GREYPOWER
TAURANGA WBOP ASSN INC

QUARTER THREE 2026 - SPRING



CANDIDATES REPORT PAGE 6

Childrens books at risk PAGE 12

Medical Alarm Funding Changes PAGE 10

Cognative test changes PAGE 23

www.greypowertga-wbop.org.nz

Tauranga WBOP
Grey Power Assn Inc

The Village 17th Avenue,
PO Box 841, Tauranga 3144
Email: tgagreypower@gmail.com
Phone: (07) 571 2558
Office Hours:
10am - 2pm
Tuesday to Thursday

www.greypowertga-wbop.org.nz

COMMITTEE:

PRESIDENT/SECRETARY:
Alex Zilionis
VICE PRESIDENT: David Marshall
TREASURER: Sharyn Mudgway
WEBSITE/HOUSING TAURANGA:
Vanessa Charman-Moore
COMMITTEE: Sheryl Love / Sue Houghton
EDITOR: Jennifer Custins

LETTERS TO THE EDITOR:
There's nothing better than hearing directly from members or people who read the magazine.

Types of topics can be all sorts of subjects, issues, questions, problems and successes. Could also be stories of moving house, new relationships, pets, gardens, families, activities and so on. Send to editor - tgagreypower@gmail.com Attention Jennifer. Can be anything from a couple of lines to 150 words.

Disclaimer: Tauranga WBOP Grey Power Assn Inc and any person or organisation associated with it will not accept any liability for the contents of this publication. All due care and attention to accuracy is taken to ensure details are correct. Opinions expressed herein are not necessarily the opinions of the association.

This publication is designed and printed by Kiwi Publications.
For advertising phone Sharyn on 027 224 0049 or email: sales@kiwipublications.nz

www.kiwipublications.co.nz

Please refer to our website for disclaimer.

President's Message



Grey Power exists to give older New Zealanders a strong, independent voice and to make sure their needs are not overlooked. It is a membership-based organisation that advocates for people in later life, especially on matters that affect income, health, housing, transport, community services and dignity. As New Zealand's population ages, it becomes increasingly important that older people are represented clearly and consistently when decisions are made by government, councils and other organisations.

One of Grey Power's main purposes is to advocate for older people on issues affecting their lives, incomes and wellbeing. This includes protecting and improving NZ Superannuation and other retirement income, speaking up about the rising cost of living, and pushing for affordable and accessible healthcare and aged care. Many older people are on fixed incomes, so increases in rates, electricity, food, insurance, medical costs and housing can have a serious impact. Grey Power helps bring these concerns to public attention and reminds decision-makers that policies must work for people of all ages.

Grey Power also challenges central government and local councils when decisions disadvantage older people. It supports age-friendly communities where transport, libraries, beaches, healthcare services, public facilities and everyday information are accessible to everyone. It also works to combat ageism by promoting the rights, dignity and ongoing contribution of older New Zealanders. Older people have built communities, raised families, paid taxes, volunteered, worked and contributed in many ways. Their experience and practical knowledge should be valued, not ignored.

For **Tauranga WBOP Grey Power**, this work has an important local focus. The association can take issues raised by members directly to Tauranga City Council, Western Bay of Plenty organisations, MPs and other decision-makers. Local concerns may include public transport, pedestrian safety, parking, access to services, hospital and medical care, rates, housing, community facilities and the ability to remain connected and independent. By gathering member feedback and presenting it collectively, Grey Power can speak with far more influence than one person acting alone.

Joining Grey Power is important because numbers matter. A large membership gives the organisation credibility and strength when it speaks to councils, MPs, government agencies and service providers. Every new member helps strengthen that collective voice. Membership also helps people stay informed about the issues that may affect them, their families and their communities. Being part of Grey Power is not only about receiving support; it is also about standing with others to protect fairness, independence and quality of life for current and future generations of older New Zealanders.

"Grey Power isn't about being old. It's about having a voice, protecting what we've earned, and making sure New Zealand remains a good place to grow older."

Alex Zilionis | President Grey Power Tauranga WBOP

MEMBERSHIP FEES

Single membership $30 and couples $45
Join anytime for
full 12 months Membership

Bank account # **38 9001 0051732 00**
Tauranga WBOP Grey Power Assn Inc

TO JOIN Go to our website
www.greypowertga-wbop.org.nz
Click on JOIN NOW and use 'Stripe' to make your payment using your bank card. OR use your own internet banking, pop into our office with cash or bring your credit card.

IF USING INTERNET BANKING PLEASE MAKE SURE YOU DON'T PAY YOUR POWER BILL TO THE ASSOCIATION.

FEDERATION WEBSITE

Keep up to date with all that Grey Power is doing to protect the wellbeing of seniors by speaking to ministers and heads of other relevant organisations.

www.greypower.co.nz

Members can also log in for more detail.



COFFEE MORNINGS



THE MEETINGS ARE OPEN TO THE PUBLIC SO DO COME ALONG.

Please bring friends or family to our meetings - everyone is welcome. Katikati & Tauranga have monthly or bi-monthly speakers

TAURANGA COFFEE MORNINGS
33 Maitland St, Greerton Senior Citizens Hall. Good access and parking. $3 donation toward the hall hire and morning tea.
1st Thursday of the month at 10am.
1 October, 5 November, 3 December

KATIKATI COFFEE MORNINGS
Katikati Community Centre, 45 Beach Road (just past the schools). 3rd Friday of each month. $2 for members & $5 for others.
16 October, 20 November, 18 December or TBA

TE PUKE COFFEE MORNINGS
This group is in recess, any further dates will be advised by email.

All inquiries please phone the Grey Power office, Tuesday - Thursday 10am to 2pm on 571 2558 or email tgatauranga@gmail.com

ALL ARE WELCOME
Please wear a name badge if you have one.



EECA - FUTURE ENERGY & EFFICIENCY

See how New Zealand's future energy system could develop based on comprehensive modelling by the TIMES-NZ 3.0 insights report: July 2026. This is a comprehensive model of the whole New Zealand energy system developed by the Energy, Efficiency & Conservation Authority (EECA) and the Business NZ Energy Council (BEC).

Using the model, EECA and BEC developed two TIMES-NZ energy scenarios to help people explore how New Zealand's energy system could evolve over the coming decades and the impacts on energy use.

The scenarios use the TIMES model to demonstrate two plausible, but different, energy futures called Steady and Shift. Two realistic but different paths. The two scenarios show how four uncertain, yet crucial, factors could combine and interact to shape the energy system between now and 2050.

The four areas are: Economic structure and energy demand, Technology costs, Climate policy and societal trends and the role of Gas.

These areas were chosen based on feedback from users of TIMES-NZ (including modellers, analysts and leaders from academia, government, businesses and industry associations) about what variables would be most useful to explore to help inform energy decisions today. Other variables, such as population, are the same between the scenarios.

Steady: Moderate change with more primary production (including strongly growing dairy and beef exports), moderate cost reductions for clean technologies (solar, wind and batteries, and EVs), lower carbon prices, more private passenger vehicle use, and an LNG terminal.

Shift: Faster change with more growth in advanced manufacturing, data centres, and renewably powered industries. Faster cost reductions for solar, wind, batteries, and EVs. Higher carbon prices, lower private passenger vehicle use and waste-reduction efforts generating more feedstock for biomass and biogas (wood waste and landfill gas).

Insights from comparing Steady and Shift

Steady and Shift are both realistic scenarios, although neither will exactly represent the future. Importantly, they are also not upper and lower bounds for any energy variable, nor do they represent any specific set of potential government policies or recommendations.

Energy demand

Total energy demand falls in both scenarios, as electrification and greater energy efficiency leads to less energy being needed, even as demand for the end uses of energy grows (such as travel, business activity, staying warm). In Steady, total energy demand falls 10% by 2050, and in Shift it falls 22%. In Shift, a greater share of demand (53%) can electrify, leading to higher electricity use and lower fossil fuel demand.

Value of flexible electricity use and batteries

Across the whole energy system, flexible electricity use can save energy users between $5.4 and $20.8 billion through to 2050. The results show that a rapid expansion of flexible electricity use and battery capacity is important for a secure and affordable energy system.

Batteries and other technologies that enable flexible electricity use (including smart home appliances that can shift demand on the electricity grid away from peak periods, such as winter evenings) play a key role in the evolving energy sector. They become even more important in the Shift scenario, which has higher rates of renewable electricity generation.

The biggest savings occur when smart control of hot water cylinders and other appliances combine with uptake of batteries to lower the cost of electricity enough to make it an affordable option to replace many fossil-fuelled activities.

Emissions

Road transport electrification is the single largest driver of energy related emissions reductions across the energy system in both scenarios. However, the scale and rate of emissions decline is strongly affected by how quickly New Zealand adopts clean technology, particularly electric cars and trucks. Declining domestic gas supply and an increase in renewable energy generation also drive emissions reductions in both scenarios. The combined impact is that by 2050, the Shift scenario's emissions are less than half that of Steady. Shift's greater drop in emissions is driven by a range of factors, including lower costs for wind, solar and batteries, and EVs, and higher carbon prices.

