

TAURANGA AND WBOP

GREY POWER

MAGAZINE FOR THE OVER 50s

QUARTER TWO 2021



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www.greypowertauranga.org.nz

TAURANGA & WBOP GREY POWER

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We would like to hear your opinions
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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.

Post to: the address above or email
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President's Word



We are already half way through the year and it's hard to know where the time went. It's technically winter but several days have been beautiful with clear skies and bright sun; it's good to appreciate those and remember them on the cold bleak ones to help keep lift our mood.

Some of the changes that the government are proposing to make to the health system do not necessarily seem to be the best for the future of all New Zealanders. I would like to stand with one of our neighbouring associations, Rotorua, who made this comment in their latest magazine. *"Do you really think that more than one National Health Authority will work for all New Zealanders of all ages? After all we are One Country, One People and should be One Voice. Having all these different authorities is not necessary for a country of our size and population and we cannot afford it. What do you think?"*

We have had some excellent speakers at the Tauranga coffee mornings and we have included reports in this issue. Some conversations from members have been interesting but some worrying, such as the cessation of cheque books and the reduction in bank branches. There surely had to be a better or different way to do this? I don't have the magic answer but I really feel for the people who are never going to have access to the internet or a smart phone and for a variety of reasons will not be able to grasp internet banking.

Our AGM was the day before this went to print so there will have to be a full report on our guest speaker, Hon Dr Ayesha Verrall, in the next issue. Two new committee members, Shirley Porter and Vanessa Charman-Moore, were voted in which will help spread the work load as we explore more ways to protect, enhance and improve the wellbeing of all seniors.

Next month will be the national AGM in Nelson which will give all the associations a notion of what issues the Board are going to focus on for the next 12 months. We had campaigned hard over the last few years to have a Commissioner for Seniors and this was given the green light in the May budget – we are waiting with interest to see who will be appointed. Unfortunately, there was no extra money put forward for superannuitants and this is concerning for several reasons. The cost of living has climbed since Covid hit our lives and the housing and rental market has made life very difficult for many older people. TCC and WBOP is set to sell all their elder housing units to the State and there is no assurance that the tenants will continue to be exclusively seniors. There will technically be more social housing in Tauranga but it will very likely be of mixed ages. (See articles inside).

Due to an accident, I had to replace my car this month and I would like to give a shout out to RaD Car Hire for their very pleasant and

helpful service. Also, to Trevor Lee Autos for going the extra mile to find a car that met all my needs and made me feel that I mattered. Sometimes the world around us seems a bit stark and disconnected, where the word 'service' seems to have taken a back seat in our lives. However, it was heartening that at a time when I most needed that connection, both companies had service and kindness in large quantities.

During lockdown, over a year ago, some of these qualities came to the fore and we all appreciated it so I urge you not to forget and keep spreading it around – you never know who might need it the most.

Stay safe and warm.

Jennifer Custins (President)

SUBSCRIPTIONS

Membership form is on the inside back page.

**Our financial year is
1 April to 31 March
Single \$20 and \$35 double**

You can pay now for the 2021-22 year
Go to our website: www.greypowertauranga.org.nz
Fill in the form and then make your payment
online using internet banking. Alternatively you
can pay using telephone banking or cash.
(no eftpos at Village)

**Invite a friend or neighbour to join Grey Power to
help us make our voice heard.**

Historic Village, 17th Ave, Tauranga
Hours: Tues – Wed – Thurs 9.30am to 2.30pm

GREY POWER COFFEE MORNINGS



Everyone is welcome to come along for discussion or a chat and listen to our excellent speakers.

TAURANGA COFFEE MORNINGS

First Thursday of each month at 10 am

Venue: Senior Citizens Club, 14 Norris Street, off 9th or 10th Avenue behind Pak n Save. Plenty of parking on site or on the road.

DATES: – 1st July, 5th August, 2nd September

SPEAKERS: - to be advised.

KATIKATI COFFEE MORNINGS

3rd Thursday of each month at 10 am

Venue: Katikati Community Centre

45 Beach Road just past the schools.

Dates: - 15th July, 19th August, 16th September

SPEAKERS: - to be advised.

PAPAMOA COFFEE MORNINGS

3rd Thursday of each month. We will continue meeting at Pacifica Cafe, Tara Rd.

Dates: - 15th July, 19th August, 16th September

All inquiries please phone the Grey Power office, Tuesday - Thursday on 571 2558.

ALL ARE WELCOME – Please wear a name badge if you have one.

**Please could you bring a \$2 donation toward
the cost of the hall at Katikati and Tauranga.**

WAYS TO PAY - We are no longer able to accept payment by cheque. If you still have a bank handy you can pay your subscription with cash into our Kiwi account 38 0051732 00 Make sure you give your name and membership number as reference. For new members, the same but email your details so we can match it with the payment.

Another way is to ask a trusted friend or family member to pay online and reimburse them with cash.

We do appreciate that the new ways are making it really difficult for some, so if you are struggling, do give us a call so we can find a solution for you.

Thanks

Graham O'Riordan has stepped down from our committee this year. I would like to thank him for the hard work and support he has given while in office and hope he and Liz continue to keep in touch.

NEEDED

We are seeking members who are computer savvy to join our team and are prepared to look after a specific portfolio for us. Available portfolios are:
- ACC & Disability; Housing for the elderly; Local Bodies; Aged Care & Retirement Villages; Banking; Website & Social Media Oversight and others as they come to hand.

If you are passionate about any of these areas and would be prepared to take responsibility for one portfolio it would make our work more effective and our President would love to hear from you as soon as possible.

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COVID-19
coronavirus

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Free Membership Benefit Paid out to Katikati Member

Many of our members are unaware that when they join Grey Power, they are automatically covered by a \$2000 Accidental Death & Dismemberment Policy from AIL. This is provided at no cost to our members.

One of our local members, Robert Brittain, who lives in Katikati received a \$1000 payout recently after an accidental eye injury.



*Our Vice-President, David Marshall presenting
Mr & Mrs Brittain with their cheque.*

Health Advocacy Services

Here in the BOP DHB area we have been well served by the Health Consumer Service, with their local advocate Robyn Paterson having spoken to our members on the invaluable services they offer. They can be contacted at any time on 0800 801 402 to provide a free confidential service to those who are concerned about the health care they, or their loved ones, have received.

Recently the Waikato DHB cancelled their contract with this invaluable service, without warning. We are concerned that the same may happen here in the BOP at the end of the year.

In the meantime, we have been advised that there is also a Nationwide Health & Disability Advocacy Service, with a local advocate based in Tauranga available on 07 577 1715. This is also a free advocacy service.

We would like to hear from anyone who has utilised this Advocacy Service and your experience with the assistance provided. Please call the office on 07 571 2558, or email your experiences to tgagreypower@gmail.com.

WINTER GARDENS



Winter vegetable plants can be planted now particularly silver beat and spinach or some lettuce varieties that don't mind the cold. I planted mini cauliflower, cabbages and broccoli at this time last year

but regretted it as I had to be on snail patrol and the plants just sat there looking miserable until it warmed up. This year I'm waiting until the very first suggestion of spring arrives and they will come away quickly. All these can be grown in large garden beds or just a small pot on the deck but eating home grown vegetables is both handy and much healthier.

There are quite a few flowers that can be in the ground now which will brighten our days with a cheery array of colours. Calendula, polyanthus, primula, stock, viola and so on. All the bulbs should be planted by now especially the ones I lifted over the summer and are valiantly sprouting while sitting in my garage. I may have planted them by the time you read this and I may not get a huge number of blooms this year but they had to be relocated. It's not too late for gladioli to go in.

I have an almost new Hungry Bin worm farm (with booklet) that I am not going to use any more which is for sale for \$150. Another fantastic way to turn waste into great compost and food for the garden.

