

TAURANGA & WBOP

GREY POWER

50+ MAGAZINE

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QUARTER ONE 2018



Retirees say savings will soon run out PAGE 4

Local museums to visit PAGE 20

Meaningful goals help loneliness PAGE 12

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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 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.

Mail these to: The Editor, Tauranga & WBOP Grey Power, PO Box 841, Tauranga 3140

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Presidents Word



It seems as though we have rushed through this part of the year - a quarter gone already.

We have been busy writing remits for the Fed AGM and meeting with new MP's. Now we are looking with interest at the new National leader Simon Bridges and see if he can help hold the new Government to account. We very much hope that the Minister for Seniors, Tracy Martin, will look after our needs.

Some concerns which have come to our notice locally are:

Transport - are you experiencing difficulty with some of the new bus routes? Do let us know; services these days need to be more accessible and user friendly for seniors.

Housing - this is an ongoing issue which seems to be gaining some traction, with councils now by at least talking about the lack of smaller, affordable and accessible homes for older people.

The end of recycling glass at our gates has come to an end which I find very sad and frustrating. The whole world is talking about cleaning up our environment and now Tauranga has taken a big step back. I've wondered how the companies would react if we all cancelled our wheelie bin service! Might be more costly to them than providing an alternate service?

Loneliness is a complex issue but my research shows that there are not enough affordable, accessible community halls and venues in our communities. I remember this subject being discussed some 15 years ago but little seems to have been done to improve the capacity.

On a sad note - our highly organised and good natured treasurer, Joan, will no longer be able to continue with us due to ill health. A member new, Kathy Dawson, has stepped in to help and we welcome her to the committee.

In April we head off to the Fed AGM which has the potential this year to be quite interesting with some new plans afoot and a new president will be elected!

Take care of each other,
Jennifer Custins (President)



TAURANGA & WBOP GREY POWER ASSN AGM

Date: Tuesday 26th June 2018
Time: 1.30pm
Speaker: To be advised in the next magazine
Venue: Wesley Church Hall, 13th Ave, Tauranga



SUBSCRIPTIONS DUE ON 1 APRIL 2018

Details are on Page 22 of this newsletter.

**New members welcome -
ask your friends and family to join as
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Retirees say savings will soon run out!



A new research suggests most retirees will use up their savings in just 10 years and rely solely on the State pension after that. More than two thirds of retirement age Kiwis surveyed in a financial research felt they would not have enough income to live comfortably for their entire retirement.

Retirees, on average, are expected to have \$218 less to spend each week than they think they would need. The gap was even wider for those still paying of a mortgage or renting.

Those over 65 and retired think they need \$655 per week to live comfortably, said FSC Chief executive Richard Klipin.

“Our research shows that, in reality they have, on average, \$437 per week.” The Financial Services Council (FSC), whose members include insurers, fund managers and KiwiSaver providers, engaged Horizon Research to survey nearly 2,200 people on their attitudes and expectations for retirement savings.

The FSC said in a report that despite the large collective wealth they’ve built, most of those aged 65 plus expect their incomes from investments to run out within 10 years of retirement. They expect the last 10 years or more of their lives will be on the Government pension alone.

Kiwis aged 65 or older were taking \$623 billion worth of property wealth into retirement and just over half in the survey were planning to sell their home to release funds. However the FSC said that equity released by people downsizing was expected to last only 3 years.

The research gathered in June last year in an online survey, found that 17% of respondents aged 65 and older were finding retirement difficult. One 69-year-old Aucklanders in the survey said retirement was ‘bloody bleak’.

‘I have not been retired long, two months, but it is a bit scary now that the till has stopped’, said a 71-year-old woman who took part in the research.

The FSC said nearly four in 10 of the elderly regret not having more financial advice.

Many still in KiwiSaver want their providers to step up with more advice on how to reinvest savings and the proceeds of selling other assets, like their homes. With 54% of 65 plus homeowners planning to sell their homes to help their retirement, the older population still has a keen interest in making the most of their savings and assets,” the council said.

As Kiwis age, the FSC said, they appeared to be worrying less about the income they would have when they stopped working.

The group that was most anxious about their retirement were those aged between 35 and 44, 63% were worried and 25% were very worried!

Source: NZME

Remember that daylight saving ends on 1 April at 2.00am – so remember to turn your clocks back one hour before you go to bed. Also time to check your smoke alarms and electric blankets.



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Lethal Aussie Flu to hit New Zealand

The NZ Herald (2nd March) reported the concerns at Emergency Departments in Auckland having their busiest month ever in January. There are rising fears that hospitals may not cope when lethal forms of flu strike New Zealand this winter.

