

TAURANGA & WBOP

GREY POWER

50+ MAGAZINE

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We would like to hear your opinions or concerns on subject matter for printing in our magazine.
Mail to: The Editor, WBOPGrey Power, Box 841, Tauranga 3140.

Website: www.greypowertauranga.org.nz

Letters must include the writers 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 length.

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President's Word



It's now a bit too late to say 'Happy New Year' but I do hope you all enjoyed Christmas and that the NY is being kind to you. For some parts of NZ the weather at the end of 2016 was not that great but here in the Bay we are so fortunate – while I'm writing this the weather is perfect. Long may it last!

Our association is in very good shape at present, largely because of our extremely efficient membership secretary and the brilliant volunteers who man the front desk and help with some of the paper work. Thank you so much.

This year we will continue to lobby the Government and other organisations to make sure they provide the best environment, economy and services for the more mature people like us. With the unexpected and sudden change in Prime Minister, we will be watching very closely should there be any hint of negative changes to National Super, the Gold Card or our water ownership being tampered with.

There are many benefits to being a Grey Power member –membership card discounts, four excellent magazines per year, Interisland Ferry discounts and Grey Power Electricity. So please don't forget to renew your membership this month by doing it online through our web site or using the form on the inside back cover of this edition. Internationally the year is shaping up to be one of the most interesting and volatile which will have some impact on our lives in NZ but it's also a time to be positive in what we all do for each other and our communities.

Take care and enjoy the summer.

Jennifer Custins [President]

Tauranga & WBOP Grey Power Association

How is our local District Health Board Performing? ... Bay of Plenty DHB

By David Marshall



Helen Mason



Pete Chandler



Mike Agnew

The media has featured several articles about DHBs elsewhere in the country cutting back services and impacting on the elderly. We wanted to see what impact funding constraints were having on services to our older population in Tauranga and WBOP.

Helen Mason, CEO, agreed to answer some key questions on services, along with Pete Chandler, Chief Operating Officer, and Mike Agnew, Acting General Manager, from the Planning and Funding Department.

The DHB received funding of \$715 million from central government in 2016. Approximately 50% is allocated to the DHB Providers - eg Tauranga and Whakatane Hospitals, Mental Health inpatient services and Community Dental. The other 50% is allocated for support of Contractual Providers such as GPs, Laboratories, Pharmacy, Rest Homes, Hospices, and Home based care support services.

Continued...

Our Issues

1. Eligibility Criteria for Specialist Referrals.

Several of our members have expressed concern that when they are referred for specialist consultation, they receive a letter stating that they do not meet the DHB criteria. At times those who have moved from another district, where they were seen by a specialist, have been refused in BOP. We wanted to know how the criteria for eligibility are set and whether or not they vary from DHB to DHB.

2. Home Care Cutbacks.

Some of our members have been alarmed by the cutbacks in home care services reported in the media. (The case of 96 year-old Trixie Cottingham, from Levin, made national headlines when her DHB sent her a letter stating that she no longer qualified for the cleaning services that enabled her to live independently in her home.) Have the BOP DHB reduced funding and support levels for home care here in Tauranga and WBOP?

3. Late Night Discharges of Elderly Patients.

We have received some accounts of elderly patients being told they are being discharged after 10pm, with no-one able to collect them that late, and no-one at home to ensure they arrive and are settled safely. What is the BOP DHB policy on discharge of the elderly, and what is being done to reduce the chance of inappropriately late discharges?

Eligibility Criteria for Specialist Referrals.

The simple answer is - Yes - there are eligibility criteria for referrals for interventions such as knee or hip replacements. The good news is that the assessment scale is the same throughout the country so everyone is assessed in the same way. The not so good news is that the "score" to get you on the 4 month waiting list for surgery is higher in the BOP DHB, than in some other DHBs. This is because we have a higher % of people needing this surgery, as well as a lower % with health insurance than in some DHBs, so to ensure that the most deserving cases get priority the eligibility score is higher. (In contrast the eligibility score for receiving some cancer interventions in the BOP DHB is lower than many other DHBs.)

On the positive side BOP DHB have regularly increased the number of hip and knee replacement operations over the last 3 years, and this is now increasing at a rate higher than the population growth.

Those who are in significant pain and greater disability are very likely to be eligible for being placed on the waiting list. So, why do some patients not get a referral appointment despite the severity of their condition? There is no single answer. It may be that their referring GP gave insufficient key information to confirm that the patient met the criteria, or it could mean that the patient's condition has deteriorated and they are now eligible for treatment.

So, what are the options for someone whose condition is severe and has been denied a specialist evaluation previously? The DHB recommends returning to the GP for another assessment, and ensuring the GP has all of the information about how your condition is affecting your life. You also have the option of calling the DHB's Quality Team on 07 571 0093 (Tauranga) or 07 306 0986 (Whakatane). Independent advice is also provided by the Health Consumer Service, who will help you negotiate your way through the system.

(Contact Anne Burnett Ph (07) 575 6906 or Bev Dowling ph (07) 575 3398)

Pete Chandler advised - *"if a patient is in severe pain and is significantly disabled with their mobility, they are likely to meet the criteria for being placed on the waiting list, and should contact their GP for an assessment or a re-assessment if they have previously been declined"*.

Once placed on a waiting list there is a guaranteed maximum 4 month waiting period for surgery. Unlike the "good old days" the list is a

commitment to act (ie a queue) and not just a list of possible operations for the foreseeable future (a pool).

Total number of patients on 4 month waiting lists with BOP DHB as of 31 Dec 2016

337	General Surgery
270	Ophthalmology
419	Orthopaedics

The Ministry of Health's quarterly Health Target results released in November 2016 confirmed BOP DHB once again exceeding the Improved Access to Elective Surgery target. This was the 13th quarter (which equates to over three years) in a row in which the elective surgery target has been met and exceeded, which means more Bay of Plenty residents are getting the surgery they need," said Surgical Service Business Leader Bronwyn Anstis. "This represents a positive result for the community we serve." Media release 22/11/2016

Home Care Cutbacks

BOP DHB has maintained its investment level in Home Care services with annual increases in investment. Investment in home based support services has increased from 20 million 2012/13 to 26 million in 2015/16.

The key change since 1 September 2016 has been the introduction of a responsive model of care. The focus has been on providing specific support that will encourage greater independence while keeping patients in their own homes for longer. As a consequence some clients may have had support reduced, while others will have increased or better tailored support provided. All changes in support are agreed between the provider agency and the patient and their families. Changes are aligned to the person's level of need. There is measurement of outcomes (eg improved functionality) arising from the new care initiatives, and extensive monitoring to evaluate what is working best and what needs to be changed.

