

Whakatane District

Grey Power Association Inc.

Welcome to our Last News of 2016

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November 22, 2016 Meeting:

Our next meeting will be held at 1.30 pm on Tuesday, November 22, at the Knox Presbyterian Hall, 83 Domain Road, Whakatane, 3120. Our guest speaker for this meeting will be Senior Sergeant Mark Van Der Kley from Whakatane Police; Mark will be talking about home and internet security and how this directly relates to the Whakatane area.

September 13 Meeting:

Our Meeting on September 13, held at the Knox hall in Domain Road, was a forum for the six Mayoral Candidates for the Whakatane District Council. The meeting was attended by in excess of a hundred people, our best meeting attendance for quite some time.

The six Mayoral Candidates are as listed below;

Tony Boone
Karen Pocock

Julie Jukes
Julian Reweti

Doug McLean
Mike van der Boom

All six attended the meeting, each giving a nominal ten-minute presentation detailing their platform for election/re-election as our Mayor, outlining their background, experience and of course, why they should get your vote to be Mayor of Whakatane District Council.

Following the presentations; there was an open forum question time, with some very interesting aspects raised; as said, we felt the meeting was a huge success and we sincerely hope that all of those who attended shared our opinion on how interesting and informative the candidate's presentations and question time were.

We each spend a considerable amount of our income on our rates, so we felt it was particularly good to hear each of the Candidates vision for the future of our district, and for the operations of the Council; given the broadness of the platforms presented, we really do hope a high proportion, if not all of our members made the effort and voted in our local elections.

Banking:

Over the past few weeks the major banks have announced more closures of regional branches; ANZ and Westpac leading the field, with Westpac announcing the closure of its branch in the Palmeston North CBD in late September this year. Kawerau too is also suffering from these branch closures, with BNZ announcing they will be closing their Kawerau Branch.

Palmeston North has in excess of twice the population of Whakatane; so how long will it be before we too begin to lose our local branches?

Whilst I am well aware I have been advocating becoming comfortable with using technology for quite some time, perhaps now is the time to really consider this, and in particular, Internet Banking.

As mentioned in our July News Issue, many companies are requiring payments of accounts to be made via Internet Banking, with some adding additional charges for settlement of their accounts in other ways.

Another knock on effect of the closure of branches, will be that small retailers and/or cafés will more and more prefer payments to be made by card or smartphone as opposed to cash; since with the closure of the local bank branches, their means of paying cash in and/or getting change will be reduced.

So maybe now is the time to start looking at becoming comfortable using technology. Each and every bank offers account management over the internet, known as Internet Banking, allowing transfers between accounts, bill payments and tracking

of finances all to be carried out from the comfort of own your home, by using a computer / laptop / tablet/Ipad and/or via a smartphone / Ipad.

We have previously provided details of how to obtain assistance and/or learn more about all aspects of using technology in previous News Issues; all of which are available to view on our website, from November 2015 onwards.

<http://greypowerwhakatane.org.nz>

Brian Newton

Just Another Christmas



Rates Deferral Schemes

Research carried out for the Ministry of Social Development, found that of the 30 respondents, 22 wanted to remain in their current homes. Of the remainder, only 3 were considering relocating to a retirement village; the rest were considering Granny Flat type accommodation with family members. "The respondents all shared a strong desire to remain living independently within the community for the rest of their lives." (OECD 2003:173).

All the research that I have read shows that the majority want to remain living in the community in independent housing, but not in retirement villages which appear to be viewed as being outside a normal community.

At our "Meet the Mayoral Candidates" meeting, I asked whether the candidates had considered a Rates Deferral Scheme as is offered in some other areas of New Zealand and overseas. Two answered that they were concerned that any such scheme would lead to the council having to borrow huge amounts to fund the shortfall caused by retirees choosing to opt into such a scheme and pay only what they could afford. Another candidate was in favour of such a scheme as a family member is directly affected by annual rates increases.

Rates payment deferral schemes are much used overseas in developed countries, including Canada and the USA, to ensure that seniors are not forced out of their homes through financial hardship. The most widely used schemes 'Freeze' the rates at the level being paid when the retiree opts into the deferral situation. The rates increase's, plus an annual interest rate sufficient to cover the council costs, together with a small profit, remain unpaid until the property is sold, when the total amount outstanding is repaid.

