

TAURANGA & WBOP

# GREY POWER

MAGAZINE

ISSUE ONE 2025



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**[www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz)**

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**Editor:** Jennifer Custins

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We would like to hear your opinions  
or concerns on subject matter for  
printing in our magazine.

Letters must include the writer's  
name, home address and phone  
number. Letters should not exceed  
120 words inclusive. We may not  
always print all letters we receive.  
Letters may be edited for clarity and  
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**Post to:** the address above or email

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Please refer to our website for disclaimer.

## President's Word



March is here with cooler weather and shorter  
daylight hours and I noticed the first bright red  
autumn leaf today.

It's been a fairly busy start to the year with our committee  
holding a workshop in January to discuss the way forward for  
our association and how to address any issues that arise.

We mentioned last year that the Federation is having to spend  
too much on postage to send out a printed copy of their  
quarterly magazine. As a result, they are asking members to  
contribute \$10 to have a copy sent out. (See details on page 18)

As an Incorporated Society, all associations are required to  
upgrade their constitutions to meet the new regulations  
which come into effect by April 2026. We will circulate our  
own revised copy prior to our AGM in May as it needs to be  
approved by members. The document has several pages and it  
has required many hours of work to get it just right.

Following on from the study done on 'Home Care Needs of  
Older Adults in the Western Bay', a comprehensive report was  
produced by experts. One of the issues that came out of the  
study was the need for carers to be able to meet and socialize  
with others in similar situations, ask for advice and be able to  
access services that might help. It became very obvious that  
there were too few community centres they could use. We had  
a meeting with Mayor Drysdale asking for the Council to put  
more money aside to fund more centres and have a part time  
paid community social worker available.

We had our first Zone 3 meeting in February and one of the  
issues raised was the inability for people/residents to safely  
and practically evacuate the area should there be a tsunami  
or other disaster. The Papamoa association was meeting with  
MPs, Councilors and others to come to a workable plan. Last  
year members from Mercury Bay put forward a remit asking  
for reliable and effective sirens to be installed in areas where  
there is a high risk of flooding or for other emergencies. They  
had sourced a very cost effective siren and this matter is being  
presented to Parliament.

Like so many, we are in desperate need for more volunteers  
to help us run our association from helping in the office to  
joining our committee. For us to help protect the well-being  
and welfare of the older age group, we need people to help us.  
Please consider giving a little of your time – I'm sure you would  
enjoy it and could meet new friends.

Take care

*Jennifer & the Team*

## SUBSCRIPTION FOR TAURANGA & WBOP

The financial year  
is from 1 April to 31 March

### Single \$25 and \$40 double

There has been a change to the fee for couples  
from \$35 to \$40 as approved at our 2021 AGM  
Also an invoice system has been introduced to  
make it easier for members to see the details.

### JOIN OR RENEW NOW FOR THE 2025/26 YEAR

**To renew** – use your name or membership  
number as reference.

**To join** – go to our website

[www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz)

Click NEW and fill in the form. Use your internet  
banking to make the payment giving your name  
and phone number as reference. Alternatively,  
you can pay on our website by clicking on PAY  
NOW

New banking rules mean you must type in our full  
name to match the account number - **Tauranga &  
Western Bay of Plenty Grey Power Assn Inc**

If you have problems using internet banking, ask  
a friend or family member to pay inline and then  
give them cash. You can pay cash at a Kiwibank  
branch or come to the office, but we don't have  
EFTPOS. Office hours 9.30 – 2.30pm Tues -Thurs

**Bank account 38 9001 0051732 00 Kiwibank**

*NB: We are working to shorten our name  
to allow it to be typed into the given space  
for online banking.*

*Summer hours 9.30am to 2.30pm*

*Winter 10am – 2pm 31 May to September*

## SUBSCRIPTIONS

When setting up an internet payment for the  
first time type in the account number and  
name that has been provided. The bank will  
check if this is a 'match' or 'partial match'. If  
you are 100% sure, go ahead. You can then  
save this account using a shortened name  
such as GP membership.

## COFFEE MORNINGS



All meetings are subject to  
health and safety guidelines at the time

Please bring friends or family to our meetings  
- everyone is welcome. Katikati & Tauranga  
have monthly or bi-monthly speakers

### TAURANGA COFFEE MORNINGS

33 Maitland St, Greerton Senior Citizens Hall.  
Good access and parking. \$3 donation toward  
the hall hire and morning tea. Friends, family and  
neighbours are all welcome.  
1st Thursday of the month at 10am.

**Dates: 3 April, 5 May, 5 June**

### KATIKATI COFFEE MORNINGS

Katikati Community Centre, 45 Beach Road  
(just past the schools). 3rd Friday of each month.  
\$2 for members & \$5 for others.

**Dates: 21 March, 11 April, 16 May**

### PAPAMOA/TE PUKE COFFEE MORNINGS

3rd Thursday of each month at 10am but **New  
venue at The Daily Cafe**, 3 Commerce Lane,  
Te Puke (opposite the New World car park).

**Dates: - 20 March, 17 April, 15 May**

All inquiries please phone the Grey Power office,  
Tuesday - Thursday 10am to 2pm on 571 2558  
or email [tgatauranga@gmail.com](mailto:tgatauranga@gmail.com)

### ALL ARE WELCOME

Please wear a name badge if you have one.



Te Puke Coffee meeting cafe



# SIT-TO-STAND TEST

## Try this to see how healthy your heart is.

Longevity isn't just about how long you live — it's also about staying healthy for as much of that time as possible. The "sit to stand" test can be a good way to figure out how healthy you are, and it can even predict how long you'll live, research shows.

"It's actually a standing to sitting to standing test," says Dr. Natalie Azar. That's a bit of a tongue twister, though, so a lot of people refer to it as the "sit-rise test," or the "sit to stand test." Basically, you begin the test standing, sit down cross-legged on the ground, and then stand up again. **Warning** – do not try this if you have hip or knee problems or replacements.

However, it's great fun getting your grandchildren to do this!!

You need to go from standing to sitting and back again without using your hands or any part of your body besides your legs and core to help you up or down.



This simple test is an effective indicator of health because you must have strong cardiovascular health, good balance, agility, flexibility, and core and leg strength to be able to complete it.

A 2012 study found that the sitting to rising test (SRT) was a significant predictor of mortality in participants between ages 51 and 80. "The study found that the lower the score, you were seven times more likely to die in the next six years," says Azar.

SO – to cheer yourself up there is another perfectly safe and easy exercise with the same name. Using a dining or other upright chair, sit with the knees and legs shoulder width apart and feet flat on the ground. Cross your arms over your chest and stand and sit. The object of the exercise is to see how many you can do in 30 seconds.

### WOMEN

Age group (years) Figures represent:

Less than or more than as an average.

60 – 64: < 12 or >17	60 – 64: < 14 or >19
65 – 69: < 11 or >16	65 – 69: < 12 or >18
70 – 74: < 10 or >15	70 – 74: < 12 or >17
75 – 79: < 10 or >15	75 – 79: < 11 or >17
80 – 84: < 9 or >14	80 – 84: < 10 or >15
85 – 89: < 8 or >13	85 – 89: < 8 or >14
90 – 94: < 4 or >11	90 – 94: < 7 or >12

### MEN

It's just **SO** important to strengthen the leg muscles to reduce the risk of falling if you happen to trip. Strong legs can help save yourself from serious injury. This exercise also helps the heart and mind.



### CHAIR YOGA

This is ideal for everyone but particularly for those who have a job sitting down for long periods. It can also be very beneficial for retired people who sit for too long at home and are perhaps unable to go outside for a good walk. Research has shown that chair yoga effectively improves flexibility, strength and balance. It is therefore very good for those with cardiovascular disease and those less able.

### EXAMPLE

Turn off the TV and radio – sit down in a comfortable but upright chair - look around you, taking in familiar and forgotten items in the room. Turning your head uses the muscles in the neck and shoulders. Next concentrate on your breathing – in and out – feel your lungs expand and contract. Feel any tension in the shoulders – lift and relax. Next, lift your arms out in front but a little to the side and not too elevated. Extend and stretch, palms up wriggle your fingers, turn palms down, wriggle your fingers. Do as many or as few as you are comfortable with – then just relax. There are more exercises so go to [www.kanukayoga.co.nz](http://www.kanukayoga.co.nz) and watch a 15 min YouTube session. After watching an interview on TV I tried it and found it very beneficial.

