

NEW PLYMOUTH

# GREY POWER

QUARTER FOUR 2024 - SUMMER

[www.greypowernp.org.nz](http://www.greypowernp.org.nz)

50+ NEWSLETTER



## GENERAL MEETING

Thursday 28th November 2024 commencing at 1.30pm  
Barclay Hall, 158 Tukapa Street, New Plymouth

### GUEST SPEAKERS:

Wendy: on **ADT alarms**. Very interesting topic.

David MacLeod: on the **Workings of Parliament**. (*a non political talk*)

Both these speakers are keenly awaiting these presentations, so do attend for our end of the year occasions. We look forward to seeing you all.

**Many subs have still not been renewed. Please check your cards for a date. If 2024 then a renewal is required please. Phone the office if you are unsure and cannot find your membership card - 757 5885 / 021 022 98721**



## GREY POWER NEW PLYMOUTH INC.

158 Tukapa Street, Westtown, New Plymouth, 4310

Phone: (06) 757 5885

Email: greypowernp@gmail.com

www.greypowernp.org.nz

Office Hours: Wednesday, Thursday, Friday 9am - 1pm

### COMMITTEE 2024 - 2025:

**PRESIDENT:** Vacant

**CO-LEADERS:** Agnes Lehrke 021 022 98721

Joy Southee 027 341 7586

**SECRETARY:** Sharon Mace

**TREASURER:** Joy Southee

**REGISTER:** Fleur Pepper

**COMMITTEE:** Val Armstrong / Alison Brown / Sue Rae /

Kathy Sutton / Dennis Eales / Caroline Symmans

**DISTRIBUTION:** Peter Huzziff 027 6027203

**Office Co-Ordinators:** Agnes Lehrke 021 022 98721

and Val Armstrong - 027 289 1810

**TRAVEL TEAM:** Margaret Humphries / Dennis Eales /

Val Armstrong / Joy Southee / Danielle Manu

**NEWSLETTER:** Agnes Lehrke 021 022 98721

**SAUSAGE SIZZLE VOLUNTEERS:**

Suzanne May Gurnick / Danielle Manu / Glenis Stephens

### Business Discounts

Our Grey Power Logo will hopefully be displayed in shop windows, doors or counters to remind Grey Power members where discounts are available.

Therefore have your membership card ready for a check out and spread the word. Of course it is reaffirming to acknowledge the discount. Especially in these times.



### A COMMON MISCONCEPTION:

Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament to try to get a better deal for all Superannuitants. As such we will speak to any political group or politician who is likely to make a difference on our behalf. We also seek to keep all our members informed on what Grey Power has been doing on their behalf.

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Please refer to our website for disclaimer.

## OUR LEADERSHIP WORD

Greetings to all on a typical Spring weather day. Although we certainly have experienced the winter chills again of late.

Much has occurred of late to keep our eyes on the mission of the Grey Power Association.

Advocacy needs presented give us the very real Grey Power occasions where we are always keen to assist with. Remember we here to assist you with or support. For those involving us, thank you for the opportunity to do this work.

Our attention has been on the Hawera Grey Power Action as they push forward to achieve the Social Housing issue. It is an inspiration to see such dedication and energy spent for the good of our elderly neighbours. An Article has been added in this Newsletter on the "Home Me" topic they aspire to.

The Forums held locally provided by Age Concern and Positive Aging & Selves have been very timely and well presented for you all. But not so well attended regrettably. It would be well worth the effort to attend when possible or let us know if you may need transport to these.

Our last Travel for the year as a Mystery Trip has been of good interest. Especially since the lunch venue is Whangamomona Hotel. Good memories prompt action.

We have more fund raising afoot. A sausage Sizzle on Sunday the 10th of November. So we hope you may help this venture please by popping by and purchasing these tasties.

**We would like to acknowledge those Grants given us this year.**

1. Taranaki Foundation  
Bruce Carter Grant.
2. Toi Foundation.

**What a great help these are for us**  
*Thank you.*

## SAUSAGE SIZZLE time again everyone



**Sunday  
10th November**

**Mitre 10 Whaiwhakaio Valley**

**10am - 1.30pm**

**Come and join in and raise  
money for Grey Power**



Sharon Mace Licensed Salesperson REA 2008

027 230 5685

sharon.mace@remax.co.nz

RE/MAX TEAM REALTY

## GREY POWER COFFEE MORNINGS



Grey Power members and friends are enjoying these occasions for cuppas, chats and new friends. We enjoy the company, so why not join us.

