



AUCKLAND BRANCH NEWSLETTER APRIL 2025

Secretary: Andrea Beechey
Ph: 0800 888 472

57/218 Greenlane West, Epsom, Ak 1051
Email: auckland@gsa.org.nz



Warm greetings to our Auckland Branch members.

I am very happy to report that the Auckland Branch is in good health, with 12 people on the committee and our branch events well attended. We are always keen to have more members on our committee. I

have found this role rewarding and not too onerous. Please let me know if you are interested in joining the committee.

Our secretary/treasurer Andrea Beechey has provided support to many of you by updating your database records, answering queries regarding your annuity and helping you through the process when you lose a loved one. Murray McElwain is the coordinator for the 80+ birthday cards. He sends a card to all those 80+ every five years, that is on your 80th, 85th, 90th, 95th and 100th birthday and beyond. We have had several members turn 100 over the past year and have acknowledged them with a special gift. To send out the cards we need to know your birthdate which can be uploaded via the GSA website. See details on the events page.

National Office at present is updating the website and hopefully you will visit the new revamped one soon. There is still log in access for individual members and Branches. We will be having a separate portal to go to your personal information and update it. The Branch section provides information on events in our region as well as providing previous Branch newsletters. Have a look at this section also for upcoming Branch meetings and events for the year.

As part of our annual plan, we started a focus group to gain feedback from a group outside the committee. We greatly appreciated this group giving time to suggest ways that we could improve supporting you, our branch members and will be asking them to meet again this year. Some of their suggestions we have implemented include: maintaining branch meetings with speakers and opportunities to socialise, providing more information on the purpose and function of GSA, continuing the support our secretary provides and helping members understand the procedures following an annuitant's passing.

At this AGM we will be having Tammy McLeod, Managing Director of Davenports Law talking about Trusts, and Enduring Powers of Attorney.' All details are overleaf including a change from our normal venue. We hope you can join us.

Your committee is as follows:

Auckland Branch Committee

Chair Sandie Gusscott – Education

Deputy Chair Craig Jensen – Science

Functions Co-ordinator Denise Greenwood – University
Committee Members

Rosemary Bell – Defence

Eric Bowater – Education & North Shore Sub Branch

Neil Carey - Railways

Murray McElwain – Railways and 80 Plus

Claire Couch – Education

Keith Rawlings – Army

Max Thomson – Post Office

Philippa Stevens - Science

Andrea Beechey – Secretary/Treasurer

Sandie
Chairperson

Government Superannuitants Association successfully re-register

If you are involved with any Incorporated Society in New Zealand you may be aware that an enormous amount of work has been underway to update constitutions to meet the new requirements of the Incorporated Societies Act (2022). Like other Incorporated Societies, the Government Superannuitants Association worked through this process, updating the constitution, and in September 2024 was successfully re-registered. Not only is it worth a read, some members involved in other Incorporated Societies have commented that it is helpful to have an example of one that has been successfully updated. You can read a copy of the updated constitution on the GSA website (www.gsa.org.nz) by logging into the members section, and clicking on the link to *GSA Publications and Documents*.

Presentation from Professor Rod Jackson - Christmas Function 2024



Professor Rod Jackson is an epidemiologist with a long career researching cardiovascular health. A success from research led by Rod is PREDICT, a risk prediction tool for GPs to calculate a score for a patient's likelihood of having a heart attack or stroke.

Rod is a firm believer in “we are what we eat” and presented some interesting points on changing diet and lifestyles in New Zealand that have impacted on cardiovascular health. For example, in 1967 New Zealand had the *worst* heart disease statistics in the world mainly due to the consumption of saturated fats, salt and cigarettes.

Although there have been significant improvements in healthy lifestyles and diets over the years there is competing

increase in the consumption of unhealthy processed and refined foods that have contributed to an increase in obesity rates and associated health issues.

