

Whakatane District

Greypower Association Inc.

Welcome to our May, 2016 News

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Next Meeting – AGM - May 24, 2016:

Our next meeting, which will be our AGM, will be held at 1.30 pm on Tuesday, May 24th, at the Knox Presbyterian Church Hall, 83 Domain Road Whakatane. Our guest speaker will be Judy Turner, Deputy Mayor for Whakatane District Council.

Membership Renewals

A reminder to all our members that it's that time of the year again; whilst many membership renewals have been received, there are still a considerable number who have yet to renew their subscription.

For those members enjoying the benefits of our partnership with Pulse Energy, I would remind you that it is a requirement of the scheme to be financial members of Grey Power.

We would like to take this opportunity of thanking all those members who included a donation, some extremely generous, and also to those who included a stamped addressed envelope with their renewal forms, these additional moneys are very much appreciated.

Facebook Page

As mentioned briefly in our previous news issue, we now have our own Facebook Page, just log onto www.facebook.com and type in Whakatane Grey Power as below:



This feature is being managed by our committee member, Rob Ross, assisted by his wife Kate. We are hopeful that those members who are on Facebook will participate in the page by adding things that would help and/or be of interest to other members, such as cooking tips, gardening tips together with getting the best value on various goods and services in the Whakatane area.

Your Health & Wellbeing

The key to staying healthy in senior years is taking charge and rejecting myths, hype and fear mongering, all of which are prevalent in discussions on aging. One of the biggest challenges is the sheer number of changes we face, from loss of loved ones, loss of career, loss of mobility and independence to declining health.

Learning to reinvent yourself, finding new things to enjoy, creating reasons to get out and socialize, recognizing others are having to grapple with new technologies and options, are all part of the shift in awareness needed to thrive as we age.

Ageing doesn't have to be a negative downhill experience. Nothing is inevitable and we can all do more than we possibly think. Brain training and new learning can occur at any age and there are many things you can do to keep your memory sharp. Believing and having confidence in yourself will set you up for coping positively with change.

Tips for Boosting Your Confidence

1. Focus on things you are grateful for. Appreciating people, skills and treasures you delight in will help you maintain resilience.
2. Tune into and express what you are feeling. It is easy to moan and tell others how symptoms are affecting you; opening up and saying what feelings are coming up is harder. Writing a journal is a proven way to achieve this.

3. Learning to live with what you cannot change. By volunteering and focusing on others we can put matters into perspective. Developing a sense of humour and choosing to smile often works wonders too.
4. Choose to take a step at time towards a new goal and begin a new challenge. It can be amazing how motivating and rewarding just walking 20 to 30 minutes a day and/or sitting in nature watching your breath for 10 to 15 minutes.

Think this is all Fancy Talk!

The hard data is out now that lowering blood pressure and cholesterol is possible just by taking time out to be in nature. Whether this be in your garden, a walk in the park, swimming or enjoying taking in an ocean view, the benefits are there for the taking and above all, they are totally free. Schedule regular space for yourself, book it in, and don't give in to others, maybe invite them to join in too.

More emphasis on prevention is being promoted by mainstream medical professionals. Remember what you focus on you get more of, so even small steps done often will motivate you to pay more positive attention to other aspects of healthy living. Just do it and see the results; and do keep a note of your progress.

Remember; choosing your own steps towards your goals is always far more beneficial than adopting someone else's plan.

Expressing Praise

The Vicar asked if anyone in the congregation would like to express praise for answered prayers.

Suzie Smith stood, walked up to the lectern and began to speak.

"I have a praise I'd like to share she said. Two months ago, my husband, Tom, had a terrible cycling accident and his scrotum was completely crushed. My poor Tom was in excruciating pain, and was rushed to hospital. The doctors weren't sure whether they would be able to help him."

You could hear a muffled gasp from the men in the congregation as they imagined severity of the pain that poor Tom must have experienced.

"Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain. We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

Again, the men in the congregation cringed and squirmed uncomfortably as they imagined the horrible surgery performed on poor Tom.

