

Offices: First Floor, Coastlands, Paraparaumu. (Mon to Fri 10am-2pm)  
Ōtaki Library, Cnr Main and Aotaki Streets. (First and third Thursdays 10am-1pm)  
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## Age Friendly Stores initiative ready for launch

Kāpiti Coast Grey Power is excited to announce that its proposed Age Friendly Stores Initiative is going to be launched early in 2025.

“There are already stores and businesses out there that are age friendly ... not “old age” friendly - but “any age” friendly ... just as accessible to young or old, able or disabled, or parents managing prams or young children,” says KCGP President Roger Booth.

“Some business owners are already taking steps to make shopping in their stores, or doing dealings in their offices, a more pleasant experience.

“This initiative provides an opportunity for businesses, if they wish to do so, to indicate on a poster at the entrance to their store, that everybody is welcome in their store,” he said.

A local Grey Power associations mentoring team will assess the business against a set of simple criteria and endorse it for three years.

Criteria include accessibility, layout within the store, clear signage, customer seating, friendly staff, and clear pricing display. Assistance will be provided to businesses to become familiar with the criteria and acknowledge that a store is Age Friendly.

The Age Friendly Stores concept was originally developed by the World Health Organisation (WHO) and promoted to business, mainly



  
New Zealand Grey Power Supports

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is an **AGE FRIENDLY STORE**

Easy access for prams, pushchairs, mobility devices  
Available and friendly service, Customer seating,  
Shelf height reachable for likely products  
Signage readable, including prices  
Payment processes assisted. Nearest toilets indicated

This store has been checked for compliance for 3 years  
by the local Central New Zealand Age Friendly Stores  
Initiative Committee, November 2024

*The likely poster indicating age-friendly businesses*

through organisations such as the Office for Seniors. Over the past 20 years there has been much discussion, many committees, proposals, guidelines and documents – but, until now, very little noticeable uptake. The town of Gore has been a rare exception.

“This is a Central New Zealand -based initiative, so look out for stores from the lower North Island and upper South Island that are involved initially, with Kāpiti leading the charge. It will act as a trial for nationwide. Grey Power associations,” said Roger.

With support of local councils, chambers of commerce and guidance from the Office for Seniors, local businesses are being approached for likely interest in participating in the scheme.

The initiative will involve three phases:

- Phase 1 involves five Grey Power associations which have clearly already indicated that they are committed to the initiative and wish to be included - Kāpiti, Horowhenua, Porirua, Hastings and Blenheim.
- Phase 2 will involve a number of associations who have indicated that they are highly likely to be involved as well by the launch date.
- Phase 3 includes associations that want to first see that things are really happening, to check out what this involves, and will come on board when they are ready.



Kāpiti Grey Power's Facebook page is updated regularly. It can be found at:  
<https://www.facebook.com/Kapitigreypower>  
 Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com

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## Office Hours during Christmas/January

Kāpiti Coast Grey Power office at Coastlands will close for the Christmas/New Year break on **Friday, 13 December.**

**We reopen on Tuesday, 28 January.**

Our Ōtaki office had its last day on 17 October. We will let you know when it reopens.

*We wish you all a very Happy Christmas and New Year and look forward to seeing you in 2025.*

*Enjoy the Summer Break.*

## A NOTE FROM THE OFFICE

Kia ora Grey Power members.

Christmas is only a few weeks away and this is our last magazine for the year.

Our volunteers have been busy phoning those who had not yet renewed their membership for the year. This has produced a very positive response and uptake. However things have since gone quiet, which is typical at this time of the year.

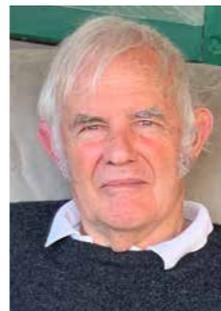
In September we had a membership drive at the Ōtaki Community Expo, that gave us an insight into other organisations which operate in the township. We also had a presence at the Waikanae Spring Market on 26 October.

A couple of things I need to mention -

- **Members' Christmas Coffee/Tea Morning Tea - Wednesday, 6 December at the Ocean Road Community Hall starting at 9.30am.** The speaker will be Cordelia Thomas, the Associate Health and Disability Commissioner.  
 As this is a catered event, if you want to attend, call the office on 04 902 5680 to register. I will be sending an email reminder before the event.
- We at the office would like to thank you all for your support throughout the year and we look forward to this continuing in the coming year.

It just remains for me to wish you all a happy and festive season, and we look forward to seeing you in 2025.

Nga mihi *Emilia McDonald*  
 Membership Administrator



## PRESIDENT'S REPORT

Well, here we are in the last quarter of yet another year. I think it has been a good one. We have a very solid membership. We have run a series of interesting meetings. And we do a lot of stuff.

One or two of the things that we are currently pursuing have demonstrated how lucky we have association members in Kāpiti prepared to assist and support what we do.

Our teams of volunteers have been so solid for so long that we could probably call them legendary.

Your Board is taking on roles and dividing up the tasks, so that people take responsibility. Sue Roberts will be our rep on the local Age Concern committee in the new year, and from then on we will have a Kāpiti Age Concern rep on our Board. (We used to have both of these just a few years back, and I was initially on the Age Concern committee 20 years ago representing GP in this way).

The final issue of the magazine for the year will be the last that Chris will be involved with. I really want to talk with anyone out there who could write material for us. If someone fronted up to take over as Editor that would be great. But we still need to find that person or work out how we can put a magazine together every three months as a team of three or four.

The Central New Zealand Age Friendly Store Initiative project we are working on is making good progress. We will be launching this project soon, probably with one or more stores or businesses from six or eight initial associations. At last!

We on the board are coming and going a bit of late. We really do need a couple more Board recruits. Vice President Enrico and I have found that many associations really struggle to find anyone who will do anything to help run their body. This is by no means just a Grey Power problem. Most New Zealand organisations, especially the sporting ones, fight to survive. I hope you can step up

Organisation of the Discount Book is about to begin. We are working out our advertising rates. Next year's issue will be a little bigger, and of course better.

We have some good member suggestions, and a recent one about helping older people put together emergency kits is a good one and we'll follow it up.

Thanks for all you do.

*Roger Booth* | President

## Members' Coffee Morning



Our Christmas Coffee Morning will be on **Wednesday, 4 December** at the **Ocean Road Community Hall – 9.30 am for coffee/tea with a 10am start.**

**This is a catered event, so please call the office on 04 902 5680 to register your attendance.** There will be a Christmas raffle so bring small change.

Our Guest speaker is **Cordelia Thomas, who is the Associate Health and Disability Commissioner.**

We were very grateful to be able to secure Councillor Lawrence Kirby, Deputy Mayor of Kāpiti Coast, who stepped in at the last minute at our last coffee morning to answer tough questions about rates and other local issues.

### DATES FOR YOUR DIARY

Next year's coffee mornings will be held on **Friday, 21 March; Wednesday, 25 June; Friday, 22 August; Wednesday, 15 October; and Wednesday, 3 December.**

All will be at Ocean Road Community Centre, Paraparaumu Beach, with tea/coffee at 9.30 am for a 10am start. We will let you know details nearer the time.

**For Grey Power Electricity complaints or questions, contact details are:**

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 customer.care@greypowerelectricity.co.nz

or website:

[www.greypowerelectricity.co.nz](http://www.greypowerelectricity.co.nz)

## LETTERS TO THE EDITOR

We would like to share with other members your opinions or concerns via this magazine. Letters must include the writer's name, home address and phone number (NB: We need the information for verification, but will print only name and suburb).