In the winter, if you have a big garden, it's the time to lay or replace watering systems. I'm putting in the 'weeper' hoses which can be under the soil and there is almost no evaporation and they require a minimal use of water. If you have pots, make sure the saucers are removed and pop them on stones or proper feet to allow maximum drainage.

Happy gardening | *Jennifer*

The British Monarchy – in a nutshell!

Willie Willie Harry Stee

Harry Dick John Harry three;

One two three Neds, Richard two

Harrys four five six ... then who? Edwards four five,

Dick the bad, Harrys (twain), Ned six (the lad); Mary,

Bessie, James you ken, Then Charlie, Charlie, James

again... Will and Mary, Anna Gloria, Georges four,

Will four, Victoria; Edward seven next, and then Came

George the fifth in nineteen ten; Ned the eighth soon

abdicated Then George six was coronated; After which

Elizabeth And that's all folks until her death



Real Estate Market Update from Vanessa

In May 2021 the median residential house price in Tauranga city was \$930,000; a small decline of 1.3% compared with April 2021. The increase in the median price for the twelve months from May 2020 was 40.9%. The available inventory of homes for sale across the Bay of Plenty is down 46.9% which is contributing to increasing prices (Source REINZ Statistics).

The low inventory of properties in the Tauranga market has also meant many home owners have held onto their properties instead of trying to secure a new property in a competitive market. Those moving into a lifestyle village have had the advantage of being able to secure a property with three months normally given to sell their existing property.

Downsizing Sales Tip: The market ultimately decides the price, with the most interest occurring in the first 2-3 weeks so it is important to have a good understanding of the current market value.

Vanessa Charman-Moore is a Tauranga Seniors Real Estate Specialist. For more information see Vanessa's advertisement below.

editorial supplied by Inspire Real Estate

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Pensioner Villages

- An Uncertain Future?

As an Organisation we are becoming increasingly alarmed at the loss of pensioner villages throughout New Zealand, at a time when the demand for affordable housing for our vulnerable older population is growing.

Many Councils, including Tauranga City Council (TCC), have sold off their Pensioner Village stock because rental income was insufficient to match the costs of required maintenance, and Government support was unavailable. Councils are understandably unwilling to increase rates to upgrade or invest in new pensioner housing stock.

Currently there are 70 WBOP District Council Pensioner units. There are also RSA village units available in the WBOP. There are few options for independent housing for pensioners with limited financial resources other than private rentals or board. These alternatives are often expensive, rarely available, or substandard.

The same issue TCC confronted is facing other providers of community Pensioner Housing. Katikati RSA & Homewood Trust village for pensioners is another local example. In this case the Trust has faced the uncomfortable truth that maintenance costs over the next few years will exceed reserves unless rents are



increased significantly.

The community of pensioners living in Katikati's 38 unit RSA & Homewood Trust Village were a relatively happy bunch until rents were increased by 30% in 2019, and a 16% increase took effect from May 2021. In this case the residents tried to meet with the Trust to discuss their concerns, but with no response received have taken their case to the Tenancy Tribunal. *

So what is the core problem? Traditionally pensioner

villages have offered those pensioners with assets of less than \$20-\$25,000 a warm dry home to live in while they are able to live independently. The rents that were affordable, and generally less than market rates, so that those entirely dependent on NZS payments could live in dignity and afford food, power and healthcare. When Pensioner Villages rents increase significantly, those on fixed incomes struggle, unless their assets are below \$8200. Those with assets below this threshold will receive some accommodation allowance to mitigate the increase in rent. Those with more than \$8200 in assets are not eligible, and face significant reductions in their disposable income for essentials.

Pensioners in Marlborough District Council flats are reported to be facing a potential 35% rent increase later this year. Residents with over \$10,000 in the bank for emergencies and to cover funeral costs, are saying that the proposed increases would be impossible for many residents as they are ineligible for accommodation supplements. (Chloe Ranford, Stuff, 5th May 2021).

In contrast those living in units provided by a Community Housing Provider (CHP), with assets of no more than \$42,700, are eligible for the Government's income-related rent, so will pay a proportion of their weekly income as rent. The Government will pay the balance of the rent to the CHP. For pensioners with NZS as their sole income, their maximum rent would be 25% of their income. A quite different scenario from those who live in a Council or RSA Pensioner Village where rent may be increasing significantly faster than the annual increases in NZS.

So, what is the solution? Perhaps all Councils and other pensioner housing suppliers should sell their stock to a CHP and let them receive government support that means the elderly of limited assets are still able to live in dignity and security. The main problem is that CHPs fill any vacancies with those with the highest priority rating on the MSD-Kainga Ora Social Housing Register. This doesn't always work well. Unless well managed, pensioners can find that they are intimidated by neighbours. Recently pensioners in two Christchurch social housing complex reported domestic violence, intimidation, theft, property damage, threats of violence, and abuse from younger tenants and their guests. (Matt Slaughter, ODT, 5th Feb 2021; Nadine Porter, Stuff, 1 May 2021)

Why can't a Government that prides itself on "kindness" not support Council and other pensioner villages with the Income Related Rent Supplement (IRRS) so that those tenants with assets under \$40,000,

for example, had the security of knowing that their rent would never be more than 25% of their weekly income? What is urgently needed is repeal of Clause 5(b) of Public and Community Housing Management (Community Housing Provider) Regulations 2014 – a measure introduced by National in 2014 to exclude Council pensioner flats from being eligible to receive IRRS.

Clearly pensioner villages would need to meet certain standards to qualify, but with the ability to charge closer to market rents they could financially commit to extending their housing stock for the elderly as a part of any government agreement. This sounds like a win:win situation for pensioners, Government, and pensioner villages run by Councils and other organisations. Without such an agreement pensioner village will either be sold, or their rental increases will displace some of our most vulnerable elderly.

* The Trust was approached for their response but insisted we print it “in its entirety”. As the statement exceeded 500 words we have chosen to not comment.

A personal perspective from *David Marshall*

Banks have Guidelines to Meet the Needs of Older People.

No, this is not a joke. Despite banks no longer accepting cheques, reducing opening hours, and closing branches, they are “committed” to the NZ Bankers’ Association “Guidelines to help meet the needs of older and disabled customers.”

“We recognise that disabled and older customers should be able to access information, products, and services, in a way that’s fair, reasonable, and easy, and encourages their independence and control.

We also recognise the need to understand and consider older and disabled customers when developing processes, products, and services, so we reflect the diversity of customers and the accessibility challenges they may face.”

We recognise that many banks are doing their best to assist those less digitally engaged manage their finances with confidence, however many feel left behind as personal banking services become less and less available. So, next time you are frustrated with a lack of empathy from your bank, why not draw their attention to the guidelines they are committed to following! (Download a copy at <https://www.nzba.org.nz/consumer-information/code-banking-practice/older-and-disabled-customer-guidelines/>)

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Mail: PO Box 4353 Hamilton East 3247,
In-person: Chanel Centre, Catholic Diocese of Hamilton, 51 Grey St Hamilton East, Hamilton East.

editorial supplied by Catholic Diocese of Hamilton

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Important Notice: please read

This application to deposit is issued with the Replacement Product Disclosure Statement (PDS) dated 4 December 2020 for an offer of debt securities issued by the Roman Catholic Bishop of the Diocese of Hamilton, trading as the Catholic Development Fund (CDF). The Replacement PDS and the Trust Deed can be viewed at the following websites: NZ Companies Office www.business.govt.nz/disclose; Catholic Diocese of Hamilton www.cdh.org.nz or the Diocesan Office at 51 Grey Street, Hamilton East, Hamilton 3216.