Costs

The total cost of meeting energy demand from 2023-2050 is roughly $1.3 trillion, or approximately $45 billion annually. For context, this is roughly 11% of annual GDP, which was $393 billion in 2023. However, costs in the Shift scenario are roughly

$42.7 billion lower than in Steady across the whole model period (2023-2050), or $1.6 billion lower annually. This is because of lower clean technology costs, more available technology, and greater energy efficiency.

Renewable electricity

In both scenarios, the renewable share of electricity generation grows over time, and contributes to lower energy system costs. This is to be expected, as gas and coal generation plants retire and new plants are dominated by lower-cost solar and wind generation, alongside geothermal and hydro. However, it remains challenging to move to a 100% renewable electricity system: In Steady, the renewable share of electricity generation reaches 93% by 2050, while in Shift it reaches 98%. While hydro-power, geothermal generation, flexible electricity use, and batteries all contribute to balancing supply and demand (and more so in the Shift scenario), the model finds that fossil-fuel generation is still often the most effective solution for meeting peak electricity demand and grid firming, even with higher carbon prices.

[To read the full report go to EECA website]

IRISH CITIZENS GOT THE RIGHT TO REPAIR



From this week, people in Ireland should find it easier to have their phones, washing machines and other household items fixed, thanks to right-to-repair legislation that entered force on Monday.

Launched by the European Union (EU), the directive is being rolled out across member states with the aim of tackling Europe's growing waste mountain. Under the new rules, manufacturers of certain products must offer a repair service for their goods. Household and electronic items such as washing machines, vacuum cleaners and mobile phones are among those covered.

Ireland's minister for enterprise, Peter Burke, said the move would "make it easier for consumers to choose repair over replacement, while also creating opportunities for Irish businesses operating in the repair and refurbishment sector".

The EU expects the new rules to give a €4.8bn (£4.1bn) boost to the bloc's economy. A European repair directory, set to go online in 2027, will allow people to find repairers in each EU nation.

the good companion

YOUR CARE. YOUR CHOICE.

New Zealand Elderly, Disability Companionship, & Care Support, Home Care Support, Live-In Care, Family Respite, Chronic illness, Disability support, After Hospital Support, Dementia and Palliative Care Support

For all enquiries, phone 021 717 884

www.thegoodcompanion.co.nz



ENQUIRE HERE

MEET THE CANDIDATES MEETING - MT MAUNGANUI

A JOINT VENTURE BETWEEN PAPMANOA DISTRICTS AND TAURANGA GREY POWER ASSOCIATIONS

HELD 7 SEPTEMBER 2026

The meeting was held at the Papamoa Library with speakers from the Greens, Opportunity, NZ First, National and Act parties. [Labour had to give their apology at the last minute due to family illness]



Alex, Tga president and Maria Tupou, president of Papamoa

The candidates had been given a list of topics to address regarding issues that affect older people. Nat Super, Health care and aged care, cost of living, housing, retirement villages, public transport, digital inclusion, community safety, support for carers.

Each person was given 10 minutes to talk about the topics and then answer questions.



Opportunity Party had Michael Carter – young man from Tauranga, new to politics but spoke confidently on all the issues.

Nat Super – keep at 65 years as it is now but felt other changes are needed such as a universal payment. In favour of a rates deferment scheme and give local councils tools to build more infrastructure. Energy – more renewable sources. Housing- land tax over 10 years. Health – don't rewrite policies every 3 years, needs to be properly funded. Transport - public transport should be free where possible. Carers – provide a but contribution at home and need more respite care.

NZ First was represented by Tracey Coxhead, a WB councillor from Te Puna.

Nat Super – stay at 65 at 6% of GDP but for NZ citizens only. There is $95m in the Cullen Fund [See notes} but would not draw on that until 2052. She explained that seniors contributed $20b of unpaid hours of work in communities. Health - more age care is needed, 78k care beds are needed by 2040, and they commit to provide funding for 2000 more over next term. Cost of living – break up supermarkets and gentiles. RV reform – capital should be paid out within 12 months. She explained that 3mth would be completely unsustainable for majority of villages.

Green party – Pualele Westhead said there should be free homemade and access to free dental and doctor visits. Better pay for health care provider (workers). Much better for elderly to be looked after at home. Energy - subsidy for solar. Housing - 1/3 of homes are rented. Need more houses to be built. RV – the monthly fee should be stopped as soon as someone leaves. Transport - free to young people, more people using public transport improves service and more people walking is good for everything. ***Q*** – how will this all be paid for? ***A*** – Corporates need to pay 33% tax.

National Party was Tom Ruther a sitting MP from Papamoa but in the Mt electorate.

They want to build the economy which is the way forward. If you work hard, you should be able to more of your own money. Spoke about how much funding they have put into health area. There is more to do but moving in the right direction. Safety – they back the police so there are fewer victims. Education - more improvements. Fix the basics and no new taxes. ***Q*** – Regarding care homes... the Govt only pays for a room and not an ensuite. All the care homes she is aware of have ensuite bathrooms and they cost $20 to $95 for a resident to have access to it. ***A*** – Tom said he would have to follow that up. ***Q*** – About big players lobbying Govt and was it fair. ***A*** – lobbying is part of the process and pointed out the even Grey Power lobbies for what they want.

Act party had Cameron Luxton from Papamoa as a list MP

Nat Super – Wants to increase to 67 straight away by raising it every 3 months. [See notes]. Health and aged care – it is difficult as there is so much

debt here and in fact worldwide. Costs – Govt is too large and too expensive, hard to manage so need to reduce the number of ministries. End - We need to work as one.

NOTES

NZ First - (colloquially known as the Cullen Fund) has a net asset value of $94.2 billion NZD as at May 2026.

Act website states in 2022– raise to 67 now, at a rate of two months per year from 2023. Once the age reached 67, it would be indexed to life expectancy, ensuring that each generation was entitled to same period on the pension as previous generations.

MOBILITY PARKING PERMITS – you need to register with TCC

If you have a Mobility Parking Permit it is advisable to register your car registration number with Tauranga City Council [TCC], particularly if you are going to use any public on-road parking space for a prolonged period. This has come about since TCC purchased 'Traffic Cars' that drive around the roads and electronically pick up from the number plate if someone has exceeded the time stated for a parking spot. If the car is not registered, they cannot tell if you have a permit and therefore allowed extra time. This has caused a very real headache for CCS as they try to find a realistic way that the 'camera cars' could read a parking permit number at the rear of a car.

Mobility parking TCC website: www.tauranga.govt.nz

For people who have a current Mobility Parking Permit. You need to ***register it with our parking team*** *as soon as possible. Please provide a copy of your mobility permit along with your vehicle's registration. This will allow us to consider your eligibility for double parking time should an infringement occur.*

To register your permit - you need to go to www.tauranga.govt.nz – click on Parking then on Mobility parking and you are able to register there.

It does take you to the Parking Infringement Team where you are asked to fill in your details – if you keep scrolling down, there are 8 options of why you are contacting them and the second to last says – I have a Mobility Permit and wish to register for future parking use. You need to click on this one. To do in person go to a library for assistance.

When parking, if you need to use cash, there are parking meters with yellow stickers that take cash.

Once your permit is registered and you're parked in an on-street parking space, (excluding parking buildings, supermarkets or other private shopping complexes), you should be protected from incurring an infringement but keep an eye on the time.

Editor

NB - Can I use my mobility parking permit if I am not using my car or no longer drive?
Yes, you can use your Mobility Parking Permit in any vehicle you are getting in and out of. Your permit belongs to you, not a vehicle. However, if a friend takes you out for a coffee in town and you think you may park longer than the time displayed – register your friend's car rego number with TCC.

Luminous Light Switch

A dab of glow-in-the-dark paint means no more groping for the light switch in the dark.

You can buy glow-in-the-dark paint at hardware stores and home centres.





THURSDAY 8 OCTOBER

at 11am

St Enochs, 134 Sixteenth Avenue, Tauranga

Hosted by Tauranga WBOP Grey Power

A suggested Koha/donation of $5 would be appreciated but not mandatory.

PLEASE REGISTER YOUR INEREST IN ATTENDING BY REPLYING TO

Office: (07) 571 2558

Afterhours to Alex on 021 154 6006 or email: alex.greypower@gmail.com

Your voice. Your community. Your future.



GREY POWER IN ACTION

– Making a Difference for Older People

What We Have Done So Far This Year

Grey Power Tauranga WBOP is working hard to ensure the voices of older people are heard. Much of our work happens behind the scenes, but the results are making a real difference across our community.

