



GREYPOWER

TAURANGA WBOP ASSN INC

QUARTER TWO 2026 - WINTER



Celebrating 40 years PAGES 8 & 10

Budget crumbs for Seniors PAGE 6

Proven reasons why reading is good PAGE 12

Is NZ Super to be attacked? PAGE 19

www.greypowertga-wbop.org.nz

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Sue Houghton

Editor: Jennifer Custins

LETTERS TO THE EDITOR:

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

Letters must include the writer's name, home address and phone number. Letters should not exceed 120 words inclusive. We may not always print all letters we receive.

Letters may be edited for clarity and length.

Post to: the address above or email tgagreypower@gmail.com

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President's Message

Dear Members,

As President of Grey Power Tauranga WBOP, I would like to warmly welcome our new Board members and thank them for stepping forward to support our organisation and its future.

I would also like to extend my sincere thanks to our Immediate Past President, Jennifer Custins, for her leadership, dedication, and commitment during her time as President. Her contribution to Grey Power Tauranga WBOP is greatly appreciated.

We remain committed to representing and promoting the interests of older New Zealanders, and we value the ideas and input of our members. If you have suggestions, feedback, or ideas that can help strengthen Grey Power Tauranga WBOP, we encourage you to share them.

We also invite members who have expertise, experience, or skills in areas that support the ideals of Grey Power and help promote our organisation to consider becoming involved. Together, we can continue building a strong and effective voice for our members and our community. You can email me on alex.greypower@gmail.com

Thank you for your continued support.

Alex Zilionis | President Grey Power Tauranga WBOP

ADDRESSES: Please let us know if you have changed your home address, email address or phone number. Make sure you open your emails regularly so you can receive important messages. We still have emails returned to us so make sure you let us know, so you don't miss out.

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internet banking to make the payment and use your
phone number as reference or pop into our office
with cash (no eftpos at office) – see *hours page 2*

NEW MEMBERS JOIN ANY TIME OF THE YEAR FOR 12 MONTHS SUBSCRIPTION

From this year the renewal date for any NEW
members joining in 2026 [and subsequent years] will
have a full 12 months. Your anniversary each year
will be the month that you join. This will create a
fairer outcome for those people joining throughout
the year. [Example – join 18 July 2026. Renewal date
will be July 2027]

There will be NO change for existing members, you
will continue to be invoiced as usual, which will be
close to 31 March each year.

FEDERATION MAGAZINE ONLINE

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and click on Member login, when the box shows,
type in your email address and the password

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COFFEE MORNINGS



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

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

TAURANGA COFFEE MORNINGS

33 Maitland St, Greerton Senior Citizens Hall.
Good access and parking. \$3 donation toward the
hall hire and morning tea.

1st Thursday of the month at 10am.

2 July, 6 August, 3 September

KATIKATI COFFEE MORNINGS

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

19 June, 17 July, 21 August, 18 September

TE PUKE/PAPAMOA COFFEE MORNINGS

This group is in recess until at least October.

All inquiries please phone the Grey Power office,
Tuesday - Thursday 10am to 2pm on 571 2558
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FEDERATION NEWS



Gayle Chambers

In May we were notified that our Federation President, Gayle Chambers, had made the difficult decision to resign due to a lingering mobility issue. Being President involves a great deal of traveling – outside your own area and to local meetings. Gayle felt that for the good of the

organisation, she needed to look after her health and recovery. As a result, it is possible that our local Vice President, David Marshall, who currently is Acting Federation National President, may be voted in as our new Federation President at the AGM being held this week.



David Marshall

On the heels of this we were told about the very sad and sudden death of our very first female Federation President, Jan Penticost. This year marks 40 years for Grey Power

and so many people, like Jan, have given so much of their time and energy to keep the organisation on



Jan Penticost

track, focused and functioning. She will be greatly missed. [See Fed magazine or website for more details.]

The Federation Board has long been burdened with both governance and management tasks which hampered their efforts to be a stronger voice for older New Zealanders. In 2025 the Board appointed a Federation Coordinator to support the Board with operational tasks. At the 2025 AGM the Board proposed a restructure of the Board to be implemented at the 2026 AGM in Wellington, 5 members from around the country will be voted in as 'at large' board members, to join the President, Vice-President, Treasurer, and Secretary. I'm amazed and excited by the quality and enthusiasm of these people who are offering their time and experience to make sure GP moves forward in its work of securing the best possible outcomes for older people. Many charities and not-for-profit organisations are closing because of the lack of volunteers to run them. However, Grey Power seems to be taking a big breath and moving into second gear – in a good way. When everything is running smoothly politically and economically, we don't feel as needed and just keep a watching brief. But now that there is talk of raising the age of Nat Super, introducing a capital gains tax together with many older folk finding it increasingly difficult to find suitable housing – GP is stepping up to vigorously address those issues. [Read related articles on other pages]

Editor - *Jennifer Custins*



IMPROVING ROAD SAFETY NEAR SCHOOLS

Tauranga City Council have developed a speed management plan that will introduce a 30km/h variable speed zone outside school gates during drop off and pick up times. This updates the original plan, of a 40km/h limit, that came into force on 30 October 2024. This amendment requires all road authorities to have safe variable speed limits in place outside schools by July 2026.

A total of 42 Tauranga schools will have 30km/h variable speed zones outside their gates with activation happening on a rolling basis between late May and July 2026. To find more information and share your views via a survey on the website at letstalk.tauranga.govt.nz/saferspeeds. The webpage also includes further details about our speed management plan and a link to the Land Transport Rule: Setting of Speed Limits 2024.



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BUDGET CRUMBS FOR SENIORS

Clearly the coalition are focused on getting the books in order as soon as possible and there were few crumbs of encouragement for those on fixed incomes in the 2026 Budget.

So, what are the positive crumbs from the Federation's perspective?

1. **Increased investment in Health.** This is one of our highest priority areas GP has advocated for as NZ struggles to deliver timely quality healthcare to our citizens. Increased investments in front-line staff is welcome news but will take time to see tangible benefits on the ground.
2. **An increase in the Accommodation Supplement maximum from April 2027** – this is the first increase since 2018 – despite significant increases in rents nationally over this period. Both Grey Power and the Retirement Commission have raised this as a key issue to address.
3. **SuperGold card to be a valid identity document.** With many seniors no longer driving, or renewing their passports, proving their identity with banks, government departments and other organisations can be a nightmare. Grey Power has raised this issue with successive governments and finally there will be a practical solution planned to be implemented in October 2028.

A few concerning signals from the Budget and associated press briefings include the following: -

1. **NZ Superannuation being cast as unaffordable** by Nicola Willis, but no plans and timelines to provide a revised pathway forward.
2. **A limit of \$100,000 being placed on tax deductible charitable donations.** In these tough economic times, our charities are struggling to provide the essential services not funded by government and disincentives to donate could have unforeseen consequences.
3. **The small increase in the Accommodation Supplement is to be paid for by a reduction in assistance to those in social housing** – the consequences of this could be devastating for many vulnerable families and individuals.

We look forward to all parties announcing their policies for the elections this year so we can assess those that will best support our seniors both now and into the future.

David Marshall

Acting-President Grey Power NZ Federation Inc

ENVIROHUB & RECYCLING

At our May Coffee Meeting we had Cathy and Rachael from Envirohub come to talk to us. The NFP organisation started in a small old building at the Historic Village with a group of very enthusiastic environmentalists. Now they have a nice venue in Glasgow St, in the city and their scope of recycling and protecting our environment has grown enormously over the years.

The recycling started with milk bottle lids that they turned into little earrings and things, Now they are saving kilos of small items from going to land fill and making them into usable items.



They will take virtually anything plastic that has a 1, 2 or 5 on it, plus metal jam jar lids, small batteries, electric cord, charger cables, mobile phones ...and the list goes on.