The flu season in Europe and USA has resulted in hospitalisation rates worse than during the swine flu epidemic. The Aussie Flu resulted in the worst flu season Australia had experienced in nearly a decade during 2017, and this is just one of several strains of influenza due to hit New Zealand in 2018.

The great news from PHARMAC is that the influenza vaccine used in New Zealand this year will include protection against infection with four strains of the virus. This will be the first time a four-strain vaccine, known as quadrivalent vaccine, will be funded in New Zealand. **The vaccine should be available at your GP from the beginning of April.**

More than a million New Zealanders receive an influenza vaccine each year, which is free for people over 65, for pregnant women and for people with chronic conditions like asthma, heart disease and diabetes.

PHARMAC deputy medical director Dr Bryan Betty says the four-strain vaccine will offer additional protection against influenza in 2018, and into the future.

“It’s pleasing to be able to fund this new technology for New Zealanders,” says Dr Betty. “The experience from the northern hemisphere winter flu season has shown how important it is to continue to be immunised.”

“We encourage New Zealanders to continue to take advantage of the opportunity to avoid contracting influenza, through a quadrivalent vaccine.”



New Winter Energy Payment



The Government is introducing a new winter energy payment to help older people and people on a benefit stay warm and healthy through winter.

You don’t need to apply to receive the payment. It will be paid automatically to everyone getting NZ Super, Veteran’s Pension, Jobseeker Support, Sole Parent Support, Supported Living Payment or a Youth Service Payment. People can choose to opt out of getting it.

In 2018, the Winter Energy Payment will begin from 1 July to 30 September and from 2019 for five months from 1 May to 30 September.

The rate for single people (with no dependent children) will be \$20.46 a week, and couples or people with dependent children will get \$31.82.

The Winter Energy Payment won’t affect other payments such as Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If people are overseas for longer than four weeks, their Winter Energy Payment will stop while they’re out of the country. People who are getting Residential Care Subsidy or Residential Support Subsidy won’t be eligible for the Winter Energy Payment.



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Ex-Marsden Point Oil Refinery worker with cancer, claiming lead poisoning

A former Marsden Point Oil Refinery worker has won a battle to further probe whether cancers that riddle his body are linked to exposure to highly toxic lead at the facility more than 40 years ago.

But Brian Arndt has been told there are no specialist scans available in New Zealand.

The 77-year-old worked as a shift operator at New Zealand's only refinery, at the entrance to Whangarei Harbour, from 1965 to 1975.

A major part of his job was transferring tetraethyl lead (TEL) and tetramethyl lead (TML) from bulk 44-gallon (200l) drums into separate vessels for the blending of Regular and Premium Petrol.



Leaded petrol in New Zealand was phased out over two decades before unleaded petrol became mandatory in 1996.

Wearing white cotton overalls, underclothes, gumboots, dairy worker-style gloves, and a face mask, Arndt says he would remove the drum lids and an internal plug, his head just 60cm above the surface of the poisonous lead fuel additive.

"Even through the mask you could smell it, it was terrible stuff," Arndt says.

Within months, the fit, strong young man was allegedly suffering health issues, including violent "psycho" dreams and erectile dysfunction. Arndt only recalls having one medical check at work.

Just three months after he joined the refinery in April 1965, Medical Officer of Health E. Simpson wrote a letter to the Whangarei district officer of the Department of Labour, warning of the dangers of lead.

"There is, at the Marsden Point Oil Refinery, a section of the plant wherein employees will be handling one or both compounds (tetraethyl/tetramethyl lead) which are added to petrol to reduce 'knock,'" the medical officer wrote in documentation Arndt obtained from Archives New Zealand.

"Both are extremely toxic, affecting the central nervous system of persons exposed to a harmful concentration. The risk is present wherever the compounds are handled, and when petrol tanks are de-sludged."

Arndt and fellow ex-refinery worker, Brian Tobin, alleged earlier this year that lead-laden sludge was dumped "between a couple of sand hills" at Marsden Point, the area is still toxic!

Global research, including studies by the

International Agency for Research on Cancer (IARC), an intergovernmental agency forming part of the WHO, show TEL is readily absorbed through the skin. Although IARC does not class TEL as carcinogenic, it can change into highly-carcinogenic inorganic lead when lodged into major bones.

Arndt has survived various cancers since the 1980s. A tumour was removed from his left lung in 1989 and, between 2011 and 2014, he underwent two mastectomies. In 2012, he was diagnosed with prostate cancer.

