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## Kapiti Coast Grey Power Lobbying Focus is Back

The local body elections in September/October, and the resulting influx of new Councillors and Community Board members, has prompted your Kapiti Coast Grey Power management board to refocus its activities.

“Grey Power is essentially a lobby group,” says President Roger Booth. “Lobbying locally therefore should be our forte.

“Lobbying nationally is the key role of NZ Grey Power Federation – and they are effective in getting our voice heard in the corridors of power. As an association here in Kapiti we need to pick up national issues when they occur, and back up the chosen national approach by gingering up our local MPs.

“But here on the Kapiti Coast we need also to become much more involved on District Council (KCDC) matters, generally when they affect all of us ... but especially when they affect the elderly.”

“And”, says Roger, “the 2023 key focus will be in association with the Community Boards.”

“The key feature of our district is its villages - in particular the crucial differences between the five Community Board areas with regard to the population mixes, status of businesses, and their special characters.

“The Community Boards have in the past led local lobbying of KCDC. Kapiti needs to rekindle the relevance of Community Boards in our community and, as an apolitical group, Kapiti Coast Grey Power plans to take a proactive approach to achieve this.

“Spread across 2023, Kapiti Coast Grey Power proposes that the general public will be invited to five community meetings, hosted jointly by Kapiti Grey Power and the respective five Community Boards.

“We will seek to set up a Community Board Liaison Committee with KGP reps and the Community Board chairpeople to plan together what each meeting will present and discuss. The key purpose of the resulting community meetings will be to hear the concerns, needs and hopes of each community.

“Follow-up proposals and raised concerns will then be pursued alongside the community boards, and the ultimate consequences then reviewed with the organising group after a full cycle”.

“With a third of the Kapiti Coast population in the older persons group Kapiti Grey Power will be pressing hard to have a much greater say in a number of matters,” said Roger. “Watch this space.”



*The Kapiti Coast Grey Power Board wishes all members a very Merry Christmas and a Happy New Year. We look forward to your involvement in 2023.*



Kapiti Grey Power's Facebook page is updated regularly. It can be found at:

<https://www.facebook.com/Kapitigreypower>  
Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on [secretary.kgp21@gmail.com](mailto:secretary.kgp21@gmail.com)

### COMMITTEE MEMBERS 2022/2023

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**(Focus: Governments' liaison, Zone Rep, Health)**

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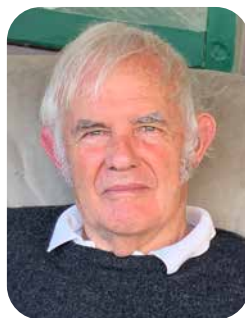
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Please refer to our website for disclaimer.



## PRESIDENT'S REPORT

Greetings to all as the newly-appointed President of Kapiti Coast Grey Power.

Many thanks, initially, to the outgoing President, Derek Townsend. Derek put in a solid effort across a number of years, more recently in the leadership

role. The contribution of your officers is basically voluntary, but surprisingly time-consuming.

We have recently fielded a lot of praise for our significant role in arranging, publicising, and chairing the recent series of four Election Candidate meetings. The attendance was a remarkable 600 across the four sessions.

The field of candidates was also remarkable. Those standing deserve our thanks for making themselves available for what really are thankless roles. You field much more criticism than praise in these public roles. The last Covid-dominated local body term produced many obstacles and frustrations, and it was no surprise that the bulk of the current representatives did not put themselves up for re-election.

As you can see from the front page article, I am keen in 2023 to see Kapiti Coast Grey Power reinstated as a significant local lobby group and your Board is working hard to achieve this.

Our intended presence will be alongside our five Community Boards to identify key local needs ... and help make them happen!

Kapiti Coast Grey Power is also very concerned about the confused state of local health administration following the removal of District Health Boards. Please watch out for and support public meetings to be called in February to publicly examine this less than satisfactory situation.

Watch out for us, folks. We're back!  
But we need your support.

Roger Booth | President

“ A smile is a curve that sets everything straight. ”

Phyllis Diller

## Members' Coffee Morning



### Members Christmas celebration Coffee Morning



Soyna Sloan, an ex policewoman, and a Kapiti Grey Power Member, will be our speaker at the **Members' Christmas Coffee Morning on Wednesday, 30th November at 10am at Ocean Road Community Centre.**

Sonia will be speaking on Scams – how to spot them and what to do if you suspect you are the target.

We are going to have to limit the numbers to 70 for catering purposes, so we do need members to phone the Office 902 5680 or email us [kapitigreypower@outlook.com](mailto:kapitigreypower@outlook.com) to let us know they are coming.

*Kapiti Grey Power is also very aware of COVID still doing the rounds again. We will be monitoring that and advising attendees nearer the time.*



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for men and women  
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The Kapiti Coast Grey Power Office will close for the Christmas New Year break on Friday 16th December.

We reopen on Tuesday 24th January.

The Otaki Grey Power Office will close on Thursday 1st December and reopen on Thursday 2nd February.

We wish you all a Very Happy Christmas and New Year. We look forward to seeing you in 2023. Enjoy the Summer Break.

Diana Pierce | Office Administrator



Thank you once again to Chris Marshall of Harcourts who has renewed her contribution towards the cost of us hiring Ocean Road Hall for our Socials each year. It is very much appreciated.

Chris can be contacted at 04 902 9651; on her cellphone 0274 502 381 or via email: [chrismarshall@harcourts.co.nz](mailto:chrismarshall@harcourts.co.nz)



## Terisa Ngobi MP for Ōtaki

I'm here to help.  
If you have any questions or issues, please contact my office:

[terisa.ngobi@parliament.govt.nz](mailto:terisa.ngobi@parliament.govt.nz)

0800 MP TERISA

/terisangobiotaki

/terisa\_ngobi



Authorised by Terisa Ngobi,  
Parliament Buildings, Wellington





## Covid-19 update

Face masks are no longer required onboard Metlink bus, rail, ferry and total mobility services following the Government's decision to remove the traffic light system.

Guidance from the Ministry of Health still strongly recommends mask use on public transport and crowded places.

You must wear a face mask at most healthcare services, or when visiting people at high risk.

Your face mask must attach to your face by loops around your ears or head.

If you are unable to wear a face mask, you can apply for a Mask Exemption Pass.

You can get free face masks when you pick up RATs from a testing centre. P2/N95 face masks will be available for people at higher risk of severe illness.



## From the Membership Administrator

*Kia ora Grey Power Members* – You may glean from my title that my job has been split and Diana Pierce is back doing the Office Administrator part of the job - so in essence we are job sharing. It's lovely having that wealth of knowledge and experience to call on or just to lean on and learn from.

At the moment we are busy ringing members who may have overlooked paying their fees for this year. We have had a very good result as far as renewals go and even the amount of new members wishing to join us.