**Coffee days are the first Monday of the month at 10am, at Aroma Café.**  
**The next day Tuesday if the Monday is a holiday.**

A few tables are booked for our use. Any member may join in and maybe there are some potential new members to come.

Let's give this our support. Come and spend time together, bring a friend. Put this on your calendar.

**See you there.**



Helping Taranaki families with a range of simple, professional funeral services. With affordable caskets, urns & jewellery.

**0800 236 236** 233 Carrington St  
www.asimplecremation.co.nz New Plymouth



## Cover Photo :

Spring lambs are just that, born in the Spring season and often into freezing unchangeable weather as this year was with snow added to the mix.

This is a busy time of the year for the farmer and the mother ewes. Some ewes foster more than their new born as some lambs may be motherless. Then there is the challenge matching these extra lambs with accepting ewes.

What a wonderful sight it is to see these creatures scampering around the paddocks and generally their mother's efforts to keep them out of harms way. Thank you Steve for this delightful photograph. Perfect for us to be thankful for such reminders of our seasonal creations.

## Speakers for our General Meeting November the 28th.

**ADT.** At last we have been able to obtain the services of the ADT security alarm service . Wendy has consented to give us this information with the types of Alarms we may need to suit our situations. So I'm sorry many have come to our meetings hoping to hear about the Alarms. It was also very disappointing for us to find no one attending.

The **Workings of Parliament** is a presentation that David MacLeod offered us. It was too good an opportunity to miss and so we will hear how this all works. I must emphasise this is not politically orientated. Nor should it be turned into a political occasion. The idea is to share knowledge about a place we call Parliament and how it works.

*We do look forward to your presence and hope you will provide us with ideas for future presentations.*

**See you all there. 28th November 1.30pm**

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.



## Grey Power Christmas Meal

**Let's do something different for our Christmas meal. Everywhere is so expensive so how about we do our own!!!**

We are offering a two course buffet meal at Barclay Hall. 158 Tukapa Street, New Plymouth

### \$25.00 per person

This includes the choice of two meats, seven side dishes, plus all accompaniments

Pavlova with fresh fruit salad,  
Christmas pudding with custard and cream  
Juice and non-alcoholic wine (or bring your own)  
Tea & coffee provided

All of this is a fully catered event, so numbers and payment is required two weeks prior to the date

Date for meal will be

**Wednesday 4th December 2024  
commencing at 11.30am  
meal at 12 midday**

***Book by paying early  
Dietary needs - we need to be informed please  
Come along and make this  
the start of your festive season***



**BE PREPARED** We will have a raffle at each of our General Meetings this year. 1 ticket \$2 or 3 for \$5

*Thank you*

## What's happening...



Image: NPDC staff member Amelia helps Ann celebrate.

## 85 and Thriving: Ann's Aqua Journey!

We celebrated a special lady's 85th birthday at Todd Energy Aquatic Centre in September. Ann is a 15-year veteran of our Deep Aqua Class and credits these regular classes for her overall health and wellbeing.

We offer adult swim lessons, aquarobics classes and 50s+ gym classes, visit our website or contact us for details.

**Website:** [npdc.govt.nz/todd-energy-aquatic-centre/](http://npdc.govt.nz/todd-energy-aquatic-centre/)

**Phone:** 06759 6060

**Email:** [enquiries@npdc.govt.nz](mailto:enquiries@npdc.govt.nz)



# GREY POWER TRAVELS for members 2024

Payments of Direct Credits  
 Bank number: 15 3948 0007390 01  
 Add Surname and membership number please.

Reference Box example  
**Particulars:** Surname  
**Code:** membership No  
**Reference:** Place of Travel.



Your seat is booked when you pay. It is always best also to bring your name and a valid phone number into the office to go on the travel list.

## Travel to Whangamomona.

We are all set to go on the 10th of October. The Bus Company changed the date to suit their schedule but that is fine. Since the date is the 10th of October we look forward to our photos in the new year Newsletter of March 2025.

Our **Christmas Meal** is advertised in this Newsletter please note date as the 4th of December at the Barclay Hall, 158 Tukapa Street Westown. We look forward to welcoming you all then. Thank you.

