The Repeal

The Government obtaining the Kings ascension repealed the Act of Proscription on 1st July 1782. In the North there was great rejoicing. A proclamation was issued in Gaelic and English, which announced as follows: “Listen Men. This is bringing before all the Sons of the Gael, the King and Parliament of Britain have forever abolished the act against the Highland Dress; which came down to the Clans from the beginning of the world to the year 1746 (Culloden). This must bring great joy to every Highland Heart. You are no longer bound down to the unmanly dress of the Lowlander. This is declaring to every Man, young and old, simple and gentle, that they may after this put on and wear the Truis, the Little Kilt, the Coat, and the Stripped Hose, as also the Belted Plaid, without fear of the Law of the Realm or the spite of the enemies”. “



Council Comment New Targeted Rate for North Shore – Who Pays?

The Devonport Takapuna Local Board is proposing to introduce a new targeted rate for residents of the North Shore area to fund a new Takapuna Community Hub, and if you haven’t heard of the plan this will be a surprise to you. We have only just received news of Auckland Council’s new overall rate increase of 11%, and Council has predicted further increases in the future. The Rangitoto Observer is reporting the Local Board’s Think Big Community Hub proposal and is giving regular updates as the Local Board makes its pronouncements.

You will be consulted about the Community Hub through the Council’s online “Auckland Have Your Say” submission process. This will happen once the Local Board has finalised its Local Board Plan later this year. It will be important for Grey Power and its individual members to put forward a comprehensive response to the Local Board.

What is a Community Hub? The proposed Hub is described as a new ‘combination of a library and community services hub for Takapuna’.

The first proposal from the Local Board is that we locate our current Takapuna Library and the many associated community services in the new Waiwharariki Anzac Square, and in a building yet to be built. The plans for any of the five building sites on the Square are unknown and unconsented. There is one developer who owns all five sites, and it is unknown if the Board is in consultation with the developer.

The Local Board is also considering a second option. The Board proposes adding a third storey to the current Library above the current two storey structure. This proposal doesn’t discuss the extraordinary need to strengthen the current Library structure and the probability of stripping the Library building back to its skeleton form to achieve a third storey.

These proposals are rather grandiose and are not accompanied by any financial analysis or cost/benefit data. Realistically, the roof of the current Takapuna Library, that we own, should be replaced and a maintenance plan developed to upgrade the current spaces used by many within in the current complex.

The amount a targeted rate might be set at and what area of the North Shore it would be levied on has not been discussed, neither has the length of time been determined. This kite flying by the Local Board seems

rash given our Mayor admits that there’s another scary outlook for rates next year.

Its highly unfortunate that when Panuku, with Council’s permission, sold off the Takapuna Car Park area that funds were not put aside for community use. The Council no longer owns this site and has no leverage over the long-term use of any of the new buildings. This was a myopic outcome. If a community hub is built over several floors, we will be paying commercial rent on a forever basis.

Replacing a Library roof is commonplace. Our Council has recently replaced the Central Auckland Library roof and added a roof top garden. In the recent Council budget funds have been allocated for the Orewa Library to get a new roof. In recent times Bob Harvey made sure his West Auckland community got a completely new Library without extra rating. In the recent past, Devonport got a new Library courtesy of the Council’s central funds. Council has responded to other communities and accepts that maintaining a library is vital to a healthy community.

The Local Board has announced that the proceeds from the sale of the Mary Thomas Centre will be returned to the North Shore community, and this can assist with the costs renewal of the current Library roof. When No2 The Strand, was built as a Library but now closed, the then North Shore Council wisely placed a stipulation on the building, ensuring that should it be sold in the future that the funds must return to the local community. The sale proceeds of that building, in such a prime site, can also contribute to a replacement roof and revitalization of the current building.

It has been stated that the previous Local Board did not make a decision on the fate of the Library and its surrounding facilities. In fact, some members of the previous Local Board, identified that the Library building could continue to be a great community owned asset. At the time, it was clear that Panuku representatives were deaf to these proposals and focused on acquiring a space in the developers’ new buildings. We questioned Panuku’s desire to focus on one of the developers’ new buildings.

It’s ironic that we are being asked to consider renting space in the old carpark area, Waiwharariki Anzac Square, when less than 6 years ago this community owned the land. The car park land had been paid off by a targeted rate, which local businesses paid, for over 30 years. However, land ownership of the car park slipped into Council hands during the Super City process.

The question remains – who pays?

Trish Deans

Understanding Medicine

Safety - Why, How, What and When?