It was a very busy month before the Local Body elections with 'Meet the Candidates' meetings. This was very successful as far as getting numbers at meetings and members being able to ask questions of the candidates. You may have even attended one of them yourself. Grey Power wishes to congratulate all the successful candidates.

Don't forget our **Members' Christmas Coffee Morning on Wednesday, 30th November at 10am at Ocean Road Community Centre.** If you want a cuppa beforehand come about 9.30 am. We will be sending out a reminder email before the event.

Please remember I am happy to help you with any enquiries you may have. Please do not hesitate to call or email me. Details are on page two of the magazine.

Nga mihi  
*Emilia McDonald*

## We are looking for special members to join our ODD JOB SCHEME

(you must be a current member of Grey Power)

We have found quite a number of our "Odd Jobbers" have moved on and are not in a position to help us. Thank you one and all for your efforts over the years. We now need to fill some of those spaces.

**Can you give a few hours a month to help others?** Do you have skills that can help our members – such as, carpentry; gardening; handymen/women; or window cleaners inside or outside. All (mates) rates are negotiated between the parties.

**If you have other skills that you may be prepared to share and that would be of assistance to members (no matter how obscure you think it might be) we would love to hear from you....**

**For further information on the Odd Job Scheme, please contact Val Tietjens at the Grey Power office on 04 902 5680 or email [kapitigreypower@outlook.com](mailto:kapitigreypower@outlook.com).**

I asked my daughter if she had seen my newspaper.

She told me that newspapers were old school now and that people use tablets nowadays and handed me her iPad.

The fly didn't stand a chance!

## Why Keep It a Secret?

(A booklet published by Grey Power Rotorua Inc 2003).

This booklet is a personal record of matters pertaining to your estate. It covers issues such as your will, life insurance, health insurance, pension plans, bank account details, safe deposits, etc, as well as especial information regarding organ donation and funeral requests ... all for you to fill in and keep in a safe place.

To order or purchase a copy, please contact the Kapiti Coast Grey Power office on 902 5680. Cost: \$5 each plus \$2 for postage (if required)

## Next Census date announced

**New Zealand's next Census will be held on March 7th, Statistics NZ has announced.**

The Government has also announced a range of new measures to increase participation, in response to the scathing criticisms levelled at the effectiveness of the last Census in 2018.

"The five-yearly official count of population and dwellings gives the most complete picture of life in our country," Stats NZ chief executive Mark Sowden said.

"The information collected is invaluable, helping communities, iwi, councils, businesses, and government make important decisions about where to fund and locate services that affect all people living in Aotearoa New Zealand."

# Kāpiti Coast Funeral Home

local family business, serving Kāpiti for 30 years

### Discounts for all Grey Power members

- **No charge** for streaming services in our chapel.
- **No charge** for our follow up Bereavement Care after a funeral when you use us
- **No markups** on items purchased for you, like flowers or newspaper notices
- **No charge** to set up Pre Arranged funerals, or Pre Paid funerals.
- **Free Memorial Photobook**

We minimise costs and believe in transparency, it's the bottom line that counts.

*Whatever needs doing we are there for you.*

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04 298 5168

Office open: Monday – Friday 8.30am to 5.00pm Saturday mornings, 10.00am – 1.00pm



# Barbara Edmonds

MP for Mana

## Need help? Contact me.

[mana@parliament.govt.nz](mailto:mana@parliament.govt.nz)

04 237 9842 | /BarbaraEdmondsMP

Authorised by Barbara Edmonds MP,  
Parliament Buildings, Wellington



## The worrying gap between national superannuation and household expenditure



The Grey Power Federation is interested in a recent report by Massey University which shows national superannuation alone is no longer an adequate pension for retired people.

Associate Professor Claire Matthews from the Massey Business School, who wrote the report says, while inflation, the highest since 1990, is one of several contributing factors, the war in Ukraine and increasing energy costs were adding to the problem.

Federation president Jan Pentecost said the extensive report was a vindication of Grey Power's claims over many years that the gap between national superannuation and household expenditure had continued to exceed the rate of inflation.

"As things are now a single person household with a no-frills lifestyle is having to draw down \$10,000 per year from savings to manage in a provincial location, while a single person in a larger city needs an extra \$16,500 annually.

"Many do not have those savings."

Pentecost said some federation members report they are not coping or coping poorly financially with life in retirement, particularly those who live alone and are renting, or living in pensioner villages, or social housing.

"Over 40% of our members are worried about their likely financial situation in ten years from now. It is abundantly clear that national superannuation must be inflation adjusted each year and that supplementary allowances particularly for accommodation, healthcare and energy costs must be increased.

"We need a level playing field for eligibility to accommodation supplements as a matter of urgency."

Dr Matthews also says it is important for New Zealanders to start planning and taking action now if they want to achieve a particular style of living in retirement.

But Pentecost said people on low incomes had limited ability to save. "After decades of a low wage economy we have far too many people who will never own their own homes and who are forced to pay excessive rents that often exceed 40% of their NZ Super, leaving little for food, healthcare, energy costs etc.

"National superannuation is not adequate on its own for these people and many face a bleak future in retirement unless there is a genuine intention by the government to avoid a social calamity."

## Use our loos – when you've got to go!

If you're visiting Nelson this summer you might take advantage of a City Council initiative to make more clean, safe and accessible toilets available to the public.

Businesses around Nelson are being invited to display 'Use Our Loos' stickers in their windows, indicating people are welcome to use their toilets without making a purchase.

"We know having access to toilets is a big issue, particularly for older people, and the fear of getting caught out can put them off leaving the house. In fact, a recent survey shows access to toilets is the third most common area for concern of older people living in Nelson," says Councillor Matt Lawrey, who chaired the City for All Ages Working Group.

"We'd love to get as many establishments as possible on board, and hopefully the places that offer this service see a little boost to their business. There's an increasing number of people out there who want to

support ethical businesses and Use Our Loos is going to give them a chance to do just that."

The initiative is modelled on a successful campaign in London. It is the first of its kind in New Zealand.

"The 'Use Our Loos' stickers won't just be helpful to older people, they're going to benefit people with disabilities, people looking after young children, and pretty much everyone," says Councillor Lawrey.



Participating premises display one of these stickers in their window and show if the toilets have wheelchair-accessible facilities, baby changing facilities and those with both.

## Cracking open the nest egg - how to spend your savings in retirement



The Retirement Commission (Te Ara Ahunga Ora) has released a comprehensive report that considers how people draw down on the savings they have accumulated to support their retirement.

Decumulation means drawing down savings and investments that have been built up over an individual's working life to provide income in retirement.

