

TAURANGA & WBOP

# GREY POWER

MAGAZINE FOR THE OVER 50s

ISSUE FOUR 2024



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AS THEY AGE** PAGE 6

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[www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz)

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**Committee:** Shirley Porter

### LETTERS TO THE EDITOR:

We would like to hear your opinions or concerns on subject matter for printing in our magazine.

Letters must include the writer's name, home address and phone number. Letters should not exceed 120 words inclusive. We may not always print all letters we receive. Letters may be edited for clarity and length.

**Post to:** the address above or email

tgagreypower@gmail.com

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## President's Word



In a few short weeks we celebrate a time of peace and happiness or at the very least enjoy time with family and friends or put your feet up with an exciting book or perhaps a walk along the beach. It's a time to change gear and go at a slower pace to cope with the inevitable heat of summer or whatever else life brings.

Last month three of the committee attended a Monday morning group of people who had invited us to do a Grey Power presentation. The group had been started in Greerton by a medical practice for old or depressed lonely people living alone. They come together every Monday morning and it has grown to 20 to 30 very lively folk selling plants, betting on the Melbourne Cup, talking and swapping ideas. It was great to be part of that for a couple of hours. Social isolation is at dangerous levels in many communities with people having only television or social media to occupy them and it's not rewarding.

The International Day of the Older Person on October 1st was unfortunately under advertised or promoted and with the week being mostly wet the turnout was lower than expected. We set up a very interesting stall on the day at the Holy Trinity Church. It was part of a weeklong celebration with several events round town. We were invited to be part of the Village Vibes run by the Incubator who always put the community first. It poured with rain but we had food and music and handed out lots of magazines.

Our membership is very slowly increasing but we need more people to support us. When we speak to central or local government about issues that concern us, we have more success if we are backed by bigger numbers.

Both Tauranga and Katikati have had some very interesting and informative speakers in the last few months from Aphasia to retirement villages to recycling. Vanessa has kindly let us borrow her projector to use at the Tauranga venue so we hope to have more high-profile speakers for 2025.

We had our quarterly Zone 3 meeting in Matamata on 29th November where 40 delegates discussed some 15 reports sent in by associations and there were some very interesting issues raised. It was election time and we now have an almost entirely new committee and we will look to strengthening our advocacy work next year.

Do look at the Federation website as it has had a major upgrade and members can now access more reports and information by logging in using their membership number. Our national president is very pro-active as you will have read in the latest Federation magazine. If you ever feel there are issues that Grey Power could address, please email us or phone the office.

I wish you all a very happy Christmas and the best of wishes for the New Year. Take care.

*Jennifer & the Team*

## SUBSCRIPTION FOR TAURANGA & WBOP

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www.greypowertga-wbop.org.nz

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problems using online banking ask a friend or family member to make the payment and then give them cash. You can pay cash at a

Kiwibank branch or come to the office but we do not have EFTPOS. Office hours

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**ONLINE PAYMENTS** - Please do not pay your power bill to the association. In your payees list, start one with 'GP Member and the other with 'Power GP' for example. Reversing payments takes time and your power may then be overdue.

## COFFEE MORNINGS



All meetings are subject to health and safety guidelines at the time

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

### TAURANGA COFFEE MORNINGS

33 Maitland St, Greerton Senior Citizens Hall. Good access and parking. \$3 donation toward the hall hire and morning tea. Friends, family and neighbours are all welcome.

1st Thursday of the month at 10am.

**Dates: 6 February** (Waitangi Day)

alternate day **13 February, 6 March, 3 April**

### KATIKATI COFFEE MORNINGS

Katikati Community Centre, 45 Beach Road (just past the schools). 3rd Friday of each month. \$2 for members & \$5 for others.

**Dates: 21 February, 21 March, 11 April** (18th is Good Friday)

### PAPAMOA COFFEE MORNINGS

3rd Thursday of each month at 10am but **no longer at Pacifica Cafe**, due to very low attendance. We may have a meeting in Te Puke but the venue is yet to be decided.

**Dates: - 20 February, 20 March, 17 April**

All inquiries please phone the Grey Power office, Tuesday - Thursday on 571 2558.

**ALL ARE WELCOME**

Please wear a name badge if you have one.



Our office will be closed from Thursday 13th December reopening on Tuesday 28th January 2025 | Summer hours 9.30am to 2.30pm

*The Association wishes all members a very Merry Christmas and a Happy restful New Year.*



## ABOUT GREY POWER

For those of you who are not Grey Power members, you may wonder how we started and what our purpose is. SO:

Way back in 1986 people retired at 60 and the government were urging people to put away extra savings for their retirement – which a lot did. Suddenly the government announced that there would be a tax on those savings when they retired. I remember because it adversely affected my parents.

There was an enormous outcry with the overall feeling of unfairness and of being duped. In Auckland, huge numbers of those affected took to the streets in protest, meetings were called and ministers taken to task. Needless to say, because of the relentless pressure by a group called The Auckland Superannuatents Association, the surcharge/tax was repealed. Out of that fight for justice an organisation called Grey Power [GP] was formed. The success of that group, made other people around New Zealand feel that there ought to be similar groups and ever since then, 70+ Grey Power Associations have kept a watching brief on laws and policies that may be detrimental to older citizens, and to protect the National Superannuation.

Over the last 38 years there have been many gains when GP has singly or with other organisations, established better policies and conditions for retirees and also those nearing that age. An array of health issues and benefits have been achieved such as free prescriptions, free vaccinations for shingles, influenza, extended the age for free screening, reduced doctors' fees and more.

A major milestone was working together with Winston Peters to establish a fully funded Super Gold Card. We keep lobbying to make sure the funding for this continues and it has become the most widely used discount card for seniors. Issues that we are working on and putting in submissions – driver licence test for 75+, age care provisions, review of the Retirement Village Act '03, the Therapeutics Bill and many others. We advocate on the cost of living so those who are reliant on National Super are able to live their later lives with dignity. Also to increase the accommodation supplement, increase the cash asset allowance and reduce the tax to zero on the first \$10k.

When you join Grey Power, you join a body of some 45,000 people who want fairness, wellbeing and dignity for all of us as we age. GP is now made up of 70+ autonomous associations throughout NZ run entirely by volunteers and they are all overseen by a Federation body with a Board of volunteers who are tasked with traveling to Parliament to meet with ministers and other influential people or groups. Part of your membership fee goes directly to the Federation to help pay for travel and other expenses.

Our purpose is to make the wider community aware of the value of older people and their importance in society as a whole, to educate and inform organisations, institutions, other bodies and the public of the needs of the older person and their ability to contribute to the community, and to cooperate with any other organisation carrying out charitable work similar to that of Grey Power.

To join go to our website [www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz) – fill in your details and pay there with your card or use your own internet banking. Single \$25 and double \$35. Our year runs from 1 April to 31 March.

## KIWISAVER FUND for children

Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old. That's a great start for when they have part time work and beyond.

## FEDERATION MAGAZINE

The national office is asking more members to receive their quarterly magazine by email.

Just go to [www.greypower.co.nz](http://www.greypower.co.nz) our magazine, subscribe, then file in your details including your membership number.

It's a really good format and saves the Federation thousands which could be better used for advocacy work.

## INTERNATIONAL DAY OF THE OLDER PERSON by Shirley Porter

### “DID YOU MISS IT?”

1st October, 8.30 am saw two of us from Grey Power Committee, Alex and me, setting up a Grey Power stall in the hall at Holy Trinity Church downtown. The hall was soon full of stalls providing information about various not-for-profit organisations. Alex had been his usual thoroughly organised self and had acquired all manner of give-aways: playing cards from Pulse Power (who give cheaper power rates to Grey Power members); Grey Power pens; information leaflets explaining what Grey Power is about; sweets for the children (?); membership forms; the latest quarterly local Grey Power magazine; and an Alex video production on screen providing more information about Grey Power.