Advocacy & Representation: We have:

- Worked with local MPs and councils on issues affecting seniors.
- Made four submissions on local, annual and long-term plans.
- Represented Grey Power on other organisations and community groups.
- Spoken publicly on issues important to older people.

Keeping Seniors Informed: Communication is an important part of our work. We have undertaken **newspaper, TV and radio interviews**, produced media releases and information, and sent **two letters directly to members**, reaching more than **2,200 people**. Our media activities have reached an estimated **6,000+ people**, helping ensure that issues affecting seniors remain visible in the community.

Connecting Our Community: We have held over **14 morning and afternoon tea meetings** this year, as well as **public meetings**. These events provide opportunities for members to meet, share information, raise concerns and stay connected.

Meet the Candidates: Recently, Tauranga WBOP Grey Power joined with **Papamoa Grey Power** to hold a **Meet the Candidates event for the Mount Maunganui electorate in Papamoa**. The event gave voters an opportunity to hear directly from candidates and ask questions about issues important to older people. We will hold another **Meet the Candidates event for the Tauranga electorate on Thursday, 8 October**. We encourage members to attend, listen and ask questions. **We don't tell people how to vote – we help ensure they have the information to make an informed choice.**

Celebrating Older People: Tauranga/ WBOP will also be participating in **Tauranga City Council's "Young at Heart" celebrations**, marking the **United Nations International Day of Older Persons on 1 October**. This is an opportunity to celebrate the contribution older people make to our families, communities and society – and to promote the importance of an age-friendly community.

Why Your Membership Matters: Our work is only possible because of our **members, volunteers and supporters**. Every member strengthens our voice when we speak with councils, MPs, government agencies and the media. **Your membership helps Grey Power speak up for the interests of older people.**

Your voice. Your community. Your Grey Power.

Keep in touch! For the latest news, events and advocacy work, follow us on Facebook: Tauranga WBOP Grey Power Facebook Page | **Grey Power Tauranga WBOP – Working for Seniors, by Seniors.**

GARDENING IN SPRING

Spring is here – the days are longer and the ground is warming up. Time to be outside especially early morning to tidy up the flower bed but late afternoon is the time to plant seedlings, so they settle in over the cool of the night. But watch out for slugs and snails.



Strawberry plants could have gone in by now and need feeding. You could buy new sturdy ones now but need to protect the soil with lots of mulch.

Even in a small plot it can be fun to pop in a couple of seed potatoes either in the ground or a deep pot. So nice to have your own new potatoes for Christmas. [Jersey Bennes or Rocket are early ones] Peas and beans, the dwarf ones, are good to grow in a pot but will need a little support as they mature.

For those energetic enough to still have a proper vege garden, this year more than ever, you need to have a robust irrigation system in place. I have re-laid my black 'weeper' hose just under the surface, so I don't waste any water. Once that's all done, the favourite spring plants can flourish or be planted. Plant broccoli, beetroot, bok choi, courgettes and spinach but mix in some herbs and flowers to attract the bees. Basil, calendula, marigold, petunia and sage. Remember to have a space to plant tomatoes in early November. [Sweet 100 is excellent in a pot]

Feed citrus and blueberry plants especially if they are in pots – both like more acidic soil so use a special fertiliser which can be added to vireyas and azaleas as well. [See article on Vinegar]

Last chance to plant or move dahlia tubers and gladioli corms for summer flowering. Geraniums are lovely in the garden or pots, but they don't like the cold or wind so keep them in a sheltered spot.

Roses and deciduous shrubs should have been pruned but it's not too late lightly reshape them.

For those with just a balcony or deck – replenish the soil in any pots and plant some pretty flowers such as stock, lobelia, petunia or pansy with either a dwarf pea, bean or a spinach and plant some basil for the kitchen.

Happy gardening, *Jennifer*

B.O.P. MEMORIALS

The Bays Headstone Shop

Your Local Monumental Masons

We are a family owned & operated business.
Helping families in the Bay of Plenty since 1996.

Your Local Suppliers of:

- Granite Headstones & Grave Covers
- Custom Designs • Laser Etchings
- Porcelain Photos • Marble Statues
- Cremation Memorials
- Granite Plaques & Recumbent Desks
- Photo-Ceramic Tiles • Bronze Plaques
- Headstone & Grave Restoration

Showroom Locations

Tauranga
225 Matakokiri Drive
Tauriko Business Estate
Phone: 07 543 2910
tauranga@bopmemorials.co.nz

Mt.Maunganui
1/3 Marlin Street
Bayfair
Phone: 07 574 4155
mount@bopmemorials.co.nz

www.bopmemorials.co.nz

ENERGY SERVICES
Electrical Contractors

Your Electrical and HVAC Contractor



- Domestic & Commercial
- Underground Power
- Led Lighting Design
- Solar Power Systems
- Heat Pumps and Air Conditioning

Book Premium Electrical and HVAC Services in Tauranga and Surrounds

07 578 4334 | info@energyservices.co.nz

www.energyservices.co.nz



Tauranga's 50+ Villages

As a 50+ Property Consultant, it's fair to say that I spend a lot of time in 50+ villages, selling houses for my clients and helping buyers understand what each village has to offer.

There are a wide variety of villages around Tauranga, and I have found that buyers are particularly interested in those where residents may receive all or part of the capital gain when they sell.

Villages operate in a variety of ways. There are freehold villages with a committee and onsite manager, unit title developments with body corporates, leasehold properties and villages where residents have an Occupational Rights Agreement. The ownership structure is an important part of understanding what you are buying, as the costs, responsibilities and resale arrangements can differ considerably. Most villages offer the opportunity to live in an easy-care home, with the added benefit of being surrounded by people at a similar stage of life. There is also a wide range of prices, so different villages can suit different budgets and circumstances.

Selling a home in a village can be interesting. There are often several similar homes on the market at the same time, so finding the right way to present and market each property is important. I enjoy the challenge of finding what makes my client's home stand out and then making sure those features are communicated to potential buyers.

If you or a family member is thinking about selling a home in a village, I would be happy to have a conversation about the process and what your options might be. As a supporter of Grey Power Tauranga & Western Bay of Plenty, I donate $500 to the organisation for every sale referred by a Grey Power member.

Vanessa Charman-Moore is a Tauranga 50+ Property Consultant. For more information, see Vanessa's advertisement below or visit

www.snrrealestate.co.nz

SNR
REAL ESTATE
Easy living
Expertly delivered
Vanessa Charman-Moore
027 242 7646 | snrrealestate.co.nz
Powered by @Realty Ltd | Licensed Agent REAA 2008

MEDICAL ALARM FUNDING CHANGES

The other day a very nice woman from St John, popped into our office to make sure we had up to date brochures on their services. She was keen to notify us of some recent changes to funding the medical alarm.

From 1 April this year, if you have a St John medical alarm and then move into a retirement Village or care facility the funding from MSD/WINZ is no longer automatically transferred to your new residence. You must take your alarm with you and notify MSD, then just your change of address is noted. If, however, you give back your alarm prior to moving and then apply for it to be funded, you may not be successful. Instead, the Village or Care provider my add it to you monthly occupation fee.

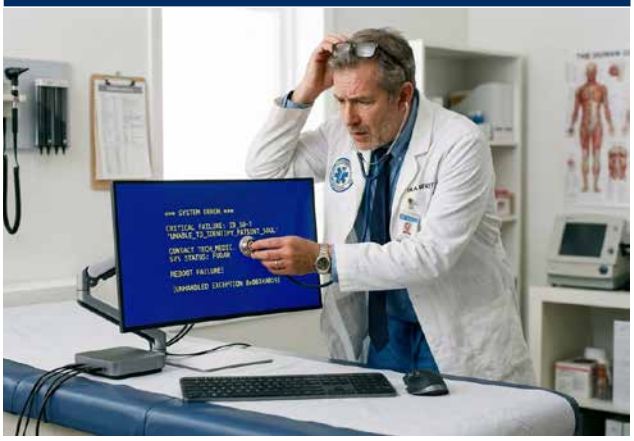
Unfortunately, no one is going to rush and inform you of the changes and pitfalls in advance. Our advice – if you are about to make any changes – contact St John first. Or any other medical alarm provider that you have.

Ref: We (St John) are aware of a directive earlier this year from the MOH (Ministry of Health) to Rest Homes and LTC (Long Term Care) facilities that they're no longer required to cover the cost of an Emergency Ambulance and can now on-charge callouts to the resident. We advise clients who live in these facilities or are moving in, to check with their RH or LTC facility as to what is provided. Noting, if you have a St John Medical alarm, the cost of emergency ambulance call outs, whether because of an alarm activation or not, are already covered through the medial alarm service, so a separate Ambulance Membership is not required.

