



Grey Power

SEPTEMBER 2016

NELSON GREY POWER INC

**Spotlight on
security**

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aims at World Masters**

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keep you healthy**

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Plenty to do at MenzShed Waimea

Since its official opening in 2011, MenzShed Waimea has been giving older men a place to keep busy and younger men a place to learn. It's also been an enthusiastic supporter of the community, lending a hand

and putting member's skills to good use on a regular basis. "It's all about blokes who are on their own or retired and have nothing to do, they've spent all their lives working in the company of other blokes and

they just get lost and lonely. They can come in here and just have a cup of tea and a chat if they want, they can do whatever they like," says one of MenzShed's supervisors, Ian Grage.

Continued on Page 4



MenzShed Waimea members encourage people to come along and put their skills to good use. They are from left, Bryan Taylor, Ian Clark, Ian Grage, Alan Kissel and Dave Meier. *Photo: Jessie Johnston.*

Health services online

Health Minister Jonathan Coleman is encouraging people to use a new online map to see whether their family doctor (general practice) offers a patient portal.

Jonathan says a growing number of general practices are introducing patient portals which are secure online sites and the health equivalent to on-line banking.

Yvonne Youngman, Primary Health Manager for Nelson Bays Primary Health, says it allows patients to book appointments, order repeat prescriptions and view lab test results online.

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Presidents report

Gordon Currie

Greetings to all members, hopefully spring is around the corner. I do not know about other members, but my joints ache with the cold and I've had more than enough of this cold. We have reached the time to close the books to the members who have not renewed the annual subscription. To lose members when we are getting new members on a regular basis makes it a concern to our volunteers who do work hard to see that Nelson Grey Power runs smoothly in the interest of the members, and make it an attrac-

tive proposition for members to remain and for new members to join.

Council elections are upon us. We ask our members to take time to vote for candidates who will represent our senior population around the council table. As an advocacy group for the issues facing the senior ratepayers, we cannot tell you who to vote for, but ask you to take the time and vote. Remember, you only have one chance every three years to get it right.



We do not get much feedback on what each individual councillor does - there should be more feedback to the ratepayers, so we will be aware of what the councillors are doing and saying. It is only through the ballot box that you get the opportunity to have your say. When voting, you do not have to vote for the full number that are required on council, but vote for the candidates that you have faith in to discharge their duties in a manner that benefits all

areas of the council. This year, Nelson Grey Power is holding a 'meet the council candidates' function at Club Waimea on September 14th at 7.00pm, for the Richmond Ward of the Tasman District Council and the mayoral candidates. The Nelson Residents and Ratepayers Association are holding a 'meet the council candidates' at Stoke. Our meeting is being facilitated by Councillor Judene Edgar, with a change to the format that will allow all ratepayers attending the meeting to meet with each candidate and question them on your concerns.



Meet the Candidates Forum

Local Body Elections 2016



Nelson Grey Power

Invites members to meet with the candidates

Mayoral Candidates, Tasman District Council
Richmond Ward, Tasman District Council

To be held:

Wednesday 14 September
7.00pm
Club Waimea
Lower Queen Street, Richmond

Gold coin entry

Nelson Grey Power - 33 Putaitai Street, Stoke

(Between Kiwibank/Post Office and the walkway to the Stoke Library)

Office Hours: Mon-Fri 10am-2.30pm

Ph: 03 547 2457 Fax: 03 547 2157 P. O. Box 2190 Stoke

nelsongreypower@xtra.co.nz www.greypowernelson.org.nz

Disclaimer

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Voting in Local Body Elections

Kevin Gardener

Vice President, Nelson Grey Power Association

Are you going to vote in the local body elections this October? If so, please consider your voting decision seriously, as it will affect you through your pocket, via rates, council services and your health needs.

You get to select one mayor - a simple choice. However, councillor selection is not as simple. You get to tick any number of candidates from just one or two, right up to a maximum of

twelve. There is no compulsion to select and tick the full twelve councillors. Please try and research the councillors you choose. Just because a candidate wears a smart suit and sings well in church, or a candidate wears pretty frocks, with matching accessories doesn't necessarily mean they will make a good councillor. Their name may crop up in the paper or on radio regularly but this also doesn't mean they will necessarily make a good councillor. Just because they may be a councillor now, doesn't

mean they have to remain a councillor. Check their performance on important issues, and their attendance at the council table and workshops. After all, you have been paying them for the last three years!

This advice also applies to the Health Board elections. This election process is under STV (Single Transferable Vote), and elements of this process can be confusing. On the ballot paper you need to rank candidates in your preferred order, by placing a number (not a tick) in the box beside the candidates' names.

For example if you wish to vote for John, then Sally, you write the number 1 beside his name (not a tick) and the number 2 beside Sally's name (again not a tick), continuing through the list of candidates. You do not have to choose the full amount of candidates - if you wish, you may only select one or two. It is your choice.

This is the only time in three years that you have some control over the council and the health board.

Please choose wisely, and please do vote.

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Plenty to do at MenzShed Waimea

From Page 1

"It was geared up to keep the guys active for as long as possible and put something back into the community," says founding member, Alan Kissell. "For me that's the big driver, adding value to the community by using the skills that these guys have got and along the way teaching younger people as well."

The group has undertaken a wide variety of community projects including repairing items from the local toy library, making wig stands for the Cancer Society, building and fit-

ting wheelchair ramps for Hospice and creating Buddy Seats for local primary schools. They were also behind the large wooden reindeer display in the Richmond Mall, which will be back this year with two new reindeer additions. MenzShed has even taken two groups from IHC under their wing, teaching them practical skills in sessions that run every Tuesday, it's their busiest day. They also have to keep the shed running, so the group always has a variety of fundraising projects on the go as well.

Men take on their own projects too. There's a large vegetable garden down the back where members have their own plots, while another is about to cut into a 40 foot container in order to create a bach. Around 90 people make up the MenzShed Waimea community and in summer, they regularly meet to share funny and interesting stories from their lives, their oldest member being 92.

MenzShed is always keen to see new faces and membership is only \$35 a year, the shed open from Monday to Friday, 9am to 4pm.

Even those unfamiliar with the tools are welcome to come along as experienced members are more than happy to act as teacher. And there is always a supervisor present to ensure everyone goes home with the correct number of fingers. Whether you just want to call in for a chat and a cuppa, or you're keen to get involved in MenzShed's current projects, come and visit them today. You'll find them just beyond the campground within the Richmond Showgrounds, or see www.menzshed-waimea.kiwi.nz.

Paul Matheson for NELSON CITY COUNCIL



I am seeking your support for re-election to the Nelson City Council.

I am proud to have been at the forefront of many positive changes over the last 3 years as your Deputy Mayor. Nelson is growing and changing and it is important that we adapt our services to be there for those who need it most.

We must continue to move forward to meet growth in transport, environment, and social needs, and focus on the long term planning of our city.

- # I will continue to lead the team for Focus On Stoke
- # Support new transport solutions to connect the region
- # Support the rebuild of Tahunanui with a community focus
- # Encourage new business and social enterprise for our city
- # Ensure all sectors of our community play their part for the good of the city

Over the last three years I am proud to have been able to introduce new initiatives such as community centre and gardens in Stoke and Tahunanui providing support to both young families and our growing older community.

I will continue to give you the leadership and commitment Nelson deserves.

Paul Matheson

Authorised by Paul Matheson, 32 Roto Street, Tahunanui

Meet the RoCS team...

Brett Grimwood.(The Boss)

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Sarah Neale (The Lady Jeweller)

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Rosa Bint and Joy Horleman (The Girls)

Our shop ladies are here to answer any questions that you may have.

September for Sapphires.....