Letters should not exceed 120 words. Letters may be edited for clarity and length. We may not always print all letters we receive. Email: [editor.gpKapiti@gmail.com](mailto:editor.gpKapiti@gmail.com) or post to the office address on Page 1.



## Council allocates funding for 'age-friendly' projects

Kāpiti Coast Council has allocated \$100,000 from the previous government's Better Off programme as part of its 'age-friendly approach'. The funds are allocated to:

**Age Concern** with two projects: a programme of events for older people to find out about and participate in community activities; and intergenerational initiatives to foster mutual understanding and respect across generations.

Volunteer Kāpiti has a project to better access the skills and knowledge of our older people to make a difference to our community through volunteering.

**Digital Seniors** is a pilot programme to establish digital senior hubs in Ōtaki, Waikanae, Paraparaumu, and Paekākāriki.

**Hora te Pai** will provide a programme of kaumatua (elder) Māori hui and events to provide social connection and engagement with a wide range of organisations and opportunities.

## Onesie result

Wellington Free Ambulance's Onesie Appeal last month raised over \$237,000, smashing the goal of \$200,000! Every dollar raised ensures the team has the ambulances, equipment, and resources needed to respond 24/7, 365 days a year.



## Fake news on pension reform

Grey Power Federation Vice-President, David Marshall, has issued an urgent warning that an article being circulated on-line about the Government's plans to abolish state pensions is **FAKE NEWS**.

David says the item is very alarming as it appears to be on the NZ Herald website, by a Herald Journalist. One giveaway is that the web address is not the the genuine NZ Herald website: <https://www.nzherald.co.nz/>

The Financial Markets Authority also warns about this scam <https://tinyurl.com/mrxh9x44>.

# Grey Power

NEW ZEALAND FEDERATION INC



## A message from Gayle

Grey Power Federation National President, Gayle Chambers, has sent an email to members reporting that the national board have now investigated and actioned a backlog of remits from the past two AGMs

She says a report will be in the next Grey Power magazine on the lobby visit to Parliament in late October where Grey Power canvassed:

- Disparities in home community care services
- Long waiting lists for geriatric surgeries
- Cognitive driving tests for seniors 80 years and over, with some being tested at 75+.
- Rates rebates and accommodation supplements needing to be raised
- Shingles vaccine
- Integration of all-purpose sirens for emergency management

Gayle adds that the board has dropped the 50+ for those that want to become members, so people under 50 now can.

If you did not receive the email, call into our Coastlands office to view a full copy

# Unite against COVID-19

New Zealand Government

## Covid update

Radio New Zealand reports that the highly transmissible Covid-19 sub-variant, XEC has arrived in New Zealand.

This strain is a mix of two previous Omicron subvariants. A recombinant variant is created when a person is infected with two strains of a virus that then reproduce, resulting in a different strain.

Epidemiologist Professor Michael Baker is quoted as saying: "The fact that we've got a new subvariant that's looking more infectious is taking over in many parts of the world, should be a reminder that we need to keep up some of those basic strategies like vaccination, antivirals and simple measures to reduce getting infected and onward transmission."



## Getting retirement ready – some thoughts

Some people can't wait for retirement, while others push it to the back of their minds, thinking they'll plan for it later.

Money contributor to the Sydney Morning Herald, Bec Wilson, says almost everything in your life changes during retirement. What you do with your time, where your money comes from, how you spend it, where you find fulfilment, and where you find a sense of belonging. Preparing for retirement, she says, isn't just about saving enough money—it's about envisioning the life you want <https://tinyurl.com/36y3snvs>

- First, build a vision of what your life ahead might look like.
- Next, set yourself some goals. They should reflect what you truly want from your retirement.
- Then, start thinking about how much that will cost annually: understand your projected cost of living; cover your goals and one-off expenses such as renovations, new cars, or health-related spending; and take a good look at your big financial picture ... assets, liabilities, superannuation, investments, and how much capital is tied in your family home.

You need to get a clear sense of where you stand before making any big moves. Consider income goals for the future— and adjust things if your plans need to be more realistic.

Then finally, it's time to start working on your investment strategy. This is a great time to get some financial advice and get some help getting there.

Preparing for retirement is about envisioning the life you want and then taking the steps to make it happen. Only you can make it epic.

*Bec Wilson is the author of bestseller How to Have an Epic Retirement. She writes a weekly newsletter at [epicretirement.net](http://epicretirement.net) and is the host of the Prime Time podcast.*



## NEW EDITION OF DRIVING AS A SENIOR AVAILABLE



A very useful aid to those soon to have a medical appointment to renew their driving licence has been published by NZTA, and is available on-line, and in hard copy for ordering by organisations <https://tinyurl.com/4nw9xzmd>

Our WBoP Grey Power colleagues point out that

interestingly in this brochure there is a “scenario” of a patient applying to have their licence renewed ... and nowhere is there any mention of them having to complete a cognitive test!

## Neurology telestroke service now region-wide

Hutt Hospital Emergency Department (ED) recently joined other hospitals in the region to speed up the time it takes for stroke patients to get treated, improving their chance of a positive outcome.

The neurologist-led telestroke service provides someone admitted to ED with the means to talk to an on-call neurologist via mobile video screen – together with the local stroke team – for advice regarding diagnosis and treatment.

The telestroke service was initiated in 2016 by Wellington Hospital neurologist Professor Anna Ranta and has now been rolled out right across the Central Region.

## Resolve problems with financial service providers

Financial Services Complaints Limited (FSCL) is an independent not-for-profit dispute resolution service established to resolve complaints about financial service providers.

A financial service is basically anything to do with money - lenders, insurers, banks, credit unions, money transfer services, trustee companies, KiwiSaver, brokers and financial advisers.

The services are free. Contact them if something doesn't look right. Phone 0800 347 257 or email [complaints@fscl.org.nz](mailto:complaints@fscl.org.nz)

## Call for more organ donors



In September, Wellington Regional Hospital successfully completed its 500th kidney transplant, while earlier this year, Organ Donation NZ and Health NZ's renal transplant service at Auckland City Hospital celebrated the 3000th kidney transplant performed in the city.

Kidney failure is a significant health problem in New Zealand and while dialysis is one available treatment option, a transplant provides a better lifestyle and longevity for patients who are well enough.

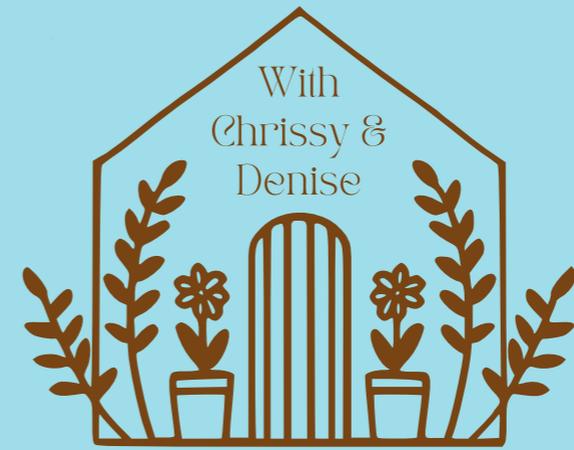
There are currently 600 New Zealanders on the kidney transplant wait list. Of these, 400 are “actively waiting”, i.e. well enough to have a transplant.

