

ROTORUA GREY POWER

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SUMMER ISSUE 2020



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Cover photo by: Wieland Hartwig

GREY POWER ROTORUA

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(Behind Age Concern premises
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President's Word



photo by Pania Attwood

Office Hours:

11am to 2pm Tuesday to Thursday inclusive.
(The office will close at 2pm on Thursday 10 December
and re-open 11am on Tuesday 9 February 2021)

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Gerald Hanson / Mary Loveless / Roger Loveless /
Leo Pol / Peter Walden

If there are issues you would like Grey Power Rotorua to take up on your behalf, let your Committee know by phone or contact us via our website www.greypowerrotorua.org.nz or email greypower.rotorua@gmail.com

REMEMBER Grey Power Rotorua when you change your contact details

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Please refer to our website for disclaimer.

GREY POWER ROTORUA OFFICE HOURS

Office closes 2pm Thursday
December 10 and re-opens
11am Thursday 9 February 2021

Hello Members!

What a year it's been so far! There's been a lot of talk about how everything is different now, of uncertainty, unprecedented this and that ... from where I write, the things that matter are still the same, and a lot has come into sharper focus, particularly priorities and the use of other peoples' time.

Since the AGM Committee Member Brian Duncan has regrettably had to resign due to ill health. We wish him a speedy recovery. Judy Green did not seek re-election this year, and attempted a return to lighter duties, but has had to surrender to the effects of her health event earlier in the year. We wish her good health going forward. Vivienne Martin, our Minute Secretary par excellence until this month, is moving out of Rotorua and we have lost her cheerful, helpful services. Felix Hohener has offered to be the Secretary following seeing the advertising of the vacancy in the last magazine, and what a treasure he has turned out to be since we co-opted him on to the Committee with as much decorum as we could muster, given our eagerness to fill the post. He has valiantly taken on the task of Minute Secretary as well.

Looking back, we have had great turn outs for the Meet the Candidates forums, and the Referendum meeting, and mediocre attendance at lower-key forums. The recent forum on Managed Quarantine proved very worthwhile to the small group that attended. It might have attracted more people had it not been for two other major events in town at the same time, whose planning we could not foresee. There has even been zero attendance at two well publicised forums, and we take your feedback on board. Your committee has decided to abandon a pre-set forum program and stick to hosting them as and when something important comes forward. Therefore, if there is a subject YOU feel a wider discussion would be fruitful about, do get it touch with Wieland - contact details are inside the cover page.

Your current committee is dynamic, action-oriented, and exciting to work with. The Accommodation Sub Committee has negotiated having a Hot Desk in Parksyde House alongside the Centre for Seniors in

Tarewa Place, and predictions are that we will be able to take that option up by the new year. Announcements will be made when the necessary steps have been completed.

Since their election in July, your committee have made submissions on housing and footpaths, met with Rotorua Lakes Council, and plan to focus on the Long Term Plan 2030 after the end-of-year break. They have also made recommendations to the Federation regarding the Local Body Authorities Act 2002 and how local authorities consult, or fail to do so. Rates is still a hot topic of activity, as is the seriousness of access for people with disabilities or simply the impediments that accompany advanced years for many. We continue to advocate for the creation of a Commissioner for Seniors.

One of your Committee, Gerald Hanson, is also the Zone 3 Director, giving us a direct finger on the Federation Board's pulse. Gerald will also take over editorship of this magazine with the next issue. He has also come up with designs for bumper stickers for our members, which will be to hand soon.

Outings continue to be a success for the participants under Wieland's friendly shepherding. We have a steady stream of new memberships, but a slow decline in numbers overall. Clearly, we should be on the increase given that the "aging" population is on the increase, and we now have a Membership Sub Committee tasked with addressing that challenge.

In the background to all this activity Mary Loveless has led a small group that has updated the Why Keep It Secret publication, and this will be available for purchase in the new year.

The final event of this year will be our Garage Sale, aimed at raising funds for our administration costs and keeping the subscriptions rates at their current level for as long as possible. Its success will depend largely on YOUR contribution to the effort, everything is welcome EXCEPT CLOTHING! Details of this event can be found further along in the magazine. *(all proceeds from the Garage sale will benefit Grey Power Rotorua).*

This will be followed, of course by our very last activity for the year, our End-of-Year Lunch, full details of which also appear elsewhere. We have secured the Citizens Club for the event, at a very affordable per person price, and strongly encourage you to come along and support your Association, bring loved ones, and socialise freely while we can. Who knows what constraints we will encounter in the future! Raffles,

musical entertainment, and a traditional menu await you, as well as an open bar - we very much hope to see you there.