Sapphires, the birth stone for September and by far one of the most popular gems in New Zealand, Sapphires are not just blue but come in all the colours of the rainbow from the deepest blues, vibrant pinks, bottle greens, golden yellows and even colourless.

The colours are due to trace impurities of different elements of iron, chromium, titanium and various of elements.

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Health services online

From Page 1

"You can have secure conversations with your doctor via email, and in some cases, patients can also view their notes online," she says. "Portals are convenient, secure and real time savers.

A new interactive map launched on www.patientportals.co.nz makes it easy for patients to check which general practices are offering portals.

More than 330 general

practices are now offering patient portals, with nearly 136,000 New Zealanders have registered to use one.

The new map on the patient portal website allows you to search by either typing in the name of your general practice, or zoom into your region to see which practices have portals.

You can also access the patient portal website via <http://nbph.org.nz/general-practices>.

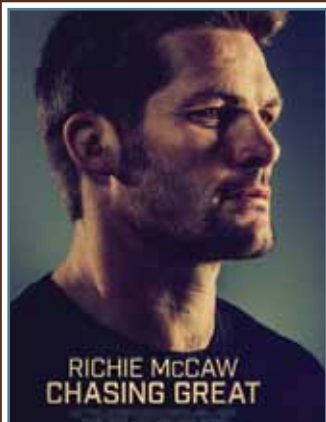
Grey Power Special Screening

Sully

**State Cinema Thursday 22 September at
10.30am**

The untold story behind the Miracle on the Hudson. Clint Eastwood directs Tom Hanks in the role of Chelsey Sullenberger, the "Miracle on the Hudson" pilot who saved lives with an incredible crash landing only to be criticised for his actions. Drama, true story and biography.

NB. A limited season (3-4 screenings only) of the new Beatles documentary, *The Beatles: Eight Days A Week – The Touring Years* will be screening the week starting 15 September.



RICHIE MCCAW
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Spotlight on outside security

Simon Bloomberg

Some of Waimea's more vulnerable elderly residents are feeling a little safer at night thanks to an initiative by Waimea Neighbourhood Support and Community Patrols New Zealand aimed at installing security lights at 100 homes.

Waimea Neighbourhood Support coordinator Marty Price has set up 148 street groups around the district since he started in Richmond in 2012. Marty has been concerned that some of the more vulnerable residents lack outside security lighting and this month decided to do something about it.

"I was setting up a street group on Templemore Dr and a lady mentioned she had some things stolen from outside," Marty says. "She didn't have any outside security lighting so I decided to do something about it."



Waimea Neighbourhood Support coordinator Marty Price, left, and Richmond Community Patrol's Mike Gill with Templemore Dr residents, from left, Val Jones, Val Delaney and Peggy Jack with one of the new security lights that are being installed. Photo: Simon Bloomberg.

"I was going to go down to Bunnings and buy one for her myself but then Mike Gill from the Richmond Community Patrol suggested I ask Community Patrol New Zealand for help. I applied for a grant and they gave us \$2000 which is enough for 100 lights."

Marty and members of the community patrol have already installed two of the high quality solar-

powered lights and will be installing more lights at

homes of Neighbourhood Support group members who need extra security.

Templemore Dr Neighbourhood Support group member Peggy Jack says "it's a wonderful" initiative which shows that "people are thinking about our community and our safety". Peggy's neighbour Val Jones says the security lighting "will help us keep safe."

Waimea Neighbourhood Support group members who are concerned about their security can contact Marty about the lights on 544 1365.

VOTE Kevin Gardener

4 Nelson City Council

Vice President Nelson Grey Power

- Proven fighter for fairness
- Common sense for all generations
- To give council a backbone



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I am utterly disgusted that current Councillor Matt Lawrey and candidate in the upcoming Local Body elections has promoted advice to young first time voters on the social media (Facebook 11th August 8.05pm) that they should NOT vote for any candidate over 65 years of age, intimating these people do not care about young people's interest's or future. This from someone who has helped set in place a legacy for Nelson in the next 3 ½ years to be one of the most debt ridden councils in NZ! By then each Ratepayer will be liable for a debt of over \$6700.00 and each new born

child will be welcomed to the world in Nelson with a debt of \$3000.00.

It is guaranteed he wants votes from those people over 65 years of age to help put his snout back into the Council trough again for the next three years!

It is totally disgraceful a person like Matt Lawrey has done such a thing for self promotion.

The old adage "People in glasshouses should not throw stones" comes to mind

I hope voting people see him for what he is and vote accordingly!

Amelia Harcourt, Nelson

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Keeping Children Safe

Stephen Alder, who is seeking election as a Nelson City Councillor, reflects on a 25 year career working for Child, Youth and Family and why he believes that this sets him up well to represent you on Council.

In one sense the child protection job is really simple.

Someone tells us that they are worried about a child being unsafe, we go and check it out and see if we agree. If we do, we work with the family, community agencies and sometimes the Family Court to ensure this child will never have a repeat experience of being harmed again.

Sounds easy doesn't it!

The hardest part is at the beginning, helping the adult who has made the child unsafe, to understand that it is their behaviour that has to change.

As a Social Worker you ask a lot of questions, you do a lot of

listening, trying to understand why the home this child lives in is the most unsafe place in their world. Something is wrong here, isn't it?

The better we understand what has created the risk the better we are able to offer, or sometimes require, solutions for the parent to engage with. Sometimes, despite patience and best efforts with a parent, a child needs to be found a new place to live. Child Protection Social Workers often have to make tough decisions.

So it is from this work setting of 25 years that I am seeking for the first time election as a Nelson City Councillor.

Good child protection decisions are made in a team context, taking into account any legal and policy requirements. Good outcomes for children come from effective planning and making sure the plan happens.

The principles used here sound very similar to what an effective Council would employ.

Social Workers know their community well and take the lead in getting people together to find solutions to complex issues. Sounds like what a good City Councillor would do.

A good City Councillor may have to put aside their personal view on an issue for the wider community benefit. As a Social Worker your informed professional assessment decides the best outcome for a child, not what you personally think should happen.

I am excited about the possibility of being elected to Council with your support and bringing with me the experience and skills I have from my social work career. I am confident they will make me effective as a City Councillor. Do you agree? If so, I look forward to your vote.

If you wish to find out more about me before you decide, visit my website and sign up to receive my newsletter.

www.stephenalder.com



Social Workers know their community well and take the lead in getting people together to find solutions to complex issues.”



MAXWELL CLARK

4 MAYOR TASMAN

Focus - Fresh Approach - Community Involvement



- ✓ I am the Managing Director of MediMax Ambulance Services and have long worked in the caring professions as both Intensive Care Paramedic and a Registered Nurse.
- ✓ I am standing under the "Refresh Tasman" banner. After nine years it is time for a new Mayor to take Tasman forward whilst at the same time respecting and protecting our district's many treasures.
- ✓ I will listen to the voices of the community.
- ✓ I will provide strong leadership and financial acumen.
- ✓ I am the only Mayoral candidate who does not support the Lee Valley Dam. We need to live within our means and this dam is simply too big and too expensive and there is little support for it to be built. The proposed dam will not pipe water to your home, it is only to be released into the river and 90% of it will go straight to the sea. Every \$10 million we are in debt translates to a 1% increase in our rates - conservatively the dam will cost us \$28 million. In reality it will likely be double that amount. More affordable options: encourage water conservation, collect rain water off roofs, network on in-ground reservoirs, series of weirs on the river.
- ✓ The Queen Street upgrade will not in any way benefit the residents of Motueka, Golden Bay and Murchison but it will affect their rates. Consider the cost overruns at the Richmond water treatment plant and in Mapua – we cannot afford that to happen again on other projects.

Rabbit Island must be protected. It is a gem that must remain for our children and grandchildren to enjoy.