The list is long because none of these smaller items can be put into our yellow bins – the sorting machines just can't process items under a certain size [smaller than a fist]. Through collaboration with a range of artists and community groups they can make sheets and blocks into products such as earrings, pens, Bluetooth speakers, swings, keychains, hackysacks, clocks, and more. So instead of putting them in your red bin – collect them up and off they go to Envirohub.

During the meeting it was suggested that groups in Retirement Villages, clubs, service groups and friends, could nominate one person to collect items from the group and be responsible for taking them to Glasgow St. Also, if you have collected things at home, bring them to the next coffee meeting and we will take them for you.

Any lid from a can should be removed and saved, the tabs from lids are used to help fund Kids Can for their dialysis machines.



Wine and beer bottle tops, Nescafe pods, printer

& toner cartridges, Colgate oral products, spectacles old currency and much more. Many of these things are distributed to other charities who have people to sort, clean and in the case of cables – strip off the casing to save the copper or metal wire which can then be reused instead of being wasted.

Help them help us move to a more circular system.

Jennifer Custins/Editor

RETIREE DOWNSIZING PILOT PLANNED IN KATIKATI

Grey Power has been advocating for seniors who have a mortgage free home that is now challenging to maintain and larger than they need. One solution is to downsize in their community to an accessible, warm dry new home. Unfortunately, our research nationally and locally here in Katikati shows that this is an unachievable dream if the retiree is largely dependent on NZS as their income. Major banks are not interested in considering bridging finance to allow either subdivision of the large section and construction of an affordable accessible home, or downsizing to a locally commissioned new home, even if the whole transaction makes good financial sense.

As a consequence, we have ageing seniors trapped in poorly accessible 3-4 bedroom homes that they struggle to heat, pay the escalating rates, or invest in needed maintenance. Some close down parts of their homes to reduce heating costs. What a waste when these homes could be released for young families to move in and renovate, while providing a way to allow the retiree to move into a warm dry accessible home.

Following discussions with the CEO of Community Housing Aotearoa, Grey Power were connected to individuals prepared to work and find a practical solution to this problem. As a result a pilot program is planned to be trialled in Katikati, should there be sufficient interest from local retirees.

In the pilot there would be an opportunity for those with a mortgage free home on an 800sqm+ section that could be subdivided to have an accessible 2 bedroom 70sqm granny flat with deck constructed. If the initial valuations and costings are approved the project would be managed with no financial outlay required from the homeowner. The retiree would then move into the new granny flat, the home would be sold, and an agreed cash surplus be refunded once the sale is completed. A public meeting is planned to evaluate interest in the next month. If you are interested in finding out more or expressing interest in the pilot, please email us at tgagreypower@gmail.com with your contact details so you can be kept informed. Use Katikati Pilot as the message title in your email. As this is not exclusive to Grey Power members please let friends and neighbours know if they are interested.

David Marshall

Vice President Grey Power NZ Federation Inc

NEWS FROM OUR AGM

After 10 years as President of our association I retired from the position this year and was very touched by being made a life member of Grey Power and the many kind words that were spoken. I was presented with a very handsome framed certificate, and we had a lovely morning tea. My sincere thanks to all the committee members and volunteers.

Jill Marshall is stepping down from the committee after many years of being our minute taker – anyone who does the job needs a medal. So we thanked Jill for keeping our records true and correct and contributing to the work we do.

Vanessa has kept our website updated and refreshed and we now have a functioning Facebook page. Alex, as Treasurer, has kept a good record of our finances and Sharyn keeps the office in tip top shape. Unfortunately, David could not attend but we thanked him for the enormous amount of work he puts into Grey Power at a national level.

Alex Zilionis was elected as the new President and Sharyn Mudgway as Treasurer. We also welcomed two new committee members, Sheryl Love and Sue Houghton.

The minutes for the AGM will be available on request.

Jennifer Custins

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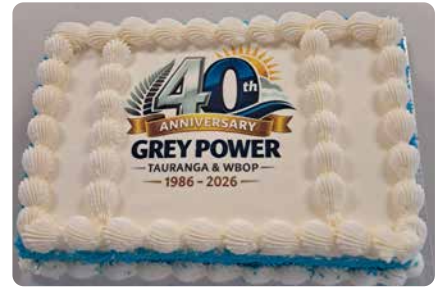
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“CELEBRATING 40 YEARS”

This year, 2026, marks 40 years of Grey Power as an organisation and over that time we have been lobbying, advocating and fighting to maintain the best conditions, rights and concessions for older people. We are, after 40 years, justifiably proud of the many milestones we have achieved.



It all started because working people nearing retirement had been encouraged to save for when they stopped working at 60. Many did, but the political atmosphere around this time was very fragmented, where a lot of people's lives had been changed forever by the advent of Rogernomics - but a change in government sent shock waves through those very people when it was announced that there would be an extra tax on those savings. 'The terrible surcharge of 1985.'

In Auckland, meetings were called and protests began in halls and in the streets and months of talks and lobbying were to follow.

In 1987 pressure groups, now known as Age Concern and Grey Power, held public meetings around the country, appeared on TV and initiated letter writing campaigns to MP's and to newspapers. In the Auckland Town Hall for example George Drain, President of the Auckland Superannuitants Association, denounced Jim Bolger as dishonest and untrustworthy in front of an audience of 2700 people.

However, out of this uprising, there were several groups who had an appetite to continue as a type of 'watchdog' on any new policies or changes that might arise in parliament that could be detrimental to their wellbeing. People in other towns and regions, some of whom had participated in the surcharge rallies, decided to form their own groups. Our association was among one of the first and the Tauranga Superannuitants Association in 1986 and later named The Western Bay of Plenty Grey Power Assn. *[The surcharge was eventually removed in 1998 as part of the Coalition agreement with the National-New Zealand First Government, making the pension fully universal.]*

Unfortunately, very little of our own material has been retained from the early days, but from what we can gather, small groups met in their homes and many of them may have lived in the Western Bay - hence the name. It wasn't until 2014 that Tauranga was added. In 2011 there was a breakdown in Constitutional rules which led to that committee being disbanded. To keep the association as an

Incorporated Society, five of us stepped forward to form a new committee. I was the Treasurer and we had about 1200 members which was a huge drop from nearly 3500 members and very little money in the bank. Over the weeks we formulated a system out of the numerous receipt books and forms in triplicate, to run the office and make contact with all the members.

