



Newsletter
Gisborne Branch
November 2019

Gisborne@gsa.org.nz

GSA Members Christmas Luncheon 2019

The members Christmas luncheon will be held at 12.00pm on the 27th day of November 2019 at the Tatapouri Sport Fishing Club. The club will be setting up the Conservatory dining room for our sole use with tables set out for diners. The Tatapouri club has a special Christmas (a la carte) Menu with a choice of five mains, priced at **\$20.50**



per person. Each diner is expected to pay for their meal directly to the restaurant at the time of ordering. These choices include **Hot Grilled Ham**, hot ham off the bone served with grilled pineapple rings, fries & salad. **Fish of the Day**, battered, crumbed or pan-fried served with salad & fries. **Chicken Breast**, grilled chicken breast topped with tomato & chilli salsa grilled with cheese with new potatoes & salad. **Minute Steak**, Tender Ribeye steak grilled, served with salad & fries, mushroom or pepper sauce. **Deserts** provided will be **Christmas pudding**, served with custard & cream. The committee will be providing on the table's wines & orange juice, along with a Christmas cake for all attending to enjoy.

This year each member attending will be given two free raffle tickets for a raffle with six draws for a box of biscuits or chocolates. Further raffle tickets will be on sale for this raffle.

Should you require transport to attend the Christmas function please make contact with the Secretary who will arrange it for you.

For catering reasons could you also contact the **Secretary** by phone 06 8688384 or 027 3503058 or E mail domundsens10@gmail.com , by the 25^h **November 2019**, informing of the number in your party attending the Christmas luncheon. The Tatapouri Sport Fishing Club will be charging us for the numbers we notified attending, so if you are unable to attend after notifying us, please tell us as soon as possible so we can change our bookings.

Members morning tea at the Museum.

Following the Christmas function or early next year, the committee are inviting members at the committee's cost to join them in a morning tea to be held at our local Museum. We will meet at the Museum on a Tuesday or Wednesday at 11.00am, have morning tea in their café, then undergo a tour of the exhibits in the Museum. If interested could you contact the Secretary notifying your interest and once the date and times are set, he will contact you with these details. As with the Christmas function should you require transport please make contact with the Secretary who will arrange it for you.

Elder abuse

What constitutes abuse is not well understood and many people do not know how to recognise abuse. In 2015 the office for seniors produced the report towards gaining a greater understanding of elder abuse and neglect in New Zealand.

It showed that the vast majority of older people are not at risk of abuse and neglect. However, it showed that some specific groups face higher rates of elder abuse these including women, Maori, those who are separated, divorced or widowed.

Who commits elder abuse? The abuser is often someone close to their victim. It is someone trusted, a family member a friend or even a neighbour. Abusers are often someone they depend on for support and care. 76% of abusers are family members. 16% of abusers are partners. 44% of abusers are son's daughter's or their partners. 20% of abusers are a friend or a neighbour.



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Who is most at risk? It can be difficult to identify abuse but being aware of the risk factors can help. These include. Being dependent on others. Family conflict or dysfunction. Family violence. Isolation. Stress and care relationships.

The abuse. There is no single type of elder abuse. They can be psychological, financial, physical or sexual. More than often people experience more than one type of abuse. 79% involve psychological abuse. Psychological abuse includes threats of humiliation or harassment. This creates the stress and shame which often leads to a sense of powerlessness in the older person. It is often a factor in other forms of abuse as well. 54% involved financial abuse. Financial abuse ranges from illegal use of your money such as being pressured to change a will or sign documents. 19% involved physical abuse. Physical abuse includes any personal harm or injury. 17% involve neglect. 1% involves sexual abuse. This includes any non-consensual sexual activity.

Elder abuse in New Zealand. As many as one in ten older people in New Zealand will experience some kind of elder abuse. The majority of cases will go unreported. Elder abuse is not specific to anyone gender, religion, ethnicity or income group. It may happen at home, in residential care or in a hospital. Most of the time family members are the abusers. Any act that causes harm to an older person is elder abuse. At its most extreme abuse maybe criminal but it can also be more subtle. A good example of elder abuse was showing by our previous government, in its denial of recognising our concern with our most vulnerable older members by ignoring their cost of Living Allowance adjustment.

If you have a concern or know of a concern and reside in the Gisborne region you can make contact with Age Concern, at Shop 5, Treble Court. The Elder Abuse consultant is Francis Toroa who will do her utmost to rectify the problem. Phone number 06 8676533 or 027 3216895.

RSL ANZAC village at Narrabeen.

The RSL Life Care ANZAC village at Narrabeen is considered one of Australia's finest retirement communities. On a recent visit to my daughter who resides in the Narrabeen area close to the village, we dined on several occasions in their impressive stunning restaurant and visited they're amazing wartime Museum. To give some understanding of the museum it took us 2 hours of our visit there going through it and still never visited all the exhibits.



The village offers a rich array of amenities and services that include a licensed bar, bristow and coffee shop, restaurant, hair and beauty salon, a 250 seat auditorium, gym, a war museum, heated pool and spa, craft workshop, lawn bowls, croquet, Chapel, art therapy and a Lifestyle Centre. They provide medical services such as GP's, specialists, occupation therapist, pathology, x ray and their own hospital.

Visitors and public are all welcome to dine at their beautiful restaurant at a very reasonable cost similar to our Tatapouri Sports Fishing Club, however the restaurant is more inspirational.