Refresh Tasman and vote Maxwell Clark for Mayor

Contact me on 03 544 1484 or 027 457 7575 or medimax@xtra.co.nz



Homegrown produce on a small scale

Philippa Foes-Lamb

Gardening is a huge passion of mine, as many of you will know, and I feel very privileged to live on five acres of land because the "world is my oyster" when it comes to growing edible crops. I have a huge kitchen garden out in our paddock, surrounded by a beautiful hornbeam hedge.

If you have a small garden it can be tricky to find room for a separate vegetable patch, especially if you have lots of other things you love to grow.

Living in an apartment with a balcony may make vegetable gardening seem totally impossible, but take heart, this is not necessarily the case.

Many crops can be grown very successfully in pots, planters or even 10L plastic buckets. The main thing is not to overcrowd your chosen container because vegetables need good ventilation to stay healthy.

The first step is to choose your container. It's important to ensure there are drainage holes, so if you're using 10 litre buckets

you'll need to drill some holes in the bottom of them before planting.

Place some stones or gravel in the bottom of the container for drainage, then top with your favourite potting mix. There are specific 'vegetable mixes' on the market, but I swear by Daltons Big Value Potting Mix (Bunnings) with some fish compost (Bay Landscapes) – around two handfuls mixed into the potting mix for a 10L bucket.

A 10 litre bucket will happily grow a tomato, some peas or beans (with bam-

boo stakes for support), a capsicum, a cucumber, a few beetroot or salad greens. A 20L tub is a great option for one courgette plant, three brassicas (cabbage etc), silverbeet or capsicums. If you have the room, the ultimate would be a half wine barrel filled with tasty treasures.

Potatoes can be grown in containers too – pop some potting mix (omit the fish compost as it is too rich) into the bottom of the bucket, sit three seed potatoes on top (evenly spaced), then add just enough potting mix to

VOTE

Graeme Stradling

for TDC Moutere/Waimea Ward
Councillor



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cover them. When the foliage appears, add more mix and keep going until you reach the top of the container. Your potatoes are ready to harvest when the tops die off. You won't get a huge crop,

but they will be delicious. Herbs are perfect container specimens too, and growing them close to your kitchen makes it simple to harvest them when you are cooking. Happy gardening.

Photo ID feedback request

The option to have a photo put on the SuperGold Card has been in existence since the start of the programme, and continues to be an option for cardholders today.

Just to clarify however, that a SuperGold photo ID is not an official form of identification, such as a passport or drivers license.

That said, it is up to businesses themselves to decide what ID they

will accept.

Can we please ask in what situations is not having photo ID causing problems? This will help us as we put the information together.

Send through any experiences or issues you may have faced with having no form of photo ID, to fed-office@xtra.co.nz or post it to Violet McCowatt, Chair of Social Services at PO Box 2721719, Papakura 2244.

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Do you know about restricted drivers' licences?

People over 75 years of age who are worried about having their driving licence removed because of their age can discuss this with their general practitioner.

In most cases, an older driver will pass their medical and proceed directly to the licensing agent, pay their fee, and renew their licence.

In other cases, GPs will be happy for their patient to re-licence with an appropriate condition on their licence, (e.g. no night driving or a distance restriction). In certain circumstances, where a GP has examined and decided that



a patient 75 or over is medically fit, but is uncertain about their ability to drive safely, then GPs can refer them for an on-road safety test. By passing this test,

the older driver can demonstrate that they meet the minimum standards of safe driving.

However, any final decision about an older per-

son's licence status rests with the NZ Transport Agency.

New Zealand older drivers are generally a safe group. Most older people drive conservatively, and adequately self-regulate their driving. Older drivers are responsible for only about two percent of road casualties. This is consistent with the percentage of older drivers in the driving population.

Many older drivers say they find taking the over 80s driving test highly stressful, while organisations like Grey Power view the test as discriminatory.

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VOTE



Murray Dawson
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for Tasman District Council

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Authorised by Murray Dawson 12 Highfield Grove, Richmond



Vote Kit Maling for Mayor

✓ Proven Leadership

I am proud of what I have achieved for the people of Waimea Village. These folk now have the ability to control their own destiny.

✓ Affordability of Rates

In the past nine years, council has hired an extra 86.5 equivalent full time staff. This is a huge burden on the taxpayers and a review of staffing and priorities is my pledge if I become mayor.

✓ Accountability

Over spending at Mapua and the miss at Jacket Island have cost the rate payer more than 3 million. Both of these issues I believe are errors by staff, no one has been held accountable. As a rate payer this is unacceptable.

✓ Stick to Core Services

That does not mean building commercial buildings in Mapua. This construction cost \$1.2 million as it is over-budgeted and this overspend was not authorized by the council.



Kit with residents Shirley Kelliher and Raewyn Reid, and Waimea Village chairman, Trevor Tuffnell.

Vote Maling for Mayor

Waimea Water Facts

Murray Dawson

Candidate for TDC

This article has been inspired by President Gordon Currie's article in the March edition. All facts used are sourced from the TDC website.

Urban supply

There has been much misinformation circulated about urban water supply. Richmond urban water supply is secure and will be for decades to come. Urban abstractions are environmentally friendly. Urban supply needs to be used sensibly but there is little need for restrictions.

TDC urban usage is, at its peak, about 100L/s. The 50 year urban demand projection is 150L/s. The allocation is 200L/s. This allocation will, along with other alloca-

tions, be reviewed in the next two years. Legislation and Tasman rules require urban supply to have top priority during the review process. This allocation is safe and well greater than future demand projections.

Water shortage!

Waimea has never had a water shortage. The aquifers have large reserves that have been under-used. In 2001 parts of the Waimea River dried up. Clearly this is undesirable. Why did this happen? Firstly, and obviously, there was a long period without significant rainfall. Secondly, this was the first dry period during which water was taken directly from the river. Prior to 1989 all irrigators abstracted water from the ground, i.e. the aquifers. In 1989 the Waimea East Ir-

rigation Scheme (WEIS) became operational. All WEIS groundwater permits were extinguished and the water was subsequently taken directly from the river. In hindsight this was probably a bad decision.

The dam

This is not needed by urban water users. TDC has spent about \$5 million and has committed a further \$25 million to the dam on the basis of maintaining environmental flow and ensuring future water supply. This is not fair to ratepayers as they

do not cause reduced river flows and future supply is secure without a dam.

Irrigators, with the possible exception of WEIS, do not need the dam either. The current peak summer usage is at most 60% of allocation.

The allocation rules can, and should be revised, to reward economical use of water. Water wastage should stop. Water guns operating on a hot windy day is just nonsensical. If a group of irrigators wish to have a dam then that is mainly their decision but they should not expect others to pay for it.

We need new thinking.



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Authorised by Eric Davy, 10 Marino Grove, Nelson

Tasman's hockey heroes vow to play on

Jacob Page

The Tasman men's division three hockey team prove there is no substitute for experience.

The team made the final of the Nelson competition this year with seven players over the age of 55. While they lost the game 4-1, player/coach Denis Gribble says he has been assured all the squad will be back next year.

"Some of us have been playing hockey together all our lives. We don't train; we just come out here and play every Saturday then go and have a beer."

Ironically, the youngest member of the squad is 29-year-old goal-keeper Richard Ward.

The squad has six New Zealand age group representatives and all of those players have been Nelson representatives.



Tasman division three men's hockey players Denis Gribble, 68 (left), Ziggy McLachlan, 60, Jim Matthews 62, Tim Brenton 59, Mike Kearney 60 and Kelvin Green 65 will all be playing together again next year. Photo Jacob Page.

Many of them have sons who played in the recent Maadi Cup tournament for Nelson.

"Most of us have played 20 years together," Denis says. "We've lost a few over the years but most of the older guys just love it."