"My oncologist wanted to know what I had been working with as they could not identify my various tumours to anything on the New Zealand medical databases. He was amazed that there had been an organic lead plant here in New Zealand," he said.

It was only five years ago that Arndt first suspected his cancers were linked to lead exposure during his Marsden Point days.

When his teeth had to be removed last year – having first noticed them crumbling in 1978 - he claims he could taste lead.

"I could smell it on my breath and I thought, 'Oh my god, there's lead in my jawbone,'" Arndt said. Further examinations found Arndt's dental leads were 1659 per cent above normal levels.

This is part of Brian's story, but ACC refuse to acknowledge or pay now that it looks like his sickness is from Lead poisoning from the refinery. Nor does Refinery NZ want to know. He really requires a special X-ray/scan to prove this, which he is being blocked from getting, because if it proved that the lead poisoning is now in his bones it would open a can of worms! Brian is currently trying to raise money on a 'give a little page' to go to Australia or elsewhere to get this X-ray.

ACC has in later times become a huge investment company and we wonder if they sometimes lose sight of their core business of looking after the NZ people. They make excuses not to pay out or help people like Brian in our story above.

If you know of legitimate cases or you yourself have not been helped by ACC like the above story we would love to hear from you.

Write a brief story and email to: donjomillar@gmail.com or chrisray4756@gmail.com or drop it into our Historic Village GP Office.

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Don't Forget to Apply for Your Rates Rebate

Applications for a rebate of up to \$620 on your rates for 2017/18 close on 30 June 2018.

If you lived in your own home on 1 July 2017 and you (or you and your partner) earned \$42,000 or less from 1 April 2016 to 31 March 2017, then you may be eligible for a rebate. For those earning \$34,000 and paying rates of \$3000, the rebate would be \$620, or if paying rates of \$2400 then a rebate of \$342.33.

If you moved home during the year within the same council jurisdiction you are still eligible for a rebate based on the rates you have paid on both properties - e.g. if you were 3 months in your old house & 9 months in the new house, the rebate would be based on $\frac{1}{4}$ of your old house rates + $\frac{3}{4}$ of the rates on your new house for the 2017/18 rating year. Ask your Council to help you make your claim if you are having difficulties.

Forms are available at your local council office, or can be downloaded at www.westernbay.govt.nz/our-services/property-and-rates/Pages/Rates-rebates-postponements-and-hardship-options.aspx for **WBOPDC** and at www.tauranga.govt.nz/living/property-and-rates/rates-rebates-and-remissions for **Tauranga City Council**.

For those over 65, and those in financial hardship, WBOPDC offers Rates Postponement Schemes which can be very helpful and may ensure that a long term home need not be sold. Details available from Council or at the website for WBOPDC above.

Don't miss your entitled rebate, or opportunity to postpone rates payments.



BOP Regional Council Proposed Rate

Regional Council rates tend to be significantly less than our City or District Council rates. However, at a time of low inflation, and many of us are on fixed incomes, any significant increase is unwelcome.

Regional Council increases for 2017/18 in Tauranga were 10.1% and in the WBOP 13.6% - well above inflation!

Now the Regional Council is proposing that Tauranga rates increase 53.8% and WBOP 26% for 2018/19.

But this is not the end! Over the next 3 years Tauranga rates will increase 67%, and WBOP 39%.



The Regional Council Long Term Plan is available, and you can have your say with submissions closing 4pm on the 19th of March. Make sure you make your views heard and put pressure on our Regional Council to control their costs and reduce the proposed rate increases. Hearings are scheduled for April. Visit your Council office or library, or on-line for the consultation documents.

www.boprc.govt.nz/media/718875/4774-ltp-2018-28-cd-consultation-document-final-low-res-for-web.pdf

- Deficit budget for the next 4 years.
- \$15 million has been committed to the Tauranga Tertiary Campus Project – core Council business?
- Quayside Investments (majority shareholding of



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Port of Tauranga) is estimated to contribute over 20% of operating revenue to reduce rates.

- Plan to borrow \$157 million over next 10 years.
- Personnel costs consume 31% of Operating Revenue in 2018/19.

Timelines for Long Term Plans at City & District Councils:

1. Tauranga CC

Consultation 16th March-16th April. (Public opportunities to discuss the LTP had not been posted on the TCC website by the deadline for our magazine - go to your Council Office, library, or on-line at www.tauranga.govt.nz/council/council-documents/long-term-plans/long-term-plan-2018-2028 to find the nearest meetings you could attend.

