

NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

www.greypowernp.org.nz

QUARTER TWO 2019



Chaddy's
Charters

QUARTERLY MEETING & AGM:

Thursday 30 May 2019 at 1.30pm

St James Church, Lawry Street, Moturoa, New Plymouth

GUEST SPEAKERS: Rachel & Julie Evans TSB

Talk on Bank Fraud

GREY POWER NEW PLYMOUTH INC.

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Email: greypowernp@gmail.com

www.greypowernp.org.nz

Office Hours: 9am - 1pm Monday, Wednesday & Friday

COMMITTEE 2018 - 2019:

PRESIDENT: Chris Manukonga 758 0449

VICE PRESIDENT: Mary Perrott 755 0644

SECRETARY: Suzanne May-Gurnick

TREASURER: Chris Hinton

COMMITTEE: Louis Carter, Isabel Carter, Alison Brown, Caroline Symmans

ASSISTANT TECHNOLOGY: Bruce Carter

OFFICE MANAGER: Agnes Lehrke 769 9630

TRAVEL CLUB: Ian and Jill McKillop 757 5403

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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Presidents Word



Naumai haere mai. Welcome to this edition of Grey Power News letter for may 2019.

Recent changes implemented by the Council surprised us all as we no longer receive a print out receipt at parking meters unless you have the App. on your phone. Such is technology today.

Our thoughts are with the Waitara leaseholders ,who won't be able to raise a mortgage from the bank to purchase their sections freehold partly due to age restrictions. None will be evicted but they will remain leaseholders.

Grey Power is proposing to lobby government to give financial support to Councils to buy more units for the elderly.

Anyone willing to join the Grey power Committee can do so by completing the Nomination Forms provided in this News letter. The criteria is that you & your nominee are current members of Grey Power. A minimum of three and maximum of nine committee members fill the positions . Please think seriously of contributing to this venture for our Association .

See you at the AGM 1.30p.m Thursday 30th May.

Chris Manukonga (President)

5 Minute Chocolate Mug Cake

- For 2 small cakes:

1/4 cup sugar	1 large egg
2 Tbsp canola or other light oil	
2 Tbsp cocoa powder	1/4 cup self-raising flour
1/4 cup milk	1/4 tsp vanilla essence
pinch of salt	

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.

2. Non-stick spray two microwave-safe teacups or two 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.

3. Cover with a square of baking paper or a paper towel, then cook on High (100% power) for 2-3 minutes or until the centre of the cakes is firm.

Remove the cakes from the microwave, then tip them out of the cups/ramekins. Cool on a rack for a few minutes or enjoy immediately.



QuinLaw - Barristers & Solicitors

WORST LEGAL MISTAKES CLIENTS CAN MAKE

A list of common legal mistakes

1. Fighting with the parent of your offspring. You have so much to lose.
2. Disputes with your neighbour. The only full resolution is to move.
3. Buying a house without settling the one you own. Bank bridging finance is required when you cannot sell quick enough. I know you must have it, but just wait for once in your life.
4. Trying to get blood out of a stone. Ensure your opponent can pay up.
5. Fighting legal cases you cannot win. There may be other ways to beat your opponent and save the cost of legal fees.
6. Not calling a lawyer when you're arrested and trying to talk your way out of it instead.
7. Using a "Do it Yourself" Will. You can't even find your car keys most of the time.

At QuinLaw we have had first-hand experience of trying to administer "Do it Yourself" Wills. They often cause big problems. Please come to us for professional advice. Your Will is often the most important legal document for your family. They deserve it to be clear and relevant to your circumstances.

Editorial supplied by QuinLaw

For the MOST important decisions of your life see us

QuinLaw are dedicated to offering professional and cost effective legal services with a personal touch.

At QuinLaw "people matter"

- ✓ Estate Planning
- ✓ Wills and Trusts
- ✓ Enduring Powers of Attorney
- ✓ Sales
- ✓ Purchases



11 Robe St, New Plymouth

Phone: (06) 769 9687

Email: office@quinlaw.co.nz

www.quinlaw.co.nz





Grey Power Travel Club Report

Our 6 day trip around East Cape with Weir Brothers went very well; with a friendly bus load, kind weather and some fascinating visits and experiences: Such things as Kiwifruit Land, Natural Solutions (Manuka), feeding stingrays, East Woodhills Arboretum, the Cape Kidnapper's Gannets, the Hawkes Bay Express (art deco road train tour) and the old Oruewhero Homestead at Takapau (where the current owners have spent more than \$8,000,000 restoring it!). Next year our longer trip is proposed for Northland, probably in March 2020.