"Now," she exclaimed in a quivering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely."

All the men sighed with unified relief as she stepped down from the lectern.

The vicar rose and tentatively asked if anyone else had anything to say.

A man seated towards the rear of the church slowly stood up and spoke in a slow deliberate voice, "Hello, my name is Tom Smith." He said, the entire congregation held its breath in suspense and anticipation.

"I just want to tell my wife that the word is *sternum*."

Grey Power — The Old Grey Mare? Or Silver Sages*?

As I write this opinion piece the Grey Power Federation AGM is due to take place in a few days. The current President, Terry King, is stepping down and a new President will be elected; as there are only two candidates the choice is somewhat limited.

At the AGM the multitude of National Advisory Groups (NAGs) will present their reports on what their particular NAG has achieved in the last year.

Well, it's horses for courses and although we had a lot of NAGs at the starting post on the Lobby track, most failed to reach the winning post, or indeed to finish the race. These poor NAGs having broken down in the last year, or having otherwise failed to come up to scratch, should be consigned to the knacker's yard.

Surely it would be a better use of our time, effort and energy to concentrate on a few NAGs at a time, preferably with issues that we have at least a reasonable chance of bringing to a successful conclusion.

Whilst I am on the subject of NAGs, I cannot understand why there is a separate lobby committee responsible for meeting with Government Ministers (or with anyone from any Party who will agree to meet with them). Surely it would be more productive for each NAG to meet with the appropriate Minister rather than a third party attempting to lobby on

behalf of all the NAGs. This would mean that the Health NAG, for example, meeting with the Minister for Health, would have all relevant facts and figures at their fingertips, rather than relying on the Lobby committee to present half understood details.

At the moment our Federation leadership is in disarray and so disorganised that there is no wonder that the general public, not to mention the Police and Members of Parliament, confuse Grey Power with Age Concern and forget that we are primarily a Parliamentary watch dog and lobby group with around 70,000 members.

We need to let the Political Parties in particular know that 70,000 votes are in the balance for the General Elections next year!

The above are some of my personal opinions, which I fully respect may not be shared by all the committee members, nor by all our membership.

*** Sage –**

Noun: Wise Person

Adjectives: Wise

Good Advice

eg - sage advice: good advice.

Susan Anderson – Secretary

Interesting History.

Us folks in our senior years need to learn something new every day...

Just to keep the grey matter tuned up. Where did the term "Piss Poor" come from?

They used to use urine to tan animal skins, so families used to all pee in a pot. And then once it was full it was taken and sold to the tannery... if you had to do this to survive you were **"Piss Poor"**. But worse than that were the really poor folk who couldn't even afford to buy a pot...

They **"didn't have a pot to piss in"** and were the lowest of the low.

The next time you are washing your hands and complain because the water temperature Isn't just how you like it, think about how things used to be.

Here are some facts about life in England in the 1500's

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell, Brides carried a bouquet of flowers to hide the body odour.

Hence the custom today of **carrying a Bouquet when getting married.**

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs etc,) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof.

Hence the saying, **"It's Raining Cats and Dogs."**

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection.

That's how **Canopy Beds** came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, **"Dirt poor."**