If more donor organs were available, more transplants could be performed. For more information: <https://tinyurl.com/mr3pf379>

### Buy an AED

Almost one in four cardiac arrests happen in public and Wellington Free Ambulance's Out-of-Hospital Cardiac Arrest Report 2022 - 2023 tells us that the use of an AED (Automated External Defibrillator) prior to the arrival of an ambulance more than doubles (54% increase) survival at the time of the event.

Both Wellington Free and St John sell the easy-to-use Lifepak CR2 AED.



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Do you have aging parents? Have you lost someone dear to you?

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[www.aplaceforeverything.co.nz](http://www.aplaceforeverything.co.nz)



## VACCINE AGAINST WHOOPING COUGH *Whooping cough is not under control.*

If you are 65 or over and around babies and young children, it is important you get a booster. The booster is free at ages 45 to 65 and is available from healthcare providers or from many pharmacies. If you missed your booster at age 65 you can still catch up for free.

The whooping cough vaccine also protects you against tetanus and diphtheria. For more information: Whooping cough (pertussis) vaccine ([info.health.nz](http://info.health.nz))

## Kāpiti Health Directory

Kāpiti Health Advisory Group (KHAG) has updated its comprehensive guide to disability services or transport options to hospital.

The Kāpiti Health & Wellbeing Directory is at <https://tinyurl.com/yafcrsff>. This page also has a link to local health emergency locations and services.

If you have, or know of, a service you think should be included, email KHAG at [kapithealthadvisorygroup@gmail.com](mailto:kapithealthadvisorygroup@gmail.com)

## Future of Health

Kāpiti Health Advisory Group (KHAG) says it's almost ready to present to decision makers its "compelling case" for a significant increase in services in Kāpiti. <https://tinyurl.com/27ubmy8k>

## Health attendance

Health New Zealand | Te Whatu Ora has published its Quarter 4 (April to June) report, showing this year 50,000 more people in our emergency departments (EDs) than in 2023.

There were 40,000 more people for first specialist assessments.

The number of eligible cancer patients who received their first treatment within 31 days of the decision to treat, is now 1.5 per cent below the national health target of 85 per cent.

The full report is at <https://tinyurl.com/5emvmjjk>

## Hospitals have a free hourly shuttle

A free shuttle runs every hour during the day between Kenepuru and Wellington Hospitals.

This service provides an additional option for Kāpiti people, particularly those who may be confident to drive to Kenepuru, but not happy to drive into Wellington – and face the hassle of parking!

With adequate free parking nearby people can park and catch the shuttle from Kenepuru.

Bookings, preferably at least one hour before travel, are essential. This can be done by phone (04) 806 2708 or emailing [shuttle.booking@ccdhb.org.nz](mailto:shuttle.booking@ccdhb.org.nz) during office hours - Monday to Friday 7.30am to 4.30pm. Do not leave a message on the answerphone. Call back to speak to an operator.

Shuttle vans are not wheelchair accessible. If an accessible vehicle is required, contact at least 24 hours in advance and the service will try to arrange it.

The first shuttles depart from both sites at 7am and continue on the hour, with the final departure at 6pm. Travel time is usually around 30 minutes, but can be up to 45 minutes as collections and deliveries are often made during a run.

The shuttle does not operate on weekends or public holidays. Reduced schedules operate over the Christmas/New Year holiday period.

### Departure points are

**Kenepuru:** Main public entrance to Accident and Medical Clinic.

**Wellington:** Outside the Wellington Regional Hospital main entrance door.

## 'Kāpiti Festival of Books' gets backing

Kāpiti Coast readers, writers, and booklovers of all kinds will be delighted with a new event due to launch in August 2025 – the Kāpiti Festival of Books.



Kāpiti Coast Council has awarded a three-year grant, of \$12,000 in the first year, to local creative writing programme provider Writers Practice to support setting up the festival.

Council creativity and culture manager Sonja Williams says the festival aims to become self-supporting over the next two to three years.

Writers Practice director Kirsten Le Harivel said: "We envisage activities could range from community storytelling to book launches, performance poetry, literary pub quizzes, writing workshops or events hosting local talent and celebrated writers from Aotearoa and overseas.

For more information or to get involved, contact Kirsten at [welcome@writerspractice.nz](mailto:welcome@writerspractice.nz)

Council's Arts Sustainability Fund will open again in April for projects starting from 1 July. Meanwhile, organisations or individuals with a great idea for a new long-term or ongoing arts initiative are invited to contact [artsadmin@kapiticoast.govt.nz](mailto:artsadmin@kapiticoast.govt.nz) to discuss their proposal. Read more about the Arts Sustainability Fund at [kapiticoast.govt.nz/ArtsSustainability](http://kapiticoast.govt.nz/ArtsSustainability).



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I TOLD MY GRANDKIDS I WAS READING A BOOK ON ANTI GRAVITY. THEY ASKED IF IT WAS ANY GOOD. I SAID, "IT'S IMPOSSIBLE TO PUT DOWN!"

## Library extras

Kāpiti Coast's eLibrary services provides 24/7 access to a range of resources available through a home computer or device. All you need is a library card and you can access eBooks, eMagazines, eNewspapers, films, television and more.

**Libby** has more than 30,000 eBooks and audiobooks in its catalogue.

**Pressreader** allows you to enjoy same-day access to more than 3000 newspapers and magazines from 100 countries on 60 languages

**Beamafilm** has over 1000 top local and international film in its movie streaming service.

**Ancestry** allows you to research and build your family tree.

Get 'how-to' details through your local library or [www.kapiticoastlibraries.govt.nz](http://www.kapiticoastlibraries.govt.nz)

## New libraries app!

Kāpiti Libraries' users can now browse, reserve, renew and even issue books using a free app.

Spotted a book in a shop or friend's house you'd like to read? Scan its barcode with the app and see if it's available in the library. You can even use the app's scanner to borrow an item.

You can download the app at <https://tinyurl.com/yxuk24fsor> ask your librarian for help setting it up.



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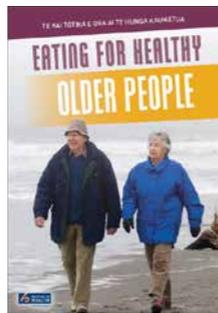
## Foodbank appeal

Ōtaki Foodbank's annual collection will be held on **Saturday 30 November.**

People are needed to deliver flyers, collect donations on the day and sort them afterwards. Contact Don on 027 423 6487.

## Healthy Eating guide for seniors

Eating for Healthy Older People is a free booklet with information on nutrition, food groups, fluids, foods low in fat, salt and sugar, healthy weight, exercise, important vitamins and minerals, and food safety.



The booklet can be downloaded or physical copies ordered from <https://tinyurl.com/2s4et9ak> or requested from Wellington / Hutt Valley / Wairarapa: Level 1, Community Health Building, Hutt Hospital, phone 04 570 9691.

For Manawatū / Tararua / Horowhenua / MidCentral they are at Rata House Resource Room, Community Village of Palmerston North Hospital, phone 06 350 9110

## Tech tutors sought



SeniorNet Kāpiti volunteers have been keeping the wheels running smoothly for the past 27 years giving generously of their time and skills to enable members to navigate the ins and outs of modern technology and enjoy the benefits.