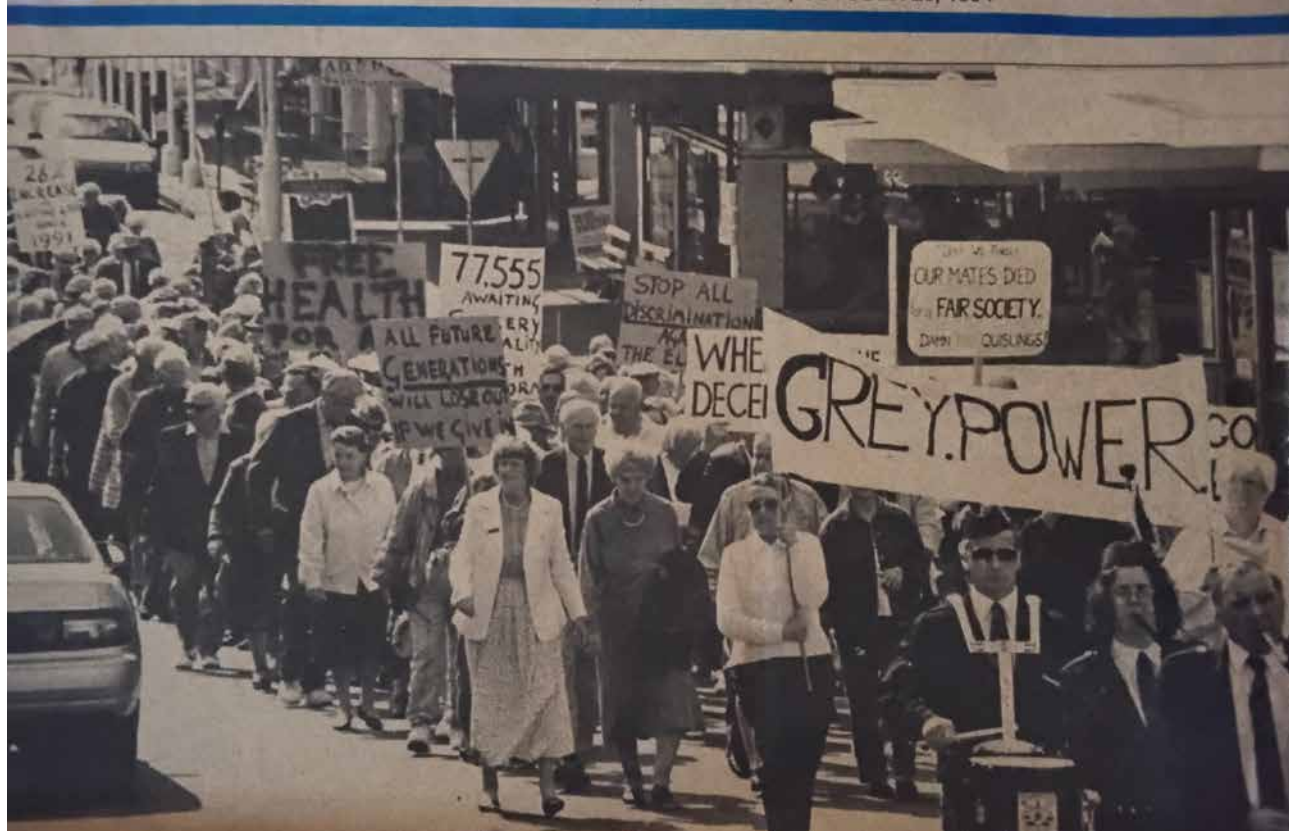
At our AGM the following year, 2012, we had NZ First leader, Winston Peters as our guest speaker with about 350 people attending. Mr Peters promised then that he would never agree to the Superannuation age being lifted above 65 years.

Over the years we have spearheaded several campaigns and probably one of the most publicised was when Grey Power members in 2016, presented a petition signed by about 4000 people to NZ First leader Winston Peters, protesting against any reduced funding to the SuperGold Card scheme. Former Tauranga Grey Power president, Christina Humphreys, made it clear to the Government that undermining the scheme wouldn't be tolerated. Grey Power actively lobbies to protect and enhance the card's benefits, including pushing for photo identification. [There was an announcement in this year's budget that photo ID would start in 2027]



Ngaira Grayson of Te Kuiti Grey Power, NZ First leader, Winston Peters and Christina Humphreys of Tauranga Grey Power with the petition signed by almost 4000 people.

5 Jul 2016



PIPE band members lead the marchers up Wharf Street to the meeting at Baycourt in Tauranga

More recently we succeeded in having changes made to Sec 70 which relates to Spousal Deduction and comes under the Social Security Act 2018. With the changes made, any New Zealander married to someone with an overseas pension, now receives the full single amount of National Super. Nationally, Grey Power continues to meet with politicians and ministries, so the interests of older people are looked after.

Presenting the Treasurers Report at that AGM meeting in 2012 was my first foray into public speaking – it was a bit like having an out-of-body experience! Terrifying! However, fifteen years on I'd rather do that than go to the dentist. But all good things come to an end eventually, so after 15 years on the committee and 10 of those as President, I have stepped aside for someone else to take the reins. I will continue writing for various magazines and be on the committee in a supporting role. There will be many new projects ahead for Grey Power, locally and nationally but we are celebrating our achievements so far and now look forward to the next decade of protecting the rights of seniors.

Immediate Past President – *Jennifer Custins*



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(Association Inc. Tauranga)



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Quarterly Publication - September 2007

Relicensing regime for elderly flunks test

Big Brother factor to digital licence

'Gestapo tactics' slammed

Elderly drive unlicensed, Clark told

War veteran passes test under fire

M's visit heats up driving debate

New inquiry into troubled driving test

AA backs claim regime penalises older drivers

Return of traffic cops enough to induce road rage

Intimidation all part of it

A TRANSPORT TRAGEDY

There is a continuing Grey Power effort to challenge the legitimacy of the Older Driver regulations. The Western Bay of Plenty Association has, along with the Federation, lodged a complaint to the Human Rights Commission. The complaint was considered valid, but following an opinion by the Crown Law Office upholding the LTSA position, the process will now proceed to mediation and possible litigation. We are concerned that the LTSA actually wrote the Crown Law Office response.

Members present at the AGM held at Baycourt will be aware that following the presentation at the AGM by Carol Gordon the Minister for Senior Citizens Ruth Dyson responded to the challenge to the validity of the older driver statistics used by the LTSA by offering to arrange a meeting. The meeting with the LTSA has not taken place because travel costs were not offered, and because it was considered more important, and legally appropriate to continue

with the Human Rights process. Complaints regarding the testing procedure continue to be made to our office. We respect the very real effort people are making to pursue getting a licence and staying mobile despite the difficulties.

It is unfortunate that the LTSA is again proposing further restrictive rule changes to Older Driver Licensing on the basis that older people constitute a risk to themselves and others. This is contrary to the findings of OECD research and international policy analysis documented in the OECD report *Ageing and Transport: Mobility Needs and Safety Issues 2001*. The OECD report states categorically that 'mandatory age-based testing appears to be ineffective.' Despite the discrediting of the statistical basis for the punitive New Zealand systems, the Government is yet to act positively. The issue being contested is that the LTSA basis for justifying age-based testing within the New

Zealand Human Rights legislation is not founded on actual data, but on a projected probable risk masquerading as an older driver risk. Further the frailty-distance travelled formula is discredited by the OECD as an unreliable basis for licensing and testing older drivers. Injury proneness or 'frailty' in road trauma is not a valid reason for testing older drivers. Statistical evidence shows that limiting elder access to licensing results in little change to the death or accident rate for this age group. In fact 93% of NZ drivers eventually pass the tests shows that the huge majority of drivers are in fact competent and not a risk to themselves or others.

Western Bay of Plenty Grey Power also claims that the LTSA Older Driver licensing and testing policy is not congruent with other government policy directions or strategies to improve elder wellbeing. These include: the NZ Positive Ageing Strategy, the New Zealand Bill of Rights, the Human Rights legislation or the NZ Health of Older People Strategy. NZ

Disability Strategy. He Korowai Oranga Maori Health Strategy. The current policy framework: 1 lacks public confidence 2 has alienated older people, their families and friends 3 does not enhance the well being, autonomy independence, participation and dignity of elders. 4 causes significant stress and high levels of elder anxiety due to a prevailing 'tough and rude' testing culture 5 contributes to social exclusion and the marginalisation of frail people without other modes of transport, and further exposure to harm. 6 is not evidence based 7 has not demonstrated a change in outcomes 8 is based on outmoded ageist mythology, and biomedical assumptions that do not reflect current gerontological perspectives. 9 uses medical reports which are not regarded internationally as a reliable measure of driver capacity. 10 subjects all fit drivers to testing as unfit, in order to 'catch' the unfit. This is uneconomical, socially undesirable, and unprecedented in social policy.

Disability Strategy. He Korowai Oranga Maori Health Strategy. The current policy framework: 1 lacks public confidence 2 has alienated older people, their families and friends 3 does not enhance the well being, autonomy independence, participation and dignity of elders. 4 causes significant stress and high levels of elder anxiety due to a prevailing 'tough and rude' testing culture 5 contributes to social exclusion and the marginalisation of frail people without other modes of transport, and further exposure to harm. 6 is not evidence based 7 has not demonstrated a change in outcomes 8 is based on outmoded ageist mythology, and biomedical assumptions that do not reflect current gerontological perspectives. 9 uses medical reports which are not regarded internationally as a reliable measure of driver capacity. 10 subjects all fit drivers to testing as unfit, in order to 'catch' the unfit. This is uneconomical, socially undesirable, and unprecedented in social policy.