Meanwhile in the Church auditorium a programme of entertainment was provided. I was lucky enough to abscond from our stall for a while to view a superb Kapa haka group then sample the delicious food provided by James and his colleagues of the Good Neighbour.

The whole event was organised and funded by our local Tauranga City Council.

Although patron numbers were not as high as

hoped, we had a most enjoyable time informing and laughing with those coming through.

A debrief meeting was held with the organiser shortly after the event and everyone is keen to see the event held again next year with great plans to boost numbers and make it a memorable day. So, keep your eyes open for news about the date and activities for Young at Heart 2025 and show Tauranga we are a vibrant, caring community who, although the years inevitably roll by, are out there enjoying life to its fullest possible.

### DON'T MISS OLDER PEOPLE BEING YOUNG AT HEART 2025!



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## WHAT RETIREES WANT AS THEY AGE - Retirement Villages need to evolve with the population

**New Zealanders' expectations for retirement are shifting rapidly, but are retirement villages responding fast enough?** Newsroom Contributor



The decision to take that step into the next life stage can be confronting, but it can also be overwhelmingly positive with the new doors that it opens. The latest census data released in early October offered a statistical glimpse at the changing face of New Zealand. Captured in 2023, the census showed signs of a few extra wrinkles with a staggering 1.1 million New Zealand residents now aged older than 60 – the latest reminder of how quickly our population is ageing.

We also now have a smorgasbord of languages and cultures in our communities as almost 30 percent of usual residents in the country were born overseas.

Census data generally tends to move slowly, offering only five-year snapshots of where we are and where we've been. The insights sometimes almost seem to catch us by surprise because of the lag, but these trends have been a long time coming and give us an important indication of where we're headed and how fast we'll get there.

Population projections released by the Ministry of Housing and Urban Development last year suggest these trends aren't slowing and we can expect to have as many as 1.5 million New Zealanders aged over 65 within the next 30 years.

Professor Ngaire Kerse, a Gerontology expert at Auckland University say the massive positive in this data is that it shows New Zealanders are living longer. "Our longevity in New Zealand continued to increase even through Covid when life expectancy went down in the rest of the world," says Kerse. "But we are now at a pretty critical place in our

demographics, where the number of people aged over 85 is growing really fast. That's the baby boomers who are transitioning through into older age." What the data doesn't fully capture is the fact that many New Zealanders are now living far healthier lives into their golden years, remaining active and engaging in hobbies that keep them on the move.

Kerse says older Kiwis shouldn't give up on this just because they're getting older. "I'm always encouraging people who choose a retirement village to stick with the bowling club, stick with the local library and find reasons to actually go out. Those activities make you drive or walk – and all of those things keep you connected," she says.

"Older people want to be able to stay local and maintain connections with their family and with society which means people don't feel as isolated and lonely. They still have access to all the things that have always kept them connected, which numerous studies have shown is integral to living a healthier life in your older age. As the population ages, we will see more people eventually reach the stage of needing care due to medical emergencies or failing health. This move can be traumatic for some as they confront the reality of having to leave their home, but there are ways to lessen the impact.

Research has found the challenge of moving into care could be lessened if medical professionals and families undertook advance planning and gave older adults an opportunity to be part of the decision-making process. The majority of participants reported that the decision of a move was done by their GP and family members, and it was not their decision, implying that they didn't want to come to a residential care facility. It also suggested that volition also meant taking into consideration the unique preferences of the person who would eventually move into care.

In order to meet the diverse physical, mental, social and cultural needs, a holistic and collaborative approach is important. One set of policies doesn't fit all, hence flexibility in caring culture and policy is essential to ensure the wellbeing of older adults.

The population of New Zealand may be getting a little older and changing in a few ways, but there is an opportunity for businesses to respond now and listen to voices contributing to that change. Doing that now could make a massive difference in the decades to come.

## A RULE OF THUMB CAN SAVE YOU TIME

By: Zach Taras



You probably use at least one rule of thumb per day without even noticing. It isn't about precise measurements or hard-and-fast laws; instead, it's a practical, go-to method for figuring things out quickly. The phrase shows up all the time when people need a rough estimate or a basic principle to follow. From cooking to science to everyday life, these "thumb rules" help us simplify complex subjects.

This heuristic method [enabling someone to discover or learn something for themselves], doesn't necessarily have an exact science behind it; it's more about what has worked well in practice. The rule of thumb gives a general sense of direction, especially when exact measurements or detailed procedures aren't necessary. For example, in cooking, a good

rule of thumb is to add salt to taste. There's no strict amount that applies to every dish, but the guideline helps you use your best judgment.

While the exact origins of "rule of thumb" are a bit of a mystery, the phrase likely originates from the old practice of using the thumb as a rough measuring tool, especially before rulers or standardized measurements were common.

Craftspeople and labourers would use the width of their thumbs as a quick way to measure distances or approximate sizes. This "thumb rule" made practical sense because a thumb was always "on hand," ready to help out.

The phrase "rule of thumb" appears in many situations where people need a quick guideline or estimate. Here are some common examples. Cooking recipes, science or engineering and everyday budgeting. Eg "A rule of thumb for saving money is to set aside \$x per week/month. In any example, the rule of thumb provides useful guidance without requiring precise definitions or a great deal of advance knowledge about a subject. So next time you hear someone mention a "rule of thumb," remember that it's all about a general principle that works well for most purposes, even if it's not intended as a formal rule or law.



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## A NEW DOWNSIZING OPPORTUNITY FOR SENIORS?



At the Katikati Coffee Morning in October, we learned of an exciting potential opportunity for local seniors to downsize into an affordable 1 or 2 bedroom home.

Downsizing from an older 3-4 bedroom home in Katikati for long-term residents, is almost impossible when dependent on NZS and with minimal savings. Banks will not provide bridging finance to allow for a new smaller property to be constructed and most new builds are not affordable. Those who have been persuaded to sell, often in their eighties, when maintaining the property becomes problematic, end up having to move to a rural town in Waikato with no social links. This cycle needs innovative solutions and local company Homewerk may be offering a unique opportunity here in Katikati.



Locals Sammy-Rose and Oliver are the dynamic local duo behind the Kōwhai Village development here in Katikati. Oliver is an

established builder while Sammy-Rose is a talented project manager and designer and is also a writer and publisher.

Homewerk is offering an alternative ownership

model with prices well below local new build prices, at \$399,000 for a 1 bedroom, and \$439,000 for a 2 bedroom home. These small homes are architecturally designed and with a feeling of spaciousness, despite the compact design.

The village will consist of 6 low maintenance homes that would suit those wanting to downsize and to free up capital to support a better lifestyle in retirement. They will use a Licence to Occupy (LOA) model, providing the right to home ownership without the burdens of full ownership. There would be a weekly maintenance fee (currently \$150) to cover all essentials including rates, Insurance, external maintenance and cleaning, rubbish collection, and upkeep of communal spaces. Unlike a retirement village model, there will be no community facilities such as a pool or communal lounge etc.

The attendees at our Coffee Morning were clearly impressed, with one wanting to be the first to sign up. Grey Power does not endorse or recommend that members take up this opportunity without appropriate financial and legal advice. However, we applaud Homewerk's initiative to be more innovative in finding practical solutions to housing challenges for seniors.

Sammy-Rose and Oliver can be contacted on 027 321 4361 or email [info@kowhaivillage.co.nz](mailto:info@kowhaivillage.co.nz)

## KEEP YOURSELF SAFE

After yet another incident of an elderly and frail person being assaulted in their home [Oct], it feels timely to remind ourselves of our personal safety.