Now SeniorNet Kāpiti has openings for tutors and course assistants and welcome new ideas. They are looking for people who:

- have a background in technology or an interest in a particular topic that they would like to share with others
- enjoy meeting new people and helping them with their learning experience in a relaxed friendly environment
- have skills, for example in admin or communications, that would contribute to the smooth operation of a well-functioning volunteer organisation

**If it sounds like you, leave a message on 021 229 6561 or email [kapiti@seniornet.nz](mailto:kapiti@seniornet.nz).**

**To find out more about SeniorNet, visit [seniornetkapiti.nz](http://seniornetkapiti.nz)**

SeniorNet will also be holding open days in the new year at Coastlands on Tuesday 28 January and at its Learning Centre at 200 Matai Road, Raumati Beach on Saturday 1 February.



# Membership Survey

*Two years ago we surveyed you, our members, to learn more of your thoughts about how we at Kāpiti Coast Grey Power are doing and to gather ideas and insights for the board to prioritise. The Executive Team believes that our priorities should be focused on members' principal concerns.*

*We promised to survey our members regularly, so here we are. The results will be summarised and published in the November edition of Super People. Your board will work them into the 2024/25 business plan. Then as now, we ask you to rank topic areas for us to focus on in our lobbying efforts, information in our magazine and at our regular social meetings.*

### But first, some details about you:

**How long have you been a member of Kāpiti Coast Grey Power? (please circle)**

Less than 1 year                      1 - 4 years                      5 years or more

**Where do you live? (please circle)**

Ōtaki	Waikanae	Paraparaumu	Paraparaumu Beach
Raumati	Raumati South	Paekakariki	Tawa/Mana
Somewhere else (Please specify)			

**Do you live in a retirement village? (please circle)    Yes / No**

### What issues should we be giving priority to addressing for you?

**Please rank from those listed below the five issues you consider most important (1 = top priority, 5 = lowest)**

Local body issues	1	2	3	4	5
Health services	1	2	3	4	5
Information on benefits	1	2	3	4	5
Digital exclusion (forced to interact online)	1	2	3	4	5
Road safety	1	2	3	4	5
Transport	1	2	3	4	5
Disaster response	1	2	3	4	5
Age Friendly access to venues	1	2	3	4	5
Government actions impacting seniors	1	2	3	4	5
Retirement Villages	1	2	3	4	5
Employment of Older persons	1	2	3	4	5

Any issue we've missed out? .....

.....

.....

# Barbara Edmonds

MP for Mana

**Need help? Contact me.**

[mana@parliament.govt.nz](mailto:mana@parliament.govt.nz)

04 237 9842 | /BarbaraEdmondsMP



Authorised by Barbara Edmonds MP, Parliament Buildings, Wellington



## Membership Survey continued

### Working with other community agencies and groups

Kāpiti Coast Grey Power is an advocacy group. We do not provide aged care services, but we are in touch with the district's Not-for-Profit groups as an important way of supporting our members. Please suggest those organisations you would like us to collaborate more with.

.....

.....

.....

### Other issues and concerns

What other issues concern you / your household that you think Kāpiti Coast Grey Power should be addressing?

.....

.....

.....

### Grey Power Federation represents seniors' interests at a national level. What issues would you like the Federation to concentrate on?

- Lobbying Central Government about:
 

Cost of living	1	2	3	4	5
Super	1	2	3	4	5
Health	1	2	3	4	5
Aged care	1	2	3	4	5
Retirement villages	1	2	3	4	5
- Expanding Grey Power electricity/broadband Yes / No
- Enhancing Gold Card benefits nationally Yes / No
- Financial matters (e.g. Kiwisaver) Yes / No

Other ( please detail).....

### How aware are you and have you used any of our KCGP member services?

Shopper's Discount Guide	Aware	/	Used
Odd Job Scheme	Aware	/	Used
Office Help Desk	Aware	/	Used
Our research resources	Aware	/	Used
National discount offers	Aware	/	Used

Comments: .....

.....

.....

**How to return your form to Kapiti Coast Grey Power:** You can make your comments by completing this form and sending it to us by scanning and emailing it to us or you can complete it online by following the link located at the top of our web page [www.kapitigreypower.co.nz](http://www.kapitigreypower.co.nz) Or you can return it to our offices at 1st Floor, Coastlands or post it in the boxes at Kāpiti Libraries and Porirua City Library.

**Thank you for completing this survey. It will remain open until 9 December**

Editorial supplied by Kapiti Hearing

Kapiti Hearing is an independent, owner-operated audiology and hearing aid clinic, offering hearing services, ear wax suctioning and advice about hearing needs.

## Making hearing loss easier for everyone to manage

Because we hear with our brains, we can often "fill in the gaps" in other people's speech by:

- Looking at other people when they speak.** (Your eyes share information with your brain).
- Training other people to get our attention before they speak.** (Your brain needs to attend to speech – you don't want to miss the first few words).
- Training other people to speak a bit more slowly.** (if you are over 60). (Our brains don't process speech so quickly as we get older).
- Choosing quieter venues to have conversations.** (Your brain finds this easier, too; less effort).

### Communication is a two-way street;

If you are talking to someone who can't hear well, get their attention; and face them when you speak to them. If you talk to them while walking out of the room, (or from another room); or with your head in a cupboard, they often won't hear you well. Be kind!

If you or loved ones are worried about your hearing, you can book in to have a hearing test. This usually takes about an hour.

There are many causes of hearing loss, and a test will help you decide whether you should do anything about it now or wait for a few more years. Sometimes the cause of hearing loss is simply wax blocking your ears!

# KAPITI HEARING



## Audiology and hearing aid clinic



- Four MNZAS audiologists.**
- Raumati Beach and Waikanae Clinics.**
- ACC, Ministry of Health, & VA approved.
- ISO-standard sound-treated test booths.
- Open 5 days a week— independent advice.
- Fully-equipped, hospital-grade equipment.
- Ear Wax suctioning in Waikanae Tues & Thurs.
- Diagnostic hearing tests age 10 and above.

# 04-293-4693

[admin@kapitihearing.co.nz](mailto:admin@kapitihearing.co.nz)

[www.kapitihearing.co.nz](http://www.kapitihearing.co.nz)

## Rates rebates assistance

There are two ways to apply for assistance to pay your rates.

The Government scheme is run by the Department of Internal Affairs (DIA), and can be up to \$790 with the income abatement threshold now at \$31,510.

The local government scheme's remission is up to \$300 for residential properties.

Councils process both types of application.

Contact Kāpiti Coast District Council by Email: [kapiti.council@kapiticoast.govt.nz](mailto:kapiti.council@kapiticoast.govt.nz)

Phone: 04 296 4700 Freephone: 0800 486 486 or visit the service centre at 175 Rimu Road, Paraparaumu.

Porirua City Council is at 16 Cobham Court, Porirua City Centre, Phone: 04 237 5089, email [enquiries@poriruacity.govt.nz](mailto:enquiries@poriruacity.govt.nz)

## Rates reform needed

*OPINION: by Kevin Burrows,  
Chair of the Kāpiti Older Persons Council*

Part of the Older Person's Council's submission to Kāpiti Council's Long-Term Plan was that the present rating system is unfit for purpose and has been that way for years.

If the present rating system continues, ratepayers will see unaffordable increases in future years. Increases will have the biggest effect on those living on fixed incomes, such as NZ Superannuation.

The present system of rates is a blunt and inequitable tool. It does not consider the ability to pay or the number of people who live in a particular property, meaning individuals pay significantly different amounts per household.

Councils' power to set rates is essentially a power to tax people to pay for the costs of delivering the services that councils provide. There are tightly prescribed legal rules about how that power must be used and what kinds of rates can be set.