On 2 May we are repeating our Wanganui trip for the third year running, to accommodate those who have missed out on the previous two.

Our last two day-trips for this year are proposed for August (to Stratford and Dawson Falls areas) and October (to Inglewood and Bell Block locations). Both the GP Office and ourselves sometimes receive calls from people saying that they requested to join the Travel Club, but have never been rung regarding trips. In all cases we find that their names have not been passed on to June Worthington (our lovely Secretary/Treasurer), so Agnes Lehrke, the GP Office Manager, has been reviewing the 'process' with us and, hopefully, these occasional problems will be overcome for the future.

One point to remember, though, is that if Travel Club Members Grey Power Subs are not paid by 31 March each year, they are not eligible to go on our trips.



Ian & Jill McKillop

INCREASE TO NZ SUPER Payable from the 16th April.

\$632.54 each after 'M' tax. married couple.

\$822.30 each after 'M' tax. single person living alone.

\$759.04 after 'M' tax single 7 shared accommodation.

For full summary go to www.workandincome.govt.nz search for 'benefit rates 2019'.

Winter Energy Payments:

Commence from May 1st 2019 go 1st October .

Couples with dependent Children = \$31.82

Single people will get = \$20.46.

If away for more than 28 days inform MSD .

Grey Power New Plymouth Discounts:

Some discount businesses have been agreed to stay with us and offer discount.They are;

- Tukapa St Pharmacy 55 Tukapa St. N.P
- Care First Pharmacy ..99 Tukapa St. N.P

A REST HOME WITH SPARK Chalmers Home

20 Octavius Place, New Plymouth

Offering rest home, hospital and health recovery care.

Chalmers Home is more than just a rest home, it's an elder centred community that recognises older people as individuals and supports them in a way that's right for them. We offer companionship, choice, variety, meaningful activity, independence and fun.

Come and see!
Call us on (06) 758 5190

Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

AA Senior Driver

Keep your freedom and independence

AA Members aged at least 74 are eligible



Book a FREE in-car coaching session

AA Motoring Driving School

New Zealanders love to drive. Cars are our main form of transport. For those who have had their driver licence for many years things have changed dramatically in the road safety landscape. The roads are busier and more complex and vehicles are quite different now.

The AA wants to keep senior drivers safe, confident and independently mobile for as long as possible, so we're offering a FREE, 1 hour coaching session to AA Members aged 74 plus.

This is a relaxed session with a friendly AA Driving Instructor in your own vehicle.

FREE coaching session

To book now:

Call 0800 223 748 or Visit aa.co.nz/senior-driver

Conditions apply, see website for details

The coaching session covers:

- Vehicle Check
- Cockpit drill
- Friendly and relaxed check of your driving style
- Communicating and signalling
- Car Control
- Hazard identification
- Tips, hints and feedback



The AA Senior Driver coaching session is a great way of checking up on your safe driving skills and road rule knowledge. In the event that your doctor requires you to complete an official on-road safety test the AA can help you with this.

The Bagpiper

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life.

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologised to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before, for this homeless man.

And as I played "Amazing Grace", the



workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

Apparently, I'm still lost ... it's a man thing.



SeniorNet New Plymouth

ARE you over 50?

Do you have a laptop, a phone, a tablet?

Do you want to learn how to use such equipment?

Or could YOU HELP someone else to use their equipment?

For details contact our office

Now on Ground Floor, Senior Citizens Rooms, 27 Liardet Street, New Plymouth.

Phone 06 - 759 4979

Email: seniornetnp1997@gmail.com

Help with keeping your home warm and dry



Winter is just around the corner and soon Mt Taranaki will have its winter blanket on.

NPDC can help ratepayers to heat or insulate their homes to keep the cold weather at bay thanks to the Home Energy Scheme.

You may be eligible to apply for up to \$5,000 for clean heat products or \$2,600 for installing insulation, paying this back through your rates with up to nine years to pay (T&Cs apply).

For more details and to see if you qualify for the scheme, call us on 06-759 6060 or go to newplymouthnz.com/Council/Sustainability/Home-Energy-Scheme.