Jennifer

# We Need Your Help



We are looking for new members to join our local committee to advance the Grey Power mission here in Tauranga and the WBOP. The current committee has ushered in many successful initiatives under its current leadership, but some of us have served for several years and we are keen to welcome new blood onto the committee. We urgently need willing people who can continue to bring good ideas to the committee, to better support seniors in our local community, as well as nationally! As a committee member, you will have important and interesting responsibilities, depending on your skills and passions such as:

Publicity Portfolio  
Health Issues Portfolio  
Housing Issues Portfolio  
Vice-President  
Office administration

Magazine & Newsletters  
Aged Care Issues Portfolio  
Finances - Treasurer  
Marketing Initiatives

Secretarial Responsibilities  
Local Body Issues Portfolio  
Leadership – President  
Sponsorship Coordinator

Committee members meet once a month for up to 2 hours at our offices at The Historic Village, Tauranga. Those with portfolio responsibilities will work on these as time allows between Committee meetings, but a commitment of up to 10 hours per month would help make our work locally much more effective. We are looking for at least 4 new Committee Members to join us from our AGM on May 23rd. If you may be interested in helping us, or have any questions about the committee, please don't hesitate to email or phone me to have a chat.

Jennifer Custins – 021 676 276 / [jaycustins@gmail.com](mailto:jaycustins@gmail.com)



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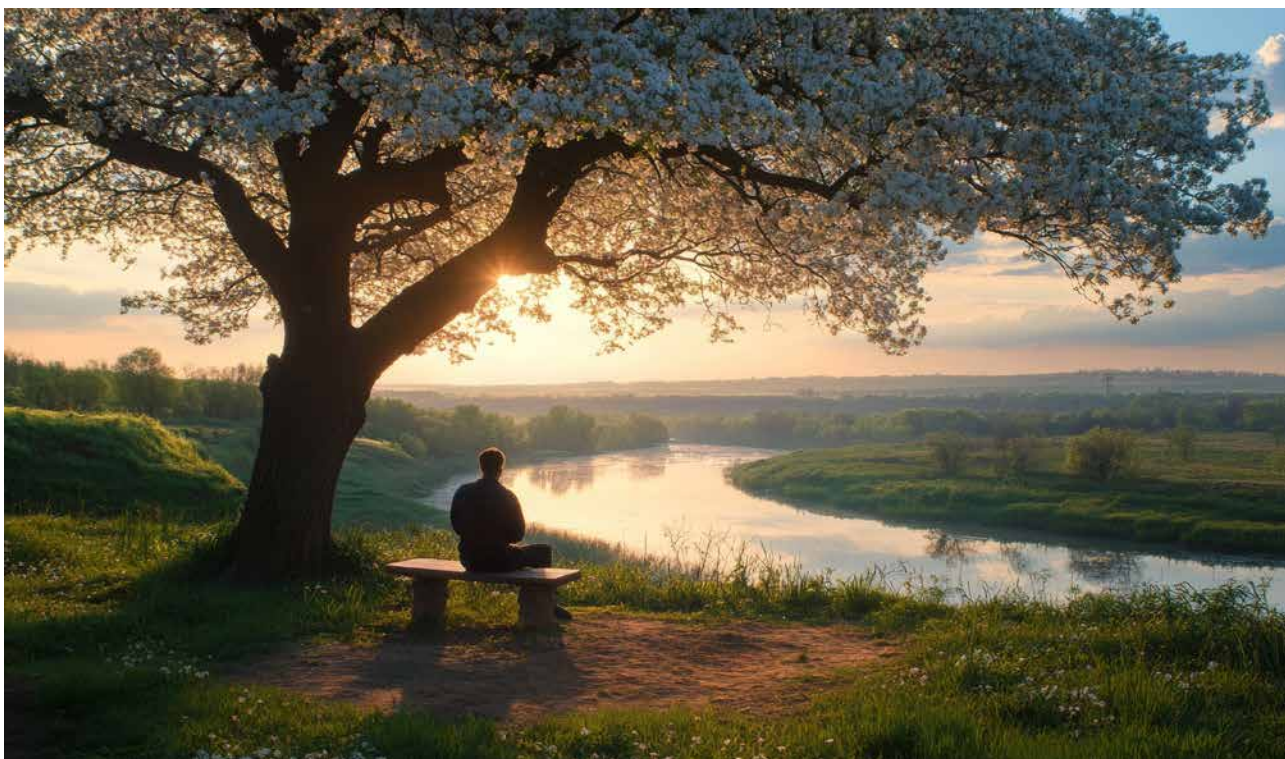


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Your home is your sanctuary, and we're here to help you enhance it. Whether you're looking to modernise, add space, or create a more accessible home for years to come, our experienced team delivers quality craftsmanship with care and precision



## HOW TO CELEBRATE BEING SINGLE



Does being single for some years make you a more selfish person? Certainly you are able to eat what you want and when, sleep when you want, change channels, go out, come home late and so on. There is a certain freedom to that lifestyle but if we're honest there are plenty of times when you feel it would be nice to share some of your life with someone. Have a meal together, read the paper together and have a healthy discussion about life. Wanting to share seems to be a very strong trait in humans, together with a need to belong or be part of something. Becoming single can happen in a variety of ways – some by choice but many come about because of the loss of a partner or spouse.

Losing a long-term partner later in life can be devastating, not only dealing with the grief and the loss but couples tend to share so many of the essential jobs in life. The handy one does all the fix it jobs and the other does the finances, one arranges trips away or just an outing, one remembers appointments, the other gardens and so on. When the 'other' is no longer there all those activities fall on the one person to manage and that can be tough, at any age. I implore couples to swap jobs and teach the other how to tow the caravan, cook a roast, operate a washing machine or do internet banking and ask each other – if I wasn't here could you manage? The change in finances or income can also be a hurdle and one piece of advice I had from

a group today was, make sure you have a joint bank account because then you can at least continue to pay the bills.

For many men, cooking meals can be the hardest if it's not something they have done regularly. When they've been used to having delicious cottage pies and roast meals, it can be a mystery to try to replicate those on their own. I know an association in Thames that has formed a group to teach single men how to cook meals. In a big city like ours that is a little more difficult to organize. Some turn to frozen meals but that can get pretty boring. Weight loss and lack of proper nutrition can have a real impact health wise for the much older person. (Talk to your doctor).

Not being able to drive can present a problem but it's not at all insurmountable. That's what friends, relatives, Uber, taxis, Driving Miss Daisy and buses are for. For hospital or medical appointments, the St John Health Shuttle is highly recommended. If you have the very good fortune to live close to some shops and services, a mobility scooter might be just the thing. You can also apply for a Total Mobility card from Blind Low Vision or MSD so you can use the taxi service at a reduced cost. It is income tested.

Coping with modern technology is another bugbear. Example - I desperately needed help with some new

software, so I took myself off to Senior Net. Big rush to get there, found some semi legal parking, heart rate up to 119, explained my problem. After an hour and \$10 my problem was solved, and my heart rate was back to normal. New place, new people – it can be quite scary but if you pick something that you really need or want to do or learn, it makes it much less stressful. Remember there is a first time for all of us and by and large, people are very pleasant and welcoming. Every time you do a new thing it makes the next adventure that much easier.

There is a widely held belief that everyone has family and/or close friends who are going to support you, care for you, understand you or rush to your aid if the going gets too tough. A UK Ambulance program showed a man of 85 who was about to lose his wife of 44 years and when asked if there was someone they could call he said, 'no, they had no children and no relatives'. He was terribly upset, and it was heartbreaking to watch, and see someone so very alone. Unfortunately, this is a growing situation which leads me to some important advice. You may not have that one special person to turn to so please make the effort to go out and join clubs, activities or charities as a volunteer or a participant and then at least you belong to a group of people who could turn out to be very supportive if you needed help or advice and it ticks that box of 'belonging'.

There are a few sensible, practical steps you can take if you are ageing and living alone. Contact St John to ask about a medical alarm – don't wait until you've tripped over, hurt yourself and the phone is in the other room and then think to yourself, "I wish I had a medical alarm!" Also consider having a lock box installed outside in case you call St John or a neighbour at night and your house is locked up and you can't get to the door. On their website one is recommended at a cost of \$70 odd which seems a reasonable price to give some peace of mind.