Insights gathered for the report reveal many people are "sleep walking" into retirement and not getting appropriate guidance for how to best manage their nest egg, if they have managed to accumulate one. The Commission has suggested a series of recommendations to better support the process.

Report author, and Policy Lead at Te Ara Ahunga Ora, Dr Michelle Reyers "We now have access to data which gives us a better understanding of what people's KiwiSaver balances look like and how they will track up to age 65 when they will be able to access the funds".

International best practice approaches to spending in retirement focus on balancing "longevity risk" ... the risk of running out of money, with giving people choice and flexibility to use their retirement savings as they see fit.

In New Zealand longevity risk protection is provided by New Zealand Super, as it provides a guaranteed income for life. This safety net means that people can have choice and flexibility when it comes to accessing their KiwiSaver funds in retirement.

The research shows a need for guidance to manage the drawdown phase increases as KiwiSaver balances grow. 56 – 60-year-olds had an average balance of

\$49,206 and 61 – 65-year-olds \$53,579. As more New Zealanders approach retirement having spent longer in KiwiSaver, average balances will increase.

These increasing balances highlight the importance for all KiwiSaver providers to reach out to pre-retirees at key age milestones to retirement to provide information and guidance regarding their options.

The research also found that an increasing number of Kiwis are choosing to keep their KiwiSaver accounts open after the age of 65. This presents an opportunity for KiwiSaver providers to consider how to make their products more user-friendly and accessible for those who want to use their KiwiSaver account as a managed drawdown account in retirement.

Dr Reyers has made the following recommendations:

- KiwiSaver providers should use consistent terminology, and supply consistent information and guidance, to KiwiSaver members regarding drawdown.
- KiwiSaver providers should contact members at milestones approaching retirement to provide information and guidance on options. Calculators and tools need to be developed so that people can understand their choices about withdrawing savings and compare options.
- KiwiSaver products should be user friendly for those who are using them as a managed drawdown account after age 65
- New Zealand Super must continue to be a key pillar of the New Zealand retirement income landscape as it provides protection against longevity risk (running out of money), and provides more equitable retirement outcomes, as it is universal and gender neutral

### How much extra do you need in retirement?

Household type	Weekly shortfall from NZ Super	Lump sum required
One-person, no-frills metro	\$318.13	\$277,000
One-person, no-frills provincial	\$187.40	\$163,000
One-person, choices metro	\$644.18	\$561,000
One-person, choices provincial	\$754.90	\$658,000
Two-person, no-frills metro	\$218.95	\$191,000
Two-person, no-frills provincial	\$88.16	\$77,000
Two-person, choices metro	\$865.93	\$755,000
Two-person, choices provincial	\$550.81	\$480,000

• Source: Retirement Income Guidelines, Massey University



## Help with Computing

SeniorNet Kapiti is delighted to enter into collaboration with Grey Power to help members keep up with developments in technology. This was identified as a top priority in Grey

Power's recent Members' Survey.

In coming issues of "Super People", we look forward to bringing you tips and advice on how to get the most from your digital devices, as well as news on developments in this ever-changing world. Our first collaborative venture was a session at your September Members' Coffee morning. After a brief presentation outlining SeniorNet's activities, Chair Sue Connor initiated a discussion on scams and how to recognise them. This attracted lively input from members and flowed on to a wide-ranging Q-and-A session.

By way of background, SeniorNet Kapiti was established in 1997 as part of a national programme to assist New Zealanders aged 50 and over to keep abreast of technology. We run a range of courses and workshops (including ever-popular workshops on scams and internet banking) as well as regular "How-Do-I" sessions where members can get help with individual problems. Our friendly tutors understand the frustrations technology can bring and have the patience to help with practical, easily-understood advice. We aim to provide a relaxed, friendly learning environment with time for a cuppa and socialising.

For more information, you can visit our website [kapiti.seniornet.nz](http://kapiti.seniornet.nz) or pick up a brochure from the Grey Power office at Coastlands. We will also be running Open Days at the beginning of February (dates tba).

## Eldernet services and 'Where from here' publication

Eldernet is a service that provides a wide variety of resources for older people and their support networks. The service is available via their website <https://www.eldernet.co.nz/> or by hard copy request.

They also profile a range of products and services for the older person, including: Community Groups; Dental and Denture services; Hearing; Vision; Travel, Tours and Recreation; and Equipment and Products.

The Eldernet website includes a nationwide database directory and comprehensive information about community groups and organisations, home help services, rest homes, aged care facilities, retirement villages, private hospitals, dementia care, public hospitals and other third age services for seniors.

Eldernet has asked us to remind members that the 'Where from here publication' (which is updated every 12 months) is free. Hard copy books can also be ordered on-line on [www.wherefromhere.co.nz](http://www.wherefromhere.co.nz) or by phoning 0800 162 706.

Ross Fallen | Acting National Secretary

## Christmas Dried Fruit Balls

### Ingredients

- 1 cup dates
- 1 cup sultanas
- 1 cup raisans
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds

### Method

Place the sunflower and pumpkin seeds in kitchen whizz and blend until roughly chopped. Then add all dried fruit and blend until well combined.

Take teaspoonsfull of the mixture and roll it into balls then roll in Coconut or chocolate hail.

Set in fridge for approx 2 hours.

You can use any dried fruit or nuts. Please ensure you use the same ratio of dried fruit, with seeds and nuts.



One should never count the years – one should count one's interests. I have kept young trying never to lose my childhood sense of wonderment. I am glad I still have a vivid curiosity about the world I live in.

Helen Keller

## What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



Spotting Elder Financial Abuse



## Better Banking Workshop

28 November 2022

Bullet-proofing against scams and frauds

Advice and support for carers

Two sessions: 1.00pm – 2.00pm | 2.15pm – 3.15pm

BOOKINGS ESSENTIAL: Limit of 20 per session

Contact: Age Concern Kāpiti | Phone: 04 298 8879

Where can I go for help

Venue: Tui Room, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu

Warning signs of elder financial abuse

## Discount ferry fares

Grey Power members can obtain discounts on Interislander ferries and Great Journeys train fares.

For details of the 2023 fares, special code, conditions and availability of services (discounts aren't available at peak times), call our office (04 902 5680) or call in at First Floor Coastlands, Paraparaumu (Mon-Fri 10 am – 2 pm), or Otaki Library (Frist and third Thursdays 10 am-1pm).



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## DO NOT KNOCK' STICKERS - FREE

It is now illegal to ignore "do not knock" stickers.

Changes to the Fair Trading Act mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000.

John Duffy of Consumer NZ says:

"Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

Consumer NZ members can request a sticker through the form on Consumer's website. If you're not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints. Alternatively, you can make your own sign or download a printable version of the sticker.



## Scam Alert from The Financial Services Federation (FSF)

The Financial Services Federation is warning Grey Power members of a scam that is currently operating in their name and which they believe to be targeting older and more vulnerable people.