Finally, please note that the office will be closed between December 10 and February 9, 2021. giving our volunteers a much-deserved break from the commitment they so ably carry out in the office, for which we sincerely thank them. Lois, Maureen, Tawa, David Mayhew and David McPherson, as well as Wieland, a huge thank you to you all.

Lyn Kivell gives freely of her time to help with our Xero issues, as does Bernadette Henan when needed, and Chintana, Wieland's wife, has taken on catering for the forums. We thank you all.

Seasons greetings, Christmas cheer, and a healthy, prosperous, happy, peaceful - dare I say uneventful - new year to you all. We would encourage anyone considering participating more actively in any of the Association's activities, to go for it and get in touch - all skills, views, and contributions of time and effort are very welcome.

Miriam Ruberl | President

What is Grey Power Zone 3?

Gerald Hanson | Zone 3 Director

Grey Power Rotorua Inc, is part of Zone 3 of the Grey Power NZ Federation. Zone 3 incorporates the Bay of Plenty, Waikato, King Country, Coromandel and Gisborne.

We have 4 Zone Meetings each year to discuss issues and achievements of each individual Association in attendance. We lobby as a group to our Federation on issues that we feel Grey Power Federation can action for us with Government offices, and any NZ wide group or company.

We also have a Zone Representative who sits on the Federation Board, reporting to them from our Zone and from Federation to Zone with news and updates. Our Rep is our voice on the Board. The Zone 3 meetings are great for sharing information, challenges, goals and achievements.

We glean ideas and ask questions of each other giving a wider input on our role in our local community.

I have chaired the Zone 3 meetings twice this year and each time have come away with very positive feelings for Grey Power as a whole.

RESIDENTIAL CARE SUBSIDY CHANGES

On 1 July 2020, some key annual changes to the Residential Care Subsidy came into effect.

If you need long-term residential care in a rest home, you may now qualify for the Residential Care Subsidy.

The asset thresholds have increased to:

- \$236,336 for a single person
- \$236,336 for a couple where both partners are in long-term residential care
- \$236,336 for a couple where one person is in long-term residential care, including the value of their house and car
- \$129,423 for a couple where one partner is in long-term residential care, not including the combined value of their house and car (the house is only exempt when it is the main place where your partner who is not in care, or a dependent child, lives).

The income-from-assets exemptions have increased to:

- \$1,027 for a single person
- \$2,054 for a couple who are both in long-term residential care
- \$3,081 for a couple where one partner is in long-term residential care.

Your assets and income will be assessed by Work and Income. All other eligibility is assessed by the Ministry of Health. To find out if you are eligible, go to the Work and Income website at www.workandincome.govt.nz

CHANGES TO NZ SUPERANNUATION AND VETERAN'S PENSION

From 9 November 2020, the Government is making changes to NZ Super and Veteran's Pension. The changes aim to modernise superannuation in New Zealand.

Changes to non-qualifying partners

Currently, some people getting NZ Super or Veteran's Pension can include their partner who doesn't qualify because of their circumstances. This is called including a non-qualifying partner in your payment.

From 9 November 2020, people applying for, or already getting, NZ Super or Veteran's Pension won't be able to include a non-qualifying partner in their payment. Instead, their partner will be able to apply for other



kinds of assistance.

If your partner is included in your payments before 9 November

If your partner is included in your NZ Super or Veteran's Pension payment before 9 November, this change won't affect you. You'll continue getting your payments unless your circumstances change. For example, your income goes above the cut-off point or you decide to remove your partner from your payment.

If you decide to remove your partner, you won't be able to include them in your payment again from 9 November 2020.

If this happens, MSD will talk with both of you about your options and how they may be able to help.

Changes to some overseas pension deductions

Currently, if your partner gets an overseas pension, this can affect your NZ Super or Veteran's Pension payment. This depends on the amount of their overseas pension.

From 9 November 2020, MSD will no longer make deductions from your NZ Super or Veteran's Pension because of your partner's overseas pension. This recognises you as an individual with your own entitlement to superannuation.

Ever since I was a child, I've always had a fear of someone under my bed at night. So I went to a psychiatrist and told him ... "I've got problems. Every time I go to bed I think there's somebody under it. I'm scared ... I think I'm going crazy."
"Just put yourself in my hands for one year," said the psychiatrist. "Come talk to me three times a week and we should be able to get rid of those fears ..."
"How much do you charge?", I said.
"\$200 per visit," replied the expert.
"I'll sleep on it", I said.
Six months later, he met me on the street.
"Why didn't you ever come to see me about those fears you were having?" he asked.
"Well, \$200 a visit three times a week for a year is an awful lot of money! A bartender cured me for \$20. I was so happy to have saved all that money that I went and bought myself a new car!"
"Is that so?" With a bit of an attitude he said, "... and how, may I ask, did a bartender cure you?"
"He told me to cut the legs off the bed! Ain't nobody under there now!"

