



Grey Power

Whakatane District

Part of Your Future

July - August 2017, Newsletter

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July 28, General Meeting

Our next General Meeting will be held on Friday, July 28 at 1.30 pm, the venue will be the Knox Hall, 83 Domain Road, Whakatane, 3120.

Our guest speaker for this meeting will be the **Hon Anne Tolley**, MP for East Coast. We envisage her presentation will be nominally thirty to forty minutes, followed by an opportunity for questions.

August 10, General Meeting

Our General Meeting following the above will be held on Thursday, August 10 at 1.30 pm, the venue will be the Knox Hall, 83 Domain Road, Whakatane, 3120.

Our guest speaker for this meeting will be **Kiri Allen**, Labour candidate for East Coast. As with the meeting above, we envisage her presentation will be nominally thirty to forty minutes, followed by an opportunity for questions.

A Freak of Navigation and Timing

The passenger steamer SS Warrimoo was quietly knifing its way through the waters of the mid-Pacific on its way from Vancouver to Australia. The navigator had just finished working out a star fix and brought the result to the master, Captain John Phillips. The Warrimoo's position was LAT 0 degrees 31' N and LON 179 degrees 30' W.

The date was 30 December 1899. "Know what this means?" First Mate Payton broke in, "We're only a few miles from the intersection of the Equator and the International Date Line".

Captain Phillips was prankish enough to take full advantage of the opportunity for achieving the navigational freak of a lifetime. He called his navigators to the bridge to check and double check the ship's position. He changed course slightly so as to bear directly on his mark. Then he adjusted the engine speed. The calm weather and clear night worked in his favour.

At midnight, the SS Warrimoo lay on the Equator at exactly the point where it crosses the International Date Line. The consequences of this bizarre position at that point in time were several.

The bow of the ship was in the Southern Hemisphere and the middle of summer. The stern was in the Northern Hemisphere and in the middle of winter. The date in the aft part of the ship was 31 December 1899. Forward it was 1 January 1900.

This ship was therefore not only in two different days, two different months, two different years and two different seasons, but in two different centuries – all at the same time.

July 28 Raffle Prizes

Following our past two General Meetings, we will again be providing vouchers for Roquet Restaurant and Coco Café as the main prizes for both of the meetings announced on page one of this newsletter.

The editors of this newsletter have eaten at these establishments and can highly recommend them both.



"Sir, I'll need to see more than a birthday card to prove you're sixty five."

Act the way you feel, not your age

The common message is that while we need to consider retirement savings, our mental and physical state and our relationships are far more important if we are to achieve happiness in retirement.

I was interested to read a column about our tendency to become slaves to our chronological age, forcing us to behave 'age appropriately'. It suggested we should instead treat our chronological age as a number, and act as we feel, not as we should.

The author said our perceptions of what ageing means, often reinforced by culture and society, have a lot to do with how we actually age: 'If I consider myself an 80-year-old and society expects certain behaviour from 80-year-olds, that's how I'll behave'.

The column referenced a 1979 study by Harvard University professor Ellen Langer which concluded many of the things we consider inevitable consequences of ageing (like diminished energy and memory) might be significantly influenced by our perceptions and mindset.

Langer's experiment involved men in their 70s divided into two groups: a control group who went about their customary activities and one which entered a sort of time-warp. The latter group were placed in a new environment which transported them back to 1959. Furniture, music, clothes, black and white TV and books were staged to

make the men feel as if they were living in that year.

When Langer studied the group after a week of 'mindful immersion in the past', she found their memory, vision, hearing and even physical strength had improved.

The 'reminiscent' group outperformed their real-world counterparts and seemed younger and happier. Because their minds were taken back to a time when they were younger, their bodies also went back to that earlier time, bringing about some of the improved physiological changes.

A more recent University College of London study found people who feel younger than their actual age live longer than those who feel older than they really are.

The researchers studied respondents aged 52 and older who were asked how old they felt. They found the people who felt older than their actual age were 41 per cent more likely to die in the next eight years than those who felt younger.

The idea of 'thinking yourself young' came through loudly in the research, with the various experiments suggesting that wherever we put the mind, we necessarily put the body.

The comments in response to the column were even more telling. A 60-year-old said: 'I definitely feel and am told I look much younger.'

Do I stay active because I feel younger or do I feel younger because my body has not aged as quickly as most? I don't know, but I know that mindset matters'. Another said: 'I am 86 and have the usual array of physical shortcomings. I look a lot younger than my age and being told so helps me to feel younger. I think a major factor in my 'youth' is my curiosity. I think I am fortunate to feel 1as young as I do, in spite of all the trials of the body.'