Funding for local councils cannot be one size fits all. Each council must examine its circumstances and decide what is best for its community. Councils should be free to determine who pays rates and who is exempt.

Councils need to have a suite of options to choose what is best for the community they represent. A good example is Queenstown which has a population of 29,000, but it has close to four million visitors each year, all using infrastructure such as water and roads and yet do not contribute to their use. Introducing a bed tax would supplement any rates. A bed tax may not be suitable for Kāpiti.

Part of any reform needs to discuss the issue of GST on rates, which is a tax on a tax, and whether the central government should pay rates on the property it owns which are presently rates-free.

## Hotel discount for members

Handy to Wellington airport, the Brentwood hotel offers all Grey Power members a 10% discount on accommodation. Tell them when booking you're a Grey Power member and show your membership card when you check in.



## Working out while sick: good or bad?



Engaging in regular exercise is an excellent way to keep your body healthy.

In fact, working out has been shown to decrease your risk of chronic diseases like diabetes and heart disease, helps keep weight in check, and boosts immune systems.

While there's no doubt that exercise plays an important role in health, many people wonder whether working out while sick will help or hinder their recovery.

The answer isn't black and white.

A speedy recovery is always the goal when you are sick, but it can be hard to know when it's OK to power through with your normal exercise routine and when it's best to take a few days off.

Many experts use the "above the neck" rule. According to this theory, if you're only experiencing symptoms that are above your neck, such as a stuffy nose, sneezing, or an earache, you're probably OK to engage in exercise at mild intensity for a shorter period, but only if you feel up to it.

On the other hand, if you're experiencing symptoms below your neck, such as nausea, body aches, fever, diarrhoea, a productive cough (one in which you're coughing up phlegm), or chest congestion, you may want to skip your workout until you feel better.

Always check with your doctor if you're unsure. It's always best to listen to your body and follow your doctor's advice.

Remember too that practising proper hygiene is a great way to prevent spreading your cold to others. Remember the lessons of spreading Covid: avoid going out whilst experiencing symptoms, wash your hands frequently and cover your mouth when you sneeze or cough.

*This is an edited version from Healthline USA. The full article is at <https://tinyurl.com/tj3pzja>*

## Vale John Roger Carter (Roger)

29th January 1932 – 18th August 2024

We are sorry to report that Roger, who was a Lifetime Member of Kāpiti Coast Grey Power, has passed away.

He was a regular attendee at Grey Power Committee meetings where his contributions were pithy, amusing and valuable, often bringing the discussion back to its main point. He always had a joke that lightened the atmosphere. He regularly attended membership drives and helped out at other functions. He was always willing to speak enthusiastically to any organisation about Grey Power and entertained with jokes and stories of his life in the merchant navy.

Roger was from the UK Midlands before, aged 15 years, joining the Royal Navy where he served on the Ganges Training Ship. He saw service in Korea and Malaya and went on to the Merchant Navy before coming to New Zealand, where he worked at Wellington Harbour Board.

Among his skills he was a master modeller of ships and ships-in-bottles and was for a time a "living exhibit" at the Wellington Museum restoring historic ship models. He was a member of the International Guild of Knot Tyers.

Our thoughts are with his wife Jenny.

*From Charles Lloyd.*





## New paperwork for Europe

If you are planning a trip to Europe next year, New Zealand citizens will be required to apply for an ETIAS to enter participating countries for tourism, business, transit or medical purposes.

ETIAS stands for the European Travel Information and Authorisation System and is intended to screen travellers as a response to the global increase in terrorist activities.

Further details can be found at <https://etias.com/>.

## Arthritis is costing NZ more than \$1 billion a year

Arthritis is causing more than \$1.2 billion in lost potential income in New Zealand each year.

Arthritis New Zealand CEO, Philip Kearney, says about \$600 million is due to reduced employment, \$250 million for time off from work, and about \$300 million for “presenteeism” - the inability to work to the highest level.

Kearney told Newsable the number of people in New Zealand with arthritis was predicted to increase from about 700,000 now to 1 million by 2040. Read more: <https://tinyurl.com/4c9fexpc>

## Toolkit for Silver Surfers

Netsafe has launched a free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.

The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at [www.netsafe.org.nz/olderpeople](http://www.netsafe.org.nz/olderpeople)

Printed pamphlets will be available over the coming months at public libraries, Citizens Advice Bureaux, Chorus community events, Digital Seniors hubs and Age Concern regional offices.



## Tune to a radio in an emergency

Radio is an important lifeline in a public emergency, particularly if power and phone networks go down.

Kāpiti Coast’s Council’s communications team is tasked with public messaging during an emergency, and recently cemented its links with local stations Beach FM (106.3 FM) and Coast Access Radio (104.7 FM), as well as national outlets RNZ (AM 567, FM 101.5), NZME (NewsTalkZB -89.5 FM) and Mediaworks (99.1 FM).

Ensure you have a portable radio in your emergency kit and check the batteries regularly. To be informed during an emergency visit: <https://tinyurl.com/yn9tnkh9>

## Grave concerns

Kāpiti Coast Council is starting to plan for future cemetery space as more people choose to be buried here.

Council’s parks, open space and environment manager Gareth Eloff says the best-case scenario is that the district overall has about 44 years of body interments, 21 years of ash interments and eight years of green burial capacity remaining under current demand.

Waikanae Cemetery was under the most pressure with space for ash interments due to be reached in 2026 and inground interments by 2030.

Burials are available at Ōtaki, Waikanae and Awa Tapu Cemeteries. At Paraparaumu Beach Cemetery only second interments in existing family plots are available. Natural or ‘green’ burial is only available at Ōtaki cemetery.

## Council urges carparking courtesy ahead of fines rise

The government has from 1 October introduced big increases in parking fines as a deterrent to illegal, careless, and unsafe parking.

The fine for parking in a mobility park without a permit has risen from \$150 to \$750. Towage and storage fees are also set to rise.

Councils enforce the parking rules. Parking restriction maps for each of Kāpiti towns are on the council website at [www.kapiticoast.govt.nz/parking](http://www.kapiticoast.govt.nz/parking). Porirua’s are at <https://porirua.govt.nz/services/parking-transport/find-carpark/>

Private parking rules and fines, such as at Coastlands Mall, are set by the property owner.

## Call for a unified approach to New Zealand’s retirement system



As New Zealand grapples with the fiscal and societal challenges posed by an ageing population, Retirement Commissioner Jane Wrightson says the need for policies that transcend political cycles is more pressing than ever.

She calls for a cross-political party agreement on the retirement income system to provide certainty for future generations of retirees and to encourage evidence-led decision-making.

Her call came after the Minister for Finance, Nicola Willis, invited Labour’s Finance spokesperson, Barbara Edmunds, to have a discussion about NZ Super.

NZ Super is a taonga that protects New Zealanders from poverty in old age. Around two out of every five people over 65 rely on NZ Super with little or no other income.

While, she says, it would be difficult to change NZ Super settings without risking a sizeable increase in pensioner poverty it doesn’t mean we shouldn’t be thinking about what the next generation of retirement income policies for New Zealand should look like.

