

**NEW PLYMOUTH**

# GREY POWER

**50+ NEWSLETTER**

QUARTER FOUR 2021 - SUMMER

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

**EAST END SURF LIFE SAVING CLUB**

**EAST END SURF LIFE SAVING CLUB**

New Plymouth Greys Life Saving Club  
100th Anniversary  
1911-2021  
The club was founded on 1st April 1911 and has since then  
been a leading force in the community.  
The club has a long history of providing  
first aid and life saving services to the  
community.

## **GENERAL MEETING**

**Thursday 25 November 2021 at 1.30pm**

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

**ENTERTAINMENT: Waitara Savage Club**

All welcome, bring friends. Let's celebrate 33 years of Grey Power New Plymouth

*Cover picture: East End Surf Life Saving Club*

**Members please check cards to ensure  
your membership is up to date**



GREY POWER NEW PLYMOUTH INC.

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**www.greypowernp.org.nz**  
**Office Hours:** 9am - 1pm Monday, Wednesday & Friday  
**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, Kathy Sutton, Colin Kilpatrick, Isabel Carter, Mark Barraclough.  
**TRAVEL TEAM:**  
Wally Garrett / Val Armstrong - 027 289 1810,  
Pam Burkett / M. Humphies

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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For advertising phone Dave on 027 652 5220 or email: dave@kiwipublications.nz

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*Please refer to our website for disclaimer.*

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.



President’s Word



As I put pen to paper, so to speak, the Delta variant of Covid-19 is still swirling around the regions and many believe that we are going to have to learn how to live with it.

As uncomfortable as it is, mask use has become a daily necessity when venturing out the gate and off to the shops.

As we all know, vaccination is the very best way for us all to try to resume some sort of a normal life style. I know there are many nay sayers out there and they are entitled to their opinions. However it is proven that 78% of people who are contracting Covid-19 are unvaccinated, that in itself tells me enough. If you don’t want to get vaccinated yourself, maybe you should consider doing so for your loved ones.

I know there are many people that are stuck overseas through no fault of their own, who are in the position whereby they could be at risk of losing their Superannuation payments, because they have been out of the country for more than six months. This is surely out of their control when they can’t get places in the MIQ system to return to their homes. The existing law needs to be modified to suit today’s circumstances.

An issue that has been brought to the forefront of all communities up and down the Country is the proposed Three waters initiative from Central Government. There is a lot of opposition from various Councils, based around the loss of assets, assets being undervalued, and loss of local control of our assets that ratepayers have paid for over many many years. There is no doubt that the infrastructure needs dealing with, but is this proposal using a sledge hammer to crack a walnut?

*Wally Garrett (President)*

I finally did it!

Bought a new pair of shoes with memory foam insoles.  
No more forgetting why I walked into the kitchen.



MEMBER COMMUNICATION MATTERS

The Grey Power membership currently numbers more than 1600 and local postal services are not considered an optimum method of communication so is not used. The administration time required to utilise the local post to communicate with members is an onerous task for our volunteers and this method has become increasingly unreliable.

*Communication is presently limited to:*

- a quarterly newsletter (delivered by Volunteers or an email link) and
- a web site (for those with a computer).

Approximately 70% of members have registered an email address when joining Grey Power and it is proposed to make more use of this method of communication when the need arises. The quarterly newsletter is not frequent enough to communicate all the news and events as and when they occur. (Emails can readily communicate any upcoming meetings / free public forums / travel opportunities / visits by dignitaries / general news etc.).

Grey Power maintains a database of members email addresses (There are more than 1,000). This method of communication has already been used to communicate notices to members with email addresses. However, when we have done this some 200-odd emails have been returned undelivered due to an incorrect address, so we would ask members that if your email details have changed since you last advised us your address or, you are not receiving emails from Grey Power New Plymouth, please advise our office (06 757 5885) and register your correct email address.

Grey Power gives an assurance that advertising literature will not be sent to its members via email. Nor will any members addresses (email or postal) be divulged to a third party.

- Web site URL address is [www.greypowernp.org.nz](http://www.greypowernp.org.nz)  
General information is found on the home page. Newsletters (Grey Power and Positive Ageing) are located on the News Page.

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.**



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**www.asimplecremation.co.nz** New Plymouth

A Roman citizen walks into a bar raises two fingers and says to the waiter, five beers, please.