There is now an alliance involving the 3 main provider groups, the DHB, and SupportNet who provide service coordination. Around 4300 patients are served each year, with over 1 million hours of support provided per year.

If patients or their families are unhappy about the level or type of service offered they should refer enquiries back to the specific provider first. If there is no satisfaction with the provider, then issues can be referred to Support Net for review.
(Contact details are: ph 571 0093, email SupportNetBOP@bopdhb.govt.nz)

Late Night Discharges of Elderly Patients

Pete Chandler acknowledged that the DHB has received some reports of inappropriate discharges of elderly patients late at night, which they very much

Home and Community Support Services

Financial year	2012/13	2013/14	2014/15	2015/16
Expenditure (\$M)	\$20	\$22	\$25	\$26
Number of clients	4,457	4,500	4,638	4,699

regret. This issue is being actively addressed with new guidelines developed and monthly reporting on evening discharges commencing shortly.

The hospital is trying to balance compassion and practicality in their discharge policies. It has been well documented that those over 75 need to be discharged as soon as practical for their own well-being. Muscle tone starts to be lost within 18 hours of hospitalisation and confinement to bed. As a consequence the focus is on discharging elderly patients as early as it is practical and safe.

There is now an increasing focus on discharge during the day for the elderly. Should you have concerns about inappropriately late discharges of elderly patients the DHB would appreciate your feedback. Contact the Quality Team on 07 571 0093 (Tauranga) or 07 306 0986 (Whakatane).



Other Issues in the Future

The DHB team was very welcoming of the dialogue with our Grey Power Association, and we have agreed to initiate regular meetings to keep our members updated on developments and issues of concern to Grey Power members. Your opinions and thoughts are welcome. The DHB is committed to delivering quality healthcare in all areas and your feedback is critical if improvements are to be made. If you have questions or issues you would like discussed and reported upon to the wider membership please contact us and let us know. Contact David Marshall 0221 854 263 or email your questions to tgagreypower@gmail.com.

Successful Women Working In Challenging Times.

By Christina Humphreys [Katikati]

Katikati, is often in the media, but not always for the best reasons mainly regarding the issue with SH2. The congestion through the town and the traffic jams are horrendous, backed up for eons either side of the town.

The effect this is having on businesses in the village is sad, and so many are just having to close their doors and leave. The problem with the almost permanent traffic jams is that people do not wish to stop, because of the difficulty getting back in the traffic and on the road again. Also, there is a shortage of parking in the town and NO helpful signage as to where off-street parking is located in Katikati for visitors.

The council keeps taking parking away, like when they made changes to the Memorial Hall and now they wish to do it again when they persistently want to build a new library, which the Council has decided on. The people never got to decide on this, which of course is to cost multi millions that the rate payers cannot afford. Katikati is getting weary and the elderly are moving away, because of ever increasing rates! One thing that needs encouragement and help is for locals to shop locally, our retailers need help!

Among all this there are some success stories, one of these is a successful, dynamic business woman called **Suzanne Bullivant** the owner of the beauty business called '**Dreamers**'. Maybe it's partly due to all the women and wives of the town needing stress relief from the traffic congestion in the village! Suzanne has been in the business of beautifying women for some 20 years now. The latest premises which has been refurbished again in Jocelyn Street is a relaxing place to go and 'Dreamers' genuinely care about their clients and their individual beauty needs.



Suzanne Bullivant
07 5491213
www.dreamers.co.nz

In later years the focus has moved with new trends emerging on special hygiene standards, the quote from the Beauty industry for special care is 'Are you in Safe Hands'? Dreamers take this very seriously and great care is taken to make sure this happens. Suzanne says this is easy with a good staff of 5 who have been with her business for a long time and have the client's wellbeing at the forefront. This of course is a two-way street with good well trained staff comes good management.

Dreamers Beauty Clinic, have professionally trained therapists with Suzanne at the helm, a skilled business woman in management and knowing how

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at Baypark – Sat 22 and Sun 23 April

to promote her business and manage a small business, but still have client empathy at heart. She knows she can never afford to take her eye off the ball; the success of a good operator is to be always thinking of new ways to promote her business. To aid Suzanne with this she does have a 'Marketing Mentor' who is good value with the marketing and the social media side of 'Dreamers'.

Christine Oates, another successful business woman who is also excellent at de-stressing people, massaging both their bodies and minds. She is found five days a week and every night after [your] work at '**Timeout Bodywork**', upstairs at Cherrycourt in Katikati.

She is a busy woman with over 27 years' experience. She likes to keep her business small and loves the personal service that her philosophy brings to her clients. She aims for clients to be listened to and to feel part of the healing process. Also being handy for follow-up appointments, word of mouth recommendations, and advice is helpful.

Speaking from personal experience, she is good at shifting chronic or acute pain from sore muscles. She will often quote Ida Rolf, who devised "Rolfing" as a bodywork technique "where you think pain is, it isn't". Pain can often have its source somewhere else in the musculature!

Christine was living in the Far North for many years, raising her three children in the 80's and 90's. She had the opportunity to attend classes with the Northland Naturopathic College. She was taught a technique devised by a Canadian lady [Therese Pfimmer] from the 1950's. She feels this cross-fascia form of massage has stood the test of time, which was way back in 1989. She has since learnt more about the body with EFT in 2002, Manual Lymphatic Therapy (Aus.) in 2005, Hot Stone Therapy Massage in 2006, Applied Human Anatomy and Physiology in 2012. Yes, there's always more to learn.

Sixteen years ago, she moved to Katikati, setting up her business thirteen years ago and she has never



Christine Oates
027 275 7372 | 549 4779
www.timeoutbodywork.co.nz

looked back. She loves what she does and can be heard to say she enjoys her business success, smaller communities and networking to find other solutions. She loves the fact that one can take anyone's body and achieve a difference to that body in one hour. It shows that massage can certainly make a difference to reduce or relieve pain. Let's face it we all want that no matter what our age, so it's great to experience the benefits of a fantastic massage.

Then we have **Kelly Frank** another successful Woman with her own business situated on the Main Street and centrally placed in the Katikati Village.

Kelly has a women's fashion boutique with many good quality labels like Vassalli, Black Pepper, Macjays and many more.

She has had many years of selling, marketing and customer related businesses and this experience has helped her set up and operate '**Kellys of Katikati**'. She first bought the shop 11 years ago, and then sold it for a couple of years to move to Christchurch. Upon moving back to Katikati she purchased the shop back again and will be here for many years to come.

Continued...

Fashion that Fits

Stockists of:

Vassalli Jeans

Bay Road Merinos

Lemon Tree, Vivid

Macjays, Scope,

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 *Kelly's* 
OF KATIKATI
Fashion that fits 46 Main Road. Phone 549 1001

Continued from page 7...