ALSO

Have you thought about installing a lockbox on your property? If you live alone and have a medical emergency at night when you have locked up your house and then need to call an ambulance, you may not be able to unlock your door for them. [It might be 1am in the morning and you don't want to disturb your neighbour who may or may not have a key or for whatever reason you can't reach your phone]. For very little money, you can buy a lockbox, set up a 4-digit code and if you are a member of St John, give the code to them so they have access when needed and you can lie there hurt or unwell and be stress free about how to unlock your house to let them in!
Editor

YOUR COMPUTER CAN'T TELL YOU WHERE IT HURTS



Computers are terrible patients.

They never say, "I'm feeling a bit sluggish today. Perhaps someone should take a look at me." Instead, they sulk.

They take longer to start. The printer stops cooperating. Strange messages appear. Updates refuse to behave. Something that worked perfectly yesterday suddenly decides it has other plans. Usually, these are little warning signs rather than disasters.

That is why a regular Computer WOF makes good sense.

We check how everything is performing, install important updates, look for developing problems, and make sure your computer is still set up properly for the way you use it.

Sometimes an ageing computer does not need replacing at all. A little rejuvenation, perhaps some extra memory, a faster drive, or simply putting things back in order, can give it many more useful years.

And bring along your list of those annoying little technology questions too. We rather enjoy ticking them off.

YOUR COMPUTER CANNOT TELL US WHERE IT HURTS.
FORTUNATELY,
WE KNOW WHERE TO LOOK.

Call Silver Service IT
7 days on (07) 262 1000
We come to you!

WORLD-FIRST AI-AIDED SURGERY REMOVES BRAIN TUMOUR

Neurosurgeons have performed the first successful AI-assisted operation to remove a brain tumour, claiming the technology helped them to save a patient's eye.

Rhys Hibbert from Bedfordshire, England, is the first person to have surgery in this way. The AI system was trained on videos of previous operations and helped the surgical team to identify risky areas to avoid while they removed as much of his tumour as possible.

The operation was carried out at London's National Hospital for Neurology and Neurosurgery as part of a clinical trial using AI technology developed in-house at University College London. Hibbert said he was "humbled" to have been asked to take part in the research, which experts say could improve patient outcomes.

James Frith, health innovation minister, added: "This is an example of AI at its best: patients getting care previously deemed unimaginable thanks to the latest groundbreaking technology."

Silver Service IT

Your one stop shop technology supplier

We come to you !!

- Supply of new computers, laptops, printers, phones
- Windows 10/11, Android, setup, and support
- Apple MacBook, iMac, iPad, iPhone support
- Transfer all old files to new computer
- Synchronise all of your devices





Your confidence restored!
Home, Phone, or Remote Support

People helping people solve technology problems

Silver Service IT Limited
Tauranga 07 262 1000 - 7 days
www.silverservice.co.nz
info@silverservice.co.nz
927 Cameron Road, Gate Pa, Tauranga 3112

CHILDREN'S BOOKS AT RISK OF DISAPPEARING

As AI slices up and consumes physical books, our children lose the space to read.

During *NZ Children's Book Week last month, it was found that physical books are quietly vanishing from homes and classrooms, putting childhood cognitive growth at risk in an increasingly screen-bound world*



The mere presence of books in the home builds a child's belief that they were capable of learning. **But** - have you noticed something missing from your living room?

No one stole it. No one asked you to move it out. But slowly, almost imperceptibly, it has dematerialised, and somebody, somewhere, is glad you haven't noticed. In homes across New Zealand, and across the world, something that was once standard is disappearing right before our eyes. The humble book. The stories of Pooh Bear and Christopher Robin. The encyclopaedia, dictionary, poetry and others.

And gone with them is a predictor of the future. Researchers studying more than 120,000 adults across Europe found that simply having more books in the home at age 10 predicted meaningfully better cognitive performance decades later regardless of how much schooling that child eventually received. Even if it was a messy pile in the corner, or artfully displayed on the coffee table, the studies suggest, the mere presence of books in the home built a child's belief that they were capable of learning.

The question is, are children still reading? Yes, but further studies comparing children's reading on paper versus screens show comprehension scores several times higher for print during free reading time. Children reading on screens display measurably weaker attention patterns than those reading the same material on paper. Children who read more books show stronger neural wiring in the regions governing language and self control, while heavier screen time tracks with less of that wiring forming.

Closer to home, the Curriculum Insights Study, including its 2023 Reading Motivation report, shows a clear decline in how our kids feel about reading. Year 8 students are now the least likely to enjoy reading, and the least likely to believe they are good at it. The report spells it out: "A substantial proportion [of students] do not believe they can read very well, do not like reading very much, and do not choose to read in their own time very often (if at all)."

Motivation, the report notes, drops sharply as children move through school, and researchers point to classroom structure and limited space for student interest as contributing factors. However, while the national study tracks how children feel about reading, it doesn't ask whether there are books in the home, and it doesn't ask whether a school even has a library.

We're measuring attitudes without measuring access.

And the story on books just seems to get worse. Court filings from a recent US copyright case revealed that one of the world's major AI labs spent millions buying up first edition, rare, and second-hand books, slicing off their spines with industrial guillotines, scanning every page, and destroying what remained. All to satiate the hunger of a large language model machine. A US federal judge ultimately ruled the practice legal, reasoning that a scanned copy simply replaced a physical one rather

TAURANGA FRIENDS OF THE LIBRARY

For all people keen to promote and support our library services

BECOME A FRIEND

Join **Friends of the Tauranga City Libraries**

Attend ***General meetings*** every two months; social, informative, with guest speakers.
Join our ***Book Groups*** held monthly at Greerton and Papamoa libraries.

www.fol-tauranga.org.nz

secretary@fol-tauranga.org.nz | 021 192 2279

than duplicating it. Tragic.

The emptiness we are allowing to appear reminds me of standing in the library ruins in Ephesus, imagining the scrolls that were once housed there. Civilisations invested extraordinary effort to preserve knowledge so it could be shared. The twist is that those repositories of knowledge were emptied by catastrophe; ours are being emptied for profit, under the cover of convenience.

Will AI remain accessible? Unlikely if profit is the driver.

We don't need to fill the streets or bring buckets of water to douse the flames. We do need to apply some ancient values, and definitely some safeguards to preserving tangible, and accessible knowledge for all. What is at risk if we don't is not only the physical book, and it is not only grey matter. It's innovation. It's curiosity. It's discovery. Cognitive performance and the skill of contemplation itself.

So, buy a book. Read a book. Read a book to a child. Bring an activist mindset to protecting your community library, or maybe even check if your local primary school has a library and donate a few books to them. Don't end this chapter without a fight.

by Mary Watson-Burton Newsroom

Comment from a reader - This is really sad! I remember how entranced my children, adopted in middle childhood from Russia, were with our weekly visits to amazing local libraries – one became an award-winning creative writer in high school, which helped heal early trauma. Without years of reading books, she 'd never have written with the passion she did. The girls went from 'developmentally delays' even in their first language to achieving NCEA Level 2 and 3 at school. I thank books and music for that. My grandsons, though loving libraries in the preschool years, are now far more attracted to passively watching screens, than books or music, which require more active engagement and build cognitive development and skills.

***NEWS** – Tauranga's biggest, newest and most expensive library is due to open on 16th October. The anomaly is that it's a huge building housing a large number of books, but a significant area is being set aside to enable people to learn and use the internet! But in today's world at least it can be beneficial to have both side by side and make books as accessible as possible to all ages. Do visit the library when it is open. Editor*

A 72-year-old man had one true love—fishing. One day, while sitting in his boat, he heard a voice say, "Pick me up." He looked around, confused, but saw no one. Then he heard it again, "Pick me up!" He glanced down into the water and spotted a frog floating on the surface. He asked, "Are you talking to me?" The frog replied, "Yep! I'm talking to you. Pick me up, kiss me, and I'll turn into the most beautiful woman you've ever seen. I'll make all your friends jealous because I'll be your bride!" The man stared at the frog for a moment, reached over, gently picked it up, and placed it in his shirt pocket. The frog, a bit annoyed, said, "What are you doing? Didn't you hear me? I said, kiss me, and I'll be your beautiful bride!" The man opened his pocket, looked at the frog, and said, "Eh, at my age, I'd rather have a talking frog." With age comes wisdom!





ACCESS TO TECHNOLOGY

How times have changed over the last 30 years! Back in the day when I worked in an office, we had electric adding machines and account books. Lots of Bic pens and pencils and rubbers. Most large offices had a junior person just to sort out the mail – big sacks arrived and letters were put into cubby holes for people to collect. The big boss had their mail hand delivered. Nowadays I peep into my letterbox with a rather pathetic hope that there will be some mail!

Later when I had a business in the early 90s, we invested in a big clunky computer and a part-time bookkeeper to keep track of our finances and a wholesaler gave me a big 'brick' phone to use. These labour-saving devises crept in to our lives and yes, it saved some time, but the important thing is what you do with the extra time – work harder or enjoy life and people?