I've spoken to any number of single people who have had extraordinary lives doing amazing things. Some have family and some don't but have made friends and contacts along the way. The thing is, keep going, put one foot in front of the other and another very true cliché - you really don't know what is round the next corner. But make sure you are prepared because it might just be something wonderful!

*Jennifer*

Tauranga & WBOP Grey Power Assn Inc

### ANNUAL GENERAL MEETING

**Friday 23 May 2025 at 10am**

Held at the Greerton Senior Citizens Hall,  
end of Maitland Street,  
(opposite the Racecourse) Greerton.

Our speaker will be Tracey Martin, CEO of NZ Aged Care Association. She was an MP from 2011-2020 and the Minister for Seniors. She is an experienced, dynamic speaker advocating for adequate aged care facilities in NZ.

### ALL WELCOME

To help with catering please phone or email the office by Thursday 8 May 2pm.  
A reminder will be sent nearer the time.

**We are very keen to have new people join our committee**  
**Please email [tgagreyppower@gmail.com](mailto:tgagreyppower@gmail.com) with your name.**

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## A 100-YEAR-OLD'S ADVICE ON HOW TO FIND MEANING THROUGH LIFE



Born in 1924, 100 year old Jack Weber from USA was asked what it took to live a healthy and happy life and how to find meaning through all stages of life. A US Navy Veteran and retired dentist, he had a long and happy marriage and reminisced about how his mother taught him at a young age to love sport and the outdoors. She would often say, "the sun is shining, go outside and run around and play then come inside and finish your homework." Another quote was, "Give me a fresh piece of fruit, and the sun shining in my eyes, and I'm happy as could be." The other part was, "Get a good laugh and that's the best part of the day." That was her way of life, and it became my way of life. She was a remarkable woman who lived to be 99. Jack's advice now, is to enjoy the simple things.

He met his wife Betty while they were both at university and they had many shared interests and played sports together. She was an athlete. I'm an athlete as well, so we played things together. We played tennis and in later years as I was going out to play golf, she was left home alone and she said: "This is no good. I'm going to learn how to play golf." So she did. And she was quite good at it.

We shared an awful lot of those things together.



Jack and Betty in 1983

He also says, "say yes to new people and experiences." When he and his wife were trapped in New York during a blizzard they were invited to a Christmas party and met four other couples. They became very close friends and called themselves

GOFF – Gang of Five Friends - and they remained friends for life doing so many things together.

"Don't skip out on the little things". He urged parents, especially men, to spend as much quality time as they could with their children. In the 50s it was a different time for men to participate in family life. You were usually out working, making a living, coming home, having dinner, going to bed. I see now my grandchildren's spouses spend so much time with their kids. They're changing diapers! I never changed a diaper.

"Do things for other people".

Jack says helping others has helped keep him young, but he found that helping other people was more difficult to do by yourself. 'Join a good organisation that does that type of thing, and that is the way you can help'. I got that from a man in 1954. He was the founder of Lions Club International. One of the bits of advice he gave me was, "You can't get anywhere in life until you start doing things for other people." That has been my mantra for all these years. I am fortunate in what life has given to me, and I want to share that with other people.

"As you get older - act like you're young"

Don't let the old man get into your head. Don't think old; think young. Because that's what will keep you young. People go around and say, "this hurts, that hurts". That's not good. I have aches. I have some pains. But nobody ever hears me talk about them.

I just took the driver's vision test, and the lady who gave me the test says, "You're good for another six months. Come back in six months and we'll check you again." So I'm still driving my car. Yesterday, I was on the golf course. The sun was shining. I played with some wonderful fellows. I'm enjoying life. If I reach the point - and it probably could come - where I can't play golf anymore, and I am confined to the house more, that attitude may change. I hope it doesn't. I don't try to look too far in advance in life. I play each day, one day at a time. I enjoy that day. Keep a smile on my face. And I don't let the old man get in my head.

Today, I see young people walking around on the streets with their phones in their hands. And I wonder if they're spending the best part of their life around that little computer. My advice is open your heart, open your eyes. There's a whole world out there around you.

Ref: Washington Post Feb 2025

## HAVE YOU LOST IT? HERE'S HOW TO FIND IT AGAIN



Whether it's car keys or your wallet, it's far easier to lose something than find it again.

Malaka Gharib lost her passport at a crucial moment.

She was due to travel to Egypt and without a passport, she would not be able to go.

"I felt like I was going to lose my mind."

In the end, she did find it wedged between her bed and the wall. Who knows how it got there, but it did inspire her to take a deep dive into evidence-based techniques for finding lost things.

### Techniques that really work to find your missing stuff

"Science knows. Researchers know. Professionals who search for things for a living - detectives, metal detectorists - they know how to look for things. Where is their advice for the regular people?" Here are Gharib's techniques for finding lost stuff:

#### Relax

"If you are stressed, your attention narrows. You become like you have tunnel vision when you're stressed and that's not [helpful] when you are trying to look for something."

However, she acknowledges that telling someone to "relax" is a horrible thing to tell someone when they've lost something. "Take a deep breath. Widen your attention span to be able to take information in."

### What are the unique qualities of the object?

Reflect on the physical attributes of what you've lost and what the elements are that will make it stand out. Gharib used the example of a recipe

she had seen in one of her cookbooks but couldn't remember what cookbook it was in.

Rather than go through each one of the 1000 or so books on a shelf in her kitchen, she needed to figure out what the name of the book was and what it looked like. She Googled the recipe and found the title of the cookbook it was in. The book had a bright orange spine. "Then I only looked for orange spines on my bookshelf and I found it immediately."

This technique could be applied to, say, finding a white sedan in a carpark with lots of other white sedans. "What you do is say to yourself 'Wait, I know that my car has a bumper sticker' and so you're going to focus on the bumper sticker."

### Quiz yourself

"You're going to ask yourself questions like a detective would."

People often lose wedding rings, Gharib said. If that's what you are looking for, think of places and moments where you interact with that object. "Was I washing my hands? Was it putting on lotion? Did it slip off? Was I playing golf and it swung off my finger as I was playing? Do I usually fiddle with it when I'm in the car? Look in all those places.

### Recreate the movements of the object

When the object last broke contact with your body, could it have rolled somewhere else?

"The behaviour of how the object falls, lands or moves as you act out the scene may provide clues as to where the object might be."

### Grid search

This is a systematic search to use when the previous techniques have not yielded any fruit. Divide your search area into a grid and search each square of the grid methodically. "It's very slow. It's very inefficient, but you will hopefully find your object."

**Editor's note:** A friend lost his electronic car key and had to pay \$450 for a new one! I have since looked up the price of replacing a fancy electronic key that does everything – anything from \$450 to \$900. There does appear to be a kiosk shop at the Crossing Mall that will replace them for much less but make some enquiries first.

Ref: RNZ Online

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet ... but the thyme is cumin.



## NOSE-TO-TAIL MINING

### HOW MAKING SAND FROM ORE COULD SOLVE A LOOMING CRISIS

Ref: The Conversation

Every year, the world consumes around 50 billion tonnes of sand, gravel and crushed stone – making it the most-used solid material by humans. Most of us don't see the sand and gravel all around us because it's hidden in concrete footpaths and buildings, the glass in our windows and in the microchips that drive our technology.

Demand is set to increase further – even as the extraction of sand and gravel from rivers, lakes, beaches and oceans is triggering an environmental crisis. Sand does renew naturally, but in many regions, natural sand supplies are being depleted far faster than they can be replenished. Desert sand often has grains too round for use in construction and deserts are usually far from cities, while sand alternatives made by crushing rock are energy- and emissions-intensive.

But there's a major opportunity here. Every year, the mining industry crushes and discards billions of tonnes of the same minerals as waste during the process of mining metals. By volume, mining waste is the single largest source of waste we make.

There's nothing magical about sand. It's made up of particles of weathered rock. Gravel is larger particles and companies mining metals can get more out of their ores, by processing the ore to produce sand as well. This would solve two problems at once: how to avoid mining waste and how to tackle the sand crisis. We dub this "nose-to-tail" mining, following the trend in gastronomy to use every part of an animal.