Kelly also has one part time staff member, another woman who is skilled in customer relations and selling, having had her own retail business in the past. Kelly does appreciate the fact that local people shop with her. 85% of her business is the local community and she knows many clients very well.



Kelly Frank
07 549 1001
kellysofkatikati@gmail.com
Facebook: Kellys of Katikati

Katikati is still growing in population, with many moving here from Auckland. Kelly welcomes these newcomers into the store and looks forward to building a relationship with them. She prides herself on making the customer happy and offering a good experience in purchasing a lovely garment.

Given that these Strong Business Women are determined to make their businesses succeed, they have done well and will continue to do so. Although it's very difficult in Katikati now with the traffic congestion and Katikati residents would much prefer an easier village atmosphere to exist, but it is still a place that many retire here for the lifestyle.

Some of us at Grey Power are regularly in dialogue with Hon Simon Bridges on the subject of the traffic rolling through Katikati taking our village away from us. I recently suggested to him that the very least that could be done is to open Henry Rd, erect a bridge and allow trucks to be detoured that way and out at the Busby Rd end taking the trucks out of the village.

One day changes will be made and it can't come soon enough, so Katikati please try and support your retailers to keep our village alive. Sign the on-line petition for a Katikati Bypass

www.toko.org.nz/petitions/katikati-bypass-petition

Sec70 -The Discriminatory Act

By Donna

You may well have heard talk of the unfairness and misunderstanding of the ramifications of Section 70 which is part of the Social Security Act 1964. As there appears to be a lot of disbelief and confusion about the consequences of the act, I would like to explain how it can affect a person.

There are over 80,000 seniors who are affected by this law in one way or another. To clarify a particular example – in America, they have a compulsory superannuation scheme. A percentage of their earnings is deducted and held by the Govt and when a person retires it is paid out over their remaining years I must stress that while this is Government administered, it is not a Government fund.

If an American citizen comes to live in NZ they are still paid the money they have saved and that's fair.

What is unfair is that because I married an American I am not able to receive my full entitlement to National Superannuation. I have always lived and worked in New Zealand and have

contributed to the Super Fund over the course of my working life.

Under Sec 70, New Zealand has said that the American money constitutes a retirement fund and therefore the New Zealand National Superannuation will be reduced – in my case, due to currency fluctuations, this could be as little as \$25 per fortnight!! I would like to mention that although he is eligible my husband is not in receipt of a New Zealand Superannuation.

The question is, should a person be discriminated against because of who they choose to marry??

This is not only about the money; it is about dignity, self-esteem and independence. New Zealand has been seen to be a leader in so many aspects of people's liberty but there are obviously areas in which NZ is still operating under very old and restrictive laws which result in discrimination.

For two years I have been trying to get what we all consider is our entitlement, my superannuation. Section 70 is preventing that but my fight is continuing as I, and two other affected citizens, have initiated legal action against this discriminatory law.

I am really hoping for a good outcome and will give an update in a future magazine.

GREY POWER coffee mornings

Held in the CITY @ THE RAFT CAFÉ,
Chapel Street - near Briscoes

10am first Thursday of every month
for the City meeting.

DATES:

10am - Thurs 6th APRIL

10am - Thurs 4th MAY

10am - Thurs 1st JUNE 2017

KATIKATI coffee mornings

10am - Thurs 12th APRIL

10am - Thurs 8th JUNE

10am - Thurs 10th AUGUST 2017
(Resource Centre, Beach Rd, Katikati)



Any enquiries for coffee mornings:

Phone the office 571 2558 or

Maureen: 021744 208 or

Jenny: 573 7081 (Tauranga)

Baden & Lyn: 549 5423 (Katikati)

ALL WELCOME - Wear a name badge if
you have one and bring along issues for
discussion!



SuperGrans WBOP is a not for profit organisation, currently being established in Katikati. SuperGrans supports families and individuals who lack resources and basic life skills, through matching them with volunteer mentors who can help them gain new knowledge and skills, in order to function more effectively and make positive contributions to their family life and community.

There are nine SuperGrans branches in New Zealand. SuperGrans Aotearoa is the over-arching organisation. The focus of all branches is to encourage people and whanau to be the best they can be and for children to be as healthy as they can be so they can optimise their learning and become wonderful citizens of New Zealand.

Helping young families at a grass roots level is central to SuperGrans. It is community led and provides mentoring on either a one on one basis or in a workshop setting. The range of skills are limited only by what people want: cooking healthy meals, growing food, raising children, writing a CV, budgeting, making clothes, or any other life skill, SuperGrans can help.

We are currently fund raising so we can employ a paid coordinator to establish a branch in Katikati with a view to expanding into other towns in our region.

Community involvement as we age has positive benefits for mental health and general well being. If you have some free time and a desire to make a difference by sharing skills, then please contact us. Also if you wish to assist at a financial level then also please contact us.

We are excited about this new organisation and look forward to a successful year where we see senior people in our community actively helping younger people to develop skills that will assist them in living healthier and more inclusive lives. This in turn will have a huge positive spin off for children and their futures.

**For more information about being involved or
donating, please contact phone 07 929 7665 or
supergranwbop@gmail.com and visit
www.supergransaotearoa.org.nz**

Anne Billing
Establishment Coordinator
SuperGrans WBOP

The Good Side of a Retirement Village

If you had asked me a couple of years ago, "Would you consider a retirement village" I would have given you a resounding No?

Maureen and I came down from the North for a couple days' holiday and were taken by the growth in Tauranga as a city, the excellent cafe scene, shopping and marvellous walks along the front and the Mount. This is what we were looking for as the next stage in our lives.

So, we quickly sold up North and bought in Pyes Pa, really under pressure as there were few properties on the market now. So here we were in a new estate not knowing anybody and trying to fit in where possible. We joined Grey Power, a great meeting place and we went to the RSA trying hard to find that connection that you need, that communication with others of like mind.

But sadly, it was harder than I would have imagined, coming from a small tight community up North, Tauranga was cold in its attitude towards older people, most were in groups and had been friends

for years and seemed not keen on outsiders coming in. We volunteered for the running of the coffee morning meet-up once a month for Grey Power which helped. Fences were around our houses on the estate, so you did not see your neighbour when they were in the garden, younger people were at work and anyway who is this old couple, trying to say hello and fit in!

Then a break through. Our son, who had moved to Tauranga [after us], did some work at a retirement Village and came back with a "Hey Mum and Dad have you seen this place it looks lovely and might be just what you're looking for!"

Retirement village, didn't they all sit round in armchairs nodding, we came and had a look, then we went around other villages but came back to Copper Crest and everything we looked for was here. Top of the list companionship, things to do together, conversation, friends and nothing too much trouble when requested and a choice of wonderful villas to live in. A management team that listens and acts. A magnificent centre where we can meet one another, as well as sports catering for all, including a full-sized pool.

