The President, Kevin Burrows addressing members at the recent Annual General Meeting held on Wednesday, 9 May at the Senior Citizens Hall, Ocean Road, Paraparaumu.

The following were elected to the management committee:

President: Kevin Burrows
Vice President: Vacant
Secretary: Derek Townsend
Treasurer: Chris Robertson
Membership Secretary: Diana Pierce
Committee members: Duncan McDonald, Terry McAviney, Diana Pierce, Marilyn Williamson, Fay Doyle, Charles Lloyd and Roger Booth,

The main issues discussed were:

- The subscription fees for the 2019-2020 year which will be $15 for a single membership and $25 for a double;

- A report on the review of Kapiti Grey Power (the full report is on the website [www.kapitigreypower.co.nz](http://www.kapitigreypower.co.nz)); and,

- A report on the Federation AGM, the election of the new President and Kapiti’s attempt to introduce a proportional voting system based on the number of members in each association.

## Membership Renewal

Thank you to those members who have paid their subs. Subscriptions are now well overdue.

**Online payment** can be made and details of this procedure are on the back cover of this issue. **Eftpos** is also available in the Grey Power office for your convenience.

If you have not made payment by the end of May, there will be no delivery of the August issue of Super People.

Please advise us of your email address, so that we may update our database.

**PLEASE NOTE:** Only confirmed memberships are eligible for the **Grey Power Energy Scheme**, so please ensure your membership is kept current. **Thank you.**
From the Membership Secretary…..

MayGreetings to you all.

We have been delighted with the Membership Renewal response so far this year and do remind all members that your Membership Renewal for 2018/19 was due on 1 April 2018.

We would appreciate it if you would either pop up to our office to pay your renewal, or go onto our website www.kapitigreypower.co.nz, click on the Membership page and follow the instructions for paying by internet banking into our:

KIWI Bank Account: 38 9018 0409796 02.

EMAIL ADDRESSES: Do we have your correct email address? We will be emailing you monthly updates in the not too distant future, and would really like to keep you all informed. If you are not sure, please do send us an email, and we will check to make sure that your details are updated.

Email us at kapitigreypower@outlook.com

Are you aware that our quarterly magazine “Super People” is hand delivered to you by our amazing Volunteers? It is important that if you live on the Kapiti Coast and have given us only a PO Box number, that we have your street address to deliver our magazine to. As postage is once again rising in July, we would really appreciate being able to deliver these to you. Please phone the office on 04 902 5680 or email us with your physical address.

NOTE: This is only for those members who live on the Kapiti Coast and who have given us their PO Box number.

GIFT PACKS: These are a wonderful idea for family and friends. Buy a membership as a gift for them. We have a specific form for you to fill in at our office.

OTAKI OFFICE: Our Volunteer, June who looks after our satellite office on the 1st and 3rd Thursdays of each month, would love to see any of our Otaki members who need to renew their membership, or those who would like to join us. We do appreciate the help the Otaki Library is giving us with this venture.

Keep warm over the winter months.

Regards
Diana Pierce,
Membership Secretary.
President’s Report

Grey Power is in a Healthy Condition

Kapiti Coast Grey Power has been found to be in good heart after undergoing a comprehensive review. Grey Power commissioned the review because it wants to remain relevant and progressive in its outlook. The review had a total of 28 helpful recommendations which will assist the organisation to develop and provide a better service for its members.

The review report was a good news story in that it found the organisation was meeting its core purpose of advocating for older persons on the Kapiti Coast with relatively few areas in need of change. However, there were areas of concern that need addressing. The report will be a platform for discussion by Grey Power over the next twelve months and will assist in planning for the future.

Volunteers are the lifeblood of Grey Power and without them Grey Power would be unable to operate. We have about 150 Volunteers performing a wide range of tasks which include delivering the Super People magazine, working in the office/reception and the management committee. All of them do a fantastic job. However, we need more with specialist skills such as marketing and advocacy. One of the findings of the review is that there needs to be a succession plan for the management committee, so that when present members of the committee move on there will be someone to step into their place. This is a serious problem and needs addressing.

The reviewer commented on the fact that the organisation has over 4,000 members and produces such a wealth of support and advocacy on issues affecting older persons. This is a real credit to the amazing group of Volunteers who do the ‘behind the scenes’ work.

Volunteers also reported that they found the work they did for the organisation personally rewarding and uplifting which is always a sign of a healthy culture.

The full review and its recommendations are on the website www.kapitigreypower.co.nz

What happens on 1 July

On 1 July, a number of things come into force as it is the start of the Government’s financial year. Two of those things have implications for Grey Power members.

Winter Energy Payment

The Government is introducing a new winter energy payment to help older people and people on a benefit stay warm and healthy through winter. You don’t need to apply to receive the payment. It will be paid automatically to everyone getting NZ Super, Veteran’s Pension, Jobseeker Support, Sole Parent Support, Supported Living Payment or a Youth Service Payment. People can choose to opt out of getting it.

This year the Winter Energy Payment will begin from 1 July to 30 September and from 2019 for five months from 1 May to 30 September.

The rate for single people (with no dependent children) will be $20.46 a week, and couples or people with dependent children will get $31.82. The payment won’t affect other payments you receive and isn’t considered income (for tax purposes).

It won’t affect other payments such as Disability Allowance, Accommodation Supplement, Temporary Additional Support or Childcare Assistance.

If people are overseas for longer than four weeks, their Winter Energy Payment will stop while they’re out of the country. People who are getting Residential Care Subsidy or Residential Support Subsidy won’t be eligible for the Winter Energy Payment. (See article page 5 from MSD website).

Free Annual Health Check

The Government is also providing free annual health checks for seniors, including an eye check as being a SuperGold Card holder.

Kevin Burrows

Kapiti Coast Grey Power is now on Facebook…….

https://www.facebook.com/KapitiCoastGPA/

ACCESS Community Health

We ask members to please contact us if they have any comments/feedback on the service they are receiving from Access, whether it be a happy or not so happy experience.

Please contact Margaret Robins, Community Representative on:(04) 905 1184.
AGM Speaker...

At the Kapiti Grey Power AGM, held on Wednesday, 9 May, Jane Presto, Localities Manager for Capital and Coast District Health Board spoke about her role within the CCDHB.