The retirement village is developed in a 100 acres Australian bush clad Park. There are villas apartments and cottage homes with lovely Ocean Lake and bush-clad views with 100 acres to explore. It is a perfect complement for carefree independent living. The village offers a variety of



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over 700 homes from one-bedroom units to two- and three-bedrooms apartments and free-standing homes for independent residents, maintaining an active lifestyle.

RSL Life Care is a public company controlled by RSL New South Wales and has experience in the key areas of Veterans RSL aged care retirement living finance and construction. It all began over a century ago in 1911 at Botany Bay. In 1881 the colony of New South Wales began the construction of a fort on Bear Island near the mouth of Botany Bay. It was designed to protect the city's back door from an attack by the Russian navy or other European forces. Bear Island was manned for years but in 1902 improved weapon technology meant that the artillery on it had largely become obsolete and it was decommissioned. The fort was then located on a windswept island. On the 18th of October 1911 at a meeting at Victoria Barracks Sydney, a group of men and women formed themselves into a committee to organise a home for aging ex-soldiers of the British Empire who were living in poverty. The new home was located on the Old Fort of Bear Island Botany Bay and was known as the Veterans home. On the 2nd of July 1912 on The Parade Ground of the Bear Island Barracks, the Governor-General officially open the Veterans home. In order to gain admittance to the home applicants were required to have served in the regular Navy or military forces of the British Empire before the 1st of January 1885. They also had to have been a resident of New South Wales and evidence of the honourable discharge from the service. They would be expected to help maintain the residence and contribute from their pension a weekly sum of five shillings. The residents dressed in donated uniforms of a navy-blue coat and navy-blue pants with a red stripe and a peak cap. They spent time practicing their marching and often in demand as a guard of honour on various formal occasions such as Anzac Day, Empire Day and Armistice day. From these small Beginnings the RSL Life Care has developed over the centuries to have villages and services throughout New South Wales. In 2014 RSL Life Care extended its care for older veterans to younger veterans in need of accommodation through their homes for Heroes program. On any given night across Australia there are many young veterans from recent campaigns such as Afghanistan, East Timor and Iraq who are homeless. The homes for hero program is a reflection on the initial creation of the War Vets back in 1911 when many vets from the Crimean war and Sudan were homeless on the streets of Sydney. And so, it is today with their current generation of younger veterans RSL Life Care sees its program as returning to its roots.

Aussie certainly knows how to care for their veterans.

Council meeting 2019.

This year the council meeting was again held for the third time at the West Plaza Hotel Wellington, commencing at 11 am Saturday the 7th of September 2019. Due to health reasons Des Omundsen was the only delegate representing the Gisborne branch this year. The President welcomed all delegates and observers attending this year. He commented on the cost savings required both at the board level and branches and there has become an uneven distribution of finances with the branches showing a surplus and the national office struggling. He stated that the charging back to the branches for the cost of the printing of the branch newsletters and the distribution cost remaining with the National Office was a good way of distributing the costs. Further national office saving has been implemented by the Board and have cut their meetings from 11 to 8 per year.

The Boards motion at this meeting to increase the subscriptions by 30 cents per pay was rejected by the Council and the motion was withdrawn.



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Life members awards

This year the President presented both Gavin Stuart (Canterbury/Westland) and Mark Leys (Auckland) with the Life Members Award for exceptional voluntary work performed both in their Branches and on the Board. He also made mention and thanks to Bill Robertson for his 22 years with the GSA with most of it with the Board but is stepping down this year.

Board Election.

President: Tony Hamilton.(Northland) **Vice President:** Alan Straker.(Marlborough)

Members: Rob Brangwin.(Hawkes Bay) Dallas Elvy.(Wellington) Alan Peck.(Wellington) Mike Smith.(Wellington) Marjorie Thomas (Hawkes Bay).

Guest speakers

Andrew Bayly (National) MP for Hunua

Andrew opened his presentation by saying New Zealand undervalues our older workers and if his party is elected will ensure that they will remove any barriers for old workers to continue working after the age of 65 years. He further said that they will ensure employers will have to continue contributing to the kiwi scheme if anyone elects to work after 65 years of age. He said future New Zealand workers need to be encouraged to increase their saving rate for retirement. He went on with a statement saying that in every year passing our expected life is one month longer.



Deborah Russell (Labour) MP for New Lynn.

Chairperson for the Finance and Expenditure Select Committee.

She is a tax expert and flew down from Auckland, returning there after the meeting to do her presentation to us. She said that our scheme was set up by previous governments to look after government servants during their time of employment and on their retirement. She stated in her mind the GSA has had a long history of fighting previous governments to keep the scheme on track. She presented to the meeting our personal data book which she thought was very beneficial for our members and it would be nice if it could be used within other organizations. She said our petition for 100% COLA was exceptionally good in that it was presented in a friendly manner which should influence any government. She also continued saying our work is still not done with it as we will need to keep lobby the finance manager to keep it on track. In summary the GSA position looks very good under both governments, but our present government may be more favourable in getting a successful result for our petition.



Wairoa, Gisborne & Hawkes Bay meeting.

As with previous years we intend to hold a joint meeting in Wairoa for the Wairoa members along with the Gisborne and Hawkes Bay committees. We will notify the Wairoa members with these details by letter later this year. The Committee wish you all the happiness that Christmas can bring and the very best through the year that lie ahead.