To encourage a focus on the right solutions she suggests:

- A first step is to focus on the long game. People are more likely to cooperate with a reform process if they know where it is heading ... and they think it is fair.
- Secondly, look at all options, not just the seemingly easy ones. Identify the strengths and weaknesses of each.
- The third step is to not to view NZ Super in isolation. The retirement system relies on both NZ Super and private savings. The Commissioner is also arguing for a review of KiwiSaver (see <https://tinyurl.com/yc5cv4mc>)

While the KiwiSaver scheme has become instrumental in encouraging retirement savings, New Zealanders - and their employers - are simply

not contributing enough, Wrightson argues. She says we could improve this with a higher default contribution rate and look at increasing the government contribution for those who do not benefit from employer matching, like the self-employed.

Reform is hard. There isn’t a silver bullet. What is critical is that any major changes need to be signalled well in advance. People can’t prepare for retirement overnight.

Wrightson says, we need hard thinking on a wide range of options – including the thorny issues such as income testing – and public engagement on the trade-offs inevitably involved in reform.

*This is an edited version of an article first published in The Post. The Commissioner has given KCGP permission to reproduce it in full. You can find it on our website: [www.kapitigreypower.co.nz](http://www.kapitigreypower.co.nz) .*



## Paddlers Emilia and Glenys win gold

Congratulations to Kāpiti Coast Grey Power Membership Administrator, Emilia McDonald, and volunteer Glenys Evans who have come back with gold medals from International Dragon Boat Federation Club Crew World Championships in September.

Emilia and Glenys, together with Kāpiti resident Rose Beattie, were members of a 14-member dragon boat team of breast cancer survivors selected from the CanSurvive Club in Wellington for the championships in Ravenna, Italy.

Competing in 2000m, 500m and 200m distances, their team won all three races against 15 other breast cancer club teams from countries including Canada, United States, Germany, Panama, Peru, Australia, China and Italy.

The three will compete in the International Breast Cancer Paddling Commission in France in 2026. You can find out more about the CanSurvive Club at <https://www.cansurvive.co.nz/>

## SuperGold hub for seniors goes online



### The first phase of the SuperGold Information Hub is now on-line.

Not only does the site highlight up-to-date information on all the offers available to SuperGold cardholders— including savings on everyday essentials such as electricity, insurance, food, and healthcare – it also links to all the other services funded or provided by government and available to seniors, from superannuation and aged care through to housing support.

The Hub is available for any digital user, so friends and family of those not so confident navigating online spaces can access it to help.

The SuperGold hub is at:  
<https://supergold.govt.nz/support>.

## GUIDED TOUR OF PUKEAHU PARK

Pukeahu National War Memorial Park is the central place for New Zealanders to remember and reflect on this country's experience of war, military conflict, and peacekeeping, and how that experience shapes our ideals and sense of national identity.

Age Concern Wellington is working with Manatū Taonga - Ministry for Culture & Heritage to arrange a free one-hour tour of this amazing park starting at

**10am on Thursday  
28th November.**

**Bookings are essential.  
Call Vanessa on 027 248 0335  
or email [events@acwellington.org.nz](mailto:events@acwellington.org.nz).**



## Home equity could help make ends meet

New research delving into home equity release products shows they could be a better alternative for older New Zealanders struggling to make ends meet instead of taking on higher-cost consumer debt.

Te Ara Ahunga Ora Retirement Commission research highlighted that for approximately 25% of older households who have low retirement income and savings but high levels of equity in their home, equity release products could be more beneficial for them rather than high-cost personal loans or credit cards.

In New Zealand the two main home equity release products are reverse mortgages and home reversion.

Reverse mortgages are more suited to people who do not need to preserve the equity in their home for future uses, including bequests. The key cost of a reverse mortgage is the interest cost which is higher than that of a normal mortgage loan.

In a home reversion scheme you are selling a stake in your house for a discounted amount in exchange for income. Home reversion avoids the compounding of interest and provides certainty to the homeowner that they will retain a specific percentage of equity in their home, so it might be more suitable for people who have a specific bequest motive.

Policy Lead, Dr Michelle Reyers says "It's important to understand that home equity release products have relatively high costs."

However, used strategically, home equity release can provide an option for those that have no income beyond New Zealand Superannuation and struggle to pay larger bills but wish to remain in their homes while they can manage independently.

For the full report: <https://tinyurl.com/55u3ej6u>

**Did you hear about the invisible man who went to the doctor?**

**He's still waiting to be seen.**

Editorial supplied by Enliven

## Kapiti Cottage in Paraparaumu!

**Enliven's Day Programmes are important for the happiness, companionship, and overall wellbeing of each attendee, allowing rest for families too. Our Enliven staff understand that as you age, so do your needs and requirements for a sustainable wellbeing.**

Keeping things fresh and fun and creating a space for connection with others is what it's all about at Enliven's Kāpiti Cottage. The programme is person-centred, flexible, and responsive.

Kapiti Cottage team leader, Robyn, says she enjoys the friendships that develop between people who come along during the day.

"We have a fairly diverse group," she says. "I call it the Kapiti Cottage family."

Some activities that are involved include scrabble, bowls, exercise, music, and celebrating special occasions while other times they will go for a drive to check out the scenery.



*feel at home*  
with Enliven in Kapiti

Enliven's Kapiti Day Programme in Paraparaumu, provides a friendly, relaxed and fun place for elders to socialise and keep active. The programme has been designed for elders, including those experiencing health issues, memory loss or dementia.

The Day Programme was developed and is run by experienced diversional therapists in secure space with a relaxed and supportive environment, while offering carers the chance to take a break knowing their loved one is well cared for.

*"My friends at Kapiti Day Programme take me out of the house & put me amongst my generation. I enjoy the activities and games. It's been years since I played Gin Rummy and Uno!" - Joyce, regular Kapiti Cottage guest*

For more information please visit:  
[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

## New partnership with GOfuel



Grey Power Federation is delighted to announce a new partnership with GOfuel that brings benefits to our membership ... and support to the Federation in its advocacy work.

GOfuel provides a way in which all members can obtain a discount off fuel at virtually all major service stations throughout New Zealand.

- GOfuel fuel cards have "NO FEES"
- Mobil cards can be used at Mobil and participating NPD, Allied and Waitomo service stations.
- BP cards can also be used at participating GAS & RD service stations.
- Z cards can be used at participating Caltex & Challenge service stations
- Multiple cards can be linked to one account for you/your family/your business
- Set your own spending limits and purchase options for each card
- Invoices/statements are sent by email. Credit terms are direct debit on the 14th of the following month.

**For more details, and to apply for your GOfuel cards, google Grey Power–GOfuel or phone 0800 42 83 83**

Michael Cooke can be contacted on 027 297 5820 if you need to sort out anything with your application.

This initiative was brought to Federation by Coromandel Grey Power Association members Trisha & Ian Whimp, who have a diesel delivery service.

CARD TYPE	PER LITRE DISCOUNT
Mobil	12c off pump price
BP BP Truckstop	9c off national price 4c off national price
Z	7c off pump price
GOfuel Marine sites with GOfuel Mobilcard	10c off pump price

## Kāpiti Coast Concert Calendar

### NOVEMBER

**Saturday 16** The Harmonic Resonators – Encore Tour, Te Raukura ki Kāpiti, Coastlands Theatre 7pm  
Tickets: <https://teraukura.nz/event/the-harmonic-resonators-encore-tour-k%C4%81piti>

**Saturday 23** Kāpiti Concert Orchestra 2.30pm. Otaki Memorial Hall  
Fun Filled Family Concert with Ewan Clark

**Sunday 24** Kāpiti Chorale  
Music of Broadway  
3pm. St Paul's Church, Kapiti Road

### JANUARY

**Wednesday 22** Village Harmony Pop Up Choir, 7pm - supper to follow and an opportunity to talk with choir members. Waikanae Presbyterian Church, Ngaio Road, Waikanae. Tickets \$15

### FEBRUARY

**Sunday 16** Waikanae Music Society Piano Recital. 2.30pm Waikanae Memorial Hall. Contact: Wendy van Delden  
[concertmanager@waikanaemusic.org.nz](mailto:concertmanager@waikanaemusic.org.nz)

**With our thanks to Doreen Douglas. If you have an upcoming concert, let Doreen know at [doreendouglas5@gmail.com](mailto:doreendouglas5@gmail.com).**



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!