The Financial Services Federation (FSF) is the industry body representing responsible non-bank lenders operating in New Zealand. Their website is [www.fsf.org.nz](http://www.fsf.org.nz)

There have been a number of instances where older people have been targeted either by phone or email by someone purporting to be from the FSF (in the case of the email instances the FSF logo has been used to add authenticity)The scammers seek money in order that an amount of money may be released to the target that, of course, is never forthcoming.

For information on scamming alerts on phones, texts, emails, and Face Book see: [www.netsafe.org.nz](http://www.netsafe.org.nz) – 0508 638 723 or [cfc.org.nz](http://cfc.org.nz) or [www.scamwatch.govt.nz](http://www.scamwatch.govt.nz)

## Daily power charge set to rise again in April

Most power users face a further 34.5 cent hike in their daily charges from April.

In 2004, power companies were ordered to start offering power plans with a low daily fixed charge to customers who used less than about the average amount of electricity each year.

Since then average household electricity consumption has fallen, and about 68% of households now benefit from the low daily charges.

But Energy Minister Megan Woods announced last year that the price caps would be phased out over five years.

The cap was raised from 34½ cents a day in April to 69c now and is set to rise in equal steps to \$2.07 by April 2026, before the cap is removed altogether a year later.

Osmond Borthwick, energy policy manager at the Ministry of Business, Innovation and Employment (MBIE), indicated to a Parliamentary select committee that an important advantage of abolishing the caps was that would help electricity lines companies adopt new plans that had different prices for different times of the day.

## 120 Coffins Launches Funeral Debt Campaign

120 cardboard coffins were delivered to Parliament in September in a call for the Government to stop delaying action on funeral debt.

The coffins are a reminder that every single day New Zealanders are thrown into poverty because government paperwork requirements leave them open to commercial exploitation.

Death Without Debt is a working group of New Zealanders from social work, poverty and medical professions and is supported by the Salvation Army and Spokesman, Fergus Wheeler, says the average cost of a funeral is \$10,000 – far more than many households can afford and blames the cost on the government's dysfunctional death paperwork system.

The silent protest – each coffin contained briefing papers for each MP - is designed to speed up the Government's Review of Burial and Cremation.

Death Without Debt has also set out for the Government a further eight steps they need to take reduce or eliminate funeral-driven poverty.

## DONATE UNWANTED CURTAINS

Sustainability Trust's Wellington Curtain Bank relies on donations of good quality, pre-loved curtains to upcycle and support low-income families in the Wellington Region.



Double-layered curtains are effective at reducing heat loss. They keep the home warm and help to reduce energy bills.

Recently amended laws mean rental housing must be adequately insulated, and a source of heat provided by the owner. They however don't address perhaps the biggest source of heat loss – windows. The solution, in part, is deceptively simple: the humble curtain.

Curtain Call hopes to make New Zealanders more aware of best-practice window coverings, and implores the government to include thermally-insulating window coverings within the minimum rental standards.

Curtain Call brings together a number of not-for-profit organisations with strong connections in community and child health.

### They take:

- Good quality, mould-free curtains
- Fabric rolls or large offcuts of fabric
- Tracks and hooks
- Rolls of white/cream or grey, poplin/polyester/cotton or calico.

### They don't take:

- Dirty, sun-damaged or mouldy curtains
- Curtain rods or brackets
- Any type of blinds or netting.

Not sure what they accept? Give them a call on 04 385 0500 or flick them an email [customersupport@sustaintrust.org.nz](mailto:customersupport@sustaintrust.org.nz)

## New dementia care resources

A new set of free educational resources, designed to enhance the way those living with dementia are cared for, was launched in early September.

Created by the New Zealand Dementia Foundation - thanks to a substantial grant from the CHT Aged Care Fund - the Dementia Short Trainings in Awareness and Responsiveness (STARs) educational resource kits are designed specifically to benefit the dementia care workforce including medical, nursing, support workers and educators.

Each of the eight modules introduces a person-centred approach to a key element of care, spanning bathing, senses, pain management, falls, delirium, eating well, hydration and continence.

The facilitator's kit offers flexibility in delivery, with everything needed to run an engaging face-to-face session. It contains a pre-recorded webinar pitched to be practical and relatable for carers of all backgrounds, together with a mix of practical examples and ideas, links to research, the exchange of experiences, and creative responses.

CHT Healthcare Trust established the Aged Care Fund in 2019 to finance initiatives that improve care for New Zealand's older people, across research into the needs of older people, access to care, and workforce development.

## SuperGold App

The SuperGold smartphone app is the easy way to find discounts and offers when you're out and about. It's also a good way to find discounts near you, whether you're close to home or travelling in New Zealand.

Download the SuperGold App free for your smartphone from the Apple App Store (iOS, iPhone) or Google Play (Android) <https://supergold.govt.nz/app-guide.pdf> has a step-by-step guide on how to download and use the app, otherwise try asking someone who is good with technology or give SuperGold a call on 0800 25 45 65 (Monday – Friday, 8am-5pm). You don't have to have the app to get SuperGold savings, but it will help when you're out and about.



## Safe medication practices vital to ensure safety and wellbeing of older people

The Aged Care Commissioner Carolyn Cooper is calling for patients, families, whānau, caregivers, communities, healthcare workers, and providers to show their commitment to safe medication practices for older people.

“Older people are significant users of high-risk medications. Many medications have associated risks that need to be managed and mitigated with good medication management policy and staff training,” says Ms Cooper.

The World Health Organization’s call for action to KNOW, CHECK, and ASK to ensure medication safety is simple. Before giving medication, healthcare workers and providers should KNOW the medication, CHECK for the right patient, medicine, route, dose, and time, and ASK the patient if they understand.

Ms Cooper says it is critically important that aged residential care facilities have appropriate systems in place to ensure nursing staff administer all medications correctly, and for medication errors to be identified and followed up quickly.



“Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?”

## Check medications before driving

“Mixed Driving” is combining prescription medications together, or with, alcohol or illegal drugs, and then driving. It can cause a significant increase in crash risk and is often done without realising.

Medications covers a broad range of substances including prescribed medicines, those you might buy over the counter in a pharmacy, and other substances with potential medicinal properties related to traditional healing.

Impaired driving is when your body or emotions have been affected. It is always illegal to drive when impaired, whatever the cause might be (i.e. substances, illness, injury).

All medications have the potential to cause impairment, but some medications are more likely to cause impairment than others. They include:

- strong painkillers
- heart medication
- sleeping tablets
- addiction treatment
- anxiety medication
- anti-psychotic medication
- depression medication
- allergy medication
- epilepsy medication
- nausea medication

The most common form of mixing is when alcohol is mixed with medication. Mixing can increase your risk of a fatal crash from impairment by 23 times.