2. WBOP District Council

Consultation March to May with drop-in sessions in April at Waihi Beach, Katikati, Omokoroa, Te Puke & Council Chamber at Barks Corner. For more information not available by the deadline of this publication visit your Council Office, local library or on-line at www.westernbay.govt.nz/our-council/policies-plans-by-laws/Pages/Long-Term-Plan-2018-2028-More-Info.aspx

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Meaningful goals help solve loneliness

International research estimates that 20% of seniors experience some form of loneliness. In New Zealand that's up to 140 thousand elderly.

Vanessa Burholt is the Professor of Gerontology and Director of the Centre for Innovative Ageing (CIA) at Swansea University; and Director of the pan-Wales Centre for Ageing and Dementia Research (CADR). She is currently in New Zealand with Professor Thomas Scharf from Newcastle University meeting with Government Ministries, University Researchers, Councils and Age Care organisations to share her research on loneliness and promote the welfare of older people.

Loneliness has a significant impact on health outcomes. Studies indicates that loneliness has the same level of impact on health as that of smoking and even more impact than obesity or inactivity. Loneliness is identified as risk factor in a number of health conditions including cardiovascular disease, depression and cognitive decline.

Professor Burholt works with a large number of senior groups in the UK and says understanding the complexity of loneliness is the key to making effective change.

"We shouldn't blame an individual for being lonely.

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There are many reasons why it's hard to overcome, from shyness, a lack of money, through to cognitive impairment. Often it's the physical environment which is stopping older people leaving their home. They may have transport problems or be scared if they live in a neighbour that's changed. It's about how we can intervene to remove those barriers that will make a difference."

"It's easy to think the solution is to go and meet people but social connection isn't necessarily the cure for loneliness. It's the emotional closeness and quality of relationships that matter.

"You can't replace decade long friendships or the loss of a long term partner but there are other things you can do. Start up a conversation about what's important to that person. The place to make social connections with others has to have meaning for them. Find out what things they like to do and how you can help facilitate that."

Withdrawing from society isn't a natural part of ageing unless you choose it.

"Older people with a disability or dementia can be reluctant to enter public spaces because they feel stigmatised and embarrassed. We all have a role to play in reducing the prejudices and discrimination in society. It starts with patience and helping people who need help to interact with others."

OPERAT (Older Persons External Residential Assessment Tool) is a simple questionnaire co-designed with older people in Wales that they can complete by observation to determine if an area is suitable for the physical, cognitive and visual needs of older people. OPERAT is about to be piloted in New Zealand in a joint project with Massey University and Grey Power.

"The response to loneliness and isolation are different in every area. OPERAT is an easy tool to help residents and local authorities identify areas where the environment is having a negative impact on the elderly. Simple things like as removing rubbish, graffiti and fixing footpaths can make a real difference to older people," says Professor Burholt.



Gardening Corner

Christina Humphreys writes your gardening articles and a volunteer for Grey Power has a large country garden to care for and is very passionate about Gardening.



AUTUMN GARDENING

Well I guess you are all like me, quite disheartened with your garden! The last month with cyclones, too much rain and humidity has thrown it all at us. My big garden turned into a tropical jungle over night and the lawns need a mow every few days; I have never known anything like it! Is this to be the norm?

The time has come to be just ruthless, cut and slash, mainly perennial plants and some trees by a third at least, rambling roses in my garden have had to be slashed literally. If you take this ruthless approach now while the weather is still warm your garden will have time to regenerate before winter arrives and it will be far more manageable before next spring arrives.

There are still plants like Japanese anemones ready to flower and some that are still in the nursery's, others like sedum, hydrangea paniculata, verbena and catnip as a border. Also, I really love the large salvias. Mine have flowered all season and are still going strong, putting on a show! Roses are still going but do need a little TLC like a light prune and maybe a copper spray. They don't like the humidity to much! With a bit of effort, we can still salvage an autumn garden. Time to think about choosing and planting bulbs for next spring too!

Vegetable garden, I seem to have a few lettuces going strong, capsicums, chillies, cucumbers, courgettes, but tomatoes are just about done. I did manage to get some tomato and sweet chilli sauce made though. I do like that for our Thai chicken dish. There is still time to plant another row of potatoes in plus spring onions, garlic and celery.

We can soon be thinking about autumn vegetables, not the broccoli and cauliflower until the humidity goes or while there is any chance of white butterfly about.

I do enjoy watching the Monarch butterflies in my garden; the swan plant self-seeds every year, so they always return.