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Older drivers face tougher limits

'Bullying' upsets older drivers

Driver Licence Review

Grey Power has strongly condemned the discriminatory nature of the Driver Licensing regime created by the previous government. The financial implications alone indicate the wish of the then government and their administration to force as many as possible of older drivers off the road. If you are in the younger age group you pay about \$30 for a 10yr licence. If you are aged 80 years and able to drive for the next 10 years it will cost you over \$550. In addition it has been admitted by the local Automobile Association manager that driving test officers were instructed to have an arbitrary failure rate. Statistics presented to the government by the Transport Department

Members General Meeting

Tuesday 9 September at 2pm
Wesley Methodist Church
13th Avenue

for
update on community input
& Older Driver Regime
Harmony Funeral Trust Proposal
Bring a friend & join us
for afternoon tea

Old magazine cover from September 2007 about driver licence renewals.

WINTER GARDENING

Late autumn is a very pretty time of year with deciduous trees turning leaves to fiery shades of gold, yellow and red. If you're a keen gardener, you will have gathered up all the fallen leaves and popped them into a compost bin or an empty plastic bag. Fold the top over to keep out the rain and put them out of sight until the spring. They will then be ready to use as a nutritious mulch for the summer garden or leave them longer and they turn into lovely compost. If not rake them off paths and lawn to cover gardens resting for the winter.



Calendula make a bright splash of colour if planted now, together with pansies, alyssum or lobelia and many more. For the kitchen, plant spinach and silverbeet for winter eating and for early spring, plant broccoli, cabbage, cauliflower, peas and beans.

It's traditional to prune roses now through to July. Mine are not sure what season it as they've put out a lot of new growth and flowering happily. Just shape the bushes and perhaps leave until end of July.

Perennials need to be trimmed back by now and mulch the area as much as you can, even in pots, to protect the soil from excessive rain which drains the nutrients out. Make sure your gutters are clear of leaves and tidy up around drains so water can seep away easily. In case we do get a frost, move any tender potted plants to a more sheltered area and enjoy the spring bulbs as they flower.

Inside, it can be a good opportunity to repot and trim indoor plants. Move some to a warmer spot and turn them occasionally so they get even amount of light.

Happy gardening, *Jennifer*

WHY DO SMART PEOPLE FALL FOR SCAMS?

Every week, New Zealanders lose millions of dollars to scams. Many victims feel embarrassed afterwards because they believe they should have known better. The truth is that scams do not work because people are foolish. They work because criminals understand human behaviour.

Scammers create urgency, fear, trust, and confusion. They pretend to be from banks, government departments, internet providers, or other trusted organisations. Their goal is to stop you thinking clearly and pressure you into acting quickly.

Doctors, lawyers, business owners, and technology professionals have all been scammed. Intelligence is not the issue. Being caught off guard at the wrong moment is. Many older New Zealanders were raised to be polite and helpful. Unfortunately, criminals exploit these qualities. They know people are often reluctant to hang up or challenge someone who appears to be in authority. The moment somebody pressures you to act immediately is the moment you should slow down.

And remember the simplest scam warning of all:
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7 PROVEN REASONS WHY READING IS GOOD FOR EVERYONE

For most people, the act of reading is a reward in itself. However, studies show that reading books also has benefits that range from a longer life to career success. If you're looking for reasons to pick up a book, read on for seven science-backed reasons why reading is good for your health, relationships and happiness.

Reduces Stress

A study by the University of Sussex found that six minutes of silent reading can reduce stress levels by 68 per cent. In fact, works better and faster than listening to music, going for a walk or sitting down for a relaxing cuppa.

When we read, we tend to escape into another world which alleviates tension in the muscles and heart. The type or genre of book you are reading is not important, as long as you can lose yourself in the narrative.

Promotes Wellness

Reading has an unexpected bonus of increasing your lifespan. A 2016 study published in *Social Science & Medicine* journal found that reading for at least 30 minutes a day extended the lifespan of participants by an average two years, with book readers who read more than three hours every week at an advantage over their peers who read magazines and newspapers.

Booktrust, the UK's largest reading charity, conducted a survey of 1500 adults in the UK and found that people who read books regularly are on average more satisfied with life, happier, and more likely to feel that the things they do in life are worthwhile. While books cannot replace the role of psychologists and therapists, in the case of mild depression, bibliotherapy can be as effective as standard medical care.

Reading Helps Combat Alzheimer's and Dementia

Reading is a workout for the brain, and keeping your mind active can help preserve brain health later in life. Research shows that elderly patients who read books or play mentally challenging games are two and a half times less likely to develop Alzheimer's. Reading is also associated with lower risk of developing dementia and found that it didn't matter if people began reading or other mentally engaging activities early or late in life, there was a slower rate of decline either way, so it's never too late to pick up a book.

Reading Helps with Sleep

Reading before bed helps with sleep, especially if you transform your reading into a night-time ritual. There are a few reasons but main one is the decrease in stress, anxiety and muscular tension associated with reading. Helping you relax and unwind before sleep can make a difference in being able to push aside anxious thoughts and allow your consciousness to drift off.

Another reason is that the habitual ritual allows your mind to associate bed and reading with sleep. To do this, it is important not to mix up your habits. Make sure you switch your smartphone or tablet with a paperback book or eReader as backlit screen devices can disrupt the production of melatonin, and browsing the internet or scrolling through email and social media on your phone can keep your mind alert and in an active state.

Reading Improves relationships

Reading has an indirect effect of improving our relationships through increased empathy, a vital trait for successful and rewarding relationships. Despite the solitary bookworm stereotypes, studies have proven a link between reading literary fiction and an increased ability to understand the emotions and thoughts of others, better social skills and relating to others whose lives are different from ours.

The brain doesn't distinguish reading about an experience and living it – the same regions are activated. Reading literary fiction produces a simulation of reality, which allows us to experience the emotions and thoughts of characters. In this regard, literary fiction acts as a bridge to better understand other people and points of view that are vastly different from ours.

Although participants in the study were tested on their reactions after reading non-fiction, genre (popular) fiction and literary fiction, the results specifically identify literary fiction as having an effect on empathy. This is thought to be because literary fiction explores the psychology and relationships of the characters in more depth than genre fiction and non-fiction books.

Reading Inspires Success

Have you heard of the saying 'not all readers are leaders, but all leaders are readers'? Well, there's a lot of truth in that. Many historical leaders were known to be avid readers, and some of the most

successful business leaders such as Bill Gates, Oprah Winfrey and Elon Musk have associated reading with their career success. A study of the world's wealthiest people found that the only trait in common was the fact that they read.

The link between reading and success is thought to be driven by the desire for knowledge. Reading makes us better thinkers by improving our critical thinking and problem-solving skills, boosting our general and specific knowledge and developing our social and communication skills.

Reading Decreases Loneliness and Social Isolation

For most, the act of reading is a solitary act, but this doesn't have to be the case. Reading can be turned into a social event by finding a like-minded group of friends or members of your community and joining a book group.

The benefits of book groups are transforming an

isolated practice into a social ritual and being able to discover a group of individuals that share the same passions. Reading and discussing books have the effect of getting a deeper understanding of the story through listening and debating different points of view.

****Reading doesn't have to be an expensive habit.** There are many great books available free if you're okay with reading on a tablet or computer screen, or of course in NZ there are a lot of free libraries to gain access to a range of great books. So, if you've been procrastinating your reading, now is a great time to pick up a book and relax so you can be stress free, live longer, stave off dementia and sleep well. I'm off to the library this afternoon. Want to join me?

Ref: CAE – Centre of Adult Education, Australia (**with editor paraphrasing)



Einstein said – “The only thing you absolutely have to know, is the location of the library”

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DOORS TO DIGNITY CAMPAIGN

National vice-president, David Marshall reports that the Federation Board has endorsed Christchurch Methodist Mission's, nationwide campaign, Doors to Dignity, aimed at increasing investment in social and affordable housing for older people. The campaign launch took place at Parliament on March 24th and was uniquely co-hosted by MPs with cross party support, indicating acknowledgement of the importance of the growing senior housing crisis.