Denis has been playing hockey for more than 60 years.

"Most of them have come from the premier team over the years and that's why we stick together because we've been doing it so long."

The team made the division two final last year but found the speed too fast after winning eight of the last 10 deciders over the past decade.

"We believe in ourselves that we can win and we'll all be back next year."



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Authorised by Dana Wensley c/o 108 Quarantine Road, Nelson.

Tips for reducing the risk of dementia



While no single factor has yet been identified as the cause of dementia, Alzheimers NZ says the general rule is: 'what is good for the heart, is good for the brain.' It has the following tips for reducing your risk.

Look after your heart

Adopting a healthy lifestyle can help to prevent high cholesterol, high blood pressure, diabetes and obesity, as well as reduce the chances of developing dementia later on in life.

Be physically active

Leading an active lifestyle can help control your blood pressure and weight, as well as reducing the risk of type two diabetes and some forms of cancer.

Follow a healthy diet

Our body and brain both rely on food for fuel.

To keep it functioning properly we need to consume a healthy, balanced diet.

Challenge your brain

By challenging the brain with new activities you can help build new brain cells and strengthen the connections between them.

Enjoy social activities

Social engagement may also be beneficial because it stimulates our brain reserves, helping to reduce the risk of developing dementia and depression.

For advice and support on dealing with dementia contact your local Alzheimers organisation on 0800 004 001.

To find out more about Alzheimer's Disease and dementia visit the SuperSeniors website www.superseniors.msd.govt.nz



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Michael Higgins ✓

Authorised by M J Higgins, Main Road, Spring Grove.



80 year old aims for World Masters

Jacob Page

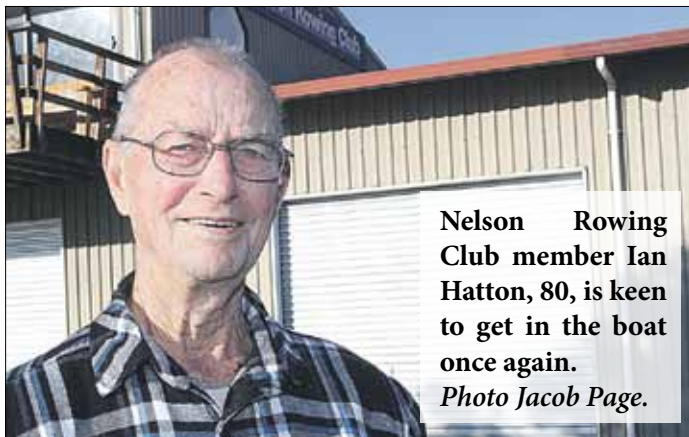
Nelson rower Ian Hatton is still aiming to compete at the World Masters Games in Auckland next year.

The 80-year-old has spent the past month off the water due to shortness of breath but had been back on the indoor rower in the past week. Instead of rowing on Nelson Harbour like he used to five days a week, he has watched the Kiwi rowers in action at the Rio Olympics.

Ian rowed in his early years before family commitments saw him put down the oars for more than 40

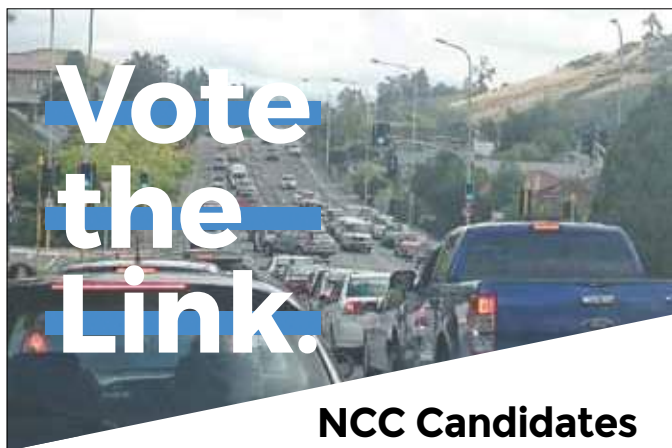
years. However, inspired by a friend who won medals at a South Island Masters regatta, he got back in to it. "I now have a lot of medals at home and most are golds for coming last," Ian joked in recognition of how few people are competing at his age. I took it up again for the fitness and friendship."

Ian says not many people row during the week and he'd enjoy company some company again. "It's enjoyable out there when you see pods of orcas." The Nelson Rowing Club's masters section meet weekly.



Nelson Rowing Club member Ian Hatton, 80, is keen to get in the boat once again.

Photo Jacob Page.



NCC Candidates who support The Link

Mayoral Candidates

Rachel Reese

Councillor Candidates

Ian Barker
Trudie Brand
Mel Courtney
Bill Dahlberg
Glen Daikie
Eric Davy
Kevin Gardener
Robbie Kavanagh
Paul Matheson
Cynthia McConville
Derek Nees
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Neville's change

Greenacres Golf Club green keeper Neville Miller is one for reinvention.

The former structural engineer retrained at 51 and has helped turn Greenacres into one of New Zealand's top-40 ranked courses in 2016.

The 66-year-old says the outdoor environment and constant challenge of adapting machinery to improve the golf course is what motivates him.

While he is the only paid employee who works on maintaining the course, Neville has a cast of 15 volunteers who he can call on

rain or shine.

He now uses his former career to help his current one.

"I had a bad back injury that forced me to do something else with my life.

"I started at (Otago Golf Club) as a mechanic and I got interested in the horticultural side of it and I spoke to the superintendent there and they put me on as an apprentice.

"I became the superintendent at Akaroa Golf Course and we turned that short course golf course into the second best short course one in the country



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in the first year and held onto it for three years.”

Neville then went to Ferry-mead but left after the earthquake and worked for a turf management company.

Keen to leave Christchurch and the quakes behind, Neville applied for the green keeper job at Totaradale Golf Club

“I got a call from the manager there and he said the job had been filled six months ago but would I mind if he gave my details to Greenacres.”

The rest is history. Neville says he plans to hand over

the role at the end of the year to a new green keeper and will stay at least until his contract expires next April.

Neville says he loves working outdoors, the peace of the early morning starts and the people who help him keep the course in top condition.

“We only have so many resources so tinkering with machines and the way we do things to keep the course looking and playing great is very important.

“I truly believe I have the best office in the world.”



Greenacres green keeper Neville Miller is keen to see the club improve even further on its top 40 national ranking. Photo Jacob Page.

Bowel cancer detection and prevention with CT Colonography

Colorectal Cancer is the second most common cause of cancer death in New Zealand, yet most of these cancers are preventable by the detection and removal of small polyps that, left alone, may evolve into cancers.

The two major methods of detecting polyps are Colonoscopy and CT Colonography.

CT Colonography is performed on a CT scanner that uses x-rays to create a sectional image of the body.

CT Colonography is as accurate as Colonoscopy in the detection of clinically important polyps that require subsequent removal.

Removal does require another procedure but this effects only about ten percent of patients, with most people of average risk reassured that they have no precursors of cancer.

CT Colonography is less expensive than Colonoscopy, takes less than 30 minutes to complete, does not require anaesthesia, sedation or a post examination recovery time, with most people returning to their normal activities immediately after the scan.

Whether it be by Colonoscopy or CT Colonography, investigation of bowel symptoms or screening has the ability to lessen the number of cancer deaths due to colorectal cancer.

For screening, or if you have symptoms, we recommend you pick one of these examinations, but don't choose to do none at all.

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Nelson Tasman Positive Ageing Forum

These meetings are held bi-monthly in the Richmond Library and are attended by many organisations. The general public is also welcome.