If you are within the legal limits for alcohol consumption, but you are impaired due to other substances, it is illegal to drive.

### What you can do:

- Always tell whoever is giving you medications what medications you are already taking so that they can correctly assess the chances of you becoming impaired.
- Always tell whoever is giving you medications if you drink alcohol or take illegal drugs.
- Health care professionals will usually tell you if they think you are likely to be unsafe to drive, but it is also a good idea to get into the habit of asking.

### You can find support:

- Talk to a nurse by calling Healthline (available 24 hours), phone 0800 611 116
- Talk to a counsellor by calling the Alcohol and Drug HelpLine (available 24 hours), phone 0800 787 797
- Find out more about being safe on the Drug Foundation website <https://bit.ly/3fb4Mv6>
- Mixed driving brochure is here: <https://bit.ly/3gHlpxU>

## Affordable Retirement Home or Lifestyle Option

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# Planting for Companionship

Companion planting is the practice of growing different plants together for mutual benefit.

Companion plants can attract beneficial insects and pollinators, deter pests, and act as insect repellents. They can fend off predators and undesirable wildlife. Plants also play a role in soil fertility.

But beware, there are plenty of opportunities to plant bad neighbours. Generally, plants that compete because of similar nutrient, water, space and sunlight needs and crops susceptible to the same disease should not be planted next to each other.

Here are some suggestions

- Plant penny royal and tansy throughout the garden. Ants farm aphids, by carrying them from plant to plant as they are very fond of the sweet substance which aphids secrete. The pungent smell of penny royal and tansy will also deter ants from coming into the house.
- Coriander will help keep aphids away.
- Apple trees are more productive and disease resistant if a good number of chives are grown under them.
- Apricot trees benefit from planting basil and tansy nearby.
- Asparagus grows particularly well if it is surrounded by parsley.
- Basil is one of the most valuable herbs in the garden. Bees love it and therefore it brings fertility to the whole garden. It also deters aphids, fruit fly and the common house fly.

- Cabbages grow better when mint, thyme, sage, rosemary and dill are around them. Never grow rue near cabbages.
- Borage is rich in organic potassium, calcium and natural minerals. It should always be grown near cucumbers, tomatoes, squash, and strawberries.
- Celery likes to have dill planted nearby. Carrots like chives, sage and coriander planted between their rows.
- When growing plants from seed, mix dried herbs of any variety to discourage birds, mice and slugs from eating them while they are germinating.
- Pots of garlic, which can be easily moved around, will repel mosquitoes. Great for when you are entertaining outdoors.
- Planting lemon balm and lavender will attract bees and improve the growth of all vegetables, especially tomatoes.
- Discourage fleas by planting fennel near troublesome areas.
- Lovage, marjoram and tarragon planted freely through vegetable and flower gardens will improve the health of all nearby plants.
- Nasturtium helps repel woolly aphid and many other garden insects.
- Rosemary and rue repel slugs and snails so plant them by your more tender plants.
- Garlic and chives planted near roses help repel aphids and enhance the fragrance.
- Marigolds planted throughout the garden will help discourage whitefly.



## Physical Activity

Staying active is important when you're getting older (including if you have health conditions). Regular physical activity can improve your health and wellbeing, and make it easier to perform daily tasks.

Summer is a good time to start a new activity – most of us feel more motivated in the warmer weather to get up and get moving.

**Physical activity is any movement of the body that uses energy. It is important to be as physically active as possible and limit sedentary behaviour.**

You should aim for a mixture of aerobic, resistance, flexibility and balance activities.

Joining an exercise group is a wonderful chance to meet new people and create new social connections.

### Remember

- Speak to your doctor before starting or increasing physical activity
- Start off slowly and build up to the recommended daily physical activity levels

### Recommendations for older adults

1. Spend more time being physically active and less time sitting down

Do lots of daily physical activities such as:

- walking to the shops
- vacuuming
- gardening
- washing the car

*Any level of physical activity is better than doing nothing!*

2. Aim for at least 30 minutes of aerobic physical activity on 5 days each week. Aerobic activity makes your breathing and heart rate increase.

Some examples of aerobic activities to increase your heart rate and breathing include:

- brisk walking
- ballroom dancing
- cycling
- kapa haka
- lane swimming
- kilikiti.
- playing with grandchildren

Do 60 minutes aerobic activity on 5 days each week for additional health benefits and to lose weight.

3. Aim for 3 sessions of flexibility and balance activities, and 2 sessions of resistance activities each week (in addition to the aerobic physical activity). Doing exercises that strengthen your leg and core muscles and improve balance will reduce your risk of falling. Evidence shows that exercise classes designed to improve strength and balance reduce the risk of falling by up to 30%.

Some examples of resistance, flexibility and balance activities include:

- resistance (for muscle and bone strength):
  - o carrying shopping
  - o standing up and sitting down repeatedly
  - o weight training
- flexibility (for easy movement):
  - o stretching
  - o gardening
  - o yoga
  - o pilates
  - o balance (to prevent falls):
    - o bowls
    - o modified tai chi
    - o Otago exercise programme
    - o standing on one leg
    - o yoga.

Community Strength and Balance Programmes aim to identify and approve community based exercise classes that reduce the risk of falls and increase balance and strength for older adults. Classes range from gentle chair based exercise, tai chi, yoga, dance, boxing, energetic aerobic and traditional weight bearing classes.

Source: [www.health.govt.nz](http://www.health.govt.nz); [www.livestronger.org.nz](http://www.livestronger.org.nz)



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- Unclog pores
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1 hour



## New QEP tracks open the park to regeneration and recreation

Here's a Gold Card Walks suggestion that will go easy on your Gold Card.



Formerly farmed areas of Kāpiti's Queen Elizabeth Park have been opened to the public following the completion of 7.5 km of new tracks to the park's northern section.

The tracks – you can cycle or horse ride on them too – feature the transition of large areas of land by Greater Wellington Regional Council from grassland farming to regenerating native forest and newly formed natural wetlands on low-lying peatland

Extensive planting has been undertaken by volunteers throughout with much of the planting in the peatland in the north-east funded by Kāpiti's MacLean Trust.

Four new tracks have been developed, the Peatland Ridge Track, the Peatland Loop Track, the Old Farm Track and the short Kanuka Track which links to other trails in the park. Together, they offer a variety of easy recreational opportunities through flat and rolling country which over time will resemble the land's original state.

Dogs are welcome in all areas except wetlands - provided they are under control and their droppings are removed or placed in new bins in the park.

Chair of Friends of QEP, Russell Bell says: "The new wetlands on formerly drained peatland are a significant climate mitigation action for Kāpiti. Their restoration and future planting throughout QEP will together become a very important ecological wetland sand dune complex. These landscapes, once prominent, are now quite rare.