Yes, we are home and loving it!

Dan and Maureen, Copper Crest Village Pyes Pa.



Copper Crest Premium Lifestyle Village



Our 1300m² Meridian Centre features luxurious common areas, library, gym, workshop, indoor pool, hair salon, indoor bowls, pool/snooker and a bar/dining area. Outdoors there's a vibrant bowling green with beautiful surrounding views.



Copper Crest
ARVIDA LIFESTYLE & CARE

FREE PUBLIC SEMINAR – THINKING OF LIVING IN A RETIREMENT VILLAGE

The Commission for Financial Capability is holding a free public seminar in TAURANGA on Wednesday 5 April at the Tauranga RSA, 1237 Cameron Street, Tauranga starting at 10.30am (10.00am for tea). The seminar will be of interest to anyone thinking of living in a retirement village (and their support people, family). We discuss, neutrally and objectively, some of the personal, legal and financial matters in making the decision to become a village resident or not.

These are free events, and materials (and tea) are provided to registered attendees – so people must register.

Full details of our events and how to register on-line are here:
www.cffc.org.nz/retirement/retirement-villages/
www.eventfinda.co.nz/2017/thinking-of-living-in-retirement-village/tauranga

People can also register easily by calling
0800 268 269

TAURANGA & WBOP

GREY POWER

Annual General Meeting

Tentative Date: Thursday 22 June 2017

Time: 1.30pm

Venue: Wesley Methodist Church Hall,
13th Ave.

Attention Members

Subscriptions are due to be paid by:
1st April 2017



Photos from the Volunteers Christmas luncheon before Christmas and Toby with his oversized fish platter. Enjoyed by all at the 'Raft Café'.

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Protect Your Future

Enduring Power of Attorney (EPA) and Advanced Directive

EPA Definition: There are two different types; one for personal care and welfare and one for property.

EPA for personal care and welfare concerns decisions about your care, such as how you should be looked after if you become unable to do this yourself. This type of EPA only takes effect if you become mentally incapable.

EPA for property is about how you would like your property and finances managed. With an EPA for property you can choose whether it comes into effect straight away, or only when you can't manage your affairs.

While the same person can be both your property and your personal care attorneys, it's often a good idea to appoint separate individuals as different skills are needed. The two attorneys will often need to work together when making decisions on your behalf, so select people who you are confident will work well together.

When is Power of Attorney Appointed?

The question of whether you are still mentally capable must be decided by a health practitioner who is qualified to carry out this assessment.

You have become 'mentally incapable' if:

1. In respect of property you are no longer completely competent to manage your own affairs.
2. In respect of personal care and welfare you can no longer make or understand decisions, or foresee their consequences, or you cannot communicate your decisions to other people.

Without a certificate from your health professional an attorney cannot make any significant decisions about your personal care and welfare.

Advanced Directives Definition

Advanced directives are legal documents that allow a person to convey their decisions about end of life care ahead of time.

They provide a way for a person to communicate their wishes to family, friends and health professionals, and to avoid confusion later on. We have an excellent booklet to help formulate your wishes which is available at the office and was produced by the DHB.

For more information or advice about the above please contact the Ministry of Social Development website at www.msd.govt.nz/epa or call **0800 273 674**

We do have an excellent brochure available at our office.

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Return for the quarter ended 31 December 2016



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ANZAC DAY 25 April



EmpowermentNZ

By Jenny Utting

An idea has been brewing in the hearts of several people in Te Puke for some time.

Sue Wilks, Children's and Community Pastor of the Baptist Church, has had it for a gestation period of some eight years. It has been centred around helping a Community to find ways of reversing the poverty trap, the lack of good housing, the joblessness and hopelessness that go with these things, low self-esteem and the high offending rates that characterise many communities around the country. Clearly it has to involve the whole community pulling together to find solutions that work. Three years ago a group of people from different Churches formed a prayer meeting that was committed to praying daily for this to happen in Te Puke, and most of what has been achieved can be attributed to God's concern for people in need and His power to make things happen.

Last year saw the birth of Sue's initiative; she called it "EmpowermentNZ". It was originally going to be "Empowerment Te Puke" but it seemed to be bigger than just one little town could contain and the creative ideas that started popping up among the people who cared told us that we needed to dream BIG. The name was 'registered', a logo drawn up and a Trust formed that could carry the vision and actualise it. The four main areas embraced were: Housing, Relational Strength, Self-Worth and Readiness for Work/Independence. These four covered such matters as shelter for homeless, a place for teen mums, parenting, restorative justice and anger management, meals and medical care, job finding and literacy, transport, CV preparation and interview techniques and more. In brief, it was envisaged that the Trust would provide "wrap-around" services to assist families and individuals to thrive and find their place in the Community.

During the year several new services started up such as weekly "Meals under the Stars" for the homeless people around town. A Community Garden had already been started the previous year and was contributing to people's needs for good fresh food. A "Christians Against Poverty" debt management centre started up at the Baptist Church. Work was well underway on the development of a Café in town that would feed profits back into the Community and provide meeting space that Community Groups could use for education and encouragement. The existing Food Bank and Budgeting Advisory Service closed mid-year and was taken over by the Churches, operating from a donated central town site.

Now the biggest need was to have a central location where all these services could operate from. About this time, Judy Abrahams from the Presbyterian Church took the initiative to look at several empty buildings to rent but none were entirely suitable. A building in a central site that had been a Furniture To Go store finally proved to be the "right one" and a wonderful opening and dedication ceremony was held on the 18th September. The temporary Food Bank premises availability had come to an end that week so a procession of New World Trolleys transferred the Food Bank across town on the Saturday morning before the Opening! The provision for, and timing of, the move were seen as God at work.

Today the Food Bank is being visited regularly by people needing help with food items, people wanting a bit of company or a cup of coffee and a shower or a chance to talk over problems. The budgeting service operates each Tuesday and Thursday. Volunteers come and unpack the items donated by the supermarkets and other contributors. The place has rooms for private consultations, meeting space for seminars on prevention of family violence, job seeking, parenting, social gatherings and committee meetings for community groups. Really, the 'sky's the limit' for what could happen in this Centre and we are expecting to see exciting things emerge this New Year.

PUZZLE SOLUTIONS

CROSSWORD

Across: 1. Octave, 5. Converse, 9. Vacation, 10. Curved, 11. Emancipate, 12. Note, 13. All clear, 16. Spotty, 17. Abacus, 19. Pleasure, 21. Visa, 22. Lachrymose, 25. Pagoda, 26. Arrogant, 27. Keepsake, 28. Matted.
Down: 2. Chasm, 3. Again, 4. Edifice, 5. Centaur, 6. Nucleus, 7. Erroneous, 8. Spectator, 14. Lubricate, 15. Cock-a-hoop, 18. Sulfana, 19. Package, 20. Eardrum, 23. Might, 24. Sense.

