

Newsletter Gisborne Branch November 2016

GSA Members Christmas Luncheon 2016.

The members Christmas luncheon will be held at 12.00pm on the 24th day of November 2016 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 Schnitzel**, baked chicken schnitzel topped with tomato & chilly salsa grilled with cheese, served with new potatoes & salad. **Paua Fritters**, battered paua fritters served with fries & 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 tables wines & orange juice.



As with previous years we will be running several raffles throughout the afternoon for box of biscuits or chocolates. Audrey Curd will providing the Christmas cake for all attending to enjoy. 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 domundsen10@gmail.com , by the 21st **November 2016**, informing of the number in your party attending the Christmas luncheon. The Tatapouri Fishing Club that we will be charging for the numbers we notified attending, so will be charged for those not attending after stating you would. If you are unable to attend after notifying us, please tell us as soon as possible so we can change our bookings.

GSA Secretary Meetings

This year the Secretaries meetings were held in Tauranga on the 16 June 2016, Palmerston North 21 June 2016 and Christchurch 23 June 2016. Geoffrey Smythe (Treasurer) and Des Omundsen (Secretary), elected to attend the Palmerston North venue. It was held in the Hancock Community House in King Street and the two Gisborne members attending travelled to Palmerston North and returned by Intercity Bus. They took two nights accommodation at the Palmerston Holiday Park in a Tourist Flat being much cheaper than any motels close into the City. The Districts attending this venue were Gisborne, Hawkes Bay, Manawatu, Taranaki, Wanganui and Wellington. The agenda set was

1. Membership database
We looked at the correct management of this database along with the methods of operation.
2. Banklink
Again we looked at the correct accounting management of this system and were informed about the trial of the Mind Your Own Business accounting system likely to replace Banklink. This system is a similar method as Banklink but easier to get into it and there is no dropbox.
3. Operation Manual
We were informed on the review of this Manual that is currently taking place.
4. Recruiting new Members
It was agreed to follow this years methods used which had a great success.
5. Open forum
There were no other matters raised at this meeting.

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Eastwoodhill National Arboretum



Eastwoodhill arboretum is New Zealand's national arboretum. It is located near Ngatapa, 35 km northwest from Gisborne and covers 135 hectares. It was founded by William Douglas Cook in 1910 and his enthusiasm and work has created a giant collection of Northern Hemisphere temperate climate trees and shrubs. It cost him all his money, buying and importing thousands of trees from New Zealand and British nurseries. Cook was born in New Plymouth on 28 October 1884, to a Scottish family and was educated at the Wellington College where he developed a love

for horticulture. At the age of 25 he acquired a property inland from Gisborne where he immediately started planting trees ignoring the New Zealand conventional farming practice. During the first World War Cook served with the Wellington Mounted Rifles as a gunner where he was wounded three times and blinded in one eye. While convalescing in Britain he admired the estates of the beautiful country homes and decided to create something similar in New Zealand. On returning to Ngatapa he began planting in earnest of northern hemisphere species. Although Cook did marry for a short period of time, he was very much a loner. He was a book lover and a nudist who loved gardening. Although as a nudist he did however wear a hat and boots to dig with. His dedication to his work created this arboretum, said to have the largest collection of temperate northern hemisphere trees, some 4,000 different trees which include 170 species on the endangered species list. When his health deteriorated in 1960 he sold the property to H.B.(Bill) Williams who established the Eastwoodhill Trust Board in 1975 and set it up as a Charitable Trust, ensuring that it is safeguarded for future generations. Douglas Cook died in 1967 at the age of 83 years.

The walkways cater for all levels of fitness and ability, from tree lined paths to steep climbs up Mt Arateitei where you are rewarded with a glorious view of the Arboretum and surrounding countryside. The walks are well signposted and maps are available from the visitors centre. There is a mobility scooter available free of charge from the Visitors Centre. This can be used on the mobility sign posted tracks. You can opt for a guided walk or a Jeep tour of the Arboretum. The Tasty Leaf Café is a great way to start or finish your Eastwoodhill experience with.



Bereavement

Bereavement is the period of grief and mourning after a death. When you grieve, it is part of the normal process of reaction to a loss. You may experience grief as a mental, physical, social or emotional reaction. Mental reactions can include anger, guilt, anxiety, sadness and despair. Coping with grief. Many people compare grief with waves rolling onto a beach. Sometime those waves are calm and gentle and sometimes they are so big and powerful that they knock you off your feet completely. Sometimes they can be so powerful that it leads to:

- Not wanting to get out of bed.
- Neglecting yourself such as not taking care of your hygiene or appearance.



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- Not eating properly.
- The feeling that you can not carry on living without the person you have lost.
- Not feeling able to go to work.
- Taking your feelings out on other people.

All these reactions are normal parts of bereavement unless they go on for a very long time when it could lead on to depression. Grief and depression share a number of symptoms. Depression being a dangerous state of mind and could have probable tragic consequence.

- Sadness.
- Insomnia.
- Loss of Appetite.
- Weight loss.