"Our focus in QEP is in line with broader strategy and will enable us to expand habitat for native species, mitigate the impact of climate change through carbon sequestration, improve freshwater quality, provide recreation opportunities, involve the community and reduce the threat of fire in the park."

You can view the updated QEP brochure at: <https://bit.ly/3SFrdGC>

## Snapper on rail network wide by end November

**Electronic ticketing will be available across Metlink's entire rail network by 27 November.**

Snapper payments will be accepted on the Kāpiti Line from 12 November and on the Hutt Valley, Melling and Wairarapa Lines from 27 November.

Paper tickets (including offboard single and 10-trip tickets) will be almost gone from December 31st.

However you will still be able to buy a ticket onboard the train using cash. Gold card off peak concessions will continue.

The 30-day Rail pass is replacing the Monthly and MonthlyPlus passes. This pass is activated on its first use. If you're travelling to or from Wellington Station, it will include your bus trip to or from your local train station between zones 4 – 14.

You can load a 30-day Rail pass for zones 1 -10 onto your Snapper card and use it on the Kāpiti Line from November 12th. From November 21st you will be able to buy a 30-day Rail pass for zones 1 – 14, in time for Snapper to go live on all lines on November 27th.

Passengers can keep up to date with Snapper on Rail at [metlink.org.nz/snapper-on-rail](http://metlink.org.nz/snapper-on-rail)

## Strawberry Santas

**Makes: 20**

**Time to make: 15 minutes**

**Ingredients:**

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

**Method:**

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy.

Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button). Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



## FESTIVE TIME TRAINS AND BUSES FREE

Metlink trains and buses will be free this year on Christmas Eve, Christmas Day, and New Year's Eve for all passengers in the Wellington region.

The "fare holidays" were approved by the Greater Wellington Transport Committee.

On Christmas Eve, buses and trains will run to the Saturday timetable. Buses replace trains on the Melling Line.

On Christmas Day, buses and trains will run to the Sunday timetable. Buses replace trains on the Melling and Wairarapa Lines.

On New Year's Eve buses and trains will run to the Saturday timetable. Buses replace trains on the Melling line. The New Year's Eve fare holiday finishes at 4am on New Year's Day.

The special timetable for Metlink services over the Christmas and New Year period will be available through the Metlink app and website.



## Now you can train with Snapper!

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Kāpiti Line  
12 November  
All other lines  
27 November



- For free travel show on-board staff your SuperGold card off-peak, 9am-3pm and after 6.30pm weekdays, and all day weekends and public holidays.
- Use your Snapper card or cash on-board to pay during peak before 9am, and 3pm-6.30pm weekdays.
- Using a Snapper card is at least 25% cheaper than the single trip cash fare.
- Tag on and off for every journey using the platform card readers.



[metlink.org.nz/snapper-on-rail](http://metlink.org.nz/snapper-on-rail) | 0800 801 700

## Thinking of returning to the workforce? You're not alone

Probably besides success, employees at some point in their career have daydreamed about the day when they can finally retire - a beautiful post-work period where chilling with family and friends won't feel as bad and unproductive, and finding a new hobby is easier with a lot of time in their hands.

However, a gerontologist and caregiving advocate from Home Instead said that retirement may not look the same for everyone.

"It's not uncommon for retirees to express a sense of regret or boredom and long for companionship and social connections formed at the workplace," said gerontologist Lakelyn Hogan Eichenberger, Ph.D.

If you're thinking of making a workforce comeback, Eichenberger suggests considering four reasons for "unretirement":

- **Finding your true passion.** Unretiring provides opportunity to pursue passions and try something new maybe in other industries.
- **Fighting off boredom.** Retiring could be extremely boring after leaving the workforce. Returning to daily activities may help fight the feeling off and add a sense of purpose to a retiree's day.
- **Social connections.** Establishing social connections in the workplace can help improve the quality of life.
- **Getting back to a daily routine.** Having a work schedule or routine can help establish a framework and eliminate endless days that may lead to feelings of restlessness.

**Read more:** Teasing over 55s out of retirement may help plug the talent gap <https://bit.ly/3Nrtkgm>

## PROSTATE CANCER RESEARCH

Sleep problems are commonly experienced by men with prostate cancer. Researchers from the University of Otago are studying how prostate cancer treatment affects sleep. They are looking for men to help them with this study. Participants will receive a koha of \$50 gift card.

<https://bit.ly/3D6RWGi>

## Do something today that might just save your life!

**Free bowel screening now available across New Zealand.**

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

## Age Friendly Report

Unfortunately, there is nothing to report on the Age Friendly Reference group. Several council staff have been affected by Long Covid problems and progress has been slow.

The Age Friendly Reference was established by Kapiti Council to develop a strategy for the Kapiti community. Once the strategy has been developed another group will be formed to implement it. This will need to include other agencies and organisations, such as health, transport, and housing.

To assist in developing the strategy KCDC employed Studio C Design on contract. Studio C Design have done similar work for several central and local government agencies as well as private organisations and we are waiting for them to come back to the reference Group.

### Intensification of Housing

The government recently amended the Resource Management Act to allow for the intensification of housing. Councils will need to amend their District Plans to accommodate for intensification which could include increasing the heights of apartment blocks and housing.

Kapiti Council are undertaking a process of consultation. An independent panel has been established which will consider all the submissions and make recommendations to council. Kapiti has about 30% of its residents over the age of 60. The Office for Seniors has recently developed guidelines that will help inform the best urban design practices to benefit older people. We trust that council will take note of these guidelines when amending the District Plan.

*Kevin Burrows*

## Winter Energy Payment

The Winter Energy Payment has ended for this year. You will have received four days of Winter Energy Payment with your 11 October 2022 payment.

If you have any concerns about how you'll manage without it, there may be other ways Work and Income can help. Use the online eligibility tool to check what you might be able to get or call the Work and Income Seniors team on 0800 552 002. Everyone's situation is different, so they're always happy to talk with you.

If you qualify for the Winter Energy Payment next year, you'll get it automatically from 1 May until 1 October 2023.

## Long-term home owners warned about missing consents - agent

Baby boomers approaching retirement are being warned to ensure their properties have Code of Compliance Certificates (CCC) before they sell, or risk facing big losses.

A CCC is a formal statement issued under the Building Act, it states that work carried out under a building consent complies with that consent.

Ray White Mairangi Bay real estate agent Drew Miller said he had noticed increasing numbers of baby boomers who discover past renovations to their home did not have the required certificate.

He said most of the properties without CCC appeared to have had work done about the time new building regulations came into effect in 1991.

But banks would not provide loans to purchasers for houses that were not compliant, he said, meaning sellers had to try to find a cash buyer or face a potentially costly fix.