I have managed to bottle a few plums (Lucia is a beautiful big juicy breed) and pears. I will just record here an easy way for you to bottle maybe a couple of jars of fruit at a time:

Peel the fruit slice to the size you prefer, pack in a big jar. Then make a sugar mix in a reasonable sized jug, half sugar and half boiling water (mix and dissolve well), then pour some of this syrup into your jar of fruit, just half fill the jar. Then put this jar of fruit into the microwave and set on 4 minutes to cook. When done remove to your bench and top up the jar with boiling water from your electric jug then put preferably an Agee lid and screw top on to rest and seal. SIMPLE!

This is an easy and convenient way to bottle just a few extra fruits you may have on hand, try it!

'Enjoy the fruit of your labour.'





POLITICAL FORUM

Hon Simon
Bridges



National Party's new Leader

Tauranga MP Simon Bridges says it's an 'enormous privilege' to be elected leader of the National Party and has thanked his colleagues for the opportunity to lead 'a strong, united and focused opposition'.

Deputy leader Paula Bennett has also been re-elected to her position after the vote in caucus this morning.

"Growing up in Te Atatu with a Pakeha mum and Maori dad, I never thought I'd have this opportunity to make such a difference to the lives of New Zealanders," says Simon, who is the 12th leader of the National Party and its first leader of Maori descent.

"My focus as leader will be ensuring we build on those policies to improve the lives of New Zealanders. "Our caucus has an incredible depth of talent and abundant energy which is why we continue to enjoy so much support. New Zealanders believe in our vision for New Zealand and in our team. "My job will be to hold the Jacinda Ardern/Winston Peters coalition to account. "We'll support the things we believe are bringing our country forward, while opposing the things we see as making us tread water or go backwards."

He says the current government is 'big on lofty intentions', but he does not believe they are turning into real gains for New Zealanders.

"This government, I believe, takes our economy for granted. New Zealanders know that after governments like this, National are the economic managers who pick up the pieces. "That's why we will continue to present an ambitious and strong alternative government heading into 2020.

Government to provide greater protection of rights under the NZ Bill of Rights Act 1990

Posted by Andrew Little on February 26, 2018



Cabinet has approved, in principle, a move to amend the New Zealand Bill of Rights Act 1990 to provide a statutory power for the senior courts to make declarations of inconsistency under the Bill of Rights

Act, and to require Parliament to respond.

Justice Minister Andrew Little and Attorney-General David Parker today welcomed the decision.

Andrew Little says, "Declarations of inconsistency can perform an important function by informing Parliament that the senior courts consider an Act of Parliament to be inconsistent with the fundamental human rights affirmed in the Bill of Rights Act.

"The Government supports the senior courts making declarations of inconsistency where there is a legislative power. As there is currently no explicit power in the Bill of Rights Act, amending the Act will allow for this."

David Parker says: "Parliament occasionally passes laws inconsistent with the Bill of Rights Act. Currently there is no established route for Parliament to revisit the issue.

"The change proposed is to amend the Act to confer an express power for the courts to make a declaration of inconsistency. That would trigger reconsideration of the issue by Parliament."

The Courts would not be able to strike down statutory law and Parliament would retain its sovereignty. After reconsideration Parliament could amend, repeal or stick with the law as originally passed.

The Government will carry out further work to enable the change proposed, while protecting Parliament's sovereignty.

Background information

The New Zealand Bill of Rights Act 1990 is one of the most important pieces of legislation in New Zealand for the promotion and protection of human rights. It sets out to affirm, protect and promote human rights and fundamental freedoms in New Zealand. It also affirms New Zealand's obligations under the International Covenant on Civil and Political Rights.

Previous consideration of Declarations of Inconsistency

In 2011, the Constitutional Advisory Panel was appointed to listen to and record New Zealander's views on constitutional issues. As part of its consultation with the public, it considered amendments to the Bill of Rights Act. Its recommendations, released in 2013, included that the Government explore options for improving the effectiveness of the Bill of Rights Act such as giving the judiciary powers to assess legislation for consistency with the Bill of Rights Act.

Clayton Mitchell
NZ First List MP



BILL SUBMITTED TO MAKE THE ENGLISH LANGUAGE OFFICIAL

Tauranga-based New Zealand First list MP Clayton Mitchell has submitted a Private Member's Bill requesting that English be recognised as an official language of New Zealand.

Te Reo Maori was recognised in 1987 and New Zealand Sign Language in 2006, yet there is no legislation that recognises English.

"The Bill is called the 'English an Official Language Bill' and that will give English the same legal status as Te Reo Maori and New Zealand Sign Language," says MP Clayton Mitchell.

He says it's 'common sense' to officially recognise the language that the vast majority of New Zealanders use on a day to day basis.

"English is the primary language that New Zealanders use, whether that's in business, at home, on the sports field or in the media.