She has a professional background in nursing and over the last 20 years has primarily worked in the community setting across a range of health and disability services.

CCDHB is adopting a localities approach to strengthen their work with communities and families so that they can better understand the community’s health and wellbeing priorities and support them to manage their own health. This work starts with sharing information between the people who use health services and the people who provide them, so that they can plan the right care, when and where it is needed. A localities approach is more than just traditional health, it includes other services, community and government lead, in the conversation on how to best work with a community to improve health and well-being outcomes.

Jane’s role is to be a ‘collection point’ for information from the three localities in this region (Kapiti, Porirua and Wellington) and to feed that back into the planning and decision making process.

Life Tube can speak for you when you can’t.
This special tube contains vital personal information for emergency services in case of an accident or illness.

Age Concern Life Tubes are small sealable plastic containers with a red label. Inside, you’ll find a form you can use to communicate any medical conditions, medications, doctor, next of kin and contact numbers to be used by emergency services coming to your aid in a medical or civil emergency. It is kept inside your refrigerator, with a red sticker to alert emergency personnel who are trained to look inside your fridge for a Life Tube.

(If there are changes to your medications, we advise you to add a dated note advising of the changes.)

Life tubes are available from the Age Concern Office at 538 Queen Street East, Levin, for a nominal cost of $6.00 each.
Ph (06) 367 2181.

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Best Practice - Lawyers making a difference!
Winter Energy Payment – what you need to know


Late last year the Government announced a new Winter Energy Payment to help people receiving NZ Super, Veteran’s Pension and Government assistance with the cost of heating their home over winter.

Couples and people with dependent children will get $31.82 a week, and single people will get $20.46.

The payment will begin on 1 July this year and will be paid with your usual NZ Super or Veteran’s Pension until 30 September.

We’ve had a few questions since the announcement and thought you might find the following useful:

Do I need to apply for the Winter Energy Payment?

No. You’ll get the payment automatically. It will be paid with your NZ Super or Veteran’s Pension. You don’t need to apply.

Will I be paid at the couple or single rate?

Couples will be paid at the couple rate, whether you live in the same house or not. Single people will be paid at the single rate, even if you share a house with others who are eligible for the Winter Energy Payment.

Why is the Winter Energy Payment higher for couples?

The Winter Energy Payment has been calculated to reflect the higher heating costs for households of more than one person. Water heating costs, for example, are higher for these households.

My partner and I both get NZ Super. Will we each receive a payment?

If you’re both eligible for the couple’s payment, the full amount will be paid into one of your accounts.

Is the Winter Energy Payment taxable income?

No, you don’t pay tax on the Winter Energy Payment.

For more details: www.workandincome.govt.nz

Letting the cat out of the bag is a whole lot easier than putting it back in.

Onca Computers

Need Computer Help?

I am a local Kapiti professional with over 30 years experience with Personal Computers. I can help you with:-
1. Performance Tune ups (also recover disk space)
2. Virus or other software problems
3. Internet Access & Wireless Networking Issues
4. Hardware Diagnosis and Repairs
5. Upgrades, hardware or software Installs
6. Purchasing Help ( I can save you money)
7. One on one Tuition

$40 per hour at my home for Greypower and Gold Card holders. For onsite calls a callout fee may apply to cover travel time and fuel. $20 for <20kms round trip. Paikakariki $40, Pukerua Bay $50, Waikanae $35. Otaki $50, Levin $75.

Call Ralph at 04 298 1575 or 021 069 9131
Correction to Statement on E-Bikes

In the last edition of Super People, an article by Kapiti Cycling Action on e-bikes covered the challenges faced by purchasers of this new exciting technology. However, it may have left the impression with readers that there are no regulations for users of e-bikes in NZ. This information was not completely correct. Anyone purchasing a vehicle over 300 watts and then using it in the same way as a cycle in a NZ public space does so illegally and becomes subject to prosecution as any motorist.

In NZ, to be treated under the same rules as a normal cycle, the e-bike must have a maximum allowed power of 300 watts, and must be designed such that the motor is assisting the pedalling action. Any other vehicle must be registered and licenced, as well as the rider holding a suitable driver's licence. The latest EU limits for e-bikes is 250 watts.

For the record, the legislation covering the operation of e-bikes in NZ can be found below:


Kapiti Cycling Action is grateful for the opportunity to provide this clarification.

Russell & Gillian Feist made the following comment about their E-Bikes....

“My wife and I have enjoyed cycling in a modest way throughout our adult years. I was into my 80’s when I started finding it an effort, particularly riding into a head wind. And Waikanae is not quite as flat as it appears when driving. So moving to an e-bike has been an enabling experience for me.

Now we ride up the expressway to Peka Peka, have a coffee there and the ride back is a pleasurable experience. I recommend it to any older riders who find an ordinary cycle increasingly difficult.

These bikes are a lot heavier and you don’t want to have to pick them up or lift them. Always start with an ordinary bike before making the transition. Also a helmet and a reflective vest are musts. I also recommend a rear vision mirror.”

Apology for the delay...

In our last issue of Super People (Issue 125), Trevor Daniell ran an article on a cost-effective way of arranging your EPOAs under the heading, “Do You have an Enduring Power of Attorney”.

As Trevor Daniell has unfortunately broken his leg and had to be hospitalized, all enquiries on this initiative should be directed to Diana Pierce. Please contact the Grey Power office (04) 902 5680 and leave a message for Diana to contact you. Thank you.

Well-Able (formerly the Disability Information Centre) has now moved to new premises at 110 Rimu Road, Paraparaumu.

Well-Able is a not-for-profit community disability information centre, that has serviced the Kapiti Community for over 25 years. With a large Centre and showroom in Paraparaumu and regional mobile service, Well-Able provides disability and mobility support to the whole of the Kapiti and Greater Wellington area.

Well-Able has a wide range of rehab, aged care and disability products, equipment and aids for daily living available for purchase or hire. Come in and try our equipment with no obligation to buy.