I enjoyed the white-knuckle drive across town to take the PAYE cheque to the IRD by the 4pm deadline. I was always busy and always running late but it was a thrill to zip through the Auckland traffic, wedge the car into a small space and sprint across the street at the eleventh hour! Now of course business owners sit at home, log into MyIRD – see what needs to be paid and with a click here and there you can transfer your money any time of the day or night.

Aspects of automation and technology have crept into so many parts of our ordinary life – parking metres, petrol pumps, depositing money into big machines, (tellers don't handle cash) So many other things require us to download an APP. New World Club card– download an APP, book to see the doctor – download an APP! Almost anything you want or need is on an APP.

One of the newer things in town are QR codes – the little squares with squiggly shapes inside - we are encouraged to whip out our very clever phones and scan the code so you can find out everything you need to know about a company or service. Of course, the rotten scammers think these are a great way to catch people out so just be a little careful what you choose to scan.

Despite the ever-growing need for help and assistance in this area, Tauranga City Council [TCC] announced that they were discontinuing the digital drop-in sessions and the Digital Essential Classes from the Adult Library programmes which have been available from the CBD, Papamoa and Greerton libraries. This decision would immediately affect older and less able people who are unable to access any alternative. However, due to enormous pressure from Grey Power, other agencies and the public, they are reinstating the classes from 19th October as a trial. They will be monitoring how well it is used, so do turn up if you need help.

Distressingly, there was an article in the Sunday Stay Times last month about a study on 'digital exclusion' and how stressful it is for some seniors to grapple with the need to access more services online. They felt – "trying to keep up with constantly evolving digital technology that was a never ending challenge." 'The Government plans to invest in digitising more public services even though a high number of New Zealanders remain digitally excluded, mainly because systems have been set up without including older people in the development.' By Melanie Stowell.

In Tauranga, Senior Net has moved from the Historic Village to The Wesley Church on 13th Ave and streamlined the way they deliver their services. You can book one-on-one help with all those quirky problems that you come across on your phone, computer and tablet. You do need to be a member, but the annual fee is very low, and the tutors (all volunteers) go out of their way to get you sorted.

Man has created all these 'conveniences' but there are factions of society that are really struggling to keep up with the speed of technology changes. It seems that authorities have been caught by the excitement of the changes but not that willing or interested in making sure that all ages and abilities are able to fully access technology or doing enough to protect citizens from harm. Especially with wealthy and influential people making more and more money by rolling out potentially harmful material that can adversely affect the young and the old.

The internet and technology provide instant access to very up to date information for people studying or those who need statistics for work, but it is never ending, unlike the old encyclopaedia which had a finite end. On the upside it has also enabled people to keep in touch with friends and family who live far away or abroad. Also, it provides a tool to learn new things to exercise our brains – look up how to do spreadsheets, listen to podcasts or learn a new language. Enjoy the benefits but don't forget the real tangible world outside.

Jennifer Custins – Editor

VINEGAR – IT'S MANY USES

Vinegar has been made and used for thousands of years, in fact it is the oldest storable food and because it can be stored for almost an unlimited period, it is the only food without an expiry date. Around 5000BC the ancient Babylonians were among the first to recognise the versatile nature of vinegar and it was used as both a preserver and a condiment.

Vinegar is actually an alcoholic beverage that has 'gone sour'- although it was not until 1864 that Louis Pasteur made sense of the natural process of fermentation. Other elements, such as the type of fruit or grain from which the alcohol is originally made, give different vinegars their individual characteristic tastes, bodies and colours.

This extract is from a book written by M Costantino & G Steer 2008

The methods for making vinegar involve creating a 'vinegar mother' or starter which can be added to the liquid to produce vinegar. The acetic acid concentration typically ranges from 4 to 8 % by volume for table use, much higher for pickling – 18%. There are so many types of vinegar depending on what they are made from – white distilled – usually maize and good for cleaning. Malt from barley – pickling or on fish & chips. Beer, red wine, champagne, balsamic from grapes, others from sherry, apple cider, rice, fruit, raisins and flavoured vinegars.

Household use: White distilled version is strong enough to dissolve soaps and detergents but not strong enough to harm fabrics. Example – to unset old stains – treat area with 3 tablespoons of white vinegar to 2 tblsp liquid detergent and I litre warm water – repeatedly sponge and blot area before laundering.

To restore white fabrics – soak overnight in 12 parts warm water and 1 part vinegar then launder as usual the next day.

Other uses are odour removal, fabric softener, clean windows and floors, appliances and basins and so many more.

1 x tip not involving vinegar – if you have burnt a saucepan – sprinkle a good amount of bicarbonate of soda on the base and cover with a small amount of water, don't stir and leave for 24 hours. Comes clean like a dream.

YOUNG AT HEART FESTIVAL

The UN International Day of the Older Person is celebrated around the world on **October 1st. In Tauranga there is a Young at Heart festival from 1pm-4pm to launch the start of a week of things to do and visit. This will be held at The Atrium Conference Centre, 252 Otumoetai Road, Otūmoetai.** There is plenty of free off-street parking and you can even arrive early and get yourself a coffee and treat from the Atrium Cafe.

At the launch, there will be stall holders discussing the support and services they have to offer our older community and some music performances to entertain. A fun and festive way to spend the afternoon.

Rachael Pratt, Project Co-ordinator at Envirohub Bay of Plenty, says the festival programme offers something for everyone. "Whether you're keen to explore a creative hobby, enjoy live music, learn something new or simply meet new people, there are plenty of opportunities to get involved throughout the week."

For more information on all the events that are happening during the Young at Heart Festival, please check out the website **youngatheart.co.nz**

The event is supported by Tauranga City Council and Envirohub



Protecting (& divesting) your wealth



Caen Chapman-Taylor

Over a lifetime, most of us accumulate assets — the family home, savings, investment property, shares, or other investments. It represents years of effort and sacrifice, and most people have a vision of who they want to ultimately benefit from those assets, whether it is family, friends, charities, or even the neighbour's dog.

The big mistake? Assuming arrangements made years ago are still current and going to deliver the intended results. Life changes – relationships, family circumstances, the value and mix of assets, and even the law all move on. For this reason, it is worth regularly reviewing the legal structures you have put in place for the ownership and distribution of your assets.

Assets are commonly held in different ways, and it is critical to understand how each asset is owned so you know what will happen to them when you die. For example, assets held in joint names will automatically pass to the survivor and not be part of your estate. Alternatively, assets in your sole name will "fall" into your estate and be distributed pursuant to the terms of your Will.

Assets held in a Trust will not be immediately affected by your death; however, if you held specific powers in respect of that Trust, effective control and the transfer of those powers may need to be addressed. It is also important that your wishes for how the assets of the Trust are held and distributed are adequately recorded so that future trustees have the necessary guidance to execute on the purpose of the Trust when you are gone.

There are numerous additional steps you can take to improve your position, including:

- **Funeral Trust Funds:** You can set aside $10,000.00 as an irrevocable trust to cover your funeral and associated expenses. This must be formally documented and has two primary functions; those funds are excluded from a rest home care subsidy application, and they are immediately available on your death to cover funeral expenses.
- **Reducing Complexity:** Small parcels of assets scattered across various providers can be expensive and time-consuming to round up after you die. Consolidating those assets whilst you are alive can make the administration of your estate much smoother.

If you have a spouse, it is generally not ideal for only one of you to be aware of how your affairs are organised. Depending on who dies first, this can leave the survivor emotionally and financially vulnerable. Our recommendation is to have a shared understanding of your legal arrangements, so you are both prepared for whatever the future holds.

It all comes back to protecting your assets for the people you intend to benefit. Everyone's circumstances are different, which is why it is so important to review your affairs with your trusted legal advisor. If you do not have one, or are looking for a change, it will be our pleasure to be of service to you and your family.



LOA Law, 40 Willow Street, Tauranga | Ph: 07 928 4422 | admin@loalaw.nz | www.loalaw.nz

WHY TOES ARE A KEY MARKER OF LONGEVITY AND MOBILITY

Foot and toe strength declines with age, increasing the risk of falls and affecting confidence, balance and mobility.

American foot and gait specialist Courtney Conley raves about walking in her new book - **Walk: Your Life Depends on It**

“As we age, we know sarcopenia is a thing. We lose muscle mass and that also occurs in your feet as well.” Even for those who experience bunions, Conley encourages patients to develop an orthotic “exit strategy" through micro-dosing walks and exercises that strengthen the foot’s intrinsic muscles. While orthotics can be helpful, they can also weaken the foot if used long-term because the feet aren’t bearing the load. Or you're just dealing with pain that will show its face, in the heel or the toe or the knee or the hip. Finding appropriate footwear is equally important because many traditional shoes do not “respect the anatomy of your foot”.

Toe strength (“one of the biggest predictors of falls as we age”) and splay are also key factors in our ability to walk. Toe strength is lost quicker than grip strength as we age, she says.