"A petition was presented to parliament last year with 6258 signatures asking for English to be recognised. I've travelled around the country and everyone I've spoken to think it's absurd that this isn't already the case."

NOTE: Remember many of you signed this petition written by a member 'Robin Bishop' who sadly passed away a few months after presenting the petition and we are very keen to continue pushing for this to go ahead!



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Devastating Outcome for a Much Loved Mum - A Positive Outcome

In our Q3 2017 issue we highlighted the sad story about Michelle's* precious mum of 78 who was prescribed risperidone by a GP in a local rest home.

Fortunately, Michelle followed up with the GP, and then a psychiatrist to see if the prescribed risperidone had precipitated this rapid decline in her mother's condition. She also researched about risperidone on reputable sites on the web.

Guidelines used by health professionals in New Zealand express strong reservations about the use of antipsychotics in dementia patients. (Antipsychotics in Dementia Best Practice Guide www.bpac.org.nz/BPJ/2010/March/antipsychotics.aspx)

Michelle and her family met with the medical and nursing team to discuss the inappropriate care of her mother. Both the GP and the psychiatrist from the Mental Health Services for the Older Person at Tauranga Hospital acknowledged that her mother had been given an overdose of risperidone which had caused her spine to develop a 30 degree curvature, causing extreme pain. It had also worsened the dementia. They were told the damage was probably irreversible. However, although the 'error' was acknowledged, no responsibility or accountability was accepted.

The family demanded that Michelle's mum be taken off the risperidone. This had to be done slowly,

and over the next couple of months her condition deteriorated. Waipuna Hospice became involved in her pain management and eventually developed a pain management regime that suited her mother. Because she was not eating, her mum lost weight dramatically - down to 38kg. The family started to plan her funeral.

In November, however, things started to change. She is now eating small meals independently. She has improved mental clarity. Her spine has straightened and she is now able to walk almost normally again. She still requires large amounts of pain relief to manage her pain but the positive effects are quite astounding. *"There is no other explanation for Mum's positive progress - the risperidone caused her spinal deformity and the sudden onset of the dementia; its withdrawal has seen her condition improve."*

Michelle concludes the report on her mother's remarkable recovery with a warning to us all:- *"The scary thing is that there are so many people out there in aged care facilities who are on this drug. It is used to make them more manageable for staff but it causes so many physical and mental problems. It is not only our mother who has been a victim. We, her family, have suffered so much stress watching mum deteriorate so rapidly, believing her to be close to death and planning her funeral. Mum has been robbed of quality time and we have been robbed of quality time with her. Medical experts do not recommend risperidone be prescribed at all for elderly persons with dementia and yet GPs readily prescribe it."*

"It is an antipsychotic used to treat people who suffer from bipolar disorders. We believe it should only be allowed to be prescribed by those professionals working in the field of mental health and not by GPs with little knowledge of antipsychotic medications."

Michelle is presenting her mum's case to the Ministry of Health and we totally support her in this endeavour. Please keep us informed if you encounter abuses of the medical system in rest homes - we are here to support and advocate for you.

David Marshall

*Michelle is the pseudonym for the member who communicated with us on this situation.

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Referendum to decide Maori Wards for Western Bay Council

By Christina Humphreys



Photo: Margaret Murray-Benge, Kevin Marsh, Richard McNair (3 councillors), Christina Humphreys, Mike Lally, Norm Mayo, George Van Dyke and Joan Dugmore.

At least 4100 signatures have been gathered as the first step to stopping the Western Bay District Council from creating separate Maori seats, so a pole will now be organised.

Organisers handed the petition to the council’s customer relationships team leader Carolyn Bennett-Ouelle on the 14.2.18.

The petition has collected enough signatures to pass the threshold of 1708 signatures needed to force the council to hold a binding referendum on Maori wards. The district is currently split into three general wards.

A random check of signatures showed there were at least 2532 eligible voters - people who were registered to vote in the Western Bay District Council area. The referendum is to be held later this year in the Month of May and will decide whether the council introduces Maori wards at the 2019 election. It followed the council voting 9-3 last year to support for the introduction of Maori wards.

If the council had gone to the community to start with the petition would not have been required!

The petition said: “We believe that Maori wards in the

Western Bay of Plenty District Council are unnecessary and that we now have met the legal requirements for a binding referendum to be held on this matter.”

Deadline for demand for poll: February 21st 2018.
Deadline for poll: May 21st 2018

Clarification :- NZ does not have a written constitution only a collection of statutes and a Human Rights Act.

The Treaty of Waitangi is not a partnership it was a signed peace document where Maori ceded sovereignty to Queen Victoria to gain equal rights as citizens with other British subjects in NZ.