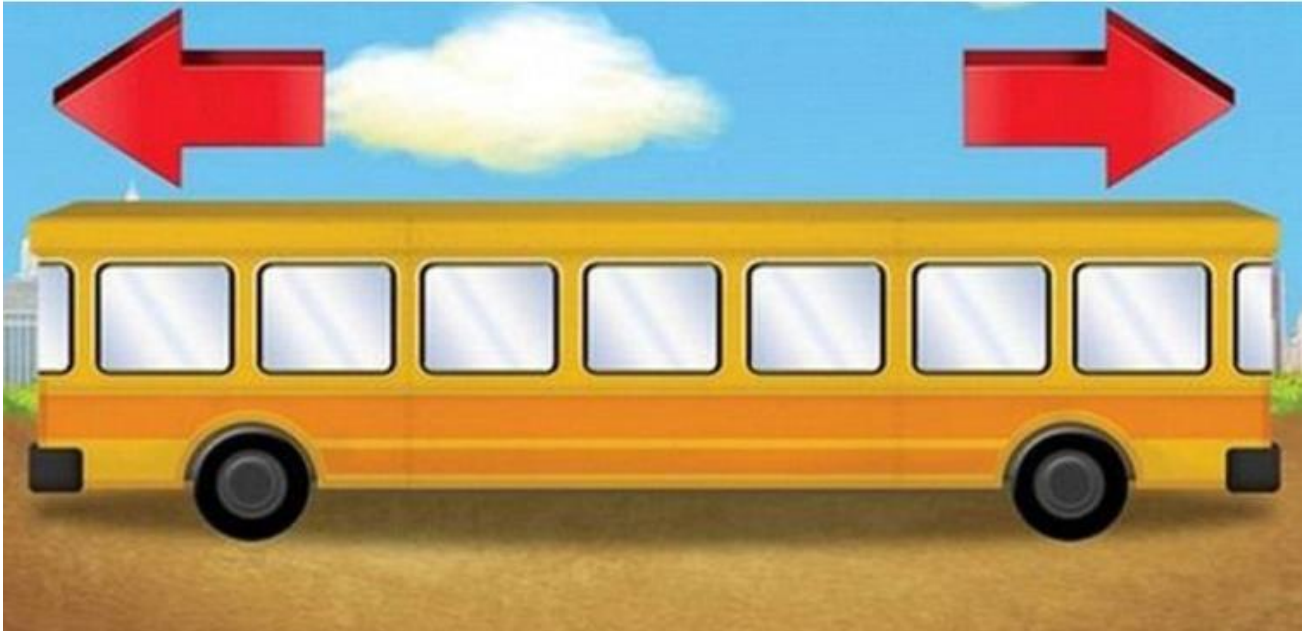
The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way.

Hence: a Thresh Hold.

(Getting quite an education, aren't? you?) – We'll be adding more to our history lessons in later issues, so watch this space.

In which direction is the bus travelling?

We posed this question on the illustration below in our last newsletter; from comments we have received, we have decided to advise the solution.



It depends upon in which country you live, if here in New Zealand, then the bus is travelling from left to right, if you live in the USA or Mainland Europe, then it is travelling from right to left. The reason? From the side of the bus you can see, there are no access doors, therefore these must be on the other side of the bus, the side closest to the pavement, or sidewalk. Therefore; in New Zealand, where we drive on the left, the doors are on the left hand side of the bus, which is the side you cannot see, it is therefore travelling from left to right.

So how many of you got it right? (Without any assistance from grandkids!)

Windows 10

If anyone has a new computer with Windows 10 as its' operating system, or has upgraded to it and would like to learn more about the many features and benefits of this new operating system, or any other aspects of computing; please contact **Senior Net** on **07 308 0564** for further information.

Senior Net run a variety of courses covering various aspects of modern day software, including Windows 10 the Basics, Windows 10 Tutorials, iPads, Android Tablets, Smartphones plus a range of specialist areas such as Facebook & Digital Photography; courses range from a one off two-hour session for basic needs, to two hours a week for four weeks for more in depth subjects. Full manuals are provided for each course, which are yours to keep.

Letters From Our Members

Our Secretary, Susan Anderson, was delighted to receive the following letter from Basil Simpson, a long time Grey Power member, in response to the Overview published in the last newsletter.

With Basil's permission, his letter has been abridged somewhat due to space constraints.

Greetings Susan, Don't really know where to start this, but what an invigorating straight from the shoulder newsletter, also treasurer Brian Newton's open NON political comments, to me anyway.