Open 9am – 4pm Monday to Friday
Call us on 04 298 2914
or online at www.disabilitycentre.org.nz

We hope to see you very soon 😊
Consumer Rights - Fair Trading Act and Consumer Guarantees Act

It is important that you know your rights when purchasing goods or services from traders whether in person or online. Your rights are mainly protected by two pieces of legislation - The Fair Trading Act and the Consumer Guarantees Act. They help ensure you get the goods and services you pay for and that what you get is of reasonable quality.

The Fair Trading Act protects you as a consumer from misleading and deceptive actions, false representations and unfair practices by traders. For instance a business is not allowed to mislead you about the nature of the product - a product must be made from what it is said to be on the label. If it is made from angora wool it should contain predominantly angora fibre rather than other wools. They can't give false information about the product or about your legal rights. If it says on the package made in New Zealand it must be produced here not overseas. They must not also use unfair trading practices - for example advertise an item as heavily discounted to get people to shop when in fact there is only a very limited number of items for sale. They must not also make unsubstantiated claims about a product nor include unfair contract terms in their standard consumer contract.

The Fair Trading Act also requires traders wanting to sell Extended Warranties to disclose information about the extended warranty to the consumer. They must also provide a cooling off period (five working days) during which the consumer is allowed to cancel the agreement. Unfortunately we see retailers who are still promoting extended warranties to their customers without making it clear what benefits they offer. Shops that sell whiteware and appliances often sell extended warranties that cover for any repairs after the manufacturer's own warranty expires. These can cost up to 15 percent of the purchase price. However, in a lot of cases, customers who take out an extended warranty are paying for protection they already have through the Consumer Guarantees Act, which requires goods are of an acceptable quality and fit for purpose.

When retailers sell an extended warranty they are now required to explain the protection that consumers already have under the Act and compare that with the extended warranty. Recent checking by Consumer NZ has found some retailers may have mislead consumers about extended warranties. Traders risk prosecution from the Commerce Commission if they fail to comply with the law.

When you buy consumer goods or services from a trader - which are usually bought for personal, domestic household use - you are covered by the Consumer Guarantees Act. You are not covered by the CGA when you buy goods privately or for a business.

When you buy goods for personal or domestic use they are covered by a number of guarantees:

- They have to be of acceptable quality and last for a reasonable time. This takes into account the type of seller and nature of the goods. For instance if they were second hand goods you would not expect them to be of the same quality and durability as new goods of the same type.
- They have to be for their particular purpose and match their description.
- They have to match the showroom model. What you see is what you must get delivered.
- The manufacturer or importer must take reasonable steps to provide spare parts and repair facilities for a reasonable time after your purchase date.
- They must also ensure the consumer receives the goods by the agreed time period for delivery. Services are covered by similar guarantees:
- They must be provided with reasonable care and be fit for purpose - you get what you asked for.
- They must be completed in a reasonable time.
- They must be a reasonable price. Even if you have not discussed price they must not charge you an unreasonable amount.

If you have bought goods or services which don’t meet the guarantees, go back to the retailer or service provider and explain the problem. Always keep any receipt, warranty and any other information about the product or service. If the goods need to be sent away for repair or replacement it is up to the retailer to do this.

Our consumer laws provide us with many rights, but not everyone is equipped to enforce them. Some may not understand what is meant by acceptable quality or a reasonable price. This is where Kapiti Citizens Advice Bureau can help. Our volunteers are trained to advise on consumer law. If you ring the Ministry of Consumer Affairs you will be directed back to a Citizens Advice Bureau for assistance. In the last 12 months around 250 people in Kapiti sought help on consumer issues. We can explain your rights and assist you to work through the problems of dealing with a retailer or service provider.

If necessary we can get legal advice for you through our partners at the Whitireia Community Law Centre. We have free half hour legal clinics from 9.30 am to 11.30 am every Wednesday at our offices upstairs at Coastlands.

We are here to help and our advice is free and confidential. Call us on 298 4944 or visit us from 9.00 am to 4.00 pm at our new premises in Coastlands, just across from the lift on the first floor, if you have any issue you wish to discuss.

David Robertson, CAB Kapiti.
Oldest Kiwi Madeline Anderson says faith helped her reach her 111 birthday

GED CANN

Last updated 01:16, May 6 2018
https://www.stuff.co.nz/national/103662296/oldest-kiwi-madeline-anderson-says-faith-has-helped-her-reach-her-111-birthday

Madeline Anderson, of Upper Hutt, who turned 111 on Saturday, looks back on "a wonderful life".

The birthday party was simple, just a small group of relatives, a nice Chinese takeaway and a lot of pavlova. It was a modest affair to celebrate New Zealand's oldest person Madeline Anderson's 111th birthday on Saturday.

If there's one things that has contributed to her longevity, Madeline said it was her faith. Madeline Anderson was born in Baldwin St, Dunedin, in 1907, the eldest of four sisters.

"It keeps you from worrying about things, I think," she said.

You don't live through two world wars without experiencing some trying times.

These included the loss of her son, Brian, who died while out riding a bicycle when he was seven.

Forty days before the accident, Madeline had a dream the boy was killed and said it happened exactly as she dreamt it.

"I knew the date because that day they went to the park and I have a photograph of them [father and son] at the park."

"I went over to the minister and asked him, and he said no it wasn't a warning, it was a preparation. I thought that was very wise of him to say that."

Madeline also had a foster-son, Graeme, who

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Audiologist: Jeanie Morrison-Low MNZAS.

ACC, MOH and War Pensions registered clinic.
died in a car accident aged 20.
She has been living with her daughter
Heather since July, after conceding at the age of
110 she could no longer live alone, and needed a
little more support.
"That's why I've been living so long – they take
such good care of me," she said.
Age is no barrier to a little practical joke however,
with Madeline receiving a very memorable wake up
for her birthday.
"When I came in, Heather said she had a special
treat for my breakfast – and she produced a dead
mouse! We gave that to the hawk, my son-in-law
looks after sick birds."
Among the biggest changes Madeline has
witnessed are the proliferation of motorcars and the
invention of mobile phones.
"It's amazing the progress that's been made and
the thought of what on earth is going to happen
next," she said.
At her childhood family home the telephone hung
on the wall and you called the exchange to be
connected. Madeline said she couldn't stand the
small bits of plastic people wondered around with
today.
She grew up being taken to school on a horse-
drawn cart, and remembers the first motorcar her
family owned.
**Her advice to the young – eat well, be
sensible and enjoy life while you can.**
The odd habit doesn't hurt either, with
Madeline enjoying one kiwi fruit everyday.
For daughter Heather List, now 71, her mother's
incredible longevity is down to her kind heart.
"She brings out the best in people, so she's usually
surrounded by a loving atmosphere," she said.
Gerontology sites list Madeline as the oldest living
New Zealander.
Madeline was born in Baldwin St, Dunedin, in 1907,
the eldest of four sisters.