“If you were to stand up and lean forward, what stops you from leaning forward is pressure in the ground with your feet and in particular your toes.”
Toe dexterity can be checked by seeing if you can raise and lower your big toe independently of the others, while splay can be tested by lifting your feet and spreading your toes to “see daylight” between them.

The reason we want toe splay and why this is so important is when you're walking and you go to push off, when your leg is behind you and your heel is coming up and you're pushing through the ball of your foot, there is a lot of load going through that forefoot. “It needs to be wide, it needs to be stable, and it needs to be strong. Not only so that you don't end up getting things like bunions and neuromas and problems in the foot, but it also helps align what's happening at your knee and at your hip and at your low back.”

Improving ankle mobility may help those who experience pain when walking down the stairs. Also, your quadriceps strength - they're the best shock absorption for the knee. Because typically people that walk downstairs and they're in pain will be like, say “my knee hurts.” Conley argues better awareness of your feet means better sensory input to the brain and therefore impacts on motor skills.

However, not all pain can be resolved through exercise and muscle strengthening. It may be that you need to see someone who specialises in foot and gait issues.

*Courtney Conley is a doctor of chiropractic medicine who specialises in foot and gait issues.

[My new ‘health hobby’ – quite hard to do but it’s a good sitting down exercise to increase your stability]
- Editor

LOA Law



Your Trusted Legal Partner
Planning ahead brings peace of mind

LOA Law offers practical, approachable legal advice for you and your family.

Our Services Include:

- Wills & Powers of Attorney
- Trust & Succession Planning – Protect your assets for the future.
- Property & Family Matters – Buying and selling, retirement-village agreements.

We take the time to listen, explain clearly, and give advice you can trust.

LOA Law
40 Willow Street, Tauranga | Ph: 07 928 4422
admin@loalaw.nz | www.loalaw.nz
Good Lawyers for Good People

SUPPORTING AN AGE-FRIENDLY TAURANGA

One of the great strengths of Tauranga is our people. As our city grows and changes, it's important that everyone can continue to fully participate in community life, regardless of age, mobility, or ability.

That's why our Council remains committed to creating a more accessible and age-friendly Tauranga.

Recently, Tauranga City Council established a Universal Design Toolkit to help staff consider accessibility and inclusion from the very beginning of every project. Rather than trying to retrofit solutions later, the toolkit encourages staff to design services, facilities and public spaces that work well for everyone from the outset.

It's a simple idea, but an important one. Good design benefits all of us. Whether it's clearer signage, safer pathways, accessible parking, better lighting, or more intuitive public spaces, these improvements make everyday life easier for older residents, parents with prams, people recovering from injury, and those living with disabilities.

This work builds on the Tauranga City Council Accessible Tauranga Action and Investment Plan, which was co-designed with older people and disabled people. The plan provides a practical roadmap for making our city more inclusive and identifies actions that support greater independence, participation and connection across our community.

Of course, creating an age-friendly city isn't something Tauranga City Council can achieve alone. Some of the most effective initiatives are community-led, with council working alongside local organisations that understand the needs and experiences of older people firsthand.

One example is Super Support, a programme helping older people remain independent in their own homes and communities. Through a network of local organisations and volunteers, Super Support provides practical assistance, access to prepared meals, and connections to additional support services when needed.

The programme is now exploring a Super Shopper pilot, which would help address transport and mobility barriers by providing both transport and a volunteer companion to support older people while they shop for groceries and other essentials. It's a practical example of the kind of partnership approach that can make a real difference in people's daily lives.

Next month brings an exciting milestone for the revitalisation of our city centre, with the new library and community hub set to open on 16 October. Accessibility has been a focus throughout the development of the building and the wider Te Manawataki o Te Papa civic precinct, informed by accessibility experts and ongoing feedback from people with lived experiences.

The goal for the wider civic precinct, which once fully complete in 2028 will include a civic whare (public meeting house) and museum and exhibition centre alongside the library and community hub, is to create a welcoming destination where people can gather to connect, learn and take part in community activities. It will feature accessible routes, clear wayfinding and inclusive design elements so people of all ages, abilities and mobility levels can navigate and enjoy everything the precinct has to offer.

October also brings another fantastic opportunity to celebrate and support older members of our community through the Young at Heart Festival, running from 1 to 8 October. The festival offers a wide range of activities, events and opportunities to connect with others, learn something new, and enjoy all that Tauranga has to offer. I'd encourage you all to take a look at the programme and get involved. More information can be found on the What's On Tauranga website: www.whatsontauranga.co.nz/young-at-heart

Creating a city where everyone feels welcome, connected and able to participate is an ongoing journey. By working together with community organisations, advocacy groups and residents like yourselves, we're making steady progress towards a Tauranga that is accessible, inclusive and age-friendly for all.



Mayor Mahé Drysdale
Mayor of Tauranga

SUPPORTING AN AGE-FRIENDLY WESTERN BAY

The contribution of older residents is one of the things that makes a community a great place to live.

Whether it's through volunteering, mentoring, caring for grandchildren, supporting local organisations or simply being good neighbours, older people play an important role in contributing to our thriving and connected communities in the Western Bay of Plenty.

But just as our communities benefit from the contributions of our older people, so must the community and Council consider how to create a place where people can age well.

Today, more than 23 per cent of our population is aged 65 or over, and our median age of 45 years is older than the national average. Katikati has one of the oldest populations in the Western Bay sub-region, where nearly 36 per cent of the population is over 65 years.

An age-friendly community is built through hundreds of everyday decisions. It's about ensuring there is suitable housing for older residents, libraries that help people stay connected in an increasingly digital world, accessible pathways and public spaces, places to sit and rest, safe public toilets, and community facilities where people can remain involved in local life.

One area where Council has already made a significant investment is housing. Last year we celebrated the opening of 26 modern, purpose-built elder housing units in Katikati, designed to be accessible, comfortable and suitable for independent living.

Overall, Council currently provides 85 affordable elder housing units across the district in Katikati, Te Puke and Waihī Beach for those with limited means. These homes allow people to remain in the communities they know and love, close to family, friends and support networks.

Supporting people to age well is also about making it easier to stay connected, particularly when getting around or accessing services becomes more difficult.

Small improvements can make a big difference. The recent upgrade to Katikati's Dave Hume Pool has made the facility more accessible, including the addition of a disability hoist.

Council also works with the community to provide facilities like the outdoor exercise equipment in Diggelmann Park, Katikati and Park Road Reserve, Maketū that provide opportunities for older people to maintain mobility and stay active close to home. Council funds and partners with a range of age friendly services and community initiatives, including Live Well Waihī Beach's work to improve accessibility, the Community Rides service offered by the COLAB Community Trust in Te Puke, the Wise and Wonderful programme run by Katikati Community Centre, and 'A Friends Place' social programme at the Waihī Beach Community Centre.

At our libraries, Tū Mai Digital delivers digital literacy classes, helping people use devices, build confidence online and understand – and avoid - digital scams.

We have also seen our libraries become places where people can access other services, such as the SuperGold photo clinics held this year in Ōmokoroa, Katikati and Waihī Beach.

Local Government Reform

As many of you will be aware, there have been significant changes proposed for the future of local government. The Government has indicated that regional councils will disappear and, through amalgamations, wants a reduction in the number of territorial local authorities. These new councils will pick up the functions previously run by regional councils and become unitary authorities in the way that some districts like Tasman, Auckland and Gisborne already are.

Feedback from our communities showed an openness to exploring reform to improve affordability and service provision but raised two key concerns: the need to maintain strong local voice and representation; and avoid taking on the debt of other councils. There was significant progress and solutions identified for both these matters in preliminary discussions with Tauranga City Council.

At the time of writing, we are awaiting the Government's decision on whether the proposal to form a sub-regional unitary authority with Tauranga City Council will proceed to detailed design through the "Head Start" pathway. Whatever that decision, as a Council we will continue working to achieve the best outcomes for our communities.



Mayor *James Denyer*
Western Bay of Plenty
District Council

‘GRANNY HOBBIES’

are Taking the Country by Storm! Ref: Grownups

Grandma’s chores were relentless. When she wasn’t looking after children, preparing meals, and doing the washing and housekeeping, she was busy preserving, baking, knitting, sewing, patching, darning, or hemming and embroidering a tablecloth. Exhausting though it may have been, these tasks are what’s currently capturing the hearts and minds of younger generations. What’s more, the reasons for the uptake in these somewhat forgotten arts may not be what you expect!

Rather than out of a desire to be thrifty or because of sheer financial necessity, many ‘granny hobbyists’ are turning to traditional crafts as a pushback in a world becoming increasingly digital and demanding. When everyday life is pulsing with flickering screens, social media chimes, chirps, and messages, and digital notifications from your calendar, exercise-, blood pressure-, daily steps-, and mental health-apps, the impact can be – to put it mildly – a recipe for stress and anxiety. Then there’s the sheer pace of life we’re now prompted to keep up with. If we’re not collecting the grandies from after-school care, heading to the supermarket before the traffic gets busy, contacting the bank, the council, the insurance company (because you now have to do everything for yourself), we’re busy switching energy providers, hunting out the best fuel deal for the week, or checking the supermarket specials (because a cost-of-living crisis means every dollar counts). In short, life is frenetic in a way it once wasn’t! So just how do ‘granny hobbies’ actually help out?