If you take medicines for a certain condition, you want to make sure they are working in the right way for you. The following important information ensures you get the benefit you need from your medicines while minimising your risk of side effects.

Are you unsure about your medicines?

Ask your health provider or your Pharmacist! Many different types of medicine or herbal remedies can be accessed from your Pharmacy. It is very important you tell your Doctor or Pharmacist about ALL the medicines you take, so that you can avoid interactions (when two or more medicines mixed together causes problems). They can advise you what medicines or even foods you should avoid.

Also good to let your Doctor or Pharmacist know about your medical conditions, because some medicines or supplements can interact with certain medical conditions and it is safer to avoid.

Labels on the bottles and boxes are there for a reason!

Make sure you read and understand the label. Often important messages are abbreviated to fit in a certain space, but if you are not sure exactly what they mean, ask your Pharmacist to explain. For example,

“Take each doese on an empty stomach” means do not eat for one hour before or two hours after taking this medicine. This usually applies to medicines that are better absorbed without food.

“Do not drink alcohol” means do not drink ANYTHING that contains alcohol with this medicine. It usually applies to medicines that have unpleasant side effects or are more toxic if you drink alcohol while taking them.

Remember, if your medicine label has something on it that you don’t understand, ask your Pharmacist. They will be happy to explain it to you!.

Always check the expiry date on your medicine. Old or

outdated medicines may not work as intended and you may become unwell if they are not effective.

Take the correct dose of your medicine.
Too much of a medicine can be harmful and too little of a medicine may be ineffective for your condition, and make you unwell. Make sure you take the medicine as directed.

Don’t take someone else’s medicines.
Taking the wrong medicine, or a medicine with someone else’s name can be harmful - only take medicine that is specific to you.

Be careful about mixing medicines.
Different medicines are sometimes mixed with other medicines for different conditions, e.g. paracetamol is often combined in cough and cold products. Always check the ingredient list when buying a product to be sure that you don’t take a double dose of the same medicine. If you are not sure ask your Pharmacist.

Finish all the medicine you have been given.
It is important to take the whole course of a medicine. e.g. antibiotics. If you stop taking your medicine before the course is complete, the medicine may not work as well the next time you need it.

To make things easier and convenient
Most pharmacies can provide medicine compliant packaging such as Blisterpack or Sachets. This will help you to organise your mediicnes in correct dose and time so you wouldn’t miss or over/under take your medicines. As your Pharmacist about it.



Womans Book

Mistress and Servants

HR from 1911

Not a lot for our TopEnders this edition but some advice on how great grandma managed the staff from the 1911 The Womans Book – the lead comment from 16 closely printed pages of guidance and wisdom.

Quote:
“There is an old and very true saying that “knowledge is power”. Just nowhere does this maxim more fittingly apply than in the case of the woman who is thoroughly acquainted with every detail of the work of the home, and knows how the various domestic duties can be most efficiently and, at the same time most expeditiously, performed”

“Even to the woman who is so comfortably endowed with this world's goods that she can afford to maintain a staff of highly trained servants at liberal wages, a knowledge of housewifery is an invaluable asset. Then hers must be the brain to supervise and direct the smooth running of the household machinery, to see that each servant performs conscientiously and efficiently the work allotted to her, that the whole establishment is maintained in that perfect working order which is a typical feature of the good housewife’s regime.”

“In this section each phase of the servant question is carefully considered. The duties of the mistress in regard to the treatment and management of servants and the proper organisation and supervision of their work are clearly outlined, as are also the duties of each servant in accordance with the number kept. Useful information is also included in regard to the management of servants, prevailing scale of wages, allowances and holidays.”

All is revealed in pages 14 to 57.

A german shepherd , a doberman , and a cat died.
In heaven all three faced god who wanted to know what they believed in.
The german shepherd said
"I believe discipline,training,and loyalty to my master."
"Good" said god. "Sit at my right side."
"Doberman what do you believe in?" Asked god.
The doberman answered, "i believe in the love,care, and protec-
tion of my master."
"Aha" said god. " You may go to my left"
Then god looked at the cat and asked,"what do you believe in?"
The cat replied, "i believe you are sitting in my seat."

When a kid says “daddy, I want
mommy” that’s the kid version of
“I’d like to speak to your supervisor”

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

East Coast Bays Bridge Club – Bridge All levels
The club has a wide range of bridge activity with sessions that cater for players of all levels in a friendly environment in spacious ariy clubrooms in Murrays Bay.