Obviously not all seniors will join, or need to join, such a scheme, but for those on a limited income, being able to budget a set amount, with no nasty surprises such as an 8% increase in rates, will mean the difference between being able to remain in one's own home and community, or having to sell and move elsewhere.

To alleviate the Mayoral concerns about a rates referral scheme plunging the council into catastrophic debt, (obviously, debt incurred for abandoned council schemes doesn't count), I have looked at some figures for the Whakatane District.

The 2013 census shows there are 32,691 people living the Whakatane district. There are 12,195 occupied dwellings, of which 55.2% are owner occupied: 6,732. According to the 2006 census, 12.6% of the population are over 65.

Using the above figures, it would appear there are nominally 4,119 people over the age of 65 living in the Whakatane District, and there are around 848 senior occupied dwellings. Read the figures as over and decide for yourself whether the council should seriously consider such a scheme. For myself, I cannot believe that \$2,004.00 - \$2,076.00 over 10 years will create an insurmountable Council debt!

Research suggests that retirees downsize, or move to a newer house at around the age of 75, which is why I looked at the figures below over a ten-year period.

Deferred Rates Payment Scheme

Percentage Rates Increase:			5%	Interest:		5%			
Yr.	Annual Rates		Increase	Value		Total	Interest	Int. Value	Total
1	\$	3,000.00	5%	\$	150.00	\$ 3,150.00	5%	\$ 7.50	\$ 3,157.50
2	\$	3,157.50	5%	\$	157.88	\$ 3,315.38	5%	\$ 7.89	\$ 3,323.27
3	\$	3,323.27	5%	\$	166.16	\$ 3,489.43	5%	\$ 8.31	\$ 3,497.74
4	\$	3,497.74	5%	\$	174.89	\$ 3,672.63	5%	\$ 8.74	\$ 3,681.37
5	\$	3,681.37	5%	\$	184.07	\$ 3,865.44	5%	\$ 9.20	\$ 3,874.64
6	\$	3,874.64	5%	\$	193.73	\$ 4,068.38	5%	\$ 9.69	\$ 4,078.06
7	\$	4,078.06	5%	\$	203.90	\$ 4,281.97	5%	\$ 10.20	\$ 4,292.16
8	\$	4,292.16	5%	\$	214.61	\$ 4,506.77	5%	\$ 10.73	\$ 4,517.50
9	\$	4,517.50	5%	\$	225.87	\$ 4,743.37	5%	\$ 11.29	\$ 4,754.67
10	\$	4,754.67	5%	\$	237.73	\$ 4,992.40	5%	\$ 11.89	\$ 5,004.29
Sub Totals				\$ 1,908.85		\$ 95.44			
Total:				\$ 2,004.29					

Percentage Rates Increase:			5%	Interest:		8%			
Yr.	Annual Rates		Increase	Value		Total	Interest	Int. Value	Total
1	\$	3,000.00	5%	\$	150.00	\$ 3,150.00	8%	\$ 12.00	\$ 3,162.00
2	\$	3,162.00	5%	\$	158.10	\$ 3,320.10	8%	\$ 12.65	\$ 3,332.75
3	\$	3,332.75	5%	\$	166.64	\$ 3,499.39	8%	\$ 13.33	\$ 3,512.72
4	\$	3,512.72	5%	\$	175.64	\$ 3,688.35	8%	\$ 14.05	\$ 3,702.40
5	\$	3,702.40	5%	\$	185.12	\$ 3,887.52	8%	\$ 14.81	\$ 3,902.33
6	\$	3,902.33	5%	\$	195.12	\$ 4,097.45	8%	\$ 15.61	\$ 4,113.06
7	\$	4,113.06	5%	\$	205.65	\$ 4,318.71	8%	\$ 16.45	\$ 4,335.16
8	\$	4,335.16	5%	\$	216.76	\$ 4,551.92	8%	\$ 17.34	\$ 4,569.26
9	\$	4,569.26	5%	\$	228.46	\$ 4,797.73	8%	\$ 18.28	\$ 4,816.00
10	\$	4,816.00	5%	\$	240.80	\$ 5,056.80	8%	\$ 19.26	\$ 5,076.07
Sub Totals				\$ 1,922.28		\$ 153.78			
Total:				\$ 2,076.07					

Benefits of keeping Seniors in their own homes within the community:

- We don't lose people who would otherwise sell up and move out of the district.
- Social Isolation is lessened when people are long term members of a community. We tend to look out for neighbours when we have known them for years.
- Health and wellbeing tend to be better for longer when in familiar surroundings.
- Seniors pay other people for such things as garden and house maintenance, house cleaning etc; thus providing local employment.