CODECRACKER

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

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POLITICAL FORUM

Rt Hon Annette King (Labour Party)

“It is my home and it is precious”, said Trixie Cottingham, a 96-year-old woman who has been living in the same home for 68 years, half of those by herself. In early November 2016, Trixie found out that the 90 minutes of cleaning a week that she relied upon to keep her in her home was being cut so that the DHB could save money. After bravely going to media, the ensuing public outcry forced the DHB to backtrack slightly, cutting her support down to a miserly 60 minutes a week. Trixie was too tired to fight any further. She is not the only one who is struggling from cuts to our health services, personal stories like Trixie's highlight the pressing need to once again take a hard look at our aged care sector and how it is and isn't delivering for our older people.

It is now 2017 and it has been six years since Labour and the Greens joined forces with Grey Power to investigate the quality of our aged care and home support services. At the time, we attended 20 nationwide meetings organised by Grey Power with over 1200 people. The result of this was a report that contained 14 key recommendations to improve the quality of aged care services. This included a star rating system of aged care facilities, stopping telephone assessments for home services and making them face-to-face, and having consistent entitlement of home support services no matter where you live.

Labour and the Greens are joining with Grey Power again and over the next few months we will be visiting Grey Power meetings across the country again to hear your thoughts on what is happening to our home support and aged care services. More importantly, what needs to change? This is your opportunity to feed into our policies for the upcoming General Election this year. We look forward to seeing you!

Issues for MP's to Address Before Election 2017

I thought I would address all local National MP's as I have had occasions to speak to them at different times and MP Scott Simpson [Coromandel] had asked me for a list of issues. He probably didn't expect so many! So here is my concise list of issues that I consider need addressing:

1. It was not a welcome announcement from Bill English PM when he said he wants to consider making changes to increasing the age for eligibility for the pension.

It is affordable at 4% of GDP [I don't hear him saying government can't afford the dole or DPB].

Many people, who have worked physically hard all their lives, find their bodies are passed their use by date for further physical work by 60- 65 years. Most want/must keep working, but once you are close to the age of 60 years your job options become very limited. Many must work to survive and usually work for low incomes.

Interestingly, if you look at most trade workshops you will see nearly all 50+ working there. Also, nurses and other qualified people are often older people. Again, a lot of retirees are the school bus drivers and do volunteer work and the list goes on. All underpaid! In another ten years when we all fall off our perch who is going to do all this manual work.

2. Now the biggest concern of all is the 'Fresh Water Futures' issue that the Regional Council and MP Nick Smith are trying to fast track with hardly any consultation with the public at all [IWI have been consulted]. Once again, the cost is going to be huge to land owners especially if they implement all they speak about. There will be smart meters on everything to begin with, quota systems of 15 m² and 35 m². The National party says that “no one owns the water” but they are systematically giving over control of water to IWI, control in my eyes is ownership! Why should we, who have a water supply coming out of



the ground on our property, have to get IWI consent to use that water [ludicrous]? Apparently, that rule is in place along with more that the public has not been consulted on. The other concern is Regional Councils have not yet really discussed the effects that this 'Fresh Water Futures' will have on Municipal water. This is a 'water futures plan' that is being far too quickly pushed through and we, the public, are not being informed of the details.

The cost to implement all these changes is going to be huge and the elderly on fixed incomes will wear that cost as well.

When this is implemented the NZ national water will be an entity that could be sold off to a corporate enterprise. **This is of major concern to all NZ and I would implore all MP's to investigate this serious issue and try to convince MP Nick Smith to reconsider the path he has taken.**

Note: Your local Tauranga & WBOP Grey Power Assn sent a submission on this Subject in Nov. 2016.

3. Housing for the elderly.

So many older people are becoming homeless. Those who rent, if they can afford to, can't find a rental because many landlords have sold their rentals for capital gain. Who can blame them, but that makes for a shortage of rentals. MP's driving around the country must notice how every shanty, garage and caravan now have people living in them. It is so noticeable now!

Many who have a home, cannot afford the increase in property rates so are selling to move to a place that has cheaper housing with cheaper rates [WBOP has the dearest rates in NZ]. Unfortunately this will inevitably push house prices up in those back country areas too; yet National wants to push the age for the pension up. Where does that leave the pensioner with a woefully inadequate rental allowance?

4. Education.

NZ is a country so concerned with PC and globalisation that government has lost sight of the real needs of its people. We were once known for our care of our people, we were 3rd in the world for our

standard of health care but not anymore. Now everything must make money!

We could have that standard again, if the focus was on these issues specifically and not self-interest and what the party leader dictates and/or what he is being dictated to by other offshore powers that be. The drain on our finances by the Waitangi Claims and the gravy train associated with that is huge, it amazes me how NZ has been able to keep paying this, with barely half the country paying tax to fund all! Shows how much the country is borrowing!

Apprenticeships - there should be a huge push here to get this country working again. Train children the old way, they need to start working straight away and learn as they go. Give an incentive to businesses to take them on. Another thing MP's need to do is to look at workshops and places where trades people work and they will see most working there are 50 years plus and it's the same with nursing staff. These people are working until they drop and there is no one coming along behind to replace them. You think we have a shortage now, NZ won't know what has hit the country in another 10 years unless huge changes are made now in training trades people!

5. Section 70 of the social security Act.

I know it is under review, I placed a submission here too and **so did our local Grey Power office**. This is such an archaic document and many of the rulings affect Kiwis, namely the pensioners once again. The espousal ruling whereby if a Kiwi is married to a foreigner who has an off shore super fund, the Kiwi must forgo their pension. If they went to live in their partners country they would receive their NZ pension entitlement. How anyone designed that one I don't know? Our pension is our entitlement and should have nothing to do with the other partner!

Also in NZ we are quite happy when an immigrant, who has lived here for 10 years, qualify for the pension and can then bring their aged parents [family reunification] here who will then also qualify for the pension. They will not have paid a dollar into our system, plus they will also enjoy our free health care. I can't go to their country and get a free

Continued...

Continued from page 15...

pension, or free health care, or buy their land for that matter. Then this government says we can't afford to give our people the pension. What's going on here, NZ never seems to want to look after their own?

6. SUPER GOLD CARD

This is another issue that we do not want tampered with, other than to activate the card into a proper swipe card and make it more user friendly for the elderly, it already has the black stripe on the back of the card. Do away with the 'Hop card' in Auckland; activate the Super Gold Card for use instead. Stop trying to make life so difficult for the elderly in the twilight time of their life.

