

WHANGAREI

# GREY POWER

50+ NEWSLETTER

[www.greypowerwhangarei.org](http://www.greypowerwhangarei.org)

QUARTER FOUR 2018



## WHANGAREI DISTRICT MEMORIAL

Let silent contemplation be a source of inspiration and offering

The Whangarei District Memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

The memorial is a fine example of the art of sculpture and architecture. It is a fitting tribute to the men and women who gave their lives for their country and the Empire. The memorial is a source of inspiration and offering to all who visit it.

## GREY POWER WHANGAREI INC.

PO Box 964, Whangarei 0140

**General Enquiries contact:**

George Snell (09) 437 5550

**Membership Enquiries contact:**

Lynette Fox (09) 436 1822

[www.greypowerwhangarei.org](http://www.greypowerwhangarei.org)



### COMMITTEE 2018 - 2019:

**PRESIDENT: George Snell**

Ph: (09) 437 5550 | Email: gsnell49@gmail.com

**SECRETARY: Pearl Newman**

Ph: (09) 434 0686 | Email: pearl2newman@gmail.com

**TREASURER: Ken Goodhue**

Ph: (09) 430 3826 | Email: kenandvalerie@xtra.co.nz

**ASSISTANT TO TREASURER: Jim Beniston**

Ph: (09) 437 3827

**MEMBERSHIP SECRETARY: Lynette Fox**

Ph: (09) 436 1822 | Email: lynfrankiefox@gmail.com

#### COMMITTEE MEMBERS:

**Irene Bamber** - Ph: (09) 459 1946

**Patricia Bennett** - Ph: (09) 435 2950

**Pam Blowers** - Ph: (09) 435 3933 | Email: viola1@xtra.co.nz

**Jan Kini** - Ph: (09) 435 0334 | Email: janicemkini@gmail.com

**Joan Smith** - Ph: (09) 435 5315

**Maxine Tucker** - Ph: (09) 437 6242

Disclaimer: The information contained in this publication is given in good faith and has been derived from sources believed to be reliable and accurate. Neither Grey Power Whangarei Inc, nor any person involved in the presentation of this publication, accepts any liability for its contents, including advertisements, editorials, opinions, or for any consequences from the use thereof.

**This publication is designed and printed by  
Pukeko Print and Design Ltd.**

For advertising phone Monique on (07) 577 9092 or  
email: monique@pukekoprint.co.nz

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

Please refer to our website for disclaimer.

COVER PICTURE: Whangarei War Memorial, Laurie Hall  
Park.



**Go to [www.facebook.com/  
Grey Power Whangarei](http://www.facebook.com/Grey Power Whangarei)  
to follow us on Facebook.**

## Presidents Word



I continue to find my feet as President  
of the Grey Power Whangarei Association.

I invite members' involvement by  
communicating directly with members of  
our Committee (Committee Members listed  
separately on this page), while being mindful  
of what Grey Power's role is, i.e. **We are a Lobby  
Group to both Central and Local Government.**

If you have a desire to join our Committee I  
would like to hear from you as many hands  
make light work. We welcome fresh ideas as we  
advance closer to 2019.

We continue to build an email system where we  
can communicate with members quickly when  
we are tasked with projects from our Federation  
and Government Departments, usually within  
a short time-frame that may include quick-fire  
workshops.

As you are aware from our last Newsletter, your  
Committee has been campaigning one day a  
month at the Whangarei Library. This month  
the date for this event is Thursday 22 November  
from 10.00am to 1.00pm. Come along and say  
Hello if you are in the vicinity at the time.

Take Care,

*George Snell* (President)

**HOME SUPPORT NORTH**  
Charitable Trust

a non-profit community organisation

#### Quality Home Support Services in your area

- ☑ FREE assistance/support at home where eligible
- ☑ Service Plans tailored to YOUR needs
- ☑ Trained Support Workers
- ☑ Ongoing, local Support from Nurse Co-ordinators
- ☑ Proudly 100% Northland owned and operated

Whangarei Office: 09 430 2090  
[www.homesupport.co.nz](http://www.homesupport.co.nz)



Helping Northlanders since 1994

## Welcome to New Committee Member

Welcome to Joan Smith who has joined the  
Committee. Joan has been an observer at most  
Committee Meetings this year and has also been  
along to help with distribution of the newsletter.  
Good to have you on board Joan.