Miller's advice to sellers was to go through their Land Information Memorandum with their agents.

*RNZ carried the story. Read more: <https://bit.ly/3gX2FLU>*

## COMMUNITY SERVICES CARD

With the cost of living rising there will be an increasing number of seniors who find they really could do with the extra savings that come with having a Community Services Card (CSC). One of the biggest differences is the reduction in doctor fees.

The card is based on your income - not how much money you have but the income earned from it - plus, for example, any wages or rental income. The basic annual gross income for a single superannuitant is \$27,988.00. The gross income cut off levels for CSC are:

Living alone ----- \$33,446.00  
Shared living ----- \$31,443.00  
Married ----- \$50,197.00

To apply you will need to fill in a fairly comprehensive form you can download from [www.winz.co.nz](http://www.winz.co.nz) or have sent to you by phoning 0800 999 999. You could also pick one up from a doctor or some pharmacies.

For people who don't have friends or family who can help with the form we may be able to assist Kapiti Grey Power members.

## Minutes can save lives

World Stroke Day was at the end of October and the 2022 campaign focussed on raising awareness of the signs of stroke and the need for timely access to quality stroke treatment.

Stroke is a complex medical issue. But there are ways to significantly reduce its impact. Recognising the signs early, treating it as a medical emergency, with access to the best professional care can substantially improve outcomes.

**The main symptoms of stroke can be remembered and checked with the word FAST.**

- Face – is the face drooping to one side
- Arms – is there a weakness in one arm
- Speech – is speech slurred or garbled
- Time – if these symptoms are present it is time to call emergency services

The world stroke organisation has developed some fun resources to help identify the four signs of strokes. There is an on-line stroke spotting game that aims to raise public awareness of the signs of stroke, communicate the importance of this years' hashtag #Precioustime.

So create a bit of fun competition between you and your friends and send them the link. Head to

**[www.strokespotter.org](http://www.strokespotter.org)**

and play the game to the end – the game gets faster and levelling up highlights balance/dizziness and eyesight changes.

**Learn more about strokes at [world-stroke.org](http://world-stroke.org)**



## Supporting people who go missing

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing a Safer Walking Profile to things you can try in the



home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.

## DID YOU KNOW THESE THINGS HAD NAMES?

- The space between your eyebrows is called a glabella.
- The way it smells after the rain is called petrichor.
- The plastic or metallic coating at the end of your shoelaces is called an aglet.
- The rumbling of stomach is actually called a wamble.
- The cry of a new born baby is called a vagitus.
- The prongs on a fork are called tines.
- The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
- The tiny plastic table placed in the middle of a pizza box is called a box tent.
- The day after tomorrow is called overmorrow.
- Your tiny toe or finger is called minimus.
- The wired cage that holds the cork in a bottle of champagne is called an agraffe
- The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
- When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
- The space between your nostrils is called columella nasi.
- The armhole in clothes, where the sleeves are sewn, is called armscye.
- The condition of finding it difficult to get out of the bed in the morning is called dysania.
- Unreadable hand-writing is called griffonage.
- The dot over an "i" or a "j" is called tittle.
- That utterly sick feeling you get after eating or drinking too much is called crapulence.
- The metallic device used to measure your feet at the shoe store is called Bannock device.

### Aphorism:

*A good time to keep your mouth shut is when you're in deep water.*

*Life is'nt tied with a bow but it's still a gift.*

### A daily Inspiration:

*If we ever have a golden age, it will be because golden hearts are beating in it.*

[From Wings of Silver.]

## FREE STAYING SAFE REFRESHER COURSE FOR OLDER DRIVERS



Age Concern Kāpiti is holding two more Staying Safe Driving Refresher courses in November – these are the last for the year.

As you get older, you need to be aware of safer driving requirements. The course is a friendly noncritical look at driving regulations and provides helpful tips on better driving habits. We welcome all ages to take this course, just phone us to book.

### About the course:

The free four-hour course involves a PowerPoint presentation and a lot of class interaction.

It covers four key themes:

- **Keeping safe:** thinking about your driving safety.
- **Being safe:** driving skills.
- **Safe journeys:** managing road situations.
- **Keep moving safely:** safe alternatives to driving.

The course talks about keeping ourselves safe on the road and thinking about the routes we travel and thinking of all the scenarios we may encounter.

It covers making sure we do everything possible to prevent accidents caused by distractions, giving us the feeling of being in control of our driving and knowing what is expected of us and feeling confident when we get behind the wheel.

**Venue:** Tui Room, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu

**Dates:** Thursday, 10 November; Thursday, 17 November

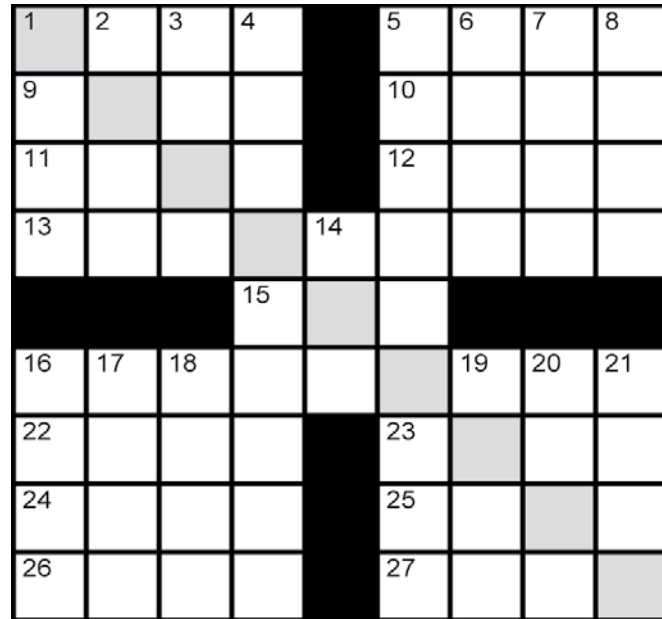
**Start Time:** 10.00am – 2.00pm

**Bookings are essential** – (04) 298-8879 or use our 0800 number: 0800 65 2 105 | Press 5 (Lower North Island) | Press 3 (Kāpiti) and you come directly to our office phone.

Light refreshments provided by Age Concern Kāpiti – please BYO lunch.