I have been asked to attend a meeting with the Land & Transport Dept in Wellington in April this year to speak to the Petition many of us signed: *We the undersigned respectfully request that the house of Representatives examine the capped bulk funding model to ensure Super Gold Card of peak public transport scheme is adequately funded and appropriately resourced by central government.*

I will also speak to my own submission that I sent in. This is a good example of your local Grey Power lobbying on your behalf.

7. SH2 for Hon MP Simon Bridges.

The Bypass for Katikati, why is it not possible to connect Henry road to Busby Road as a bypass for trucks around Katikati? The main issue is that the road requires a bridge. Katikati has no way around the town at all if there is an accident or flooding on the Main Street bridge in the middle of the village. This could be a solution for all in the interim.

I was returning to Katikati on the north side of town on the 2nd Jan. The traffic was backed up to Athenree turn off, I thought there had been an accident, but no, just a good old traffic jam on SH2.

Then on the 7th my husband and I were off to the 'Twilight concert' in Katikati, but ended up back home. There was an accident near the Wright road bridge, so the main road was closed for 3 hours. There is now almost permanent grid lock on SH2!

8. Health

I have left the comments out here, so please refer to the article and comments from the article, earlier in the magazine by David re the questions that were put to the DHB.

Christina Humphreys
Katikati

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Computer trouble? Let's fix it, once and for all.

Recently I heard from Lesley, who earnestly informed me that she used to understand and had used computers in her work as a Legal Secretary (before she retired), but now "she was stupid and didn't understand anything".

What I informed Lesley was, that actually her knowledge was intact and the only problem is that her computer is not set-up properly for her. In actual fact, it took 3 hours working side by side with Lesley to get everything in order, but by-golly her computer is running as she remembers it and all the frustrations have left. And we sync'd it to her iPad – why not?

As if, someone has gone through your wardrobe

I met another lovely lady (who shall remain nameless), who told me when a computer technician comes around. First, they don't speak, their hands move really fast and they explain nothing. When they're waiting for something to happen, they sit on their hands and still don't speak, and the next morning when you turn on your computer, it is as if, someone has gone through your wardrobe.

If you're a fan of the new Windows 10 start menu with the moving boxes and fancy things all over the place, please don't call us, because 99/100 within five minutes, we'll bring back that nice expanding start menu option, like it was with good old Windows XP and then you can find everything.

Automatic hands-free downloading photos

One last idea. How about when you take a photo with your phone or tablet, it arrives by itself automatically on your computer when you get home? All we need to do is set the up computer right one time. Turn it on and walk away for the photos to transfer!

If you need computer help with 99.999% guaranteed positive outcome (if your hardware and software will support), call Silver Service IT, 7-days on (07) 262 1000. To this day, we remain, unstumped – and we like to talk while we work!

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LETTER TO THE EDITOR:

APATHETIC KIWIS

The other day I was talking to one of your Grey Power committee members and she was telling me just how frustrated she was with people who agree with what she is saying and fighting for, but won't come out and support her/Grey Power in any positive way.

I simply told her how I have recently given up on New Zealanders, because I am so disgusted with their apathy and lack of get up and go. They will happily moan their heads off about all sorts of issues, but any suggestion that they themselves should do something positive about anything and they vanish into the woodwork like smoke in the wind.

Many other nations actually are prepared to protest in some way; even Australians do it if pushed, but Kiwis are like their namesake, the bird; they like the dark and the lack of exposure.

If you disagree or I have upset you with the above, then tough luck. Perhaps you should think about how often Switzerland gets in the world news. That country has 'Citizens' Initiated Referendum' and it is binding on their Government. It might, not be perfect but considering their lack of strife, it should really make us consider it.

Robbie McGuinness
Tauranga

Issues and Options

A number of national and international developments have the potential to cause us some problems and hard work over the next few months and we need to be united and focused on what we do and how we do it.

These developments include the election of Donald Trump to the presidency of the United States, the election of Bill English as New Zealand's Prime Minister and the resurfacing of the New Zealand Constitution conversation, among others.

As was predicted in the long lead up to the election of Donald Trump the United States has now officially withdrawn from the proposed Trans Pacific Partnership Arrangement. (TPPA). While some in Grey Power might be elated at that news, as we were strongly opposed to what little we knew of the international trade treaty, it has not gone away.

Our concerns were the potential loss of access to affordable medications which would probably have impacted on older people more than most others. There were also issues of the loss of New Zealand's right to make our own laws without pressure from international corporations seeking easy access to the New Zealand market place.

New Prime Minister Bill English has signalled that New Zealand and the remaining signatories to TPPA could proceed with a revised treaty. If that is the case, then we need to insist that the big multinational corporations should be side-lined and that the process should include a more open dialogue with the New Zealand public.

Bill English has also indicated at least a review of national superannuation but, so far, few details of his intentions have been released. This issue alone has the potential to bring a major impact on our members and, while our new Prime Minister should be given every opportunity to find his way into the job, we can't afford to relax and are seeking an early discussion with him.

In the last few weeks the proposed New Zealand Constitution has re-surfaced with all manner of wild and unfounded claims being made about the intentions of Government and some political activists.

The reality is that all the essential components of a New Zealand constitution already exist in several separate laws. Some of them, such as the Freedom



of Information Act (1982), Bill of Rights Act (1990) are relatively well known but other elements can be difficult to find and identify. Pulling them all together into a single, all encompassing, entrenched and supreme document is both logical and long overdue.

Such a constitution would provide certainty for, and prudent constraint on, governments and give confidence and protection for all New Zealanders if the constitution could not be amended or repealed without the overwhelming will and mandate of the nation via a binding referendum specifically and solely for that purpose. The fact that some politicians have already said a written, entrenched constitution would be a hindrance to government, suggests it is probably a good idea.

Under a New Zealand Constitution, the Government we would have greater protection from political meddling or secret negotiations like TPPA than we have now.

In the lead, up to this year's general election we can expect pressure from all manner of political groups for Grey Power to support their ideas on these issues. We have already had a few last year but there will no doubt be more in the months ahead. It is essential for us to form our own opinions and policies, not support those of other groups. We may come up with similar ideas but they must be ours, decided by our membership alone. To achieve that it is important for all associations to not allow other groups to foist their ideas on them or make submissions to Government on these matters without letting the Federation office know first. That way we can coordinate our efforts and strength rather than be fragmented, contradictory and easy to ignore.

*Tom O'Connor
President
Grey Power Federation*

Volunteer with us!

The Te Puna Quarry Park is maintained entirely by a group of volunteers, and we couldn't be here without them. All new projects, developments, maintenance, and general upkeep at the park is thanks to this dedicated team of people, and we are glad to have them. They undertake the work of clearing, planting and weed control while enjoying the togetherness of a team project. The morning tea break is time for a rest and a chat and often a few laughs. We would love it if you could help too!