Amongst the statistics referenced to in the campaign booklet included:

- The benefit of the Healthy Homes initiative exceeded the cost to Health NZ within a year and provided a five-year return of 507%. However, nearly a quarter of landlords were opposed to implementing the standards and the burden fell on the renter with the potential loss of accommodation if a complaint was raised.
- While the number on the MSD Housing Register had declined in June 2025, the total of those aged over 65 has continued to rise and now exceeds the 2020 number by 90%.
- Currently only 2% of housing stock is classified

as meeting accessibility standards. Incorporating accessibility standards into all new builds would be relatively inexpensive compared to the significant costs of modification of existing properties.

Through advocacy, collaboration, and community engagement, the Doors to Dignity programme aims to ensure all older New Zealanders can live with security, dignity, and peace of mind in their later years. The campaign is seeking seven key outcomes for 'Older People' including:

1. Ageing in place, living in safe, warm, dry, healthy homes.
2. Renters paying less than 30% of their income in rent.
3. Living in age-friendly, accessible homes designed to adapt to their needs and choices.
4. Able to age in place, staying in their homes for as long as they wish.
5. Living in housing which enhances their expression of cultural identity and facilitates their cultural connections.
6. Living in age-friendly environments which enable them to feel safe, access local amenities and services and participate in their communities.
7. Living in housing which gives them access to clean running water, power, waste services, internet and emergency services.

Readers are encouraged to support the Doors to Dignity petition to parliament that is available on their website. www.doorstodignity.nz For those preferring to sign a physical copy you can visit our Office at the Historic Village during June.

THE ITALIAN FILM FESTIVAL

The popular Italian Film Festival returns to Tauranga's Luxe Cinemas from 13 July until 5 August, with a carefully curated season of 27 films for those after a tour of Italy without leaving the country. In its eleventh year, the nationwide festival is owned and organised by film-enthusiast couple, Paolo Rotondo and Renee Mark.

The complexity of relationships is a central theme woven through many of the films selected this year, from thriller to comedy, drama to westerns, documentaries to Italian classics.

The opening night film is the multi award-winning comedy *Somebody to Love*, Italy's surprise number one box office hit of 2025. Chronicling the first date between a philosophy professor and a furniture restorer, it's gatecrashed by a list of uninvited guests; the noisy 'Italian chorus' of emotions in their heads. Given five stars by New Zealand Listener film reviewer, Sarah Watt, it's a highly entertaining take on a comedy romance. For those keen on food and wine, *Trifole*, set in the

beautiful Langhe valleys of the Piemonte region, is a warm-hearted film about a truffle hunting grandfather, the return of his granddaughter and a noted stand-out performance by truffle dog, Birba.

Ultra-lush and visually stunning, *Diamante* is set in the 1970s in the famous Roman fashion house Canova. With spectacular costume design, it focusses on the high-pressure world of the women-led enterprise of costume creation for the film industry.

There's the political; *La Grazia* and *The Great Ambition*. Two westerns; *Heads or Tails?* and *Once Upon a time in the West*. Strong documentaries; *Umberto Eco - A Library of the World*, *Ennio* and *The Sleeper - The Lost Caravaggio*, plus many more...there's definitely something Italian for everyone!

The full programme can be picked up at Luxe Cinemas and other venues around Tauranga, or found online at the event website www.italianfilmfestivalnz.com Facebook [cinemaitalianofestivalnz](https://www.facebook.com/cinemaitalianofestivalnz) // Instagram @ [italiafilmfestivalnz](https://www.instagram.com/italiafilmfestivalnz)

Review courtesy of Jo from East Coast

GREY POWER ELECTRICITY –

What a deal!

At our recent Zone 3 meeting in Matamata, the CEO from Grey Power Electricity [GPE], Sharnie Warren, gave a presentation about GPE which is an arm of Pulse Energy and 100% owned by Pioneer Energy [PE]. PE has a high level of renewable assets across the country including hydroelectric, wind and thermal which gives Pulse access to this generation over the coming years.

GPE partnered with the Grey Power Federation in 2013 to offer lower priced electricity, gas and broadband to our members and as a result contributes financially to the Federation each year based on the number of members. As at May this year there were 19,700 electric, 1450 gas, 400 LPG and 1780 broadband users.

Although GPE has always had a high-rating for customer service, there is now a dedicated Account Manager for Grey Power. Lisa Te Paa has 10 years' experience in the energy business and can now be contacted any time for queries at lisa.tepaa@pulseenergy.co.nz.

ADDED BENEFITS

There is now a loyalty program – Power Draw – where GPE customers are automatically entered into the draw to win up to \$1000 credit on their power bill every month. *Terms & conditions apply.

And now there is a **Power Lunch Plan** which gives members 2 hours free for all electric use between 12pm & 2pm every day! So load up your washing machine, turn on the oven to cook whatever you want, heat the house, have a bath! Also think about using more power at off peak times or at nighttime to enjoy lower rates.

PLUS – Power Shift Plan – Half price weekends = all power used between midnight Friday and midnight Sunday is half price! WOW It's all about using power and appliances at the most cost-effective times and for those who are home during the day, it's a great option.

JOIN GREY POWER NOW and enjoy all the benefits laid out above. Go to our website to join or see page 3 for other options. If a Grey Power member, join GPE on their website or call them on 0800 473 976 Join today and get \$150 off your first power bill!



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What are Enduring Powers of Attorney and do I need them?

Whilst people are often familiar with needing a Will in death, many are unaware of the documents they need while they live.

Imagine a situation where you are unable to make your own decisions. A sudden accident or medical event changes everything in an instant, and you are no longer able to act for yourself. Your bills still need paying, your mortgage is due, and critical choices about your medical care must be made.

In our experience, the majority of New Zealanders have the mistaken belief that their partner or family automatically have decision-making rights if they lose capacity. In reality, that is not the case. Either you have Enduring Powers of Attorney (EPA), or it is off to the Family Court to have someone appointed.

An EPA is not about giving up control. It allows you to choose who you appoint as your trusted attorney to make decisions that align with your values — usually a spouse, adult child, or trusted professional.

There are two types of EPA:

Property: Your Attorney or Attorney's manage your money, house, and bills. You can choose to activate it immediately on signing or only if you lose capacity.

Personal Care and Welfare: Your Attorney manages decisions about your medical treatment and where you live. This EPA can only be activated if a medical professional certifies you can no longer make decisions for yourself.

Without an EPA your family may face the significant delays, costs, interim care issues, and difficulties in applying to the Court to be appointed as a welfare guardian or property manager. There are additional ongoing administrative burdens on those appointed - all while your life is effectively placed on hold.

Another little-known fact is that, before you are accepted into a retirement village or rest home care facility, someone must be authorised to act on your behalf. The simplest approach is to sign EPAs while you can.

If EPAs are so vital, why do less than half of adult New Zealanders have them? And what can we advise regarding those concerns?

The Cost Barrier: Set up requires a lawyer or legal executive to witness the documents, usually costing between \$400 and \$500+GST, a fraction of the cost of a Family Court application.

The Superstition: We worry that talking about cognitive decline will somehow invite it into our lives however if they are done right, you can put them in the bottom draw and hopefully never need them.

The Age Myth: Many believe EPAs are only for the elderly and that they will get around to it when they are older. Unfortunately, for many that day never comes.



Doug Lyon



At LOA Law we believe your thoughtful planning spares your family from costs, delays, and uncertainty in difficult times and we suggest you reach out to your trusted legal advisor to ensure your affairs are in order while your marbles are intact.

FOOD RESCUE APP “TOO GOOD TO GO” ARRIVES IN TAURANGA

Zoe Blake - Bay of Plenty Times 2026

Surprise bags are filled with food that would otherwise be thrown out. International surplus food app Too Good to Go has launched in Tauranga this April.