Apropos the proposed Retirement Village at Piripai. The successful villages in Tauranga all have one thing in common, ease of access to services such as supermarkets, libraries, shopping centres, medical facilities without having to use a car. The majority are a ten-minute walk, or five-minute mobility scooter ride, from these amenities and all have access to public transport.

If BUPA, or the other major players in the Retirement Village market, thought that a village was viable at Piripai, I am sure they would have been knocking on the council's door long before now. In my opinion, the proposed site is too far from the services mentioned above; it would be fine for retirees until they were no longer able to drive – then what?

Perhaps the council should consider swapping the current camping site for a retirement village, and relocating the campsite to Piripai?

Susan Anderson

The First Profession

A **physician**, an **engineer**, and a **politician** were discussing who among them belonged to the oldest of the three professions. Each one of them thought they had this in the bag.

The **physician** said, "Remember, on the sixth day God took a rib from Adam and fashioned Eve, making him the first surgeon. Therefore, medicine is the oldest profession."

The **engineer** replied, "Yes; but before that, God created the heavens and earth from chaos and confusion, and thus he was the first engineer. Therefore, engineering is an older profession than medicine."

Then, the **politician** spoke up. "Yes yes, this is all well and true." he said.

"But who do you think created all of the chaos and confusion?"

Services for Seniors

The New Zealand Government is very supportive of the WHO initiatives for aging in place; in other words, staying within the community that you know. Councils are charged with ensuring that aging in place is possible in their communities with safety measures in place, easily accessible road crossings for instance.

Kawerau has a seniors focus group that liaises with the council concerning issues that impact seniors. Whakatane has nothing of this nature in place for supporting positive aging.

Services identified by the MSD as necessary to support aging in place include:

- Meals on Wheels
- Home maintenance, gardening and housework
- Timely hospital treatment, (Joint replacement, cataract surgery etc).
- Planning ahead and staying involved within the community

To give Whakatane District Grey Power more leverage with our council, could you get in touch with us concerning any gaps in services that seniors need – what is lacking?

Two areas that come to mind are, shifting heavy items/furniture, getting rid of inorganic waste.

Susan Anderson

How's your knowledge of New Zealand?

Q1, What is New Zealand's most innermost Village/Community?

Q2, Which River flows into Lake Taupo?

Q3, Who is the town of Alexandra named after?

Q4, What is New Zealand's highest mountain after Mount Cook?

Q5, Who was New Zealand's first Prime Minister.

Q6, The first Europeans known to have reached New Zealand were led by Abel Tasman, who sailed up the West Coasts of the North & South Islands, in which year?

Q7, The clearest lake in the world is in New Zealand; what's it called & where is it located?

Q8, Which is New Zealand's oldest university?

Kate's Views on Living in Whakatane

Hi everyone, my name is Kate Ross, and I'd like to tell you why my husband Rob and I moved from Rotorua to Whakatane.

To start with, we had lived in Rotorua for five years, in our own house but one by one the surrounding houses were sold and we ended up by having neighbours who were almost entirely renting, and who tended to be a little, well sometimes very, noisy, so last year we decided it was time we moved on.

We looked at some houses in Rotorua, then looked at some in Whakatane and it was clear to us that we got more for our money in Whakatane. We soon found a house that suited us and put in an offer, which was accepted.

We moved in at the end of June 2015 and after a few teething problems, which got fixed reasonably promptly, we settled down to life in this lovely town.

We enjoy being close to the beaches and often go out for a walk along the sand (and a paddle in the water for me) and we sometimes gather shells and small pieces of driftwood for craft purposes.

We also enjoy being close to the shops and supermarkets; being just around the corner from Pak n Save is extremely convenient. In fact, everything in Whakatane isn't very far away, so no long journeys!

We joined Grey Power, before we moved here; upon arriving here we

contacted Betty, to see about how to have our membership transferred from Rotorua to this association, shortly after we were roped in to joining the committee; which we don't regret for one single moment, and have made some really good friends.