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**LONGEST LIVES**
- Madeline Anderson is cited as the oldest living New Zealander.
- Florence Finch, who died in 2007, is recorded as the longest-living New Zealander. She reached 113 years and 109 days.

- *Sunday Star Times*

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*We must let go of the life we have planned, so as to accept the one that is waiting for us.*

*Joseph Campbell*

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web: www.thelawconnection.co.nz
Kim Workman - Senior New Zealander of the Year


At 76 Kim Workman shows no signs of slowing down.

The self-proclaimed social justice crusader was named the 2018 MetLife Care Senior New Zealander of the Year.

Kim was originally nominated by a friend. He says he didn’t think much of it until he got a call from the award organisers.

“All the finalists attend a fancy dinner and just before the dinner I get a call from the organiser asking if I was wearing a dinner suit. When I responded no he said ‘I really think you should wear a dinner suit’. That’s when I thought I might have won”.

Kim has devoted over 50 years to public service and social justice advocacy but he started in a very different career.

At 17 his father helped recruit him into the New Zealand Police Cadets.

“I spent 16 years in that job, until one day I took a psychometric test and found that I should never have been in the police”.

He later spent time in the Office for the Ombudsman, the State Services Commission and Ministry for Maori Affairs before becoming the Head of the Prison Service.

Workman found his true passion later in life when he began his social justice work.

“When you look back at someone’s life, it’s like they’ve been serving an apprenticeship until they’re about 60” says Workman.

“It’s not until later in life that you figure out who you really are and what you’re meant to be doing”.

His drive to keep learning has extended well past his working career- in recent years he has perfected his jazz piano skills. He will release his memoir later this year.

Advertorial

Wellington Male Voice Choir

The Wellington Male Voice choir is presenting a concert at Kapiti Playhouse on Sunday 17 June to raise funds for Age Concern Kapiti. (See side advertisement.)

The choir, formed in 1961, is a community choir, singing sacred and secular songs in traditional style (both accompanied and unaccompanied). Their repertoire includes music to suit all tastes and ages and includes songs from pop through to religious. In addition to two annual concerts at St Andrews on The Terrace they sing at retirement villages, churches, theatres and functions throughout the lower North Island. This will be their sixth visit to Paraparaumu. This will be a not to be missed opportunity to enjoy a musical presentation by first class singers.

Wellington Male Voice Choir

In Concert at
Kapiti Playhouse Theatre
Ruahine Street

2.30pm Sunday 17th June 2018

Tickets - $20 - includes refreshments
Concessions available

Tickets from Coastlands Information Desk

Proceeds to Age Concern - Kapiti

Paraparaumu Pop-In Centre

Pop in for a chat and a cuppa. Meet & make new friends, come and go as you please.

Where: Murray Jenson Room, Paraparaumu Community Centre. Every Friday 1pm-3pm.
Donkey Therapy helps autistic young woman tune into the world around her

By Nisha Kotecha, April 2018

Emily is autistic and has very limited vision and hearing, making communication difficult for her, but The Donkey Sanctuary and a miniature donkey named Juniper have helped her make a connection with the world around her.

23 year old Emily from Devon often struggles to control her emotions and can at times become very distressed and confused, but since going to The Donkey Sanctuary, Emily has learnt that donkeys are more than just adorably long ears, soft furry noses and charming characters.

Donkeys can help with the development of critical life skills, such as managing emotions in vulnerable children and adults.

The Donkey Sanctuary has six centres around the UK offering Donkey-Facilitated Learning sessions. The sessions use a calm and mindful approach to bring people and donkeys together and provide opportunities for emotional connection, social interaction, communication and confidence building.

Emily had a particularly difficult year in 2017, after badly damaging her leg in an accident.

Confined to a wheelchair whilst her leg was healing, she became very withdrawn and frustrated, and found it difficult to understand what was going on.

When she first attended The Donkey Sanctuary to take part in the interaction sessions, Emily wasn’t interested and was incredibly anxious.

“The staff and donkeys were patient and understanding and gradually Emily started to feel more positive and engaged with the activities,” Melissa, Emily’s mum commented.

“Her sessions with Juniper helped her to relax, and she enjoyed being by his side touching his coat, brushing his tail and just his presence alone was calming and Emily seemed to mirror this. After her accident, when she needed to build up her strength and confidence, Juniper helped her recovery as she was motivated to walk with him around the arena.”

Melissa is thrilled to have noticed some positive changes in her daughter.

“Emily was so locked in before we started, and being close to the donkeys really tunes her into herself and the world around her.” Melissa said. “She is always calm and grounded and after her visits the positive effects can last for days. She is ‘feeling’ her emotions more now, and starting to understand them.”

Emily has formed a special bond and friendship with miniature donkey Juniper. Emily giggles and talks to him, always saying ‘goodbye Juniper’ at the end of the session. Mum Melissa says that this has really helped with her communication and she now even interacts with her pet dogs at home, whereas before she wouldn’t.

“As social creatures, donkeys are very aware of their environment and the people within it.” said Caron Whaley, Director of donkey-assisted therapy at The Donkey Sanctuary. “I have witnessed sessions where people that may struggle to communicate or connect emotionally with another human somehow seem to be able to connect with our donkeys.”

Juniper benefits from time spent with Emily and their interaction too. It keeps him active and enriches his life by stimulating his mind. During the sessions Juniper has a free rein and it’s his choice to approach Emily and spend time with her, or to move away if he wishes.

When Juniper is with Emily, he shows signs of relaxation and curiosity.

Like all donkeys, Juniper is very intelligent and the mental stimulation which comes with interacting with new people and new experiences makes his life more enriching.