Ageing is an inexorable process and there comes a time when no amount of thinking positive thoughts can halt ageing. But if we're active and engaged, if we immerse ourselves in 'youthful' and energetic surroundings, we might just look and feel younger, and age in an altogether better way.

Article by - Carmel Fisher of Fisher Funds.

Old Wisdom

After working his farm every day, an old farmer rarely had time to enjoy the large pond in the back that he had fixed up years earlier with picnic tables, horseshoe courts, and benches.

So, one evening he decided to go down and see how things were holding up. Much to his surprise, he heard voices shouting and laughing with glee.

As he came closer he saw it was a group of young women skinny dipping in his pond.

He made the women aware of his presence and they all went to the deep end. One of the women shouted to him,

"We're not coming out until you leave."

The old farmer replied, "I didn't come down here to watch you ladies swim or make you get out of the pond naked. I only came down to feed the alligator."



*Some cause happiness wherever they go;
others, whenever they go.*

How our brain creates memories

Can we control our memories? Can we pick and choose what we remember? How does the brain know what we need to keep? Dr Jee Hyun Kim has the answers to all these and more of your mind-melting questions.

Chatting to News.com.au, Dr. Kim explains our brain will only remember something it thinks is important. "When something happens, when something feels important or an event triggers a lot of emotion or is visually stimulating, then our brain decides maybe it's something it should keep in mind for the future."

The mind also has a knack for remembering things because of how they make us feel, for example, the lyrics to a song we love. "We can choose what we think is important but we can't control how we feel about things and what the brain will remember," she says.

And while it's not always possible for us to control what we remember and what we forget, Dr Kim reveals it can be done.

"There is some evidence you can control your brain and that's by consciously paying more attention," she explains.

"You see people good at remembering names say they consciously pay attention when people introduce themselves. Sometimes we don't pay attention externally because we are so self-obsessed but if you do listen you can wire your brain to remember something like names."

However; our memories might not always be correct. It's possible for us to actually create false memories, particularly when we're children. "Fabricated memories are quite common and children especially are susceptible to fabrication, especially when someone talks to them about a memory or incident. If what's being said to them sounds right, they can believe that something different happened."

It's often why – much to our annoyance – we get into arguments with others over who said this, who did that, etc. "When the event happened, the memory was encoded in your brain but every time you retrieve the memory you have to re-encode that memory." Dr Kim reveals. "During that window, a memory can be changed and people may not recall the source where the memory came from, like if a friend said something or if they heard it on TV. Sometimes people don't remember a time or place correctly."



G. P. Federation Database

Some of our members may have noticed a few issues and/or delays in getting your membership cards out; our association is not alone in having issues with the Grey Power Federation database, and management thereof. The membership management system is essence a basic database, unfortunately it's of the same ilk as that used by Noah.

The current system involves multiple entries to achieve the basic function of maintaining membership on the database, every association is required to use this archaic system, in order to maintain our membership, both locally and nationally as well as supporting the Grey Power Energy scheme.

As said, the system is archaic and labour intensive, requiring input by associations, only for this to be re-entered into the system at the Federation office in Auckland.

Whakatane district, together with other associations in the Mid Northern Zone of Grey Power Associations, plus others around the country, have made our feelings clear about this matter, and as a result we, with support from those other associations are now designing and developing a new database system to interface with the Federation system.

This project, which is being developed in association with Toi Ohomai Institute of Technology in Rotorua, with whom we created and designed our website.

G. P. Federation Structure

As some of you may already know, Grey Power Associations are arranged into Zones, as can be seen on the Grey Power website; albeit we do appreciate this is far from the most user-friendly website around! Whakatane is in Zone three, the mid Northern Zone.

All associations within this Zone, which covers the Bay of Plenty and Waikato, including the Coromandel, Opotiki and Gisborne, meet four times a year at Zone meetings, held in Matamata.

These meetings are the opportunity for associations to bring up matters that are of concern in their areas, which are then forwarded taken to the Grey Power board; why mention this here?

Our next meeting will be on July 23, the Friday prior to our next meeting, I would really appreciate hearing from any of you who have any particular concerns and/or issues applicable to our area, that you would like us to bring up at this meeting, so if anyone would like to raise any issues, please let us know prior to the meeting. Susan Anderson and Brian Newton will be representing Whakatane District Association at the meeting.

A recent study has found that women who carry a little extra weight,

live longer than the men who mention it.