Editor footnote: Above article is an individual opinion

Maori Wards - Why the Controversy?

A Personal Perspective from
David Marshall, Councillor
Western Bay of Plenty District Council.

Our local papers have been inundated with acrimonious correspondence claiming that the creation of Maori Wards is undemocratic. That we are a multiracial society cannot be denied, and I wholeheartedly support the concept of one person one vote.



In training for a role on the Regulatory Hearings Committee, my study of the RMA legislation highlighted to me the necessity to consult in a meaningful manner with our local treaty partners on Resource Consent issues. In addition the Treaty of Waitangi, part of New Zealand’s constitutional arrangement, creating a partnership between 2 peoples - Maori and Pakeha. A partnership means respecting the views and rights of each.

The principles of the Treaty of Waitangi are included in many of our laws including Environment Act, State Owned Enterprises Act , Conservation Act, and the Resource Management Act. So, we have a duty to act

reasonably and in good faith with our Maori partners.

The argument appears to be that anyone can stand for an elected position so there is no need for a special Maori Ward! So, why then are there no elected Maori councillors on the WBOPDC? How can Council make informed decisions without a Maori voice at the table? Some suggest we could appoint a representative to Council. This would be one solution, but I am opposed to having an appointee who is not responsible to the electorate.

We have 3 wards in the WBOPDC - why? Quite simply we have a geographically spread area from Waihi Beach to Pukehina Beach. People want to know their elected representatives and be able to contact them on any local issues. Consequently we have 3 wards to ensure better representation. Why then should we not have a Maori Ward with a councillor elected by those on the Maori roll? It would ensure we have elected Maori representation, and would not disenfranchise any voters on the general roll. There would be no “take-over” by Maori - just an acknowledgement that they are our partners in Aotearoa, with a voice at the table.

Editor footnote: Above article is an individual opinion



B.O.P Memorials

Are you looking for a memorial for your lost loved one? The friendly team at B.O.P. Memorials - The Bay’s Headstone Shop can assist you.

If your loved one has been cremated, you will need to purchase a plot. Pyes Pa Cemetery has many different area’s to choose from - the Book of Remembrance, Ashes Desk row, Native & Rose Garden area’s and an Upright Headstone Ashes row. Each area has a different sized memorial and we can help you to select what material would be best for you, either granite, photographic ceramic tile or a bronze plaque.

If your loved one has been buried, we have a large selection of different headstone sets available, which can be made in a variety of granite colours and sizes. Whether you want a simple traditional headstone or want to add some unique feature, we specialise in creating custom memorials, unique to you and your family.

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9 Jean Batten Drive, Mount Maunganui
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- Main Legacy Jet Hangar
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- Flight Operations Hangar 5
- Armoury Room & Archive Centre
- Cafe & Souvenir Shop

With over 5,000 items on display, the museum is an aviation treasure trove and an exciting attraction for families and enthusiasts alike.



The Elms | Te Papa Tauranga

15 Mission Street, Tauranga
Opening Hours: 10am - 4pm, 7 days a week

The Elms, one of the oldest heritage sites in New Zealand, is an essential stop for all visitors to Tauranga. This was a place of early contact between Māori and Pākehā and the historic site remains at the centre of Tauranga's history and identity today. Encompassing category one listed heritage buildings and nationally significant collections - all set within a diverse and tranquil garden setting - this one-hectare property is a must-see destination for visitors to the region.

Western Bay Museum

Main Street, Katikati
Opening Hours: 9am - 4pm, 7 days a week

Katikati Heritage Museum was a community-owned venture staffed by volunteers and run by a trust board of local people. The museum was managed by the Katikati Heritage Museum Society Inc. with the help of a paid, full-time manager on behalf of the people of the Katikati area.

The collection was dedicated to the history of the founding of Katikati by George Vesey Stewart as the only planned settlement from Northern Ireland in the world. It documented the voyages the settlers took to New Zealand in the Carisbrooke Castle and the Lady Jocelyn, and the subsequent development of the district in the late 18th and early 19th centuries. The following pages brought the backgrounds of some of the items in the collections and stories about noted residents and unique events.

www.athenreehomestead.org.nz

The collection is now part of the Western Bay Museum, www.westernbaymuseum.nz



Brain Watkins House

Corner Cameron Rd & Elizabeth Street, Tauranga.
Opening Hours: 2pm - 4pm, each Sunday

The Brain Watkins House is a unique historic property located near the central business district of Tauranga city. Built in 1881 by Joseph Brain, it is registered by the New Zealand Historic Places Trust as a Category II Historic Place. Occupied by one family for nearly 100 years and filled with original contents, the house offers an insight into the life of a middle class European family of the late 19th and early 20th centuries. It has many stories to tell, from the horse given shelter in the hall during the Tarawera eruption to the young couple separated by the First World War reunited and married in their 70s.