**Travel to Tawhiti Museum** is on the 10th of March 2025. This is a Monday as the Museum doesn't open on other weekdays except Fridays. The cost for this trip is \$30.00. We have an interesting day planned for travellers.

9.00 a.m start from the raceway carpark. Return 4.30pm-5.00pm. It will be a good day out of town. So book in now and don't miss out on this venture. For queries please ring 021 0229 8721 Agnes or Joy 027 3417 686. Thank you.

## Vaccines for older adults update



A new vaccine against RSV for older adults is now available in New Zealand (private market only at this stage). Funding for the shingles vaccine was widened on 1st July to include a group of immunocompromised individuals.

## TARANAKI DESERVES THE BEST

With the amazing developments happening at Taranaki Base Hospital, **now** is the time your donation will have the most impact.

GIVE TO LOCAL HEALTHCARE TODAY  
[thf.org.nz/donate](http://thf.org.nz/donate)



## EATING MORE VEGETABLES

Archaeologists had long thought that the caveman diets were meat-based as Stone Age men hunted deer, wild boar and mammoths but analysis of the remains of 24 people from burial sites in Peru suggests that meat only made up a fifth of an early human's diet. Fruit and vegetables were their main source of food.

Unfortunately, only one in four New Zealanders eat enough vegetables, according to research. We all know to aim for five-plus a day, and just one extra serving can make a big difference.

Seasonal winter vegetables such as carrots, parsnips, kūmara, broccoli, cauliflower, silverbeet, potatoes and fresh herbs are perfectly designed to deliver the nutrients we need for optimal physical and mental health at this time of year.

Diversity and eating a really wide range of fruit and vegetables, gives our body all the vital nutrients and phytochemicals it needs to keep working properly.



Silverbeet - hands down the easiest crop to grow, and a great cut-and-come-again crop for adding to lasagnes, omelettes and stir-fries, soups and curries. One cup of chopped silverbeet will deliver a good amount of folate, vitamin A, vitamin K and potassium which are all essential for good health. Also mixing broccoli and cauliflower together is good.

Kūmara - red, orange and gold varieties all vary in their nutritional benefits but provide a good source of niacin, vitamin B6, vitamin A and vitamin C depending on what variety you choose, as well as dietary fibre to keep your digestive system healthy.

Root vegetables like parsnips and carrots contain potassium which is good for your heart health and blood pressure.

NZ Gardener, research by Dr Lister

## Opunake Cinema Biscuits

### Shortbread

250 g butter  
 125g icing sugar  
 185g cornflour  
 185 flour.  
 ½ tsp Rum Essence.

Cream butter then add all the ingredients. Mix until forming a ball. (I use the cake mixer)  
 Roll into a log and refrigerate for 30mins. Cut into slices.  
 Bake 30mins at 150°C, turn halfway through cooking time.

### Oat & Raisin Cookies

100g of butter  
 85g castor sugar  
 100g brown Sugar  
 1 large egg  
 ½ tsp Vanilla  
 Mix together until light and fluffy.

140g plain flour  
 180g rolled oats.  
 140g raisins  
 ½ tsp baking powder  
 ½ tsp baking soda  
 ½ tsp salt  
 Mix ingredients together. Roll into desired sized balls. Flatten slightly.

Cook 180°C 10-12 minutes until golden brown.

Enjoy ... thank you Joy

15% off  
 use promo code  
 GP at checkout

## Socks too tight?

soft topped bamboo and cotton socks

# 3 pairs \$36

[diabeticsocks.co.nz](http://diabeticsocks.co.nz)



## Things to do before you die

When someone dies it can be very difficult for the family to find all the documents they need to settle the deceased's affairs.



Tell your family where you have stored your important documents and other important information. It could be:

- with a lawyer
- at a secure document storage facility
- in a secure location on your computer, or
- in a safe place in the house

You can record online where the documents are via the Department of Internal Affairs' Te Hokinga ā Wairua End of Life Services website <https://tinyurl.com/mttheabf>.

