

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER



SPRING ISSUE 2020



June Graham, long-term activist *Page 8*

End of Life Choices Referendum *Page 4*

Grey Power membership officer John Wuts and his wife Pam enjoying Napier's cycleways
Photo by: Kirsten Simcox, Napier City Council

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Editor's note

Another newsletter put to bed!
Hope it doesn't send you to sleep....

We are doing well, aren't we, to keep out the virus with strict border controls. But do any of you feel like I do that the bubble of normalcy could pop easily and we'll be back fighting community spread?

If it means back to lockdown, then so be it. If it means wearing masks, staying at home, social distancing then what are our other choices?

A noisy groundswell of those who believe the virus is a scam, and scoff that "all this for the deaths of 22 mainly older co-morbid people" shows how much we need to act as a nation, remembering that "no one is safe until all of us are safe" with this pandemic.

Our August candidates meeting will hopefully see the candidates committed to protecting us during this pandemic. If you have questions you'd like all candidates to answer, please send them to the President or secretary and we'll try and see they are asked.

Stay warm, dry and safe!

Nga mihi *Maxine*

PRESIDENT'S ANNUAL REPORT

So good to be back to normality for most of us; though we still need to be careful and prepared to follow all necessary precautions should another community outbreak occur.

Over the last twelve months we had excellent guest speakers starting off with Stuart Nash keeping us updated with his portfolios; Hamish Gervin from Chorus about fibre and faster network; Aynsly Richards on fire safety in the home; last July we had Rachel Graham and Judith Goldsack sharing about Nourished for Nil; and then in August we had the candidates standing for the Regional Council and in September, candidates standing for Napier's Mayorality and council. Both meetings were very successful with the venue packed and people standing outside.



In October, David Seymour shared about his proposed Bill "End of Life Choices". There was a lot of interest in this with being a referendum in September's General Elections.

And then in February Bronwyn Groot explained the many ways we can be scammed. A bit of an eye-opener! All meetings were followed by afternoon tea and I thank June Graham, Carol Cairns and more recently Allie Beattie plus all the volunteers who help with this; as well as those who set up the tables and chairs and all the other duties we do to make our meetings a success for your enjoyment. Big thanks to everyone. Very much appreciated.

We ended the year with our Christmas luncheon at the Pukemokimoki Marae. There were about 170 members and guests who enjoyed good finger food and being entertained by Joan and Garry Shaw with many of the old-time favourite Xmas songs.

We started the year off with our Volunteers' Luncheon at the Napier RSA. Always a nice lunch followed by thanks and appreciation to all our volunteers who give of their time, energy and expertise in many ways including: newsletter folding and delivery, phoning members, catering, fruit picking and committee responsibilities. There are 60 volunteers without whose support Napier Grey Power could not function as we do now; their work saves us costs, helping to keep our membership fee affordable.

Again, big thanks to all the volunteers, you are very much appreciated. A particular thank you to our hard-working committee who all do a lot of work on your behalf between our meetings.

1st October last year we celebrated International Day of the Older Person, and along with Age Concern we assisted the Napier City Council with organising this event which was an enjoyable afternoon tea and entertainment held at the Municipal Theatre. This has become an annual event so put the date in your diary 1st October this year; I know you will enjoy the occasion.



Many of the regular meetings we hold or attend were stalled because of Covid-19. However, during the year we attended four Zone meetings at Palmerston North. We are one of twenty associations in the Federation that meets to discuss current issues and the sharing of ideas.

Other meetings we attended were the Positive Ageing Trust, which has membership from Age Concern HB, Grey Power Hastings, Hastings and Napier Councils, and Grey

Power Napier. They have the responsibility of distributing donations to help meet the needs of elderly peoples.

We meet quarterly with Hawke's Bay District Health Board staff and elected members alongside Age Concern Hastings, Central Hawkes Bay and Grey Power Hastings to share your health concerns. The big concern this year was the sending out of letters to patients cancelling their home help. Collectively we expressed our strong disappointment in this move and are pleased that this decision was reversed.

With Covid-19, sadly we weren't allowed to have our normal monthly meetings but did our best to keep in touch, with our phoners calling over 300 members to check on their well-being, as well as sending out e-mails to everyone with an e-mail network address. We also put an article in the local newspaper, and produced our usual newsletter in June.

Sadly, last September we lost Life Member and committee member Lillian Rennett who sat at the raffle table with tickets and chocolate fish. Lillian had been an active member for so long she couldn't remember. She was an amazing lady who had a big heart for Grey Power. We miss her.



Another Life Member, June Graham has decided to resign from the committee for health reasons. June has been on the committee since 2006 (fourteen years) and during this time held the position of treasurer and later was our catering organiser and supervisor. We were always impressed with her dedication, wisdom and commitment which we appreciated very much. We wish June all the very best.

This month we made a submission to the Napier City Council Annual Plan (see page 10) which we are speaking to at the Hearing on 12th and 13th of August. Rates rises and affordability and Council housing refurbishment and expansion were key issues. It will be live streamed so tune in or watch it later on the Council Facebook page or website.