The number one rule is  
**NEVER OPEN YOUR DOOR TO SOMEONE YOU DON'T KNOW!**

There really are no exceptions. If someone seems to be in distress and you can hear them with your door shut – offer to call the police. If they call out 'yes please' then go ahead. If they back off then you are reassured that you did the right thing to keep your door shut.

If you have a proper security door or have clear sight through a window and can see there has been a car accident on the road outside your property then it is best to call 111 for an ambulance if you feel that is warranted. Even better to call a younger neighbour and ask if they can see anything that may be genuine.

There is no good reason for anyone to be knocking on your door – particularly after dark.

I wish I could donate a security screen door to every older, more vulnerable person to keep them safe but failing that please just don't open your door without one.

A simple security system can be a good investment – perhaps as a deterrent but certainly if you are going to be away in case of burglaries.

The police always urge us to keep our entrances clear so doors are visible from the road or can be seen by neighbours. Have bright security lights or even solar powered lights or cameras.

People up to no good don't like bright lights!



## Federation

### Board Meeting Snippets

The recent Federation Board Meeting devoted 1.5 days to strategic planning as the Board grapples with key issues to make the organisation more effective and fit for purpose. Engagement of members was high and a number of work packages have been identified and allocated for action.

There was robust discussion about the need to find a more modern logo that has greater instant recognition in the wider community. Watch out for an on-line survey asking for your evaluation of some potential options. At the moment only some Associations are using the approved owl logo, while others have developed a range of alternatives. We need a consistent identity as an organisation, despite the diversity of our constituent Associations. Updates on Portfolio and Standing Committee work were received and these will soon appear on the national website.

New partnerships with GOfuel & Resonate were approved and we look forward to these being of great benefit to our membership and to the ongoing advocacy work of the Federation. While the Federation expects to be within budget for 2024, there has been a 30% increase in postal charges so the cost of mailing the Federation magazine to every household has risen to over \$200,000 annually – money that is desperately needed to fund our ongoing work.

The Board decided that from the 2nd issue in 2025 there would be an annual \$10 sub for household delivery of the magazine. The on-line digital version will remain free of charge.

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## LONELINESS

The Breaking Barriers study was commissioned by Age Concern Auckland to help address the growing healthcare crisis within the growing demographic of Kiwis aged 65+ and interviewed respondents across the Auckland and Bay of Plenty regions.

The research found that 59% of participants had recently felt lonely or socially isolated, with almost a third (30%) of those respondents experiencing these feelings frequently or all the time. The study authors say the findings paint a complex picture of interconnected factors contributing to loneliness and highlight a “hidden epidemic” impacting the wellbeing of older adults.

The report highlights the profound impact of globalisation and changing family dynamics on social connection. The trend of adult children moving overseas for work or other opportunities leaves many older adults geographically and emotionally isolated from their loved ones. This is particularly evident in Auckland, where 44% of the older population consists of migrants who relocated to be with their adult children, only to find themselves alone again when their children move on.

“It’s clear from the research that loneliness and social isolation are not a result of choices made by an individual, there are many complex conditions shaped by external circumstances, chance, and societal factors that leave thousands of older adults with this health burden in this stage of their life.

“The report serves as a wake-up call, and urges collective action to create a more inclusive and supportive society for older adults, ensuring that they feel valued, connected, and empowered to live fulfilling lives.

The data also showed that using technology was ineffective at preventing isolation – with three-quarters (75%) of those with social media reporting experiencing loneliness and that older people with social media access are more likely to be lonely than those without.

Similarly, almost two-thirds (64%) of participants who consider themselves “very proficient” with smartphones felt lonely. Researchers suggest access to social media may contribute to feelings of isolation if not balanced with in-person interactions. [Age Concern/Herald 11 Nov]

I find this part very interesting but also unsurprising. When, as a society, did we forget about caring for

older people. Checking on a neighbour, dropping off some extra food or just stopping for a chat can make a huge difference. The authors also recommend developing community-based initiatives, such as social groups, volunteer programmes, and activities that cater to the varied interests of older people to encourage social interaction. In addition, the report advocates for efforts to combat ageism and promote positive perceptions of ageing through public awareness and education campaigns. Fortunately, the libraries are coming into their own by providing a number of groups and activities tailored to older people. Comfortable, accessible venues and free!

I saw a news item last month saying that Woolworths in Australia are trialling a shopping trolley that will scan and weigh items as you put them in the trolley and allows you to pay as you shop. Absolutely no need to engage with anyone while you are there. This is another example of business innovation that unfortunately removes the human element from people’s lives so we engage with each other less and less. So, we seem to be hell bent on finding more ways to enable us to be disconnected from each other.

There was an outcry from Greerton residents when they were told that the Countdown supermarket was going to close with no word that a replacement was on offer. It absolutely highlighted the fragility of many older residents who admitted that they visited the store 2 or 3 times a week just so they could have some human contact. After several distressing weeks it was announced that a Fresh Choice store would open in early December. All good in the end.

Jennifer

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## LOW LITERACY AT UNIVERSITIES

A recent study has found there is an overly high proportion of university students who have very poor literacy skills.

Some are quoted as saying they find it really hard to read and absorb more than a paragraph of written words and many balk at having to read an entire book. Constantly watching and listening to short bursts of information or feed from Instagram, YouTube, TikTok and/or Face Book has created a very short attention span.

“We are under educating but over qualifying. It starts in Primary school where they (the teachers) need to create a reading and writing culture”. Professor Mike Grimshaw says, “Far too many students entering university lack the most basic literacy skills including the ability to read and write. Worse, they are unable, or unwilling to even think”. Another staff member says they (students) read chapters at school but not whole books. TikTok in particular has a major impact – viewers only focus on short snippets of often distracting content or information.

A comment by a member of the public [The Post] “It starts with having more literate academic staff at universities, training the teachers”. Another said- “If universities put out better quality teachers, who inspire and teach in a way that is more engaging, that will lead the way for more literate students.”

At least now children are required to spend an hour a day doing reading and maths so maybe in 10-15-20 years’ time, young people will face the world



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with improved literacy. The inability to read severely limits the ability to learn.

As seniors it could really help if any of us could make an extra effort to encourage young relatives to read a book. There are also opportunities as a volunteer to read with children.

Cost cannot be used as an inhibitor because library books are free to borrow and have an excellent selection. Also, you don’t even need to travel to one of our 5 libraries, thousands of books are available to download from the library onto any device.

A physical book is always a better experience – especially with younger children because they learn to appreciate the tactile feel of the paper, creating a certain degree of excitement when they turn a page to see what is coming next in the story, particularly if there are pictures.

Championing books, I read a news item that London-based writer Emily Rhodes has opened a Bookbank where they operate a Foodbank. “People think of a book as a very solitary thing which you go and buy, then sit down and read, but I think there’s another side to books that makes them amazing connectors and community builders. One of the great joys of bookshops and libraries is that they’re spaces to browse, spaces to chat, and I really wanted to bring that to the food bank. Nobody should have to choose whether to ‘feed or read’.”

It has been a great success for when people wait to get their food parcels and they are able to take the books away with them.

Jennifer



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## CLAIMING BACK THOSE

### 'LAST TIMES' by Rob & Heidi Bensley

As we age the sad truth is we have a succession of 'last times' that we get to do things we take for granted, and often we never know when those last times have happened. Some of these things are bigger and more obvious like the last time we drive a car, travel around the world, go to a concert, or climb a mountain, and sometimes these can be small and simple things. For my father-in-law (Dad) his world has become very small with advanced Parkinson's disease and in the last year a number of bad falls and breaks that have resulted in the complete loss of his mobility and all the simple pleasures that come from going for a walk or a drive or a trip to the beach.

With Dad's birthday looming a couple of weeks ago my wife was looking to see what the options were to get him out of the village, when she came across the community services offered by Tauranga City Council for accessibility to the beach and the Mount. It was with delight and surprise we found that they have a couple of options for beach buggy wheelchairs able to go down onto the beach and even into the water. There is a second motorised wheelchair for going up the Mount but we did not try that one out but there is video of the motorised option on the council website if you want to check it out.