As it happens, many repetitive actions, of the kind to be found in activities such as knitting and darning, actually assist in the release of serotonin (a chemical that carries messages between nerve cells, and which promotes feelings of happiness and well-being). Those same repetitive actions also signal our body to relax with the result (unless we’re becoming too frustrated over dropped stitches!), our heart rate lowers and our blood pressure can drop. Which all contributes to a feeling of quiet contentment. No wonder, then, recent research out of Anglia Ruskin University suggests taking part in arts and crafts is a way to boost happiness and life satisfaction. Not to mention a sense of purpose.
In an age of instant gratification, many granny hobbyists also value the delayed satisfaction a craft can bring. As they work, week after week, on a project, their sense of joyful anticipation is an ongoing pick-me-up, something pleasant (or even exciting) to focus on, and a way of directing attention away from the general stress of everyday life. In fact, when baking or preserving, many cooks find as much pleasure in thinking about the loved ones who will share the results of their labour, as they do about the task itself, something that connects them to those they love.

Community, and the opportunity to socialise, can be the major drawcard for many granny hobbyists. Traditional crafts no longer need to take place solely in the home. Seen as a way to improve mental health, stave off loneliness, and often contribute to charities as well, granny hobby meet-ups have grown apace over recent years. From social enterprise knitting groups to preserving workshops and mending circles, people are coming together for all the right reasons to take part in activities granny accepted as her duty!

Grandpa hobbies: Most men, around the same era, had to fix things, grow things and find things to do in their time off which also gave them skills that can be used in later life. Exercise – walking, swimming, golf and pickleball. Mental – puzzles, research, genealogy. Relax – reading, card games, chess, bridge. Handcrafts – woodwork, make models, painting and so on.

Whether you already enjoy a traditional craft, or want to learn one, why not check the net for opportunities to engage in community activities.



BANANA AND CHOCOLATE BREAD-AND-BUTTER PUDDING

Bread-and-butter pudding always tastes better than it sounds – and the addition of banana and chocolate makes it even better. This is a simple dessert for kids to make.



Serves **6** - Preparation Time **60 Minutes**

Ingredients

- 8 slices bread spread with butter
- 1 large ripe banana
- 1/4c chocolate chips or chopped chocolate
- 50g sugar
- 3 eggs
- 320ml milk or a combination of milk and cream
- ¾ teaspoon mixed spice

Method

1. Preheat oven to 180°C and grease an ovenproof dish.
2. Remove the crusts from the buttered bread (but don't throw away) and cut the slices into quarters. Arrange half of the bread in the bottom of the dish. Slice the bananas onto the bread and sprinkle over the chocolate chips. Arrange the remaining slices of bread over the top, butter side up.
3. In a jug combine the sugar, eggs, milk and spice and mix thoroughly.
4. Chop the bread crusts into little pieces and scatter over the pudding, then pour the liquid over the back of a spoon to gently soak the bread.
5. Bake for 45 minutes until the top is crisp and brown and the filling is risen and set. Dust with icing sugar and serve hot or cold.

Ref: Love Food Hate Waste

SALMON AND LEEK QUICHE

Sarah Hobbs 01/06/26

Served with a crisp green salad, this salmon and leek quiche goes down a treat!

Ingredients (10)

- 1 sheet (25cm) ready-rolled shortcrust pastry
- 1 tbsp wholegrain mustard
- 20g butter
- 2 leeks, white part only, thickly sliced
- 1 bunch asparagus, trimmed
- 300g hot-smoked salmon, coarsely flaked
- 3 eggs, lightly whisked
- 1/2 cup (125ml) thickened cream
- 1 tbsp coarsely chopped dill
- 1 tbsp finely chopped chives

Method

1 Preheat oven to 200°C. Line a 15cm round (base measurement) by 5cm-deep fluted tart tin with removable base with the pastry and trim any excess. Place in the fridge for 15 minutes to rest.

2 Cover pastry with baking paper and fill with pastry weights. Bake for 10 minutes. Remove paper and weights and bake for a further 6-8 minutes or until golden. Reduce temperature to 160°C. Spread the base of the pastry evenly with the mustard.

3 Melt butter in a large frying pan over medium heat. Add the leek and cook, stirring occasionally, for 5 minutes or until leek softens. Remove from heat.

4 Reserve 3 asparagus spears; coarsely chop remaining spears. Combine salmon, leek and chopped asparagus in a bowl. Spoon into pastry case. Whisk eggs, cream, dill and chives together in a bowl. Pour over salmon mixture. Bake in oven for 45 minutes or until filling is just set.

5 Place remaining asparagus spears in a shallow heatproof bowl. Pour over boiling water and set aside for 2 minutes to soak. Drain well. Place on the quiche. Serve warm or at room temperature.



AFTER THE MT EREBUS CRASH – RECOVERY PROCEEDURE RECOUNTED BY A POLICE CONSTABLE IN 1979

At our recent coffee morning meeting, retired police officer, Russell Backler, was our guest speaker. He recounted, how as a young constable he was drafted to be one of 11 police who were sent to Antarctica to recover and bring the bodies of the 257 poor souls who lost their lives in the Mt Erebus plane crash on 28 November 1979 on an Air NZ scenic flight TE901.



Russell was stationed in Palmerston North at the time and was one of 4 from there, plus others from Auckland and Christchurch who were drafted in to be part of the recovery team as they had done a Disaster Victims ID course [DVI) They had a 3-day training session in Christchurch which included how to fill in the critical forms [in the snow] and basic survival information. They were kitted out with appropriate clothing, minimal equipment in a suitcase, and clambered aboard a RNZAF C-130 Hercules for the bone jarring, very noisy, 8 hour flight to Antarctica.

They landed on Ross Island at 2am with the sun shining because of the time of year but the ice was 4ft thick. They had to stay at Scott Base in an enormous dormitory which was big enough to accommodate all 26 personnel which included Search and Rescue, mountaineering experts to look after their safety ie not fall down a crevasse, keep wearing goggles to prevent snow blindness. US military staff were used to take vital photographs.

On the first day they had a meeting at 8am and were then put through rigorous training on how to work in the snow. After that they were taken by helicopter to Mt Erebus, which was 28km away, on the other side of the mountain. Once there they put up tents and practiced procedures for two days before starting work. With it being light 24 hours a day it was really hard to keep track of the time. They worked 12 hours on and 12 hours off for at least 4 days when the full team were there. They slept in tents just above the site – 2 to a tent, fully clothed inside 2 sleeping bags and most slept well.

The area, which was 700m long and 180 metres wide, was divided into 30m x 30m grids, and 4 groups took one grid each at a time to search and recover the bodies. The weather stayed fine most of the time with temperatures between -7 to -35 degrees with the wind chill factor and the bodies were frozen, so it was not so gruesome and no smell except for the kerosene from the aircraft. They found 83% of the people but some would have been beneath the aircraft and impossible to recover. Russell assured us that all would have died instantly. [The Operation Overdue was from 29th Nov to 10th Dec]

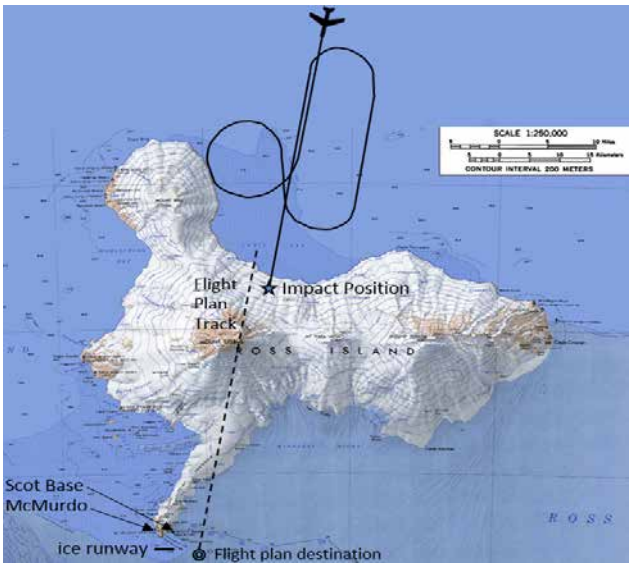
An inquiry found that Air NZ had changed the flight plan but not informed the pilot so he had no idea that his plane was supposed to fly over a mountain rather than the original route over the water. Of course, 47 years ago systems were a mix of computer and manual, so when the plane flew into a complete 'white out' the captain lowered the plane in an endeavour to see where they were and therefore the plane crashed nearer the bottom of the mountain – did a belly flop. The main engines failed but the rear one kept going and pushed the plane up the slope for almost ½ kilometre.