In the heart health story Rod noted that saturated fats and salts with a high sodium content remain the villains while fresh fruit, vegetables and wholefood carbohydrates providing fibre and fuel for the gut microbiome are the heroes.

Rod ended his informative, entertaining and lively interactive presentation with a nod to potato, carrot and parsnip, the food superheroes rich in potassium, an excellent option for regulating blood pressure. On behalf of Professor Jackson, the branch donated \$200 to the Auckland City Mission.



Branch Meeting March 2025 – Professor Shanthi Ameratunga

We were fortunate to have Professor Shanthi Ameratunga speak at our first branch meeting for 2025 about the research she did on how older residents and disabled people found opportunities for active travel in their neighborhoods. It was entitled **Inclusive Streetscapes**.

Shanthi was born in Sri Lanka, grew up in Porirua, qualified in medicine at the University of Otago and trained in paediatrics and public health medicine. She holds honorary professorial positions at the University of Auckland, Monash University (Melbourne) and University College London.

Shanthi and her fellow researchers surveyed 62 people living in Henderson/Ranui, Mangere, Glen Innes and Howick. Most participants did a “go along” journey during where they pointed out the challenges and pleasures of their daily travel – some were in wheelchairs and some on foot with assistance from walkers and sticks. Participants described how they feared walking in areas with few road crossings, dangerous crossings or curbs or having to move from the path and onto busy roads to avoid cracked pavements and overgrown hedges. Steep ramps leading to bridges over motorways were also challenging. For the participants, these factors made their worlds painfully small.

Shanthi also surveyed a group of public and private sector transport professionals to find out how much accessibility, health and community wellbeing featured in transport decision making. It was concluded that while there was a symbolic commitment to accessible outcomes in the sector, there was a disconnect between this and how solutions were delivered on the ground.

In summary, the research recommended that consultation on transport design should take into account legislation and principles that are already in place to protect the rights of older residents and disabled people in Aotearoa New Zealand. Shanthi concluded that transport professionals need to design, implement and monitor systems that make accessibility a much more important transport objective.



Shanthi took questions and comments from the floor and then invited attendees to continue their observations and discussion with the appropriate people. You can read more information on her research by clicking on this link <https://www.knowledgehub.transport.govt.nz/assets/TKH-Uploads/TKC-2019/Website-Shanthi-Ameratunga.pdf>

On behalf of Professor Ameratunga, the branch donated \$200 to Medecins Sans Frontieres New Zealand Charitable Trust.

2025 Member Events

Auckland Branch AGM – Tuesday, 10 June 2025

We have invited Tammy McLeod to talk to members about:

[Trusts and Enduring Powers of Attorney](#)

Tammy McLeod is the Managing Director of Davenports Law. Her topic will be **‘Reasons for and against Trusts, Recent Changes to Trust Laws, and why we all need Enduring Powers of Attorney.’**

Tammy McLeod leads the Trust Law and Wealth Protection team at Davenports Law. A trust and asset structuring specialist with over 25 years legal experience, Tammy specialises in the areas of personal asset planning, trust law and the Property (Relationships) Act.

It is being held at the **Fickling Centre, 546 Mt Albert Road, Three Kings, 1042**. The centre is located near the junction of Mt Albert Road and Mt Eden Road on Three Kings Reserve and is co-located with the Mt Roskill Library. There is free parking outside. A catered morning tea will be provided at 10.30am. Please bring your spouse or a guest along and register attendees/apologies with our Secretary, Andrea by calling 0800 888 472 or emailing auckland@gsa.org.nz

Auckland Branch Meeting – Tuesday 23 September 2025

Please come along and hear Jude Dobson speak about her book:

THE LAST SECRET AGENT

Jude Dobson has been researching/writing, producing and directing WWI and WWII content for nearly 10 years. She won the New York Radio Awards Bronze Award in 2023 in the historical documentary category, for an Anzac Day audio documentary about WWII aviators telling their stories. Join us as Jude talks about writing Pippa Latour's account of her courageous role as a special agent, working behind enemy lines in Normandy in the month leading up to D Day. Following the war, Pippa settled in New Zealand where she raised four children. For decades, Pippa told no one - not even her family - of her incredible feats during WWII. Pippa finally chose Jude to tell her story and they formed a close bond before Pippa's death in 2023, at the age of 102.