# WELLBEING TIPS

THESE TIPS ARE DESIGNED TO HELP GET YOU THINKING ABOUT WHAT WILL HELP YOUR MENTAL WELLBEING AT THE MOMENT. THESE SIMPLE ACTIONS ARE BIG MOOD BOOSTERS – FIND WHAT WORKS FOR YOU AND KEEP AT IT!



## GIVE – ĀWHINA

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



## TAKE NOTICE – ME ARO TONU

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



## GET MOVING – KIA KORI

Regular movement and exercise helps release tension and stress and gives you an energy boost!



## CONNECT – TŪHONO

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



## STAY CURIOUS – ME WHAI WHAKAARO

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



## STICK TO A ROUTINE – WHAI MAHERE

It will help you get through each day and adjust to regular life when it goes back to normal.



## RELAX – MAURI TAU

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

# GETTING THROUGH TOGETHER

WHĀIA E TĀTOU TE PAE TAWHITI

## ALL RIGHT?

 Mental Health Foundation  
mauri tū, mauri ora

## Kiwi Ingenuity at its best

Plastic is the serious waste item that loads our wastage bins, waterways and dumps. But what if this was recycled and turned into a new item for use?

Jerome Wenzlick was frustrated by the number of wooden posts being broken in a fencing job.

Then he hit upon the idea of dealing with all the plastic goods he was digging up and the problem of broken posts he had.



The melting of these plastics made the perfect substitute for future posts and unbreakable at that.

And so Future Posts was established. Melted and mixed together the various plastics became perfect posts of the future.

Currently they can make posts up to three metres long for use in farming, viticulture, horticulture, marine and equine industries.

During the processing a UV stabilizer is added so the posts are not affected by exposure to sunlight. Every day New Zealanders can contribute to the scheme by sorting soft plastics, such as the wrap around magazines etc. and deliver to collection points in the country. Are you unsure what constitutes “Soft Plastic” then scrunch it into a ball and if it doesn’t bounce back, it can be recycled. What an outcome! Why not be part of this recycling scheme.

## Recycling those Fabrics:



In Whangarei the Salvation Army really believes that a stitch in time saves 10 tonnes of landfill in one year.

All profits from Intercept Fabric Rescue, which creates upcycled items from good quality rescued textiles, goes to the Salvation Army’s programmes to help vulnerable locals.

Jenny Hill a fabric artist noted huge amounts of fabrics being tossed out. So with friends has taken on the task of sorting These goods into restitched, restyled, creative wonders. The original idea was to rescue beautiful fabrics and turn them into lovely products, but it turned into a wider, zero waste concept instead.

.. We also know that old papers can be piled together and stacked. The piles in turn form very strong shelters and even Housing for a variation of requirements. Overseas these packs become homes and prove to be extremely hardy.



What else can be reused. It takes good ingenuity and vision but that’s what Kiwis are famous for. No doubt there are endless undertakings that see dumped goods becoming treasures, invented by the talents of others.

## RECEIVE A ‘BUY LOCAL’ VOUCHER

WHEN YOU LIST & SELL WITH BAYLEYS

Get a Buy Local voucher when you list and sell with Bayleys between 1 August and 31 December 2021.

Not only will you get a great result when you sell with Bayleys, we will also give you a voucher\* towards your next local shopping trip at any Taranaki business of your choice. Support your local community through Bayleys.

For more information, contact us today.

Bayleys Taranaki  
06 759 0415

Bayleys Hawera  
06 278 1630

SUCCESS REALTY TARANAKI LTD,  
LICENSED UNDER THE REA ACT 2008

\*For every \$2,000 of the sale price achieved you will earn \$1 towards a Buy Local voucher, to a maximum of \$500 Dollars. Available on properties listed between 1 August and 31 December 2021. Unconditional contract must be prior to 31 March 2022. Only available on standard Bayleys commission rates. Only available with full vendor paid marketing. Must be a sole agency. Cannot be used in conjunction with other specials or promotions. Buy Local registration form must be signed at time of listing.

**BAYLEYS**

ALTOGETHER BETTER



East End Surf Life Saving Club

East End history ranges back 100 years and is a vibrant, busy surf lifesaving club. It is active in beach safety, patrolling during summer, with surf and junior surf. There is a modern clubhouse with facilities for training lifeguards, housing and maintaining equipment, recreational activities and enjoying New Plymouth's beach side location.

East End Surf club began patrolling in 1913 from the East End pavillion which was located further to the southwest than where it is today. The surf club was established to look after the many who travel to the beach to swim during the summer months and was the most popular place to be all those years ago.

The club has moved with the times from when they used to send out swimmers attached to long lines and drag swimmers back to shore using reels. Today the club uses modern equipment such as inflatable Rescue Boats (IRB's), Rescue Boards, Rescue Tubes and quad bikes etc.

East End beach offers a very low danger to swimmers and surfers due to the flat beach, protected by a headland and groups of rock either side of the swimming area. Therefore the area is ideal for families and elderly to come and enjoy the environment without fear of being injured by large

dumping waves, most of the time. Of course being on the West Coast we are exposed to the odd large storm swell which can wash up into the surf club on occasion. This can add a challenge to patrolling at times but the norm is manageable small waves.

East End Lifeguards patrol from late November until mid March each summer. Volunteers from the club work weekends and put in over 2000 hours every season. Paid Life Guards work weekends within the school holidays only and are funded from Life Saving New Zealand and local sponsors.

Life guards are required to be 14 years old to sit their Life Guard Awards. This entails rigorous swimming and rescue tests and also the Resuscitation training. East End has 90+ lifeguards who refresh each year to ensure they continue to be current in all aspects of patrolling the beach. Also attend courses such as First Aid and radio operators awards so that our patrols operate a professional service for the community.



**Grey Power Discounts:**

There are a few cancellations of discounts for various reasons:

- Lace Beauty.
- The Carriage Café' Oakura.
- Jasmine Florists.
- Scoterman & Bobby.
- Speedstar.
- Switched Electrical.
- The Bench Shop.
- The Repair Shop.
- The Shampoo Shop.

Please add..." Dental Delight

" A new Dentist who will do House Calls for the immobile. Kim is at 56 Molesworth St. and by Countdown, 30 Hori St. New Plymouth 06 7594066.

**Grey Power New Plymouth's celebration**

In mid August Grey Power New Plymouth Association was 33 years old.

This is a great achievement and reason to celebrate. So good members let's get together and attend this gathering on the 25th of November in great numbers.

We are having entertainment from the Waitara Savage Club and we really would like you to join in on this big occasion.

Come and bring a friend or neighbour and enjoy our day.

**Remember 25th November at the St. James' Church Lawry St. 1.30pm**

**Be there and help make this a great celebration. Welcome all**

In Touch

THANKS LOCKDOWN LEGENDS!



Meet Andrew. He's one of seven operators who worked through lockdown at our Wastewater Treatment Plant in New Plymouth, taking care of everything we washed or flushed out of our bubbles each day.

Lockdown didn't stop business as usual at the plant, so every day he masked up, got his safety gear on and got down to work.

On average, we handle 23 million litres of wastewater from about 26,000 properties each day.



Say hi to Matthew. He's one of more than 40 staff who are back looking after our public parks, gardens and green spaces after lockdown.

Our 82km of walkways and 1600 hectares of parks and reserves were more precious than ever in lockdown, when people are stretching their legs to help them stay positive and healthy.

Our team is making sure these green spaces stay in top condition, especially now that spring growth has started.



Meet Linley. She had Level 3 lockdown covered for booklovers. She was one of the team who got out and about delivering library books to housebound and mobile library customers.

Almost 150 deliveries of books were made, helping people stay connected during lockdown, and recipients were very grateful.



A mass vaccination held at TSB Stadium over Friday 27 and Saturday 28 August managed to give 4,800 people a dose of their COVID-19 vaccine.

Around 50 staff helped run the TDHB event, helping with set-up, parking, queue management and directing traffic. It was a joint effort involving staff from all different departments working at the Stadium.



Thanks to the Brooklands Zoo Team for making sure our furry, feathered and scaled friends at the Zoo were kept safe and sound over lockdown.

Our nine zookeepers worked in special shifts to keep their bubbles secure.

Pictured is senior zoo keeper Maxine with the capuchin monkeys.



Let's give a call out to Faleatua. He's one of 14 staff who fielded calls to help our people navigate life in lockdown, answering your questions on rubbish, rates, building consents and dealing with LIMs (land information memorandums, which are important when you're buying a home).

Every day our team answered about 450 calls from people needing help and information so they could stay safe and secure in their bubbles.