The gentle movement that Juniper undertakes in these sessions also helps him physically as he has mild arthritis, which is managed with medication, but helped by keeping him active.
**Having problems with your utilities provider?**


It’s coming to that time of year again - time to dig out your winter woollies and dust off the heater. Winter can be a stressful time for people struggling with power bills. Many people are unsure how accurate their bill is and whether they are on the best plan.

Utilities Disputes may be able to help. They are a free and independent service that can answer your questions or respond to your complaints about your electricity, gas or water providers. They can also help with disputes surrounding access to shared property for broadband installations.

“During winter we receive a lot of calls about high bills. People need to stay warm and turning up the heat can be costly,” says Commissioner Nanette Moreau.

“We encourage people to make sure they are on the right plan”.

Utilities Disputes can help with most energy provider issues including: metering, customer service, disconnections, surges and everything in between. Contact them on: 0800 22 33 40 or visit www.utilitiesdisputes.co.nz to find out more.

**Why keep it 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, for example, your will, life insurance, health insurance, pension plans, bank account details, safe deposits etc, including special information regarding organ donation and funeral requests. All for you to fill in and keep in a safe place!

Should you wish to purchase a copy, please contact the Kapiti Grey Power office, 902 5680 to place your order. Booklets cost $5 each plus $2 postage (if required).

**Free Curtains for Otaki Homes**

Kapiti District Council, Energywise Otaki, Citizens Advice Bureau, Otaki and the Wellington Sustainable Trust have arranged for free thermal curtains for Otaki residents holding a Community Services card.

Good curtains can go a long way to keeping your home warm during winter. Power bills can be lower just by having good thermal curtains. Thermal curtains are curtains that are lined with two or more linings.

If you have a Community Services card and are interested in taking advantage of this offer, application forms can be picked up at the Otaki Citizens Advice Bureau.

All residents of Kapiti who hold a Community Services card can apply to the Wellington Sustainable Trust for free curtains. You need to give the measurement of your windows and it may take a while for the curtains to be made as they are very busy this time of year, so apply before winter sets in.

You can contact Wellington Sustainable Trust by calling 0508 787824 ext 705 or email: curtainbank@sustainabletrust.org.nz

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Introducing a valuable new service for your home. They can clean and garden on a regular basis at intervals that suit you. They are also practical women with experience in property touch-ups and maintenance.

Visit their website www.here2helppapiti.co.nz or call them today on 04 971 9607 or 021 242 0314.

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New Dentures
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News from the District Council....

Fine-tuning the 20-year plan for Kāpiti


After a month of online and face-to-face community conversations on the draft Long Term Plan, Kāpiti councillors are getting ready to settle down to the task of reviewing community feedback.

Formal consultation on the Council’s 20-year plan ended on Monday, 23 April with over 350 submissions received. The plan covers the whole range of Council services and facilities, including how these are funded and how costs are shared among the community.

Mayor K Gurunathan says he’s pleased to have heard from many Kāpiti people.

“It’s a plan that affects our whole community and it’s great to see that so many people have taken the time to get involved and share their thoughts with us,” says the Mayor.

“To ensure Kāpiti locals had the information they needed before providing their feedback, we’ve been out and about at a range of community and Facebook events during the past month and responded to many questions and comments about our work.

“While we were seeking feedback on our draft plan, including proposed changes to our rating system and our approach to stormwater, we also invited feedback on any other aspect of our work.

“The councillors and I look forward to working through this input and hearing from submitters who have asked to speak with us. With this feedback in mind we’ll then review our draft plan and make final decisions by the end of June.”

A workshop on the Long Term Plan is being held on 31 May from 1.00 to 4.30pm in the Council Chambers, 175 Rimu Road, Paraparaumu.

Kapiti Grey Power’s submission on the Council’s Long Term Plan can be viewed on our website www.kapitigreypower.co.nz

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Kapiti Grey Power Financials 2017

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Current Assets (GST Inclusive) as at 31 December 2017

- Current Account - 000: $7,778.00 $5,824.00
- Current Account - 002: $9,486.00 $5,002.00
- Current Account - 003: $1,570.00 $1,531.00
- Current Account - 006: $910.00 $-
- Office Cash On Hand: $182.00 $125.00
- Term Deposit: $25,000.00 $25,862.00
- Fixed Assets: $224.00 $448.00
- Sundry Debtors: $- $648.00
- $45,150.00 $39,440.00

Less

- Sundry Creditors: -$600.00 -$550.00
- $44,550.00 $38,890.00

Reviewer's Report: I report to members that I have reviewed the books of Kapiti Grey Power Inc. for the twelve months ended December 2017. In my opinion the accounts give a true and fair view of the financial affairs of the Association at that date in accordance with the records provided to me and such enquiries that I have considered to make.

Colin Power (Reviewer) Chris Robertson (Treasurer)

Kapiti Grey Power - Issue 126 • May - July 2018
A single jawbone has revealed just how much radiation Hiroshima bomb victims absorbed


At 8:15 a.m. on Aug. 6, 1945, the United States dropped the first combat atomic bomb, “Little Boy.” It exploded 43 seconds later, creating a massive fireball that incinerated much of Hiroshima. Nearly 350,000 people were in the Japanese city that day and most were civilians.

Twenty-seven years later, a scientist from across the Pacific Ocean arrived in Hiroshima with what was considered then a novel idea. Brazilian physicist Sérgio Mascarenhas, at the time a visiting professor at Harvard University, said that exposure to radiation makes human bone magnetic and that “magnetic memory” existed in the bones of atomic bombing victims years after the explosion. Scientists could measure radiation exposure by examining the bones of victims, Mascarenhas proposed.

With the help of two Japanese scientists in Hiroshima, Mascarenhas obtained several samples of victims’ bones, including a jawbone that belonged to a person who was less than a mile away from Ground Zero. They were able to estimate the amount of radiation present in the bones, according to a paper Mascarenhas presented to the American Physical Society meeting in April 1973 in Washington, but specific calculations could not be achieved with 1970s technology.

Mascarenhas brought the samples home to Brazil, where they sat in storage for the next four decades — until two other Brazilian scientists continued his research using more advanced technology. The result was astonishing.