I have been studying this year at the Wānanga o Aotearoa, which I have really enjoyed; plus, I get to visit Maraes, sleeping over at those out of town. I have met some lovely interesting people there, with whom I shall endeavor to remain firm friends.

Kate Ross

A Little Boy Meets Santa



"You ask an awful lot for a kid who leaves out day-old macaroons and 2 percent milk."

Life in England in the 1500's

Back in May this year, we gave you some interesting facts around life in England in years gone by; we said then we would run this feature again, so here are some more interesting facts concerning life in England in the 1500's.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, followed by all the other sons and men, then the women and finally the children, and last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying;

"Don't throw the baby out with the Bath water!"

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables; they did not get much meat in those days of old. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme:

"Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old"

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could;

"Bring Home the Bacon."

They would cut off a little to share with guests, and would all sit around and chew the fat. Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing death by lead poisoning. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or;

"The Upper Crust"

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of;

"Holding a Wake"

England is old and small, and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realised they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell.

Someone would have to sit out in the graveyard all night, which became known as;

"The Graveyard Shift"

to listen for the bell; thus, someone could be;

"Saved by the Bell"

or was considered to be a

"Dead Ringer"

And that's the truth.

Now, whoever said History was boring!!!

Website

Over the coming months we will be updating and changing certain aspects of our website; why? To make it more user friendly and easier to navigate around the site to find the specific items you are looking for.

In this update, we'll be adding new selection buttons and sub menus, as said to enable easier navigation for users. Whilst these changes and amendments are being undertaken, this may cause a few hiccups when endeavouring to log onto the site, and accordingly we apologise in advance for any inconvenience.

Automotive Air Conditioning Systems

Summer is approaching; albeit at the time this was being written, it was rain, more rain to be followed by, just by way of a change yet more rain! Anyhow, the warmer sunnier weather should soon be upon us, and by the time this is published, hopefully we'll be basking in beautiful warm weather and bright sunshine again. Come on now, share my optimism!!

So why write about this subject? In our last news issue, we explained how modern air conditioning systems operate, and how to achieve their optimum efficiency. Whilst the systems installed in vehicles are similar in many ways to those installed in commercial and domestic applications, there are some particular and fundamental differences.

One of the most important differences between the majority of domestic and commercial systems, and those installed in cars, is that they incorporate hermetic compressors, meaning the compressor motor is totally enclosed within the circuit; whereas the systems installed in motor vehicles do not. The compressors employed in auto systems are driven off the vehicles engine, via one of the engines drive belts and through an electromagnetic clutch; this arrangement necessitates the need for seals around the shaft of the compressor to the drive pulley.

These seals are maintained intact by the bearings being lubricated by the oil within the air conditioning system, oil circulates along with actual refrigerant gas throughout the circuit. If the system is not run for extended periods, this results in the oil draining away from the seals, allowing the

possibility of the refrigerant gas to leak out of the system through the shaft seal. Also, whereas in permanent installations, the refrigerant is circulated through copper tubing; neoprene flexible hoses are used for certain aspects of auto systems. These are the reasons why it's important to ensure the vehicle air conditioning system is regularly run, even in cooler months, as the refrigerant and oil within the system needs to circulate regularly to maintain the security of the refrigerant within the system.

Yes, this may well incur a slight increase in fuel consumption; however, when compared to the associated costs of adding refrigerant and/or necessary remedial works, this is more than offset by ensuring the system gas charge remains intact.

There is also a risk of damage being caused to the compressor if it not regularly operated, again due to oil draining from the shaft bearings causing the compressor to operate in a non-lubricated state when next used in the warmer weather. This is more so with certain auto manufacturers and engine designs, running the air conditioning system in wet/damp weather will also serve to remove condensation from within the vehicle, and of course improve overall comfort levels.

Should anyone require any clarification on any aspects, or require any additional information, please contact us via our Website, email address, Facebook page or any of our contact details listed.

Brian Newton

A Christmas Tale

Father Christmas was not in a very good frame of mind - in fact he was very depressed.

That morning after breakfast, his wife had told him that her Mother was coming over to stay 'for a few days' and he knew only too well that meant she would be there for several weeks, and as Christmas was approaching, her visit was the last thing that he wanted.

The Elves had been playing up and had gone on strike for more pay. The replacement elves Santa had put in place were much slower and the number of toys that had been made was way down on that required.