FORGET THOSE LEARNED DOCTORS...

GO HAVE A DRINK & TALK TO YOUR BARTENDER.

Unearthed by Wieland

Compassionate Communities | Te Atawhai Aroha Rotorua

Death Cafe

When? 10am - 11.30am; third Wednesday of each month

September 23 | October 21 | November 25

Where? Abracadabra Café, 1263 Amohia St, Rotorua



This is an invitation to talk about death, dying and bereavement in an open, respectful, relaxed and confidential environment. It is a place where we can share stories and experiences and gain insights into death and dying with the view that these conversations will enhance our lives.

The agenda will form from what you bring.

The group will be facilitated by experienced facilitators.

No cost, just buy your own drink and refreshments. Bring a friend; all welcome.

Numbers are limited so **PLEASE REGISTER** with Kay:

021 977 972 | kayryan47@gmail.com

Calling for Better Footpaths

Roger Loveless, GPR Committee

Many members have expressed concern at the state of Rotorua's footpaths, something a lot of us use daily to walk along and enjoy our neighbourhoods. So a group from our committee have taken up the issue with Lakes District Council. They say they have excellent asset management practices, and by implication footpaths in a satisfactory condition. We looked a little deeper.

Their asset management policy usually takes the original design as being the baseline. Over time footpaths degrade from a condition 1, excellent condition, through conditions 2, 3 and 4, all deemed satisfactory for safe use, to condition 5 when they have become hazardous. They only look at a small sample annually and on this basis report back to Council elected members that all is well.

This is very simplistic and has some fundamental problems:

- Things have changed over the decades. More cars, bigger schools, higher housing density, more elderly people, skateboards, lots of electric mobility devices (not just mobility scooters, but bikes and scooters).
- NZTA, Waka Kotahi, minimum footpath standard width is now 1.5m
- If no footpaths were originally built and are now essential for safe use, there should be a mechanism to get them built.

We met with the Infrastructure Manager and presented a less simplistic approach using a risk modified profiling technique. The starting point being what would the ideal footpath infrastructure look like? Then look at what we have out there. Not only look at the footpaths, but also the kerb cuts. Rate them as condition 1 to 5 separately and apply a risk modifier. Well used and where there is busy motorised traffic - high priority, cul de sacs with very little traffic - low priority (Safe enough to use the road if necessary). But here's the rub - where there should be a footpath or kerb cut, and there isn't, it should be recorded as a condition 5 with an appropriate risk rating. What would Lakes Council's almost 100% condition 4 or better rating for footpaths look like now? Well your guess is as good as mine, but it would be far less than 100%, being far more transparent and show all is not well.

We also talked about minimum widths for shared paths, as well as footpaths and the creep of grass across so many of Rotorua's footpaths which were

about 1.2 m wide. The creeping grass effectively makes them no more than 0.8m wide. That's simple basic maintenance to sort out!

We hope the 2021/24 consultation document recognises this approach - for everyone's benefit.



COMPUTER / NOTEBOOK / PHONE / INTERNET DROP-IN TECH ASSISTANCE PROVIDED WITH SENIORNET

**Friday 30 OCTOBER, and
Friday 27 NOVEMBER 9am till noon**

at GPR office 1333 Eruera St, behind Age Concern. SeniorNet will help you with computer / internet / phone issues.

Soon, NZ banks will not process cheques any more. You may want to ask the SeniorNet guys how to deal with alternative payment options.

compute IT with Wayne Parkinson

Microsoft Office

Microsoft Office has been the staple program for productive use for many years. Depending on the version you have it may contain some or all of the following: Word, Excel, PowerPoint, Publisher, Access, One Note, or Outlook. Office can still be purchased as a program you own or you can get Office 365 as a subscription based product.



Office Home & Student 2019

This version of Office has the three main tools in it; Word, Excel and PowerPoint. This is fine for home use, as the title indicates.

Word is used to create documents and letters, or even articles for newsletters. Excel is a spreadsheet and is used to replace a calculator. It is very powerful in that it has the option for you to create formulae to calculate either simple or extremely complex calculations. PowerPoint is used to create presentations to be displayed on a screen for an audience to view. Most folks won't create a PowerPoint presentation at home, but if someone sends you an email with a PowerPoint file attached, this will easily open it. A student may well be required to create a PowerPoint presentation during the course of their studies.

Office Home & Business 2019

The Home & Business version has all the above plus Outlook. Outlook is a very powerful on-board email client. It has all the usual email facilities plus a heap more that are business orientated. It has integration functions in to combine with Word and Excel

Office Professional 2019

This one has all of the above plus Access and Publisher. Access is a database program used to keep records of, say, client details. For each client a business has they will be able to see what items have been purchased and when the purchase was made. Each time you visit your doctor, more info on your health is entered into their database. Publisher is used to create booklets, brochures, complete newsletters or cards.