## Christmas Luncheon

**For all Members and Guests**  
(non Grey Power Members)

**12 noon Thursday  
6th December 2018  
Kamo Club, Meldrum Street,  
Kamo, Whangarei**

**Grey Power Members - Free  
Guests - \$15.00 per head**

Even though the Luncheon is free for  
Grey Power Members it is necessary to  
register for catering purposes.

Guests to pay for their luncheon  
on the day.

Please bring a donation for  
the Christmas Raffle.

To register contact Jan Kini (09) 4350 334  
and leave a message on her phone with  
your name and the number attending  
if she is not available.

## Public Meeting

**For all Grey Power Members  
and Members of the Public  
is to be held on  
Tuesday 27th November 2018  
at 1.30pm at the Kamo Club,  
Meldrum Street,  
Kamo, Whangarei**

*Guest Speaker: We are hoping to  
have Mac Welsh, Grey Power National  
President (this is yet to be confirmed)*

Refreshments served after the meeting  
Raffle Table

## Unavailability of Membership Secretary

Please direct all enquiries regarding membership to  
George Snell, President, from Monday 10th December  
2018 until Friday 18th January 2019. His contact  
details are on the opposite page.

## Winter Energy Payment

You will be aware that the Winter Energy Payment has  
now ceased for 2018 but will begin again on 1st May  
2019 and continue through until 1st October 2019.

**PLEASE SUPPORT  
OUR ADVERTISERS**

Their support enables the production of this  
newsletter, so please support them.



## The Importance of Making a Will

**IF YOU DIE WITHOUT A WILL THE LAW SAYS WHO IS ENTITLED TO SHARE IN YOUR ESTATE.**

For example:

- Retired or retiring couples with children who are not aware that if one of them dies without a Will, the spouse will only receive the personal chattels plus \$155,000
- (without interest) and one third of anything that is left. Everything else held in the name of the deceased is divided among the children. If any of the children have passed away, their children receive their share, and so on for each generation.
- Individuals such as widows or widowers without children need to be aware that if they die without a Will everything they own will become the property of the Government.

Have you considered what will happen if you become mentally incapacitated through illness or accident. That is what an Enduring Power of Attorney is for.

Spending some time understanding the risks you face, and planning for them, can offer you peace of mind knowing that your loved ones will be taken care of when you pass away, or if you become incapacitated.

## SeniorNet

SeniorNet is a community-training network that supports and motivates people 50+ to enjoy and use technology in their everyday lives. Whangarei is but one of approximately 70 Learning Centres throughout New Zealand. In small, friendly and stress-free classes, you gain the skills and confidence you need to get the most out of information technology from simple word-processing to sending emails and searching the internet. Tuition can also be given for tablets and smartphones.

Whangarei recently celebrated its 21st year of helping seniors become a little more computer savvy. Twenty one years is an extremely long time in technology and there have been great changes over the years. Computers have become smaller in physical size but their power has increased immensely. Tablets and smart phones are rapidly gaining in popularity and classes have adapted to the changes. There are so many makes and models on the market, all so different, that smaller classes and individual tuition is becoming more common.

Courses include: New to Computers, Basic Word Skills, Organising and Editing Photos, Internet Banking, Smart Phone skills, Apple iPad and iPhone confidence and many more.

In addition to the normal courses and workshops conducted at the Learning Centre, there is a monthly Social Afternoon where you can enjoy a relaxed "cuppa", meet up with fellow members and friends and be entertained by an interesting Guest Speaker. Every second month SeniorNet holds a Question and Answer afternoon when they will endeavour to help you solve your problems.

Learn more about new communication and information technology from people of your own age. Find out how much fun it can be and how much satisfaction you get from the knowledge you gain.

**SeniorNet are situated in the Whangarei CBD, above Orr's Pharmacy entrance in James Street, Whangarei and are open every Wednesday from 10.00am to 1.00pm. Please call by if you would like more information. Alternatively you can telephone (09) 438 3418 and leave a message. Email: [seniornet.wr@gmail.com](mailto:seniornet.wr@gmail.com) Website [www.whangarei.seniornet.co.nz](http://www.whangarei.seniornet.co.nz)**

## Huffers'N'Puffers

This is a low level exercise group primarily for people with COPD (Chronic Obstructive Pulmonary Disease). This is a common lung disease and the most common forms of COPD are Chronic Bronchitis and Emphysema.