Concrete is everywhere – but it requires a great deal of sand and gravel

### The failings of tailings

The metal sulphides, oxides and carbonates which can be turned into iron, copper and other metals are only a small fraction of the huge volumes of ore which have to be processed. Every year, the world produces about 13 billion tonnes of tailings – the ground-up rock left over after valuable metals are extracted – and another 72 billion tonnes of waste rock, which has been blasted but not ground up.

For decades, scientists have dreamed of using tailings as a substitute for natural sand which are often rich in silicates, the principal component of sand. There are some technical issues but not insurmountable.

At this stage, leftover ore is normally separated out to be disposed of as waste. But if we continue to process the ore, such as by spinning it in a cyclone, impurities can be removed and the right particle size and shape can be achieved to meet the specifications for sand.

We have dubbed this "ore-sand", to distinguish it from tailings. It's not made from waste tailings – it's a deliberate product of the ore. This isn't just theory. At the iron ore mine Brucutu in Brazil, the mining company Vale is already producing one million tonnes of ore-sand annually. The sand is used in road construction, brickmaking and concrete.

But for any new idea or industry, the hardest part is to go from early trials to widespread adoption. It won't be easy to make ore-sand a reality.

Inertia is one reason because mining companies have well-established processes, and it takes time

and work to introduce new methods.

Industry buy-in and collaboration, supportive government policies and market acceptance will be needed. Major sand buyers such as the construction industry need to be able to test and trust the product.

The upside is real, though. Ore-sand offers us a rare chance to tackle two hard environmental problems at once, by slashing the staggering volume of mining waste and reducing the need for potentially dangerous tailings dams and offering a better alternative to destructive sand extraction.

Our earlier research showed almost half the world's sand consumption happens within 100 kilometres of a mine which could produce ore-sand as well as metals. Since metal mining already requires intensive crushing and grinding, we found ore-sand can be produced with lower energy consumption and carbon emissions than the extraction of conventional sands.



## NEW BANKING RULES

The new banking rules for paying online through internet banking, mean that you must enter the exact name of the company, business or account holder. The bank is now checking that the account number matches the account name.

We have unfortunately, run into some difficulty as our registered name is so long, that it has over time, become abbreviated into many variations. At our committee meeting yesterday, we passed a motion to request a shortened version of our name to be registered with the Incorporated Societies Office. This will need to be voted on at our AGM in May, so the change is a little way off. In the meantime, we have contacted Kiwibank who have agreed that they intend to lengthen the number of letters that can be typed into the space given. We won't be the only ones with an extra-long name. For now, if you have not saved our name in your payees list, prior to the bank's rule change, you will need to type in –

**Tauranga and Western Bay of Plenty Grey Power Assn Inc**

You can then save this for future payments with an abbreviated name in your payee list. If you are a Grey Power Electricity user, please choose something like – Electricity GP and Grey Power Mem for membership to save any future errors. They both have completely different account numbers. Any problems, do call or email the office.

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## Katikati Affordable Housing for Seniors Progress by David Marshall

Katikati, with a population of 5580, as of the 2023 census, has a high proportion of older people aged 65 or older (39%). Affordable suitable accommodation for seniors wanting to buy or rent is very limited for those largely dependent on NZ Super as their fortnightly income. While the home ownership rate is high in Katikati (79%), those seniors wanting to downsize from a 3 or 4 bedroom home cannot currently get bridging finance from

our banks to subdivide or build a smaller property within the community.

Two important projects to provide affordable housing options for seniors in Katikati have made significant progress.

The first is the WBOP District Council's Heron Crescent elder housing redevelopment. This is on target to be completed by the middle of this year.



There will be 26 modern, accessible units on site, spread over three two-storey blocks.

The redevelopment more than doubles the previous elder housing units at Heron Crescent, with the new buildings replacing 11 units that were built in the 1980s and were no longer fit for purpose.

The development has been fully funded through the Better Off Fund and the Ministry of Housing and Urban Development's Affordable Housing Fund, at no cost to ratepayers.

Grey Power applauds WBOP DC as being one of the few local authorities to invest in expanding their offering of affordable housing for older people. Too many others, like Tauranga CC, have unfortunately abandoned their commitment to providing affordable housing for seniors.

The second significant development locally is the commencement of the Katikati Abbeyfield House construction. *"The committee has a passionate*

*belief that older people, particularly those who are on limited incomes and may be lonely, should have access to affordable, safe, purpose-built accommodation."*

After having raised \$3million towards the building of this home for 14 residents, Abbeyfield BOP were delighted to receive their building consent in mid-February. Fundraising is continuing for furnishing the house, equipping the communal kitchen, and other projects on the site. See their latest news on their Facebook page [www.facebook.com/AbbeyfieldWBOP/](http://www.facebook.com/AbbeyfieldWBOP/).



AbbeyfieldWBOP/.

Congratulations to Carole Parker as Chairperson and her energetic team, plus all the generous donors, who are making this an affordable reality for seniors here in Katikati.

## SENIOR LICENCE RENEWAL NOW AVAILABLE 6 MONTHS BEFORE BIRTHDAY by David Marshall

To help reduce pressure on senior drivers needing to renew their driving licence, NZTA have extended the time frame to allow seniors to renew their licence up to 6 months prior to their qualifying birthday. Renewing early won't affect the new licence expiry date, which will be the date of your birthday.

Grey Power raised several concerns with NZTA regarding the stress many 75+ drivers are experiencing when applying for licence renewals through their GPs. While the major concern amongst our members nationally is the compulsory cognitive test implemented by some doctors, other issues related to long waiting times to see GPs, delays in completing On Road Safety Tests (ORST), and costs of referral to Occupational Therapists.

NZTA have taken these concerns seriously, and while their revised guidelines for medical practitioners have not resolved the controversy around compulsory cognitive tests for seniors without cognitive symptoms, they have acted on other concerns. Extending the time frame for licence renewal will provide greater flexibility for those required to be assessed for licence renewals.

In addition, VTNZ is now better staffed with ORST assessors so that waiting times have reduced. These tests are free of charge for all those aged 75 or more. Grey Power believes that many patients being referred to an Occupational Therapist for further cognitive tests and an ORST, could instead be referred for an ORST, potentially saving the patient \$700-\$1200.

A meeting to discuss the use of compulsory cognitive tests is being hosted by NZTA in mid-March to encourage dialogue between Police, GP Association, Health NZ, Occupational Therapists and Grey Power. We are hoping that the group can come to a consensus on a better more consistent way forward for seniors licence renewal assessments.

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## HOUSING UPDATE with Vanessa

Retirement or lifestyle villages in New Zealand are evolving, offering new financial models that provide residents with a share of capital gains. Traditionally, most villages operated under a license-to-occupy model, where residents paid an upfront fee but did not benefit from property appreciation. However, a growing number of villages are now offering capital gain-sharing options, making retirement living more financially attractive.

One of the key advantages of this model is greater financial security. As property values rise, residents—or their families—can benefit from a portion of the capital gain when they exit the village. This makes the investment more appealing compared to traditional setups where the operator retains all appreciation.

Additionally, these evolving villages still provide modern amenities, security, and community living, ensuring retirees enjoy a high-quality lifestyle. Residents can downsize without sacrificing financial growth potential.

This shift reflects the changing expectations of retirees, who seek both comfort and financial fairness. While not all villages offer capital gain-sharing, the trend is growing as demand increases for more transparent and flexible retirement options.

As retirement living continues to change, these new financial models offer a compelling choice for those looking to enjoy their later years while preserving their financial legacy.

Contact Vanessa to learn more about Tauranga villages that offer full or a part share of capital gain.

*Vanessa Charman-Moore is a Tauranga Seniors 50+ Real Estate Consultant. For more information, see Vanessa's advertisement below or visit [www.seniorsrealestate.co.nz](http://www.seniorsrealestate.co.nz)*



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# The most common shopping problem we help with

By Kate Harvey

Consumer NZ helps hundreds of members every year when they get into strife with a store or service provider and commonly ask if they have any rights once a manufacturer’s warranty has expired.

“People will often contact us because they have something that’s broken, and they’re being told by the store they’re out of luck because it’s out of warranty,” Paul says.