## Friday 29 October - Sunday 7 November 2022

The Taranaki Sustainable Backyards Trail is an annual event where local people generously open their backyards to the public.

Listen to talks, watch demonstrations and tour around to find inspiration, creativity, innovation and dedication to living in balance with the environment.

### FEATURE EVENTS:

#### Guided e-bike Tour around the gardens

30 October, 10am - 1pm

#### Enjoy guest speakers, nibbles and drinks at the Greenbridge Growers Gathering.

6 November, 3pm - 5pm

#### Glam up for Frocks on Bikes, cheese, wine and gardens!

7 November, 3pm - 5pm

Register on-line to attend, spaces are limited  
[www.sustainabletaranaki.org.nz/events](http://www.sustainabletaranaki.org.nz/events)

### WHEN YOU ARE VISITING:

- Carry \$2 coins for garden entry and cash for possible purchases of plants, seeds, food and more.
- Respect open hours/set times (arrive 10 min before talks)
- Wear appropriate footwear, especially if it's wet.
- Make the most of the trip and visit Taranaki Arts Trail and Taranaki Garden Festival running simultaneously.

[gardenfestnz.co.nz](http://gardenfestnz.co.nz) | [taranakiartstrail.co.nz](http://taranakiartstrail.co.nz)

*Change starts in your own backyard!*



## Grey Power Travel 2021

The year has passed very quickly, and the intervals of Covid and lock down have accompanied us along the way.

This of course has upset many lives, businesses and our travel too. That is minor in comparison to bigger issues affecting the lives of others.



Our last trip of the year to Te Awamutu has been cancelled. It would be safer to do this as Covid is reaching a little too close to home. Also very slow enrolments for travel caused the rethink, and of course you are unsure as well. All these points, add to this decision.

Let's revisit the plan for travel again just to be clear on how we do this;

- Decide upon the travel you would like to be part of.
- Book your seat by paying for it. This can be done by Direct Crediting to the Travel Account 15-3948-0007390-01 (Reference ...Surname and Trip.) Thank you.
- Come into the office with either cash or use the eftpos machine. Thank you.

Keep your receipt, lanyard and itinerary with travel times, parking, meals etc on.

Should you require a refund, this will be seen to as soon as possible.

Note the phone numbers below of the Travel team if you have any queries.

### The travel team are wanting further team players to join them.

Do give it your consideration and ring Wally Garrett 755 0988 or Val Armstrong 027 289 1810 to express your interest. Thank you.

As we progress to the end of the year we cannot just now predict when the next trips will be, but there will be a Newsletter before March 2022 which will offer the plan. Please bear in mind, life is on again, off again in these times. No one can predict what is ahead. So we will try and keep you informed. Thank you travellers for your cheerful and keen company this year 2021.



A sudden change of plans and 45 hungry members arrived at Club Metro, Ridgway Street, for lunch. Local Wanganui Association Committee members Ross, Rod and Dave were on duty in the Grey Power office area. We gladly hosted their arrival and assisted staff. The amazing staff at the Metro Club excelled! All orders and then meals were out within 30 minutes. A very happy New Plymouth Association and Wanganui Association delighted to help. Serendipity is alive and well.

Thank you Club Metro for friendly, supportive service and delicious meals.



free phone  
0508  
ENLIVEN

## Feel at home

at Enliven's Chalmers Home

Enliven creates elder-centred communities that recognise elders as individuals and supports them in a way that's right for them.

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rest home | hospital | dementia  
short term respite | health recovery | day programmes

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



# Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged



editorial supplied by Retirement Villages Assn.

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"

# Subscription for Grey Power

Each year we have about half our members pay by the 31st of March our due payment date. Then payments trickle off and the contacts are started to request members attend to subs. Reminders are always given via the News Letter, and we hope this will jog memories. We all know and experience the forgetting to fulfil what we intend doing. We need reminders.

Our subs are not big accounts, they are the cheapest in the country. Posting invoices is very expensive. Emailing only reaches a percentage and those paid up do not agree with this by their replies.

## So what is the best way forward?

Sorry, but we will email a reminder, put it in the News letter and advertise it as an account. So why not take time to put it on the February Diary/Calendar each year. Then the reminder is in.

If you can't get to us...we will come to you at an agreed upon time and date. The office is open Monday, Wednesday and Friday, 9.00am-1.00pm, 21/117 Powderham Street, New Plymouth 757 5885.