I have been a member of Grey Power since its' inception and am now 88. I joined Grey Power when I was in a private hospital getting two replacement hips done, with plenty of time to THINK, and just started receiving National Super, (60 back then) so in those days the population of New Zealand at a guess may have been around 3 million and looked at the THEME "Grey Power" and it's influence on our future society. I don't think I ever attended a meeting for years. It is only in the last 6 – 7 years I have attended the odd meeting, mainly because of the many political and technological changes that effect our lives, so complicated a "Man Don't Know Where He Are"

My Overview - by Basil Simpson

Based on my experiences of my life and the effect writers, people, preachers and circumstances over the past millions of years;

1 + 1 still equals 2, Statistically we only remember 80% of what we hear, maybe the laptop has improved that!!

How much can we absorb??

What is our place on this earth??

What keeps us going??

My bet is (thoughts) that it's the loyal BOND we have in Grey Power in Whakatane that is inbred in us. I know President Betty's family going back over at least three generations, most of the family were born to lead. Does this apply to you (Betty). *(It most certainly does – editor)*

I have found in the last seventy odd years that it is the "little pats on the back", and the people that I have worked with, that have kept me going.

I originally joined Grey Power at its inception. Why? Retirement was being used as a political football. I paid our subscriptions, read the newsletters and used whatever seemed to suit my position at that time. I was healthy, younger, active and involved in several organisations; still am, but not as many nor as active.

E-mail: reception (at home) very poor, but appreciate the convenience and knowledge Information Technology supplies. I have difficulty keeping up with today's (technological) world; anyhow, as reception and cell phones improve and prices drop I will learn how to use the new technology and I am working towards getting a smartphone.

In hindsight, all our lives we have adapted to change and just took it in our stride.

Snail Mail: as one of the Great-Grands calls it, still delivered with papers on RD six days a week, which I can read at my leisure in bed- or whenever.

Seem to have survived OK. Don't seem to have missed much and tongue hasn't worn out yet.

I am awaiting Betty's report on the GP Federation AGM and to hear what those capable of using a laptop come up with.

I know that it is disappointing that you couldn't get the numbers for your Christmas dinner. I had the same problem last year to get 50 from 190 residents, but it does happen. Don't be downhearted. As you said, "look on the positive side," your efforts in gaining members has increased the membership, so our "Lobbying Fund" is enhanced.

Keep up the good work.

Good Health, thanks.

Basil

Rates Rebate Schemes

Brian and I visited the Whakatane District Council offices to ask about postponement of rates payments (deferred payment) as is offered by the Ashburton Council to ratepayers over 65, and whether such a scheme is available in Whakatane.

We're sure it will come as little or no surprise to learn that deferred payment of rates is not an option offered by Whakatane District Council.

There is a rates postponement scheme for those suffering financial hardship; which translates into **EXTREME** financial hardship; however; this entails jumping through so many hoops, providing so much information and filling in so many forms, that virtually nobody would be eligible to qualify.

Diane Moore, the most open, informative and helpful person who administers the Rates Rebate Scheme on behalf of Whakatane District Council, says that she is positive that many people who would qualify for a rebate are not applying.

Diane says that she is only too pleased to see and/or take telephone calls from people, who are not sure whether or not they are eligible for a rebate. She is not at all scary, so if you feel you may well be eligible, and haven't made enquiries, please do call or go along and see her.

NB The rates rebate scheme IS NOT related to the postponement of rates.

We will have some Rates Rebate Forms available at our next meeting on the May 24.

For those members on-line, information regarding this together with the forms, are available on the Council website:

<http://www.whakatane.govt.nz/>

Susan Anderson - Secretary

Guest Speaker Profile:

Judy Turner – Deputy Mayor

Represents

Whakatāne - Ōhope

Statement

I am currently serving my second term as a Councillor and am committed to ensuring that the levels of service for core Council activities are maintained, that Council budgets are realistic and affordable, and that a sensible growth and economic development strategy continues to be pursued so that we sustain the ratepayer numbers needed to fund a modern provincial district into the future.

I am keen to see much-needed stormwater solutions advanced in both Whakatāne and Ōhope, and am also committed to robust public consultation processes so that Council planning and proposals are clearly explained, community concerns are listened to and local knowledge considered.