This is a community based exercise where people are advised to exercise within the limits they are comfortable with. One can improve their strength, balance and endurance in a relaxed environment with other people who also have to cope with being short of breath.

A note must be obtained from your Doctor to say that it is medically safe for you to participate in Huffers 'N' Puffers low intensity exercise classes.

These classes are run by a Physiotherapist and attended by a Medical Outreach Clinical Nurse Specialist.

**These classes are held each Thursday from 2.00pm - 3.00pm at Kensington Fitness ASB Leisure Centre, Kensington Avenue, Whangarei. Contact Medical Outreach, phone (09) 430 4100, extension 7725.**



Ever noticed that the older we get the more we get like computers. We start out with lots of memory and drive. Then we become outdated and crash at odd moments. And eventually we have most of our parts replaced.



## Acknowledgement of Photography for the Front Cover of Your Newsletter

George Snell, our President, is the photographer, he has been taking photos of Whangarei landmarks, which is the theme we are hoping to keep for the front page of all newsletters.



If anyone has any photos of any particular landmarks from Whangarei or surrounding districts that they think might be suitable for this purpose just email them to [lynfrankiefox@gmail.com](mailto:lynfrankiefox@gmail.com) and we will look at the possibility of using such photo/s as our front page.

We will acknowledge you as the photographer if you can provide any such photos. We would like landmarks, not people.

These photos must be taken in portrait format, not landscape and supplied at 300dpi, this is a proviso of the printers.

*To take a photo from an on-line source or printed material is not always viable as many have a copyright on them.*



**EZZI MEALS** Established 1985

We prepare "HOME" made dinners using only the freshest ingredients.

**PICK THEM UP OR WE CAN DELIVER TO YOUR DOOR.**

Heat them at home and enjoy.

Email orders or queries: [info@sabresezimeals.co.nz](mailto:info@sabresezimeals.co.nz)

**09 435 0947**

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

**Cut out this coupon for a 10% DISCOUNT**



## Need Extra Help

Some people may be eligible for extra help with their Superannuation, like Accommodation Supplement, Disability Allowance or Temporary Additional Support.

For access to this information phone 0800 552 002 or go on line to [www.check.msd.govt.nz](http://www.check.msd.govt.nz)

## Home Handyman

We have another Home Handyman who has made himself available to do big or small tasks around your home.



**Paige Cuddy** - House and section maintenance, decks, fences, gardening, lawn mowing, weed eating, repairs of small petrol engines, lawn mowers, chain saws, weed eaters, scrub bars etc.

**Phone: 021 117 4910**

### OUR THANKS TO:

**AMERICAN INCOME LIFE Insurance Company**  
PROTECTING WORKING FAMILIES IN NEW ZEALAND  
To receive your FREE Grey Power \$2000 Accidental Death and Dismemberment Policy contact AIL on Ph 0800 894 121 email: [mario@ailnz.co.nz](mailto:mario@ailnz.co.nz) or enrol online at [ailnz.co.nz/request](http://ailnz.co.nz/request)

Wendy Powell is the EVES contact for Greypower   
If you have any questions regarding real estate, or are considering selling, give Wendy a call today.  
027 411 4477 [wendy.powell@eves.co.nz](mailto:wendy.powell@eves.co.nz)

  
Visit the Kamo Club website and keep up to date with what's happening at the club - latest entertainment, events, sports and activities.  
[www.kamoclub.co.nz](http://www.kamoclub.co.nz)  
Ph: (09) 435 1765

## Arthritis

Arthritis is a painful condition and can come in many forms, osteoarthritis, gout arthritis and rheumatoid arthritis being the most common.

Arthritis New Zealand hosts a number of support groups across the country and also supports exercise classes for people with arthritis.

For more information visit the Arthritis NZ website [www.arthritis.org.nz](http://www.arthritis.org.nz) or call 0800 663 463 and ask to speak to an Arthritis Educator.