The Brain Family

Joseph Denham Brain was born near Ventnor on the Isle of Wight in 1841 and was sailing the Pacific before arriving in New Zealand in the 1860s. A boat builder he served as a ship's carpenter and mate on the "Rangiriri" and the "Pioneer" during the New Zealand Wars. In 1871 he married Kate Bishop and had five daughters. The Brain family moved from Auckland to Tauranga, and Joseph Brain built the property in the early 1880s from a shipment of Kauri he received in 1881. Brain not only built and repaired boats but also operated a local shipping business. He was a major contractor in the district building bridges, The Strand sea wall, the Durham Street fire station, the first Mount wharf, and the Memorial Gates at the Tauranga Domain. He died in 1924, and his wife Kate lived in the house until she died in 1933. After Kate's death the two youngest daughters, Bessie and Elva lived out their lives in the house.

GREY POWER COFFEE MORNINGS

Everyone is welcome to come along for discussion or a chat and we have a bi-monthly speaker.

TAURANGA COFFEE MORNINGS

First Thursday of every month at 10.15am

Venue: The Raft Café, Chapel St, near Briscoes, Tauranga

Dates: 5th April, 3rd May, 7th June, 5th July, 2nd August

KATIKATI COFFEE MORNINGS

Bi-monthly Thursdays at 10am

Venue: Katikati Community Centre - Beach Road, just past the schools.

Dates: 12th April, 14th June, 9th August, 18th October, 6th December

Any enquiries for coffee mornings:

Phone the office 571 2558 or Maureen and Dan 021 744 208 or Jenny 573 7081 for Tauranga.

Phone Baden and Lyn on 549 5423 for Katikati.

ALL WELCOME

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TAURANGA & WBOP ASSN AGM: 26TH JUNE 2018

At Wesley Hall, at 1.30pm. The speaker will be announced later.

YOUR COMMITTEE

Your Committee submitted this remit to the Grey Power AGM in Blenheim on the 16.4.18: Remit Wording: That Grey Power Federation Lobby Government to abolish Sec 70 as set out, for example, in NZ First's policy statement which was promised during the election. Section 70 affects people receiving New Zealand Superannuation or the Veteran's pension.

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EMAIL

Please continue to let us know if you have an email address and could you advise us if you would be happy to receive your magazine by email.

Joke Corner

Q. What do you call it when a bunch of sheep roll down a hill?

A. A lambslide.

Q. Why should you never try to make a three-level wedding cake?

A. Because it always ends in tiers.

Q. Why can't a jug become king?

A. Because it never reigns, but it pours.

Q. Where do planets go to get an education?

A. Mooniversity.



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CEO and maker of the iPad...iPhone etc. died a billionaire

Steve Jobs says: Here are some of his last thoughts and words on my sick bed:
“I reached the pinnacle of success in the business world.
In others’ eyes, my life is an epitome of success.”

However, aside from work, I have little joy. In the end, wealth is only a fact of life that I am accustomed to. At this moment, lying on the sick bed and recalling my whole life, I realize that all the recognition and wealth that I took so much pride in, have paled and become meaningless in the face of impending death.

- You can employ someone to drive the car for you, make money for you, but you cannot have someone to bear the sickness for you.
- Material things lost can be found. But there is one thing that can never be found when it is lost - health and life itself.
- When a person goes into the operating room, he will realize that there is one book that he has yet to finish reading - “Book of Healthy Life”.
- Whichever stage in life we are at right now, with time, we will face the day when the curtain comes down.
- Treasure, Love for your family, love for your spouse, love for your friends...

- Treat yourself well. Cherish others.
- As we grow older, and hence wiser, we slowly realize that wearing a \$300 or \$30.00 watch - they both tell the same time...
- Whether we carry a \$300 or \$30.00 wallet/handbag - the amount of money inside is the same;
- Whether we drink a bottle of \$300 or \$10 wine - the hangover is the same;
- Whether the house we live in is 300 or 3000 sq. ft. - loneliness is the same.

You will realize, your true inner happiness does not come from the material things of this world.

Whether you fly first or economy class, if the plane goes down - you go down with it...

- Therefore. I hope you realize, when you have mates, buddies, old friends, brothers and sisters and Face Book friends, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west or heaven & earth, **That is true happiness!!**