Some of the organisations represented are: Nelson Grey Power, Anglican Church, Age Concern, Tasman District Council, U3A Nelson, Fresh FM, MSD, Alzheimers Nelson, Holy Trinity Anglican Richmond, DIA, NM-DHB, St Barnabas Anglican Church Stoke, Nelson City Council, Heartland, NZ Fire Service, Health Action Trust, NCW, Abbeylefield, Support Works,

Enliven, Menzshed and Nelson Budget Service, Hard of Hearing and Blind Foundation.

This meeting is a forum with different speakers telling us of what they have done for the elderly in the Nelson/Tasman region, what they are working on now and what is to come.

At the last meeting in July, the Nelson Mayor, Rachel Reese and Tasman Mayor, Richard Kempthorne were present to answer questions. In their introductory speeches, Rachel Reese referred to the wheelchair access to the beach, which

should be completed by this summer. Rachel would also like to see employment for older workers become more flexible in their hours.

Richard Kempthorne commented on the complexity of the Tasman area with a population of 49,000 people, 14,000 in Richmond alone and 17 smaller areas such as Wakefield and Brightwater. Decreases in rates and council debt were an important focus for him and his council. The growth in the Tasman area was percentage wise comparable to Auckland since 2009.

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Authorised by C.A. McConville, 12 Highgrove Way, Nelson, 7010.

Pilot programme a significant improvement

The 'STEMI Pathway', being piloted in the Nelson Marlborough St John District, is making significant improvements in the care of our patients. Kris Gagliardi, St John intensive care paramedic, explains:

The pathway, which identifies patients having a severe type of heart attack, was set up to ensure patients are diagnosed and treated as soon as possible, to have the best chance of survival.

In February, the STEMI pathway was launched allowing St John paramedics to administer clot busting drugs as part of the treatment process. Recently, a patient in their 50's phoned 111 with chest pain. Immediately the ambulance crew performed an ECG, which showed the patient was experiencing a life-threatening heart



attack called a ST-elevated myocardial infarction, or STEMI. Upon recognising this, the ECG was transmitted via the cellular network to the on-call cardiologist at Nelson Hospital. The crew then phoned the cardiologist from the scene for advice regarding treatment. Due to the circumstances, the ambulance crew administered thrombolysis (clot busting drugs) in an attempt to 'dissolve' the blood clots

within the heart and restore blood flow, improving the change of survival. The patient was then promptly transported to Nelson Hospital where he was assessed by emergency department

staff and a cardiologist.

In this case, contacting a cardiologist and administering clot busting drugs in the field reduced time to treatment by approximately 30 minutes, which is significant for someone having a heart attack.

Since February, six patients have been thrombolysed by ambulance staff in the field. All eligible patients who are thrombolysed are transported to hospital, ensuring access to emergency surgery if required. For more about heart attack symptoms visit www.heartfoundation.org.nz

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One of the rewarding aspects for me as a Councillor is to consider your concerns and views then bring those to the council table.

I also enjoy working as part of the Council team and in partnership with the community.

I would love to represent you again and would very much appreciate your vote.

Authorised by: Gaile Noonan 9 Hathaway Tce Nelson

Message from the mayor of Nelson

Rachel Reese

In my role as mayor of Nelson, I am committed to connecting with groups and organisations that have the interests of Nelsonians at heart.

In this respect, as the largest and most recognised voice of Nelsonians 50+, my relationship and interactions with Nelson Grey Power are of critical importance. The Nelson Grey Power team know that I maintain an open door policy to its representatives and will respond immediately to urgent matters affecting its members. In addition

to this, President Gordon Currie and Grey Power committee members meet with me on a regular basis to address issues of concern and to ensure Grey Power's voice is well heard and considered in regard to decision-making, planning and resource allocation.

Without a doubt, these regular meetings have been of genuine value over the last three years. The committee are professional in their approach and we

are able to work through an agenda of items at each session. The inclusion of Council's Chief Executive

in the meeting schedule this year, has further contributed to a broadening and strengthening of the relationship between Grey Power and the Council staff who run our city day-to-day.

From issues such as: housing – safe, warm, suitable, and affordable; transport – roads, public transport, cycleways, mobility parking,

walkways and footpaths; and rates – rates remission and the pressure of rates on people with a low or fixed income - to access to good sport and recreation opportunities for older citizens; mobile truck shops and planning for critical infrastructure - this mutually beneficial relationship has allowed much to be discussed, investigated, considered and improved. You will note too, that the range of subjects presented, demonstrates that Grey Power will never be a single issue organisation and that many of the issues addressed in these meetings



I'm committed to leading an affordable, effective council that listens to the community, makes decisions based on sound information, and delivers on promises to achieve the best outcomes for all of Nelson. Over the last 3 years I've got our finances back in shape, tackled long overdue essential services upgrades, invested in pivotal community and environmental projects, and secured Nelson as a key regional economy.

- ✓ **Essential Services** – water, sewerage & stormwater upgrades must continue.
- ✓ **Community Facilities** for Stoke and Tahunanui Social Initiatives – a focus on families, good jobs and education, support for our older population.
- ✓ **Finances you can trust** – responsible spending based on affordable rates – absolutely!
- ✓ **City Development** – city to sea link, a revitalised CBD, and progress the Southern Arterial for a secure transport network.

Let's stick to the plan, maintain stability and positive leadership, and have the Nelson we deserve.

Read more: www.rachelreese.co.nz



"Leading a Council is not for the inexperienced or the naïve, it requires strong financial acumen, sound management capability, balanced thinking and a keen mind. With Rachel Reese we've found a Mayor with all that and more"

Alison McAlpine, Former Principal, Nelson College for Girls.
NCC Councillor 2007-2010.

Vote to re-elect Rachel Reese for your Nelson Mayor

Authorised by RJ Harden 137 Milton St, Nelson 7010

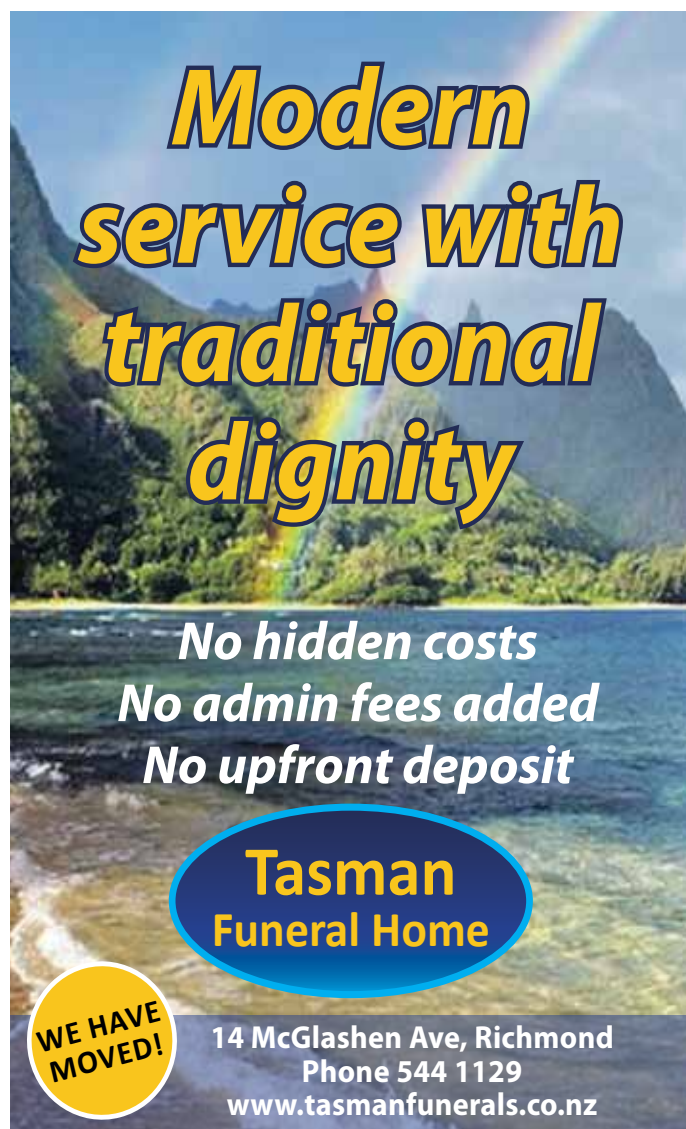
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are ultimately of benefit to all Nelsonians. Nelson City Council is constantly working to realise opportunities for lifestyle enhancement, security and improved services delivery to the over 65 population. Currently, Council Officers are at work on a position paper, which will inform the new Council on key issues for the city and, which will also suggest priorities and necessary actions required to further engage with and support our increasingly older population. Without a doubt, Grey Power's input is critical to this work. I am also conscious that much of the work carried out by Nelson Grey Power feeds into the capacity of the national organisation to undertake research and advocacy at a New Zealand-wide level. That should be a matter of pride for those concerned