Also we want to thank all the sponsors who advertise in the newsletters and Discount Book plus Dunstalls who sponsored our Courier ads for several years; Beth Shan who donated towards your afternoon teas and a special thanks to Shona Bayliss from Princess Alexandra Retirement Village, you would have seen their advert in the latest newsletter. Shona in her spare time is one of our newsletter deliverers in the Marewa area.

Also I want thank the Maori wardens who look after parking at our meetings and always have a friendly smile for members.

Again, I thank you all for all the support you give as a member and look forward to the coming year. Stay safe!

Bruce Carnegie | President

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End of Life Choices referendum

In next month's General Election, you can vote in two referendum: whether the recreational use of cannabis should become legal; and whether the End of Life Choice Act should come into force. Last newsletter we outlined the cannabis referendum; this time we are presenting facts on the End of Life Choice Act.

The purpose of the Act is to give people with a terminal illness the option of legally asking for medical assistance to end their lives. They must meet the eligibility criteria to have the option.

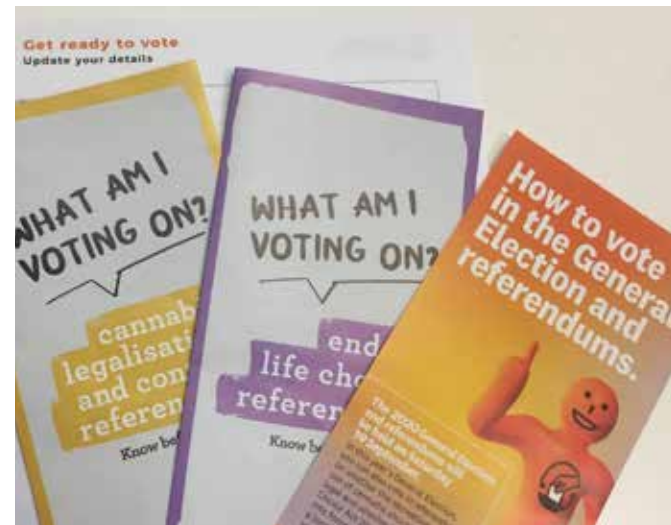
Parliament passed the End of Life Choice Act, but it has not come into force. The Act will only come into force if more than 50% of voters in the referendum vote 'Yes'.

Detailed information is available in the pamphlets sent out with your voting confirmation pack (which you should have received – if not, contact <https://enrol.vote.nz/app/enrol/#/check-online> or phone 0800 36 76 56)

[enrol.vote.nz/app/enrol/#/check-online](https://www.referendums.govt.nz/endoflifechoice/index.html) or phone 0800 36 76 56

Here's the information online:

<https://www.referendums.govt.nz/endoflifechoice/index.html>



GENERAL ELECTION

- * You should have your voting confirmation pack now
- * Meet Napier and Ikaroa-Rawhiti candidates at our Grey Power meeting on Tuesday, 18 August
- * When we went to publication, the following candidates have indicated that they are standing in Napier (and we have invited to our Candidates meeting):

Deborah Burnside (New Conservatives Party)
James Crow (Green Party)
Judy Kendall (ACT Party)
Stuart Nash (Labour Party)
Katie Nimon (National Party)
John Smith (Independent)

Ikaroa-Rawhiti candidates:

Elizabeth Kerekere (Green Party)
Meka Waitiri (Labour Party)
Heather Skipworth (Maori Party)

If any other candidates declare in either electorate, we will invite them to our Candidates meeting.

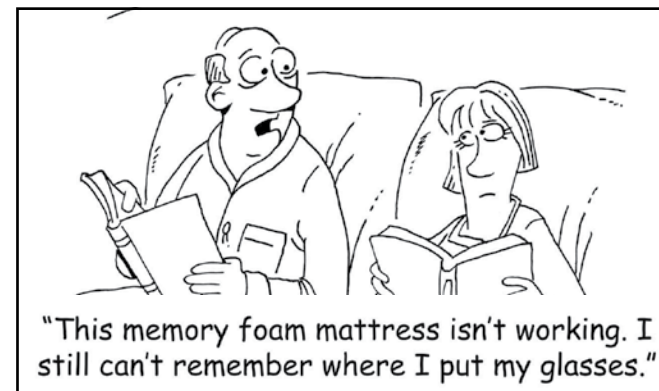
Parties with no candidates standing in either electorate will not be asked to present.

YOU DO NOT HAVE TO WAIT TILL 19 SEPTEMBER TO VOTE.

Advance Voting places will be open from Saturday 5 September or at any voting place on Saturday 19 September.

If you are enrolled by Sunday 16 August you'll get an EasyVote pack in the mail about two weeks before election day. This will tell you where and when you can vote and who you can vote for. It will include your personalized EasyVote card which makes voting easier and faster.

Encourage your friends and whānau to enrol early so that they're ready to vote!