We meet at the park for a few hours of work every Tuesday morning and Thursday afternoons. Whether you become a regular with us, or come along just the once, we would love to see you there.

Happiness is

On any Tuesday morning when the sun is shining, and when it's not, a diverse group of people, mostly senior citizens, leave their homes somewhere between Aongatete and Papamoa and drive to Te Puna Quarry Park. They take with them their enthusiasm and dedication, their skills and knowledge, their work boots and garden tools, and of course, their morning tea.

They look forward to the working hours ahead, to the companionship of likeminded people. For these men and women are the volunteers - working for the



community, to realise a dream and for the joy of sharing the task with others. [Sounds like Grey Power]!

They are not on any payroll. Their names are not on a list. They give all and expect nothing, but their reward is seeing the wasteland of a quarried hillside becoming a wonderful, beautiful wild garden of infinite variety, the place of their vision, a magical place. Their reward is in the faces of the children climbing over the digger, in the confident steps of walkers, the joggers running with their dogs, and the "well done" from a passing visitor.

Happiness is working at Te Puna Quarry Park.

www.quarrypark.org.nz
email: info@quarrypark.org.nz
Phone: 549 5202 / 579 1233





Gardening Corner

Love my pumpkin.

March and it is probably still very dry so watering will still be the name of the game, so try not to get too despondent as we need to be thinking about planting a winter vegetable garden.

Planting punnets of broccoli, cauliflower, celery, choy, celery, coriander, lettuces, peas silver beet, beetroot and maybe another lot of potatoes [for some of us]. It may be harvest time for your pumpkins and also late quinces, capsicums and chillies.

After such a dry summer, it'll probably be time to 'heave ho' any mildew plants of tomatoes and anything else that's a bit worse for wear from the dry.

Don't rush to pull out the capsicums or chilly plants if your garden doesn't frost badly. You may find they will survive until the next year and grow bigger and better. There's nothing like a good lot of mulch around plants to protect them from the winter cold. The same goes for the ornamental garden, mulch does protect plants.

It's time now to dry those hydrangea flower heads. The easiest way is to place them in a vase with water and just let them drink it dry. Often this works a treat.

If you have bare ground in your vegetable garden, plant a cover crop like lupins and mustard seeds can

add nitrogen when dug in to soil. Lupin and buckwheat mine phosphorus from soil minerals. A mix of legumes and non-legumes are ideal then dig them in later.

Planting by the moon, plant up until the 11th March [plants will grow well]

On 11th March, don't plant, not a good time for planting and from the 18th until 22nd very barren planting time, low sap low vitality. On 23rd March plant root crops. From the 25th until the end of the month the vitality will begin to rise.

Early in March is good to start cutting back a lot of your ornamental garden and hedges etc. Always cut lavender back early March, if you leave it too close to winter or when it gets cold it can often die completely. I cut them twice a year, Dec just before Christmas and now.



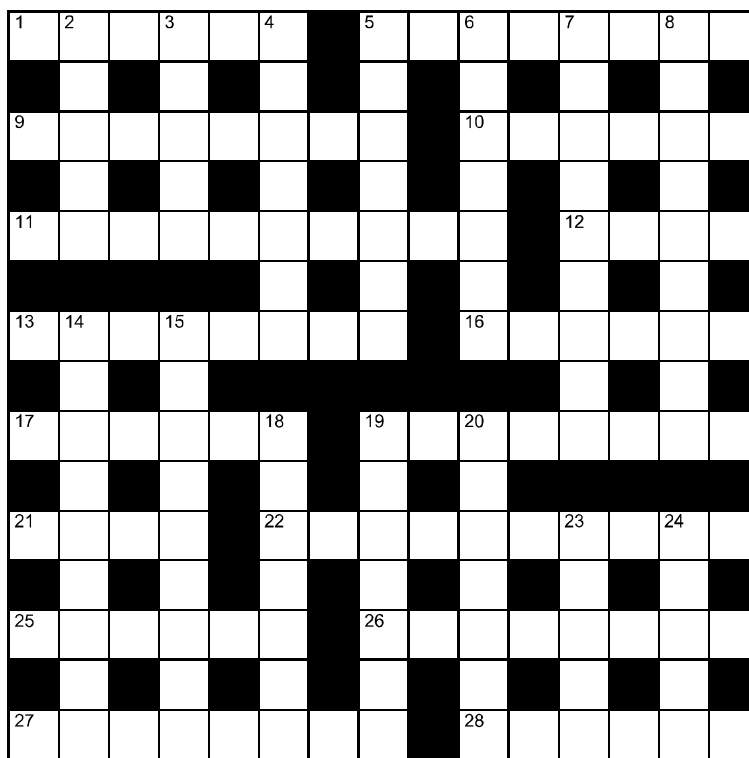
CROSSWORD

Across

1. Series of eight notes (6)
5. Talk (8)
9. Holiday (8)
10. Arched (6)
11. Set free (10)
12. Memorandum (4)
13. Signal that danger has passed (3,5)
16. Dappled (6)
17. Counting frame (6)
19. Delight (8)
21. Travel stamp (4)
22. Tearful (10)
25. Asian temple (6)
26. Conceited (8)
27. Souvenir (8)
28. Tangled (6)

Down

2. Gulf (5)
3. Once more (5)
4. Imposing building (7)
5. Half man, half horse (7)
6. Core (7)
7. Incorrect (9)
8. Onlooker (9)
14. Grease (9)
15. Boastfully triumphant (4-1-4)
18. Seedless grape (7)
19. Parcel (7)
20. Tympanic membrane (7)
23. Power (5)
24. Logic (5)



SIMON SHUKER'S CODECRACKER

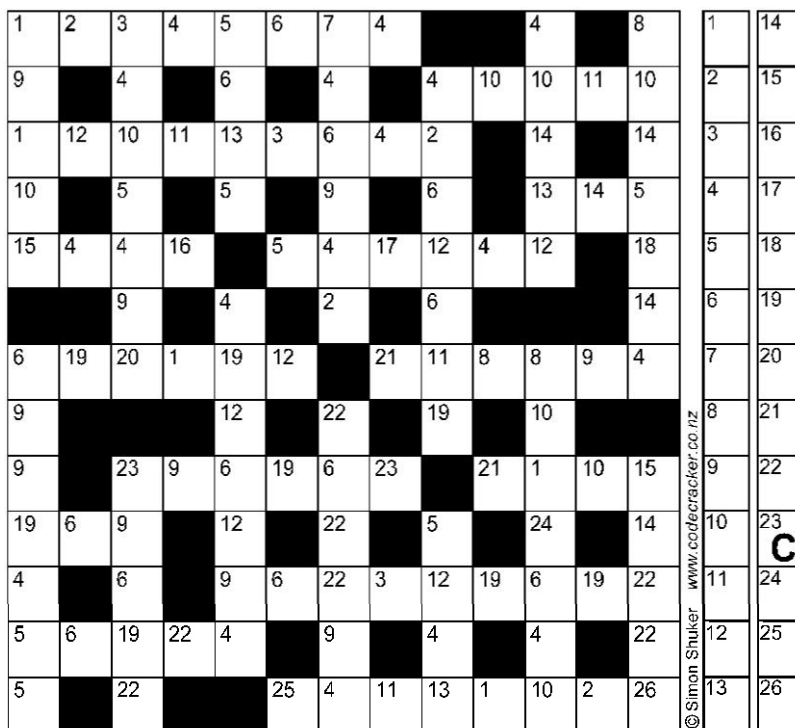
Each number in the grid represents a different letter of the alphabet.

