

FIJI INDIAN ASSOCIATION

WELLINGTON INC

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NEWSLETTER NUMBER 2

Namashkaar, Tena Koutou Katoa

In this second newsletter, we wish to share with you what your Association has been involved with since our last newsletter. Some of the key happenings were:

- Sausage sizzle to raise funds for Christchurch earthquake victims
- Issues around Paul Henry's comments in respect of the Governor General
- Support for Fiji community initiative for Fiji Rugby World Cup social events
- Support for Indian Health Clinic
- Wellington Hindi School
- New GST and its implications by Treasurer Paresh Hari
- Some useful information: Income test for superannuation
- End of the year function
- Inter District Soccer Tournament in Wellington

SAUSAGE SIZZLE IN ACTION



L-R Paripurna Nand Verma, Dev Narayan, Vinod Kumar, Dawa Devaroux and Rajeev Mishra



Ram Chandar making a donation

A small group of individuals sacrificed two Saturdays to help raise funds for Mayoral Appeal funds for Christchurch earthquake victims. Sausages were kindly donated by Mad Butcher who allowed the front of his premises in High Street, Lower Hutt to be used for the BBQ. A bag of onions and \$15 in cash was donated by Mr. and Mrs. Rajesh Prasad and the BBQ set was supplied by Arvind Gounder.

The following people helped with this worthwhile initiative: Verma Paripurand, Dev Narayan, Vinod Kumar, Alfonses Giborees, Rajeev Mishra, Dawa Devaroux, Bimlesh Narayan, Stephen Giborees and Prabodh Mishra.

Our sincere thank you to all those who came out to help with the sausage sizzle.

Over \$600 was raised, which will be forwarded to Mayor Bob Parker for his appeal funds.

At the sizzle, FIA also handed out one page information (part of the Yellow Pages) on "Get Ready Get Through". If you have not prepared yourself and your family for natural disaster then please do so as a precautionary measure. Wellington sits on fault line.

Here is a list of emergency survival items:

Expect to be without help for 3 days

Water: have a minimum of three liters of drinking water a person a day but more is recommended. There should also be water for washing dishes and people- about a litre per event. Fill each bottle with tap water until it overflows and add 5 drops of household bleach per litre of water and put it in storage. Make sure there are no air gaps and place the lids on tightly. Check the bottles every year and if the water is not clear, then throw it out and commence the process again.

Non perishable food; enough to last 3 days. It can include canned meats, fish, fruits, vegetables, cereals, powered soup, tea, coffee, salt, sugar, UHT or powered milk, biscuits and sweets. Check food each year.

Primus or gas cooker/BBQ: ensure the gas canister is full

Eating utensils: including a can opener, matches, a lighter, knives, forks, spoons, plates, mugs and bowls.

First Aid Kit and essential medicines.

Waterproof torches with spare batteries.

Hygiene; soap, wet wipes, towels, toilet paper and plastic rubbish bags to use as emergency toilet.

Clothing; warm water proof clothing, sturdy shoes and emergency blankets or sleeping bags

Important documents: birth and marriage certificates, driver's licenses, passports, insurance policies, family photos.

Special Supplies: food and supplies for babies and pets. Hearing aids, asthma inhalers, walking stick if needed etc.

Protective gear: sun hats and sun screen; face and dust masks; note book and pen.

PAUL HENRY AND GOVERNOR GENERAL

Like most right thinking individuals, we were also upset by comments made by Paul Henry in respect of the Governor General. Press statements were issued by the President and letters of complaint were also sent to the Broadcasting Standards Authority and to the Chief Executive of TVNZ expressing FIA's strong views that Paul Henry should be sanctioned.

With the resignation of Paul Henry, we now look forward to a change in the Code of Ethics of TVNZ so that such controversial issues are dealt with promptly and effectively.

RUGBY WORLD CUP

A number of our people have joined with our Fijian brothers and sisters to plan for social and cultural events for the Fiji Rugby Team when they arrive in Wellington next year for the World Cup. Amongst those forming part of this group are and those elected as Office Bearers are: Dev Narayan, Save Daugunu- Deputy Chairperson, Prakash Narayan, Niko and Kula Bower, Jasvir Singh, Ledua K Kolinisau- Secretary; Jim Gounder, Marica Tawakilai, Krishna Gounder, Pastor Malakai Tawakilai, Shanti Narayan, Sakiusa Rakai, Balram- Communication Advisor , Sereana Phillips, Nirmala Balram, Sitiveni Tuinasau, Kamleshwar Singh, Tima Tuinasau, Ajendra Jokhan- Treasurer, Vuli Kolinisau and Prabodh Mishra- Chairperson.

INDIAN HEALTH DAY

This free event was organized by the Wellington Regional Asian Health Alliance (WRAHA) on 16 October at St Anne's Church Hall in Newtown. Nurses, Dieticians and Health providers assisted with a range of issues such as health checks, nutrition advice, diabetic education, heart issues, high blood pressure checks.



President Vinod having his Blood Pressure checked

Vegetarian meal was also provided free of charge. It was disappointing to note that only a few of our people took advantage of this wonderful event. Hopefully we will have a greater participation in future.



:A section of the crowd at Indian Health Day.

Prabodh Mishra is one of the Trustees and a Board member of WRAHA. Watch this space for further information.

For your further information on WRAHA, here is some **background** information.

In the absence of a forum or body to represent and discuss Asian Health issues in the Wellington region, WRAHA was formed. A wide range of individuals participate in WRAHA, which provides a platform to discuss and seek solutions for Asian health issues.

When migrants come to New Zealand, they are generally in good health because of medical screening as part of immigration formalities. However over time, changes in lifestyle or eating habits increases the risk of illness. Health needs analysis for the Indian population in New Zealand (NZ) have identified specific health issues, eg..high rates and prevalence of cardio-vascular diseases and diabetes associated with the community.