Stay fit this winter

For those wanting to stay fit and get out and about this winter, the Todd Energy Aquatic Centre has an awesome variety of classes for the older community. It offers 50s Forward gym classes and shallow aquarobics every Monday, Wednesday and Friday at 9am-10am. These low impact classes are designed for older people, followed by a cup of tea or coffee. Those over 60 and Supergold card holders get 50% entry for swimming and there are also discounted gym concessions. Aqua jogging is also a great exercise as there is no weight on the joints.



Nominate a local legend

Do you know a local hero who goes above and beyond the call of duty for their community? Almost everything that's great in our District has a great person behind it. If you know someone who's done something awesome and you think they deserve a pat on the back, then tell us about them so they can be nominated for a Citizens' Award. Nominations are open now until 12 June and can be submitted via an online form at newplymouthnz.com or pick up an application form from the NPDC customer service centre, Civic Centre, Liardet Street.

Grey Power New Plymouth Annual General Meeting Committee Nomination Form:

Name of Nominee :	Membership number:	Signature of Nominee :
Proposer 's Full Name :		
Seconder's Name		

The nomination forms are not voting forms. You are putting forward names of those who have agreed to stand for Committee. From your nominations, a ballot listing will be formed for your election at the AGM. The election will take place at the Annual General Meeting. It is best to fill in the form and send it in to the Grey Power Office BEFORE the AGM please. You and your Seconder may nominate as many as you wish. They must be Grey Power members with renewal of membership. Complete and send in no later than the 29th of May 2019. Many thanks.

What is required of member of the Grey Power Committee ?

1. That you are a financial member .
2. That you wish to be an active participant on the committee , including taking on a portfolio of responsibility.
3. That you will attend the monthly meetings.

Guide Lines are available for any potential member standing . We need your support for the future of Grey Power New Plymouth.

MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 21/117 Powderham Street, New Plymouth 4310
www.greypowernp.org.nz | Email: greypowernp@gmail.com | Ph: (06) 757 5885

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

Membership: New Member Renewal Membership Number: _____

Type: Single (\$15) Dual (\$25)

MEMBER DETAILS:

First: _____

Second: _____

Postal Address: _____

Post Code: _____ Phone Number: _____

Email Address: _____

PAYMENT DETAILS:

Subscription \$ _____ Donation \$ _____ Total \$ _____

Do you wish to register with our travel group? Yes No

Do you wish to resign from the travel group? Yes No

Are you a member of Grey Power Electricity? Yes No

NOTES: Please return a completed form with every application.

Payments may be made by eftpos, cash, cheque at our offices, or internet banking into our bank account.

Online Account: 153948 0007390 00. Please ensure your name and membership number appears in the reference section of the form.

A stamped addressed envelope with postal applications would be appreciated.

Office use only

Date Received _____

Card Issued _____

Expires _____

Amount _____

Bank Cheque _____

Date on Computer _____

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FREEPHONE 0800 751 000

Central Audiology New Plymouth have moved!

Hearing plays a pivotal role in our everyday lives. When faced with a hearing loss you could find yourself missing out on so many things like; missing conversations and losing connection to loved ones but you don't have to anymore. Our team of experts at Central Audiology are dedicated to helping you achieve healthy hearing, so you can enjoy everything life has to offer!

With 20+ years of experience working in the Taranaki region, Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. In fact, we are the longest operating and 100% independently owned and operated audiology practice in the region. Being independent, we are not aligned with any one brand of products so you feel empowered to make your own choice about what is right for you. We have one of the largest supplies of hearing products giving you a wide range to choose from which we can tailor to your unique needs and preferences.

We provide the best in hearing care with the most recent technology, based on the latest research. We ensure you are given the utmost care and respect as soon as you set foot through our doors. That's why we have moved our New Plymouth clinic to a newer, easy to access building located in the heart of the city that has everything we need to give you the most comfortable experience possible.

Call us today on 0800 751 000 and book a free hearing check so you can start enjoying the sounds of life.

We're here to help.

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 31/03/2019 on it, then yes you need to renew your subscription.
Find the application form on Page 7 of this newsletter and fill it in. Payment methods are at the bottom on the left hand side.

**NEXT
MEETING
29th August
2019**

YOUR QUARTERLY NEWSLETTER FROM GREY POWER NEW PLYMOUTH