“We set them right and let them know that New Zealand’s Consumer Guarantees Act (CGA) means they don’t have to worry about the manufacturer’s warranty.”

Your rights don’t end when the warranty does. The CGA requires products to be of acceptable quality. When they’re not, a consumer is entitled to have the product repaired or replaced. If the fault is major, you can request a refund.

Paul said people often don’t realise that manufacturers don’t have to provide a warranty until they contact the Consumer Advice Line. [Members only]

“A warranty can contain whatever the manufacturer wants. They can make a warranty valid for a year or two or three. It can be dependent on having the product serviced regularly. We’re constantly asked whether manufacturers are allowed to limit their warranties in a particular way, and of course they can but they can’t limit the CGA.”

Paul reckons stores’ staff often don’t intentionally give bad advice: most commonly, they just don’t know about consumer law.

“I think a lot of retail staff are as unaware as their customers of the rights that exist when a warranty expires. “Being able to say, ‘Consumer NZ told me. It seems to be pretty effective when you challenge a retailer about your rights.”

Paul said that how long a purchase should last, and therefore, how long the retailer should be responsible if something goes wrong, depends on what you can reasonably expect from a particular product or service. “For example, if you buy a fridge, you’d expect it to last longer than the 2 years you might get from the manufacturer’s warranty. We think a fridge should last more like 11 years,” Paul says.

“Cost also comes into it. For example, you’d expect a top-of-the-line Dyson stick vacuum cleaner to last longer than a cheap Kmart one. It can be tricky to understand your rights when every case is a little bit different so if you need some personalised advice our Advice Line is always here if you’re a Consumer NZ member.”

## WHAT TO SOW AND PLANT IN MARCH For the north in frost-free areas



- **Seeds to sow:** Beetroot, all brassicas (bok choy, broccoli, cabbages, cauliflower, kale, kohlrabi, mustard greens, radishes, swedes, turnips), carrots, chives, coriander, leeks, lettuces, parsley, radishes, silverbeet, spinach, spring onions, and turnips.
- **Punnets/seedlings to plant:** Basil, all brassicas, carrots, celery, chives, coriander, lettuces, NZ spinach, parsley, rhubarb, silverbeet, and spring onions. Pansies, viola,
- **Bulbs** such as freesias and early daffodils – plant at different times so they don’t all flower at once.
- **Also, time** to pick the last of the summer crops like tomatoes and beans. Cut back some perennials. Refresh the soil so bugs are less likely to survive over winter. Start to move pots with frost tender plants to more sheltered places

## PLAN FOR A BOUNTIFUL WINTER CITRUS CROP

While everything else is thriving in your garden, it’s easy to forget about your citrus trees. But now is the perfect time to give them a little TLC and set them up for a fruitful winter harvest. Here’s how you can revitalise your citrus trees and ensure they reach their full potential.

### 1. Feed your citrus plants: They’re hungry!

Citrus trees are shallow-rooted and love to eat—especially when they’re in pots. They’ll never get enough compost, so pile it on, and don’t be shy about adding lawn clippings every week. If you’re in a region with winter frosts, steer clear of nitrogen-rich fertilizers at this time of year. Why? Nitrogen encourages new growth that’s vulnerable to the cold. Instead, treat your citrus to some trace minerals by spraying them with seaweed fertilizer. This helps thicken the cell walls and toughen up the leaves, making them more resistant to the chill.



Yellow leaves on citrus trees usually indicates a nutrient deficiency.

**A quick tip:** Yellowing leaves, particularly around the veins, could indicate a magnesium deficiency. In this case, sprinkle a handful of Epsom salts around your trees. But keep an eye out, yellowing at the edges or on new growth could be a sign of a nitrogen deficiency, not magnesium!

### 2. Prune when the weather cools

Resist the urge to prune your citrus trees during the hot summer months. That’s when the pesky native lemon tree borer is most active, seeking out fresh cuts to lay their eggs. The larvae then burrow into the branches, potentially killing them. Best to wait until the cooler nights of autumn, as that’s when the borer is less active.

### 3. Clean up those pests

Sooty moulds are fungi which cover plant leaves, stems and twigs in a black sticky substance. Usually, the sooty mould is secondary to an infestation of insects that secrete honeydew. These insects include aphids, scale, mealy bugs and white flies.



Lightly prune your tree to open it up to more air circulation as this reduces insect activity action, or consider using a spray of white oil (like Yates Conqueror Oil) For other fungal or bacterial issues, a regular spray of seaweed or fish fertilizer can work wonders!

### 4. Pinch off fruit in the early stages

In a tree’s first year, pinch off all buds, flowers, and baby fruit. This helps your tree direct all its energy into establishing strong, healthy roots rather than expending energy on fruit production It’ll make all the difference in your tree’s overall health, growth, and future fruiting potential.

By giving your citrus trees the care and attention they need now, you’re more likely to have a bountiful crop later in the winter. Happy gardening!

Ref: NZ Gardener



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## SCAMS AND HOW TO BEAT THEM

### NUMBER ONE RULE

#### "DON'T CLICK ON ANY LINK"

[Unless you it is from a frequent contact that you are familiar with]

### NUMBER TWO RULE

#### "DON'T GIVE YOUR PASSWORD OR PIN TO ANYONE"

I attended a very good talk about scams and how best to avoid being taken in by any of the various methods used although banks now have good advice about how to protect your money.

In this case, it was a manager from one of the ANZ branches and he explained that for scammers to 'hack' into the average person's computer takes too long and they have found that it's much easier to trick someone by text, email and phone calls and are much more lucrative. That's not to say that you shouldn't have good 'anti-virus' software and need to keep your computer, tablet and mobile phone updated regularly.

There are very big businesses overseas that are known to fraudulently entice, often vulnerable people, to work in huge compounds to operate the phones and computers. However skilled they become, **their success depends on any one of us responding in some way** to their request, suggestion or demand to reply or click on a link.

These are not nice people, and you should not hesitate to delete a message or hang up the phone immediately. Think about it – if your computer does actually play up, does a nice man from a local company ever call you to say he can fix it? No, you need do the leg work to call someone up, just like having your car fixed or the house painted.

Be healthily sceptical about emails and text messages from people you don't know. Stop and think – does this look right? Give yourself time to consider whether this might be genuine or not. If in doubt, just delete it. Don't click on a link or open anything in that message. If it appears to be from a company or a bank, look up their listed number and give them a call.

With unexpected phone calls, hang up. Nearly all of us can see the number of the caller so if you don't recognise it – hang up. Since writing this I have had

4 overseas calls from ?? saying something about my Visa card. The first warning was that I only said 'hello' but they didn't check who they were talking to. If it is a genuine caller, they would make sure they were talking to the right person, and so on. Just hang up. The ones that can catch people out are the ones that say that your son, daughter or grandchild has asked them to call you because they lost their phone and need money to ..... Hang up and phone the relative mentioned and ask if they called. It plays on people's emotions and fears. Be strong.

Never share or confirm your passwords, credit card details, authentication codes or bank account numbers with anyone unless you have logged into a secure site.

Parting with money to someone you have 'met' online. Be realistic – if you met a complete stranger while you were out and had a 10 minute chat, are you then likely to hand over \$20,000 of your savings for any reason?? NO! Genuine charities have trouble getting us to donate \$3 to a very worthy cause – think about it.

Never give someone remote access to your device. To do this is bordering on illegal unless that person has written authority from you or has Power of Attorney.

Likewise, with giving someone your pin number to use your card, without having written authority or Power of Attorney. If the unauthorised person uses the card fraudulently or makes a mistake, the bank has no obligation to recover that money. Eg – if a card is just in your name and you lend it to your spouse/partner/friend with the pin number, that violates the Terms and Conditions of the card. You can arrange with your bank to have them added to your account and will be given a separate card and pin number. [They can't operate your account but have access to your EFTPOS card.] This protects you

both and can be cancelled at any time.

Facebook and trading on Market Place is one of the easiest ways for scammers to access your personal details and commit identity fraud. People don't think or get careless and post names of all their family and friends plus their pets. Shots of their house, on holiday and so on. This makes it so easy for the wrong people to build up a fairly accurate picture of you and then call, using familiar names and details to convince you that they are genuine. Then when you helpfully buy something on Market Place you add all your banking details and so on... Easy for them to access and use.