As told by Russell

It was an interesting morning as some at the meeting had been working in related industries at the time and had quite a bit of information and memories to share with us.

Russel was asked if he had nightmares about his experience and he said no, he'd always been able to talk about it which had helped and now, will recount the event at a meeting if he is asked. Our heartfelt thanks go to Russel and all the other people that took part in the recovery process at that awful time.

Jennifer (Editor)



COGNATIVE TEST CHANGES FOR OLDER DRIVERS

As a result of a meeting in July between NZTA, the Ministry of Health, the Royal NZ College of GPs, and the Office for Seniors, there will be a reduction in routine mandatory cognitive testing in a doctor's 'fitness to drive' assessment. This represents a major change to the testing process for many senior drivers throughout NZ.

Health Pathways is a new online clinical information service provided through Health NZ, that is used by health professionals at the point of care. The pathway called "Driver Medical Certificate" has been updated and made available to all GPs nationwide in mid-August. This pathway states the following: - Consider office-based cognitive assessment, eg Mini-ACE if there are concerns about cognitive function or the patient is not known to you and appears to have cognitive difficulty and there is no available past or collateral history to reassure you that there is no significant cognitive decline.

Routine screening for cognitive impairment is not recommended or indicated for a driver medical and there is no screening tool currently available to determine cognitive fitness to drive.

Advise to seniors due for assessment:

- It's best to see a health professional from their usual practice, someone who knows them and their medical history well.
- If the GP or nurse practitioner providing the assessment doesn't know the person well, they may screen for cognitive impairment especially if they don't have enough information to be certain there is no impairment.
- If screening identifies cognitive impairment, then there will be further assessment to decide if driving is affected. This might be an on-road safety test (ORST) or an occupational therapy driving assessment. See more on the NZTA website.

NZTA have advised that their medical team will not process a licence revocation if the only reason on the medical certificate is a low cognitive screening score, in that case the team will follow-up with the GP.

In some circumstances if someone had their licence revoked due to a failed cognitive test, with no other medical issue identified, NZTA is prepared to review their case so long as they meet criteria. A new medical certificate confirming fitness to drive prior to re-instatement will be necessary.

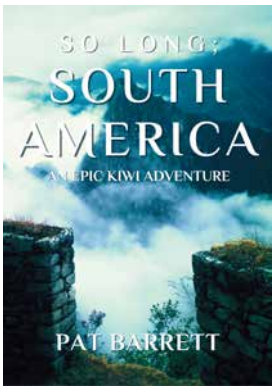
If you feel that you are in this category and want a review, please provide your contact details and the date that your licence was revoked, purely because of a failed cognitive test at the GP practice.

Call the Federation office on 09 299 2113 or email to fedoffice@greypower.co.nz with the subject "Driving Licence Review". These will be processed on a first come basis, after ensuring that each one meets the strict criteria of eligibility for review.

It is important to remember:

- As we age, changes in health, vision, and thinking can affect driving safety. A doctor's role is to keep seniors (and others) safe on the road while supporting their independence.
- A health condition may not necessitate loss of licence to drive. Many people with health conditions can still drive safely. Decisions are made based on overall health and driving ability, not just a diagnosis.
- If seniors are not fit to drive their health practitioner is legally required to inform NZTA of this in writing. See NZTA's website about driving alternatives.

Ref: Grey Power Federation magazine for the full article.

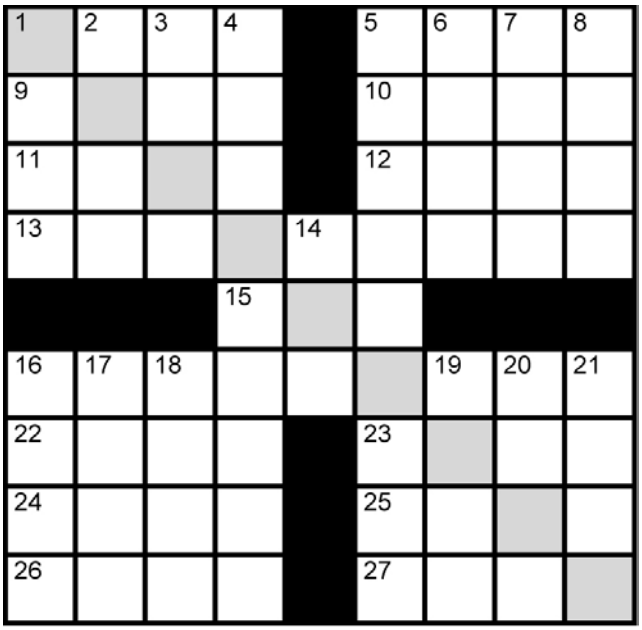


SO LONG: SOUTH AMERICA By Pat Barrett

The book is an illuminating tale of how 3 New Zealanders, Pat being one of them, set off to travel round South America in 1982. They just had backpacks and a thirst to visit countries such as Chile, Ecuador, Columbia and Peru so they set off with a 'can do' attitude and little else except a travel handbook. In the 1980's there were no cell phones, internet or GPS so they relied on maps and asking the locals. Transport varied from buses that sometimes teetered on the edge of narrow roads, to overcrowded trains, walking and hiking and sometimes it was just a matter of surviving. Their accommodation was extremely varied and not that comfortable – or safe but what an experience! The book is full of their adventures, both fun and exciting but at times quite dangerous but also packed with the history of the many places they visited.

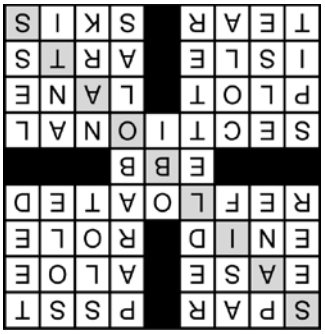
Pat Barrett is a well-known author and outdoor adventurer from Christchurch, and this is his latest book which is available from bookshops for RR $34.95

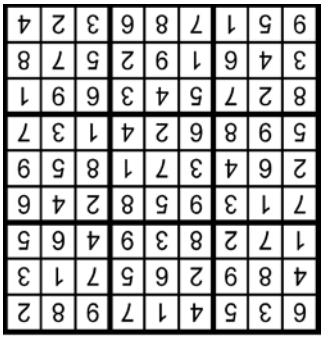
Harbour Sights



Across
1. Box
5. 'Hey ... over here!'
9. '___ on Down the Road'
10. Cosmetic additive
11. Author Bagnold
12. Film part
13. Made buoyant again
15. Flow's partner
16. Type of sofa
22. Connive
23. Narrow street
24. Capri, for one
25. Song and dance, e.g.
26. Drop from the eye
27. Slaloms

Down
1. Clairvoyant
2. Piece of glass
3. '___ I care!'
4. Memorable, special
5. Conic sections (Geom.)
6. Coin opening
7. Exclusive
8. Angry, with 'off'
14. ___-Wan Kenobi
16. Fast-moving card game
17. '... or ___!'
18. Fizzy drink
19. Informer
20. Against
21. More or ___





The crossword headline is a clue to the answer in the shaded diagonal

Rainforest

AMAZON
BATS
BIRDS
BOAS
BOG
BRAZIL
BUG
CAIMAN
CANOPY
CHOCOLATE
CUCKOO
DRAGONFLY
FIGS
FROGS
FUNGI
HULI
IGUANA
JUNGLE
LOGGING
MACAW
OCELOT
ORANGUTAN
ORCHIDS
PARROTS
PERU
PIRANHA
QUETZAL
ROOTS
SERVAL
SLOTH
TIGER
TURTLE
VINES
WORMS
XENOPS

B	A	T	S	R	B	O	G	N	L	I	J	E
P	S	B	J	P	I	R	A	N	H	A	L	Y
A	E	I	Q	U	E	T	Z	A	L	G	P	K
R	R	R	Y	O	U	L	X	E	N	O	P	S
R	V	D	U	G	I	W	T	U	N	C	F	S
O	A	S	N	Z	A	A	J	A	A	N	H	L
T	L	A	A	C	L	O	C	Y	A	T	F	S
S	R	R	A	O	O	V	L	M	O	X	G	L
O	B	M	C	K	A	F	I	L	R	I	I	O
O	B	O	C	N	N	A	S	I	F	D	K	G
R	H	U	A	O	C	E	L	O	T	F	T	G
C	C	U	G	S	D	U	W	F	U	R	I	I
H	G	A	Q	R	H	P	O	U	R	O	G	N
I	R	O	O	T	S	T	R	N	T	G	E	G
D	A	M	A	Z	O	N	M	G	L	S	R	L
S	D	K	V	I	N	E	S	I	E	V	W	I

SUDOKU

6		5						2
4	8						1	3
	7	2	8				6	
			9		8			6
			3		1			
5			6		4			
	2				3	6	9	
3	4						7	8
9						3		4

How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid.