

**NEW PLYMOUTH**

# GREY POWER

**50+ NEWSLETTER**

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

QUARTER FOUR 2020 - SUMMER

## **GENERAL MEETING**

**Thursday 27th November 2020 at 1.30pm**

**St James Church, Lawry Street, Moturoa, New Plymouth**

**GUEST SPEAKER:** Lydia Rae TDHB, Community Health Integration Centre



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**COMMITTEE 2020 - 2021:**  
**PRESIDENT:** Wally Garrett 7550 988  
**VICE PRESIDENT:** Alison Brown 7588 040  
**TREASURER:** Val Armstrong  
**SECRETARY:**  
**MINUTE TAKER:** Mary Perrott  
**COMMITTEE:** Caroline Symmans, Agnes Lehrke, Kathy Sutton, Rob Baigent- Ritchie, Colin Kilpatrick, Loius & Isobel Carter, Jim Sutherland.  
**TRAVEL TEAM:** Wally Garrett, Val Armstrong, Pam Burkett, Agnes Lehrke.

**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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The answer may be with a Seniors Loan, sometimes referred to a reverse mortgage. We could install solar with batteries into your home and reduce your power bill by up to 70% (sometimes more) without you paying any upfront costs.

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Call FREEPHONE  
0800 PV SOLAR (0800 787 652)  
or go to nakisolar.nz and click on the Finance tab



## Presidents Word



On behalf of the New Plymouth Grey Power Association I would like to offer our sincere condolences to Joanne Manukonga and family on the recent sudden passing of Chris, the Associations Immediate Past President.

Chris did a sterling job whilst President, and was well respected within Grey Power for the acumen that he brought to the role.

On a personal note I'm married to Barbara, we have two adult daughters and four grandchildren. We have lived in New Plymouth since 1977.

Following on from the AGM in August, the President, Vice President and Secretary positions were left vacant. Val Armstrong was re-elected as Treasurer at the AGM.

At the subsequent Committee meeting in September, I was appointed President with Alison Brown taking up the Vice-Presidents role. Mary Perrott has taken on the role of Minute Taker for the committee meetings.

Welcome to Kathy Sutton, Rob Baigent-Ritchie, Colin Kilpatrick and Jim Sutherland all of whom have joined the Grey Power Committee for this upcoming year.

Grey Power, in conjunction with Positive Ageing, hosted a meet the candidates forum in early October. This was well attended with a wide variety of responses to questions from the candidates as was expected.

The Travel Group is working well and I had the pleasure of joining in on the last trip to Whangamomona and District. I can only encourage those that are interested, to book in early, and get your trip paid for to avoid missing out.

At the time this newsletter goes out, I will be attending the long deferred National AGM in Auckland. I feel that it is important to have a presence there, and to be able to vote in regards to the selection of the National President, where there are four very good candidates. There are also numerous remits that will be discussed and decided on at the AGM.

With the COVID-19 pandemic still swirling around the world, we all need to be mindful of its implications for us all, and not let complacency set in. We are not especially immune here in New Plymouth.

*Wally Garrett (President)*

## Ironside History

(As pictured on the cover of this newsletter).

Early in 1975 a group of interested people, headed by Bruce McIntyre, formed a committee to raise funds for a specialised vehicle to transport disabled persons . Following a visit to the United States by Chris Carter and his family the group decided to call the Society after the Popular T.V. programme, Ironside, featuring Raymond Burr.

A telephone appeal was the first attempt at raising the \$35,000 to purchase the first vehicle. The hospital board felt the money raised would be better used for other services for the disabled within the Hospital.

In October 1977 the first modified Bedford van was commissioned by the Society. One driver/organiser was employed, Mr Les Kay.

In 1984 a second Bedford was purchased and modified in Stratford.

The cost of the hoist was \$2,500.00. These vehicles had to have the roofs cut off and lifted to give reasonable head room. As well as seats, windows and of course the all important hoist for the wheel chairs. At this stage fund raising was at its height with the President, Chris Carter and the driver running weekly meat raffles at Cobb & Co. This and the donations received from those who used the service were all that kept the service going. We had no Government or contractual income what so ever. In spite of this we have always managed to pay the bills and wages while never having to have an overdraft. Not bad for a service that was not needed. The finances were ably handled and managed by Mrs Beryl Lawrence up until her passing in 2010 . She was a tireless worker for the Society and kept us all on our toes.

In the early 1980s, Willy Still gave a section of land in Borrell Ave to the Society to build a permanent garage for the now two vehicles. \$11.000 was raised, by the Committee, and a Skyline garage was built on the site. This has since been modified and now houses 4 vehicles, the office and a kitchen, lounge for the drivers and office person. We actually now rent an adjacent building for our larger additional vehicle. The owner of the complex Graham Blackstock, actually had to modify the building to house the VW as it was higher and longer than our other vehicles, which meant raising the shed and extending the length the fit it in.

Up until a few years ago the Society had no direct outside funding and had to rely on fundraising and donations. We currently have 4 Toyota Vans and one VW Krafter, one of which is used as a back up when other vans are in for service or off the road for any reason. All of our vehicles are automatic to provide a smoother ride for the passengers and to avoid the wear and tear on the gearbox .

You would think after 39 years of operation with the same phone number that everything would work like clockwork, don't you believe it. In the 2012-13 Telecom publication you could not find our office number listed. I spent most of a day trying to find out why and who was responsible. After a lot of passing the buck I did get and apology of sorts and offered \$100 dollars compensation. Big help.

We are now the only registered Total Mobility organisation with wheelchair access, in North Taranaki (apart from some of the City buses) and as such most of our private transport is subsidised by the Regional Council. They also assist with the fit out of the new hoists to the tune of a maximum of \$20,000 and an annual survey of the hoists which is carried out by a local firm, Meco.

We provide a door to door service for the TRANSPORT DISADVANTAGED not just wheelchair patrons and the elderly, although they are our base transportees. The service is available between 9.30am and 2.30pm for the general public and weekends for special occasions. All transport must be pre booked .

Written by *Max Reesby*. (Abridged for news Letter)

### Fund Raising For Grey Power New Plymouth:

Would you like to be part of a team of fund raisers for Grey power. ??? There are a few keen to get going and a few more to add to their enthusiasm would make the mix so much better. Working as a team is energising and fun. So give it a go. Various means of fundraising keep it fresh and going .

We had a trial run with Sausage Sizzles. It was great & good results financially. So come and join in.

Why not ring the office for further information and what is entailed.

Thank you Agnes. 757 5885.



Memorial Notices



**Christopher Manukonga**  
Aue,aue,aue.  
Grey Power President from  
May 2017-August 2020.

Chris passed away suddenly  
early September 2020 leaving  
a much loved wife and whanau  
stunned by the suddenness of this sad passing.

We, the Association members of Grey Power want  
to acknowledge Chris as a gentleman who lead his  
New Plymouth Association in a quiet and unassuming  
manner and was proud to do so. Thank you Joanne  
for supporting Chris in his presidency role. We offer  
our sympathy and support in your time of grief and  
loss - me te pouri tino nui.




**Roger Catlin**  
President of Grey Power  
2015-2017

Roger also died earlier this year  
after suffering a lengthy and  
debilitating illness.

This illness crippled Roger and  
destroyed most of his abilities to communicate. The  
very area Roger excelled in. Sadly we haven't been  
able to experience any type of gathering to express  
our grieving because of Covid and other circumstanc-  
es, but we do miss this brilliant man with his ready  
wit and delightful humour.

Arohanui Roger – until we meet again.



**SeniorNet New Plymouth**

**It is with regret that we give formal notice that  
SeniorNet New Plymouth is closing down.**

For those Grey Power members and other people in  
our community looking for help with their laptops,  
phones and tablets we recommend that you contact  
your local library - their services are free. Alternatively  
if you are already familiar with using a computer we  
recommend the gcflearnfree website for its great  
collection of learning programmes.

*Go to [edu.gcfglobal.org/en/](http://edu.gcfglobal.org/en/) click on the word  
topics in the top right hand corner of the page and  
it will take you to a good list of subjects.*

Specialised Smoke Alarms  
for People with Hearing  
Impairment

With winter upon us and heaters and fires blazing, it's  
an appropriate time to share some information about  
specialised smoke alarms for people with a hearing  
impairment.



All conventional  
smoke alarms  
in NZ emit a  
high-pitched  
sound which  
can be difficult  
for people with  
age or noise  
related hearing  
loss to hear,  
especially when  
their hearing aids  
are removed at

night for sleeping. Specialised smoke alarms look like  
conventional alarms however they transmit, via radio  
waves, to a receiver  
by the person's bed.  
The receiver can vary  
in function however it  
always consists of a  
bright strobe light with  
an attached shaker  
which is placed under  
the pillow giving people  
early notification of  
smoke/fire in their  
home.



If you, or someone you know has a hearing loss it  
could be worthwhile checking if they can hear their  
conventional smoke alarm especially during the night.  
If not please contact Life Unlimited Hearing Therapy  
for a free assessment. Our hearing therapists are  
qualified assessors for this specialised equipment.  
There is some funding available where specific  
criteria are met. Fire and Emergency New Zealand  
(FENZ) are also involved in the assessment and  
installation of these smoke alarms.

**Ph 0800 008 011 or email  
hearing@lifeunlimited.net.nz  
for further information.**

Investing in 2020: Every cloud has a silver lining

**It's easy to feel overwhelmed by  
negative headlines and doomsayer  
predictions, but history teaches  
us good times usually follow bad.  
And bad times have often been  
the catalyst for a step change in  
research, discovery, and innovation.**

Past pessimists have predicted the world  
running out of food and energy ('peak  
oil') due to the uncontrolled growth in the  
global population. In both cases, advances  
in science and the application of new  
technology provided solutions so that  
today we have access to more food and  
sources of energy that we can consume.

It's probably no coincidence that the  
1918 Spanish Flu pandemic was followed  
by significant advances in healthcare,  
sanitation, and hygiene during the 1920s,  
culminating in the discovery of penicillin  
in 1928. Today billions of dollars are being  
poured into possible solutions with a  
level of global cooperation in the sharing

of resources and information rarely seen  
before. A side benefit of all this research  
could be new treatments for existing  
diseases as well as viruses in general.

The coordinated global response to the  
pandemic will also affect other areas in  
our lives. Remote working and living, and  
technology to offset the impact of social  
distancing will continue to evolve. Today we  
have robots working on production lines,  
stacking shelves in warehouses, and loading  
trucks for distribution. And drones are now  
starting to deliver packages, allowing the  
trucks to remain on main roads rather than  
having to detour into more suburban areas.





Today's technology revolution, utilising  
ultra-fast connectivity combined with  
Artificial Intelligence (AI), will not just  
replace the physical challenges of our life,  
but will also allow machines to think for us.

The risk for investors is chasing the 'next  
best thing'. Headlines often seduce us with  
the latest tech breakthroughs or progress

reports on the testing of new ideas. Good  
and bad news comes and goes as part of  
the investment cycle. Be informed and  
seek advice where necessary. At Forsyth  
Barr, our Investment Advisers are available  
to help you identify and navigate the  
opportunities change always provides.

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to arrange a meeting to discuss your  
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email [kayvon.smart@forsythbarr.co.nz](mailto:kayvon.smart@forsythbarr.co.nz),  
call (06) 757 6000 or visit the Forsyth Barr  
office at 135 Powderham St, New Plymouth.**

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DILLON O'SULLIVAN      MICHAEL FISHER      NEIL TERNOUTH      LYNDSAY MUSSEN

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Digital Exclusion

On the 1st of September Ewan McDonald of the N.Z. Herald wrote an article on Digital Exclusion. The well written article says “Too many seniors are still uncertain of the internet which can even affect their health”.

During the Covid 19 lockdown this proved to be so true as the level of communication available to those seeking to contact these seniors and isolated people was very difficult.

Other than the phone, there seemed no other means of communication. Visits although another form of contact, proved out of reach for those good Samaritans doing their best to contact and reassure the isolated and needy.

All depended on the individuals to make contact somehow with others, which many did.

We are in a day and age now when cheques are disappearing and most banking activities seem to be by joining the digital world. Where does this leave those unable to do this? There is perhaps your relatives even or close friends, to assist with or use of the telephone banking.

There are banks who will accept phone business. Banks who still will take over the counter transactions. But these banks are few. Recently I discussed this concern, with our TSB Bank to discover that Seniors can use phone Banking and can also use the option of visiting the bank to use the individual banking area to discuss business and transactions in person on a one to one basis. TSB do not have a determined date or time to be ceasing cheques.

For those who wish to join the digital system there are places to attend for training. Computer Access Centre Trust, 44 Liardet St N.P. 759 2149 (Free Tutoring). Your local library also has a free service. Or if you are already familiar with using a computer you can try the gcflearnfree website for a great collection of learning programmes. Go to edu.gcfglobal.org/en/ click on the word topics in the top right hand corner of the page and it will take you to a good list of subjects.

I do hope that you feel able to contact Grey Power with any issues you may need assistance with and we can provide advice and effort to resolve these with you, our members. We are your Advocates, that ‘s what Grey Power stands for.

Agnes

Life Unlimited Hearing Therapy Services provide Free National Adult Aural Rehabilitation Services for NZ citizens and permanent residents aged 16 years and over.



Services are provided under a Ministry of Health contract. The Hearing Therapists are members of HTANZ, are NZQA trained and are accredited assessors for Enable/accessable and ACC.

- They are able to assist with:
- Hearing Evaluation – including Pure Tone Audiometry screening and needs assessment with onward referral when appropriate.
  - Cochlear implant – initial needs assessment, information on, and rehab pre and post fitting.
  - Tinnitus Management - advice and practical help.
  - Meniere’s – information and help.
  - Hearing Aid Management - helping clients to manage and use their hearing aid(s) more effectively.
  - Assistive Devices – demonstration and information e.g. telephones, TV, radio listening devices, specialised fire alarms, etc.
  - Discussion on funding options available to clients.
  - Improving communication skills - in family, work, recreation and social situations.
  - Workshops - for people with a hearing impairment and or their communication partners. We also provide information to groups and organisations about hearing impairment and preventing hearing loss.

HTS local clinic: Taranaki Disabilities Info Centre  
28 Young St. New Plymouth | Phone:0800 008 011  
Email: melitap@lifeunlimited.net.nz  
Other areas visited by this clinic Monthly- Waitara, Hawera



back on our feet

\$20m package helping residents and local businesses



Some 11 building owners in New Plymouth, Waitara and Inglewood are on their way to seeing their properties get a makeover thanks to the Main Street Fund, helping to bring in shoppers and tenants. Property owner John Shewry says: “Many businesses have had a hard year this year, so it’s great to see NPDC helping to renew and reinvigorate our main streets.”



We’ve been helping to keep tradies in work making residents’ homes warmer and greener thanks to the \$7.5m expanded Home Energy Scheme. The number of approved applications for low-cost loans trebled from July to September to 93 compared to 30 for the same time in 2019. Taranaki Solar director Tony Pope says: “NPDC has done a great thing in supporting local businesses.”



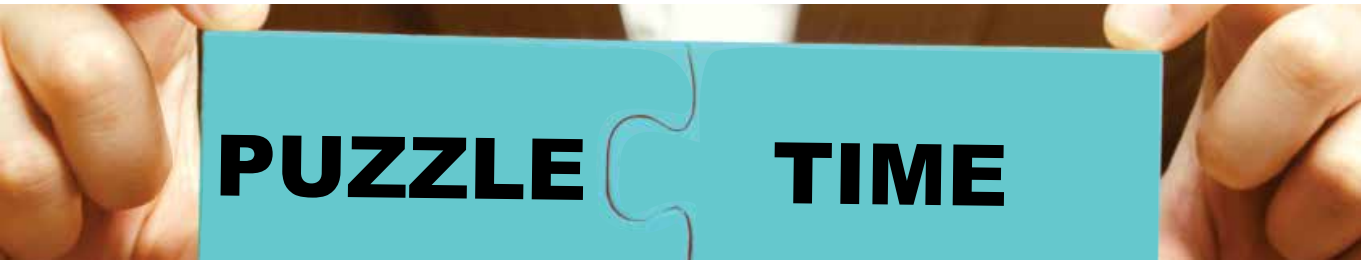
We’ve dropped or slashed a huge range of fees and charges to provide much-needed help for local businesses hit by the Covid-19 downturn. We’ve cut the cost of doing business for cafes, restaurants and hairdressers as well as those planning to build a new home. Big Jim’s Garden Café owner Shani Benton says: “It’s provided a big boost and thanks to the Council for their help.”



Additional \$450k funding for the district’s community groups has been a lifeline to many organisations making a huge contribution to elderly or vulnerable people. This has included \$8,500 for the Hearing Dogs for Deaf People. The charity’s general manager, Clare McLaughlin, says: “The money has helped Hearing Dogs to continue to exist and provide life-changing dogs for deaf people.”







Raptor Search

V	C	A	R	N	I	V	O	R	O	U	S	H
B	R	O	A	D	W	I	N	G	S	M	P	V
U	R	O	S	R	E	T	I	P	I	C	C	A
Z	M	N	G	G	Z	T	A	L	C	A	T	N
Z	E	B	R	I	S	O	L	I	T	A	R	Y
A	Z	A	I	L	U	F	R	E	W	O	P	P
R	L	Q	S	R	S	H	R	M	N	O	S	S
D	L	L	P	B	D	E	L	S	E	U	R	A
S	W	D	B	O	U	O	L	D	F	O	E	M
O	Q	U	I	E	T	T	F	G	S	Y	T	E
F	T	H	A	W	K	S	E	P	A	X	N	I
S	N	O	C	L	A	F	R	O	R	E	U	R
E	H	A	R	R	I	E	R	S	S	E	H	E
T	C	W	Y	F	Y	F	X	E	M	E	Y	S
I	S	K	A	E	B	P	R	A	H	S	Z	S
K	V	U	L	T	U	R	E	S	T	P	V	E

- ACCIPITERS
- BIRD OF PREY
- BROAD WINGS
- BUTEOS
- BUZZARDS
- CARNIVOROUS
- EAGLES
- FALCONS
- HARRIERS
- HAWKS
- HUNTERS
- KITES
- LARGE
- OSPREY
- OWLS
- POWERFUL
- QUIET
- SERIEMAS
- SHARP BEAKS
- SOLITARY
- VULTURES

	8	2	3			7		
4				5	9	2		
	3					8		9
					1			5
				7				
2			5					
1		5					7	
		3	9	2				1
		9			5	4	6	

**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)

2	2	6	4	5	3	1	6	7	8
1	8	5	7	2	6	3	4	9	
3	7	9	8	9	4	5	2	1	
7	4	1	3	6	5	8	9	2	
8	6	9	4	7	2	1	5	3	
5	2	3	1	8	9	4	6	7	
6	1	8	2	4	7	9	3	5	
9	3	2	6	5	8	7	1	4	
4	5	7	9	1	3	2	8	6	

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PROPERTY SHARING

With house prices rising and the shortage of available housing it is becoming more common that individuals are coming together to buy a house. That is individuals who are not necessarily in a relationship. We know that some people are looking at their assets and deciding to share them, not necessarily just having flatmates but actually sharing in the capital value of their property. This may involve siblings or different generations in a family, for example, we have instances where a grandchild has the ability to pay a mortgage and the grandparent has the capital and they enter an agreement to purchase a property which neither could afford on their own. That property can be owned in different shares or in any kind of share arrangement that suits the parties.

Ideally, of course there would be a written agreement. There are all kinds of different conditions we can put in so for example, if the grandparent is providing all the capital then the parties might agree that the grandparent's contribution should be capitalized at a rate of interest by agreement (e.g. identical to the grandparents' bank's one year fixed lending rate).

The agreement should also then cover who is paying and for what. Who pays for electricity, gas and telephone, insurance, rates, and general maintenance?

The parties to the agreement have to turn their minds to what happens if there was a major repair,

such as a roof or a wall, and how that is to be paid. Improvements to the property can also be addressed in the agreement.

Of course, one of the vital parts of this agreement is how does one party sell their share. Do they sell to the other party or is the property put on the open market? We can put in processes and address these issues. We also put in dispute resolution clauses and how any improvement/increase in capital is to be shared.

Over the years we have dealt with many different and various combinations of family/friends/ex-partners. They have had all kinds of conditions, shares of property and requirements.

Each agreement is completely individual to the parties because their interests, assets etc differ.

We also do similar but not identical agreements if a family member is building a small home on their relatives' property. These agreements are also always unique. Sometimes the older person or the disabled person has money to put in, sometimes they do not, sometimes they only have a little. Here we need to address what is going to happen if the relative needs to move on or if they fall out, or die. We go through every possibility with you to come up with something that will be robust enough to work with whatever your changing circumstances become. It is like looking into a crystal ball to see what problems there could be and as lawyers in these situations, we are pleased for our client that they have got a new solution to a particular

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housing need and they also need to have some reality checking, which we will do. We also have to discuss with you each negative possibility and how you and the other parties wish to arrange your affairs to deal with those situations that may arise.

Always interesting, every situation is different and we enjoy working with you to meet your unique needs.



# Changes to N.Z. Super and Veteran’s Pension

From November the 9th 2020, the Government is making changes to N.Z. Super and Veteran’s pension. The changes aim to simplify Superannuation in New Zealand and is a move towards treating people more as individuals. This means people’s payments would depend more on their own situation, instead of their partner’s.

**Closing the option to include a non-qualifying partner.** Currently, some people getting NZ Super or Veteran’s pension can include their partner who doesn’t qualify because of their circumstances. Any income either person earns can affect their payment. From 9th November 2020, people won’t be able to include a non qualifying partner in their payments. Instead, their partner would be able to apply for other kinds of assistance. If they need financial support, please encourage them to contact MSD on **0800 552 002**

If your partner is already included in your payment NZ Super or Veteran’s Pension, on November the 9th they’ll continue on as before unless circumstances change.

**Overseas Pension Deductions.** Currently overseas Pensions can affect your Super or pension payments. From 9th November 2020, this will no longer apply. This will help recognise you as an individual with your own entitlement to Superannuation.

For other changes, affected people will receive a letter from MSD to explain changes.

*Diane Turner* | Director, Office for Seniors.

## TIPS TO HELP WITH ANXIETY ATTACKS

Look around you.

- Find five things you can see
- Four things you can touch
- Three things you can hear
- Two things you can smell
- and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

**Historical Tour of New Plymouth :**  
Did you know that in 1860, New Plymouth was a fenced City. Did you know that there were 7 forts around the city?  
Did you know that some streams and swampland was set aside by our city Fathers and not designated conservation wetland but for another beneficial purpose?  
Do you know where the first settlers set foot on dry land in the place called New Plymouth?  
If you would like to know the answers, or even if you already know them, join us for an enjoyable tour around our beautiful city.  
Gain all the rest of the info and enjoy a tea & lunch with great company on the tour.

**11th March 2021.** The tour will be lead by historian Mrs Jill Mc Killop. To Enable booking contact 021 02298 721 Agnes or Val 027 289 1810

**Mokau Travel the 5th November**  
We will travel to Mokau. On route visit the Tongaparutu sea side village. The three Sisters & Elephant Rock. Learn the history of the area. Time to Appreciate the landscape. Dine at White Bait Inn. On to the Museum with it’s interesting history. Learn about the latest ventures of Mokau.  
Return to the Uruti Valley. The Last of the Samurai Setting up the valley. On to the famous Green Shed farm with it’s crafts, herbs and animals. An attractive Tourist venue. Return home late afternoon.  
A wonderful day out . All for \$50.00. Let’s join in!!!!

**Travel for 2021:**  
Historic Tour of New Plymouth: 11th March 2021.  
Palmerston North & surroundings: ? June 2021.  
Te Popo Gardens & Pioneer Village: ? September 2021  
Otorohanga & Waitomo Caves: November 2021.  
All Payments for trips to be made three weeks prior to trip date please.

**REMEMBER YOU ARE NOT BOOKED UNTIL PAYMENTS ARE MADE,** Thank you.  
Payments cannot be made with eftpos but with Cheque, right cash, or by Direct Credit to Bank Account... 153948 000 7390 01 Reference with Surname & trip. (e.g Peters, Mokau)

*We look forward to having you join us on some of these ventures.*



Well, what a wonderful day out for the Grey Power Trip to Whangamomona on the 2nd of September. A full bus load and wonderful narrative about the history of the area from our very competent bus driver Callum of Weir Bros.

A drive through several very narrow tunnels all dug by hand with pick and shovel which had gasps from one of the members who had visions of being stuck in there. Morning tea at the Strathmore gardens, a lovely prepared lunch at the Whangamomona Hotel accompanied by a talk on the history and area by the owner, a stroll along the charming old road that still has the character of the years gone by and then onto the Mt Damper Falls, where a 10 minute walk to reach them was a challenge for some.

However the effort was well worth while and from one of the lookouts the waterfall looked very spectacular. It was then homeward bound over Mt Messenger another tunnel and back to New Plymouth after a very satisfactory day out.







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### A GREAT WAY TO BEE

Bee Card is your new bus card that will make travel by bus easier and smarter.

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From **19 OCTOBER** you'll need your SuperGold Concession loaded onto a Bee Card in order to keep enjoying free off-peak travel on the buses.

### FREE TRAVEL WITH YOUR BEE CARD

Once you've loaded your SuperGold concession onto your Bee Card, you can continue to enjoy free travel on the buses between 9am and 3pm and again after 6.30pm on weekdays, and all day on Saturdays.

With Bee Card, you simply tag on and off the bus. You won't have to show your SuperGold Card to the driver, making boarding easier and faster. You can also load money onto your Bee Card, so if you do travel outside of the free hours, you won't need cash.

BEECARD.CO.NZ

### GETTING STARTED

Getting a Bee Card is free for a limited time.

Order online and have your Bee Card posted to you. Otherwise you can pick one up from any of the locations listed on the back of this leaflet.

**Bee  
SORTED**

Just three simple steps and you'll be all ready to go:

- 1 Go to [BeeCard.co.nz](http://BeeCard.co.nz), create an account and order your Bee Card online. You'll need to enter the client number from the back of your SuperGold Card.
- 2 When you receive your Bee Card in the mail, go back online and activate your card.
- 3 Start using your Bee Card!

NOTE: If you get your Bee Card from a customer service point, you'll still need to go online and create an account to have your SuperGold Concession loaded onto your card.

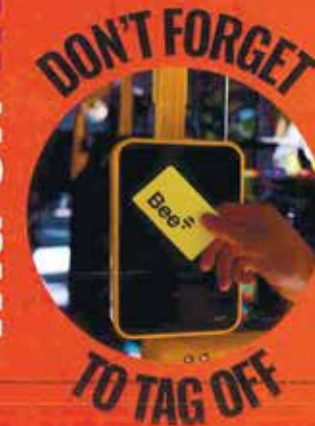
Terms and conditions for the Bee Card are available at [BeeCard.co.nz](http://BeeCard.co.nz)

Bee

**TAG ON TAG OFF**

Use your Bee Card to tag on and off the bus. Wait for the beep and the green light, then you're ready to go.

When you've reached your destination, do the same again to tag off. If you don't tag off, you may be charged a default fare.



Order your BEE CARD online or pick one up from the Customer Services Points:

- Puke Ariki i-Site
- Waitara Library
- Bus Centre, Ariki Street
- Tranzit, Sunley Street
- Bell Block Library

If you cannot register your card due to not having an email address or internet, there is a form available so that the Council can create the bee card account for you, just pop into one of the outlets lists above.

### QUESTIONS:

Email the Transport Team at: [transport@trc.govt.nz](mailto:transport@trc.govt.nz)

Message on Facebook: [taranakipublictransport](https://www.facebook.com/taranakipublictransport)

Call Taranaki Regional Council between 8am-4pm weekdays on 0800 BEE TRC (0800 233 872).

**Find out more at [Beecard.co.nz](http://Beecard.co.nz)**

If any members would like to travel around the Pukekura Park in the evening to view the lights, please let us know so we can book the buggie.



The buggie takes eight passengers and costs \$5.

A great way to view the lights from the security of a buggie ride.

Please ring the office or 021 0229 8721.

### Lab Service on the Move

Big changes are in the air for Taranaki's Laboratory services, with a change in Location and ownership.

After seven months of operation Taranaki Patholgy Services has been sold by Australian owned Healthscope to the NZ Super Fund and the Ontario Teachers' Pension Plan Board, which will each take a 50% per cent stake. It was announced in July 2019 that Taranaki DHB had selected Healthscope for its community Laboratory and pathology. This set up Taranaki Pathology Services to take over from Med Lab. This service has been operating since February and opened a new facility in Paraite Road in Bell Block.

This central Pathology Service will be changed to a new site on Gill Street by January 2021.



When a kid says "daddy, I want mommy" that's the kid version of "I'd like to speak to your supervisor" 😂😂😂

'It's just too hot to wear clothes today,' Jack says as he stepped out of the shower. 'Honey, what do you think the neighbours would think if I mowed the lawn like this?' 'Probably that I married you for your money,' she replied.

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



Retired and still rocking?

In the 1950s, guidance counselors recommended that students throw away their rock albums, which Frank Sinatra condemned as ugly and vicious. But did they do it?

Some research suggests that seniors are still rocking to the bands of their youth.

Seniors have lived through explosive musical changes. Influenced by the crooners of the 1940s and 1950s, to the early bluesy rock of Elvis Presley and into the rock band era of the 1960s and 1970s.

One of the main reasons these huge musical movements exist is technology. Radio brought music to the masses. Vinyl records allowed us to choose. Cassette tapes and CDs were portable. And, finally, internet-based music allows consumers to transport, choose, and mix it up.

Some studies say musical tastes change with age. A 2013 University of Cambridge study of data from 250,000 people over 10 years shows that musical tastes shift in line with life challenges.

Adolescents like intense, aggressive, loud, distorted and rebellious music as they struggle to find an identity and overcome frustrations.

Young adults prefer romantic, positive and danceable music as they search for love. In this stage, music is part of the search for intimacy, according to Science Daily.

By middle age and later, people search for relaxing, emotive, and more sophisticated (or complex) music.

On the other hand, smaller studies by online music companies found that people reached their peak music experiences around age 24 and stopped experimenting with music around age 30.

That means seniors may still be rocking out to the bands and voices of their youth.

According to a 2001 study by National Institutes of Health, listening to your favorite songs can give your brain a big dose of pleasure.



New Discounters

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New Plymouth 4373  
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Anti Virus Protection:

Remember the old adage,  
“If it looks too good to be true – it usually is!”

Don’t rush in to open an attachment. Take time to think about it. Common sense is important. Windows 10 has built in protection with Windows Defender.

You can also install a third-party programme free or paid for, but you must have only one of these programmes. Look for advice at Anti Virus Protection and Advice.



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

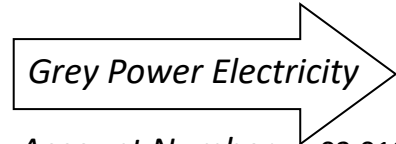
Renewal of Subscriptions: OFFICIAL NOTIFICATION

Take your membership card and check the date of expiration.

Name:  
Number:  
Expires: 31.3.20

This is when your renewal was due.  
Subs due date was extended to May 31st 2020 because of Lockdown. Our friendly reminder is that these subs are well overdue now. Please contact the office if there is a problem and we will help collect them for you if necessary. Thank you

You can pay by ; Cash, Eftpos, cheque or Direct Credit, our Bank number is 153948 0007390 00 When paying by Direct Credit, please use surname and membership number in the reference section, or surname and phone number if new, so we know who is paying. So **PLEASE pay punctually**, the association survives by your subscriptions. Thank you. We’re the cheapest Subscription fees in the country. So let’s be the best at fulfilling this obligation please. Well done to those already paid.....Agnes.



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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) ☐ Office Open: Monday - Wednesday - Friday - 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 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.

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## Central Audiology Taranaki

Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. With over 20 years of experience working in the Taranaki region, we know and value our customers and community.

We're the only 100% independently owned and operated audiology practice in the region with the largest supply in the latest hearing aid technology. This means we are able to tailor your hearing needs to suit you.

We're a primary provider to the Taranaki District Health board, and you can visit us whether you're referred by your GP, or want to approach us directly. At Central Audiology we want to ensure that you're not missing out on the important sounds of life.

**Call us today on 0800 751 000  
and book a FREE hearing check  
at one of our clinics.**

*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 31/03/2020 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**

**proposed for  
25 March 2021**

YOUR QUARTERLY NEWSLETTER FROM  
GREY POWER NEW PLYMOUTH