Internet Scams, Spam and fraud

This article has been published by NZ Police; scams are becoming far more sophisticated and are occurring more and more frequently.

Scams are a part of our everyday life now, there are so many scammers out there; so always remember, if you are unsure about the source and authenticity of any emails you receive, don't open them!

Internet fraud, spam and scams can affect anyone at any time. Being aware of what to look for and knowing what to do is important to protect yourself and your family.

Common email Scams

Get rich quick schemes

These offer opportunities to earn thousands of dollars a week, but your earnings may be dependent on selling the scheme to others.

Nigerian fee scam

This long-running scam offers you a percentage of millions of dollars in exchange for an up-front fee and letting the sender use your bank account to transfer the funds from where they are currently held. The Nigerian letter has many variations, and despite its name

can come from anywhere in the world. For more information see the Ministry of Consumer Affairs [money transfer scams web page \(link is external\)](#).

Prize notifications

These tell you that you have won a prize in a lottery you haven't entered. But you have to pay money to the operators before they will release the money. For more information see the Ministry of Consumer Affairs [lottery and competition scams web page](#).

Internet auction scams

In these scams offenders use stolen credit card numbers to buy high price items or sell bulk items then take the money and run. In many cases the fraudsters are based overseas. Visit the Consumer NZ website to see a [report on online auctions \(link is external\)](#).

Phishing

Phishing attacks use 'spoof' emails and fraudulent websites designed to fool recipients into divulging personal financial data such as credit card numbers, social security numbers, bank and other account usernames and passwords.

By hijacking the trusted brands of well-known banks, online retailers and credit card companies, phishers are able to convince up to five percent of recipients to respond to them. For more information see the [Anti-Phishing Working Group website \(link is external\)](#).

How to protect yourself against scam email

Do not reply. A reply only serves to confirm that your email address is active and ready for further 'offers'.

Notify the spammer's Internet Service Provider (ISP). If spamming is against the ISP's policy for email account holders, the ISP may penalise the sender.

Notify your own ISP or IT support. They may be able to advise you whether filters can be placed on your email programme to stop such emails.

For up-to-date information on scams running in New Zealand visit the Ministry of Consumer Affairs [Scam Watch website \(link is external\)](#).

For latest information on known frauds and scams visit the London Metropolitan Police Fraud Squad [Fraud Alert website \(link is external\)](#)

For information on protecting yourself from online trading scams, visit the [TradeMe Trust & Safety Blog \(link is external\)](#).

Report your concerns about online incidents including spam messages, online traders, objectionable material, privacy breaches, scams and frauds through Netsafe's [The Orb website](#).

Some Humour



*Everyone is entitled to be stupid
..... but some abuse the privilege*

Bet You Didn't Know Just How Useful Potatoes Are



Potatoes are a hardy staple of numerous dishes across a whole range of cultures.

You can eat them mashed, roasted, fried, baked, sautéed, or as part of a salad or soup and they are the fourth most consumed crop in the world, after rice, wheat and corn. But as it turns out, potatoes have many other uses outside of your cooking pot. Some of them are remarkably useful, others are great fun to try, but all of them are bound to surprise you! Here are some ways you can employ your potatoes outside of the dinner table.

1. Remove Stains

Foods like turmeric, berries, and beets are fabulous additions to any meal, but they have a habit of leaving their traces all over your hands. It can take a lot of scrubbing with normal soap to remove these stains, and it's really hard to reach underneath your nails.



Don't fear though, just keep half a potato back when preparing the dish and rub it over the affected area to magically remove the blemish! Make sure you get right under your nails too. This will work well on grass and ink stains as well.

2. Make a Hot or Cold Compress

This is one you might have read about in books, and it's been used for centuries. Potatoes retain their temperature for a surprisingly long time so if you are out and about on a cold night, keep a couple of hot potato slices in your gloves or pockets. Similarly, if you need to keep cool, use a frozen or chilled potato. If you want to ease aches and pains, then make a hot or cold compress using potato slices inside a sock.

3. Clean Your Windows

Potatoes make for a terrific non-toxic glass cleaner. Take a raw, uncooked potato and rub it over your windows, car windscreen, or even eye glasses, before wiping away the juice with a clean cloth. You will be left with gleaming glass, without damaging your hands or leaving the smell of chemicals up your nostrils. This works well on clear plastic like swimming or ski goggles as well.