Purchasing Office

Each of the versions above can be purchased by you and you then own them. Some are still available on a DVD, but all are available to be downloaded as an install file from the Microsoft website. As with most software, they have a designated "life" of ten years. So, after ten years you will no longer get updates for the program. This does not mean it will stop, just that it's no longer getting updates.

Office 365 (now called Microsoft 365)

Office 365 has all the programs from all the versions above, but unlike the others, you do not own it, but you will constantly be getting updates to keep it current. This is the one most folks will use at home and is subscription based. You are sort of "renting" it on an annual basis. Just don't leave it too late to pay your "rent" or you will lose some features of the programs.

If you need help with this, or would just like to chat about your options, give me a call at 345-6098



Editorial supplied by Abingdon Computing Essentials

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NOVEMBER FORUM

**2 November (1st Monday of the month)
1 pm Linton Park**

FORUM topic: with The Daily Post who will tell us how a newspaper 'ticks' and what goes on behind the sheets (of the paper that mysteriously appears in our letterboxes every morning).

Enjoy a cuppa afterwards

Rotorua Multicultural Council

Margriet Theron

Rotorua is very multicultural

Most of the events and programmes of the Rotorua Multicultural Council are, almost by definition, multicultural. We were asked recently by Rotorua Lakes Council how many ethnic communities there are in Rotorua. We made a list and came up with 60 home countries and ethnic groups.

Migrants and local Rotorua residents enjoy meeting people from other countries at our Multicultural Lunches held monthly in the Rotorua Library Te Aka Mauri. At our recent Korean luncheon we had 58 guests from 18 countries. When we ran our Professional Speaking for Migrants course this year the ten students were migrants from Argentina, China, Colombia, Mexico, the Philippines, Russia, South Africa, and Sri Lanka.

Why do migrants want to mix with people from their own country?

Once in a while migrants would like to meet people from their own home country. If you are a recent arrival from overseas and you are still trying to work out how you find a doctor for your family, how the education system works, where you can buy the ingredients to make your favourite traditional dish, or what ACC, CAB, and Plunket mean, it is just so much easier if you can speak to someone from your home country who is well-settled in Rotorua. Not having to struggle with English is a big bonus in these circumstances.

As the Rotorua Multicultural Council became aware of these needs, we started a new programme called Home Country Links. The events are free to the migrants, funded by Rotorua Trust.

Home Country Links

For each Home Country Links event we invite migrants from one home country to join us for a scenic walk along one of Rotorua's many walking tracks, followed by having tea, coffee, or hot chocolate with something to eat at one of our local cafés. Ideally, we like to have around ten or twelve participants with about half of them well-established Rotorua residents and the other half more newly-arrived migrants who are still working their way through settling in their new home town of Rotorua. Our walks have taken us through Hemo Gorge and along the Puarenga Stream, ending with coffee at the Secret Spot. We took the suburban bus to Ngongotaha, walked along the stream there, and then had snacks at Café Dynasti. We explored Kuirau Park and then had a coffee at Parksyde. We organised a minibus to take us to Okere Falls to see the rafters coming over the waterfall, walked along the stream, learned about some New Zealand native plants, and stopped at Okere Falls Store. Some migrants who have lived in Rotorua for over 20 years had never been to Centennial Park on Mokoia Drive. Many said that they would bring their families back to this largely undiscovered Rotorua treasure.

Benefits of Home Country Links

This far we have organised Home Country Links events from migrants from the Philippines, Japan, South Africa, Latin America, Korea, China and India. Next on the list is Russia.

Many new friendships have been formed. The participants have learned about other programmes offered by the Rotorua Multicultural Council and some of them have now enrolled on our Women's Wellbeing Programme and on the Raranga and Conversational English courses.

We welcome everybody from toddlers to grandparents on the Home Country Links trips. Lack of English language skills is not a barrier as the chatting takes place in the participants' mother tongue.

Please encourage the migrants in your neighbourhood or in your social circle to have a look at the Multicultural Rotorua Facebook page to find out more about the many ways in which the Rotorua Multicultural Council helps migrants to settle in Rotorua.



The Latin Americans at The Secret Spot at Waipa after walking (with a pram) along Puarenga Stream.



The Koreans having morning tea at the student café at Toi Ohomai Institute of Technology. They had taken the bus from Arawa Street, did a beautiful walk in Centennial Park, and then walked to the Toi Ohomai campus.



The Japanese learning about the history of Okere Falls.

Retired and still rocking?

In the 1950s, guidance counselors recommended that students throw away their rock albums, which Frank Sinatra condemned as ugly and vicious. But did they do it?

Some research suggests that seniors are still rocking to the bands of their youth.