Enter the letter or letters given in the control grid into the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check letters off the A to Z list at the bottom as you identify them.

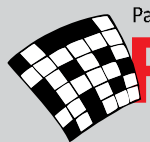


**Volume 13 of
Simon Shuker's
CodeCracker is
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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

SOLUTIONS ON PAGE 13



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NOTICE BOARD - March 2017

ADVERTISING AVAILABLE

We are going to start a new feature in this part of our magazine which may eventually replace the Discount Booklet.

If you would like to place a run-on advert on this page we are charging \$35 for a heading plus 2-3 lines and \$50 for heading plus 5 lines. The postage has gone up for our magazine and we need other ways to fund this! So, we need your help please?

For bookings in our next issue please email direct to Donna at tgagreypower@gmail.com or ph 5712558. Also, if you have a business, consider an advert in our magazine. Ask about our \$180 Special! Contact Sanyati Print on 578 6838 or dee@sanyatiprint.co.nz

PETITIONS AND SURVEY

We are always running petitions at the office for people to come in to sign/support. We have TWO at the moment which are:

1. Make the English Language in NZ official.
2. Do you support the Freshwater Iwi Leaders Group's agenda which is to have central and local government pass the control of freshwater to local Iwi?
Yes or No

GREY POWER ELECTRICITY

To maintain your Grey Power Electricity account you must remain a financial member of a Grey Power Assn otherwise your account will revert to Pulse Energy and you will be charged at a higher rate.

EMAILS - WE NEED YOUR EMAIL

With escalating costs for posting mail we need all your email addresses. Grey Power won't abuse the privilege, but sometimes there are things we need to advise you of, maybe meetings, etc.

Our email is: tgagreypower@gmail.com

Our web site is: www.greypowertauranga.org.nz

SUBSCRIPTION RENEWALS

Grey Power membership year runs from 1 April to 31 March

*Online payments direct credit:

Tauranga & Western BOP Grey Power Assn. Inc –
Kiwibank account 38 9001 0051732 00

- Grey Power also needs a form or email at the time of payment.
- Use your membership number as reference at the time of payment.

- Cash can be paid at the office [Historic Village]. Office-hours 10am-1pm.

*If paying by cheque, remember there will be a delay of 5 days to clear. You can apply for membership through our web site then pay online as well.

SERVICES FOR SENIORS

Grey Power has this booklet at the office. Their contact number is 0800 552 002. They have so many helpful services such as Nat Super, Gold Card and guidance for financial help. The book is a must! Don't be afraid to use this service, and ask for advice. They also have a 24 hour Healthline service-call 0800 611 116 to talk to a registered nurse. It's an amazing service!

COFFEE MORNS

These are proving very popular, check the advert page for details.

FUND RAISING FOR GREY POWER

A fund raising initiative for Grey Power. Liquid Gold Fertilizer - makes up 10 litres for your pot plants or small gardens. \$4 per sachet or 3 for \$10, available at our office.

INTERISLAND FERRY

There are group rates for Grey Power members. Group booking reference is FA5477. Grey Power membership number to be advised at time of booking. Each reservation must be made direct with Interislander by logging onto www.interislander.co.nz/booking/group-bookings and entering FA5477, or phone 0800878 898. Hours are Mon – Frid 8.30 – 5.30 and Sat 8.30 – 12pm. Each reservation will be given an expiry/payment date, required to be paid in full by that date. 90% refund if cancelled after payment. Membership card must be show at check in.

SCAMS

Never give out bank account user names, passwords, PINs or verification codes over the phone! Neither the bank, police nor utility companies should be given these details. It is better to hang up and then phone the above people and ask if they needed this information – the answer will be no.

The same advice applies to unsolicited emails on your computer. For more information go to www.consumerprotection.govt.nz or phone 0508 426 678

NOTICE BOARD

For internet scams the police recommend the following web site:
www.theorb.org.nz available to view and enter any scam you have experienced!

HEALTH INSURANCE

Grey Power Federation has now been able to secure a health insurance option. Vesta Cover Ltd is the company, web site: www.vestacover.co.nz or 0800 283 782

ID on SUPER GOLD CARD

If you require a photo on your Gold Card to use as ID, you can take it to the AA office and they can do that for you just like a driver's license. Apparently the banks don't accept this as an ID, but it can be helpful for other situations. If you no longer have a drivers license and need photo ID contact the office for information.

Make You Smile

Behind every great man there is a woman rolling her eyes.

People who think they know everything are a great annoyance to those of us who do!

To succeed in life, you need a wishbone, a backbone and a funny bone!

Laugh and the world laughs with you, snore and you sleep alone!



MEMBERSHIP APPLICATION /RENEWAL FORM

*** Membership year is from 1 April to 31 March**

TAURANGA & WESTERN BAY OF PLENTY GREY POWER ASSN INC
P O BOX 841, TAURANGA 3140 (Historic Village, 17th Avenue)
Email: tgagreypower@gmail.com | Ph: 07 571 2558

NEW MEMBER ☐ RENEWAL ☐ GREY POWER ELECTRICITY ☐ MEMBERSHIP NUMBER _____

NAME (S) MR / MRS / MISS / MS _____

ADDRESS _____

POST CODE _____ PHONE NO _____ MOBILE _____

EMAIL ADDRESS _____

PRIVACY ACT REQUIREMENTS: All information will remain confidential and will not be supplied to any other party. Please note promotional material may be inserted in mail outs for the interest of members.

ANNUAL MEMBERSHIP (please circle):

SINGLE \$20.00

DOUBLE \$35.00

DONATION \$ _____

Any donation to help with the cost of postage, envelopes, paper etc would be very much appreciated.

CASH OR CHEQUE – pay at the office

Office hours 10:00am – 1:00pm.

PLEASE NOTE WE DO NOT HAVE EFTPOS

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(Renewals use membership number as reference. New members use phone number)

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