4. Potato Juice for Your Ailments

Okay, so potato juice might not sound like the yummiest mixture in the world, but it has been used for centuries to

fight various ailments. It is considered effective against ulcers, sprains, gout, sciatica, heart burn and bruising. The juice is rich in vitamins and it's dead easy to make. Just put a couple of potatoes in a blender, zap them for thirty seconds and you're done.

Add carrot or cinnamon juice to improve the taste and you have your own home made medicine.

5. Remove Warts

Warts are a rather unsightly annoyance, and if you get one, you will want to get rid of it. There's no need to go and have it lazered off though, just treat it with a raw potato. Carefully rub the cut end of the potato across the wart, and leave the juice on. Repeat the process every day until the wart is banished for good!

6. Shine Your Silverware

If your cutlery is cloudy and your trinkets are tarnished, why not use a potato to restore their sparkle?

You can rub a raw potato over the items if you like, but I find it best to soak them in potato water.

This also means you don't have to use extra potatoes to perform the task, simply use the water from the batch you have boiled for your dinner. Add any peeled skins into the water for great results.

7. Absorbs Excess Salt from a Soup or Cooking Pot

If you have over-salted your pot of soup or pasta by mistake, then throw in some potato slices or cubes to restore the balance. Leave the potatoes in while the mixture simmers for ten minutes or so, and then scoop them back out.

8. Feed Your Geraniums

The nutrients in potatoes will help your pot plants grown. You can either carve a small hole in the potato and plant the stem of the flower inside it, before putting the whole thing into the soil; or you can sprinkle some potato shavings into the soil around your already growing flowers to give them a fantastic, natural boost.

9. Relieve a Burn

If you burnt your fingers on a hot pan, or clipped your arm against the stove while it



was still on, reach for a potato. Just 1 slice of raw potato should do the trick - apply it to the burn and fix in place using whatever you have handy.

10. Soothe a Headache

Potatoes have been used to help ease headaches for centuries, and you will only need a few slices. You can rub them into your temples, or for more sustained relief, fix them against your forehead using a head band or bandage.

11. Banish Rust from Metal

Are your old tools or kitchen utensils starting to look like antiques?

Restore them to their former glories by chopping a potato in half, adding a liberal amount of soap or salt to the cut end and rubbing it over the affected surface. Rinse and dry the object thoroughly afterwards.

This works great along the edge of large carving knives!

Fair & Square

Taking his seat in chambers, the judge faced the opposing lawyers. "I have been presented by both of you with a bribe," the judge began. Both lawyers squirmed uncomfortably. "You, Attorney Leoni, gave me \$15,000. And you, Attorney Campos, gave me \$10,000."

The judge reached in his pocket and pulled out a check, which he handed to Leoni. "Now, then, I'm returning \$5,000, and we are going to decide this case solely on its merits."



Senior Net

Senior Net Whakatane now have their own website, please do have a look at the site, you can view the courses currently available and express an interest in participating.

You will also be able to make enquiries about any particular aspect that you would like to learn more about.

Classes are run at the Senior Net Clubrooms, located behind the Tennis Club on Goulstone Road.

<http://seniornetwhakatane.nz>

Are You Covered

Contents Insurance is known to protect the stuff in your home – furniture, electronics, toys, gadgets and more. However, there are a few other things contents insurance can cover, and a few you may not have even thought about.

Liability

Did you know that if you accidentally cause any damage to other people's property, you may be held responsible for the cost to repair or replace it. Contents insurance may cover you for up to \$1 million for liability. That means if your runaway trolley damages a car, you may be covered by your contents insurance for the cost to fix the car.

Contents Away from Home

Your contents are not always permanently in your home – think cellphones, handbags, laptops and cameras etc. Some contents insurance actually cover your belongings when they're outside your home premises, so make sure you find contents insurance that includes this.

Contents in Your Car

If your belongings in your car are stolen, they aren't covered by your car insurance. Thieves love taking laptops, phones and sports bags etc, from cars.

These items can be costly to replace, so it's important they're insured with contents insurance that covers belongings out of your home. Never leave valuable in your car, or make sure they are not on display and are well hidden.

House vs Contents – Which covers What?

A great rule of thumb about whether things are covered by a House or Contents policy is if you were to tip your home upside down, generally anything that falls would be covered by Contents, and things which stay up (Like walls, ceilings carpets etc) would be covered by House insurance.

Washing machines, refrigerators and other white goods which are not permanently plumbed in are covered by Contents insurance.

Ovens and permanently plumbed or built in appliances would be covered by House insurance.

Specifying Items

If you own a few particularly valuable items, it's best to check if they're covered for what they're worth.