I came across some credible information about the scam industry. Researchers wanted to investigate the lives of the scammers by tracking the industry for some years and found 3 victims who were willing to speak. They learned how people were often conned into this world and spoke about what happened to them behind barred windows, barbed-wire fences and where journalists and police couldn't reach them.

One survivor was chained up in a room with 4 inch padded walls so his screams were not heard. The compound in this research was in Cambodia and many of the 'employees' had been conned themselves by applying for a desperately needed job and then found themselves trapped. The Chinese call many of these 'low' people - low income, low education and low age making them very vulnerable and more easily lead. Some experience torture and threats if they do not work on the phones and computers. Some, of course end up working willingly and earn good money with no thought of the misery they cause to the thousands of innocent and unsuspecting people round the world.

#### "DON'T CLICK ON THE LINK AND HANG UP!"

If you have been scammed, call your bank immediately so a stop can be put on your cards and account. There is an 0800 number on the back of your card and you may need to change your passwords.

You can also report email and text scam messages by forwarding them free to Department of Internal Affairs on 7726

## Responsive Support for You

### Blow the Whistle on the Scammer

This week we ordered some whistles for our customers who are facing a barrage of abusive telephone calls from criminals pretending to be from the Bank fraud department, Spark, Microsoft, or even the fibre company offering a free modem upgrade. Many of our clients have lost money from these criminals and once you have been identified as a naïve, albeit well-brought-up person, these persistent scammers can often keep pursuing you relentlessly with different telephone scams and schemes.

There comes a time, when a polite no, or just hanging up the phone, doesn't work, and it is necessary to issue a sharp loud lengthy whistle down the phone to discourage phoning back again. This method is known to be extremely effective for some strange reason. If you have had anyone talk their way onto any of your equipment (phone, computer, tablet), it will need to be professionally cleared, to permanently eliminate the criminal. Silver Service IT Limited can be trusted to remove the scammer permanently from your devices. If you get scammed, turn off your devices and phone us immediately.

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BOARD SNIPPETS

by David Marshall

The Board met face to face from 10-12th February with a very busy agenda that has a strong focus on strategic priorities for the Federation. For the Federation to have a financially viable future and to fulfil its advocacy work in an effective manner key changes are needed. The 5 Strategic Priorities identified to pursue were: - Organisation Structural Review, Leadership, Financial Stability, Marketing, and Communications.

Progress has been made on a number of elements within each priority, but the most challenging has been looking at our structure as a Federation. The current structure is not serving us well and at the AGM this year the Board will bring a proposal that sees the Board being reduced from 11 to 9, with all members elected at an AGM. With this move the Board hopes to secure the very best people with the appropriate skills from throughout New Zealand. To reduce the operational workload that falls on the shoulders of a few Board members currently, a proposal to employ an Operational Coordinator was approved.

Thanks to all who participated in the membership survey at the end of 2024 – Bay of Plenty had the highest response rate so thanks to our members. Key results are available in the March issue of the Federation magazine.

Confirmed minutes and reports to the latest Board Meeting will be available in the member portal on the Federation website from mid-March.

QUARTERLY FEDERATION MAGAZINE

The finances are in a better position than they have been for a number of years, but to release more funds (up to \$200K annually) to improve the quality and frequency of our advocacy work, an annual home delivery fee for the Quarterly Federation magazine has been implemented. A fee of \$10 per household will need to be paid by mid-May to receive home delivery of the June issue. More details to come, but it should be noted that these fees will be collected by the Federation and **not** the local association.

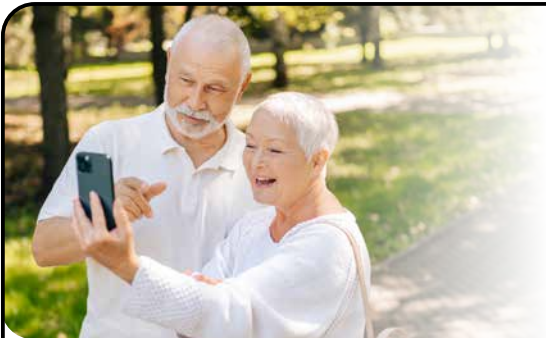
Please credit the **Federation bank account 38-9018-0089518-00.**

Put **“Magazine”** in the Particulars tab, and your **“Membership Number”** in the Reference tab.

If you need help call the Federation Office on 09 299 2113 and speak to the friendly staff or contact our office. The digital version of the magazine will remain free of any delivery charge.



Grey Power Tauranga & WBOP Office



5 Steps to Wellbeing

- 1. **Connect.** Talk and listen. Be there. Feel connected.
- 2. **Take notice.** Remember the simple things that give you joy.
- 3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
- 4. **Give.** Your time. Your words. Your presence.
- 5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

*Good advice from the Mental Health Foundation.*

Whooping cough epidemic declared

Health agencies have confirmed that New Zealand is now in the early stages of a whooping cough epidemic, with a nationally coordinated response now in place.



Director of Public Health, Dr Nicholas Jones, says New Zealand should be ready to see high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific children will be most affected.

Dr Susan Jack, National Clinical Director, Protection, at Health New Zealand | Te Whatu Ora, says whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65.

For more information, call the Vaccination Healthline free on 0800 28 29 26 (8.30am-5.00pm Monday to Friday) or visit the website <https://tinyurl.com/4245b2ts>

Money saving tips

Feeling tight around your wallet and purse? Consumer NZ has a lot of useful tips about how to save money, whether it's through shopping, paying power bills, insurances or using the internet. You can find them at [www.tinyurl.com/3ufsfnpm](http://www.tinyurl.com/3ufsfnpm)

The following are local service centres where you can call in without an appointment to see a JP free of charge.

**Arataki Community Centre**, Zambuk Way, Mt Maunganui - Mondays & Fridays 10.00 am – noon

**Bethlehem Community Church**, 183 Moffatts Road  
Friday 10am - 12 noon

**Courthouse**, McLean Street

Monday 1pm - 3pm  
Tuesday 10am - 12 noon  
Wednesday 11am - 1pm  
Thursday 1pm - 3pm  
Friday 1pm - 3pm



**Greerton Library**, 139 Greerton Road, Gate Pa

Tuesday 2pm - 4pm  
Thursday 2pm - 4pm

**Holy Trinity Anglican Church**, 215 Devonport Road

Wednesday 12 noon - 2pm

**Katikati Resource Centre**, Beach Road

Friday 10am - 12 noon

**Mount Maunganui Library**,

Tuesday 11am - 1pm  
Friday 11.30am - 1.30pm

**Otumoetai/Matua, St Columba Church**,

502 Otumoetai Road

Tuesday 10am - 12 noon

**Omokoroa Library and Community Centre**,

Western Ave

Thursday 10am - 12 noon

**Papamoa Library**, Gravatt Road

Monday 4.30pm - 6pm  
Wednesday 10am - 12 noon  
Saturday 10am - 12 noon

**Tauranga Multicultural Centre**, Historic Village

Thursday 11.30am - 1.30pm

**Te Puke Library**, 130 Jellicoe Street

Thursday 10.30am - 12.30pm

**The Crossing Shopping Mall**,

2 Taurikura Drive

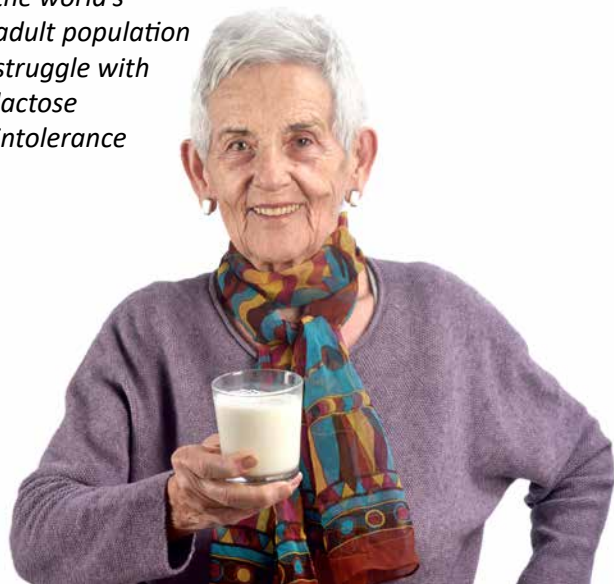
Saturday 10am - 12 noon

*Please note Service Centres are closed on public holidays.*



## IS MILK ACTUALLY GOOD FOR YOU?

*A new University of Auckland research, explains how a 5000-8000-year-old gene mutation means some of us can happily digest milk while almost 70 percent of the world's adult population struggle with lactose intolerance*



If you were born in New Zealand, you probably grew up thinking of milk as a superfood, a view likely promoted by everyone from your mum to the advertising pumped out by New Zealand's dairy food giants.