New members most welcome
Phone: (09) 479 4689
Email: info@ecbridgeclub.co.nz

LETTERS TO THE EDITOR

Local Devonport and Takapuna Community Trust Funds Withdrawal

I am shocked and mystified by the Devonport-Takapuna Local Board's decision to completely de-fund both the Devonport Peninsula Trust and the Takapuna North Community Trust (which covers from Takapuna to Sunnynook).

The two trusts have had a relationship with council spanning decades, delivering a myriad of successful community programmes serving everyone from babies to the elderly, and across every social, economic, and cultural demographic. They provide significant bang for a pretty modest buck.

The city's financial woes have been well publicised – so some cuts were expected.

What was not expected was the local board would strip all funding from the two community trusts, and instead use it to set up two new 'community activator' roles – a sole person based in Sunnynook, and a sole person based in Devonport.

The trusts are a safe pair of hands. They have experienced, skilled, and knowledgeable staff; dedicated volunteer boards of trustee; comprehensive resources; and unparalleled local knowledge, community goodwill, and networks.

The complete de-funding means they will not be able to deliver their many community programmes and events, and jeopardises their very existence. And once they are gone, it will take years to rebuild them and regain the capacity they have.

It seems to me that replacing the trusts with two untried and untested sole charge positions, and expect them to be able to deliver the same level of community outcomes, is a very risky strategy.

In listening to the Devonport-Takapuna Local Board's public workshop on 4 July, there was no clear explanation of their rationale.

A myriad of questions remain unanswered, including:

- What 'problem' is the board trying to solve, if any? If one exists, it was certainly not clearly articulated at the local board's workshop.
- What, if anything, will be different, better, or more cost-effective about the new roles?
- What programmes or outcomes will the new roles deliver?
- Why has the local board not given the two trusts the opportunity to deliver whatever the board's new expectations are?



The proposal is a seismic change to the delivery of community programmes in our area – without clear or compelling explanation, and with no evidence offered to assure us that it will succeed.

I believe the public – and the two trusts – deserve better than this.

I hope that the local board will reconsider and, at the board's 18 July meeting, reinstate funding to the two trusts.

Kind regards, Ruth Jackson (ex Rangitoto Observer)

Retirement Villages

I cannot let pass without some comment, John Collyns' article in North Shore Grey Power Winter Magazine. Mr Collyns referred to the open letter that appeared in the main newspapers on 15th/16th April under the title "Older people are voting with their feet" In my opinion Mr Collyns' comments are in language unsubstantiated, exaggerated and emotive, when he talks of "our residents have been concerned for some time about the inaccurate and sometimes demeaning comments about retirement village living" ... "that's fuelled a massive response from retirement village residents who jumped at the opportunity to support this open letter" ... "the residents I talk to are angry and frustrated at the suggestion that somehow they have been hoodwinked into moving into a retirement village" These sorts of comment are just not so.

I do agree when he says "the residents I talk to are really happy with their decision to move into a village" ...I am one. I can't accept the comment "we (the operators) have always accepted the need for improvements" In my experience (12 years of village living and 10 years on the committee of the Auckland Retirement Village Residents' Association) contractual improvements have come about because of the Association's agitation for change and questioning of management; also the market forces that drive the retirement village industry in competition; market forces do change business practice.

Just as John Collyns commented about working constructively with the Ministry of Housing and Urban Development through a review of the Retirement Villages Act, we, the Retirement Village Residents' Association are also working in the same direction with good intent.

Joe Greig a resident of Knightsbridge Village Committee member North Shore Grey Power and Committee member Auckland Retirement Village Residents' Association

[Correspondence on this issue now closed. Ed.]

Keep War Memorial Where It is

I read in the Rangitoto Observer that the location of the Takapuna War Memorial is under debate again.

My involvement with the memorial stems from my time as the Takapuna Community Board chairman in 1999 /2000 when it was designed and first installed on its current site.

The Board's decision to site it there was endorsed by the North Shore City Council and the RSA. Iwi provided the te reo wording on the memorial. The memorial architect did very fine job. The design's nautical theme suits the beach and sailing community. Furthermore the memorial was designed to be relocated but in the entirety of its original form.

I believe that Auckland Council and Panuku have erred badly in not making the relocation of the existing memorial the central feature of the new Takapuna town square. They have failed veterans and the community at large.

I believe that Auckland Council and the Local Board should ensure it is preserved intact either its current location or in a new location. That is necessary to keep faith with and honour the memory of all those whose names are inscribed on the memorial. Shallow commercial interests should not override what is right in their memory.