Our health has never been so important as it is now.

With the COVID19 pandemic raging across the world, the spotlight has been upon the elderly and those with chronic conditions as suffering the biggest impact if infected. The reasons have now become clearer: chronic illness results in a low-grade inflammation that can suddenly rage out of control in the presences of the Corona Virus.

There is hope. Our bodies are designed to heal themselves and if the triggers for inflammation are removed, then within weeks, inflammation can subside and we have a fairer chance of beating most chronic diseases not only COVID19.

At Shape My Health, we assess your risk factors for chronic disease and provide you with a wellness plan that focusses on an anti-inflammatory lifestyle.

Your 60 + assessment will also focus on issues associated with aging to aid you to maximize the life in your years!

AUGUST GREY POWER MEETING MEET THE CANDIDATES IN THE GENERAL ELECTION

When? Tuesday, 18th August, 1:30 pm
Where? St Columba's Presbyterian Church
176 Gloucester Street, Taradale
Who? ALL WELCOME

Bring money for raffles, a donation for the Food Bank, a friend and your membership sub if you haven't renewed!

Afternoon tea to follow

Shape My Health
Proactive Health Assessment and Care
Find out more
shapemyhealth.co.nz | [@shapemyhealth](https://www.facebook.com/shapemyhealth)
109 Canning Road, Hastings | 0800 555 060
hello@shapemyhealth.co.nz | Mon-Fri 8am - 6pm

Let's Keep Moving

By Stuart Nash MP

In July Prime Minister Jacinda Ardern visited Hawke's Bay to make a number of announcements. At one meeting she commented that we were all squashed into a small room together. A few months ago no-one would have thought that possible.

At a time when other countries are still reporting tens of thousands of new COVID-19 cases and hundreds of COVID-related deaths each day, there we were safely gathering together.

As you know, our team of five million has been through a lot. From a terrorist attack and a volcanic eruption, to a global pandemic and now its ensuing financial crisis, our national character has been repeatedly put to the test – and yet we have always come back stronger together.

Our plan is about investing in people, creating jobs, preparing for the future, supporting small businesses and entrepreneurs, and positioning ourselves globally.

We're investing in people by increasing income support for those who need it, continuing to rebuild and strengthen core public services like health and education, and making all apprenticeships and targeted trades training free.

We're creating jobs with significant investment in



roads, rail, public transport, health and education as part of the New Zealand Upgrade Programme, and sustained investment in public housing. We're also partnering with communities, iwi and councils to address local infrastructure needs, as well as supporting regional projects that will clean up our waterways.

We're preparing for the future by investing further in waste management and clean energy generation, supporting businesses to research and innovate, and helping more firms make the jump to online commerce.

We're supporting small businesses and entrepreneurs through wage subsidies to keep staff on, and interest-free loans to ease cash flow pressures.

We're positioning ourselves globally by helping exporters to re-engage with international markets, supporting firms that are looking to export for the first time, continuing to expand our trade relationships, and investing significantly in tourism while closely monitoring our options for a trans-Tasman bubble and reconnecting with our Pacific neighbours.

Going hard and early has put us in a good position. Now is the opportunity for our team of five million to build on that success.

So, as the Prime Minister has urged, let's keep up the momentum. Let's keep rolling out our plan and rebuilding New Zealand better. Let's keep moving.



Stuart Nash

MP for Napier

MINISTER OF POLICE, FISHERIES, REVENUE, AND SMALL BUSINESS

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Authorised by Hon Stuart Nash, 160 Willis St, Wellington

A wise old man was talking to a boy and said, "there are two wolves always fighting inside me. One is filled with anger, hate, jealousy, shame and lies, the other wolf is filled with love, joy, truth and peace, this battle rages inside of you and all men." The boy thought for a moment and asked; "Which wolf will win?" The old man answered: "The one you feed."



John Smith (Independent) | www.knowledgewagon.nz

Lindsay Tisch (N) MP for Waikato 1999-2017. Last 9 years as Assistant and Deputy Speaker. In his valedictory reported in Hansard said: "Very few appreciate or understand this institution that is Parliament....

power has shifted to Parties...and this House has become a House more of political parties and less of a House of Representatives."

Napier's last effective MP William Edward (Bill) Barnard 1928-43 was reluctantly the Speaker. After the 1940 division in Labour he resigned from the party but was retained by Parliament as Speaker. Read Bill's biography at <https://teara.govt.nz/en/biographies/4b5/barnard-william-edward>.

The Tisch opinion applies even more now despite the supposedly moderating influence of a 3 way coalition and the meme floating PM (be kind, new normal etc). Groupthink is evident in a lack of rationale and dissenting views on the unprecedented quite unjustifiable draconian measures imposed in March based on the baseless projections of flawed individuals paraded as experts abroad and at home. Oh and of course there was almost total unanimity on the Zero Carbon legislation (Muller came to Hastings in November 2018 to convince himself and his audience to go along with).