The beach wheelchair sounded perfect, the booking was easily done and the service is free! The wheelchairs are held and managed by Mount Maunganui Beachside Holiday Park down by the Mount surf-club; there is an online booking form

on the Tauranga City Council website <https://www.tauranga.govt.nz/community/community-services/accessibility/beach-wheelchairs> You can book for longer time-slots if necessary (which we did as we were taking the wheelchair down to Papamoa) but to do this you need to ring up the Mount Holiday Park so they can book it for you (07 575 4471). The Holiday Park is incredibly busy over summer so although staff are helpful, the wheelchair hire is not their main focus. Allow extra time for pick-up.

Dad lives at a retirement village in Papamoa and it was no problem to pick up the beach wheelchair from the Mount Holiday Park and take it for the morning. The wheelchair fit in our mid-sized SUV once the seats were down. There are no instructions on the council website for using the wheelchair. Although it can be folded down to fit into a car, we couldn't figure out how to do this but have since seen some instructions on the manufacturer's website ([www.vipamat.com](http://www.vipamat.com)).

There is a mid and large sized beach wheelchair, the booking site does not really help you decide which is the right one. Dad was a tall man when younger and his long frame definitely needed the larger



chair. There was a simple belt which was enough to hold him in on the flat trip but there was not a full harness that might be needed if there were concerns of slipping or falling out of the chair. We took an extra cushion and for a longer period I think this is a good idea.

We got dad into the chair at the village and went on the 1.8Km walk to the beach via Taylors Reserve in Papamoa East which has great beach access without clambering over dunes. The Wheelchair worked well, it was stable, it was easier with two people to get through the soft sand but on the harder sand it went like a dream.



We got dad right down to the surf, it had been months since he had been out of the village, and he got to be right down by the sea as the tide came in. We had strawberries and cake, and sang happy birthday while he watched his great grandchildren make sandcastles.



Its great to know our Council is supporting people with accessibility issues and we totally recommend the service. If you are thinking you have had your last visit to the beach perhaps it's not too late to claim back one of those 'last times'.



## HOUSING UPDATE with Vanessa

It is exciting to see seniors 50+ getting out and about and looking at downsizing options after several years of waiting for a quiet market to pick up. I have recently seen good prices being achieved in freehold villages and some excellent open home attendance. That said, a corporate village or 50+ freehold village isn't for everyone and I was recently asked to investigate options for tiny houses and have also been seeking houses in the community that are suitable for downsizers.

Tiny houses are becoming more of a viable option for seniors 50+ for a number of reasons. There is more clarity around council rules associated with tiny houses and these are often dependent on whether a tiny house is moveable or not. Tiny houses that cannot be moved are generally up for building consent costs and development fees but provide an additional level of security. Another change includes more tiny houses being designed with older people in mind rather than the two-storey tiny houses that were commonplace. There are more land owners willing to provide a tiny house owner with a lease to have the house on their property and websites have been set up to connect tiny house owners and land owners.

In addition, the current coalition government has pledged to amend the Building Act and streamline the resource consent system to simplify the process for constructing granny flats or other small structures up to 60m<sup>2</sup>. The legislative changes are likely to take effect by mid-2025. It will be great to have more cost-effective options for older people.

*Vanessa Charman-Moore is a Tauranga Seniors 50+ Real Estate Consultant. For more information, see Vanessa's advertisement below or visit [www.seniorsrealestate.co.nz](http://www.seniorsrealestate.co.nz)*

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# GOOD MANNERS AND WHY THEY ARE IMPORTANT

Fourteenth century English bishop and educator, William of Wykeham, declared that “manners maketh the man”.

As a child in the 50’s, I was brought up in a society that had good manners as a basis of our behaviour. These were firmly embedded at an early age and by and large it stood us in good stead giving us those guide lines on to how to treat other people. Over time it has become more diluted and the rhetoric is now more about “I’ll do what I want” and “no one will tell me what to do”. But where has that got us? More loneliness and disrespect. It’s easy to say that some people over-stepped the mark in upholding the rules back then, but for the rules to be removed completely has not had an ideal outcome.

A recent study in Australia was carried out to look at how best to teach good manners to children in today’s environment. The obvious place was the home where the basic ‘please’ and ‘thanks you’ are often the first words taught to a child. The concept is that by asking someone to pass an object and adding please, you are not telling them what to do and by encouraging a reply of thank you, you have treated each other with a degree of dignity which is hoped will lead to reasonable behaviour in the future.

The “Good Manners” chart, based on a set of rules devised by the Children’s National Guild of Courtesy in UK primary schools in 1889, was issued to Queensland (Australia) primary schools until the 1960s and was adhered to quite strictly. [See copy opposite] Some of the rules are no longer applicable in this day and age but there is a strong thread running through each section that should be as strong as ever even in today’s world. Be honest, help others, be kind, don’t be selfish, do your best, be respectful, don’t cheat or be a bully, never be rude, be punctual and tidy and show kindness to older people. It tells children to remember the golden rule to “always do unto others as you would wish them to do unto you.”

Entirely my own opinion but history and progress often produce some interesting outcomes when looked at in retrospect. Why were the ‘Good Manners’ rules removed from class rooms? Did the powers that be just assume that children could manage on their own without the written guidelines for good behaviour? For many, the structure of good manners lasted well into the 70s and 80s because the children of those earlier years became adults and taught their children to be courteous but it became almost entirely dependent on the parent to instil the right values. Schools paid less and less attention to

teaching children how to behave and more about free expression. A few schools are now creating frameworks for teaching co-operation among their students, as if it was a whole new idea. We can encourage that with a wry smile.

Free expression seems to have led to young people ramraiding other people’s businesses which shows a complete lack of kindness, courtesy or thought for others. In some ways we are all to blame now because we took our eyes off the ball and forgot how important it is for society to have some structure and boundaries to govern good behaviour.

For example – If you keep cows or sheep in a paddock and feed them, shear them or milk them, they live a life of safety and togetherness – a gentle, ordered life doing what they know best. If you take away all the fences, stop feeding them and remove their routine, they will wander off in all directions, trying to fend for themselves. Because there is no farmer there to keep them safe. Some will be injured; some will become aggressive – often out of fear and uncertainty. Others could become lost and lonely, missing their companions and the structure of their lives.

Perhaps a rather odd analogy but I’m certain that many of our young people feel disconnected from the lack of that early structure, together with an underlying feeling that they are not loved or cared for. Research shows that having good manners has a strong impact on respect and civility, leads to more fulfilling relationships and generally people enjoy a happier healthy life.

Good manners form part of the bedrock for human sociality. Childhood should be when we give children foundational training to be able to interact with others and help them learn how to be a culturally competent member of a society. It is not loving and kind to send a child out into the world without some firmly embedded ways of how to treat others with care and dignity. It is from this platform that young people can then forge ahead and do great things and interact on all levels of any society.

Gosh, do you remember the days of holding open a door for an older person, always giving up your seat on a bus to a woman or older folk? It was all about considering others and the interaction so often created a smile and a thank you. As older members in the community we are ideally placed to set an example. Don’t be afraid to remind youngsters of the magic words, ‘please and thank you’.