But if you are a Kiwi of non-Pākehā heritage, you might have noticed something else – drinking milk, particularly a lot of milk, doesn't make you feel great.

The symptoms of lactose intolerance vary between people, but can include gas, bloating, pain, nausea and diarrhoea. And research into the gut shows that's the normal human reaction to a lot of dairy products.

But what about babies? Surely pretty much all of us start life drinking milk – mum's milk or formula? "Babies have no problem digesting lactose because they produce enough of the enzyme lactase to be able to break it down so it can be absorbed and utilised in the body," says Professor Clare Wall.

What traditionally happened with humans (and other mammals) was that as babies started to eat solid food and became less dependent on human milk, the requirement for lactase diminished and so their bodies produced less and less of the enzyme.

"In that case, when you start drinking milk with

lactose in it, you can't break down that lactose and absorb it, so it goes into the large bowel undigested. And the lactose starts to ferment and produces a lot of gas," Wall says. For these lactose-intolerant people, that means a distended tummy, abdominal pain, wind and sometimes diarrhoea and even vomiting.

Thousands of years ago that didn't matter – humans didn't drink milk; they ate meat and plants. But somewhere around 8000 to 5000 years ago some people in northwestern Europe and a few African, Middle Eastern and Southern Asian communities developed a genetic mutation.

Instead of lactase production switching off after babies were weaned, the children developed a 'lactase-persistent gene' which allowed them to continue to produce lactase into adulthood.

And because milk is actually pretty good for you (if it doesn't make you sick), particularly in times of famine, scientists speculate this lactase-persistent gene was useful to the humans that had it. So natural selection meant the genetic mutation became more widespread.

"I have seen some other quite interesting evolutionary aspects, where scientists feel it was advantageous to be able to drink cow's milk, because it also protected people from some diseases," Clare Wall says. "Cows got things like anthrax, or cryptosporidium and some other diseases as well, so drinking cows' milk provided humans with a little bit of immunity against those diseases."

It was mostly white Northern Europeans who ended up with that cunning milk-friendly gene and so were able to happily consume dairy products.

And these white people were colonisers. They went to the US and Australia and New Zealand and brought their lactase-persistent tummies – and their love of dairy – with them. Farmers built up herds of cows, and milk was promoted as a superfood.

But experts estimate almost 70 percent of the world's population has what's known as lactose malabsorption, a reduced ability to absorb lactose. That includes most New Zealanders of Māori, Pacific, Asian, South American and African heritage.

Listen to the 'Ingenious' podcast to find out more about lactose intolerance.

Ref: Newsroom Nikki Mandow

## IS YOUR LOCAL PHARMACIST PROVIDING ADVICE ABOUT YOUR NEW MEDICINES?

*by David Marshall*

Our local pharmacist is the health professional that most of us see regularly as we age. They have our medication record, give advice on minor ailments, and are generally a first stop when we are unwell. With GP visit delays often as long as 6-8 weeks, it is comforting for older people to have ready access to their community pharmacist.

Pharmacists are trained to know about drug interactions and common side effects with prescribed medications so can ensure that a patient understands about the correct use of a new medicine prescribed by the doctor. Often doctors simply do not have the time to explain everything about a new treatment they prescribe, so the pharmacists are critical in our getting the best advice.

One of our members was recently prescribed a cancer drug and was aware that there would be a high likelihood of some side effects. On receiving the newly prescribed medication they were a little concerned that no advice was given by the pharmacist other than "take one a day with food." There was no consumer information provided, and no discussion of potential side effects or how to manage them. Our member had to ask for a copy of the consumer information to learn what to expect.

Is this a common practice now that reimbursed medications are free for seniors? Or was this just a lapse in one pharmacy, and others of our community pharmacists continue to provide the friendly practical advice we need when prescribed a new medicine for the first time?

**We'd appreciate your feedback on this important issue to ensure our seniors receive the appropriate support when prescribed a new medication. Please email your experiences – positive or negative - to [tgagrey@power@gmail.com](mailto:tgagrey@power@gmail.com) with the title of Pharmacist Experiences or call our office and leave your name and number for one of us to contact you.**

## PHOTO ID

If you no longer have a valid passport or drivers' licence, there is an alternative ID card available called the Kiwi Access Card [was 18+ card]. This is a government-recognised form of personal identification and can be used at a bank or anywhere that formal ID is required.



It's valid for 10 years and forms are at NZ Post, AA and our office, You will need 2 identical passport type photographs and the card costs \$60 [Photos can be done at the AA or John's Photo Pharmacy [Cnr Cameron Rd & 2nd Ave \$24] Also at some Life/Unichem pharmacies, Chemist Warehouse and Warehouse Stationary.

### FREE PUBLIC ADVOCACY SERVICE

This is a community based service. Volunteers are able to help you fill in forms, act as a support person at an appointment or give you some guidance dealing with an organisation.

Their contact details are:

**Email** – [freepublicadvocacyservice@gmail.com](mailto:freepublicadvocacyservice@gmail.com)

**Web** - [www.freepublicadvocacyservice.co.nz](http://www.freepublicadvocacyservice.co.nz)

**Phone** - 022 562 9845

## Men urged to check their pecs

Oncologists reckon the average woman's risk of developing breast cancer is about one in seven. But what's less commonly known is about one in 600 men will develop breast cancer. Unlike women, regular breast screening is not recommended but men should still check their bodies, particularly as they get older. If you've got a lump, skin or nipple changes always let your doctor know. With the treatments available today most men diagnosed are going to be cured.

*The Breast Cancer Foundation of New Zealand has resources tailored to men at <https://tinyurl.com/3ecu93n7>*



# HANDY TIPS FOR ROUND THE HOME

## SHOES

Just put some tea bags in your shoes and leave them overnight. This solution is much cheaper than all those fancy shoe deodorants which tend to run out very quickly. The cheapest tea will work just as well.

## SIMPLE MIXTURE

This simple mixture can save you money and provide multiple solutions. Simply mix 1 teaspoon of moisturising gel with 30 grams of toothpaste.

This combination can relieve itching from insect bites, clean and protect glasses from fogging, and make faucets shine like new. Just apply the mixture to the affected area, polish with a cloth, and rinse if needed. Try this easy tip and enjoy its amazing results!

## CAN OPENER FOR RIDGID PACKAGING

There is no power greater than that of the rigid plastic container. Rigid plastic cases are the bane of parents and those with arthritis around the world. If you want to avoid getting cut while opening this rigid plastic, you can use the handy can opener.

Rigid plastic packages can be opened by simply treating them as a piece of metal with your tin opener. Line up the can opener along the edge, ensure a tight grip, and then proceed to spin the tool to begin cutting. You'll be amazed at how easy it is to open these packages by doing this.

## SALT FOR SINKS

Salt serves as an effective anti-clogging solution for your kitchen sink. To enhance its efficacy, blend half a cup of salt with one cup of baking soda. Allow it to sit for 4-6 hours, making it convenient to pour the mixture down the sink before bedtime.

After letting it sit for several hours, or overnight, flush the sink with hot water to remove the mixture. Repeat as necessary.

## BANANA SKINS

Bananas are not just a tasty snack; they can also work wonders in your garden. Instead of throwing away banana peels, bury them in your soil. Rich in potassium, calcium, and magnesium, banana peels make excellent natural fertilizer. They also repel pests like aphids and snails, keeping your plants safe.

To use, chop banana peels into small pieces and bury them near your plants. As they decompose, they enrich the soil with essential nutrients, making your plants healthier and greener.

You can also make banana water by soaking peels in water for 24 hours or longer, dilute and use the liquid to water your plants. This simple trick will help your garden thrive!

# UK introduces eVisa for NZ travellers

New Zealanders wanting to travel to the UK will now need to apply for an electronic travel authorisation (ETA) as the country digitises its border and immigration system.