### Examples of important documents and information are:

- where to find a copy of your will
- your birth certificate
- information your family will need if they have to apply for a death certificate (e.g. they will need your full name and your parents' full names)
- a list of people and organisations they need to contact, along with their contact details (Here's a checklist: <https://www.cab.org.nz/article/KB00000594>)
- Instructions about how you want personal belongings to be distributed
- details of all your property and investments (including your KiwiSaver), and who to contact about them

- any land titles and mortgage agreements
- your insurance policies
- Any firearms you own, including their serial numbers and your firearms licence number. Check the Te Tari Pūreke – Firearms Safety Authority website <https://tinyurl.com/ykd5a2ka>
- any online accounts that you will want shut down, e.g. email and social media accounts
  - any documents you own (e.g. the original manuscript of a book or music you have written; research you have done on your family history.)

### State what you want for your funeral (and after the funeral)

NB: Your family will not be able to arrange a funeral if you have nominated to donate your body - or a part of it - to science.

- people you want to attend, and their contact details
- letters to individuals, or a recorded message for the funeral
- whether you have a funeral pre-payment plan. It should also say whether you want to be buried, cremated or something else.

Lots more information on the Citizen's Advice Bureau's site <https://www.cab.org.nz/article/KB00000593>



## Could your home be warmer?

Well maybe this article is for you to investigate.

Warm Homes are happy families.

Recently Paul Phillips sent Grey Power New Plymouth this information. Since 1980. Brighter has been proudly serving homes across Taranaki. The firm is also a leading provider for the Warmer Kiwi Homes Government program, which offers 80-100% subsidies on insulation for eligible homeowners throughout the region. To qualify for the subsidy, homeowners must meet one of the following criteria:

1. Reside in a designated area.
2. Hold a Community Card.
3. Possess a Gold Card with CSC endorsement.

Paul is happy to check if a homeowner qualifies under the scheme and offer free, no obligation assessment. There is still funding available and this could be of interest to our members.

**Paul Phillips**, Sales Advisor | Brighter New Plymouth. 021 704 478.

## Europe paperwork

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 general tourism, business, transit or medical purposes under 90 days. The programme (ETIAS stands for the European Travel Information and Authorisation System) is intended to screen travellers as a response to the global increase in terrorist activities.

Any New Zealander that wishes to enter Europe for over 90 days or for other purposes will need to apply for a Schengen visa. Further details can be found at <https://etias.com/>.



## Do you experience any of the following symptoms?

- Raised, twisted or bulging veins?
- Leg pain/tenderness?
- Dry, itchy, stained skin?
- Swollen ankles?
- Cramp & restless legs?
- Varicose eczema and ulcers?

You may benefit from a **FREE** initial varicose vein assessment\* with our specialist team.

Find out more at our website or contact us today!

[skinclinictaranaki.co.nz](https://www.skinclinictaranaki.co.nz)

\*Conditions apply

**Vein Specialists**  
skin clinic  
TARANAKI

☎ 06 281 1698 ✉ [reception@skinclinictaranaki.co.nz](mailto:reception@skinclinictaranaki.co.nz) 📍 183 Powderham Street, New Plymouth





**SUPPORTING COMMUNITY WITH SURPLUS FOOD**

## OVER 65'S FREE STORE

**Fortnightly Wednesdays, 1.30pm - 2.30pm**  
*On the off week of NZ Super - SuperGold card required*  
 Methodist Church Hall  
 66 Liardet Street, Central

**EVERYONE IS WELCOME, NO BARRIERS OR JUDGEMENT**

**PLEASE BRING YOUR REUSABLE BAGS**



**WWW.ONTHEHOUSE.ORG.NZ**

### USED TEA BAGS [Milk less]

**De-crustify Pots and Pans** - If all the scrubbing in the world just isn't cutting it, leave a used tea bag to soak in that stubborn pot or pan. Tea contains tannic acid, which can break down grease. With a little time and patience, it should make cleaning the dish much easier.

**Ditch the Glass Cleaner** - To make windows and mirrors really shine, simply dampen a used tea bag. Use it to rub the glass surface, then follow up with a paper towel. You can also pour some leftover brewed tea into an empty spray bottle and use it as a glass cleaner.

**Marinate Meats** - Easily marinate pork, chicken or turkey with the help of a couple of tea bags. Simply put a cup of water, two used tea bags and the meat into a zip-close bag. Allow to marinate overnight, then cook and enjoy a flavourful cut of meat.

**FYI** - Tea has been enjoyed for centuries, but the tea bag wasn't invented until 1908-ish when a New York-based merchant named Thomas Sullivan decided to send tea samples in silk bags to his customers. They incorrectly assumed that the entire bag should be placed in the pot. Thus, the tea bag was born!