SALE OF TCC ELDER HOUSING

Sale of the 2 sites at the Mount

Tauranga City Council is proposing to sell the two elder housing villages at the Mount in Pitau Road and Hinau Street, one of which was built in 1967. Neither now, meet the recommended minimum housing standards and need costly redevelopment so the Council is intending to sell these on the open market which could fetch between \$18m to \$23m but as a result the 45 tenants will have to be relocated to housing on the Tauranga side of the city. This means they will be separated from the communities and friends that they have now, services such as doctors who they trust and try to adapt to a whole new environment in their twilight years. One could say that they are fortunate to have affordable housing with a certainty of tenure but the long-drawn-out process of 'will they, won't they' be sold and when, has caused undue anxiety for many of the tenants. Many people at the later stages of their life come to depend on what is familiar and people and places they trust, and for some the disruption can be untenable.

In 2018, Council strategy and growth general manager, Christine Jones, says council made the decision to sell all nine elder villages to a public housing provider and formal negotiations are underway with Kāinga Ora, with the aim to sell the villages this year with Pitau and Hinau villages identified as a non-priority location for public housing and a decision will be made about the fate of these villages at end of July.

There are mixed feelings about the move from the Mount but many are very stressed about the uncertainty.

Some have accepted the inevitable and are glad they are being promised other affordable accommodation but do they understand that once the Tauranga sites are sold to the State, there will no longer be "elder" housing as such? Nelson City Council finalised the sale of their elder housing stock at the end of last year and it is reported that, quote, "Kāinga Ora area manager Dale Bradley said the agency was looking forward to forming close relationships with the existing community housing tenants. He said the housing units would not be kept just for the elderly after Kāinga Ora took over.

"They won't be exclusively for the elderly, but all of our placements into those complexes will be sustainable, they're not going to disrupt the current lifestyle for residents."

There have been reports from complexes in Christchurch where this mixed model has been terrible for some older people with them being harassed by

drug users, threatened while being asked for money and accosted by people wanting cigarettes. This complex is owned by a different provider and it is hoped that lessons will have been learnt from the example of these behaviours.

In years to come it will be accepted that there is no elder housing at the Mount but in the mean time we feel that there should be a lot more transparency for the tenants caught up in the upheaval of this significant change to their lives. It would appear that they do not have an outside, independent advocate but only Council employees to drip feed the information to them.

Sale of the 7 sites in Tauranga

At a recent meeting with Council staff members, Jenni Hurn and Fiona Nalder, it was explained that local government does not qualify for any funding toward social housing which is one of the reasons for the sale (expected to go through by the end of the year). The units are not ratepayer funded so all these years (from the 60's) the rent was supposed to pay for repairs & maintenance. However, here has been a terrible short fall and at a tenant meeting even 2 - 3 years ago they needed \$38m to upgrade many of the units.

I'm not sceptical by nature but I have learnt over the last few years that councils are inclined to provide the sort of information that sounds very reasonable to anyone reading it. But it's the information that is not included that can be the very bit that people need to know.

For instance, when the units are sold to the State, some may be raised to the ground and replaced with 2, 3 or 4 story flats and no-one is guaranteeing that only seniors will be living there. I don't expect there will be young families with children in the mix but even younger couples are going to be up later with lights on, coming and going at different times and making more noise. Just not that suitable for 'elderly' folk.

In Greerton there are elder units at the end of Maitland St which are a really good example of the type of community lifestyle they are living at present. Pretty gardens, sunny and quiet with open spaces. This site is earmarked to be redeveloped and go up to 4 stories!! Other sites are not in such good repair or as well positioned and some tenants are welcoming the prospect of new accommodation but I really don't think they understand what a huge change of lifestyle it will be. For instance, there is a new building on the corner of Cameron Rd and 23rd Ave which is owned by Accessible Housing (State owned) which gives an example of what could be planned. They look very nice from the outside but is this the sort of place for an 85-year-old to live?

On a more positive note, there is a colossal shortage of warm, dry, affordable housing in Tauranga and these new complexes will provide those three things at least, plus an assurance of long term tenure. For some this will present an exciting new adventure and Grey Power and other organisations will do all we can to support them.

Jennifer Custins

SOME VERY USEFUL TECHNOLOGY

By Jennifer Custins

I dashed into a shop recently to pick up some goods and was offered a discount if I had a Gold Card. I had left it in the car which was miles away so forfeited the discount. As I turned to leave a very nice person spoke to me and showed me her smart phone and then helpfully told me about **Stocard**. This is an APP which is quick to download and you can easily scan all your cards which have bar codes. These include your Goldcard, Palmers, library, Farmers, Air points, Flybuys and Countdown cards to name a few! Just so easy and no more rattling around in your bulky wallet trying to fish out the right card. Hopefully one day our café loyalty cards can be scanned in the same way. I leave my handbag in the boot of my car now and just take my phone and eftpos card when I go shopping! What would we have thought of all that if someone had predicted it in the 70's or 80's! Ridiculous! Not now, it's great.



The wife was cranky because her husband was late coming home again. She left a note, saying, "I've had enough and have left

you ...don't bother coming after me." She then hid under the bed to see his reaction. After a short while, the husband came home. She could hear him in the kitchen and then he starts making his way into the bedroom. She could see him walk to the dresser and pick up the note. After reading it he writes something on it and then calls someone on the phone – "She's finally gone...yeah, I know, it's about time, I'm coming over, put on that sexy French nightie. I love you...can't wait to see you... we'll do all those naughty things you like." He then hung up, grabbed his keys and left. The wife heard the car drive off as she came out from under the bed, seething with rage and with tears in her eyes. She picked up the note to see what he had written. "I can see your feet. We're out of bread, be back in 5 minutes"!!

COVID Vaccinations Available Now for those Aged 65 or Over.

Anyone who is 65 or older is eligible to receive their COVID Vaccination now. To make your appointment call 0800 829 000 if you live in the Western Bay of Plenty (Pukehina to Waihi Beach).

Initially there was only a single vaccination centre in Tauranga and one in Whakatane, which was a challenge for those without transport, or too frail to travel far. A Bay Park Centre opened later and the number of centres is being expanded in June with a temporary centre commencing at Katikati RSA from June 22nd, and at other sites throughout the Bay to be announced shortly.

When you call make sure your appointment is at your nearest, most convenient location.

Information was available on-line (<https://vaccinations.bopdhb.health.nz/>), but many of our members were unaware of their options. The DHB will now advertise in community newspapers, as well as flyers in mailboxes to ensure a wider group within the community are aware of their options.



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If you are local & unable to visit one of our showrooms & would like one of our team to visit you, please call us to make a time for a home visit.

The life cycle rears its ugly head

Surely it couldn't happen to me



When the natural life cycle brutally reveals our frailties in the golden years, our pride and invincibility is quickly exposed. Crikey, there I was lying in North Shore hospital after being X-rayed and scanned for over an hour, endeavoring to find out what was wrong with me.

The medics found it hard to believe I hadn't had a night in hospital for eighty years – since I'd had my tonsils removed in fact. "What! You're not on any medication at all? They challenged. Yes, I have been incredibly lucky to escape life's natural decline of heart, knees, hips, blood pressure, diabetes, cholesterol and many other ailments. Had ageing finally caught up with me?

Press the panic button!

What was causing me this chest pain, severe shaking, and a high temperature? After nearly three hours it was time to test the emergency procedure in our Ryman Village apartment. Will they act promptly after hearing of another resident's lax response experience?

Yes, a medic appeared and after taking my temperature suggested we get an ambulance. Down to the reception

- for we anticipated some difficulty in them finding our apartment block. After two hours, the nurse suggested we go back to our apartment for they believed it may take another couple of hours for the ambulance to appear. An hour later a nurse announced their arrival but could not raise the basement 'portcullis' (for lack of a 'gadget') so it took another ten minutes to reach us.