Everyone wishing to travel to the UK - except British and Irish citizens - will need permission to travel in advance. This can be either through an ETA or an eVisa.

The cost is £10 (NZ\$21). The ETA will last two years for multiple entries.

The UK Home Office says ETAs are digitally linked to a traveller's passport, so they ensured more robust security checks were carried out before people began their journey to the UK.

The scheme is for "short" visits of less than six months for tourism and business. There are other categories of ETA, including for short-term study and permitted paid engagements. Full details are on the UK government website <https://tinyurl.com/5n8ayuuv>.

Be sure to apply through official channels, rather than through third-party websites, which may charge extra fees, and are less likely to handle your data securely. You can apply directly online. <https://tinyurl.com/ycysxadh> or via the apps for iPhone and Android

It is expected to take around three days for UK officials to make a decision. (If you need to visit UK urgently; you are allowed to travel. However you must have made the application before you travel.)

**NOTE:** To travel to the United States you'll need an ESTA — a mandatory, paid-for authorization to travel, with security clearance done in advance. To enter Europe, you'll soon need an ETIAS— the EU travel waiver, which has been much delayed but is currently slated to start some time in 2025.

# ITALIAN CHICKEN SOUP

What sets this apart are the simmered vegetables, blended and stirred back into the broth. Cooking the pasta directly in the broth thickens it just enough, while fresh herbs and cheese elevate the flavour to something truly special.

Original recipe yields 6 servings

- 8 cups chicken broth
- 2 cups sweet onion
- 1 1/2 cups coarsely chopped carrots (about 2)
- 2 celery ribs, coarsely chopped
- 6 garlic cloves, smashed and peeled or 1 tblsp crushed
- 3/4 teaspoon salt
- 4 thyme sprigs
- 2 fresh bay leaves
- 1/2 cup grated Parmesan or other cheese, plus some for garnish
- 2/3 cup uncooked pastina pasta or Orzo
- 2 cups shredded rotisserie or cooked chicken
- Fresh flat-leaf parsley leaves



## Directions

1. Bring broth, onion, carrots, celery, garlic, and salt to a boil in a large saucepan or small Dutch oven over high; reduce heat to medium-low, and simmer until vegetables are softened, about 10 minutes. Using a slotted spoon, transfer vegetables and 1 cup of broth to a blender.
2. Secure lid on blender and remove centre piece to allow steam to escape. Place a clean towel over opening. Process until smooth, about 30 seconds. Stir blended carrot mixture back into soup.
3. Add thyme sprigs, bay leaves, and Parmigiano-Reggiano cheese rind. Bring to a boil over medium-high. Add pasta, reduce heat to medium-low, and simmer, stirring occasionally, until pasta is tender, 18 to 20 minutes, adding shredded chicken in the last 3 minutes of cooking.
4. Remove from heat. Remove and discard thyme sprigs, bay leaves, and Parmigiano-Reggiano cheese rind.
5. Serve immediately, and garnish with parsley and grated Parmesan or other cheese.

Optional - After you add the pastina/Orzo and before you add the chicken, slowly drizzle in a beaten egg while stirring continuously. The residual heat will cook the egg and create a creamy texture to your soup.

Sometimes, the best remedy for a cold—or just a long day—is a steaming bowl of soup. Enter Italian Penicillin Soup, lovingly known as Sick Day Soup or Chicken Pastina Soup. While it might not come with a doctor's seal of approval, this rich, aromatic dish is the ultimate comfort on a chilly day, offering a perfect blend of tradition and ease.

# END OF SUMMER FRUIT CAKE RECIPE

Rich and densely textured, this cake batter is the perfect vessel to hold ripe stone fruit and berries.

[Ok to use tinned or frozen fruit]



## Ingredients

- 100g butter, softened
- 100g caster sugar
- 1 tsp vanilla extract
- 3 large free-range eggs
- 125g sour cream
- 140g plain flour
- 1 1/2 tsp baking powder
- 70g ground almonds
- 3-4 medium peaches, nectarines, apricots or plums
- 1/2 cup blackberries, raspberries or blueberries
- 2 tbsp sliced almonds, to scatter
- 2 tbsp white sugar, to scatter
- Icing sugar, to dust

## Method

Preheat the oven to 18°C (16°C fan-bake). Grease a 22cm springform cake tin and line the base with baking paper. Put butter and caster sugar in a mixing bowl and beat with an electric mixer until light and creamy. Add eggs one at a time, scraping down the sides of the bowl with a spatula between each addition. Add sour cream and mix to combine. Add flour, baking powder and ground almonds and stir just enough to combine. Scrape batter into the cake tin and smooth the surface. Slice stone fruit into wedges and arrange on top, but not touching the sides of the tin, scatter over berries.

Bake for 25 minutes then scatter sliced almonds and sugar over the cake. Return to oven for 15-20 minutes more, or until a skewer inserted in the centre comes out clean, then dust with icing sugar.

Ref: NZ House & Garden magazine.



Point for dramatic shot

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

- Across
1. "48\_\_"
4. Peer
9. "Nice!"
10. 100%
11. Down with the flu
12. Skinny's opposite
13. Joint
15. Atop
16. Ancient Britons
18. Symbol for arsenic
20. Discordant

QUACKED	QUELLED	QUINTET
QUAKERS	QUERIED	QUIPPED
QUALIFY	QUESTED	QUITTER
QUARREL	QUIBBLE	QUIVERS
QUARTER	QUICHES	QUIXOTE
QUARTET	QUIETED	QUIZZED
QUASHED	QUILTED	QUORUMS
QUEENLY	QUININE	QUOTING
QUEERER	QUINOAS	

SUDOKU

9		3		8			1	5
6			2					
	1			6				
5			3	2				8
		1				7		
8				9	7			6
				7			3	
					2			4
3	8			5		2		7

Q	U	E	E	N	L	Y	W	F	D	T	J	S
U	Q	U	I	V	E	R	S	E	V	O	G	M
I	L	O	V	D	E	T	L	I	U	Q	V	U
Z	X	R	Y	F	I	L	A	U	Q	N	Z	R
Z	Q	Q	E	X	E	T	O	X	I	U	Q	O
E	U	U	G	U	P	D	E	Y	X	F	Q	U
D	I	I	Q	S	Q	T	E	T	R	A	U	Q
E	N	N	S	G	D	Q	Q	P	N	I	Q	K
K	I	O	K	G	U	U	L	X	P	I	Y	R
C	N	A	D	A	I	E	L	B	B	I	U	Q
A	E	S	R	E	R	E	E	U	Q	B	U	Q
U	L	T	T	R	Q	U	I	T	T	E	R	Q
Q	E	E	A	Q	U	A	K	E	R	S	O	I
R	D	U	M	Q	U	O	T	I	N	G	A	H
Z	Q	Q	U	I	C	H	E	S	S	L	Q	J
Q	U	E	S	T	E	D	E	H	S	A	U	Q

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.*

23. Object shaped like a horn
25. ET's ride
26. "All My Children" vixen
27. Buddy
28. Nonconformist
29. Boozer

- Down
1. "Aquarius" musical
2. Rough breathing sound
3. Lug
4. Useful
5. Book size, in printing
6. Last: Abbr.
7. Additionally
8. Capital of Rhône
14. Spouse-to-be
17. Ignores in a snooty way
18. Maple genus
19. In pain
21. 60's hairdo
22. Plunder
24. Barbecue offering

T	O	S		L	E	B	E	R
O	R	B		A	C	I	E	R
O	F	U		N	O	R	C	O
L	A	N	O	A	T		S	A
		S	T	I	C	P		
N	O		R	E	F	E	E	R
O	S	T	F	A	T	L	L	I
Y	L	L	F	U	L	H	A	V
L	A	L	E	Q	U	A	R	S

7	9	2	1	5	4	6	8	3
4	5	6	2	3	8	9	7	1
1	3	8	6	7	9	2	5	4
6	2	5	7	6	1	4	3	8
3	6	7	8	4	5	1	9	2
8	4	1	9	2	3	7	6	5
2	8	4	3	6	5	1	7	9
9	7	3	5	1	2	8	4	6
5	1	6	4	8	7	3	2	9

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

All powerful Q