One of the main differences between grief and depression is that grief comes in waves, while depression is like a cloud that hangs over you. Grief is triggered by things such as a smell, a sudden memory while depression is pervasive, cutting through everything. Signs that grief has turned into depression include.

- Feeling of guilt unrelated to your recent loss.
- A feeling that you are worthless.
- Feeling sluggish, drained and confused.
- Struggle to speak coherently.

Comforting those who Mourn: Sometimes people feel helpless when a friend or relative is grieving. We may feel unsure of what to say or do, so we say and do nothing, however there are practical and helpful things we can do for that person. Often your presence with a simple expression of "I am so sorry" is all that is required. Giving the person a hug or a gentle squeeze of the arm is an effective way to show you care. If they want to talk, listen sympathetically. Do something for them, perhaps performing a chore that the person has not been able to perform, cooking them a meal or helping with the funeral arrangements along with its aftermath may be helpful. Remember that after the funeral when the visitors depart that their grieving will continue and they will feel most alone. In time the grieved person will love to talk about their lost one, sharing memories of their happier times with their lost one. Most of all stay in contact and show you understand and care.

On this topic I would like to refer readers to this years Annuity News April 2016 no 93 on page 8 headed **Funerals Do it Yourself**. It gives reference to Phillip Tomlinson's booklet on this subject, which can be purchased for \$10 directly from Phillip 23A Seddon Street Timaru, or telephone 03 688133 or emailing: phi.dor.t@clear.net.nz .



Council Annual Meeting 2016



This year the annual Council meeting was held on the 3rd day of September and the 4th day of September at the Brentwood Hotel on a weekend in Wellington. It commenced at 9.30am on the Saturday and finished at 3.00pm Sunday. This venue was very busy this year with other groups activities held there as well. Chesley Birch and Des Omundsen were the two delegates for the Gisborne branch again this year. They both travelled down there together by car, leaving just at the 7.1 earthquake struck. Chesley stayed on in Wellington on family business and returned to Gisborne by Intercity bus.

Council Speakers.

Michael Littlewood



Michael was the Co-director of the retirement policy and research centre at the Auckland University for the past nine years. He said that when commencing this position he supported compulsory saving schemes and Tax incentives for savings for retirement. He stated he now believes there should not be any compulsion in savings and there should not be any Tax incentives. Voluntary options were the way to go. He said that there is a compulsory savings system in Australia and that people are overspending knowing that at the age of 65 years they can repay the deficit. Further to this he come to realise that any regulated or enforced system is costly and requires further rules to enforce it. He also informed that New Zealand is amongst the world's lowest poverty levels. He is not a fan of KiwiSaver but accepts it is here to stay. Major changes he would make to the system are to drop all government funding of the scheme and get rid of the member's tax credits. He also commented the government should start a study of household wealth. He concluded with a statement of Ronald Reagan 1986. If it moves tax it, if it keeps moving regulate it and if it stops moving subsidise it.

Metiria Turei



Metiria is the Co-Leader for the Green Party who wears \$2,000 Adrienne Winkelmann designer jackets and with her husband lives and owns a castle in Otago's Blueskin Bay. In fact it is a two bedroom castle made from stone with a corrugated iron roof with old fridges serving as cupboards with a large truck tyre turned into a window frame. They have a pizza oven made from straw, mud and sand resting on a stack of old tyres. This is a family that is living the slogan, reduce, re-use, recycle. The Castle cost \$137,000 (a sum that would not purchase a one bedroom home in Auckland). She, like her party, stand for reducing the growing problem of homeless and affordable insulated housing in New Zealand. Metiria commented that there is now an increasing number of elderly on the poverty line, especially those renting, but not as great as our vulnerable children. She stated that the Government need to invest in new housing with a WOF, both for rental and for sale. They need to cut down on overseas speculators and introduce a capital gains tax. She said that their party's core values are housing, transport, parks, cycle tracks and walkways, roads, schools and busses. She gave an example of what she considered good affordable housing, which has been set up in Hamilton on a Marae design. The insulated houses, one bedroom, two bedroom and three bedroom, some with Granny flats attached, are set out in a circle facing the centre of the complex with no access to vehicles into the centre of it. This complex maximises the use of land and promotes supportive community living. GSA members present could not disagree with her enthusiasm and vision, but did question her on how come suitable housing in which several of us were raised in, those with tiled roofs, without two bathrooms and were not insulated, were then good warm homes to reside in and raise their children, are now not considered satisfactory. Perhaps global warming is making us colder.

Board Elections

At a result of the constitution changes last year the Council were to elect a President, Vice President & five Members to the Board. As there are nine Members on the Board, two further Members are appointed by the Board. This is to get a gender, cultural & district balance along with special skills that may be required from time to time.

This year's election resulted with.

President : Janice Campbell. (Wellington)

Vice President : Bryan Whisker. (Wellington)

Members: Dallas Elvy (Wellington), Tony Hamilton, (Northland), Bill Robertson, (Wellington), Mike Smith (Wellington), Diane Ward, (Nelson).

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