Jennifer

# “GOOD MANNERS”

THE A.L. SERIES

BASED UPON RULES OF THE

## Children’s National Guild of Courtesy

**COURTESY, Politeness, or Good Manners, means kindly and thoughtful consideration for others. A Celebrated writer has said that a Boy who is Courteous and Pure is an honour to his country. Brave and Noble men and women are always Courteous. Three of the bravest and greatest men who ever lived—the Duke of Wellington, General Gordon and General Washington—were distinguished for their courteous behaviour.**

Courteous Boys and Girls will always be careful to observe the following RULES :-

<b>AS TO THEMSELVES</b>	Be Honest, Truthful, and Pure. Do not use Bad Language. Keep out of Bad Company. Keep your Face and Hands clean, and your Clothes and Boots brushed and neat.
<b>AT HOME</b>	Help your Parents as much as you can, and do your best to please them. Be kind to your Brothers and Sisters. Do not be Selfish, but share all your Good Things.
<b>AT SCHOOL</b>	Be Respectful to your Teachers, and help them as much as you can; their work is very difficult and trying. Observe the School Rules. Do not “Copy,” nor Cheat in any way. Do not Cut the Desks, nor Write in the Reading Books, etc. Never let another be Punished in mistake for yourself; this is Cowardly and Mean.
<b>AT PLAY</b>	Do not Cheat at Games. Do not Bully; only Cowards do this. Be Pleasant and not Quarrelsome. Do not Jeer at your Schoolmates, or call them by Names which they do not like.
<b>IN THE STREET</b>	Salute your Ministers, Teachers, and Acquaintances when you meet them; they will Salute you in return. Do not Push nor run against people. Do not Chalk on doors, walls, nor gates. Do not Throw Stones, nor destroy Property. Do not Annoy Shopkeepers by Loitering at their shop doors and windows. Do not make Slides on the pavement, nor throw Orange Peel or Banana Skins there; <i>dangerous accidents</i> often result from these practices. Do not make Fun of Old nor Crippled People, but be particularly polite to them, as well as to Strangers and Foreigners.
<b>AT TABLE</b>	Always Wash your Hands and Face before coming to the Table. Do not put your Knife to your Mouth. Look after Other People; do not Help yourself only. Do not be greedy. Do not Speak nor Drink with Food in your Mouth. Turn your head away from the Table and put your Hand or Handkerchief before your Mouth when you Sneeze or Cough. Do not sit with your Elbow’s on the Table.
<b>EVERYWHERE</b>	Never be Rude to <i>anybody</i> , whether older or younger, richer or poorer, than yourself. Remember to say “Please” or “Thank You”; “Yes, Sir,” or “Yes, Ma’am”; “No, Sir,” or “No, Ma’am.” Before entering a room it is often courteous to Knock at the Door. Do not forget to close the door <i>quietly</i> after you. Always show attention to Older People and Strangers by opening the door for them, bringing what they require (hat, chair, etc.), giving up your seat to them if necessary, and in every possible way Saving them trouble. Never Interrupt when a person is speaking. Always Mind your own Business. Be Punctual. Be Tidy
<b>REMEMBER</b>	All these rules respecting your conduct towards others are included in the one GOLDEN RULE, “Always do to others as you would wish them to do to you if you were in their place.” Whenever, therefore, you are in doubt as to how you should act toward others ask yourself this question, “How should I like them to act towards me if I were in their place?” and then <i>Do what your conscience tells you is right.</i>



## RECYCLING WITH TAURANGA CITY COUNCIL

Last month we were very fortunate to have Gabriel Hurford, from Tauranga City Council, talk to us about the whole process of recycling in the city. He is the Senior Waste Minimisation Officer for TCC and is very enthusiastic to get the message across and help people understand the importance of recycling and how best to do it. He admits that recycling on its own is not the answer to pollution and harm to the planet but it is something that we can all do at home to help reduce waste. In fact, recycling only comes toward the end of waste management.

### Refuse – Reduce - Reuse – Repurpose - Repair – Recycle - Dispose

The Government has at last indicated that all curb side collection procedures nationally will be standardised next year. Tauranga has almost been a leader in this so we will only notice small changes.

#### Yellow bin

- Only items the size of a fist or bigger can be put in the yellow bin – the sorting machines are unable to cope with little items.
- No types of lids are to go in the bin even if they have #2 on them. The only exception is if a tin can lid is still attached to the can.
- We all know that we can only put plastics marked #1, 2 or 5 in the bin. Unfortunately, many people complain that they are unable to read the marking and wonder why it is so indistinct. We also wonder why some food containers that hold the same product, vary. Example – most yogurt now comes in a #2 or 5 container, the exception being the little pottles of 6 joined together. When the company was asked why they were unwilling/refused to change to a 5, the answer was that their own survey found their customers wanted to hear the ‘snap’ when they pulled them apart!! This sounds like giving in to the smallest minority possible.
- For those who are unable to scrutinise the TCC website – paper & cardboard – no staples, binding or cellotape. Shiny or matt magazines – yes. Shredded paper – no.
- All plastic and metal containers must be emptied and washed.
- The wrapping of photo copy reams – no. Tetra

Pac (milk or juice type containers – no. BUT wash them, cut them open and drop them off at the Transfer Station – they are made into something useful.

Some businesses do seem to be making an effort to change their packaging – I notice the asparagus bunches have paper labels but they are too tiny to be recycled. It’s ok for me as I do my own composting.

**Plastics** – Some plastics can be made into other products such as fence posts but that is the end of the cycle. Little plastic pill bottles are too small to be recycled but can often be repurposed to store seeds, pins and needles, tiny trinkets or let cuttings take root or pop in a tiny flower – even a lid can be a vase!



**Little green food bin** - no more printed paper will be allowed. No newspaper or printed hand towels - the use of imported ink contaminates the eventual compost. Instead, it is suggested that we use the plain brown paper shopping bag which fits perfectly. Or any other plain paper bag or paper.

Even with the high cost of food, we still waste 122,000 tonnes of food each year which equates to \$875m a year or \$1500 per person. We all need to try to only buy what we know we will eat, freeze any surplus, compost what we can at home or use the food bin provided. Supermarkets are the worst in that they only sell fruit and vegetables that fit a

very narrow criteria and therefore create so much unnecessary waste for producers. They also force people to purchase things that come in packaging that is largely unnecessary.

A world-wide organisation called Love Food Hate Waste fights to help find ways for people to use and consume the food they have with ideas on how best to store food at home. They also have many ideas on how to reduce waste plastic – store food in glass jars, never use take away cups – take your own. Every coffee cup goes to land fill and that happens in the millions.

**Soft plastics** – for many of us this remains a bit of a mystery and must be a nightmare for the sorters at the other end. Definite are – potato chip bags, biscuit wrappings, toilet roll wrapping, glad wrap. Test - if you scrunch it up and it springs back, it's a no.

**Red bin** – After the trucks collect our red bins they are driven to Hampton Downs in the Waikato. We were shown how the ground had been prepared before anything is tipped there so as to ensure that there is no residual seepage into the ground. Although they collect the methane for power, it is not sustainable, nor should it be.

The rubbish trucks are fitted with cameras so the drivers can view the rubbish or recycling as the bins are emptied. They are often amazed and equally disappointed at how much rubbish is in the yellow bins and vice versa with the red ones.

Since the kerbside collections started 3 years ago, the number of truck and trailer units going over the Kaimais has halved to 14 units of approx 15 tonnes each, per day, 6 days a week. It still sounds a lot but it is a reduction of what is going to landfill.

We are very fortunate to have Enviro Hub in Tauranga, 51 Glasgow St in the city. They are collecting all manner of small things such as milk bottle and soft drink lids, beer and wine bottle lids, the tabs on canned food tins, some yoghurt carton lids and most small batteries. See attached or enclosed flyer from them.

If you have a question about kerb side collections and don't use the internet, phone TCC 577 7000, Envirohub 578 6664 or our office 571 2558

**REFUSE – REDUCE – REUSE – REPURPOSE – RECYCLE- REPAIR AND ONLY THEN DISPOSE OF IT.**

## Responsive Support for You

The best way that Silver Service IT can help you, is if you write a list of all the little things that catch you out, or questions that need answering. When you are ready, one of our friendly and knowledgeable technicians will come to you and all those little questions will be ticked off.