Father Christmas went to visit his Reindeers and found that two of them were pregnant and another two had kicked down the fence and had disappeared into the forest. He was by now, even more depressed.

What I need is a drink he thought, but upon going indoors he found that the elves had hidden his Whisky and there was nothing left to drink in his liquor cabinet. Deciding upon a coffee he went into the kitchen but managed to drop the jar of Coffee all over the floor. Now he was really cheesed off!

He went to fetch the broom to sweep up the mess but found that the mice had chewed off all the bristles.

At that moment, there was a knock on the door.

Upon opening it, Father Christmas was confronted by a beautiful Fairy holding a lovely Christmas Tree.

Good Morning, Santa" she called "Isn't it a gorgeous day. I have bought you this beautiful tree, isn't it lovely?"

" Where would you like me to stick it?"

And that is why by tradition; we have a Fairy sitting on top of our Christmas Trees.

Inside Rudolf's Home!



All of the other reindeer used to laugh and call him names.

Escape the next NZ Winter on a Budget

I have recently been involved in discussions about trying to spend part of the New Zealand Winter in a warmer and drier climate. This has come about because I have spent the whole of September suffering from a lung infection; and whilst I didn't think I would die of this, I did give serious consideration that it may well have been possible as a result of exhaustion caused by coughing 24/7.

Anyway, back to escaping our Winters. Most of the holidays advertised assume that the average person has several thousand dollars available on a regular basis; I have news for Travel Agencies, this is not true. We count our pennies (sounds so much better than cents) very carefully and look for Value for Money.

Holidays are planned and costed well in advance so that we can save up for them; with this in mind, I have researched on-line and looked at prices for a two week break on the Australian Sunshine Coast during July/August 2017; the prices I found are as follows:

Item of Expense	Cost Per Person	Cost for Two People
Return Air Fares	\$441.00	\$882.00
Thirteen Nights AirBnB	<u>\$620.00</u>	<u>\$620.00</u>
Total Costs:	\$1061.00	\$1502.00

So, for around \$750.00 per person (Two People) it's possible to have two weeks on the Sunshine Coast; this works out to nominally \$15.00 per week for a year.

For an even cheaper holiday, you might want to consider doing a home exchange. We belong to an over 50's home exchange site, virtually all the members are 60+, so no fear of wild parties etc! Our exchanges have been great, and because you are not having to pay the costs of accommodation, you pay only for the air fares and grocery shopping etc, while you are there, the cost is substantially reduced; plus, many people also offer a vehicle to use, in exchange for one here obviously, which again is a considerable saving!

If you wanted a home exchange in Australia, your air fares would be under \$500.00, as above; however, you would be able to stay for considerably longer periods.

Another idea for low cost holidays is to keep an eye on "Grab-a-Seat" and book a return deal, usually for under \$100.00; staying in an AirBnB or a pack-packers for week and you can have a break for under \$250.00.

Personally, I quite like to stay in back-packers, because you meet people from all over the world and from all walks of life; they are usually quite impressed and so very respectful of seniors staying in these hostels. AirBnB is a fairly recent phenomenon which involves people staying in someone's home; it's world-wide and considerably cheaper than ordinary Motels and Hotels etc.

If anyone has any suggestions for other cheap holiday options, please contact me so as I can share them with the rest of our members.

Susan Anderson

Mobile Vehicle Servicing

Kate & Rob Ross's car was recently due for a major service, after looking around the various providers; Kate contacted S&S Automotive, a mobile husband & wife vehicle repair and servicing company based in Whakatane.

Kate & Rob were very pleased with the works Sam undertook, and even more pleased when Kate asked him if he would offer a discount for Grey Power members, and he responded by offering a 20% discount off of the cost of the service.

Furthermore, Sam said he would be happy to pass on this discount to all Grey Power Members, upon them showing him their current membership card.

S&S Automotive can be contacted via any of the details as listed below:

Website:

<http://www.ssautomotive.co.nz>

email:

ss_automotive@outlook.com

Or Call: 021 0272 8676

Did you know??.....As I Age

1. I talk to myself, because sometimes I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management. I need people to stop pissing me off.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
6. When I was a child I thought nap time was punishment. Now it's like a mini- vacation.
7. The day the world runs out of wine is just too terrible to think about.
8. Even duct tape can't fix stupid, but it can muffle the sound!
9. Wouldn't it be great if we could put ourselves in the dryer for ten minutes; we'd come out wrinkle-free and three sizes smaller!
10. If God wanted me to touch my toes, he would've put them on my knees.
11. When the kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".
12. At my age "Getting Lucky" means walking into a room and remembering what I went in there for.