Two fellas arrived and apologized for the delay (by this time I was feeling much better). They tested my heart on their \$30,000 machine. "No problem with my heart, it's working perfectly, but your high temperature suggests something is not right. Let's get you to hospital and into the system. "So off we went into the night on their very noisy and bumpy ambulance.

Fortunately, the hospital wasn't that busy and I was promptly transferred onto a hospital bed awaiting a doctor's assessment. It was now early Friday morning.

The "Bridge of Sighs"

Later, I'm wheeled across a long bridge to a private room with facilities and TV, rigged up with wires and tubes to a machine with monitors- just like on TV I'm thinking. The nurses were very gentle inserting tubes into my wrist, playing the old distraction game – and it worked.

Later I was transferred back across "the bridge" for a chest X-ray and then off to another unit for an hour-long ultrasound to probe my organs. The technician seemed puzzled. Then she pressed a lower rib, "Does it hurt?" she



Kiri Randall
General Manager



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The death of a loved one can bring with it great sadness. Grieving families have a lot to deal with and organise, as well as many decisions to make. Increasingly, people are pre-arranging their own funeral to lessen the load on family at such a difficult time.

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queried “Yes, it is sore,” “Mmmm,” and said no more. So back across the ‘bridge of sighs’ to my private room with a view of The Pointon Retirement Village.

The next morning a team arrived with the news that they thought I may have a gallbladder infection. So, I was filled with antibiotics and numerous blood tests taken to measure the bile. Goodness, me, does Dracula live here?

The male and female nurses work eight or twelve – hour shifts, of all ethnicities. They were efficient and thoughtful. I was given a menu to choose a breakfast meal – and it was surprisingly good.

“No brekky for you, Mr Stobbs”

The brekkies were grabbed out of my hand following some false start and delays. Finally, my time arrived, and I took the long bridge trail to the operating unit. I woke up surprised to be back in my room again.

The following day the team informed me that the gallbladder had disintegrated but was successfully removed except for stubborn stones. Oh, no.

The meals were always unexpectedly good with many choices – tea and coffee always available. I would do my “walkies” around the mixed wards and see broken bones and knees replacement patients and ponder at my private room. I was then upgraded to a new room with a view.

A further week of tests, MRI, confiscated breakfasts, and false starts. My medical team played merry hell so finally “my procedure”. The surgeon asked me if I knew what was going to happen. “Yes, a tube down my gullet, through the stomach and upper intestine, turn right and find the sphincter to the bile duct and seek and destroy”. “Goodness me,” said the surgeon. “You can perform your own operation.” It wasn’t pleasant. Although partially drowsy, I was aware of the tugs and pulls waiting to “go under”. Back across the bridge.

Covid lockdown only allowed one person to visit.

“I have some bad news”

I heard nothing of the procedure and began to worry. My wife phoned and sadly said she had bad news. Oh, no, I thought, is this it? She uttered, “I have dented the new car (only two months old). “With great relief I stated, “No problem”. After all, events need to be put into perspective – one’s life takes priority.

The following day the team partially relieved my fears, stating I could probably soon go home depending on the latest blood test. Whoopee! “but no driving for two weeks and no running for six weeks”. Damnation. I thanked my team and nurses, and I was on my way.

How blessed and lucky we are to have such a wonderful facility and staff as the North Shore Hospital.

*Republished with permission of the editor of
N. Shore Assn. Des Stobbs*

Buy a computer to last a decade today

My father bought a computer that lasted him 13-years before he replaced it. The secret to his success is that the computer had a really good CPU (core processing unit), or brain (if you prefer).

Intel CPUs make it easy for us to follow the potential lifespan. You can buy a computer with an Intel CPU that is either an i3, i5, i7 or i9. My father’s computer had an i7 CPU.

As a general rule, we only supply computers with i7 processors to give any computer the 10+ years lifespan our clients expect.

Computers with an i3 processor (CPU) can have a lifespan of 5-7-years. An i5 processor could potentially last 7-9 years, an i7 CPU can last 10-13 years and an i9; well, who needs an i9 at home really?

The CPU is the only significant computer part that cannot be upgraded later, so buy right today!

We are here to talk on 0800 262 300

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Editorial supplied by Silver Service IT



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Let's not confuse retirement village living with home ownership

A housing crisis is gripping the country and every day we hear reports of New Zealanders losing out on their dream home, queues at open homes and 'standing room' only at auctions.

Owning your own home is seen by many Kiwis as a birthright, and despite recent Government announcements, property remains a popular investment choice for many people.

Retirement village living is also riding a wave of popularity with 100 people moving into a village across the country every week. However, in most cases, residents are choosing to sell their homes, release the equity and forgo home ownership in favour of a different model. The most common model is called "Licence to Occupy".

A licence to occupy means a resident purchases the contractual right to occupy a property such as a villa or an apartment at a village, but has no legal ownership of the property itself or the land. The purchase of this right to live in a residential unit is often at a substantial discount to the average price of a freehold property in that area.

In return, the village operator assumes the ownership risks for the property such as long-term maintenance, renovations, storm or earthquake damage, pays rates and insurance and continues to invest in the village by providing an age care facility, upgrading the common areas, or rebuilding units to appeal to a new generation of residents. These investments are made at no risk or cost to the resident.

In addition, 60% of villages fix weekly fees so the resident is insulated from any increases in rates, insurance, staff salaries, and general overheads. For example, village residents on fixed weekly fees won't worry about Wellington City Council's proposed 17% rates hike.

Many of our residents tell us they like the model because it provides them with certainty of costs. Unlike owning a home, they aren't exposed to risks. So why is this important? Well, just like a licence to occupy model is not like owning a home, it also means that in most cases, residents or their estate do not share any capital gains when the property is re-licensed to another resident.

Any 'gains' made on the re-licensing of units is used by an operator to off-set the risks of owning the property such as maintenance and necessary expenditure. The resident, with no ownership stake in the village, is not liable for any unexpected property costs.

Understandably, many of our residents recognise they can't have one without the other – either they can share the risk of ownership and the unexpected costs, or they forgo capital appreciation in the security of knowing they do not face these costs.

In my experience, the residents I talk to understand this. They are astute, they've done their research and due diligence and have, as is required by the law, sought independent legal advice before moving into a village.

editorial supplied by Retirement Villages Association

Arena Living | Retirement Villages NZ | Peninsula Club



LIVING WITH INCONTINENCE

Having incontinence should not stop you living an active healthy lifestyle. Here are some simple tips to get started on your active lifestyle living with incontinence.

Make sure you drink water - It is very important, even when suffering from incontinence that you drink enough water every day. Dehydration can cause other issues that may affect your health.

Create an exercise plan - Exercise and body movement is a great way to get active and make you feel better. Find exercise that works with your incontinence issues and gets you moving.

Maintain or reduce body weight - Reducing body weight is a simple way to reduce pressure on your body and assist with incontinence issues, it is also better for your overall health.

Create a daily schedule - Plan each day ahead, when you will drink, bathroom stops and how long you can travel. Give yourself clear timelines and make your daily life manageable and enjoyable.

Use the best incontinence products available - Make sure you have the best incontinence products available to help with any leaks or issues and not stop your daily activities.

Reduce caffeine and alcohol - By reducing the consumption of alcohol and caffeine (both diuretics) will stimulate the bladder, so best to avoid.

Work with your Doctor - It is important to work with your Doctor to determine the cause of the incontinence and also find the best treatment.

For more information about the Types of incontinence and Causes of Incontinence go to www.lillehealthcare.co.nz

editorial supplied by Lille Healthcare NZ



Please be aware that there is a worrying scam someone is running. The scammer is posing as a representative of Grey Power. They are claiming that as cheques are being phased out, people will need to use credit cards, and are asking for these details over the phone. Please be aware that Grey Power are not making calls of this nature. If you receive a call like this, please do not give out your credit card details.



There is absolutely nothing to be said in favour of growing old. There ought to be legislation against it.