Do note the expiratory date on the membership card please. Grey Power is one of the best advocates you have, if you live alone this is a bonus. So let's keep it afloat with our subs which are it's only financial means. This then is shared input across the membership. Grey Power will have funds for action.

Let us know if you have positive ideas for improvement please. Thanks.



Please support the advertisers within this magazine and **PLEASE DO 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

# One of the major services we offer at Computers & Beyond is that of the laptop upgrade.

When your computer is starting to go slow, takes ages to start up and sometimes shuts itself down randomly, one of the major causes is a failing hard drive.

I take that old drive and I clone it to a new hard drive, clean up the system and update it fully, then reinstall it.

**The cost of doing this is usually half the price of a new laptop and will generally give you another 3-4 years of fast use, so it's worth considering, especially if you have a quality computer that cost a lot originally.**

So, for around \$500.00 you end up with a much better laptop or desktop computer working much more quickly.

I also ensure that the operating system is fully updated. The latest version of Windows 10 is 21H1, which came out at the beginning of this year. Often new computers have an operating system that is out of date by up to a year. So a computer set up by us will actually be better than a brand new one.

**Call me if you want to discuss it further on 757 9690 or 027 312 2629**

editorial supplied by Computers & Beyond



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**Phone:** (06) 757 9690 or Steve 027 312 2629  
**Email:** sales@ctsnp.co.nz

**www.ctsnp.co.nz**



## Taranaki testing update

Testing is still a critical part of our response because it's the best way to identify any mystery cases and ensure COVID-19 isn't widespread.

In Taranaki, COVID-19 testing remains consistent with steady volumes. In the last seven days there have been approximately 400 tests completed in local community testing centres and just under 300 tests completed in primary care (15.5% Māori).

Testing continues to be offered seven days a week and people can access further information by visiting TDHB - COVID-19



## Travel across Alert Level boundaries

For everything you need to know about permitted travel across alert level boundaries please visit Personal travel across an Alert Level boundary | Unite against COVID-19 (covid19.govt.nz)

### For personal reasons

Most people who are permitted to travel across the Alert Level 3 and 2 boundaries for personal reasons will need to have evidence of a negative COVID-19 test taken in the 72 hours before travel.

### For health appointments

You can travel across the boundary to go to an appointment with a health service, but you must carry evidence of the purpose of your travel and the destination, this could include the following:

- Proof of an appointment with a health service, for example a letter (signed by a health professional) detailing the time and location of the appointment.
- Drivers must have their driver's licence, and everyone should have a photo ID unless it is not reasonably practicable, for example minors.

**From 11:59pm on Thursday 23 September, you must carry:**

- Evidence that you have had a COVID-19 test (you do not need evidence of a negative result – you just need evidence you have been tested), or
- a medical certificate confirming you do not have

- COVID-19 symptoms and, for a particular physical or other need, are unable to have a COVID-19 test.
- You must get tested or be examined within 7 days of crossing the Alert Level boundary.

There is no cost to get a test for this purpose. Testing is available at community testing sites or at GPs and people are not required to stay home while waiting for test results.

### For permitted workers

All workers permitted to travel in and out of the Auckland region are now required to have a COVID-19 test within the past 7 days. Police at boundaries will be checking for compliance and turning away people who don't have evidence of a test. Permitted workers must provide proof of ID, evidence of permitted travel and proof of a test, or proof of exemption for testing.

Saliva testing is available as an option for permitted workers so to sign up please download the saliva testing app which can help you find the nearest collection points and how to do a test.

Find all the information you need at <https://covid19salivatesting.co.nz/>

## Taranaki's vaccination programme

More than 4.7 million doses of the Pfizer vaccine have been administered to New Zealanders - 3.1 million first doses and 1.6 million second doses.

Taranaki's vaccination team is doing a fantastic job with around 64% of our community receiving at least their first COVID-19 dose. We need to keep this momentum going and have more pop-up clinics and mobile outreach programmes in the pipeline.

Vaccination a priority for everyone aged 12 and over With 93 days until Christmas, now is the time to book your appointment and get protected so we can all enjoy an unstoppable summer.

Find out if your local GP or pharmacy is offering free vaccinations. Simply head online to BookMyVaccine for a list of participating providers or call 0800 28 29 26.