The app lets users buy discounted “surprise bags” of unsold food that would otherwise go to waste. From April, Domino’s Pizza, Bakers Delight and Blomquists Bakery are participating in Tauranga. Director Joost Rietveld said the launch came as food prices increased with Stats NZ reporting a 4.5% rise in the 12 months to February.

Entrepreneurs founded the app in Copenhagen in 2015 after watching an untouched buffet being thrown away and has since expanded across Europe, North America, Australia and now New Zealand. The app has so far attracted 80,000 New Zealand users which meant more than 65,000 meals had been “saved” in six months, and 350 food businesses had joined. Too Good To Go aims to help New Zealand halve its food waste by 2030. A \$10 bakery bag could contain up to \$30 worth of bread that could last several days or be frozen.

Rietveld said New Zealand had a \$3 billion annual

food-waste problem and wants to contribute to the goal to halve it by 2030, in line with the United Nations Sustainable Development Goals.

He said he hoped more businesses would rethink the assumption that unsold food must be thrown away and instead adopt a more sustainable approach. Interim executive director Carmen Doran said food waste was often seen as a sustainability issue. However, the research findings showed that it was a business performance problem. The concept is simple: bakeries, cafes, restaurants and supermarkets register on the app, and users can buy “surprise bags” from them, often for as little as \$8, to collect at a set time.

About \$3 billion worth of food is wasted in Aotearoa annually. The organisation’s daily leftovers had “traditionally” supported local charities, and would continue to do so with the app. “[The app] complements this by giving franchisees a way to recover some of those costs, while attracting new customers to try our products.” Randles said there was a demand for the app in Taupō. “Overall, it’s a really positive balance, supporting the community and reducing waste.”

What’s in a bag? The Bay of Plenty Times ordered a \$6.99 surprise bag from Blomquists Bakers in Greerton on Thursday. The bag contained nearly 750g of baked goods, including three cold desserts (iced rolls with and without cream, a filled doughnut) and three warm savouries (a pizza slice, sausage roll and mince pie). The mince pie alone is listed on their website for \$5.90.

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Good Lawyers for Good People

‘LOVE FOOD HATE WASTE’

This is a great movement that is catching on here more and more particularly with the high cost of everything. This is a great time of year to freeze all the excess fruit and vegetables that are available. Whip up apple and anything crumble to freeze. Lightly steam broccoli, carrots and cauliflower to freeze for later use.



I'm not that interested in food or cooking and it's even more tedious only cooking for one. I hear so many single people say – "Oh, I don't know what to make for dinner today." I couldn't have that question hanging over me every day. My solution is to set aside an hour or two every 6 or 7 days and make a type of wet stir fry that I then divide up and freeze, so I have prepared meals ahead of me.

You will need a high side frying pan, oil, onion, 2 x packs of chicken thighs, 2 x tins of tomatoes, salt, pepper and spices. Heat the oil in the pan and add chopped onion – lower heat and add ground turmeric, paprika & curry powder (or your preference), crushed garlic and ginger. I never measure but probably a level teaspoon of each. [adjust for your taste]. Stir until onion is softened. Remove from pan, add more oil with the heat up a bit and add chicken [can be cut up to allow quicker cooking] - brown on all sides, add salt and pepper and the cooked onions. Turn down the heat and add 1 x tin of chopped tomatoes and 1 x tin of Indian or Mexican flavoured tomatoes [adds a bit of umph]. Allow to simmer until chicken is cooked through. If there is enough room in the pan add any variety of cooked vegetables – fresh or frozen.

When it's ready, I divide it into about 8 lots [see photo]. I bought plastic containers that are divided in two and one side gives almost two meals. Keep one out and freeze the rest. While you're at the stove, cook potatoes, kumara, pumpkin or rice for the carbo portion of the meal. Do enough and keep in the fridge for the next 2 or 3 meals.

Chicken can be substituted with mince. If you don't fancy eating the same thing each time, at least there are cooked meals as a back up and can be varied by doing different carbs or vegetables.

To see other great ideas to use what you have go to www.lovefoodhatewaste.co.nz

Happy eating, *Jennifer*

NZ POST CUSTOMS DECLARATION STICKER

Not many of us have reason to 'post' an item overseas these days but a recent experience by a friend highlighted two things – unpublished changes to NZ Post procedures and an awful attitude by staff toward older people.

A friend in her 70s needed to post a parcel to Australia so she trekked along to the only remaining postal outlet in her area. After looking around the shop, she asked the cashier where the green Customs Declaration stickers were. The terse answer was "On your phone". My friend looked at her phone but failed to see a sticker. The conversation went downhill from there. She was told to download the NZ Post APP, fill in the Declaration online. Indicating to the person that she found it a bit difficult to do, the cashier launched into her opinion of "old people" and how she was sick of them "not liking change" and needing help and not "keeping up". She was "just over it" with old people moaning all the time.

In the end the process was quite involved, the post shop had to receive the online form, scan it, print it and after a lot of rigmarole a large sticker was slapped on the parcel.

A much longer process than if the customer had filled in the little sticker themselves. It was a highly unpleasant experience for my friend who pointed out that one day the cashier would be old and might find new things hard to cope with. When she asked what someone should do if they didn't have a smart phone, she was told they'd have to go to the city library ... kms away and was there a bus if they didn't drive?!!

NZ Post, you need to train your staff better and remember who pays you to have a job. Old people!! Yes, and there are a lot of us!

IS NZ SUPER TO BE ATTACKED?

In the lead up to the election, we are seeing commentators and politicians raising the unaffordability of NZ Superannuation (NZS) and the urgent need to make significant changes. As voters and as an organisation we need to be on our guard to ensure that one of the OECD's most efficient pension schemes retains its best features while adapting to future needs. We support the view of the Retirement Commission that any future changes to NZS settings are carefully considered with support cross party for any planned adjustments to avoid knee jerk decisions each election cycle. Those preparing for retirement in the future need certainty to plan for a financially secure retirement.

What are some of the measures being considered?

1. **Increase the age of entitlement.** This sounds very logical; we are living longer so why not increase the age of entitlement? This fails to acknowledge those who will be most disadvantaged – those who have been in manual labour, our Māori and Pacifica population who have a shorter lifespan, those who are disabled or unwell. Financial benefits to government are relatively modest.
2. **Change annual indexation of NZS to the CPI,** rather than the higher of CPI or the average wage increase. This would be a significant long-term saving to government. The downside is that we already have a significant % of retirees totally dependent on NZS as income in retirement and the increasing proportion renting are already facing poverty with rent costing 50% or more of their income, poor tenure security, and properties that do not provide accessible, warm or dry accommodation. CPI indexation, without an increase in the basic NZS payment level, would create more senior poverty.
3. **Means-test NZS.** The justification is why should someone earning say \$200,000 annually with assets of \$2 million receive NZS? Sounds logical, but this denies the basic principle of universality valued by New Zealanders in our public pension scheme. Also, consider the impact of means-testing of pensions as is applied in Australia. The impacts are severe – the bureaucracy is unbelievable (increasing government costs and adversely impacting those struggling to secure their pension), constant reporting of changes in assets and income are demanding and result in sudden changes in pension

payments, and most importantly the policy creates a disincentive to work in retirement due to the high rate of reduction in pension payments. The evidence of impact on the 65+ workforce is stark. NZ has double the workforce participation for those aged 65+ than Australia. Could the NZ economy afford such a reduction in mature reliable workers if this was implemented?

Beware of those politicians ringing alarm bells about NZS being out of control and offering quick fix solutions. We need to hold our politicians accountable to cross party investigations on future amendments to NZS (and KiwiSaver) settings that are evidence based and that all changes signalled well in advance to allow all New Zealanders to be confident in their ability to retire in dignity.

A personal perspective from David Marshall, Chair Retirement Income & Taxation Portfolio, Grey Power NZ Federation Inc.