- PATRICK MOORE



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Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.



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What's the difference between a cold or flu and what can you do about it?



Colds and flu are often confused for one another, especially when it comes to treatment. They are, in fact, two different illnesses.

The common cold is an inflammation of the mucous membranes caused by a number of viruses. Influenza is an acute viral infection of the respiratory tract. Colds tend to begin slowly, with a sore throat, sneezing and runny nose. Temperature may be normal or slightly elevated. The flu comes on quickly. Headache, dry cough, chills; muscle aches and high temperature are all common. Flu symptoms are more severe than those of a cold.

Cold viruses may cause:

- Nose and throat irritation
- Headaches
- Chills
- Watery eyes
- Fever
- Muscle aches

When flu takes hold, symptoms are accompanied by:

- High fever
- Aching back, arms and legs
- Enlarged lymph glands (sometimes)
- Hoarse cough

How will I know if a cold or flu requires medical attention?

Most colds and flus are self-limiting. However, if symptoms become severe or last more than about a week, medical advice should be sought. People more at risk of complications from colds and flu include the elderly, those with a chronic medical condition (such as heart disease), or those with a depressed immune system.

Consult your healthcare professional if:

- Your cold lasts for more than 7 days
- Your cough is severe and long-lasting and accompanied by shortness of breath, wheezing, chest pains or tightness, a temperature, headache, back and leg aches, fatigue, rashes, or weight loss

Should you feed a cold and starve a fever?

We feel this advice may have been offered when there was nothing you could do to help a fever! The best guidelines are to only eat when you feel hungry, and that when you are ill, to eat nutritious food that will assist your recovery. It is very important to keep well hydrated by drinking frequently. Regular sips of warm

caffeine-free drinks, hot soups and plain filtered water are all good.

Can I catch a cold by sitting in a draught, getting cold or being caught in the rain?

You catch a cold by touching something with the cold virus on it and then touching your nose or face or by breathing in a virus directly from someone who sneezes near you. Perhaps getting cold or caught in the rain, etc may weaken your resistance to the virus and make you more susceptible.

Are there any foods I should avoid when I have lots of mucus?

We need some mucus for proper body function as mucus forms the first line of defence against airborne infections. Mucus contains leukocytes, which are the primary cells that fight against infection and tissue damage. However, if a diet is too high in acid-forming foods, (dairy products, sugar and excess grains) the body tends to produce excess mucus and this may create congestion. This congestion of mucus can then be a conductor for growth of bacteria and viruses and other insoluble substances.

Steps you can take to avoid excessive mucus production:

- Drink plenty of liquids. Water, tea, fruit juice, fruit drinks, carbonated beverages or broth based soups. Liquids help thin mucous secretions. Chicken soup has been shown to thin mucous secretions
- Fruit juice or drinks can be thinned with water
- Avoid dairy products like cream based soups, ice cream, pudding or milk as they increase phlegm

How can I avoid getting a cold?

"An ounce of prevention is worth a pound of cure." Try to build a strong immune system by eating well, exercising regularly (when you are not sick), avoiding cigarettes and drinking plenty of filtered water. Also try to avoid areas where there are likely to be people with colds. Cold viruses often survive for hours in the open, on door handles, benches and other surfaces, so wash your hands frequently and thoroughly!

If you feel a cold coming on:

- At the first sign of illness, slow down immediately and rest to prevent the cold from taking hold. It is better to stop activity in the short term rather than having your activity stop you!
- Maintain a healthy lifestyle. Get 8 hours sleep, relax often, eat moderately, drink plenty of pure water and decrease consumption of alcohol, coffee, and sugar.

Taken from GrownUps.Co.Nz

Welcome

to Simply Cremations Funeral Services

The loss of a loved one can often place not only an emotional, but also a financial burden on the family.

Simply Cremations Funeral Services is a Family Owned Business and we are passionate about a transparent approach to funerals that is simple and honest - with no hidden costs.

We are a team of funeral directors who provide a service that is both personal and professional. Our three funeral plans include essential aspects of a funeral. As well as the Traditional funeral plan, the Simple Eco Cremation and the Simple Farewell plans are affordable and dignified, allowing for a simple way to farewell a loved one.

Entrust your loved one to the professionals, where your needs and wishes are fulfilled without the burden of high funeral or cremation costs.

We service the entire Coromandel Peninsula, Hauraki District and the Bay of Plenty, including Tauranga, Katikati, Mt Maunganui, Papamoa, Te Puke and Whakatane.

**Call our funeral home today on
0800 80 80 51**

**Or visit our website
www.simplycremations.net.nz**

Vote of Thanks to Katikati Coffee Morning Coordinator

Baden Jury has faithfully coordinated the Katikati Coffee Mornings for over 5 years, but recently decided to pass the baton onto others, and Chris Pickett is the new coordinator. David & Jill Marshall thanked Baden & Lynn for their contribution and presented them with a fruit & flowers gift basket, to acclaim from all present.

**For a caring, dignified
and affordable service...**



We are a family owned and operated team of funeral directors who provide a service that is both personal and professional.

Simply Cremations Funeral Services are passionate about a transparent approach to funerals that is simple and honest - with **no hidden costs**. We offer a Simple Eco Cremation Plan (no service), a Simple Farewell Plan (small service) and also a Traditional Funeral Plan.



**Contact Carla Turner or Gayle Melrose
for personal and professional care.**

**07 849 2139 or 0800 920 222
www.simplycremations.net.nz**

Tauranga Coffee Mornings

April 2021

Speaker - SIMPLY CREMATIONS



Simply Cremations owner and manager, Gayle Melrose, gave us a surprisingly entertaining and informative talk on a subject most people shy away from, to sound

“normal” and acceptable. As she said early on in her talk, there are two things we can be certain of in this life – taxes and death!

One might wonder what prompted her to start on this career. She blames her husband who, as she said, most inconsiderately died in front of her right in the middle of New Year’s Eve celebrations in his early forties! She said he really got a good send-off with fireworks and horns blasting! But out of that sad experience she has learned how to empathise with grieving families and give them the dignity and compassion so needed at such a time. She knows what people need and has gone to great lengths to provide it, such as tastefully designed viewing rooms where families can come and take their time to grieve. There is a little Chapel in Tauriko which many find very intimate and healing. Gayle has found a way to take some of the stress away for families on the death of their loved ones by offering to do pre-visits, even before a person is sick, so that when the time comes a lot of the paperwork is done and families are relieved of the added stress of funeral arrangements. All the details can be arranged, right down to a death certificate, the choice of coffin, flowers, preferred colours, catering and details of the service. She will do this for either cremation or burial. Papers need to be signed for a cremation but not for a burial.

Questions started flowing from the audience as we grew more comfortable with the subject and her answers covered wide-ranging matters:

- * if someone dies at home, call the ambulance and they will call police or a doctor to do an autopsy;
- * embalming can be done if the family want viewing;
- * body organs can be donated to the university for research but they will contact the family if needed;
- * pacemakers are the only things that need to be removed before cremation, not steel hips or other metalware;
- * steel is removed after cremation and goes to recycling and the proceeds to charity;
- * one body only at a time is cremated, answering the fears of some that the ashes we receive back are not really those of our loved one;

- * a burial plot can be pre-purchased but not for ashes until a person dies.

Simply Cremations provides containers for ashes and these can be as varied as the family chooses – a box small or large to sit on the mantelpiece, a pendant or brooch, and can be given to multiple members of the family so they can be taken even to different countries for scattering. The money paid up front for pre-paid funerals goes into a Trust Account administered by the Association of NZ Funeral Directors so they are safe. If there are disputes among family regarding the arrangements that have been made, the matter usually has to go to a lawyer. Regarding cost, Gayle said that on the whole, cremations are less expensive than burials; she uses a cardboard coffin with a solid wood liner for viewing which is then removed before cremation. These days, she is doing more immediate cremations with family only there and then a memorial service for friends. Her desire is that families get what they want. Her service is available 24/7, not just during the week days.