Using a technique called electron spin resonance, the researchers measured that the jawbone had absorbed 9.46 grays of radiation from the Hiroshima attack. (A gray or Gy is a unit used to measure the amount of radiation absorbed by an object or a person.)

To place this in context: A cancer patient receiving radiotherapy treatment is exposed to about 2 to 3 grays on a very localized part of the body where a tumor is located. Whole-body radiation with about 5 grays — nearly half of the amount calculated from the jawbone — is enough to kill a person, Oswaldo Baffa, one of the researchers and a professor at the University of São Paulo, told The Washington Post Tuesday.

Teeth have been used to measure the amount of radiation a person had been exposed to. In 1997, scientists from Taiwan measured the radiation dose that patients with nasopharyngeal cancer (in which cancer cells form near the throat behind the nose) had absorbed from radiotherapy by examining their jawbones. But the researchers in Brazil said this is the first time that bones were used to precisely measure the amount of radiation absorbed by atomic bombing victims.

“Many papers have dealt with reconstruction of the radiation dose received during radiological accidents. However, the samples analyzed in this work have important historical value because they belong to fatal victims of the first and only moment in history when nuclear weapons were used against civilian targets,” according to the research paper published in February by the Public Library of Science.

The researchers said their findings are timely and significant, given the risk of terrorist attacks in some countries, including the United States.

“When one imagines all the processes involved in an episode such as this, there were many doubts about the possibility of using this methodology to determine the [radiation] dose deposited in these samples,” Kinoshita said. “This work demonstrates this possibility and may open several possibilities for future work that may analyze details of this nuclear attack that can be clarified with the determination of these doses.”

The Post was unable to reach Mascarenhas, who is nearing his 90s and has retired. But, his research is not over, he told the Brazilian science news site.

“The measurement we obtained in this latest study is more reliable and up to date than the preliminary finding, but I’m currently evaluating a methodology that’s about a thousand times more sensitive than [electronic] spin resonance,” he said. “We’ll have news in a few months.”
Meaningful goals help solve loneliness


International research estimates that 20% of seniors experience some form of loneliness. In New Zealand that’s up to 140,000 elderly.

Vanessa Burholt is the Professor of Gerontology and Director of the Centre for Innovative Ageing (CIA) at Swansea University; and Director of the pan-Wales Centre for Ageing and Dementia Research (CADR). She is currently in New Zealand with Professor Thomas Scharf from Newcastle University meeting with Government Ministries, University Researchers, Councils and Age Care organisations to share her research on loneliness and promote the welfare of older people.

Loneliness has a significant impact on health outcomes. Studies indicate that loneliness has the same level of impact on health as that of smoking and even more impact than obesity or inactivity. Loneliness is identified as a risk factor in a number of health conditions including cardiovascular disease, depression and cognitive decline.

Professor Burholt works with a large number of senior groups in the UK and says understanding the complexity of loneliness is the key to making effective change.

“We shouldn’t blame an individual for being lonely. There are many reasons why it’s hard to overcome, from shyness, a lack of money, through to cognitive impairment. Often it’s the physical environment which is stopping older people leaving their home. They may have transport problems or be scared if they live in a neighbour that’s changed. It’s about how we can intervene to remove those barriers that will make a difference.”

Withdrawning from society isn’t a natural part of ageing unless you choose it.

"Older people with a disability or dementia can be reluctant to enter public spaces because they feel stigmatised and embarrassed. We all have a role to play in reducing the prejudices and discrimination in society. It starts with patience and helping people who need help to interact with others."

OPERAT (Older Persons External Residential Assessment Tool) is a simple questionnaire co-designed with older people in Wales that they can complete by observation to determine if an area is suitable for the physical, cognitive and visual needs of older people. OPERAT is about to be piloted in New Zealand in a joint project with Massey University and Grey Power.

“The response to loneliness and isolation is different in every area. OPERAT is an easy tool to help residents and local authorities identify areas where the environment is having a negative impact on the elderly. Simple things like removing rubbish, graffiti and fixing footpaths can make a real difference to older people,” says Professor Burholt.

Why every senior should fly with a tennis ball

http://www.oversixty.co.nz/travel/travel-tips

Passport? Check. Boarding pass? Check. Tennis ball? Unless you’re Rodger Federer, a pack of Wilson’s might be the last thing you’d think to put in your carry-on luggage, but tennis balls can make your next flight much easier.

The Sun reports, that tennis balls can be the perfect solution to in-flight discomfort by helping you deal with some of the most common negative side-effects of flying. Tight muscles and joint pains in hard-to-reach places are easily dealt with by applying the ball to wherever feels uncomfortable and massaging the pain away.

Popping a tennis ball on the floor is a great way to work out any nagging pain you might be feeling in your feet, and slipping one between yourself and your seat is the perfect way to deal with any pains that might be emerging in your back.

Surgeon Ali Ghoz from the London Orthopedic Clinic told The Daily Star: “By taking a tennis ball or a massager on the plane this will help increase circulation”.

“Make sure you sit comfortably in your chair — no slouching.”

What do you think of this advice? Can you see yourself taking a tennis ball on flights?
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Bill Nighy stars in this small town English drama (set in 1959) about a woman who opens up a bookshop against stiff competition.
IN CINEMAS 24 MAY. RATED: TBC

**TEA WITH THE DAMES**
Monday 11 & Wednesday 13 June
Dames Judi Dench, Maggie Smith, Eileen Atkins & Joan Plowright talk about their acting experiences in this remarkable documentary.
IN CINEMAS 7 JUNE. RATED: TBC

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Kapiti Grey Power · Issue 126 · May - July 2018
Immunisation for older adults


At age 65, immunisation against influenza, shingles, tetanus and diphtheria is recommended by the Ministry of Health. These vaccines are free (practices may charge a small fee to administer tetanus and diphtheria vaccine). Talk to your doctor or practice nurse to find out how to protect yourself.

As you get older, the protection you received from some of your earlier immunisations begins to wear off. Your immune system may no longer work as well and you are at increased risk from some infectious diseases. Free immunisation is offered at age 65 onwards to protect you against some serious diseases.

Shingles

Shingles is a painful rash affecting a particular nerve. It is a long term effect of chickenpox many years after people recover from the disease. Shingles usually occurs in older people and lasts from 10 to 15 days. The nerve pain can last long after the rash disappears.