**Are all used tea bags safe for composting or use in gardens?** - Most tea bags are safe for composting or gardening, but ensure the bags are a biodegradable material and free from plastic fibres to avoid environmental harm.

## Housing for the Elderly in South Taranaki



### The Hawera Grey Power Committee have taken up the challenge that faces us today and in the years to come.

Grey Power Hawera have come up with a proposal that really addresses the needs of this dilemma and challenges those who have the solutions for this crisis.

**Reason for the proposal:** Age Sector N.Z. states that 61,121 retirement units will be needed within the next ten years. Stats N.Z. estimates by 2040 approx. 600,000 will be renting.

G.P Hawera believes the 53 District Councils should be reinstated as the providers for pensioner units including Social housing . The Councils have the infrastructure,expert knowledge and are able to communicate with their rate payers through their elected representatives.

**Funding?** Central Government should be funding a one off loan for each council. Why should they fund the Councils?

Up until 1991 Councils were the most successful providers for pensioner housing but successive governments have failed with their responsibility regarding housing.

#### **What kind of Units are recommended?**

House Me produces homes of many different configurations. A two bedroom, with fridge, stove, microwave, washing machine, heat pump and lounge, total cost shifted on site \$120,000 - GST inclusive.

The Unit could be rented or bought.

Of course there are several variations available as three bedroom etc also.

Within two years from start to finish 10,600 retirees could be occupying these units. At the same time 10,000 homes could be available to young couples to purchase at an attractive price. Councils could then leverage resources and schedule their building programmes as required, including emergency Housing.

Well Hawera Grey Power have really created a great scheme, led by their charismatic President Fred Kumeroa. Lets hope the plan is upheld by Councils at the highest level.

Congratulations Hawera Grey Power for your creative solution to a massive problem. It appeared to be a project no-one wanted to resolve or consider. We back you fully in this venture and hope robust kiwi stamina sees it through.

### NEW EDITION OF DRIVING AS A SENIOR AVAILABLE ON-LINE

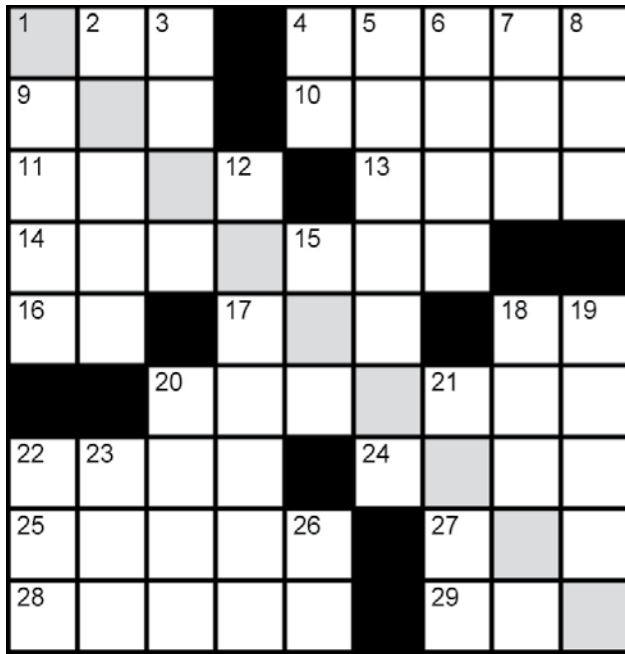


A very useful aid to those soon to have a medical appointment to renew their driving licence has been published by NZTA in June, and is available on-line, as well as being available in hard copy for ordering by organisations ([www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf](http://www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf) ).

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!