UBER

I was without a car for a couple of weeks recently and do not have an accessible bus stop. I do however have a Smart phone and bravely downloaded the Uber App! I did have a little hiccup for a moment in ordering a ride but from then on it was one of the easiest things I’ve done. No standing out in the road waiting – you can see the approaching car on your screen and when it’s a few metres away just walk outside and step in the car. All the drivers were pleasant and took the most direct route to my destinations. Price wise, it was quite reasonable for 5 -6km trips so if you get stuck without a car for any reason – use an Uber. Wonderful technology and service!

Jennifer Custins

MILK

- The domestic milk market in NZ was deregulated in the 1980’s and consumers went from buying milk in plain glass bottles to buying in branded cartons and plastic bottles. An old rhyme that has its origin in milk. “Little Miss Muffet” is a well-known nursery rhyme that first appeared in print in 1805. It is said to have been written by a famous entomologist, Dr Thomas Muffet, for his step-daughters. The girl in the rhyme sits on a tuffet (low stool), eating curds and whey – an old name for cottage cheese. The curds are the lumpy bits and the whey is the milky part.

World's most liveable city: Auckland wins as Covid shakes up rankings

Previous first-place holder Vienna fell out of the top 10 as cities in New Zealand, Australia and Japan fared best in rankings



The Covid-19 pandemic has shaken up the Economist Intelligence Unit's annual ranking of most liveable cities, propelling Auckland to the top spot in place of Vienna, which crashed out of the top 10 altogether as the island nations of New Zealand, Australia and Japan fared best.

The Austrian capital had led the list since 2018 and for years ran neck and neck with Melbourne at the top of the survey of 140 urban centres. New Zealand's elimination of Covid-19 within its borders, through lockdown measures helped by its geographic isolation, gave its cities a big boost.

Online, the news was met by some New Zealanders with faint bemusement. Despite their many strengths, both Auckland and Wellington – another New Zealand city that hit the top five – have some significant challenges to liveability.

The two cities have some of the least affordable housing in the world, with a median house price of \$1,100,000. Auckland's traffic is the worst in New Zealand, and it boasts of the second-worst gridlock in Oceania. Both have struggled with amenities such as cycle lanes and public transport. Wellington is plagued

by old, cold and damp housing, and more than a third of homes are too cold to be considered particularly liveable in winter.

"It says everything about the state of the planet that Wellington could be ranked the fourth most liveable city in the world," said correspondent Ben McKay on Twitter. "Wheezing," said another commenter on the headlines "Maybe if you earn over 100k."

"I guess there's no pandemic here so it's technically easier to be alive here versus being dead elsewhere," remarked politics reporter Thomas Coughlan.

The Economist stated its rationale in gentler terms. "New Zealand's tough lockdown allowed their society to reopen and enabled citizens of cities like Auckland and Wellington to enjoy a lifestyle that looked similar to pre-pandemic life," the Economist Intelligence Unit (EIU) said in a statement.

1. Auckland, New Zealand
2. Osaka Japan
3. Adelaide, Australia
4. Wellington, New Zealand
5. Tokyo, Japan
6. Perth, Australia
7. Zurich, Switzerland
8. Geneva, Switzerland
9. Melbourne, Australia
10. Brisbane, Australia

The EIU generally does not make the full ranking public. The last time Auckland was in the top 10 was in 2017, when it came eighth, a position Melbourne shared with Geneva this year. Vienna fell to 12th.

With thanks to The Guardian, UK



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TAURANGA COFFEE MORNING

MAY 2021

At our May “tea & chat” meeting in Tauranga members brought up some interesting topics:

1. **Medical Marijuana** for chronic pain relief is not subsidised. It costs \$300 per week.
2. **Arthritis** – a member has sourced an ointment made by a woman up North that sells for \$20 for 20gms which she is finding helpful, together with limiting the belladonna type vegetables in her diet – tomatoes, potatoes, eggplant, capsicums.
3. **Rubbish Collection** – It has been suggested to some people that they can opt for the smaller bins which will become available after the beginning of June. Inside the bins there is a booklet of information to read. There is confusion at present about whether compostable liners are allowed in the food bins, and someone commented on the problem there’s going to be in high rise housing areas with so many bins on the roadsides. Food bins will be collected weekly, others fortnightly. Tip: put food scraps in a bag in the freezer until collection day to avoid smell.

In reply to topic 3: I don’t believe the rubbish bin can be reduced in size as 140L is the smallest but the large 240L recycling bin could be reduced to 140L next year. I know the green waste bin is optional and the frequency of collection and size can be changed. The food waste bin can only be lined with newspaper as they wrongly assume that everyone has the Weekend Sun delivered. And yes, we are advised to put some waste in the freezer until collection day. Extra work but will be better for the environment in the long run. Food waste put down a garbage disposal means that the resulting sludge needs to be extracted from the waste water system and then transported to a land fill – wasteful and costly. Using the new bin means food scraps have a second life as compost.

In some cases, you may qualify for a free ‘assisted service’ if you are unable to transport the bins to the collection point. You may however need to supply a medical certificate. Phone TCC on 5777 000. The cost of the new bins for TCC will be \$210 (including glass) but will increase \$10 per year until 2025.

4. **A member has heard that Council is planning to build houses on 160 sqms.** Where does this apply?

In reply to topic 4: The current size of residential land that can be built on is 325sqm but after checking with TCC they are not aware of any specific changes to the reduced size of 160sqm. There are likely to be some changes to what can be built on a section with the proposed Plan Change 26 (Housing Choice). With some fairly small state houses occupying only a small area of 325 - 400sqm sections they are looking to make changes so as to be able to build 3 conjoined homes on these sites. Some of the changes in PC26 are aimed at giving people a little more leeway in what they can build on their existing sections. Submissions for the proposed plan end at 5pm on 25th June so when we have the results, we can publish those in our Q3 magazine. Or go to www.tauranga.govt.nz/planchanges

5. **Cameron Road upgrade** – some discussion about this. We can accept that old pipes need to be replaced but the general feeling of the meeting was that a lot of govt money is being spent unnecessarily. Businesses on side roads will be severely penalised when their roads become cul-de-sacs. The plan is apparently set in concrete now!
6. **Water** – members wondered whether there could be a system of using “grey water” for garden and car washing etc instead of using good treated water.
7. **Hospital services in Tauranga** – we hear that our hospital is regarded as one of the best in the country. In the future, only acute care is going to be covered by hospitals, the rest will need to be under private insurance. One of our big health problems that needs to be addressed now is obesity which is going to result in multiple problems down the line. Restrict the fast-food outlets!
8. **Climate Change** – one member felt this is our most urgent need to address and needs to be done by all of us.

These are all excellent topics which the committee can discuss and do some research on. If any members feel they have some answers or information relating to any of these topics do please contact us by phone or email. Likewise, we will circulate any information to you as it comes to hand.

Jennifer Custins



Being a survivor in business

Adversity is nothing new to Ian Holroyd, owner of Mount Classic Tours Ltd. Having set up a small luxury tour service in 2000 for cruise ships arriving in Tauranga, he has weathered many impacts to his business which, in 2020 operated 40 vehicles and had 50 staff.

First were the terrible events of 911 in 2001, which stopped international travel overnight, meaning the business had to change to offer wedding car services. Eventually operating a fleet of 12 wedding cars, he re-established cruise operations over the next few years.

Next was the global financial crisis in 2007/8. This meant a big shift from high end tours, so the luxury cars were phased out and replaced with more minibuses and coaches, offering lower cost tours.