It is also known from surveys that there is lesser physical activity amongst Indian compared to the European population. Further the Indian population in NZ is known to access certain health services (such as screening) less than the European population. Moreover, physical activity tends to be lower among Indians as compared to the Europeans. Physical inactivity is associated with an increased risk of developing serious health problems such as cardiovascular diseases, cancer and diabetes

Some members of WRAHA have come together to form a working group to coordinate a physical activity session for the local Indian community, with the project objectives being to:

- conduct a 'Bollywood' themed physical activity session for the Indian community in the Greater Wellington Region.
- incorporate a health assessment session that will identify the health needs of the Indian community in the Wellington region
- incorporate a health information session, within the event, to inform and educate the community about the NZ health system.

WELLINGTON HINDI SCHOOL

Wellington Hindi School presented "Mystic beyond Comprehension"- an exhibition celebrating Indian heritage at Michael Fowler Centre on 18 October. Our sincere congratulations to Hindi School.

GST INCREASES TO 15%

As a result of the recent GST increase from 12.5% to 15%, price increases may be more than 2.5%.

The government in its May Budget announced some big changes for the New Zealand economy, including a rise in GST, and a reduction in personal income tax rates. These came into effect on 1 October 2010.

Businesses have been gearing up for this increase for some time and have started to reflect new prices as a result of the rise in GST. Some big companies even had to close for a few hours to test the new pricing and to ensure that their computer systems were able to cope with this change.

There are some businesses for which GST increase will be simple – a straightforward 2.5% rise across the board. For others, particularly those dealing with low cost, high volume consumer goods, and those trading directly with end-customers, passing on the cost of the increase is not so simple.

For many businesses across the country, the preparation involved more than just planning for a change in accounting systems and a recalculation of the prices. Many suppliers have taken this opportunity to review their prices. Costs for many companies will increase as a result of the increased GST.

Consequently, the end price that you as consumers pay will be more than just 2.5%. It could be a lot more. For example, fuel costs went up by 7c a litre, which represents an increase of just over 4%. This will, in turn, affect cost of freight and other related costs which will have to be included by businesses in their costing.

The gist of all this is that prices, in some instances, will increase by more than 2.5%. So be prepared for this when you budget for your future expenses.

USEFUL INFORMATION ON NZ SUPERANNUATION

Here is some information on NZ super.

- you need to be over 65 years.
- your entitlement is not means tested. That is, currently, your income from other sources is not taken into account
- other details on the scheme is summarized in the tables below.

NZ SUPERANNUATION RATES: As at 1 October 2010

The rates are guide only. When considering your entitlement please check your entitlement with the nearest WINZ Office.

M Tax Rate (Receiving NZ Super and income from other sources- excluding interest or investment income)	I Oct. Net Rate (M tax)	Temp GST Assistance	Total payment from 1 Oct 2010
Single living alone	\$327.14	\$6.61	\$333.75
Single sharing	\$301.58	\$6.09	\$307.67

Single living alone Premium	\$25.56	\$0.52	\$26.08
Married, Civil Union or Defacto couple (both qualify) each	\$250.47	\$5.06	\$255.53
Married, Civil Union or Defacto couple (both qualify) total	\$500.94	\$10.12	\$511.06
Married, Civil Union or Defacto couple (non qualifying partner included) each	\$238.04	\$4.81	\$242.85
Married, Civil Union or Defacto couple (9 non qualifying partner included) total	\$476.08	\$9.62	\$485.70

S Tax Rate If your income for the year is from \$14,001-\$48,000 (taxed at 17.5 cents in the dollar)	1 Oct. Net Rate (S tax)	Temp GST Assistance	Total payment from 1 Oct 2010
Single living alone	\$308.29	\$6.61	\$314.90
Single sharing	\$282.73	\$6.09	\$288.82
Single living alone Premium	\$25.56	\$0.52	\$26.08
Married, Civil Union or Defacto couple (both qualify) each	\$231.62	\$5.06	\$236.68
Married, Civil Union or Defacto couple (both qualify) total	\$463.24	\$10.12	\$473.36
Married, Civil Union or Defacto couple (non qualifying partner included) each	\$219.49	\$4.81	\$224.30
Married, Civil Union or Defacto couple (9 non qualifying partner included) total	\$438.97	\$9.62	\$448.59

Other information

A range of other information is also available on Government assistance, including:

- Community Services Card- Supergold card
- High user health card
- Pharmaceutical Subsidy Card
- Disability Allowance and modification Grant
- Living alone payment
- Funeral Grant etc.

More information will be provided in future newsletters.

[In the meantime, if you need help please contact your local Citizens Advice Bureau \(0800 376 222\) or WINZ Office.](#)

END OF YEAR FUNCTION

FIA will hold a free end of the year BBQ function for all its financial members. If you are not a financial member this is your opportunity to become one. You may call any one of our committee members for your membership. You may contact any of these members: President Vinod Kumar 021 4211871; Vice President Master Verma Paripurna Nand 0211767946; Naren Lal Secretary 029 1200592; Paresh Hari 027 454 6482; Dev Narayan 0212994098

SOCCER TOURNAMENT

The Inter District Soccer Tournament organised by the Fiji Football Association of Wellington took place at the Naenae school grounds over the Labour weekend. The Nadroga team won the tournament, beating Tailevu 2 nil in the final. Our congratulations to Nadroga and to all teams that participated in the tournament. Well done to President Ranjit Singh of Fiji Football Association Wellington and his organising committee.



Nadroga Soccer Team: the winners of the Inter District Tournament with Mishra Cup

Happy Diwali from the President of the Fiji Indian Association of Wellington and his committee. We wish you a prosperous Nutan Varsh.