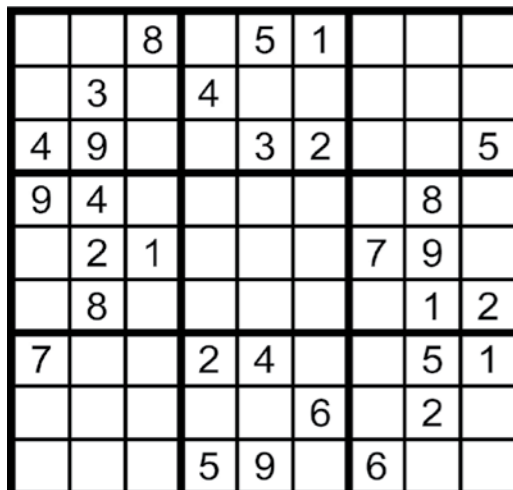
# Big and Creepy



- 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

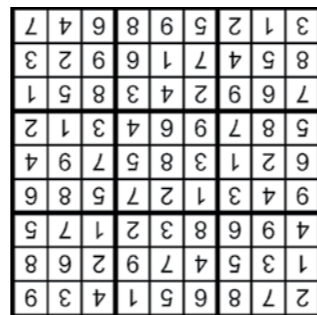
- |                |            |         |
|----------------|------------|---------|
| BAMS           | DISCARD    | PUNG    |
| BETTING        | DOTS       | QUINTS  |
| CALL           | DRAGONS    | RACK    |
| CARD           | FLOWERS    | RUNS    |
| CHARLESTON     | GOING DEAD | SINGLES |
| CHOW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

## SUDOKU



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.*

- 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*

## Mah Jong



# NEW ZEALAND IS SET TO DISCO IN 2024

The Bee Gees Night Fever Touring New Zealand, Sep-Nov 2024!



Back by popular demand, The Bee Gees Night Fever tribute returns to New Zealand for a full national tour from September 25 to November 2, 2024.

Produced by Showtime Australia – the team behind last year's hugely successful Queen: It's a Kinda Magic tour – the international tribute show brings together the exquisite voices of Australia's Zac Coombs and South Africans André Behnke and Warren Vernon-Driscoll to recreate the iconic three-piece harmonies of siblings Barry, Robin and Maurice Gibbs – better known as the Bee Gees - alongside a live band and full concert production.

Audiences can expect to hear all the disco dance floor-fillers, smooth 70s ballads and 60s Pop standards that made the Bee Gees timeless, including Stayin' Alive, Jive Talkin', You Should Be Dancin', How Deep Is Your Love, More Than a Woman, Night Fever, Tragedy, If I Can't Have You, To Love Somebody, Immortality, Guilty, Massachusetts and more.

Contact the venue's box office to book or visit <https://www.facebook.com/TheBeeGeesShow> for more information.

# Whooping Cough vaccine

If you are 65 or over and around babies and young children, it is important to get a booster for Whooping Cough. The booster is free at ages 45 and 65. If you missed your booster at age 65 you can still catch up for free. If you're unsure of how many doses you've had, check with your health provider.

The whooping cough vaccine also protects you against tetanus and diphtheria - if you've had a tetanus booster recently, you may already be protected against whooping cough.

Immunity reduces over time, so it's important to get the booster. A free whooping cough vaccine is available from your healthcare provider and from many pharmacies.

Boostrix is a vaccine used for booster vaccination against diphtheria, tetanus and whooping cough.

Certain people are recommended to have a whooping cough vaccine at least every 10 years – but there may be a cost. This is to boost protection against whooping cough.

This group includes people who:

- work with young children and vulnerable people
- live with a newborn baby
- are at higher risk of severe illness from whooping cough (for example those with chronic respiratory disease).



## Early detection saves lives

Skin Clinic Taranaki is dedicated to prevention, diagnosis and treatment of skin cancer and sun damage.

Give yourself piece of mind, book your skin check today.

- 📞 06 281 1698
- ✉ reception@skinclinetaranaki.co.nz
- 📍 183 Powderham Street, New Plymouth
- Off-street parking available.
- 🌐 www.skinclinetaranaki.co.nz



# CHECK US OUT Grey Power New Plymouth on facebook

**FOLLOW  
US**



**LIKE OUR PAGE**

## RVRA Latest:

The Resident Village Retirement Association has made further progress with the 11,000 questionnaire returns from residents. The Replies have been forwarded to the Retirement Commissioner along with a lengthy list of evidence of maltreatment in cases supplied also.

Roll on the day the outcomes that have reached Parliament will see our request for legal data is backed by legislation as well.

Support for the Bill, are Consumer N.Z., Grey Power, Citizens Advice Bureau, Rural Women NZ and More. Powerful Associations that will also support our cause.

At the recent AGM of the RVRA we saw commitments expressed by the P.M. and colleagues.