My personal opinion is that in light of the inadequacy of the square site for the memorial, it should remain in its original form and existing location.

I feel that the space available at the current site, if better utilised, is suitable for future Anzac Day commemorations provided that sound application is utilised so that proceedings are audible to all present.

Tony Lewis, Ex Rangitoto Observer

TIPS TO HELP WITH ANXIETY ATTACKS

Look around you.

Find five things you can see

Four things you can touch

Three things you can hear

Two things you can smell

and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

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.

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**

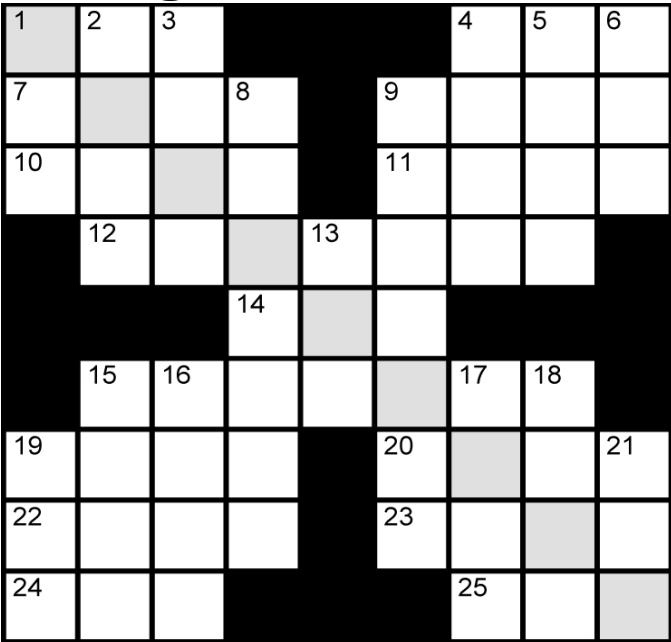
at

**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.

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

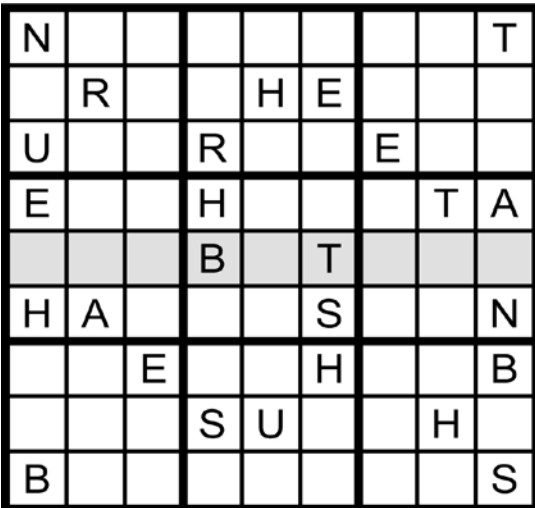
The King Falls



- Across
1. Computer monitor, for short
4. Summer mo.
7. "Hold it right there!"
9. A lot of lot
10. High schooler
11. Peacock's pride
12. One who leads a Spartan lifestyle
14. White House nickname
15. Replace in the schedule
19. Gravitate (toward)

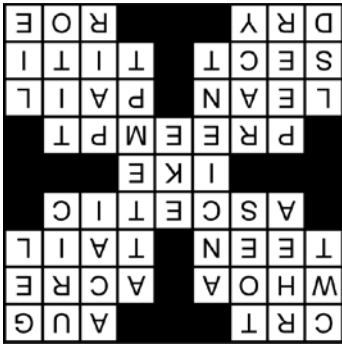
ADAM	GARROD	MILANICH
ALBRIGHT	GARSTANG	OLIVER
BELL	HAWASS	ROERICH
BIONDO	JOHANSON	SCHLIEMANN
BRAIDWOOD	KENYON	STEPHENS
CARTER	LEAKEY	STRUEVER
EICHMANN	LEHNER	VERRILL
EVANS	LUBBOCK	WHEELER
FEWKES	MALLOWAN	WOOLLEY

SUNBATHER Wordoku



20. Beach item
22. Religious offshoot
23. South American monkey
24. Like some martinis
25. 1973 Supreme Court decision name

- Down
1. 100 lbs.
2. Perlman of "Cheers"
3. Little piggies
4. Antioxidant berry
5. Type of acid linked to gout
6. Salon supply
8. Very old
9. Try
13. Barely manage, with "out"
15. House of Lords member
16. Off-color
17. Twosome
18. One of the Jackson 5
19. "Acid"
21. Golfer's concern



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

ARCHAEOLOGISTS



How to solve WORDOKU puzzles. You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word SUNBATHER. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

A Later Life Journey

First published in **Tui Motu Interislands**, May 2022, and is reprinted here with the author's permission.