## Help Required by the Salvation Army

*The Salvation Army believes in second chances and transforming lives.*

The Salvation Army is looking for a volunteer who has a full licence and can drive a Toyota HiAce van.

To enable their clients to get to work they supply transport to Dargaville and back daily. From time to time their regular driver is unable to drive for various reasons so they are looking for a driver who can be available at short notice to drive the van.

The driver will have to pick up the van at their yard at 6.00am and complete several pick-ups around town, then head over to Dargaville, leaving Whangarei around 7.00am.

**Pukeko Print & Design**  
FOR ALL YOUR PRINTING NEEDS  
We provide you with a range of print and design services.  
**Visit our website or call us today!**  
Phone (07) 577 9092  
[sharyn@pukekoprint.co.nz](mailto:sharyn@pukekoprint.co.nz)  
[www.pukekoprint.co.nz](http://www.pukekoprint.co.nz)



## ARMISTICE DAY - LEST WE FORGET

Lest We Forget is an epitaph used to remember those who have fallen in combat, and in November this will take on even more significance when the world celebrates 100 years since the end of World War I. The death toll in World War I was around 16 million people.

The Whangarei Returned Servicemen's Association will be placing 290 white crosses in the Field of Remembrance in front of the War Memorial in Laurie Hall Park. These crosses will bear the names of World War I Personnel from this district who did not return from war.

On Sunday 11th November marchers will assemble at the north end of Rathbone Street at 10.10am, with the march to the Cenotaph starting at 10.30am. The Last Post will be played at exactly 11.00am and the Remembrance Service will take about 15 minutes.

**Remember the 11th hour of the 11th day of the 11th month ~ Lest We Forget**

## 125 Year Celebration of Suffrage

New Zealand women won the right to vote in September 1893 thanks to Kate Sheppard and her band of women lobbyists who rallied with great determination. In 1891 more than 9,000 signatures were gathered, in 1892 almost 20,000 and finally in 1893 nearly 32,000 were obtained. On 19th September 1893 the then Governor, Lord Glasgow, signed the Bill into Law.

New Zealand was the first self-governing country in the world in which women had the right to vote. A great milestone for all concerned.

Kate Sheppard was born in Liverpool on 10th March 1847 and moved to New Zealand in the late 1860s. She still appears on our \$10 note and this in itself is a great honour.



# Future Committee Meetings

The final Committee Meeting for 2018 is to be held at the Kamo Club, Meldrum Street, Kamo, Whangarei on Monday 10th December.

Grey Power Members and members of the public are welcome as observers.

## Discount

### Regent New World Supermarket

This supermarket offers a 5% discount every Tuesday to all Gold Card Holders who make a purchase of \$40 or more at one time.

Note: You will be asked to present your Gold Card at the time of purchase.

I was always taught to respect my elders but it is getting harder all the time to find too many people older than me.



## Eat Well - Shop Smart

For Christmas  
Plan - Save - Budget  
A hands on workshop

Thursday 22nd or 29th November 2018  
9.30am to 1.00pm  
\$5 per person

Limited spaces (10 per course)  
Register by phoning (09) 437 6397  
Anglican Care Centre, 1 Mill Road,  
Regent, Whangarei

## New transport service for seniors in Whangarei

Freedom Drivers is delighted to announce a local service in Whangarei which includes a comfortable Wheelchair Accessible Vehicle (WAV). Gavin and Angela Barker offer a kind and friendly service and welcome enquiries.

"We're very excited to bring this service to Whangarei. We are available at peak times as we are not committed elsewhere and we also cover evening and weekends to enable our customers to attend those important social and family events," says business owner Angela.

"Our service is not just local either. Rural areas are covered and we are happy to do longer drives to Auckland or Hamilton."

Prices are comparable to (and often less) than a standard taxi but with lots of extras. Service is personalised to our client's needs with a convenient pick up and drop off at your front door.

Call Angela or Gavin today on 021 0226 1564 or 09 430 0139.

*Editorial supplied by Freedom Drivers*

## TRANSPORT YOU CAN TRUST



### Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

### Call Angela now!

For more information

09 430 0139 or  
0800 956 956



freedom.  
companion driving

www.freedomdrivers.co.nz