Maybe your computer is running slow today and taking longer to get going in the morning? Maybe it needs more RAM Memory, or an old hard disk drive (HDD), upgraded to a solid-state disk (SSD), or maybe it is time to buy the next computer for the coming 10-years?

If you want to synchronise all together your mobile phone, tablet or iPad, laptop or computer, so that you can see the photos on any device, or if you take a photo on your phone, it arrives automatically at your computer, it is all much easier to achieve than you might realise.

If you have an idea to improve how the technology works for you in your life, let us come and make that dream a reality.

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# HOW TO RENEW OR JOIN GREY POWER

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We very much value our members but realise in today's world it has become increasingly difficult to pay for subscriptions – we hope this helps.

## TO RENEW

Log into internet banking at home and choose Grey Power Membership from your payee list. [Do not pay your power account to this number.]

Or choose an option below.

## JOINING - ONLINE & INTERNET BANKING

**Go to [www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz) Click Join.**

Fill in your details and then click to make an online credit or debit card payment.

Or use your own internet banking. Otherwise, phone or email your details to us and choose one of the options below.

## FRIENDS OR FAMILY

Ask someone you trust to make an online payment, as above and then give them the cash. [Do make sure they put your name, phone number and number as reference.]

## SET UP AN AUTOMATIC PAYMENT

This can be done on the telephone or at your bank branch.

## TELEPHONE BANKING

If you are familiar with this – that's good – use your name, phone number and membership number as reference.

## CASH

This can be paid at our office – Tues, Wed, Thurs – 10am to 2pm **OR**

Take cash to a Kiwibank branch – and give your name and phone no as reference.

The Crossing [in Mall] 0800 113355, Bayfair Shopping Centre or

Bethlehem Shopping Centre [Inside Paper Plus] 579 3514.

There are no other branches in the wider Tauranga area except Katikati in Paper Plus Ph 549 0327. *Check when branches are open.*

New banking rules require those paying cash into our account on someone else's behalf, must supply your name and that of the account holder.

## NEW PARTNER

### - RESONATE HEALTH

Resonate Health is a disrupter in the hearing aid industry – a fledgling



NZ company bringing hearing health and affordable quality hearing aids to all residents. While most chains of hearing aid companies are owned by overseas manufacturers, Resonate is 100% NZ owned.

Grey Power has partnered with Resonate on the basis of our common goals to see affordable healthcare options delivered to seniors. Resonate is offering members a 50% discount on their innovative Ear 360 ear health assessment. Usually \$99, Grey Power members can access this service at a discount of 50%. Just show your membership card or quote the code GP24 for your discount.

For those who need a hearing aid Resonate Health offer a more affordable subscriber option of \$90/month (first month free) and no upfront costs. The top-quality hearing aids are then upgraded to the latest model at 3 years with no upfront costs. The subscription can be stopped at any time and the hearing aids returned. Ongoing caring service is free of charge. Customer reviews of Resonate Health are amazing and many of our members are already singing their praises. Contact their audiologists on 0800 737 662, or go on-line at [www.resonatehealth.co.nz](http://www.resonatehealth.co.nz)

## NEW PARTNER

### - GOFUEL FUEL CARDS

GOfuel is offering all Grey Power members nationwide the chance to have discounts of up to 12c/litre on all fuel, depending on the supplier. GOfuel fuel cards have "NO FEES"



Mobil cards can be used at Mobil and participating NPD, Allied and Waitomo service stations. BP cards can also be used at participating GAS & RD service stations. Z cards can be used at participating Caltex and Challenge service stations

Multiple cards can be linked to one account for you/your family/your business. Invoices/statements are sent by email. Credit terms are direct debit on the 14th of the following month.

For more details, and to apply for your GOfuel fuel cards, go online to [www.gofuel.co.nz/pages/grey-power](http://www.gofuel.co.nz/pages/grey-power) or phone 0800 42 83 83.

The following are local service centres where you can call in without an appointment to see a JP free of charge.

**Arataki Community Centre**, Zambuk Way, Mt Maunganui - Mondays & Fridays 10.00 am – noon

**Bethlehem Community Church**, 183 Moffatts Road  
Friday 10am - 12 noon

**Courthouse**, McLean Street  
Monday 1pm - 3pm  
Tuesday 10am - 12 noon  
Wednesday 11am - 1pm  
Thursday 1pm - 3pm  
Friday 1pm - 3pm



**Greerton Library**, 139 Greerton Road, Gate Pa  
Tuesday 2pm - 4pm  
Thursday 2pm - 4pm

**Holy Trinity Anglican Church**, 215 Devonport Road  
Wednesday 12 noon - 2pm

**Katikati Resource Centre**, Beach Road  
Friday 10am - 12 noon

**Mount Maunganui Library**,  
Tuesday 11am - 1pm  
Friday 11.30am - 1.30pm

**Otumoetai/Matua, St Columba Church**,  
502 Otumoetai Road  
Tuesday 10am - 12 noon

**Omokoroa Library and Community Centre**,  
Western Ave  
Thursday 10am - 12 noon

**Papamoa Library**, Gravatt Road  
Monday 5pm - 6pm  
Wednesday 10am - 12 noon  
Saturday 10am - 12 noon

**Tauranga Multicultural Centre**, Historic Village  
Thursday 11.30am - 1.30pm

**Te Puke Library**, 130 Jellicoe Street  
Thursday 10.30am - 12.30pm

**The Crossing Shopping Mall**,  
2 Taurikura Drive  
Saturday 10am - 12 noon

**Welcome Bay Community Centre**,  
242 Welcome Bay Road,  
Wednesdays 1pm - 3pm

*Please note Service Centres are closed on public holidays.*



## PAYWAVE SURCHARGES

Nearly every business now seems to be charging a fee for payWave when you are making a purchase. The signs alerting you to the charges are many and varied. Some are misleading and others are invisible which is not good enough. Mostly you have no idea what the percentage is until after the transaction has gone through. I bought some expensive cat food for \$38 and the added charge was .79 cents – over the course of a week these small amounts add up.

We were rightly encouraged to use payWave during the pandemic because of hygiene plus it was quick and simple. Now it seems the banks feel they need to slap a charge on retailers who, with hard times felt by all, have had to pass that on to the customer. It's a real step back in time to have to insert your card and remember your pin number! My objection is the extra time it takes to avoid the surcharge - just so much quicker to tap and go!

There should be a regulated sign issued by the banks that is clearly displayed at the point of sale stating the percentage being charged. Consumer NZ says there should be a cap of 2.5% but it's often hard to know with poor signage. Businesses are not allowed to add the charge if they have not let you know. If you're in a busy shop it's often quicker to just automatically insert your card and use a pin – good memory practice.

*Jennifer*

## DEMISE OF COMMUNITY PAPERS

It was distressing for many rural and small-town residents to hear that there is a proposal for 14 of their free community newspapers to be discontinued next year. Is there anything that can reverse this decision by the publisher NZME?

A recent Age Concern study highlighted that forcing people to go online for their information tends to isolate them more. The other factor is that local news needs to come directly from local people and written by local reporters. They are the ones who know what is truly happening in their lives, events or businesses. Not good enough for an outside reporter to drift into town from time to time, have a quick look round and a cup of coffee and write about what they see. They are not going to get the in-depth nuances of rural or town life; their concerns, their achievements and help keep residents connected. Also, an outside reporter can start putting any information online and it becomes even harder to pick the fact from the fiction.

The Western Bay is affected as they will lose The Te Puke Times and the Katikati Advertiser. Fortunately, Katikati do have a privately owned paper called The Lizard. Tauranga is blessed to have the Weekend Sun but they too are now owned by NZME.

Let's hope small towns and rural communities can find some way to keep connected with real news.