On-Line Items Relating to Dementia

At our meeting on November 20, 2015, we were privileged to have Cara Addison, Community Liaison Officer for the Eastern Bay of Plenty - Alzheimer's New Zealand as our guest speaker; as we're sure those members who attended that meeting will agree, Cara gave an amazing, extremely informative and entertaining presentation. Dementia is a condition we are all at risk of as we age; so, for those members who have access to the internet, we have provided below what we consider to be, two very good and informative items applicable to this subject.

Can You Pass the Dementia Test?

Dementia is not a specific disease, but describes a range of symptoms related to declining brain function. For dementia to have occurred two of the following symptoms should have arisen: declining memory; declining communication ability; being unable to focus well; poor reasoning function; decline in visual perception. This quiz will test out how well you are doing when it comes to these mental faculties. However, this is NOT a diagnostic check. To learn more about your mental abilities, try this fun - but tricky - mental test!

Click on the link below to take the test:

<http://www.ba-bamail.com/content.aspx?emailid=22939&source=share3>

Prevent Alzheimer's with a Healthy Lifestyle

While the medical world has urgently been seeking to cure Alzheimer's disease with pharmaceuticals, studies in this field have discovered that prevention is also worth exploring. Researchers have found that everyday behaviors, which unlike genetics are within our control, can boost brain reserves and therefore help delay or even prevent the onset of Alzheimer's or dementia.

Click on the link below to view this item:

<http://www.ba-bamail.com/content.aspx?emailid=22972>

As stated above; these above two items relating to Dementia are only available to those who receive their News Issue via email, and/or have access to the internet. We apologise to those members who are not on-line, or do not have such access; however, both items are in a format only accessible via the internet.

Liquid Gold Fertiliser

We now have a stock of this superb fertiliser available; which will be on display and available for purchase at our November 22 meeting. The cost for this outstanding product is \$4.00 per sachet; the sachets comprise two individual sachets, which when mixed with water, makes ten litres of liquid fertiliser, making this an extremely economic product. For further information and to purchase, please contact us via email, our website or by calling either Brian Newton or Susan Anderson.

For great gardens, water then feed your plants with

LIQUID GOLD™

www.hillnurseries.co.nz

How long should I wait to apply Liquid Gold after watering?
No waiting is necessary.

How much do I give each plant?
You need enough to saturate the root zone but not so much that it runs away from the plant roots.

Is Liquid Gold organic?
Liquid Gold is made from naturally occurring raw materials. While not organic, it contains all the same nutrients that are present in most organic fertilisers.

**You said LITTLE and OFTEN.
What do you mean?**
Plants require feeding on a regular basis to keep them healthy. The application of Liquid Gold will depend on the time of year, the size of plant, the type of plant and the current weather conditions. Feed more frequently (weekly or fortnightly) during the plant growing periods.

««««««««»»»»»»»»

Some Application Ideas

Soak your pots in Liquid Gold

Watering can

Pot plant feeder

Drench gun

Measuring cup

Drip feeder

**Remember Little and Often
Only apply at the recommended mixed rate**

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For great gardens, water then feed your plants with

LIQUID GOLD™

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FAQ's

What is in Liquid Gold?
Liquid Gold contains all the essential nutrients required by plants in a soluble and immediately available form

Is it safe for my plants?
Yes – Use as directed

Does it work?
Yes. The exact same formula has been used very successfully by Hill Nurseries Ltd to grow Millions of plants for Commercial and private growers across New Zealand for over 20 years.

How does it work?
Liquid Gold is quickly taken up by the plant's roots. Once absorbed the elements in Liquid Gold can then be used by the plants for immediate growth.

Is it different to other products?
Yes. There are few liquid feeds available containing ALL the essential nutrients required by plants. This is because not all the essential nutrients can be combined in one concentrated solution. Liquid Gold contains all the required nutrients in 2 separate solutions. Once both parts are added to 10 litres of clean water they form the complete mix.

**Can I premix Liquid Gold?
How long will it last?**
Yes. Liquid Gold can be pre-mixed. Once mixed it will remain suitable for use for an indefinite period of time as long as it is kept out of direct sunlight.