A woman went to the doctor and said, "When I looked in the mirror this morning my hair was grey and frizzy, my skin wrinkly and my eyes were bloodshot – what is wrong with me? The doctor replied, "Well the good news is that your eyesight is fine."

B.O.P. MEMORIALS



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Common Sense

How we miss good Common Sense.
A practical companion of the past.



We remember having cultivated such valuable lessons as to when to come in out of the rain, why the early bird gets the worm, why life isn't always fair and maybe it was my fault.

Common Sense lived by simple, sound financial policies (*don't spend more than you earn*) and reliable parenting strategies (*adults, not children are in charge*).

Things began to deteriorate rapidly when well intentioned regulations were set in place. Conditions worsened after reports of sexual harassment were sort when an 8 year old boy kissed a classmate, teens suspended from school for using mouthwash and a teacher fired for reprimanding an out of control child.

Common Sense further lost ground when parents attacked teachers for doing the job they themselves failed to do in disciplining their unruly children. Common Sense lost the will to live as the ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims. Common Sense finally gave up the will to exist after a woman failed to realise a steaming cup of coffee was hot. The hot coffee spilled a little on her lap and she was promptly awarded a huge settlement.

Common Sense was preceded by its parents of **truth and trust, discretion and responsibility and finally reason.**

All was taken over by "*Know my rights; Someone else is to blame and I'm the Victim*". Hopefully you are one that still remembers the days of Common Sense.

"Exercise is not a punishment. It's a celebration of your body's ability to move." – Germany

ENGLISH LANGUAGE BILL

This Bill is making its way through Parliament this year and giving rise to quite a few negative comments. The original petition was put through with pages of signatures from our Grey Power association over 11 years ago. Robin Bishop started her campaign with the signatures of four workmates – while Tauranga MP Simon Bridges agreed to present the petition to parliament. It was overlooked in the New Year because of a change in government but was passed on to NZ First.

Back then people were enjoying the delights of checking everything online and immigrants and people traveling were amazed and a bit confused that English was not an official language of NZ.

RNZ quote 29 May - "New Zealand First leader Winston Peters has described it as a "common sense idea", saying it corrects an "anomaly" where English is widely used but not formally recognised in legislation.

"The bill does not diminish the status of other official languages, te reo Māori and New Zealand Sign Language, but rather complements them, acknowledging the linguistic reality of our nation," Peters said during the bill's first reading.

Robin, a Tauranga Grey Power member collected hundreds of signatures, and everyone was very enthusiastic at the time. The world was a better place back then but now it may seem a little trivial with more important things at stake. However, Winston Peters made a promise to Grey Power that he would somehow get the Bill through Parliament and that is why its being done now – to honour a promise.

Editor

ORANGE AND GINGER SELF-SAUCING PUDDING

Treat yourself and the family with an orange and ginger self-saucing pudding. A lower sugar take on traditional saucy pudding, this winter dessert is simply divine!



Serves: 8 and takes 1 hr

Ingredients

- 1¼ cups self-raising flour
- 1 teaspoon ground ginger or other spice
- ¼ cup sugar
- 3 tablespoons ground almonds
- 2 oranges, zest and juice
- ¼ cup crystallised ginger, chopped
- 5 tablespoons (70g) reduced-fat spread, melted
- 1 teaspoon vanilla essence or paste
- 150ml skim milk
- 1 egg
- ¼ cup maple syrup or honey

Instructions

1. Preheat oven to 170°C. Lightly grease a 1-litre capacity baking dish.
2. Into a bowl, sift flour and ground ginger. Stir in sugar, almonds, orange zest and half of the crystallised ginger.
3. In a bowl, combine spread, vanilla, milk and egg with 1 tablespoon of the maple syrup. Whisk into dry ingredients until smooth. Pour batter into prepared dish and level surface with a knife.
4. Into a jug, pour orange juice then top up with water to make 300ml. Stir in remaining maple syrup. Carefully pour mixture over pudding.
5. Bake for 30-35 minutes or until golden brown and firm to touch. The sauce will be bubbling at the edges. Remove from oven.
6. Serve pudding warm with cream or yoghurt.

Author: Sarah Swain for HFG

CREAMY BROCCOLI SOUP

This creamy broccoli soup is rich, indulgent and full of flavour. It's so low cost and easy to make, you can have it on the table in 35 minutes - great for lunch or a light dinner or starter.

Serves: 6, takes 35 mins

Ingredients

- cooking spray oil
- 1 leek, white part only, sliced
- 1 spring onion, finely chopped
- ½ teaspoon grated or crushed ginger
- 400g broccoli, cut in florets
- 1 cup light coconut cream
- 2 ¼ cups liquid vegetable stock
- 2 cups water
- Salt and pepper to taste
- plain yoghurt, to serve (optional)

Instructions

1. Place a heavy-based saucepan over a medium heat. Spray with oil. Fry leek, spring onion and ginger for 2 minutes, or until soft. Add broccoli and cook for another 2 minutes, stirring occasionally.
2. Add coconut cream, stock and water. Simmer for 15 minutes until broccoli is tender.
3. Cool slightly. Season with pepper and purée in a blender. Return soup to saucepan. Gently reheat. Pour into individual bowls. Serve with soy yoghurt (if using).



BECOME A SUPPORTER and JOIN GREY POWER

A reminder, that supporting Grey Power as a member is for anyone of any age. Someone in your life may well benefit from the work we do advocating for the rights and wellbeing of everyone as they age. The strength of any organisation - and its ability to influence politicians - depends on the size and engagement of its membership.

POLITICAL NOTE

You may have read headlines stating that the accommodation supplement is going to be reduced. The Social Welfare Amendment Bill was introduced to Parliament in May as part of the Budget. Fortunately, any change or reduction does not apply to anyone receiving National Super or some other benefits.

The computer swallowed Grandma,
Yes, honestly its true!
She pressed the 'control and enter'
And disappeared from view.
It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.
I've searched the recycle bin
And files of every kind;
I've even used the internet,
But nothing did I find.
In desperation I asked Mr. Google
My search to refine...
The reply from him was negative,
Not a thing was found 'online'
So, if in your 'inbox'
My Grandma you should see,
Please 'Copy, Scan' and 'Paste' her
And send her back to me

We do not stop playing because we grow old;
We grow old because we stop playing

DANGEROUS PATH TO BUS STOP

A few months ago, I was contacted by one of our members who was concerned about her safety in using the new path connecting Grey Street to Durham Street in the City as a way of accessing the recently relocated bus terminal/exchange in Durham Street.

She is a fit and able 86 year old and due to very reduced sight must bus everywhere. She often visits shops and businesses in town and was excited to hear about a new path to assist with the gradient from the city to Durham Street. Unfortunately, it was going to be the one and only time she used it as the loose gravel on the slope made her afraid for her safety. There were no handrails and the gravel



Unsafe upper path



Trip hazard

shifted under her feet and made it difficult to use her cane.

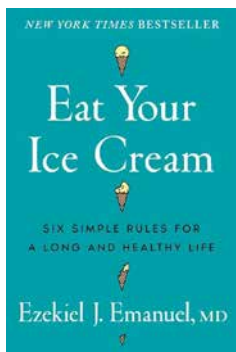
I visited the site and noticed there was also a glaring trip hazard at the beginning and end of both paths. [I'm a young fit 70+ year old but there is no way I would risk my safety by walking either up or down the upper path.

I attended several workshops about the terminal and during consultation, easy access and safety in the area were the biggest concerns and we were promised lighting, seating and shelter and the possibility of a room with a toilet and some form of security. However, months later money was spent on purchasing two connecting properties to address the gradient from Grey St to Durham St. I contacted the Council and asked that, at the very least, in the short term and urgently, the Council should put in handrails and a sign, in big font, warning that the path was not suitable for less able people or those who have low vision. I pointed out that the path met none of the Age Friendly City Strategy goals for safe and easy access in a public place.