Seniors have lived through explosive musical changes. Influenced by the crooners of the 1940s and 1950s, to the early bluesy rock of Elvis Presley and into the rock band era of the 1960s and 1970s.

One of the main reasons these huge musical movements exist is technology. Radio brought music to the masses. Vinyl records allowed us to choose. Cassette tapes and CDs were portable. And, finally, internet-based music allows consumers to transport, choose, and mix it up.

Some studies say musical tastes change with age. A 2013 University of Cambridge study of data from 250,000 people over 10 years shows that musical tastes shift in line with life challenges.

Adolescents like intense, aggressive, loud, distorted and rebellious music as they struggle to find an identity and overcome frustrations.

Young adults prefer romantic, positive and danceable music as they search for love. In this stage, music is part of the search for intimacy, according to Science Daily.

By middle age and later, people search for relaxing, emotive, and more sophisticated (or complex) music.

On the other hand, smaller studies by online music companies found that people reached their peak music experiences around age 24 and stopped experimenting with music around age 30.

That means seniors may still be rocking out to the bands and voices of their youth.

According to a 2001 study by National Institutes of Health, listening to your favorite songs can give your brain a big dose of pleasure.



NOVEMBER OUTING

16 November (3rd Monday of the month)

9:30 am Parksyde Café

We visit an inner-city
beekeeper in Glenholme.



Thank You!

Rotorua

Todd McClay
MP for Rotorua

National

Authorised by Todd McClay MP, 1301 Amohau Street, Rotorua.

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**FORUM
3RD
AUGUST
2020**



5G in Aotearoa New Zealand

The roll out of 5G has begun in Aotearoa New Zealand and will become more widespread in the following years. We've had a lot of questions about this so have put together some accessible information.

5G stands for 5th generation. It's the latest cellular network after 2G, 3G, and 4G. The 5G network is more technologically advanced and implementation has begun throughout the world and here in Aotearoa New Zealand.

All cellular networks use radio waves to transmit data. Like light, radio waves are a type of electromagnetic radiation. Radio waves have been used in NZ for radio since the 1920s and cell phones since the 1980s. Like waves breaking on the beach, radio waves can vary in intensity (how big they are) and in frequency (how often they arrive, which is related to how far they are apart, (wavelength). The frequency (or wavelength) and intensity of an electromagnetic wave determines how much data the waves can carry and how strong the signal will be, as well as whether the waves are harmless or not.

The initial roll out of 5G in NZ will use frequencies in the same range as 4G. In the future, the network will use a higher frequency (lower wavelength waves) – known as millimetre waves. These are closer in frequency to those used for satellite communications and some vehicle radars.

Millimetre waves don't penetrate obstacles as easily, so 5G networks will need more towers than 4G to achieve the same coverage. Although this will not generate enough intensity to create noticeable heating, there will still be international standards in place to limit overall exposure, and monitoring to double check that this doesn't happen. The standards are set with a large safety margin to ensure that the total exposure to radio waves is comfortably below safety thresholds for impacts from heating. NZ follows these international standards.

There have been some concerns about the security of the 5G network, because it is more reliant on software than 4G and uses cloud computing. NZ's Government Communications Security Bureau (GCSB) is aware of this and will act to prevent and minimise security risks to our communication technologies as we adapt to the new technology.

The currently available scientific evidence makes it extremely unlikely that there will be any adverse effects on human or environmental health. There is no evidence whatsoever that coronavirus is in any way connected to 5G.

NZ needs to continue to monitor the risks of exposure and ensure that they are within the international safety standard, as well as keeping a close watch on any new research.

<https://www.pmcsa.ac.nz/topics/5g-in-aotearoa-new-zealand/>

Some Lessons From Covid-19

Bruce Quedley,
Neighbourhood Support



This year has been one of great disruption that has affected everyone.

With the need to have lockdown it became increasingly apparent that streets which had a Neighbourhood Support Group established were able to extend a helping hand and keep a watchful eye on the more vulnerable in the Group coverage area. The group Contact Person communicated with those in their Group area, updated contact details and undertook welfare checks by phone or email in that time.

Areas without an established Group had more difficulty as, in many cases, they didn't even know the people living next door.

Neighbourhood Support would encourage all streets to have an established Group in preparation for times like this. The establishment of a Group isn't just for crime but also for preparing for an emergency. Lessons were learnt from the Christchurch earthquakes with regard to having established Groups and now we have had our lesson.

It is not a case of 'if' but 'when' an emergency will happen. In the Rotorua district it is highly likely that there will be flooding in low lying areas, potential for thermal activity in areas close to geothermal locations, earthquakes as we lie close to a fault line and storm damage from the changeable climate we now live in.