Shingles vaccine is free at age 65. Until 31 March 2020, anyone aged 65 to 80 inclusive is also eligible for a free shingles vaccine.

Influenza

Influenza (or the flu) is a serious illness that can be fatal. Influenza may lead to a stay in hospital at any age but particularly if you are older or have an underlying medical condition. Influenza kills around 400 New Zealanders every year.

Influenza vaccine is free and recommended every year from age 65 onwards. The vaccine is changed each year to make sure it protects against the most common strains of the virus. You can get the vaccine free at your doctors and some pharmacies from late autumn each year.

Diphtheria

Diphtheria is a serious bacterial infection of the throat, which can close off the airway. It can also affect the heart and nervous system and cause death. Because of immunisation, diphtheria is now extremely rare in New Zealand, however it can still be brought back into the country through travel.

Tetanus

Tetanus (or lockjaw) is a serious infection caused by bacteria that live in dirt and dust and enter the body through a cut or wound. Tetanus causes muscle stiffness, painful spasms and sometimes death.

Combined tetanus and diphtheria (TD) vaccine is recommended at ages 45 and 65 to boost the immunity you received as a child. The vaccine is free, but your general practice will charge a small fee to give the injection.

For more information about immunisation, talk to your family doctor or practice nurse.
Gardening...

• Ripening citrus fruit light up the winter garden. Grapefruit are best picked before they drop to avoid bruising. But don’t harvest too soon, as the fruit tastes sweeter the longer it is left to ripen.

• Trim lemon trees for size and good fruiting straight after picking. Avoid pruning during spring and summer as borer beetles love to dig their way into freshly cut branches. Remove old and diseased wood and crossing branches so the centre of the tree gets plenty of air circulation.

What to sow in the garden...

• Broad beans straight into the garden in warmer areas for harvesting in spring. Keep sowing every 3-4 weeks for continual crops and stake tall varieties to prevent flopping. Be sure to give plants lots of space and choose a sunny, well-drained spot.

• For that extra snap in salads and stir-fries, you can’t beat snow peas. Like all pea varieties they are not too fussy about where they grow, happy in both light or heavy soil, provided it is not boggy. To enrich soil, add plenty of compost and/or manure well before planting. Peas are a cold-season crop, which means they need to grow mainly during winter and early spring before temperatures climb above 15°C. Start planting now and make successive sowings for the next few months. In very cold areas growth will be slow until temperatures begin to warm up.

• Sow seed for leafy greens such as perpetual spinach directly into the garden or into punnets for transplanting later. Soil should be high in nutrients such as compost and animal manure (eg. sheep pellets). Keep seedlings well watered.

Tip...

• Why waste money on store-bought salad greens? Just one packet of mesclun seed mix can grow enough salad greens for a family of four for up to six months, if sown successively.

Words by: Carol Bucknell.
https://www.homestolove.co.nz/outdoor/harvest-plant-sow-june

Winter gardening...

Don’t forget to mulch, mulch, mulch. An addition of sheep pellets and blood and bone in your mulch will provide plants with beneficial nutrients over the winter months. Then, just as you think you can hang up your gumboots, get out the garden implements, sharpen cutters and clean up those dirty splades and forks ready for your Spring-time chores.

Where did that word come from? ........ Finicky

This is a close relative of the word ‘fine’, in its sense of being excellent, well organised. From fine there developed the word ‘finical’, which we don’t hear now. Finical meant concentrating rather too much on details and becoming excessively particular. By the 1800s finical had become the more slangy finicky, meaning fussy, paying attention to trivia.

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E: rebeccas.zumba@gmail.com
Recipe...

Kumara, Coconut & Lentil Soup
https://www.holst.co.nz/Recipes/Kumara,-Coconut-Lentil-Soup

This soup is great! It is comforting, delicious and easy to make – surely a winning combination.

For about 4 servings:
Time to prepare: 30 minutes
Cost per serving: $1.50

1 Tbsp canola or olive oil
1 medium–large onion, roughly chopped
2cm piece root ginger, grated
2 cloves garlic, chopped
1 tsp curry powder
1/2 cup red lentils
1 kumara, about 400g, peeled and cubed
3 cups boiling water
4 tsp chicken or vegetable stock powder
1 x 400ml can coconut cream

Method:
Put the oil and onion in a fairly large pot. Cook over a medium–high heat until the onion is lightly but evenly browned. Add the ginger, garlic and curry powder to the onion, and stir for 1–2 minutes.

When the onion has softened and the spices are fragrant, add the lentils, kumara, water, instant stock and coconut cream to the pot then stir. Simmer, stirring now and then, for 15–20 minutes, or until everything is tender.

Mash, process, or blend with a hand blender until smooth. Season to taste with salt and pepper before serving.

Kiwi cooking with Alison & Simon Holst

Handy Hints:
• You can substitute crumbled cornflakes for bread crumbs when making meatloaf.
• Add one teaspoon of lemon juice to each litre of water when cooking rice, this will keep rice fluffy.

WHAT’S ON?
Taken from 50s FORWARD NEWS & VIEWS Friday, 4 May 2018.

Immigration and Visas
If you have a refugee background and are thinking about bringing a family member to New Zealand, come along to this information session. Lawyers from Community Law Wellington and Hutt Valley will guide you in assessing whether you can bring a family member, and if so, how.

Date & time: 6pm, Thursday 14 June.
Venue: Newtown Culture and Community Centre (cnr Colombo & Rintoul St.)
Free, no need to register.

Mental Health - Navigating Legal Pathways
Want to get a handle on legal pathways through the mental health system, compulsory treatment and patients’ rights? We’ll get to grips with the Mental Health Act, pathways for support and treatment, and some of the tricky legal issues that come up for people when they’re mentally unwell; employment, Work and Income and tenancy.

Date & time: Friday 25 May, 9.30-1.30pm
Venue: St Johns in the City (Cnr Dixon & Willis St)
To Register:
Email rosie@wclc.org.nz
Cost: $40 pp
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- FREE hearing aid check and clean
- Hearing aid trial period
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The Hearing Company Tel: 0800 123513
Paraparaumu, Otaki, Waikanae, Levin
This is an important book. Why? Because any publication that soberly and sensibly attempts to cast light on an unsolved murder is important, for the very real reasons that not only do the bereaved require and deserve a sense of closure, but that the murderer or murderers may be closer to being confirmed, arrested, tried. Who wants murderers in society, whether they be currently incarcerated or not?