## Retirement Villages Act Review priorities set

The Government is progressing the review of the Retirement Villages Act 2003.

Associate Minister of Housing Tama Potaka says public consultation has identified areas with high levels of agreement, including introducing a plain language version of the Code of Practice; and looking at changes to increase protections for residents, e.g. restricting operators from passing on insurance excesses to residents if the damage was not their fault.

The next focus of the review will be on:

- maintenance and repairs of operator-owned chattels and fixtures
- managing complaints and disputes
- options for incentivising or requiring earlier capital repayments when residents move out of a village.

His timetable is for Cabinet agreement for legislative change in 2026, with any amendment Bill likely to be introduced in the next Parliamentary term.

It is estimated that more than 53,000 people currently live in retirement villages. The industry forecasts that close to 113,000 retirees will be wanting to live in this type of accommodation by 2048.

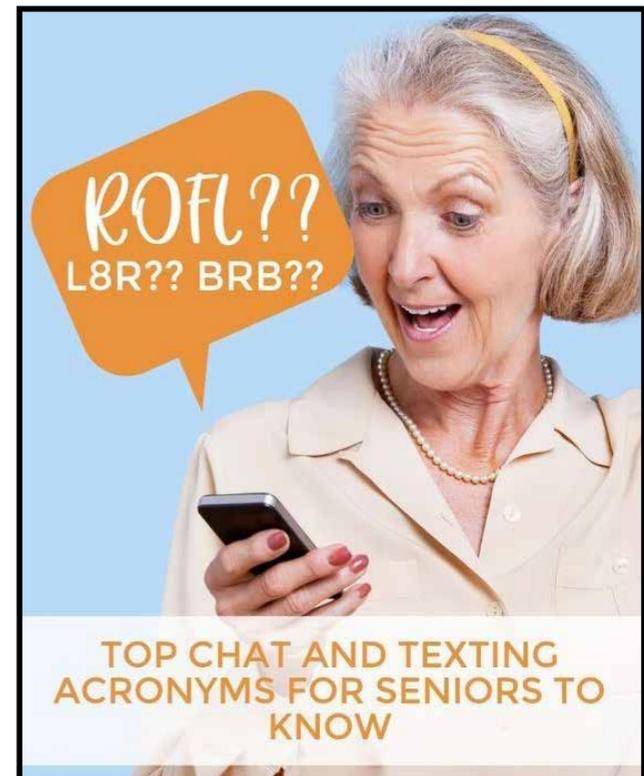
Source: NZ Government press release

## Danger in potting mix

Warmer weather and daylight saving bring many Kiwis out into the garden. Unfortunately, it's also the time when gardeners are most at risk of catching Legionnaires' disease from potting mix and compost.

"This disease is a type of pneumonia, which can be severe and, in some cases, life threatening," says Dr Cheryl Brunton, Medical Officer of Health for the National Public Health Service. Health NZ is reminding gardeners to take care. Some simple actions to take are:

- Work with potting mix or compost in a well-ventilated outdoor area
- Wear a well-fitting face mask. An N95 or respirator is best
- Wear gloves when handling the material
- Open bags carefully using scissors ... and open them away from your face
- Reduce dust by dampening down the potting mix or compost before using it
- Wash your hands thoroughly after handling, and before touching your face or removing your mask.



There are a lot of you out there that probably see texting acronyms all the time but never knew what they meant ... and probably never asked.

So... we found a site <https://socialmedia4beginners.com> that has put together a list of the most used texting and chat acronyms that you're sure to see on Facebook and other Social Media sites <https://tinyurl.com/8vv9ee76>.

Here's a sample ... and just to make it fun, we've mixed in a few others that are tongue-in-cheek Seniors' chat

2moro– Tomorrow	BCNU– Be Seeing You
B4N– Bye for Now	BFF: Best Friend's Funeral
BRB– Be Right Back	BTW– By the Way
GR8– Great	IMO– In My Opinion
NP– No Problem	OIC– Oh, I See
RTM– Read The Manual	SH– Sh** Happens
SUS: Speak Up, Sonny	THX– Thanks
TTYL– Talk to You Later	TTML: Talk to Me Louder
ISO– In Search Of	TLC– Tender Loving Care
BTW: Bring The Wheelchair	
DBEYR– Don't Believe Everything You Read	
FWIW– For What It's Worth	
FWIW: Forgot Where I Was	
FYI: For Your Indigestion	
IMHO: Is My Hearing-Aid On?	
LOL– Laughing Out Loud -or- Lots of Love	
MILF: Meal I'd Like to Forget	
RBTL– Read Between The Lines	
TMI– Too Much Information	
WAITT Who Am I Talking To?	
WIWYA: When I Was Your Age	

**Why Keep It a Secret?**  
(A booklet published by Grey Power Rotorua Inc 2003).

This booklet is a personal record of matters pertaining to your estate. It covers issues such as your will, life insurance, health insurance, pension plans, bank account details, safe deposits, etc, as well as especial information regarding organ donation and funeral requests ... all for you to fill in and keep in a safe place. To order or purchase a copy, contact the Kāpiti Coast Grey Power office on 902 5680.  
**Cost: \$5 each plus \$2 for postage (if required)**

## Odd Job Scheme



Our Odd Job scheme is a valuable resource for members.

Do you have the skills to help our members, for example, Building (Minor), Carpentry, Gardening, Handyman/DIY, Lawns, Painting or anything else you can think of.

If you can help, phone Steve for more information during business hours on 04 902 5680. Please note if you are applying to join the Scheme you must be a current member.

**“Grey Power members helping Grey Power members”**



## PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

*Many thanks*

## WHAT IS GREY POWER?

Grey Power is an advocacy group seeking a better deal for over 50s and superannuitants. We present our views to Parliament and local governments and speak to any political group or politician who is likely to make a positive difference. Often our lobbying benefits the whole community.

### Kāpiti Coast Grey Power Membership benefits include:

- Opportunity to be actively involved as a volunteer
- Social meetings with excellent speakers that relate to our interests, offering good fellowship
- A free Kāpiti-centric discount book offering benefits from local business
- Save a minimum 8 cents a litre at Challenge service stations
- Competitive electricity, gas and broadband
- Free AIL accident insurance: \$2,000 paid in the event of accidental death
- Up to 25% savings on medical insurance by Vesta Insurance for members 70 years of age and younger
- Special rates for InterIslander, Bluebridge and Great Journeys fares
- Quarterly Kāpiti Coast Grey Power and Grey Power Federation newsletters

**It's easy to become a Grey Power member and enjoy the benefits.**



**\*\*MEMBERSHIP RENEWALS ARE NOW DUE\*\***  
**Couple \$35.00, Single \$25.00**

#### Payment Options:

- Internet Banking into **KIWI BANK a/c is 38 9018 0409796 02**  
Please put your name and Membership number as reference.
- Pay by Cash or EFTPOS at our Coastlands or Ōtaki Offices. Details of opening hours are at the top of the front page.
- Visit our WEB SITE [www.kapitigreypower.co.nz](http://www.kapitigreypower.co.nz) click on 'Membership' and follow the instructions.