Trish McBride became one of Bupa Crofton Downs' Foundation residents, moving from her home in Broadmeadows, Wellington, in 2022 to a new life in the village. The RVA is delighted that Trish has agreed to allow us to reprint her story here.

I've loved this house passionately for 21 years. And here I am choosing to leave it. It started six months ago. I sorted through a couple of boxes of papers (life was lived on paper till the late 90s), then the thought: Anyone would think I was going somewhere. Followed immediately by – 'Do it now!' Really? Thinking it through. At almost 80, I am tired of climbing stairs and maintaining a house and garden. Offspring are mostly not geographically accessible and hugely busy. There's a brand-new retirement village 5k down the road – life needn't change that much. Isn't it better to make this decision for myself rather than wait till someone has to make it for me? Sorting my belongings myself, not leaving it to others. Praying through all this. Discovering close friends are going there too. Eventual ongoing care would be available. The company's a good philosophical match – no shareholders, an excellent reputation as an employer, sustainable materials and methodology in the build. Signing up.

Then the distilling of my life treasures and memories to fit into half the space I now have. Actively choosing to let things go as part of the spiritual and material preparation for my next life-phase. Wondering deeply about good homes for special things.

Three of those choices will remain as satisfactions. Antiquities collected by my father on wartime service in Palestine have gone to the Classics Department Museum at Victoria University where I studied. Three bits of terracotta, one with hieroglyphic writing, assessed as from 2000 BC, are from Ur where Abraham was born about that time. Such a powerful connection with my faith roots!

Two of my art works about healing have gone to Women's Refuge. A circle of little clay women that had been broken, carefully mended and were 'Dancing Anyway'. The other, a painting called Becoming Whyse on the many 'Whys' of grief.

Then there's the local kindergarten who delightedly receive all sorts of things – scrap paper, ice-cream

containers, craft stuff that I might have used but didn't, a shell collection and much more. A wonderful symbiosis!

And of course, lots to family, including family history and treasures, now passed on to the next generation. All an acknowledgement of the reality of death, not discernably imminent, but inevitable. I've been drawing on the lilies of the field and the birds of the air, and on Buddhist wisdom for easier aging: Don't cling – to possessions, opinions, self-image and more. Sadness at realising that the wedding era oak bedroom suite can't be fitted in to the apartment. Don't cling! Actively detaching from my beautiful home with the colours I chose still singing to me, all day sun, the stunning view of harbour, mountains and Cook Strait. Choosing to believe it is time for someone else to have these joys. Don't cling!

Discovering three people from church are going there too, one of whom will be my next-door neighbour. With the friends, a good basis for a new community. Then the panic about all the things that won't work for me. The horrible grey carpet – I commented on this to a wise son. His reply: 'It is a very first-world problem, isn't it?' Of course! Don't cling! The prospect of early morning truck noise from the next-door supermarket. Replace horror with 'These guys have driven all night so we can have food.' A real urge to pull out. Prayer for wisdom. The response: 'That's where I want you'. Acceptance and peace.

My beloved long-dead mother-in-law has been a role model in this, as in so much else. She was a dedicated Franciscan tertiary. I, as her main carer, was off overseas for two months, and expressed concern for her well-being. 'Oh', she said, 'I'd better go into care. Pass me the phone book'. I spluttered 'But, but..'. It happened quickly. She loved it. I overheard a conversation between her and another new resident: 'Columba, don't you miss your house? I miss mine dreadfully'. Response: 'No - I'm a Catholic.' I knew exactly what she meant, but laughed as I imagined the poor questioner's bafflement.

Choosing our own timing was our way – others make their choices differently and must do what's right for them.

Find out more at www.retirementlife.co.nz

- Trish is the author of three books –
- Faith Evolving, A Patchwork Journey (2005)
 - Exploring the Presence, More Faith Patches (2011)
 - A Love Quilt, Later Faith Patches (2020)

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editorial supplied by Retirement Villages Association

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INDEPENDENT LIVING IN A BOUTIQUE VILLAGE WITH RESIDENTIAL HOSPITAL ON-SITE

Highgrove Village offers independent living in a boutique village set amongst beautiful grounds and gardens. Family owned and operated, Highgrove offers continued care in Patrick Ferry House, our on-site hospital.

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