The latest event is of course COVID, which put an end to 95% of the company operation in March 2020. Not one to give up, Ian needed to change track, so in July 2020 he took over the long-standing Hinterland Tours operation offering small group tours around New Zealand. With a much smaller fleet and sadly fewer staff, Hinterland Tours is again allowing us to be a survivor.

editorial supplied by Hinterland Tours


HINTERLAND TOURS



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Warbirds at Wanaka	13-20 Apr 2022	\$tbc

Call to book or browse our website to
learn more and/or details of all our tours

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www.hinterlandtours.co.nz







THE HISTORICAL ORIGINS OF COMMON SAYINGS *From History.com*

Turn a blind eye


The phrase "turn a blind eye"—often used to refer to a wilful refusal to acknowledge a particular reality—dates back to a legendary chapter in the career of the British naval hero Horatio Nelson. During 1801's Battle of Copenhagen, Nelson's ships were pitted against a large Danish-Norwegian fleet. When his more conservative superior officer flagged for him to withdraw, the one-eyed Nelson supposedly brought his telescope to his bad eye and blithely proclaimed, "I really do not see the signal." He went on to score a decisive victory. Some historians have since dismissed Nelson's famous quip as merely a battlefield myth, but the phrase "turn a blind eye" persists to this day.

White elephant

White elephants were once considered highly sacred creatures in Thailand—the animal even graced the national flag until 1917—but they were also wielded as a subtle form of punishment. According to legend, if an underling or rival angered a




Siamese king, the royal might present the unfortunate man with the gift of a white elephant. While ostensibly a reward, the creatures were tremendously expensive to feed and house, and caring for one often drove the recipient into financial ruin. Whether any specific rulers actually bestowed such a passive-aggressive gift is uncertain, but the term has since come to refer to any burdensome possession—pachyderm or otherwise.



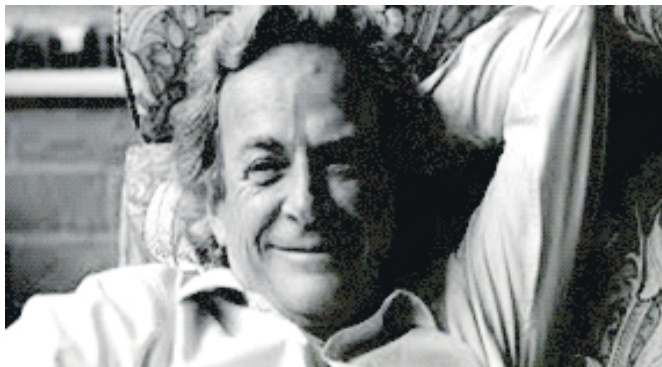
TODD MULLER
MP for Bay of Plenty

Authorised by Todd Muller, 9 Domain Rd, Papamoa. 07 542 0505
todd.mullerMP@parliament.govt.nz | facebook.com/toddmullermp



"SURELY YOU'RE JOKING MR FEYNMAN"

By Richard Feynman born 1918
Sixth instalment of his book.



Richard Feynman

Another thing I did in high school was to invent problems and theorems. I mean, if I were doing any mathematical thing at all, I would find some practical examples for which it would be useful. I invented a

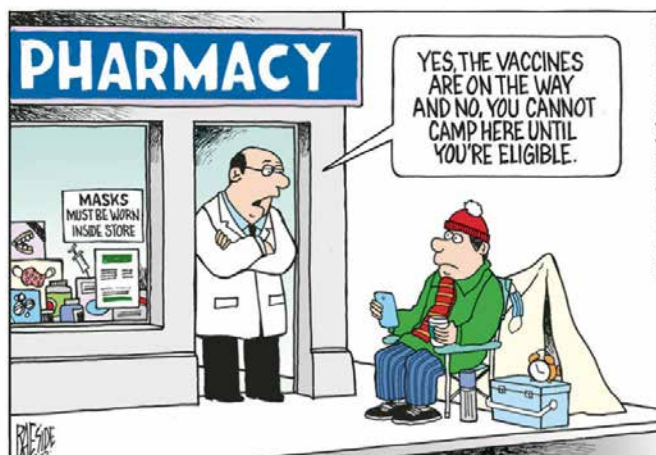


set of right-triangle problems. But instead of giving the lengths of two of the sides to find the third, I gave the difference of the two sides. A typical example

was: There's a flagpole, and there's a rope that comes down from the top. When you hold the rope straight down, it's three feet longer than the pole, and when you pull the rope out tight, it's five feet from the base of the pole. How high is the pole? I developed some equations for solving problems like that, and as a result I noticed some connection -- perhaps it was $\sin^2 + \cos^2 = 1$ -- that reminded me of trigonometry. Now, a few years earlier, perhaps when I was eleven or twelve, I had read a book on trigonometry that I had checked out from the library, but the book was by now long gone. I remembered only that trigonometry had something to do with relations between sines and cosines. So I began to work out all the relations by drawing triangles, and each one I proved, by myself. I also calculated the sine, cosine, and tangent of every five degrees, starting with the sine of five degrees as given, by addition and half-angle formulas that I had worked out. A few years later, when we studied trigonometry in school, I still had my notes and I saw that my demonstrations were often different from those in the book. Sometimes, for a thing where I didn't notice a simple way to do it, I went all over the place till I got it. Other times, my way was most clever -- the standard demonstration in

the book was much more complicated! So sometimes I had 'em beat, and sometimes it was the other way around. While I was doing all this trigonometry, I didn't like the symbols for sine, cosine, tangent, and so on. To me, "sin f" looked like s times i times n times f! So I invented another symbol, like a square root sign, that was a sigma with a long arm sticking out of it, and I put the f underneath. For the tangent it was a tau with the top of the tau extended, and for the cosine I made a kind of gamma, but it looked a little bit like the square root sign. Now the inverse sine was the same sigma, but left-to-right reflected so that it started with the horizontal line with the value underneath, and then the sigma. That was the inverse sine, NOT $\sin^{-1} f$ -- that was crazy! They had that in books! To me, \sin^{-1} meant $1/\sin$, the reciprocal. So my symbols were better. I didn't like $f(x)$ -- that looked to me like f times x. I also didn't like dy/dx -- you have a tendency to cancel the d's -- so I made a different sign, something like an & sign. For logarithms it was a big L extended to the right, with the thing you take the log of inside, and so on. I thought my symbols were just as good, if not better, than the regular symbols -- it doesn't make any difference what symbols you use -- but I discovered later that it does make a difference. Once when I was explaining something to another kid in high school, without thinking I started to make these symbols, and he said, "What the hell are those?" I realized then that if I'm going to talk to anybody else, I'll have to use the standard symbols, so I eventually gave up my own symbols. I had also invented a set of symbols for the typewriter, like FORTRAN has to do, so I could type equations. I also fixed typewriters, with paper clips and rubber bands (the rubber bands didn't break down like they do here in Los Angeles), but I wasn't a professional repairman; I'd just fix them so they would work. But the whole problem of discovering what was the matter, and figuring out what you have to do to fix it -- that was interesting to me, like a puzzle.

To be continued...





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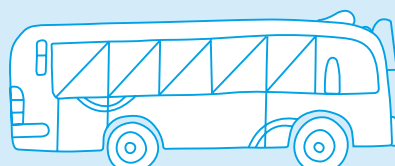
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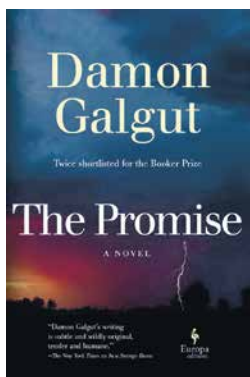
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BOOK REVIEW

The Promise by Damon Galgut
a curse down the decades
by **Anthony Cummins** in The Guardian

Damon Galgut's stunning new novel charts the decline of a white family during South Africa's transition out of apartheid. It begins in 1986,

with the death of Rachel, a 40-year-old Jewish mother of three on a smallholding outside Pretoria. The drama of the novel turns on a promise that her Afrikaner husband, Manie, made to her before she died, overheard by their youngest daughter, Amor: that Manie would give their black maid, Salome, the deeds to the annexe she occupies. Now that Rachel is dead, Manie has apparently forgotten and doesn't care to be reminded. Nor does his bigoted family, who regard Amor's stubborn insistence that Salome should own her home as the kind of talk that "now appears to have infected the whole country".

