



Insight

Oct/Nov 2026

Grey Power Hutt City
Assn

Greypowerhuttcity@gmail.com

Contact: 021 525 849

Upcoming Meetings:

10am Senior Citizens' Rooms, Ground Floor, Forsyth Barr Tower (was named Westfield Towers) 45 Knights Rd, Lower Hutt.

16 October	Meet the candidates
20 November	Mark. Kaibosh

Committee:

President:	Pete Matcham	petematcham45@gmail.com	021 525 849
Treasurer:	Valerie Wenk	vee1dub1@gmail.com	022 079 9156
Secretary:	Valerie Wenk	vee1dub1@gmail.com	022 079 9156
Membership:	Kevin Willis	greypowerhuttcity@gmail.com	021 267 2047
Committee Members:	Angelica Edgley, Linda Skipper		



President's Piece

Well, the equinoctial gales have turned up right on time. We had nearly a week of sunshine and light breezes which allowed me to take down one of our fences that was overdue for replacement and re-alignment, but what with the rough slope and the wind this morning I couldn't keep steady enough to start replacing the stays. Grass is definitely growing, and so far, just keeping level with the rate the sheep are eating it. The spring flush of rabbits is starting, and the dogs have caught a few unwary babies, but the adults are getting far too canny and aren't to be seen.

For once the plum trees have all managed to flower at the same time, so hopefully the bees have done their job and cross pollinated everything. The apples are approaching bud burst, and the garden is at its most fragrant, with narcissi, hyacinth, freesia leading the way and now the shrubs: viburnum, camelia and azalea continuing the theme. Our Kowhai has once again been denuded of any flowers by Kereru but Tui and Korimako are busy plundering the nectar from Banksia bushes that are too dense for the Kereru to get at.

Spring has always been the season of hope, with new life and an end to the privations of winter, and together with sunsets like this, gives us hope in an increasingly worrying world.



[“A pox on both their houses”](#)

That seems a fair summary of the majority view when considering the so called ‘major’ parties if the trend in opinion polls is anything to go by. When you add in that, again according to the polls, more people think Chloe Swarbrick would be better at managing our economy than either Nicola Willis or Barbara Edmonds, it seems clear that our governments are less and less in tune with what ordinary people think or want. Hardly surprising when, if you scrape off the blue or red paint, what’s underneath is still the same old neo-liberal economic policies that got us into this mess.

At a wider level, I think what we are seeing is a complete disillusionment with the tribal party system we use. I’m sure you will have noticed, as I have, that many ex-MP’s of all stripes, often agree about problems and solutions once they are no longer shackled by Party solidarity. Of course, that doesn’t apply to all, but there are sufficient to give me hope. There are even some who make the effort when in office. I saw this morning where Chris Bishop and Kevin McNaulty were in broad agreement on what needs to be done to keep our creaking infrastructure going, (surprise, surprise, it doesn’t include Roads of National Significance to move traffic jams 10km down the road), and once you have agreement in principle, nutting out a compromise on details is always possible.

What seems to be behind both our wider problems and our disenchantment with politics are the party idealogues with closed minds. The ones that see everything as a zero-sum game, conduct absurd scare campaigns, attack the other side like a baying mob at a witch

trial, and whose basic excuse for everything is always 'It's the previous Government's fault'. The other thing they seem to be united on is ruling out working with other parties when, if you ask anyone but their true believers that is exactly what they should be doing. That and ruling out the most sensible means of not only balancing the books but putting the final nail in the coffin of the property market as a substitute for economic growth, the introduction of a land value tax.

You often hear the term echo chamber these days, and that seems to be part of the problem. Not social media itself, but the belief that those who use it to shout loudest are actually important. Of course, you don't hear the voices of those working in soup kitchens, food banks, suicide support, drug hostels and homeless shelters; they are too busy doing the hard and dirty work supporting our communities worst off out of compassion and a desire to help others. Yet, it seems it is the former that is pandered to and courted by our politicians. Perhaps someone should remind them of the old aphorism "An empty vessel makes the most noise".

Kia Kaha

Pete Matcham

President

Christmas Lunch



This year we are having our Christmas Lunch at the Boulcott Golf Club on Friday, 11 December at noon. They are offering a delicious festive three course meal for \$35. If you would like attend, please email greypowerhuttcity@gmail.com or phone Kevin Willis on 021

267 2047.

Independence and the Fear of Losing it Part 2

Embracing Change

Welcome to part 2 of our series on the fear of losing independence, where we dive into practical tips to help you face your future with confidence. Before we begin – keep this fact tucked in the back of your mind: the fear of losing independence is a very common one, and it begins from about the age of 50. Simply by recognising it, you can begin to address, with confidence, what many others refuse to face. Now, let's take a look at how you might do this:

Maintain your right to choose

Wherever you require assistance, whether it's to prepare meals, dress, or get to and from



a destination, you can, and should, make your own choices as much as possible. If help with meal preparation is required, remember you get to decide what the meal will be (and if you want to keep the

potato peelings for your compost rather than see them thrown in the rubbish bin, it's important to say so). If you require a driver to take you grocery shopping, you get to choose the supermarket, and if you need a hand with dressing, don't (if you prefer a skirt) accept a switch to trousers simply because it may be more convenient for your helper. Always retain your personality and sense of self.