Some items (Like jewelry and art etc) are only usually covered up to a certain value and up to a total amount for all items (eg \$15,000.00 in total for all jewelry and watches).

Therefore, your valuables may need to be specified in your policy schedule to be covered. You may need to provide receipts, photos and/or valuations of the items, and keep those on hand in case you need to claim.

It's important that you're properly insured and you know what your insurance covers you for. You may also have more stuff than you think; and it's foolish to have cover for less than you need.

Healthy Diet for Seniors

The Mediterranean Diet helps seniors enjoy increased mental acuteness and higher energy levels, plus it aids in resisting disease and improves the immune system. It also provides a way to lose weight and prevent weight gain when paired with a routine of weight-bearing exercise, such as walking. Here are a few tips to help seniors who are cooking for one or two find the best foods for good health:

Shop for fiber-rich foods, which are especially important in helping seniors maintain digestive regularity. Instead of supplements and pills, the Mediterranean Diet recommends plenty of fruits, vegetables, beans, nuts and [peanuts](#), which are great sources of fiber. Plus, these foods contain vitamins, minerals and enzymes to aid digestion.

Buy fish. Shop at stores that sell fresh fish and can cut small pieces to feed one or two people. The Mediterranean Diet recommends eating fish twice a week, especially fatty fish like salmon which is rich in omega-3 fatty acids that reduce blood pressure and lower the risk of heart disease.

Reach for products that naturally contain calcium, which can help reduce the risk of developing osteoporosis. Mediterranean ingredients such as beans, dairy products, and spinach head the list. Greek yogurt is an excellent choice since it's rich in calcium and vitamin D and contains twice the protein of regular [yogurt](#).

Think of meat as a condiment or side dish, rather than the main event at a

meal. Mediterranean fruits, vegetables and whole grains packed with unique flavors and textures can easily serve as a satisfying main feature. Add only small amounts of lean meats such as beef round, loin, or sirloin. Open the package as soon as you get home and cut it up into small serving amounts. Make your meat purchases go the distance by individually wrapping and freezing portions for later in the week.

It is easy to meet the Mediterranean Diet's quota of daily fruits and vegetables by shopping in the store's deli section and salad bar where you can purchase small amounts of raw and cooked vegetables, salads, and olives. That way, you can take what you need and do not have to worry about spoilage.

Lots of Mediterranean fruits and vegetables can be found in the frozen food aisle. Buy them in bags, which makes it easy to take out small amounts

at a time and reseal. Add them to soups and stews, or toss with pasta or rice.

Your weather may not always be as pleasant as it is in the Mediterranean. Learn about your supermarket's delivery service. Can it provide you with food when the weather is bad or if you can't get out of the house? Also contact the store to learn what special programs or services they offer to seniors.

Feeling overwhelmed? Many supermarket chains have registered dietitians on staff ready to help. Ask them about ways to integrate the Mediterranean Diet into your meals, or ask for a few Mediterranean recipes to get you on your way.

Bad officials are elected by good citizens who do not vote.



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Review of June 30, 2017 Meeting

Our guest speaker for this meeting was the Hon Te Ururoa Flavell, co-leader of the Maori Party and MP for Waiariki.

The venue was the Liberty Centre auditorium, 65 Wairaka Road, Whakatane, 3120.

Doors opened at 1.15 pm, the meeting was opened around 1.30 by Susan Anderson, who gave the Health & Safety information together with an update on our forthcoming meetings along with an open discussion on both Grey Power and items of interest as raised from the floor. Te Ururoa commenced his presentation around 2.00 pm and spoke for nominally forty minutes, he chose not to give a sales pitch on the Maori Party, adding there were plenty of publications available in the foyer for that as well as on their website and Facebook pages; but to provide a clear and detailed and in-depth explanation of how the New Zealand Government operates. This extremely informative presentation of the NZ Governmental system was followed by a questions and answers session during which Te Ururoa gave very clear and concise answers to the many questions which were raised.

The Q & A session covered numerous topics, including the achievements of the Maori Party since they have been aligned with National, which far from the general-public perception, have not been solely for the benefit of Maori people; which not surprisingly were not well known by the majority of those attending.

The meeting was closed by Betty Hudson at nominally 3.30, following which tea, coffee and biscuits were available.

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.

Prepared & Edited by Susan Anderson & Brian Newton

Membership Subscription Form

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Membership No: (If Renewal) _____ Cell / Mobile: _____

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If you mail to our P.O. Box, it will assist us immensely if you could please include a stamped addressed envelope to cover the cost 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; 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 whakatanegreypower@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.

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