## BANANA SKINS

I was amazed when I read that there are other uses for banana skins aside from adding them to the compost. They can be used to nourish wood and leather with the inside of the skins. I admit that I have a selection of older oak and rimu furniture that is not heavily coated in varnish. I have experimented with rubbing the furniture with the skins and it is amazing. Removes marks and scratches and restores the colour.

The inside of a banana peel can be used to buff a wooden surface because it contains certain chemicals like citric acid and salicylic acid that clean the surface and a natural wax that keeps it moisturized. When using the banana itself, it's best to use overripe or rotting bananas because they contain more oil and are therefore more effective for shining wood.

Another natural polish can be made using 200ml each of mayonnaise, lemon juice and olive oil. Mix and apply. Linseed oil is the more professional product and is most often used for leather such as saddlery, belts and shoes.

## NZ POST

With the inevitable reduction in the postal service next year, people are being urged to set up Direct Debits for at least power, phone, rates and insurance. For those who do not have the internet, companies will have to find a way to connect with their customers. Fortunately, DX Mail is delivering some essential mail such as TV Guide and The Listener. I'm aware that several GP associations sent in submissions stating their disapproval of the NZ Post proposals.

## CLEVER WAYS TO CLEAN YOUR HOME WITH BAKING SODA

**Tackle tough cleaning jobs with baking soda using these techniques and formulas from cleaning professionals in the know.**

Baking soda can do so much more than simply help your baked goods rise. When applied to messes around the house, this powdery substance acts as an odour-absorber and a mild abrasive that can quickly loosen stuck-on gunk without damaging the surface. Pair baking soda with other household cleaners, such as dishwashing liquid, and it becomes an even more powerful cleaning agent, allowing you to break through greasy residue, polish metal, unclog drains, and more. Buy in bulk at Bin Inn.

### 1. Scrub the shower

On a wet microfiber cloth, sprinkle a small amount of baking soda and a couple of drops of dishwashing liquid. Work the cloth between your hands to create a lather, then use the cloth to scrub shower walls. For shower floors, sprinkle baking soda across the surface, squirt dishwashing liquid over the baking soda in an "S" motion, and scrub the floor with a wet brush. Rinse all shower surfaces with warm water. Wipe down the walls and floor with a dry microfiber cloth.

### 2. Cut through kitchen grease

Method for cleaning scorched stove drip pans. Remove the dirty pans and place them in a sink or small tub. Bring vinegar to a boil in the microwave. Sprinkle baking soda on the pans and add the boiling vinegar. Let the mixture sit for 30 minutes. Wipe with a wet sponge and rinse. Repeat as needed.

### 3. Create a sink cleaner

Combine baking soda with the cleaning power of lemon to clean stainless-steel sinks. Sprinkle baking soda on half of a lemon (or make a paste of lemon juice and baking soda) and use it to scrub the sink basin. Go with the grain to avoid scratching the surface.

### 4. Unclog kitchen drains

Start by shaking a few tablespoons of baking soda into the drain. Pour in heated vinegar, which will make the baking soda fizz to break up clogs, and rinse the drain with boiling water.

**5. Use baking soda as an all-purpose scrubber**  
Baking soda provides extra scrubbing power that makes sponges more effective without becoming too abrasive. Sprinkle it on a damp sponge equipped with a non-scratch scrubbing surface. Great for cleaning coffee and tea stains in mugs.

### 6. Add a laundry booster

Keep whites white and brighten colours with the help of baking soda. Add ½ cup of baking soda to each laundry load along with your regular detergent. This trick can also help lift odours from dirty clothes.

### 7. Deodorize shoes

Shoes are a prime spot where odour-causing bacteria thrive. To eliminate stinky sneaker smells, sprinkle baking soda inside the shoes, making sure to distribute it evenly. Let sit overnight before shaking out the residue.

*Jessica Bennett* - BHG

## SCIENTISTS DEVELOP A PLASTIC THAT DISSOLVES AT SEA

As delegates arrived in South Korea to thrash out a UN treaty to cut plastic pollution, Japanese researchers this week hailed a new "environmentally friendly" plastic that dissolves in sea water.

Made using supramolecular chemistry, the material was developed by scientists at the RIKEN Centre for Emergent Matter Science. They claim that it's just as tough as existing plastic, despite taking 10 hours to break down in sea water. When placed in soil, the material disappears within 10 days, they said, leaving behind phosphorus and nitrogen.

The non-toxic plastic alternative is made of ionic monomers – large organic molecules – that are linked together by reversible salt bonds. "With this new material, we have created a new family of plastics that are strong, stable, recyclable, can serve multiple functions, and importantly, do not generate microplastics," said lead researcher Takuzo Aida.

It's hoped that the material will one day replace existing single-use plastics, which take centuries to break down. As ever, the challenge will be producing it at scale and encouraging industries to embrace it. The need is urgent: plastic production is set to double by 2050.



## WHY AVOCADOS ARE GOOD FOR YOUR HEART



Eating two or more servings of avocado a week may cut your risk of cardiovascular disease by 16 per cent, according to a new study.

Researchers at Harvard University analysed data from two large US studies

between 1986 and 2016. Researchers followed more than 41,000 men (aged 40-75 years) and more than 68,000 women (aged 30-55 years).

Those who ate two or more servings of avocado each week had a 16 per cent lower risk of cardiovascular disease and 21 per cent lower risk of coronary heart disease compared with those who avoided or rarely ate the fruit. (A serving of avocado was defined as half an avocado – about 80g.)

Replacing half a serving a day of egg, butter, cheese, margarine or processed red meat with the same amount of avocado was associated with a 16 per cent-22 per cent lower risk of cardiovascular disease. But substituting half a serving a day of avocado for the same amount of olive oil, nuts and other plant oils showed no extra benefit.

Overall diet is what counts.

In the study, researchers found that those who had higher intakes of avocado also had better diet quality, eating more fruit, vegetables, whole grains and nuts. This shows that no single food like avocado is the solution to preventing heart disease. But having an overall healthy, balanced diet with a variety of nutritious foods is key to promoting good heart health.

Overall diet quality matters, and it is equally important to eat less salt, food and drinks containing high amounts of free sugars and fatty foods.

If avocados are not to your liking, you could consider including peanut butter, almonds, cashews, hazelnuts, peanuts, rapeseed oil, olive oil, olives and seeds, such as pumpkin and sesame seeds, in your diet instead, as these are also great sources of monounsaturated fats – the heart-healthy fat found in avocados.

Even though a healthy diet is important for preventing heart disease, being active, not smoking, and reducing your alcohol intake can also help to maintain good heart health, which should not be overlooked.

*This article is republished from The Conversation*

## THE HEALTH BENEFITS OF CAULIFLOWER

*Cauliflower has been elevated to near cult status in the vegetable world, thanks to its versatile flavour and texture, which is great news because this once humble brassica has a range of health benefits.*

Cauliflower is a member of the cruciferous family of vegetables, which includes Brussels sprouts, broccoli and kale. Once upon a time, cauliflower was considered bland and boring, and was usually served boiled and smothered in cheese sauce.

These days there are so many interesting ways to cook and eat this nutritious vegetable. Blitz it into crumbs in a food processor to use as a base for pizza, as a replacement for rice or mash, to sprinkle on top of pies and lasagnes, and to include in stir-fries. Or try cutting it thickly into 'steaks' to pan-fry, grill or barbecue. You can even roast it whole covered with a balsamic or miso glaze.

### HEALTH BENEFITS

**Blood function** - Cauliflower is a source of folate which is vital for healthy blood cells, and vitamin K which helps with blood clotting.

**Immunity** - Folate is also important for a healthy immune system, and cauliflower provides good amounts, along with vitamin C.

**Happy gut** - A cup of cooked cauliflower provides 3g of your daily fibre, which is essential for a happy digestive system and healthy gut bacteria.