Manie's failure to keep his word falls like a curse as we follow his children down the decades. Four sections, set at roughly 10-year intervals, from Botha to Zuma via the 1995 Rugby World Cup and Mbeki's inauguration, are each named after a family member who will die; even once you've twigged the significance of the section titles, Galgut steals the breath with his willingness to fell his characters so randomly. Amor's bulimic sister, Astrid, unhappily married with twins, becomes a social climber who, lured by proximity to power, cheats on two husbands; their older brother, Anton, lives in the shadow of an unrecognised crime committed while a teenage conscript deployed against black protesters during the violence of the 1980s.

Galgut's varying tone wrongfoots us almost right away when we're told, of someone whose barbed comment fails to land, that their disappointment is "palpable, like a secret fart". His third-person narration darts between characters, mid-paragraph or even mid-sentence, swooping over the action to itemise someone's secret fears, or how many times (and what) a household's toilets flush over a two-hour period. Lines of dialogue can appear next to each other, separated by slashes, as if there are more pressing matters. "You get the idea," the narrator says, almost impatiently.

From Rachel's ghost, to the words of a mourning prayer trying to find her, there's little that is off-limits to the narrator, who addresses an implied Afrikaner reader whose presumed prejudices are cited by way

of apology for the book's emphases – at one point we're told that we haven't heard much about Salome because we didn't care to ask. As that suggests, Galgut deploys every trick in the book; he's heart-swellingly attentive to emotional complexity, but isn't above cheap shots. When Manie's insufferable sister compares having to leave Rachel's funeral early (because, agonisingly, Amor gets her first period during the service) to the time that her husband forgot to tape the who-shot-JR? episode of Dallas, you can all but see Galgut grinningly beckoning us up beside him on his lofty perch.

Yet for all its satirical tendencies, this isn't a book that leaves you comfortable in your certainties, not least because Manie's bad faith isn't the only thing undermining his promise. At the time that the book begins, South African law means Salome couldn't own the property even if Manie wished her to; and by the end, the state's reconceived idea of justice means there's a prior historical claim to the land – in other words, Salome could get the house and still be evicted. The final pages dizzily highlight the whiff of wish-fulfilment in Amor's dogged quest for restitution: the cathartic climax unfolds with the caveat that none of it can actually be happening, but the mark of the novel's narrative magic is that the admission doesn't cancel the effect, but doubles it.

The jacket copy calls The Promise "literary fiction at its finest" – the tagline, it so happens, of the Booker prize, for which Galgut has twice been shortlisted – for The Good Doctor and In a Strange Room. Yes, prize tips are a mug's game, if for no reason other than they tend to sink a book's chances with independent-minded judges, but I'll say it anyway: don't be surprised if Galgut goes one better this year.



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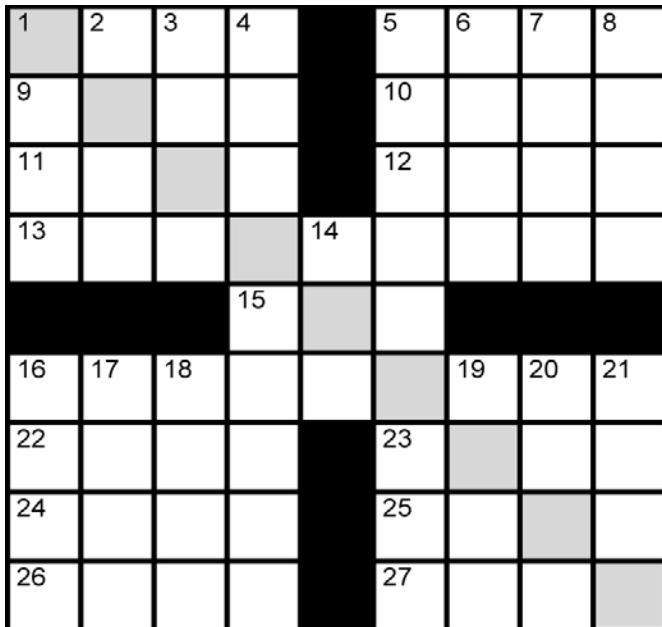
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Glamorous Kin of Coffee

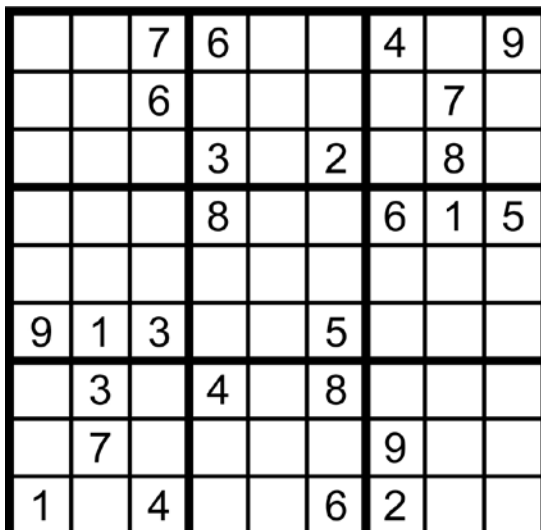


Across

1. Pesky insect
5. Artist's inspiration
9. Lion's den
10. Snack often twisted apart
11. Site of the Taj Mahal

12. Campus V.I.P.
13. Flights of fancy
15. Always, in verse
16. Coke or Pepsi
22. Lotus position discipline
23. Last name in fashion

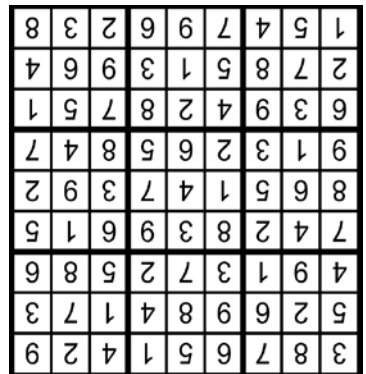
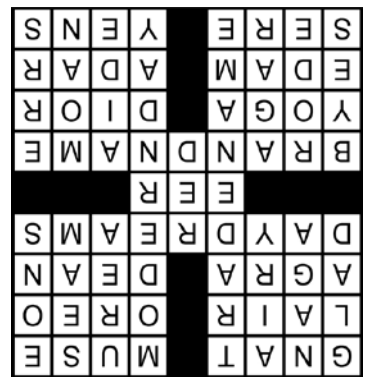
AFFIDAVIT	HEARSAY	SUBPOENA
APPEAL	INNOCENT	TESTIFY
CHARGE	JUDGE	TRIAL
COURT	MISTRIAL	TWELVE
DEFENDANT	OVER RULED	VERDICT
DOCKET	PANEL	VOIRE DIRE
EVIDENCE	PLAINTIFF	WARRANT
FOREMAN	PLEA	WITNESS
GUILTY	SIDEBAR	



24. Wax-coated cheese
25. Sixth Jewish month
26. Bone-dry
27. Cravings

Down

1. Happy
2. Serpent of Hindu myth
3. Breezy
4. Product identifier
5. Characteristic of the present
6. Fertilizer chemical
7. Tailor's line
8. A long, long time
14. Danger color
16. Tournament passes
17. Went on horseback
18. Biology lab supply
19. Assistant



20. Complain
21. Commits a faux pas

Jury Duty search



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*