Kelly Dennett’s first, well-written book, does not solve the case. It does not answer several significant questions about this case either and Dennett does accept this aspect – “In this book I don’t claim to have solved the crime.” But, via her slogging research and her sheer dogged determination to – yes – seek some form of justice for the late Jane Furlong and her loved ones, Dennett does widen our awareness, does press us to pressure for some sort of resolution of a murder that occurred 25 years ago.

The back cover quotation from the Author’s Note inside, is especially apt, “the story has, in various degrees come to consume me. For the past few years it has plagued me.” Dennett’s obsession steadily becomes our own, as we flip faster through the pages and complete in one prolonged session, hell-bent in uncovering what did happen to Jane, when someone picked her up from Karangahape Road in 1993, why she was murdered, why she was transported to and buried in a sandy grave at Port Waikato, of all locations. And, of course, who did the deed?

Read more »
http://books.scoop.co.nz/2018/05/02/who-killed-jane/

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**30 ‘lost’ words uncovered**

If you’ve ever wanted a word to describe someone who stays in bed all day long, or the physical toll of listening to a boring person talking at length, you’re in the right place. Linguists from York University have compiled a list of newly-relevant words that have been forgotten or have fallen out of use. They relate to appearance, personality, behaviour, emotion and “post truth” - also known as deception. Here are some of the ‘lost’ words and their meaning:

- **Ambodexter** - One who takes bribes from both side.
- **Nickum** - A cheating or dishonest person.
- **Ear-rent** - The figurative cost to a person of listening to trivial or incessant talk.
- **Hug-a-bed** - One who lies long in bed through laziness.
- **Fumish** - Inclined to fume, hot-tempered, irascible, passionate.
- **Momist** - A person who habitually finds fault; a harsh critic.
- **Quacksalver** - A person who dishonestly claims knowledge of or skill in medicine; a pedlar of false cures.
- **Dowsabel** - Applied generically to a sweetheart, ‘lady love’.
- **Rouzy-bouzy** - Boisterously drunk.


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**Precious little darlings!**

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head.

She looked at her mother and inquisitively asked, “Why are some of your hairs white, Mum?” Her mother replied, “Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.” The little girl thought about this revelation for a while and then said, “Mummy, how come all of grandma’s hairs are white?”

*************

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large animal, its throat was very small.

The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, “When I get to Heaven I will ask Jonah”.

The teacher asked, “What if Jonah went to hell?”

The little girl replied, “Then you ask him.”
INTERISLANDER RATES QUOTED FOR
Grey Power - 2018

Group Booking Reference: FA5477

The below rates are based on prices to date, inclusive of GST and subject to availability.

<table>
<thead>
<tr>
<th>Fares:</th>
<th>Peak Each Way</th>
<th>Off Peak Each Way</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$52.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>Child</td>
<td>$25.00</td>
<td>$25.00</td>
</tr>
<tr>
<td>Motorcycle</td>
<td>$50.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Campervan/Motorhome up to 5.5mt</td>
<td>$170.00</td>
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<tr>
<td>Additional half metre</td>
<td>$42.00</td>
<td>$37.00</td>
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<tr>
<td>Car/Ute/Van/4WD/trailer up to 5.5mt</td>
<td>$137.00 each</td>
<td>$124.00 each</td>
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<tr>
<td>Additional half Metre</td>
<td>$22.00</td>
<td>$20.00</td>
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<tr>
<td>Premium Lounge (Kaitaki &amp; Aratere)</td>
<td>$45.00 18yrs plus</td>
<td>$45.00 18yrs plus</td>
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</tbody>
</table>

Peak Dates: 01-28 February 2018
29 March-03 April 2018

Off Peak Dates:
01 March – 28 March 2018
04 April – 18 December 2018

PLEASE NOTE THAT NO DISCOUNTED RATES ARE OFFERED BETWEEN 19/12/17 AND 31/01/18.
PLEASE BOOK BEST AVAILABLE ONLINE FARE.

Group Booking conditions and instructions for members are:

Reservations to be made direct with Interislander online at http://www.interislander.co.nz/Booking/Group-Bookings.aspx by entering FA5477 into the group discount code box.

- Space is subject to availability at the time of the booking request.
- Bookings are 90% refundable if cancelled up to 1 hour before departure.
- Date and time changes allowed up to 1 hour before departure without penalty, subject to availability.
- Greypower membership card to be shown at check-in or full retail fare will be charged.
- Fares subject to change with notification.

If booking from outside NZ you will need to request your booking be made via email to groups@interislander.co.nz

From: Footrot Flats .......
Kapiti Coast Grey Power Assn Inc - Renewal Application Form

☐ NEW  ☐ RENEWAL  MEMBERSHIP NUMBER ___________________ DATE __________

Title (please circle)  Mr  Mrs  Miss  Ms  Dr

Last Name: ___________________________ Birth Year: ________________  
First name: ___________________________

Address: ___________________________________________________________________  
_________________________________________________________________________  
Post Code: ________________

Phone No. ___________________________ Mobile ____________________________

Email: ________________________________

Second Person (at same address)

Title (please circle)  Mr  Mrs  Miss  Ms  Dr

Last Name: ___________________________ Birth Year: ________________  
First name: ___________________________

Annual Subscription at $12 per Person  $__________
Annual Subscription at $22 per Couple  $__________
Discount Book $2  $__________
Voluntary Donation  $__________
**Postage – see box $5  $__________

Total Remittance  $__________

Do you wish for Privacy?  YES/NO (Please Circle)

(Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the Lifestyle Quarterly Magazine).

Please note any Skills that you can share with Grey Power?

Eg. Magazine Delivery, Magazine Folding, Office Volunteer, Odd Job Person.

Place the completed form, together with the Total Remittance, in an envelope, and post it to:
Kapiti Coast Grey Power, PO Box 479, Paraparaumu 5254

For Office use only: Cheque/ EFTPOS/Cash/ Internet  Receipt Number______________

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