Be an early adopter!

Many people, as they grow older, resist offers of devices to assist them. For instance, people with hearing difficulties typically wait up to 10 years from the time hearing loss first occurs, until they attend an appointment to seek help. Others are prepared to watch their mobility and fitness decline rather than accept a walking frame that can enable them to walk up to several kilometres a day. Still others confine themselves to the house rather than enjoy their garden because they're not prepared to wear a medical alarm. Devices and mobility aids don't exist to restrict us as we grow older, they are there to help us retain our independence for longer!

Adapt

Very often, achieving the same degree of independence you always had is simply about making small changes around your home. If your balance is declining, use aids such as a non-slip mat in the shower. If your steps are becoming difficult to manage, install a handrail or ramp. Switch to cooking appliances with automatic cut-off switches if your memory isn't what it once was and learn to set alarm reminders for everything from taking medications to getting to appointments on time. If you find you're too tired to prepare an evening meal, make midday the time for your main meal, and do the prep in the morning when you're feeling fresher. Maintaining independence is just a switch away!

Save your energy for what you enjoy

Maintaining independence is about thinking smartly – not doing things as you always have just for the sake of it. If you enjoy gardening, get someone else to mow your lawns so you can save your energy for the vege or flower beds. If you enjoy managing your own housekeeping, do it, but save your energy by employing someone else to handle seasonal

jobs such as cleaning the windows or water blasting paths. It's only when you tackle too much that you begin to find even the tasks you enjoy becoming too difficult to manage.

Stay strong!

Wherever possible, make time to keep yourself fit and well nourished. These are the building blocks of independence. Take advantage of community strength and balance classes and seek out easy prepare recipes. Choose convenient but fresh food items as pre-cut fresh fruit and vegetables where they are available. inspiration, sign up for a seniors cooking class!

Losing independence is seldom something that hits us in an instant. Rather, it's a series of gradual changes, most of which we can work our way around or even treat as a retirement job! When we do navigate a necessary change to accommodate new limitations, we should take pride in having done so!

Courtesy Grownups



Hydrotherapy Pool at Huia Pools

Some members may not be aware of the following.



At Huia pools there is a 25m Hydrotherapy pool designed for people with disabilities, those rehabilitating from injuries, and those with less mobility who will benefit from low-impact exercises such as water walking and slow-lane swimming. Heated to a comfortable 32.5 - 33°C, there's also a therapy bench with jets aimed at the lower and upper back. A 15m ramp makes access

easy, and for those who need it, there's a full hoist.

If you intend to use the pool, would you please check the timetable at

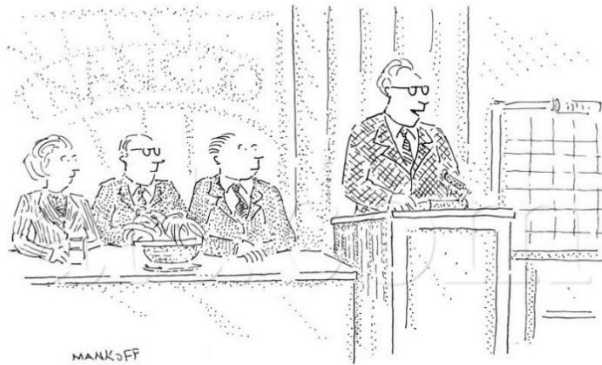
<https://pools.huttcity.govt.nz/our-pools/huia-pool>

to ensure it will not be used for an exercise class when you intend to be there.

Alternatively, you can check this by phoning them on 04 570 6655.

**I DON'T HAVE AN
ATTITUDE I HAVE A
PERSONALITY YOU
CAN'T HANDLE**

AI Is good for you – if you own shares in it that is



"And so, while the end-of-the-world scenario will be rife with unimaginable horrors, we believe that the pre-end period will be filled with unprecedented opportunities for profit."

If we needed any more evidence that the stock market and those that base their values on its performance see the world differently to real people, look no further than the current situation with AI. The Ceo/owners of major AI system (Anthropic, Open AI, Google Deepmind, and xAI) have joined in warning that their products pose a real and imminent danger to us all if

development is not slowed or stopped until we can be sure that humans retain control of them. The result? All their share prices have plummeted! Not because of the perceived danger, but because if this happens it would lead to a drop in profits and dividends.

To some the pursuit of profit outweighs everything, and right on cue our own resident Harvard Business School devotee Christopher Luxon maintains that the **economic opportunities of AI outweigh its immediate dangers**, The cartoon above says it all.

Planning ahead brings
peace of mind, let your
funeral wishes be known
with Brad.

compassionate care when you need it most.



Harbour City
... FUNERAL HOME ...

665 High Street, Lower Hutt | 570 0111 | hcfh.co.nz
We have other locations in: Upper Hutt, Wellington and Kāpiti



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