Time for Independents in the House. I will exchange views with you the constituent – not pretend to listen and then bow to a party dictate and who or whatever is dictating to it. I empathise with the situation Barnard faced in 1940. He was an advocate of monetary reform which resulted in Labours landslide in 1935. He resigned from Labour in 1940 on principle when they expelled Lee the most competent monetary reform advocate. Parliament had Bill see out the term as Speaker to '43.

2020 sees us dashing headlong towards totalitarianism. Look (but not at your TV) what is essentially happening world wide. For a while now it has been global warming as the instrument. That wasn't deceiving fast enough so the deceit let loose now is the mythical virus. **We Are Victims of the Greatest Crime in History** (transcript at www.vernoncoleman.com) – video might still be on YouTube although censoring has caught up with some of Dr.Coleman's (MB,ChD,DSc, FRSA) .

The Five Eyes countries – the sovietisation in four moves apace. It would be sheer complacency to expect we will not be dragged along too. Already the new Minister of Health in July is demanding a considerable ramp up in testing. He must want the figures that will justify further draconian "lockstep" measures? Read <https://off-guardian.org/2020/06/27/covid19-pcr-tests-are-scientifically-meaningless/> and decide whether this Covid story is a racket or not.

Mentors in 1974 (I was 31 and working for a law firm) advised "Beware the trained mind". A doctor acquaintance then (who had largely turned her back on her training) was another influence. Consequently over time I have become a "student" of history, monetary reform, politics in general and in particular medical/health history and practice. The latter exposing me a decade or more ago to the falsity of the "Germ (microbe) theory" of so called infectious (contagion) disease. The germ theory underpins pharmaceutical (allopathic) medicine which rules the health scene today and its darlings are vaccination, fluoridation and pharmaceuticals (pill for every ill or ill for every pill). The "safe and effective" mantra attached to these interventions is misinformation.

Hence my advocacy includes exposing these false paradigms. Is the political solution to dissolve the Ministry of Health (leaving hospitals under local directorship to remain of course for their primary function of trauma/accident medicine)? For those who continue to "believe" in the merits of socialised medicine (effectively making me pay for your poisons) I say time to stop and take stock. We have been hi-jacked by big pharma and its agents. There is a much better way and a recent example and supportive of my contentions is www.whatreallymakesyouill.com introduces 800 page encyclopedic book subtitled why everything you thought you knew about disease is wrong.

The UN is a "trojan horse" and we urgently need a serious rethink of our involvement beginning with WHO (health) and that other strident propaganda outfit UNIPCC (climate). Discourage political attendance at annual World Economic Forum (Davos) and the like. Stay home PM and listen to the NZ people. I stand for:

- Nation Sovereignty – globalism is a crock leading to enslavement.
- Nation self sufficiency – property and investment stock owning democracy.
- Decentralization of government.
- Getting government off farmers' backs – wake up to Agenda 21 (now 30).
- Encouraging regenerative farming practices and organics. Humans, animals and the biosphere are only as healthy as the respective microbiomes.
- One nation and one law for all.
- Freedom of speech.
- Protecting the environment but banning 1080 and other substances 'Poisoning New Zealand'.
- Choice in education.
- And much more. When the people fear the government we have tyranny – when the government fears the people we have liberty. Time to turn the tables.

VOTE Smith (Independent) for Napier

authorised by John C Smith | 47/8 Morris Spence Ave Napier

Deborah Burnside has been in the service industry her entire working life – in retail, in travel and in her own award-winning waste and recycling company, Clean Earth Ltd, that she operates together with her husband Robert.

“Standing as a candidate is a role of community service and the timing is absolutely right for me to give my community my all.”

Her political interest has also been life-long, but was galvanized when a local MP first said, “Hey you could do this”. That initiated Deborah’s participation in a training program specialised for those interested in serving their community as an MP.

When Garth McVicar said he would happily nominate Deborah to stand up for Napier as the candidate for New Conservative, the party and Deborah didn’t hesitate, as an effective MP needs to have genuine connection to their electorate.

“Everything begins and ends with family – when we get families right, we get everything right.”

www.newconservative.org.nz

VOTE FOR WHAT YOU BELIEVE IN, NOT WHAT YOU WILL TOLERATE



Napier 

DEBORAH BURNSIDE

Authorised by D.Burnside, 86 Burness Rd, Napier.

A tribute to June Graham

Tom Belford, Bay Buzz

In my personal Pantheon of Hawke’s Bay issue activists, none ranks higher than June Graham, who’s just celebrating her 89th birthday this week. Perhaps I’m biased because she once served as BayBuzz’s circulation emissary to Taradale, ensuring that Greenmeadows New World and several dozen shops and cafes got their copies and were faithfully refreshed.

I first met June at meetings of Baywatch, the Hawke’s Bay’s environmental advocacy group organised over a dozen years ago by Liz Remmerswaal and Angela Hair as a regional umbrella for a dozen or so local conservation groups. June regularly brought her determination to improve the environment to the meetings ... and made sure we didn’t lack for sandwiches and biscuits!