If your street does not have an established Neighbourhood Support Group already, or you are not sure, contact Neighbourhood Support Rotorua office to check if there is an existing Group or ask to start the establishment of one. The office telephone number is 349-9470, if no one answers please leave a clear message with your name and contact number or you can send an email to nsrotorua@gmail.com.

Why start a Neighbourhood Support Group:

- Be ready for the next lockdown
- Take responsibility for your own safety
- Be prepared for a civil defence emergency
- Encourage neighbours to talk to each other
- Minimises burglaries and car crime
- Share information to reduce the risk/fear of crime
- Be advised of crimes close to your area
- Support victims of crime, elderly and infirm
- Know when and how to contact Police.

Do You Know Some Newcomers to NZ? What You Need to Know....



Do you live next door to, or work with someone new to New Zealand? It can be very difficult for migrants to get used to how we do things in New Zealand, to get the hang of our accent, language and customs or to meet people and make friends.

The Settlement Unit of Immigration New Zealand (INZ) is responsible for providing settlement information to new migrants and for the last five years has funded the Citizens Advice Bureau to deliver a face to face information and advice service to new migrants in 30 CAB sites around the country, including the Rotorua CAB.

Types of enquiries the Bureau regularly help new migrants with are around rights at work, the health system, rights around buying a used car and what to do if things go wrong, clubs and activities they can join in with, housing and neighbourhood issues. Immigration and visas are also a hot topic.

As part of the contract the Bureau also has to run four information sessions for new migrants each year, where an invited guest will speak to new migrants on various topics. The most recent was keeping safe in your home and the NZ Police. Earlier in the year sessions on tenancy rights and getting work ready for NZ were covered.

So, if you know a migrant family, regardless of what visa they may have, the Citizens Advice Bureau is probably a great place to refer them to. The Bureau has all sorts of resources that can be used to help people settle into New Zealand, such as access to interpreters, expert advice lines, immigration forms, Justices of the Peace and all the other services that New Zealand citizens can access too.

The Rotorua Bureau is open Monday to Friday from 9.00am to 5.00pm. You can call in to the office at 1143 Eruera Street, Rotorua or call us on 07 348 3547, toll free on 0800 367 222, or send us an email – rotorua@cab.org.nz.

We also have great information about settling in New Zealand on our website

www.cab.org.nz

Friendly, Local Personal Transport - Wheelchair Accessible

Freedom Drivers in Rotorua bring a warm and friendly driving service right to your door.

“We specialise in driving seniors to a wide range of appointments and outings - the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. We will even take you and your pet to the vet,” says local driver Kelly Seymour.

“Travelling with Freedom is like travelling with trusted friends or family as you build a relationship with a driver you get to know and trust.”

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras. A Wheelchair accessible van is available. Freedom Drivers are police checked and are ACC Registered Vendors.

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or 027 531 9767 for more information.**

Editorial supplied by Freedom Companion Drivers

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“Why Keep It Secret?”

Available from Grey Power Rotorua

We're now on our 6th reprint. The foreword says: “Nothing is surer than death and taxes”. “Why Keep It Secret?” does not replace a Will and is not a legally binding document. WKIS guides us through documenting our important information, so that those responsible for carrying out our wishes are clearly advised.

■ Order Form for Booklet “Why Keep It Secret?”

Payment must accompany order

SEND TO:

Name:

Address:

.....

Membership No (if any)

Postcode

FOR POSTAL ORDERS PLEASE POST ORDER
FORMS TO: GREY POWER ROTORUA INC.,
P O Box 414, Rotorua 3040

Cheques payable to: Grey Power Rotorua Inc
Internet purchase: **2 steps:** Complete order form at our website www.greypowerrotorua.org.nz and pay by **internet banking.** Include reference: **WKIS**
Purchase at the office: Cash/Cheque/Eftpos

QTY:

DESCRIPTION: Booklet “Why keep it Secret?”

UNIT PRICE: \$5.00 per copy or
\$4.50 each for 10 copies or more
(includes Postage & Packing)

TOTAL: \$

Outings update

Our last two outings were on 20 July to Te Amorangi Trust Museum and on 17 August – a rather non-event due to the virus recommendations.

20 July – Te Amorangi Trust Museum (or as it is otherwise known, *Settlers and Steam Museum*). This meeting was rather well attended. Most of us knew about the museum. Some hadn't been there for a long time and appreciated the opportunity.

For anyone who wants more information, please ring them on 345 9525 or visit their website www.rotoruaheritage.co.nz. The museum displays a vast collection of Maori and European artefacts in several different sections of the museum

- a model railway
- Douslin House reflecting the architecture of Rhodesia
- the 1906 Whakarewarewa Post Office
- an old Maori Waka under a little shelter
- the Whare with exhibits and artefacts of the

- Tarawera and Waimangu eruptions
- the Barn with a collection of horse-drawn carts and machinery as well as an early milking shed display
- the Powerhouse with a generating plant for the national grid and a working 1892 traction engine
- the Engine Shed
- and much more.

Many members came, but several had already left by the time the photo was taken.

17 August – we were to go to PlentyFlora but it was decided to leave that for another time. Management wanted to err on the side of caution.

We met as usual at around 9:30am at the Parksyde Café. Come 10am I suggested we discuss two pre-prepared topics: 5G Mobile Phone Technology and the upcoming referendum on Cannabis. We went home a little after 11am.

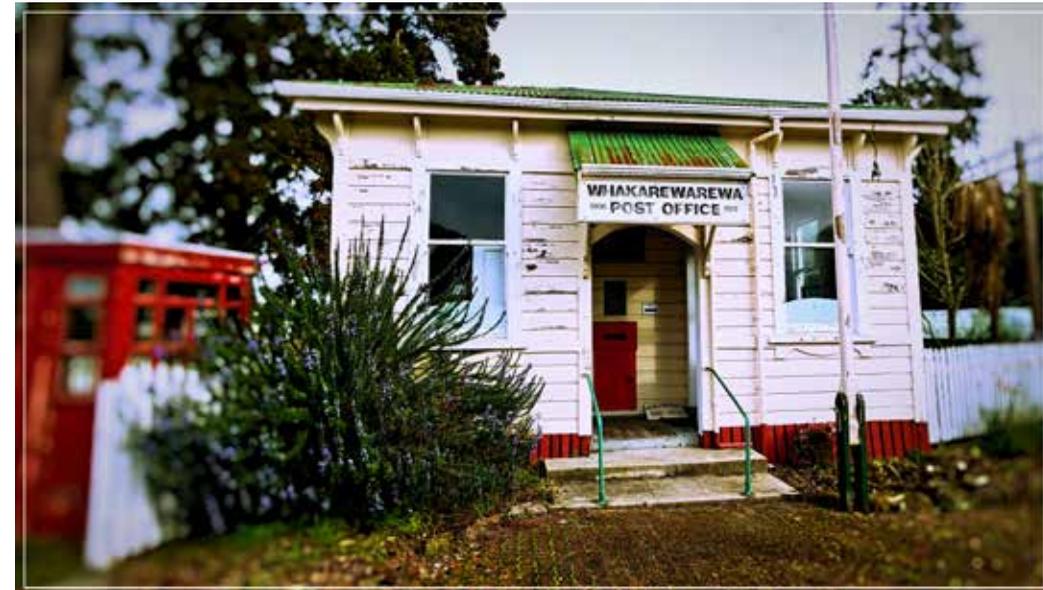
NOVEMBER OUTING ALERT

16 November – a guided tour by an inner-city (Glenholme!) apiarist/bee keeper who will give you answers about anything “bee” and show you around his setup. You can buy his honeys, too. Not much walking and plenty of rest provided. 3rd Monday of the month, 9:30am at the Parksyde Café.

Meet you there.

- *Wieland*

We should start referring to “Age” as “Levels”, because “I’m at level 50” sounds more badass than just being an old person.



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1154 Hinemoa St, Rotorua 3010

www.nzfirst.org.nz

Authorised by Fletcher Tabuteau, Parliament Buildings, Wellington

By now, the election will be over and the Government for the next three years will be decided. I am proud of the work New Zealand First has done in advocating for seniors.

Successive governments have tried to devalue our older people and forget that past and current seniors were and are the backbone to New Zealand's prosperity, wealth and freedoms.

We stand by our actions in:

1. Stopping surtax
2. Stop the increasing of the pension age
3. Introducing the Gold Card, 13 years ago
4. Negotiated in the coalition agreement (2017) bringing the SuperGold Card under the control of the Minister for Seniors, breathed new life in to the SuperGold Card by enhancing its features and benefits, rebuilt the SuperGold Card website, and introduced a mobile app for seniors. We engaged with businesses and have signed up over 5000 already, to offer discounts to make the seniors' dollar go further.
5. New Zealand First added other services like one free doctors visit and one free eye check per annum. If we can catch eye degeneration earlier, we can save about 7000 seniors from going blind every year and stop this waste in human capital.
6. New Zealand First advocated for the Winter Energy Payment.
7. We've helped save the ambulance service by funding their last financial short-fall, and backing their long-term financial viability. What decent first world society has a critical service like the ambulance having to fundraise their service to the community.
8. We have provided St John with the necessary funds they've personally asked us for. And one of the biggest beneficiaries is our seniors.

Seniors, or those soon to be seniors represent well over 800,000 New Zealanders today. By 2025 there will be 1.2 million of you. We will continue to advocate for older people and stand up and say, **'Senior Lives Matters'**.