- Becky Jenkins, Incident Controller, Incident Management Team

## GAME OF CHESS

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

ATTACK  
BISHOP  
BLACK  
BOARD  
CASTLE  
CASTLING  
CHECKMATE  
DEFENSE  
DRAW  
EN PASSANT  
ENDGAME  
FIANCHETTO  
FORK  
GRANDMASTER  
KING  
KNIGHT  
PAWN  
QUEEN  
RED  
RESIGN  
ROOK  
SACRIFICE  
STALEMATE  
STRATEGY  
THREAT

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## Extra support - 111 Contact Code

### WHAT IS A VULNERABLE CONSUMER?

Under the 111 Contact Code a vulnerable consumer is somebody who:

- Relies on a home phone through a fibre, wireless network or VoIP to call 111; and
- Doesn't have an alternative way to contact 111, such as a mobile phone; and
- Can demonstrate they are at particular risk of requiring 111 emergency services for health, safety or disability reasons.

### HOW DO I APPLY?

If you, or someone in your household believes they would qualify as a vulnerable consumer, the next step is to contact your service provider and follow their vulnerable consumer registration process.

### HOW WILL I BE SUPPORTED?

Your service provider will offer a solution to enable you to contact 111 emergency services in the event of a power cut. The solution will best suit your needs either a mobile phone device or, if your home has limited or no mobile coverage, a battery back-up device could be more suitable.

### WHAT HAPPENS IF I HAVE A COMPLAINT ABOUT THE PROCESS?

If you have a complaint related to the process or your providers responsibilities within the 111 Contact Code, your first step is to contact your telecommunications provider to try and sort things out.

Should a resolution not be achieved within five working days then you can take your dispute to **Telecommunications Dispute Resolution (TDR)** – tdr.org.nz

TDR is a free and independent service helping to resolve disputes between customers and their telecommunications provider.



**Health**  
for example a known medical condition



**Safety**  
for example family violence



**Disability**  
for example sensory, intellectual or physical impairment



### Mobile coverage and 111 calls

If your mobile phone is outside of your mobile provider's network coverage, but within the coverage of another provider, you can still use it to contact 111 emergency services.



### Emergency TXT service for people with hearing or speech difficulties

#### Do you have difficulty hearing or talking on the phone?

You can register your mobile number with the 111 TXT so you can contact Fire, Ambulance or Police by text message in an emergency.

Register at:  
[www.police.govt.nz/111-txt](http://www.police.govt.nz/111-txt)



Phone: +64 9 475 0203  
email: [info@tcf.org.nz](mailto:info@tcf.org.nz)  
web: [tcf.org.nz/111code](http://tcf.org.nz/111code)



Free phone: 0800 943 600  
email: [contact@comcom.govt.nz](mailto:contact@comcom.govt.nz)  
web: [comcom.govt.nz/111code](http://comcom.govt.nz/111code)



Free phone: 0508 98 98 98  
email: [contact@tdr.org.nz](mailto:contact@tdr.org.nz)  
web: [tdr.org.nz](http://tdr.org.nz)

This factsheet was created by the TCF, supported by The Commerce Commission and TDR

## Renewal of Subscriptions: OFFICIAL NOTIFICATION

Take your membership card and check the date of expiration.

Name:

Number:

Expires: **31.3.21**

**This is when your renewal was due.**

Our friendly reminder that subs due date was March 31st 2021. 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 or Direct Credit.

our Bank number is **15 3948 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.

## MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 21/117 Powderham Street, New Plymouth 4310  
[www.greypowernp.org.nz](http://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 (\$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: \_\_\_\_\_ Mobile: \_\_\_\_\_

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

### PAYMENT DETAILS:

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

Please tick the box if you wish your information to remain confidential ☐

**NOTES:** Please return a completed form with every application. Payments may be made by eftpos, cash, method 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. Your details will be kept private at all times. A stamped addressed envelope with postal applications would be appreciated.

### Office use only

Date Received \_\_\_\_\_  
Card Issued \_\_\_\_\_  
Expires \_\_\_\_\_  
Amount \_\_\_\_\_  
Paid by \_\_\_\_\_  
Date on Computer \_\_\_\_\_



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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 31/03/2021 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  
Wednesday  
30 March 2022**

**YOUR QUARTERLY NEWSLETTER FROM  
GREY POWER NEW PLYMOUTH**