Portfolio

The Deputy Mayor is a member of the Policy Committee, the Projects and Services Committee and is specifically appointed to the Hearings Committee and the District Plan Hearings Committee. The Deputy Mayor attends the Bay of Plenty Civil Defence Emergency Management Group and the Rangitāiki River Forum in the absence of the Mayor. The Deputy Mayor is a member of the Creative New Zealand Local Communities Funding Assessment Special Committee and the Conduct Review Panel.

Committees

Committee Name	Position
Policy Committee	Member
Projects and Services Committee	Member
Hearings Committee	Member
District Plan Hearings Committee	Member

*We all need humour;
A couple of items to lighten the day*



**OMG, I'm rich!
Silver in the hair,
Gold in the teeth,
Crystals in the kidney,
Sugar in the blood,
Lead in the butt,
Iron in the arteries,
and an inexhaustible
supply of natural gas!**

*I never thought I would
accumulate such wealth!*



*I can cure your back problem, but there's a risk that you'll be left with nothing
to talk about."*

Nominations for Officers & Committee Members

As this meeting is our AGM, if you would like to join our committee, we would welcome any nominations, all nominations for the positions as listed below are to be submitted on the form below:

in either instance all nominations must be received by no later than Friday May 20; nominations from the floor at the actual meeting will not be eligible, these can either be mailed to our PO Box or email us at:

whakatanegreypower@gmail.com

Please note that nominations can only be for financial members in this current financial year.

Officers & Committee Members

Officers:	Nomination	Seconded
President
Secretary
Treasurer

Committee Members:	Nomination	Seconded
Com Member - Website
Com Member - Facebook
Com Member - Catering
Com Member - Remits
Com Member - Transport
Committee Member

Current Officers and Committee Members are all standing for re-election

MEMBERSHIP SUBSCRIPTION FORM

Mr / Mrs / Ms * (Please Circle One)

Given Name: _____ Family Name: _____

Address: _____

Email: _____ 'Phone: _____

Membership No: (If Renewal) _____ Mobile: _____

Annual Membership \$15.00 Single
\$25.00 Double

Renewal / New ** (Please Circle One)
Valid to March 31, 2017

Any donation to help with the cost of paper, postage and stationery would be greatly appreciated.

Subscription Birth date - (if under 50) _____

Donation **To: Whakatane Grey Power**

Total Remitted \$ _____

P.O. Box 830
Whakatane 3158

If you post to our P.O. Box, it will assist us immensely if you could please include a stamped addressed envelope for mailing your Membership Card (s) and if paying by cash (Please note that we do not advise sending cash through the mail), your receipt.

Internet Banking

Payment can be made direct to our kiwi bank account via internet banking, our preferred method of payment; details of our account together with the required details are as listed below; if you are a new member and paying via this method, please also send us an email to whakatanegreypower@gmail.com advising us your details as listed above, including identifying how the amount paid is made up.

Account Name: Whakatane Grey Power
Account Number: 38 9003 0986339 02

Details To Appear On Our Statement:

Particulars	Code	Reference
Initials & Given Name	Subs – Don	Membership Number ***

*** (New Members please leave the reference field blank;
your membership number will be emailed to you once payment is received).

**** Do you wish to receive material from Grey Power Federation? YES / NO **** (Please Circle One)

Health Insurance:

A health insurance group in Australia has come up with a solution for those 75 years of age and over who require residential care but who are unable to get into or afford good residential care facilities.

They will be issued with a gun and one bullet; this will enable them to shoot a politician of their choice, thus ensuring that for the rest of their days they will have the best of medical care, hip replacements, cataract procedures, hearing aids, without being on any waiting lists, secure accommodation, three meals a day, TV and regular supervised exercise, all totally free of charge.

What to Expect is You Age:

The link below is a quiz on "Normal Aging" – copy it into your browser and have a go –

See how many you get right!

http://www.webmd.com/healthy-aging/rm-quiz-aging-body?ecd=wnl_wmh_042916&ctr=wnl-wmh-042916_nsl-ld-stry_img&mb=hfAqUyBDpoVepHkwemAgV%40HnVev1imbCnc3gInK3Bqg%3d