Somewhere along the line, she served on DoC’s Conservation Board for East Coast/Hawke’s Bay, and thought nothing of driving to Wellington and back in a day so as to claim her few minutes and put her views directly to a Select Committee or hearing panel. Over the years June has been a fixture at Regional Council meetings ... a dedicated submitter and occasional gentle but pointed rebuker of miscreant councillors. I can’t think of anyone who’s followed the issues of the HBRC more persistently.

She’s a sly woman who studies the issues closely. One learned to beware of her approach at council meetings ... “I’m sorry, I don’t think I’m following this correctly, can you help me?” she’d ask at the tea break.

“Sure June, what’s your question?” What then followed was always a deadly question – of the ‘emperor has no clothes’ sort – that cut right to the quick on the issue, revealing she had already spotted the flaw or inconsistency in the matter at hand.

Anyway, June Graham is a model of civic responsibility, caring about things beyond herself, staying informed, and engaging for the betterment of the community with the greatest of spirit.

It was great to help celebrate her 89th. Thanks to Pauline and Jenny for organising.



THE MAYOR AT OUR MEETING

by Isabel Wood

It was great to welcome Mayor Kirsten Wise to our first meeting since February and for the 180 attendees hear her speak on the progress made in council since she became our Mayor.

Kirsten explained that since the elections her first priority had been to meet the challenges of balancing the wishes of the community. Active listening and being open and transparent were priorities. Live streaming of Council meetings had been well received and members were encouraged to listen in and see the debates and discussions taking place. Kirsten’s commitment to personal accessibility had resulted in her “Town Huddles” – open community meetings taking place in all four Wards with everyone welcome to take part. Covid19 and the resulting lockdowns had presented her with new challenges to remain accessible and so her daily Facebook posts during this unique period kept everyone informed. During the winter months Kirsten is holding one huddle a month at 5.30pm and uses Facebook the other three weeks with weekly huddles starting up again when the warmer weather arrives.

Council initiatives have included introducing councillors to portfolio roles giving them specific leadership roles within their area of expertise, which enhanced effective working relationships and good progress has been made. The Code of Conduct and Standing Orders have been aligned with the national template.

War Memorial: Key projects include the War Memorial – a project dear to Kirsten’s heart and she was working hard to ensure the best possible outcome for everyone. Input from the original architect Guy Natusch was most important and she was confident most of the work needed would be completed by Anzac Day 2021. (see note below)

Library: After a very robust consideration of 17 sites and an eventual shortlist of three, the logical result had been to return the library to the Station Street site, which our members were very happy to hear. After exploring the avenues of earthquake strengthening and refurbishing it has been decided to demolish



the adjacent Civic Building site and rebuild (location undecided) which would result in promoting good and efficient working space for Council employees. A hotel was no longer an option for this site; affordable apartment living is one option being considered, to add vibrancy to the area and help alleviate the housing shortage.

Pool: The location of a new Aquatic Centre was another contentious issue now on hold. The Onekawa site was still in contention, with an investigation of the site underway. The community will be fully consulted once all information is available.

Water: Water was the number one priority for the last Council and this had not changed with this council. Work is already underway to find the best sites to replace the bores which have caused dirty water in Pirimai, Onekawa and Tamatea and it is hoped this problem will be alleviated by the end of the year.

Central Government has offered additional funding for use with water issues as part of Regional Projects, but Council is not agreeing with this until there is assurance this will not remove the ability to go chlorine free; and it will not take away control from the local community.

During question time the National Aquarium project was raised and Kirsten informed us that this has also been paused because of the cost to ratepayers. Council is waiting until after the election to see if government funding will be forthcoming. This project is not considered to be as important as our present water issues such as storm water and waste water going into the Estuary. Basic issues need to be considered before other projects.

In thanking Kirsten for coming to speak to Members, President Bruce Carnegie said how much the updates were appreciated and also the Facebook reviews. He recommended attendance at Kirsten’s huddles as they provided opportunities for sharing ideas.

* Selwyn Hawthorne took the opportunity to speak with members re the War Memorial issue. He had started the petition three years earlier to restore the Wall Memorial Roll of Honour and Plaques, and this was finally being achieved with the assistance of Mayor Kirsten and Deputy Mayor Annette Brosnan, and was on target to be completed by Anzac Day 2021. As Guy Natusch would be turning 100 years old next year Selwyn said it would be great to see his work come to fruition; he had a long and proud military history. Selwyn gave thanks to Grey Power Napier for their support. Maxine Boag pointed out that Kirsten and Annette had also been successful in getting the Wall Memorial name back on the building.

Grey Power Napier and Districts Submission to Napier City Council for the Annual Plan Consultation 2019/20

10 July 2020

Tena Koutou Katoa

Mayor Wise and Councillors

Congratulations in being elected onto the 2019-22 Napier City Council. Napier's Grey Power has enjoyed a generally positive relationship with previous councils and are confident this will continue and grow.