Editorial supplied by Fletcher Tabuteau

Grey Power Rotorua Inc.

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PHONE 346 1739

greypower.rotorua@gmail.com
www.greypowerrotorua.org.nz
Office hours Tuesdays – Thursdays
11.00 am – 2.00 pm

Subscription & Renewal 2020/21

Please complete the form below if you are A NEW MEMBER or there are any changes to your information. (Bring in to the office or post or use website form).

Payment Options:

1. Bring to the office, Cash or Cheque, EFTPOS available, No Credit cards
2. Make your payment by internet banking. Include code (Membership No) and Reference (Surname, up to 12 letters)

Grey Power Rotorua bank account: 38 9020 0355889 01

DATE	MEMBERSHIP NUMBER	
MEMBER	SURNAME	FIRST NAME
COUPLE MEMBER	SURNAME	FIRST NAME
ADDRESS		
SUBURB		POSTCODE
EMAIL		
PHONE NOS.	Landline:	Mobile:
Office Only: Date Loaded	SINGLE SUBSCRIPTION	\$25.00
	COUPLE SUBSCRIPTION	\$35.00
RECEIPT NO.	Your donation would be sincerely appreciated	\$
	TOTAL	\$

PRODUCT RECALL

Popular food label Value has issued a nationwide recall of specific batches of its canned chopped tomatoes, after it was discovered that stones may be present in the product.

Consumers are asked to check the batch number on the side of the can against the numbers provided below and return their can/s to their retailer for a full refund.

What you need to know:

- Batch numbers SMS1 J213, TTA1 J214, TTA1 J215, and TTA1 J217 are affected by this recall.
- The product is sold in New World, Pak'n Save, Four Square, Gilmours, and Trents stores nationwide.

To get in contact with Foodstuffs Own Brands Ltd, call 0800 245 114. For more information on the recall, visit the New Zealand Food Safety website.

OFFICE HOURS

the office at 1333 Eruera St will close at 2pm on Thursday 10 December, and re-open at 11am Tuesday February 9th 2021

To join Grey Power Rotorua come to the office at 1333 Eruera St
11:00am to 2:00pm
- Tuesdays - Thursdays
(behind Spotlight, we have parking)
or contact us on 346 1739 or email to greypower.rotorua@gmail.com or visit our web site at <http://greypowerrotorua.org.nz>



Do I have your Attention!

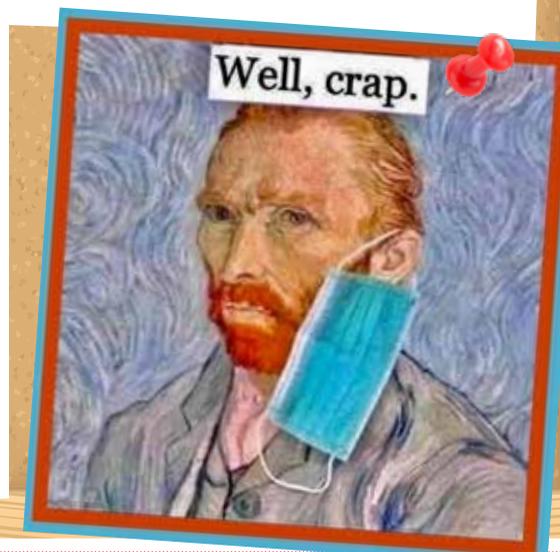
Good



Question:

- Are you over 65 years old?
- Are you a national superannuitant?
- Are you a Rotorua rate payer?
- Do you qualify for a rates rebate?

Answer: Look at **www.govt.nz** online and use the rates rebate calculator. if the answer is in your favour download the application form and contact the Rotorua Lakes Council.



END OF YEAR CELEBRATION LUNCH

12 midday, Citizens' Club, Corner Arawa and Rangiuuru Streets

Tickets available from November 10th at the office, 1333 Eruera Street (Tuesdays to Thursdays from 11am to 2pm).

HOW TO GET YOUR TICKETS :

At the office with payment via cheque, EFTPOS or cash. You can also order the tickets by mail – please send a cheque and a return address to PO Box 414, Rotorua 3040.

You can pay online to 38 9020 0355889 01, please include your membership number and LUNCH as reference, and make sure we have your correct mailing address if you don't want to pick them up at the office (an email to confirm can be sent to greypower.rotorua@gmail.com).

Ticket price is \$20 per person (same price for members and guests). It includes a 2-course meal and an entry to the raffle. The bar will be open at the Citizens Club. Ample parking, easy foot access

Entertainment: CC DJ Dr Ken, and special appearance GPR member Keith Garratt, keyboard and Lyndsay Sinclair, vocals

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editorial supplied by The Law Shop

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October

Time 9am-2pm

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