and shows that locally, Nelson Grey Power operates as an active and influential group capable of achieving positive outcomes for its members. At a local level, I regularly receive positive feedback from members of the community on the considerable assistance received from the Grey Power office in Stoke. Certainly whenever I stop by in person, I find it welcoming, professional and bustling with activity. For that I wish to personally thank the staff and volunteers for the great work you are doing. With more than 25 per cent of our population expected to be 65 years and over by 2025, and many expected to remain in the workforce well beyond traditional retirement age, the work of groups such as Grey Power has never been more important.



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Authorised by Ian Barker, 15 Koromiko Ave, Nelson

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Local Government

Tom O'Connor

President, Grey Power Federation NZ

With local body elections being held on October 8, it is timely to remind all members that one of our most important objectives is to improve the affordability of rates.

We have had a number of ideas and suggestions presented for our consideration and we have had long and detailed debates on most of them. Most of the ideas we have considered had merit, a few were simply unworkable and all were the result of many

hours of hard work and investigation by dedicated people. We have also had discussions with Local Government New Zealand on a wide range of ways to keep rates down without compromising the provision of essential facilities and services.

There are no easy or single solutions, but we have recently been presented with an additional and very serious complication.

The Government has introduced a Bill to Parliament which, if passed into law, will remove much of our right and ability to have any say at all in how

our local bodies operate. The Local Government Act 2002 Amendment Bill (No 2) includes a proposal to extend the powers of the Local Government Commission to re-structure district councils without consultation with rate payers.

That means in effect that the Local Government Commission could require neighboring district councils to amalgamate some or all of their functions and ratepayers would have no say in the process.

Government interference which resulted in the Auckland Super City experiment and commissioners to replace the

elected Canterbury Regional Council back in 2010, have only served to push rates up and reduce efficiency. This new proposal would also make it near to impossible for ratepayers to control or even influence the cost of local government.

While we don't always agree with our local councils, we must not lose the right to have our own local government and to elect who we want to represent us locally. We have made a submission to the Select Committee considering the Bill and given our support to Local Government New Zealand which has opposed the Bill.

VOTE STUART WALKER

COUNCIL CANDIDATE 2016



"Being a Councillor is a full time job - I have the time, the enthusiasm, and background for this task".

For the last 45 years I have been Self Employed in the Home Appliance, Marine and Alternative Power Industries in Nelson.

I helped organise the fundraising and building of the Enner Glynn Hall, I have been a member of Nelson Rotary, and I have been the Chairman of the Nelson SPCA for the last 16 years.

I am an active member of the Nelson Residents Association.

Sue and I live above Enner Glynn with a completely Off Grid Solar Power System, and we are committed to looking after Nelson's environment for future generations.

My father, Keith Walker, was a 3 term Councillor and my interest

in civic affairs stems from my early involvement in the Trafalgar Centre fiasco.

For the past few years I have attended most of the monthly Council Meetings and I am familiar with all the various procedures, systems, structures and importantly, the culture at the Council.

This has been my "Apprenticeship" for the task I now offer myself for.

I have made Submissions and spoken at Council Forums, represented people at Resource Consent Hearings, and submitted to the Council Hearings over the proposed new Stoke Community and Sports Centre.

I am familiar with land

subdivision and the onerous Building Consent process.

However, most importantly, I will bring my many years of experience of successful self employment and a practical and realistic attitude to the Council Table.

I have no pet agendas, but my aims are to progressively reduce city debt in a planned way over time - it really concerns me that NCC will be borrowing another fifty million dollars this next year.

The city's infrastructure urgently needs upgrading more rapidly. Frequent sewage spills into the haven and areas flooding are plainly not acceptable.

We need greater consultation and more open discussion with

affected parties at an earlier stage - there has been too much decided behind closed doors.

The city needs re-vitalising to make it more welcoming, we must stop the drift to Richmond.

Clearly, more parking is needed and the traffic congestion must be overcome.

I support the concept of the Southern Link.

I relish the challenge of being a full time Councillor now that I face retirement and will happily work alongside whoever my fellow Councillors and Mayor might be.

To achieve all this, I FIRST NEED YOUR VOTE IN SUPPORT.

TOGETHER WE NEED TO CHANGE THE COUNCIL.

FOR A BETTER NELSON, VOTE STUART WALKER

Authorised by Stuart Walker, 26c Enner Glynn Road, Stoke.



RICHARD KEMPTHORNE Mayor, Tasman



I have been a successful and effective leader of our Council team in delivering:

- reduced debt**
- low rates increases**
- new community infrastructure**

1. Strong team leadership

My leadership of the Council team has proven to be inclusive, decisive and effective.

I have led the Council in reducing our debt level, keeping rates increases to a minimum and ensuring all residents and ratepayers have input into the key issues that affect them.

I provided strong leadership in our community in the face of damage caused by adverse weather events across the District. I have made sure core services have kept abreast of District growth enhancing community wellbeing through the development of a number of community facilities.

2. Reduce reliance on debt

Under my leadership, we have reduced our reliance on debt over the last term. Council's finance team have indicated by the end of this financial year we expect to have \$30 million less debt than predicted. By maintaining and managing our current infrastructure well I will ensure the reducing trend continues, freeing us up for the future.

3. Keep rates increases low

With less reliance on debt and focussing on all areas of council spending we have been successful in keeping rates increases as low as possible. Our average rates increase over the last three years has been 2.5% per year. This year's rates increase is just under 1%. We have achieved this while facing costly weather events, keeping core services in line with District population growth and continued to develop required community facilities.

As Mayor I will continue this prudent financial management.

4. Water supply

Ensuring safe and secure water supply for our current and future residents and businesses is important for the entire Tasman District. For the Waimea Plains we need to establish a fair and equitable funding model. I will continue to listen and work with the whole community for an acceptable outcome.

5. Emergency weather events

Over recent years we have had a number of major adverse weather events which have resulted in serious damage to roads, property and core services. These events have required wise use of Tasman District resources to repair the damage and minimise disruption to our community. I am proud of the way we have worked together as a team and risen to the challenge for a quick and effective outcome.

Authorised by Richard Kempthorne, 11 Hillplough Heights Richmond

6. Community and services

Tasman District has experienced high population growth in recent years. This has required significant ongoing development to our stormwater system, sewerage reticulation, water supply and roading network.

I am pleased to have led Council in delivering these essential services in a cost effective manner. These core services attract new people and businesses to our District.

I have enjoyed partnering with the community to provide sports facilities, community hubs and the Tasman Great Taste Trail.

7. Environmental management

People need to be able to swim in our rivers when they want to and Council needs to give confidence by monitoring our water quality. I will ensure that Council works with our community to manage land and water well, supporting our Freshwater and Land Advisory Groups in the Takaka and Waimea Basins. I will protect and enhance our environment while supporting sustainable growth for our industries. We need to leave our environment in an improved state for our children and grandchildren.