We would like to first thank Council for your support for older people during the lockdown – those in your flats and those referred through the Age Concern hub for food, shopping and non-contact assistance. Seniors were well looked after and we appreciated the effort made by council staff and elected members for their efforts.

Thank you also for the opportunity to present to you in person this year, with your reinstatement of hearings for the Annual Plan. As an advocacy group for the over-50s, we believe holding hearings is more democratic and effective in sharing community voices. As well, we appreciate the wide availability of your easy-to-read AP consultation booklet which has a Free Post response answer form which is what some of our members prefer.

Background:

Napier & Districts Grey Power is a local advocacy organisation for the over-50s, with more than 1,000 members, most of whom take an active interest in the well-being of our city and our country. We don't have an office, but meet monthly as a committee, and hold our big public monthly meetings which usually attract well over 100 people. We put out a newsletter quarterly, a Discount Book and have the work of advocating for our members.

We have been involved in various Council activities affecting older people: the Positive Ageing Strategy, the International Day for the Older Person, and the HB Positive Ageing Trust. We meet with representatives from the HB DHB quarterly; we make submissions to the NCC, publish Council information in our newsletters, including some council-paid advertising and we have a good two-way flow of information, funnelling some of our concerns and asking questions through Cr Boag who is on our

executive committee. Mayor Wise is speaking at our AGM on 21 July. As well, some councillors, including a few who are “under-age” ie below 60 have even joined our organisation!

Grey Power is keen to continue to further develop a good working relationship with the 2019-22 Council as this is best way to succeed in achieving shared goals.

We appreciate the positive ways in which this new council has vastly improved its communication with us citizens, with live-streamed meetings, regular Facebook updates, Town Huddles, printed material like the consultation booklet and pages in the Courier. There is much more transparency and accessibility with the new council which is very pleasing. Thank you for that!

Specific concerns and comments:

Rates rises and “affordability”

Our members have concerns about the level of rates increases proposed in the Annual Plan 2020/21, put at 4.8% for this year. We appreciate the effort the Council has made to reduce the intended level of rates increase but we would appreciate a further reduction. Whatever is decided, we agree that the best source of the extra money needed would be using reserve funding

As you know, the 2018 census showed that Napier City has:

- * A larger proportion of households earning \$20,000 - \$25,000 than NZ as a whole (6.3% vs 4.7%)
- * A larger proportion of households earning \$30,000 - \$40,000 than in NZ as a whole (10.5% vs 8.3%)

In short, the people of Napier are less well off than New Zealanders as a whole, so especially in light of the Covid-19 pandemic, we are less likely to be able to afford rates increases.

Could the NCC please lobby central government to increase the threshold for eligibility for Rates Rebates (thus making more people eligible) and increase the amount? At present we have members who struggle to pay their rates living just on Super and the \$655 maximum they can get from Rates Rebate is not adequate.

Council Housing

With the over-65 population expected to reach 25 per cent of the city's residents in 2030, and with housing being identified as one of the major concerns in

your Positive Ageing Strategy, we urge councillors to make retention, refurbishment and expansion of your pensioner portfolio a top priority.

Although this is not a topic for the current consultation, we did want to affirm that those pensioners and low income citizens living in your community housing cannot afford market rents and appreciate the service you offer.

Living Wage

We would like to see Council become an accredited Living Wage employer as we believe it is appropriate for publicly-funding bodies to lead by example in paying their lowest-earning employees a wage which will provide them and their families with the basic necessities of life. Doing so would help reduce poverty and inequality and support community well-being. This could be part of and be funded from your post-Covid recovery plan.

Covid-19, the Lockdown and post-Covid recovery plan

We support the Council helping businesses in genuine cases of hardship.

Water

We support what you are doing to address the issues around this .

Kerbside Rubbish Collection

We tentatively support this but would like to know how people (such as many of our members) can access a rebate if they only put their wheeliebin out once a fortnight.

Library

Yes we support returning the Napier library to its former location.



Meeting all of your appliance and heat pump needs.
Butler & Hewitt can do it!

We install, service and repair:

Refrigerators / Wall Ovens / Dishwashers / Washing Machines
Dryers / Waste Disposals / Heat Pumps & Air Conditioners

10% Discount on Parts for Grey Power Members
please advise office when booking

Napier 06 835 3104 Hastings 06 870 8799
www.butlerhewitt.co.nz 54 Munroe Street, Napier

Electric Blanket Safety Testing 

Bring your electric blankets into Butler & Hewitt to have tested by our specialized testing equipment.
At \$20.00 per blanket you can rest easy at night knowing that you and your family are safe in winter.

Street Management

We support this proposal.

Thank you for considering our submission and we look forward to your response.

We would like to speak to our submission.