After several weeks I visited the site again but there was no change, so I contacted more people at TCC. The response was great! The whole area had been tidied up and beautified, the trip hazard fixed and handrails were going to be installed. Some areas are a work in progress, but it is much more user friendly.

I'm recounting this to illustrate that making contact with your council can bring about good results. You just need to have a complaint **and** a solution and keep at it.

Jennifer Custins



EAT YOUR ICE CREAM BOOK REVIEW

Dr Ezekiel Emanuel's guide to balanced wellness and longevity

Dr Emanuel is a US oncologist, bioethicist and health policy

expert and has published a book on wellness called Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life, He advises a back-to-basics approach to health: eating well, exercising, cultivating relationships, training your brain, getting enough sleep and staying risk-averse – by getting regular health screenings and not smoking.

He says wellness isn't a one-and-done situation. "You're going to have to do wellness for decades and decades," Emanuel says. You better enjoy what you're doing, otherwise you're not going to do it every day."

In fact, he believes a lot of the health advice that circulates on social media can do more harm than good. "Another thing that preoccupies a lot of people in the wellness industrial complex is all these supplements." While some supplements are effective, many of them are "terrible", he says.

Three suggestions for a healthier life

Eat more dairy - If there's a single food that I think is a superfood that we don't recognise, it's yoghurt," Emanuel says. It's also linked to reduced risks of type 2 diabetes and colorectal cancer.

If you drink alcohol, don't drink alone - Emanuel, himself teetotal, advocates for moderation when it comes to drinking alcohol.

Enjoy your ice cream - But perhaps the biggest reason to enjoy an occasional treat like ice cream is simply that it makes us happy - and that's good for us too. "Who doesn't like ice cream? It brings a smile to everyone's face," Emanuel says. Of course, "you've got to eat good ice cream" - and that means reading the label before digging in.

By Bethany Reitsma – NZ Herald

Google review: 'A provocative, practical read on how to lead a healthy life .. Readers will come away with greater clarity and a deeper understanding of what really matters for well-being - connection, purpose and sustainable choices backed by rigorous science.

.....

I'm looking forward to reading this book and have it reserved from the library. It all sounds like good sensible advice and shows we can be healthy and happy!

Jennifer

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

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

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

Courthouse, McLean Street
Monday 1pm - 3pm
Tuesday 10am - 12 noon
Wednesday 11am - 1pm
Thursday 1pm - 3pm
Friday 1pm - 3pm



Greerton Library, 139 Greerton Road, Gate Pa
Tuesday 2pm - 4pm
Thursday 2pm - 4pm

Holy Trinity Anglican Church, 215 Devonport Road
Wednesday 12 noon - 2pm

Katikati Resource Centre, Beach Road
Friday 10am - 12 noon

Mount Maunganui Library,
Tuesday 11am - 1pm
Friday 11.30am - 1.30pm

Otumoetai/Matua, St Columba Church,
502 Otumoetai Road
Tuesday 10am - 12 noon

Omokoroa Library and Community Centre,
Western Ave
Tuesday 3.30pm - 4.30pm
Thursday 10am - 12 noon

Papamoa Library, Gravatt Road
Monday 4.30pm - 6pm
Wednesday 10am - 12 noon
Saturday 10am - 12 noon

Tauranga Multicultural Centre, Historic Village
Thursday 11.30am - 1.30pm

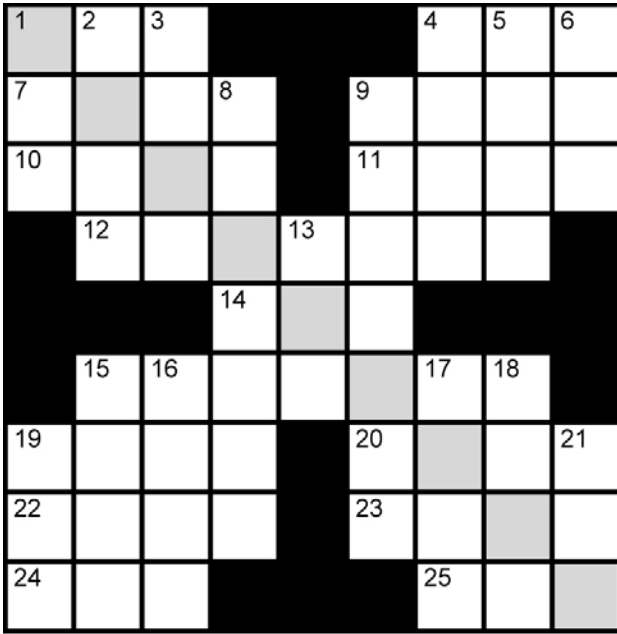
Te Puke Library, 130 Jellicoe Street
Thursday 10.30am - 12.30pm

NEW: Te Puna Service Desk
Piriraka Hauora, 3 Lockhead Road, Te Puna
Wednesday 4.30pm – 6pm

The Crossing Shopping Mall,
2 Taurikura Drive
Saturday 10am - 12 noon

Please note Service Centres are closed on public holidays.

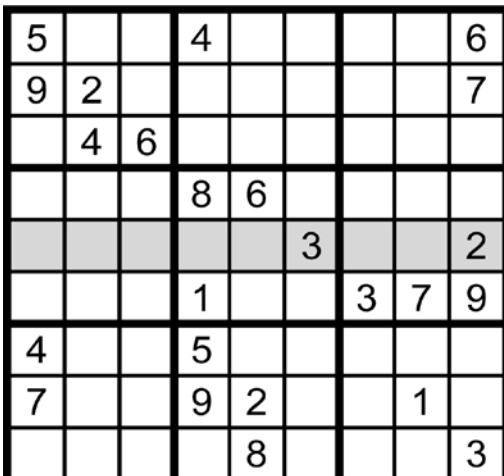
Ancient Texting



- Across
1. C.E.O.'s degree
 4. Thickness
 7. "Field of Dreams"
- setting
9. Ashtabula's lake
 10. Rocky peaks
 11. Electric unit

- | | | |
|-------------|-----------|-----------|
| ANGELL | FRIED | PASSY |
| ANNAN | GORE | PIRE |
| ARAFAT | HENDERSON | RABIN |
| ASSER | HULL | ROBLES |
| BELO | HUME | ROOSEVELT |
| BRANTING | JOUHAUX | ROOT |
| BRIDE | KING | SADAT |
| CECIL | KYI | SATO |
| CHAMBERLAIN | LANGE | TUM |
| CORRIGAN | MONETA | TUTU |
| EBADI | MOTT | WALESA |
| ELBARADEI | MYRDAL | WIESEL |
| | NANSEN | WILSON |
| | OSSIETZKY | YUNUS |

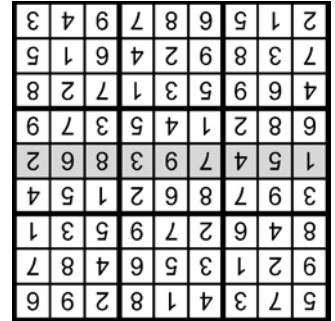
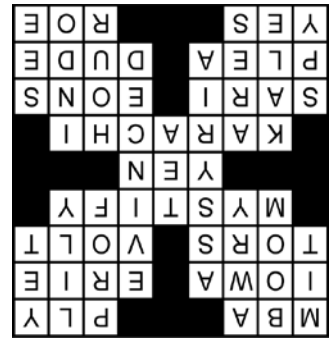
SUDOKU



12. Bewilder
14. Craving
15. Pakistani port
19. Delhi wrap
20. A long, long time
22. Entreaty
23. Dapper fellow
24. "Absolutely!"
25. ___ v. Wade

Down

1. Cambridge sch.
2. Thundering noise
3. Not straight
4. Fac. member
5. Easter flower
6. "Are we there ___?"
8. Present-day Iraq
9. Expressed
13. Oolong, for one
15. Cabbagelike vegetable
16. Mars, to the Greeks
17. Part of a day
18. Prefix with China
19. 007, for one
21. Bishop's jurisdiction



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

Famous Names



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.