On the right track.



Let's keep going.



Don't stop now.

RICHARD KEMPTHORNE
Mayor, Tasman



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Taking steps to prevent financial elder abuse

As part of Elder Abuse Awareness Week the New Zealand Bankers' Association (NZBA) is encouraging people to look out for signs of financial elder abuse. Financial elder abuse is the illegal or improper use of older people's money, property and other assets.

"Elder abuse takes advantage of people's trust and vulnerability. Over the past three years, more than 50% of elder abuse cases seen by Age Concern's Elder Abuse and Neglect Prevention Services were about financial abuse," said New Zealand Bankers' Association chief executive Karen Scott-Howman.

"With New Zealand's ageing population it's important for us all to be aware of the risks to older people, to know what to look for, and where to get help. Often older people are exploited by family or others they have close relationships with, or fall victim to scams by con artists. We each have a responsibility to support older people, to be aware of how they may be targeted and to assist

them in protecting themselves," Ms Scott-Howman said.

Common examples of financial elder abuse include: unauthorised taking of money or possessions, misuse of powers of attorney, failure to repay loans, use of home and assets without permission or contributing to costs, scams that rely on establishing a relationship with an older person, assets or personal information.

"Older people play an important role in our local communities, and are valued banking customers. Banks take steps to look after their older customers' well-being by looking out for signs of financial abuse, and of course, treating them with respect," Scott-Howman said.

NZBA has published voluntary guidelines to help banks meet the needs of older and disabled customers. They include encouraging banks to provide training to staff on how to recognise signs of potential financial abuse while being sensitive to customers' situations and wishes.

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Driving can keep you healthy

You've got to know when to hold 'em

Know when to fold 'em

Know when to walk away

And know when to run.

- Kenny Rogers

As we age, researchers warn of a quick decline in physical health once we stop.

Driving is a way for us to have control over our lives, but when driving is curbed, we experience a sharp health decline. Cognition skills deteriorate and risk of depression doubles.

Scientists recommend taking steps to prolong our mobility. Older people view driving as a way to have control over their lives. And so, 80 per cent of us over the age of 65 have a license and continue to drive.

However, with age comes declines in cognition and



physical functions – which can make driving more difficult, resulting in many of us reducing driving – or stopping altogether. Driving cessation nearly doubles the risk of depressive symptoms and leads to faster cognitive decline.

For many of us, driving is more than a privilege - it is

vital to our daily living and is a strong indicator of self-control, personal freedom and independence.

Women experience a greater decline in health after quitting driving than men. As such, former drivers are almost five times more likely to move into a nursing home, assisted liv-

ing community or retirement home.

Unfortunately, it is inevitable that one day we face the decision to stop driving as our cognitive and physical functions decline. We must be sensible for our own safety, as well as others and, 'know when to fold 'em'.

Eric Davy for Nelson City Council

Rates have been kept at a manageable level given the deferred projects that have now been completed.

The Southern Link is now an essential third road. It will facilitate Nelson's traffic, get the region's products to the port and permit us to develop Rocks Rd with a shared footpath/cycleway. That's why I argued for a fair and impartial investigation into the NZTA Southern Arterial Investigation. Some didn't agree with my stance, but maintaining it upheld my commitment to Nelson's future and that of the whole region. There are still many infrastructure projects that have to be undertaken and I need your support to see them completed.

www.ericdavy.nz



As Chairman of the works and infrastructure committee the work I've led isn't pretty but it ensures the health and safety for the whole community.

Authorised by Eric Davy, 10 Marino Grove, Nelson

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Hearthelp support

An informal meeting of people affected by heart disease or who have experienced, or are about to experience, heart surgery or treatment, along with their families – to share the highs and lows of heart health issues. The group is a place to receive support, or provide assistance and support. The groups are made up of people who are experiencing what others in the group have been through.

Nelson/Marlborough Hearthelp support groups are supported by the Heart Foundation, and can be found at:

Motueka - Red Beret, High St, 3rd Wednesday from

10.30–11.30. Call: Janet Kelly 027 229 6260, Trevor Smith 03 528 8241 or Norma Clark on norma.clark@clear.net.nz.

Richmond - Alchemy Café, 92 Bateup Rd, 1st Wednesday from 10.30–11.30. Call: David Skinner on 03 541 0429 or 021 055 1446.

Stoke - Honest Lawyer, Monaco, 3rd Saturday from 10.30–12.00. Call: Graham Sturgess 03 544 3037, or Alan Parker 027 618 3050.

You can also contact the Nelson/Marlborough branch of the Heart Foundation, at 42 Halifax Street, Nelson. Phone: 03 545 7112 Email: nelson.marlborough@heartfoundation.org.nz.

Red Cross help

Red Cross community transport: A Red Cross service is available to transport those who cannot get to medical or community appointments. Volunteers run the service which is focused on senior citizens (65+), but is open to anyone who can demonstrate a 'need' or are referred by a health provider. Areas covered by the service are: Richmond, Stoke, Tahunanui and Nelson city. To use the service, Red Cross ask for a donation based on the length of the trip and to book at least two days in advance, or preferably one week in advance. The service is available Monday to Thursdays.

To book transport, phone 546 5012 or 0800 733 276.

Red Cross meals on wheels: Volunteers deliver meals to recipients in the Nelson, Stoke and Richmond areas. To access this service, you will need a GP referral. For more details, phone 546 5012 or 0800 733 276.

Red Cross medical equipment loan centre: The loan centre is available to help those who need short-term equipment loans for wheelchairs, walking frames, commodes or shower stools. Loan hire is between \$5 or \$10 per item and a \$20 deposit is required on collection. Phone 546 5012 or 0800 733 276 for more information.

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\$500,000	\$5,980	\$4,991	
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\$600,000	\$9,430	\$7,234	
\$650,000	\$11,155	\$8,355	

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Mel's View

- Former Member of Parliament for Nelson
- Former Nelson City Councillor
- Former Nelson Business Person

PLEASE GIVE ME YOUR TRUST to work faithfully and hard for you.

If elected I will ensure a new council turns it's attention back to providing the basic services.

- CLEAN WATER (not brown)
- STORMWATER (runs free over large parts of our city putting people, their families and homes at risk)
- SEWERAGE..... (raw sewage has run onto our beach and into the haven twice this year, it's not acceptable)
- ROADS/FOOTPATHS (there are too many pot holes, cracks and uneven surfaces)

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Authorised by - Mel Courtney 26/269 Wakefield Quay, Nelson.

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Helping you make the next move

Downsizing from the family home can be a daunting and emotional task, particularly when the children live out of town. Two Nelson real estate agents saw the problems facing some of their clients, and have produced a booklet to help fill the information gap.

Janice Emery and Di Connolly of Re/Max Elite say the booklet, called, 'helping you make your next move' offers contacts for services people may need for the downsize, from solicitors to housecleaners. "The booklet will help anyone who is ready for a life-

style change - we want to help them make that move as easy and as stress free as possible," Di Connolly says. "Some may want a smaller home, or some may wish to move to a lifestyle village to enjoy the security and the social life that the villages have to offer. In producing this booklet we looked at the type of services they may need assistance with, for example, the person to tidy up the section, those who will take away the excess furniture, someone to help with the final clean and also the final shift."

There is a handy checklist

at the back of the booklet which acts as a reminder to redirect your mail, call the power company, plus a directory of helpful numbers. Janice and Di say the booklet will be useful for those moving into a smaller home and also for the family members who are helping them.

"Particularly when family members don't live in Nelson, this will help them fill in the gaps in local knowledge," Ms Connolly says. "It goes without saying that packing up a family home with all its memories is an emotional time for most

people, so practical advice is a godsend."