Bruce Carnegie

President | Grey Power Napier and Districts

phone 844 5635

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Craving hugs? There is a genetic reason

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug. According to research, the craving for touch involves both heredity and a psychological need for physical human interaction. Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away. Skin hunger might reveal as a need for a hug, a need for a back scratch or rub, or a kiss on the cheek. Technology has done many things, but offering touch is one thing it can't do – or at least hasn't done yet. Skin hunger is a signal that we need people and touch in our lives. The need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by hereditary factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

So what to do? Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colours, and the smells. Think of the people there and how you interacted. Use photos to help. Try an old movie for enjoyment and memories.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too. *Thanks*

Meeting with District Health Board Staff

By Isabel Wood

President Bruce, myself, Hastings and Central Hawke's Bay Grey Power representatives along with Age Concern reps met with Hawke's Bay DHB Planning and Funding personnel on 22 July for our regular discussion.

Hastings GP President Ron informed the meeting that he had been contacted by the media about the review of the home management issue that had happened in January. He had declined to comment as this was confidential hospital business and not for Grey Power to comment, which was endorsed by the meeting. Systems and processes were being constantly reviewed by the DHB. They have their own way to identify risk and to do something about it, and the review was not yet formally released.

The DHB was working to improve staff confidence in speaking out where improvements were needed. This also applied to members of the public, and in particular older persons, so there's a line of communication if

they're not receiving adequate service. Levels of Home Management Care were constantly being assessed and any issues arising within Age Concern & Grey Power would be dealt with.

At their last meeting the board indicated that they would like to attend our meetings occasionally to hear and understand our concerns, and it was decided that this was up to our own group in the future to issue the invitation to them.

Staff will provide an "Update from the DHB" message for us to put in future newsletters with the aim of giving informed and positive views on decisions made on adequate support and planning for older persons.



New bus card for goBay

From 24 August a new bus card - Bee card - will make travelling by bus easier.

SuperGold card holders will continue to get free travel during off peak travel periods by presenting your SuperGold card to the bus driver. However, if you're travelling during peak times you will need to get a Bee card. These will be available (free until November) from bus drivers, the Regional Council at the Dalton St office in Napier, Hastings Library or online at www.beecard.co.nz

To transfer the balance from a goBay card to a Bee card, you will need to pick up a form on the bus, from the Regional Council at the Dalton St office in Napier or

from Hastings Library.

By registering your card at www.beecard.co.nz you will be able to do online top-ups and get a reminder when your balance is low. It will also mean we can put a stop on your card if you lose it (and transfer any balance to a new Bee card).

A new flat fare structure will be in place with Bee card fares of \$1 for one zone trips and \$2 for two zone trips. Cash fares will be \$2 for one zone trips and \$3 for two zone trips.

Bus fares remain free until 24 August.

For more information contact Hawke's Bay Regional Council on 835 9200, go to www.beecard.co.nz or email beecard@hbrc.govt.nz

Napier's wheelie bin rollout

From 1 October 2020 Napier's rubbish will no longer be collected in single use black plastic bags.

The introduction of wheelie bins for kerbside rubbish collection, from 1 October, is the latest major change to come from the last review of the Joint Waste Management and Minimisation Plan (WMMP). The Napier City and Hastings District councils share this plan, along with the management of Omarunui Landfill. It sets out how waste is managed across both cities and district. Two years ago both Councils adopted the Joint WMMP, following extensive consultation to cover the years through to 2024. The overall vision of the joint plan is to work towards zero waste. This includes increasing the amount of recyclables diverted from landfill, and decreasing the amount of organic matter – material that could be composted - going to landfill.



NCC will be offering an assisted collection service for those residents with physical limitations, and don't have anyone to help with their rubbish on collection day. An application will be required to be completed. This service and its process is currently being worked through. NCC will share more details when they become available.

Wheelie Bin Rollout fast facts:

- The size of the wheelie bin is 120 litres.
- Collection days are expected to stay the same, but check the sticker located on your new wheelie bin.
- There are rules around what can and can't go in your bin. It is for household waste only therefore NCC asks people to continue to recycle using their black crates and where possible, to reuse items and compost food waste.
- Do not use the wheelie bin to dispose of green (garden) waste, hazardous or medical waste, hot ashes, batteries or liquids.

Details about the changes to the rubbish collection service will be delivered with the wheelie bins. Alternatively go to www.napier.govt.nz search #binrollout for more details and FAQs.

And remember...

Always make landfill your last choice!

READY, SET, GROW!

Entries are open 1 - 28 October!

It's time to get your garden ready to dazzle the judges for the 2020 Napier Garden Competition!

Start pruning, weeding, and planting and you could win one of six categories.

For more information and to enter visit: www.napier.govt.nz and search keyword #GardenCompetition



Independence and quality of life for older people are at the heart of Enliven's work.

Enliven Older People is a service of Presbyterian Support East Coast. We work across Hawke's Bay and focus on restoring the physical, mental and social wellbeing of people in our care through home support, day programmes, social activities and exercise classes.

Day programmes give older people the opportunity to socialise, share a meal and participate in programmes and activities. These are held at the Enliven Centre at 2087 Pakowhai Rd and Sally's Place, 34 Te Aute Rd, Havelock North.