**A REMINDER:** If you have your Power provided by Grey Power Electricity (Pulse), your Membership **MUST** be up to date, or you will **NOT** be entitled to the Grey Power discount. Your Membership also needs to be up to date to continue to receive our Kāpiti Coast Grey Power Magazine 'SUPER PEOPLE'.

*Thank you for your continuing support of Kāpiti Coast Grey Power*

#### IF PAYING ONLINE and YOU USE GREY POWER ELECTRICITY

Please separate your membership from GP Electricity in your Payee list so your power account is not paid to us in error – as this could result in your account being overdue.

**For all power enquiries phone 0800 473 976**



### KĀPITI COAST GREY POWER ASSN INC.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

Email: [Kapitigreypower@outlook.com](mailto:Kapitigreypower@outlook.com) | Web: [www.Kapitigreypower.co.nz](http://www.Kapitigreypower.co.nz)

Facebook: @Kapitigreypower

### MEMBERSHIP FORM

New Member  Renewal  Membership Number: \_\_\_\_\_ Mr / Mrs / Miss / Ms / Dr (circle)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email(s): \_\_\_\_\_

Preferred phone number: \_\_\_\_\_

**Our membership year runs from 1 April to 31st March.**

**You MUST be a financial Member of Grey Power to enjoy the benefits we offer.** (Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the national Grey Power quarterly magazine)

#### ANNUAL SUBSCRIPTION (please circle):

Single \$25.00 \$ .....

Couple \$35.00 \$ .....

Voluntary Donation \$ .....

\*\* Postage (see below) \$12 \$ .....

**TOTAL REMITTANCE:** \$ .....

\*\* Note postage for Grey Power Magazine (4 issues per year) is payable where delivery is to a PO Box or by Rural Delivery.

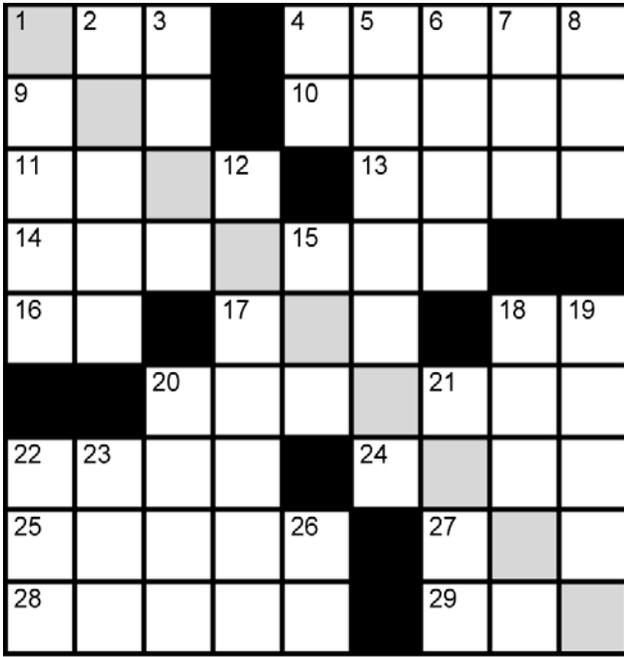
#### How you can pay:

- **INTERNET** Banking into our **KIWI Bank Account 38 9018 0409796 02**  
Please ensure you use your name and Membership Number as reference.
- **Call into** our Kāpiti Coast Grey Power Office, 1st Floor Coastlands Shopping Centre to pay by EFTPOS or Cash.
- **Call into** Ōtaki Library, Kāpiti Coast Grey Power desk (1st and 3rd Thursday of month 10am-1pm). Cash only.

**For Office use only:** Eftpos/ Cash/ Internet Receipt Number \_\_\_\_\_

New Member  Renewal  Discount Book  Card  Magazine

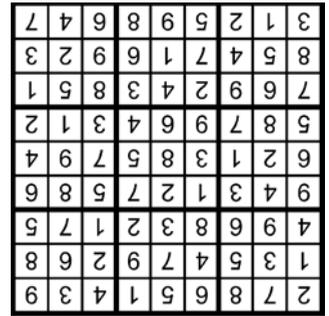
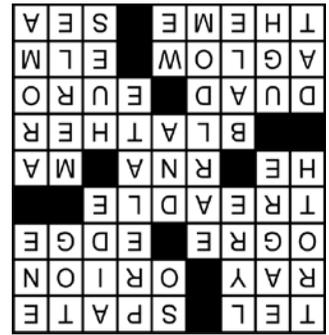
# Big and Creepy



- Across**
- 1. \_\_\_ Aviv
  - 4. Sudden outpouring
  - 9. Sunbeam
  - 10. Betelgeuse's constellation
  - 11. Shrek, e.g.
  - 13. Halftime lead, e.g.
  - 14. Sewing machine part
  - 16. Element #2's symbol
  - 17. Genetic stuff
  - 18. Bell or Barker
  - 20. Nonsense
  - 22. Pair

- 24. Continental currency
- 25. Radiant
- 27. "A Nightmare on \_\_\_ Street"
- 28. Motif
- 29. Ocean

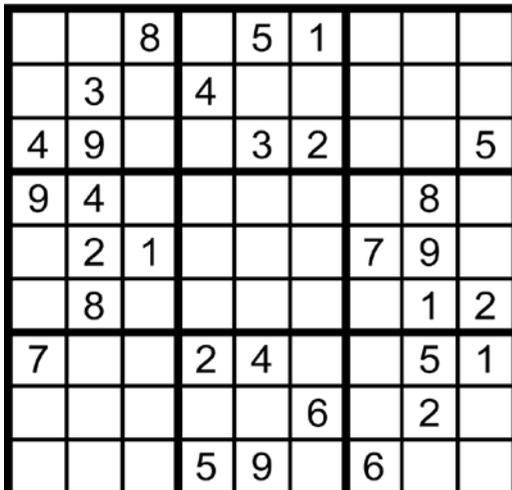
- Down**
- 1. Promise
  - 2. Tidal flood
  - 3. Orpheus' instrument
  - 4. Therefore
  - 5. Bishop, e.g.
  - 6. Campaign worker
  - 7. Deck (out)
  - 8. Compass heading
  - 12. Nobleman's domain
  - 15. Some trial evidence
  - 18. Actress Oberon
  - 19. Fragrance
  - 20. Cotton unit
  - 21. Colors
  - 22. "Who \_\_\_?" (slangy query)
  - 23. "That's terrible!"
  - 26. First word of the Constitution



*The crossword headline is a clue to the answer in the shaded diagonal*

- |                |            |         |
|----------------|------------|---------|
| BAMS           | DISCARD    | PUNG    |
| BETTING        | DOTS       | QUINTS  |
| CALL           | DRAGONS    | RACK    |
| CARD           | FLOWERS    | RUNS    |
| CHARLESTON     | GOING DEAD | SINGLES |
| CHOW           | HAND       | SOAP    |
| CONCEALED HAND | JOKERS     | SUITS   |
| CRAKS          | KONG       | TILES   |
| DEAL           | MELD       | WALL    |
| DICE           | PAIRS      | WINDS   |
|                |            | YEAR    |

## SUDOKU



## Mah Jong

How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*