Why should I water my plants first?
If plants are very dry then watering them before feeding prepares the root zone for easier uptake of Liquid Gold.

www.hillnurseries.co.nz

Digital Pill Boxes

We are pleased to announce these Digital Pill Boxes are now available at a special price of \$20.00 each; plus P&P.

For anyone who is taking various medications on a daily/weekly basis, or knows of someone who is; they are an ideal way of ensuring that the various pills are allocated on the specific days; the Digital Pill Box also features an audible/visual alarm, which can be set as required.

If anyone is interested; please contact us via any of our contact media as listed, and we will order them for you. Please note we require payment when the order is placed.



We apologise for the poor quality of these images. We have requested they be made available in a better, clearer format; however, this is currently not an option.

We will have one of these items on display and available for inspection at our November 22 meeting.



Officers and Committee:

President:	Betty Hudson	07 308 5210	027 235 0459	betty.keepa@xtra.co.nz
Secretary:	Susan Anderson		021 116 9115	susananderson46@gmail.com
Treasurer:	Brian Newton	07 307 7410	022 095 2862	whakatanegreypower@gmail.com
Committee:	Johan Groemeveld	Kate Ross	Maud McKinnon	
	Rob Ross	Raewyn Kingsley-Smith		

Obituary:

It was with sadness that we learned of the passing of Marjorie Brosnahan. Marjorie was in her 100th year, having lived 99 years & 8 months, she was one of the original members of Whakatane District Grey Power Association and served as a committee member for many years.

Advocacy/Support:

Some of our members have expressed an interest in having someone with them when dealing with bureaucracy, or even overbearing neighbours. If you would like support in an interview etc, please let us know and we will arrange for someone to accompany you.

This being our last news issue of 2016, the officers and committee wish all our members a Happy Christmas together with a Healthy and very Happy New Year. We look forward to meeting many of you at our first meeting of the New Year: exact date etc. to be advised in our first News Issue of 2017.

Answers to NZ Quiz:

Q1, Garston – Southland – Q2, Tongariro River – Q3, Alexandra of Denmark – Q4, La Perouse (Mt. Tasman) – Q5, Joseph Ward (1906 – 1912) – (Prior to this person, the position was known as "Premier") - Q6, 1642 – Q7, Blue Lake – in Nelson Lakes National Park – it's almost as clear as distilled water – meaning visibility is nominally 80 metres – Q8, Otago

This Newsletter is also posted on our website under the "News & Media" button - Sub Menu "Newsletters"

Disclaimer:

Opinions expressed in this news issue are those of the contributors. All information is given in good faith and is believed to be accurate and reliable at the time of issue; however, Whakatane District Grey Power Association Inc. does not accept any liability for its contents.

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 - **(Only if under 50)**

Donation \$.....

To: Whakatane Grey Power
P.O. Box 830
Whakatane 3158

Total Remitted \$.....

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. New members and membership renewals can also be undertaken via our website, simply click on the "Join Us" button and select from the sub menu accordingly.

Internet Banking

Payment can be made direct to our 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, and not using our website, please also send us an email to whakatane GREYPOWER@gmail.com advising your details as listed above, including identifying how the amount paid is made up; i.e. if you are including a donation, please state the two amounts.

Account Name: Whakatane District Grey Power Association Inc.

Account Number: 38 9003 0986339 02

Details to Appear on Our Statement:

Particulars	Code ***	Reference
Initials & Given Name	Renew / New	Membership Number ****

*** (Please Circle One)

**** (New Members Leave This Field Blank)

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

Christmas Lunch

This year we have decided that the members of our association will need to be pro-active. So, if you would like to attend a Christmas Lunch, please advise us via our website, email or return the form below, by November 11 at the latest.

Once we have received this information; we will get back to all those who responded to advise the most popular options. Once we have a consensus, we'll research what's available and decide upon a venue. We will then get back to you via email. (We'll call those not on-line) Payment will be required by no later than November 18. Once all payments are received we will make a booking – assuming there are adequate respondents of course.

I would like to attend a Christmas Lunch

Name (s):

I/We am/are prepared to pay: **\$28.00 to \$35.00 / \$35.00 plus**

(Please Circle One)

Any date I can't make:

Did you book last year: **Yes / No** *(Please Circle One)*