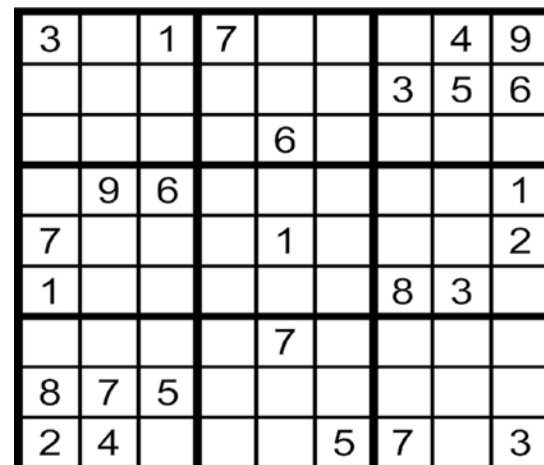


# To Build



- Across**
- 1. Bivouac
  - 5. Hat-tipper's word
  - 9. Frost
  - 10. Clearasil target
  - 11. "Green Gables" girl
  - 12. "Darn it all!"
  - 13. Population statistics
  - 15. Hog's home

- |              |             |             |
|--------------|-------------|-------------|
| Bamboo       | Foxtail     | Moth        |
| Blue vanda   | Fried egg   | Noble rock  |
| Cinnamon     | Ghost       | Nun         |
| Cockleshell  | Grass pink  | Phaius      |
| Crested snow | Halloween   | Showy tiger |
| Easter       | Holy ghost  | Slipper     |
| Egret flower | Marsh       | Spider      |
| Foul giant   | Masdevallia | Vanilla     |



- 26. College bigwig
- 27. The bulk

**Down**

- 1. Neighbor of Libya
- 2. Top-rated
- 3. Educator Horace
- 4. Push, in a way
- 5. Fate of one with a cause, perhaps
- 6. Antioxidant berry
- 7. Poker pot starter
- 8. Military meal
- 14. "\_\_\_ be my pleasure!"
- 16. Start of many Hope/Crosby film titles
- 17. Coastal raptor
- 18. Floating, perhaps
- 19. Continental currency
- 20. Pouches
- 21. Bed board

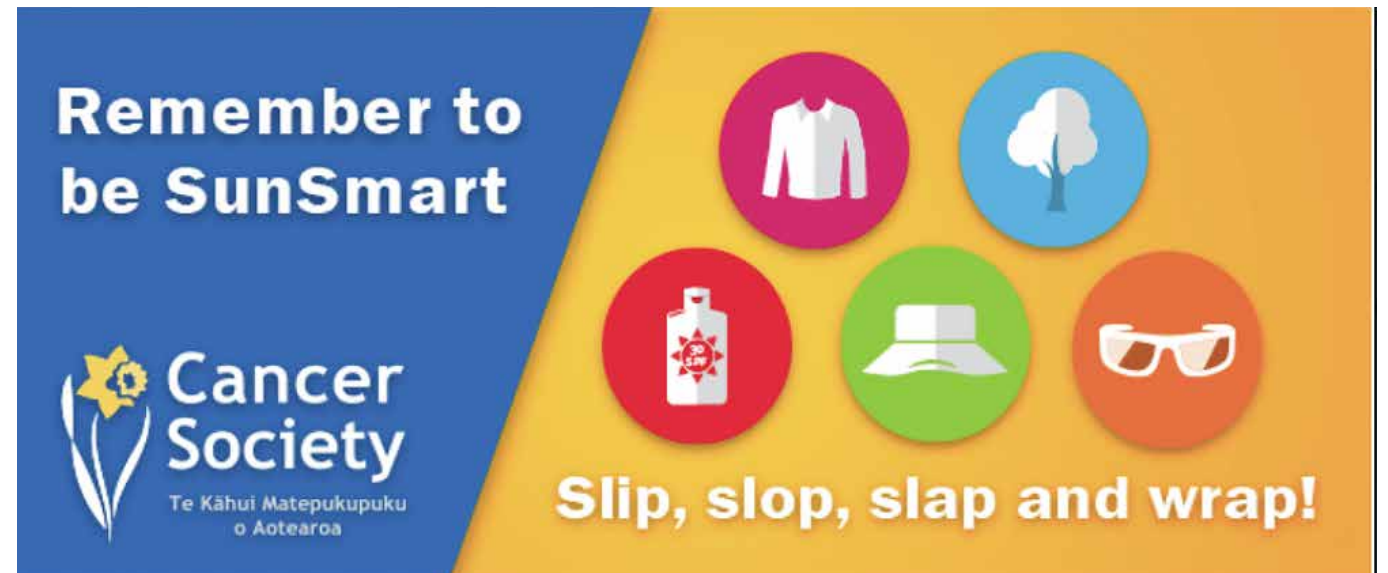


The crossword headline is a clue to the answer in the shaded diagonal

## ORCHIDS



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.



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## KAPITI COAST GREY POWER ASSN INC.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

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## MEMBERSHIP FORM

New Member  Renewal  Membership Number: \_\_\_\_\_ Mr / Mrs / Miss / Ms / Dr (circle)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email(s): \_\_\_\_\_

Preferred phone number: \_\_\_\_\_

**Our membership year runs from 1 April to 31st March. MEMBERSHIP SUBS ARE NOW DUE FOR RENEWAL**

**You MUST be a financial Member of Grey Power to enjoy the benefits we offer.** (Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the national Grey Power quarterly magazine)

**ANNUAL SUBSCRIPTION (please circle):**

Single \$20.00 \$ .....

Couple \$30.00 \$ .....

Voluntary Donation \$ .....

\*\* Postage (see below) \$12 \$ .....

**TOTAL REMITTANCE:** \$ .....

\*\* Note postage for Grey Power Magazine (4 issues per year) is payable where delivery is to a PO Box or by Rural Delivery.

**How you can pay:**

- **INTERNET** Banking into our **KIWI Bank Account 38 9018 0409796 02** Please ensure you use your name and Membership Number as reference.
- **Call into** our Kapiti Coast Grey Power Office, 1st Floor Coastlands Shopping Centre to pay by EFTPOS or Cash.
- **Call into** Otaki Library, Kapiti Coast Grey Power desk (1st and 3rd Thursday of month 10am-1pm). Cash only.

**For Office use only:** Eftpos/ Cash/ Internet Receipt Number \_\_\_\_\_

New Member  Renewal  Discount Book  Card  Magazine

# Protect Yourself During Earthquakes!

ShakeOut took place on 27 October 2022 at 9.30am around the world. This was a national earthquake drill and also a tsunami walk for people in a coastal area. Drop, Cover and Hold is the right action to take in an earthquake but if you have difficulty getting onto the ground, or cannot get back up without help, you can also:

If Possible



Using Cane



Using Walker



Using Wheelchair



Stay there, hold on, and protect your head with a pillow

Stay away from buildings, walls and power poles

Stop where safe, turn on hazard lights and stay in your vehicle

Put the brakes on in a safe place and protect your head

Drop, protect your head and stay there until the shaking stops

**IN BED**

**OUTSIDE**

**DRIVING**

**WHEELCHAIR**

**ANYWHERE**