**Heart health** - The potassium in cauliflower can help keep your blood pressure from getting too high. Studies have shown that increasing potassium in the diet can reduce blood pressure and cardiovascular disease.

**Cancer prevention** - Like other brassicas, cauliflower contains many phytonutrients – plant-based compounds known to have anti-inflammatory and cancer-protecting properties. Purple varieties also contain anthocyanins and orange varieties carotenoids.

*Author: Caroline Trickey and Jenny de Montalk HFG*



## Delicious Chocolate Fudge Slice

This easy fudge slice recipe requires no cooking - just assemble and leave to set.



### INGREDIENTS

- 125 grams butter
- 1/2 cup sugar
- 1 tbsp cocoa
- 1 whole egg
- 1 tsp vanilla essence
- 1 packet Round wine Biscuits

### INSTRUCTIONS

1. Crush Biscuits roughly or how preferred, set aside.
2. Melt slowly in a pot the Butter, Sugar and Cocoa until blended.
3. Remove from heat and mix in Egg and Vanilla Essence.
4. Pour over Crushed biscuits.
5. Press into slice tin and place in fridge to set.

## 5 Steps to Wellbeing

1. **Connect.** Talk and listen. Be there. Feel connected.
2. **Take notice.** Remember the simple things that give you joy.
3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
4. **Give.** Your time. Your words. Your presence.
5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

Good advice from the Mental Health Foundation.

## CREAMY ONE PAN CHICKEN WITH CORN

This meal can be ready in 25 minutes. If only cooking for one, divide the rest into containers and freeze for another time. The corn mixture will thicken on standing in this recipe, and you can add a little extra cream or stock if you prefer to thin it down.



### Ingredients

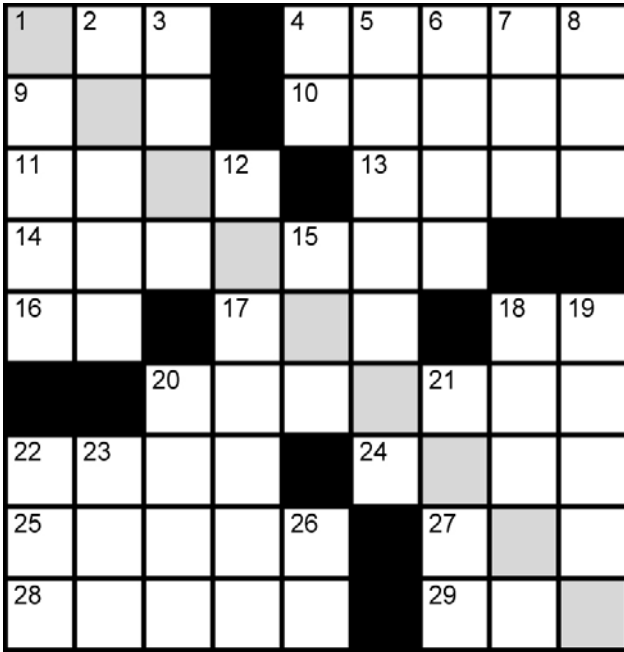
- 4 small chicken breast fillets, thighs or legs
- ¼ cup (35g) plain flour
- 2 teaspoons finely grated lemon rind
- 2 tablespoons extra virgin olive oil
- 30g butter
- 2 cloves garlic, crushed
- 2 cobs fresh corn, kernels removed or canned [could substitute with other fresh or frozen veg]
- ¾ cup (180ml) chicken style liquid stock
- ½ cup (125ml) thickened cream
- 2 tablespoons finely chopped chives
- ¼ cup fresh basil leaves

### Method

1. Using a meat tenderiser or rolling pin, beat chicken breasts between 2 sheets of baking paper to flatten slightly. Or cut up the breasts or thighs.
2. In a shallow bowl, combine flour and lemon rind. Season with salt and freshly ground black pepper. Press flour on to all sides of chicken.
3. Heat oil and half the butter in a medium frying pan over medium-high heat. Add chicken and cook for about 5 minutes on the first side or until golden brown and a crust has developed. Turn; cook for a further 3 minutes or until chicken is just cooked through. Remove chicken from pan.
4. Add remaining butter, garlic and the corn kernels to the pan, cook for 2 minutes or until fragrant. Add stock and cream. Cook, uncovered until sauce has thickened. Return chicken and any juices to pan, simmer, for 2 minutes. Stir in chives.
5. Sprinkle with basil leaves.



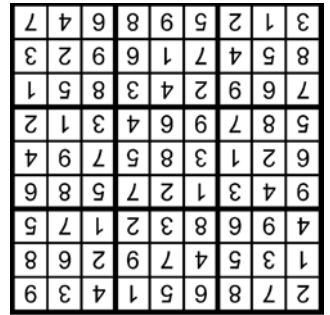
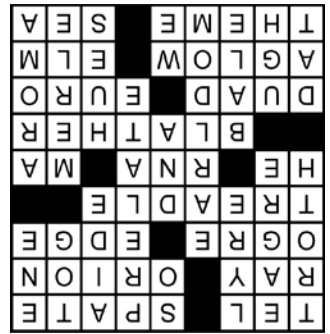
# Big and Creepy



- Across**
- 1. \_\_\_ Aviv
  - 4. Sudden outpouring
  - 9. Sunbeam
  - 10. Betelgeuse's constellation
  - 11. Shrek, e.g.
  - 13. Halftime lead, e.g.
  - 14. Sewing machine part
  - 16. Element #2's symbol
  - 17. Genetic stuff
  - 18. Bell or Barker
  - 20. Nonsense
  - 22. Pair

- 24. Continental currency
- 25. Radiant
- 27. "A Nightmare on \_\_\_ Street"
- 28. Motif
- 29. Ocean

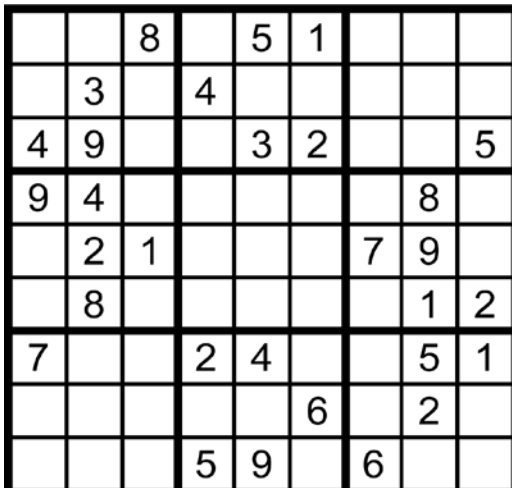
- Down**
- 1. Promise
  - 2. Tidal flood
  - 3. Orpheus' instrument
  - 4. Therefore
  - 5. Bishop, e.g.
  - 6. Campaign worker
  - 7. Deck (out)
  - 8. Compass heading
  - 12. Nobleman's domain
  - 15. Some trial evidence
  - 18. Actress Oberon
  - 19. Fragrance
  - 20. Cotton unit
  - 21. Colors
  - 22. "Who \_\_\_?" (slangy query)
  - 23. "That's terrible!"
  - 26. First word of the Constitution



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

- |                |            |         |
|----------------|------------|---------|
| BAMS           | DISCARD    | PUNG    |
| BETTING        | DOTS       | QUINTS  |
| CALL           | DRAGONS    | RACK    |
| CARD           | FLOWERS    | RUNS    |
| CHARLESTON     | GOING DEAD | SINGLES |
| CHOW           | HAND       | SOAP    |
| CONCEALED HAND | JOKERS     | SUITS   |
| CRAKS          | KONG       | TILES   |
| DEAL           | MELD       | WALL    |
| DICE           | PAIRS      | WINDS   |
|                |            | YEAR    |

## SUDOKU



## Mah Jong

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. *The difficulty on this puzzle is easy.*