The booklet is available free from Grey Power, local solicitors, other related businesses such as the Hospice Shops and also from Janice and Di at their Nelson office. Janice and Di will be presenting the booklet to Grey Power members and their guests at the Stoke Methodist Lounge in Neale Avenue, on 29 September 2016 at 10.30am, so if you would like to find out more, pop along for morning tea and a chat. Please RSVP to 548 7705. All welcome.

Adv.

INVITE

You are invited to the Stoke Methodist Hall, Neale Avenue, on Thursday 29th September, 10.30am for morning tea and a presentation on **"Helping you make your next move"**. Topics covered include: Making Downsizing Easy, Maintaining Your Property, Legal & Financial Advice. Please RSVP 548 7705. **All Welcome**

Janice Emery & Di Connolly

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What a Granny is

This definition of 'What a granny is' was written by a seven-year old girl in her school essay.

A granny is a lady who has no children of her own, so she likes other people's little boys and girls. A grand-

pa is a man granny. He goes for walks with boys and girls and they talk about fishing and tractors. Grannies daon't have to do anything but be there. They are old so they shouldn't play hard or run. They never say 'hurry up'.

Usually they are fat but not too fat to tie children's shoes.

They don't have to be clever, only answer questions like - why dogs hate cats and why God isn't married.

They don't talk baby talk

like visitors. When they read to us they don't skip bits or mind if it is the same story over again.

Everyone should have one, especially if you don't have television, because grannies are the only grown-ups who have time.

True story which hearing aid users may appreciate

Written by a member

Lost my hearing aid in the house.

Several people joined the search.

No Luck.

A month goes by, time to think insurance.

Sitting quietly having a dram,

Dipping into the last of a packet of Cheezals,

Watching the news, with-

out watching

What was going in my mouth,

Crunch, that one's pretty tough,

They must have been past their use by date.

Yes, you guessed it.

My hearing aid has turned up.

No worse for wear and I'm more careful where I put it when I answer the phone!



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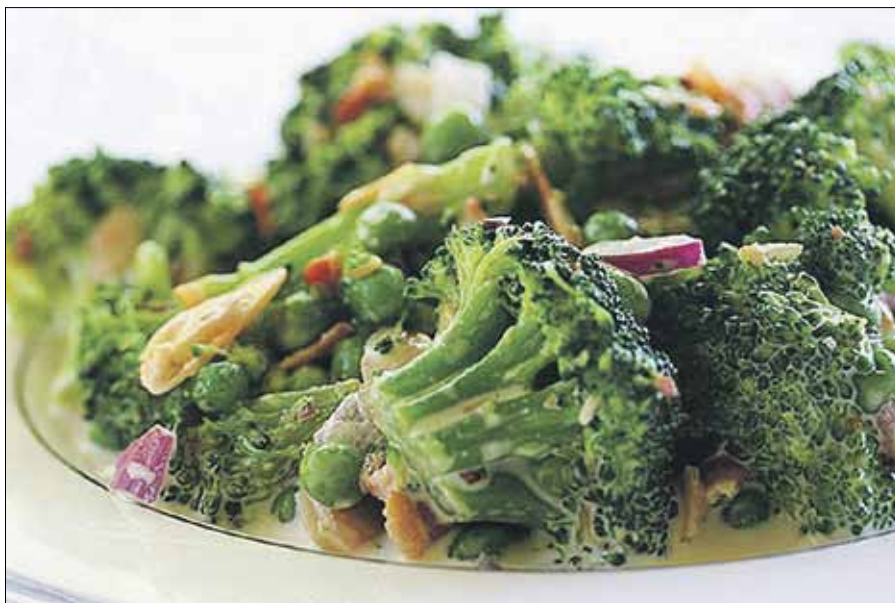
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Broccoli salad

Prep 15mins, Cook 15 mins, Ready in 30 mins

Ingredients

- 2 heads fresh broccoli
- 1 red onion
- 1/2 pound bacon
- 3/4 cup raisins
- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar



Method

Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.

Cut the broccoli into bite-size pieces and cut the onion into thin bite-size

slices. Combine with the bacon, raisins, your favorite nuts and mix well. To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.

NEW ZEALAND FIRST

RICHARD PROSSER

LIST MEMBER OF PARLIAMENT



Contact

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Authorised by Richard Prosser,
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Ginger Garlic Baked Chicken Recipe

Serves 2-3, Prep Time: 10 Minutes, Marinate Time: 30 minutes, Cook Time: 30-40 Minutes

Ingredients

- 1 1/2 lbs chicken drumsticks
- One 2-inch piece ginger, peeled and chopped
- 5 cloves garlic, peeled and chopped
- 1 1/2 tablespoons soy sauce
- 1/2 tablespoon oyster sauce
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 3 heavy dashes white pepper
- Pinch of Chinese five-spice powder, optional
- Pinch of salt

Method

Rinse the chicken and pat dry with paper towels. Add the ginger and garlic to the chicken and gently rub them on the chicken. Add the rest of the ingredients to the chicken, stir to mix

well so the chicken drumsticks are nicely coated with all the ingredients. Set aside to marinate for at least 30 minutes or best for 2 hours in the fridge.

Pre-heat the oven to 375F. Line the

chicken on a tray lined with baking sheet and bake for 30-40 minutes in the middle of the oven, or until the surface turn golden brown, slightly charred and inside is cooked through. Serve warm.



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Microwave Mug Cakes

Banana bread mug cake

Ingredients:

1 medium ripe banana
1 Tablespoon vegetable oil
1 medium egg
1 Tablespoon semi-skimmed milk
4 Tablespoons light muscovado sugar
4 Tablespoons self-raising flour
Pinch salt
¼ teaspoon ground cinnamon
1 Tablespoon pecans/walnuts chopped
1 Tablespoon sultanas

To Decorate:

2 Tablespoons cream cheese
1 Tablespoon icing sugar
1 teaspoon lemon juice
¼ teaspoon ground cinnamon

Tip: Both these recipes are perfect for the sad looking black banana in your fruit bowl. Do not over-whisk, do not under-whisk, do not overfill the mug and place a plate under the mug.

Method

In a 350 ml mug, mash ¾ of the banana (reserving the rest) with a fork and then beat in the oil, egg and milk until well combined.

Add sugar, flour, salt and cinnamon and beat again until smooth. Fold through pecans/walnuts and sultanas.

Cook in the microwave for 3 minutes 20 seconds at 600W, 3 minutes at 800W or 2 minutes 40 seconds at 1000W. Leave to cool.

Meanwhile, make the frosting.

Place the cream cheese, icing sugar and lemon juice in a medium bowl and beat with a fork or a whisk until light and fluffy. Slice the remaining ¼ banana.

Spoon the frosting into a piping bag fitted with a closed star nozzle.

Pipe at a 45 degree angle, then top with slices of banana and a dusting of cinnamon. Serve immediately.

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Egg free chocolate mug cake

This eggless cake is light and spongy



Ingredients:

- 2 Tablespoons soft butter
- 1 Tablespoon cocoa powder
- 2 Tablespoons semi-skimmed milk
- 1 teaspoon vanilla extract
- 3 Tablespoons light soft brown sugar
- 4 Tablespoons self-raising flour
- Pinch of salt
- 2 Tablespoons chocolate chips

Method

Place the butter in a 300ml mug and microwave for 10-20 seconds until melted.

Add the cocoa powder and beat with a fork until combined. Add the milk, vanilla and sugar to the mug and beat again until smooth.

Add the flour, salt and half the chocolate chips and stir until combined. Scatter the remaining chocolate chips on top.

Cook in the microwave for 1 minute 45 seconds at 600W, 1 minute 30 seconds at 800W or 1 minute 15 seconds at 1000W. Leave to cool.



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