We are delighted that Age Concern Havelock North is now sharing Sally's Place with us. That means our clients will be able to access the best possible service in one place.

A major part of our work is in falls prevention – allowing people to live stronger for longer in their own homes, on their own terms. ACC has appointed us to promote falls awareness and support local providers to provide safe exercise classes. Look out for accredited Enliven Community Group Strength & Balance Classes across the region.

To find out more about Enliven's home support, day programmes or Community Strength & Balance classes, call: 06 281 2534 or email enliven@psec.org.nz.



Welcome to Sally's Place

Enliven is proud to announce that Age Concern Havelock North has moved in with us at Sally's Place.

While we're separate organisations, together we can provide you, our community, with the best possible services.

Sally's Place offers fun, activities and friendship for people aged 55+. Phone us to find out more. We look forward to meeting you!



**Phone: 06 281 2534
34 Te Aute Rd, Havelock North**

WHY JOIN GREY POWER?

For only \$15 per year (single) or \$27 for a couple, you can become a member of the Grey Power Federation as well as Napier & Districts Grey Power for the year 1 April 2020 to 31 March 2021.

Membership benefits:

- Free local Discount Book
- Four local and four national newsletters per year
- Free Accident Insurance Cover - \$2000 paid by ALL in event of death by accident or loss of a limb
- Reduced Health insurance
- Cheaper gas & electricity through Grey Power Electricity's low user rates for members

Your membership is vital to our effectiveness in seeking discounts and advocating on matters you care about. By the way, you don't have to be over 60 to become a Grey Power member - anyone can join and get the benefits!

See the membership form, page 15 – call President Bruce 844 5635 for more information.

**Thank goodness my book finally arrived,
I almost started cleaning the house.**



TIME TO RENEW YOUR GREY POWER MEMBERSHIP!

Your membership runs from 1 April 2020 till 31 March 2021 and is still only \$15 per individual or \$27 per couple.

If you are hooked up to Grey Power Electricity or Gas, your Grey Power Association membership must be current for you to continue to receive the discounted charges.

If you're not sure, or if you usually pay by cheque, please talk to John Wuts our Membership Officer 06 844 4751 or email wutsie@extra.co.nz to discuss the best way to stay part of our "family".

Newsletters: These are produced each quarter with the next three issues planned for:

- Tuesday 17 November, Issue 4
- Tuesday 9 March, Issue 1 2021
- Tuesday 9 June, Issue 2 2021

If you have any news or items of interest that you think could be good in the Newsletter please contact Maxine Boag our editor, Maxine.boag@gmail.com or 021 0247 0484

follow us

**follow us on Facebook
@greypowernapier
or website**

<http://napiergreypower.org>

This newsletter is posted on the above website and on the Kiwi Publications website
www.kiwipublications.co.nz

PLEASE DO NOT PAY YOUR GREY POWER ELECTRICITY BILL INTO OUR ACCOUNT!

If you pay us on line, please help us identify you!
We need a membership number or a full name

There are no limits to what you can accomplish except the limits to your own thinking.

INVOICE for GREY POWER MEMBERSHIP 2020-2021

If you are a NEW member; or an EXISTING member (and the sticker on your Grey Power membership card is not GREEN) your membership fees are due

Either:

1. Pay your sub online to **bank account number: 38-9009-0434068-00** Grey Power Napier & Districts; put your surname and initial and Grey Power membership number if renewing. If a new member, please email wutsie@extra.co.nz or phone 844 4751 to let us know you have joined. OR:
2. Complete this form and drop it off in an envelope with CASH to 15 Durham Ave (John Wuts' locked secure letterbox) or phone him or Bruce at 844 5635 to arrange a pickup.

Your name/s

Address

Phone email M'ship no

You are paying \$15 for 1 member (tick if applies) or \$27 for a couple

Amount paid: Payment Type:

Would you like to volunteer with Grey Power? Can we email your newsletter?

Thank you



This is the 20-21 Napier Grey Power committee -
*from left: Bruce Carnegie (President), Maxine Boag (front-deputy chair & publicity); Jacquie Hurst (back - committee member); Allie Beattie (committee - catering); Ian J Cook (Treasurer); Lily Anne Mitchell (committee member); John Wuts (Membership); Russ Wyeth (committee); Isabel Wood (secretary).
 Absent: Rana Dallas*

PRE ORDERED FROZEN MEALS NOW AVAILABLE from Age Concern Napier

Meals are available in two sizes – standard \$6.70 and large \$8.80 and all meals come with vegetables. The range we offer is:
 Roast Chicken * Roast Lamb * Roast Beef * Roast Pork * Beef Casserole * Cottage Pie * Curried Sausages * Lasagne * Sausages and Onion gravy * Macaroni Cheese * Creamy Fish Pie

Meals are preordered one week in advance. Please telephone the office on 842 1346 for more information or to order



Sender: Napier & Districts Grey Power
 PO Box 4247
Marewa 4143