So we are waiting to see a new Bill passed through Select Committee and Readings to become law. All key leaders and Opposition have been informed and do show concern. It seems a long long wait but at least the documents and petitions are on their way to building a more just and secure future for all Retirement residents than what we have.

## What Grey Power New Plymouth has available to Members:



- Discount lists of businesses giving discount.
- Handy Service List in Office. (ring 757 5885)
- Travel for members.
- ALL Insurance. (see your new pack.)
- Newsletters from our local Grey Power.
- Social occasions. Dinners and Afternoon teas.
- General Meetings.
- Internet Learning on one to one basis.
- National Magazines.
- Advocacy for all members. (Ring Office for information)
- Pamphlets available on various items of interest at office.
- Grey Power Electricity discounted.

The above are some of the items you may find helpful. Always ask, do ring and see what can be done to assist where necessary.

Occasions when we need assistance. Whatever you can offer help with.

- Fund Raising, Bingo, BBQs, Raffles.
- Sorting Newsletter Bundles. (4 times a year at office)
- Assist with our Travel. Many areas to be covered.
- To be a deliverer of the Newsletters.
- Assist with Social occasions and General Meeting set up/clear aways.
- In the office as receptionist. Desk staff.
- Sorting of data and listing items of need in office.
- General liasons when necessary for office.
- Waitara courier with Data. (Maybe you regularly visit N.P. and can bring in data from the Community House for Grey Power.
- Assist on day of Travel with Lanyard's. Collect at travel end.
- Be a telephoner, for Grey Power.

There may be other needs not listed but you could ring us please. 757 5885 / 0210 229 8721.

### We welcome your membership. There are ways to make membership renewals easier for both of us.

1. When paying by internet banking, please include your surname and membership number. (Same surnames come in frequently.)
2. Let us know if you prefer to receive your national magazine and local Newsletter by email.
3. Let us know if your change your address or phone number please.
4. Do let us know if you wish to resign from Grey Power.

## REMEMBER

1. **Raffles will be at the General Meeting** 28th November
2. **Note time change**  
"On the House notice" (page 8).
3. **Sausage Sizzle** 10th November
4. **General Meeting** Thursday, 28th November - 1.30pm
5. **Christmas meal**  
4th December at 12 midday

*Come and join in.  
All most welcome*

## MAGAZINE CONTENT

Contributions for our magazine are always welcome. If you would like to make a contribution, send us a short story, poem; recipe, letter to editor; household hint; notes on a trip away; anything you would like to share with other members. Please send to the editor for publication - [agnesmaire@gmail.com](mailto:agnesmaire@gmail.com) or [greypowernp@gmail.com](mailto:greypowernp@gmail.com)  
Our next issue will be out March.

## MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 158 Tukapa Street, Westtown, New Plymouth 4310  
www.greypowernp.org.nz | Email: [greypowernp@gmail.com](mailto:greypowernp@gmail.com) | Ph: (06) 757 5885

**\* Membership year is from 1 April to 31 March**

Membership: New Member  Renewal  Membership Number: \_\_\_\_\_

Type: Single (\$20)  Dual (\$35)  **Office Open: Wednesdays, Thursdays and Fridays - 9am - 1pm**

### MEMBER DETAILS:

First: \_\_\_\_\_  
Title Initials/Forename Surname Year of birth

Second: \_\_\_\_\_  
Title Initials/Forename Surname Year of birth

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

Post Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

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

### PAYMENT DETAILS:

Subscription \$ \_\_\_\_\_ Donation \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

*All information will remain confidential*

*and not supplied to any other party.*

Applicant Signature: \_\_\_\_\_

**NOTES:** Please return a completed form with every application. Payments may be made by eftpos, cash, method at our offices, internet banking into our bank account or phone banking.

**Online Account: 15 3948 0007390 00.** Please ensure your name and membership number appears in the reference section of the form. Your details will be kept private at all times. A stamped addressed envelope with postal applications would be appreciated.

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*Editorial supplied by Central Audiology Taranaki*

## Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?

If your card has 31/03/2024 on it, then yes you need to renew your subscription. Find the application form on Page 15 of this newsletter and fill it in. Payment methods are at the bottom on the left hand side.

## NEXT MEETING

Thursday

**27 March 2025**

**1.30pm at Barclay  
Hall 158 Tukapa St**

YOUR QUARTERLY NEWSLETTER  
FROM GREY POWER NEW PLYMOUTH