We return to the refurbished **Western Springs Garden Community Hall 2, 956 Great North Road, Western Springs, 1022** for this meeting and commence at 10.30am with morning tea. There is free parking at this venue. Please bring your spouse or a guest along and register attendees with our Secretary, Andrea by calling 0800 888 472 or emailing auckland@gsa.org.nz

Auckland Retired Railways Group Mid-Year Function

All GSA members, partners and friends of the GSA are invited to our mid-year function on Thursday, 19th June 2025 at the Manurewa Cosmopolitan Club, Manurewa

- ❖ Doors open at 11am and lunch will be served at 12.30pm
- ❖ Please provide \$20 cash per person (**note price increase**) in an envelope with the names of those attending. No change will be given.
- ❖ RSVP by Monday, 9th June to Murray McElwain Ph 09 266 9959 or email murraymc2018@gmail.com

North Shore Sub Group Annual General Meeting

Please join us at the Birkenhead RSA on Friday, 27 June 2025 commencing at 10am with a morning tea. Your committee will then conduct the AGM and bring you up to date with GSA business.

- ❖ At 11 am we introduce Emeritus Professor Paul Spoonley, a Sociologist from Massey University whose speech is entitled:
"When I am 64: How the Beatles Generation Have Changed Ageing in Aotearoa/New Zealand"
- ❖ Please register by emailing Jack Harris on jack4andmary@gmail.com or Ph 09 2145729.

Have your contact details changed recently?

Please let us know if you have moved to another house, retirement village, or if your phone number/email address has changed. You can record or update your contact details by accessing our database through the GSA website <https://www.gsa.org.nz> or contact our Branch Secretary directly by phone or email. Let the GSF know too, via Datacom.

Auckland Branch
Draft Financial Statement for Year Ended 31 March 2025

31 March 2024	31 March 2025	Financial performance (Profit/Loss)
		Income
28,778.35	36,153.32	All Subscriptions
2,026.79		Subscriptions (deducted NPF)
1,015.36		Subscriptions (paid direct)
1,826.00	1,895.00	Functions Received
3,778.24	4,646.88	Interest Received
		Donations
37,424.74	42,695.20	Total Income
		Expenses
2,835.00	3,357.11	Functions
7,081.48	6,434.85	Communications
5,954.53	6,135.55	Organisation
18,265.44	19,748.56	Remuneration
		Office function
25.00	25.00	Financial
1,747.13	1,050.14	Income tax
		General
35,908.58	36,751.21	Total Expenses
1,516.16	5,943.99	surplus (deficit) for year
31 March 2024	31 March 2025	Financial position (Balance Sheet)
102,704.64	90,220.80	Accumulated funds 1 April (previous year)
1,516.16	5,943.99	Surplus/Deficit (current)
(14,000.00)	(16,000.00)	Distributions paid to National Office
90,220.80	80,164.79	Total (Accumulated Funds current)
		Represented by
		Assets
11,710.44	6,936.36	Cash account
5,643.53	8,816.44	Savings account
72,934.15	63,881.99	Term deposits
130.00	130.00	Petty Cash
90,418.12	79,764.79	total cash/bank
		Accrued interest
		Less liabilities
		Sundry accruals
(197.32)	(Cr bal) 400.00	Kiwibank Credit Card
90,220.80	80,164.79	

Disclaimer: *This is an interim financial statement* and as such has yet to be examined by our Reviewer. The reviewed financial statement will be published on our website prior to the AGM on 10th June 2025.