

# HELP

Your age group needs  
**YOU, YOU  
& YOU**

Help your age group to help you  
**JOIN GREY POWER TODAY**

**Membership Renewal Time**  
**from 31 March** - see page 16

**The Greypower Story** - page 4

**DISCOUNTS** - page 11

**Important Contact Details** - page 5



**Auckland Greypower Office**  
557 Blockhouse Bay Road, Auckland  
(opposite the Library)  
Phone 09 **626-0895**  
Email: [info@aucklandgreypower.org.nz](mailto:info@aucklandgreypower.org.nz)  
*Office Hours:* Monday to Friday 10 a.m. till 12.30 p.m.  
Volunteers are ready to listen and help with resources and contacts. *Our Mailing Address:* **PO Box 48-157, Blockhouse Bay, Auckland 0644.**

 LIKE US ON FACEBOOK:  
[www.facebook.com/greypowerauckland](https://www.facebook.com/greypowerauckland)

**[www.aucklandgreypower.org.nz](http://www.aucklandgreypower.org.nz)**

**Joining us is easy**  
All memberships are **\$25** single, **\$30** double  
*see page 16 for details on how to join.*

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**Focus Magazine**

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09-626-0895 [akgp2gillian@gmail.com](mailto:akgp2gillian@gmail.com)

Contact us through the office, by phone, email or write to us at the PO Box. Feedback on the magazine, comments on articles and issues of relevance to members is encouraged. Please send your contributions to: The Editor, **Auckland Greypower Focus**, PO Box 48-157, Blockhouse Bay, Auckland 0644 Email: [akgreypowerinfo@gmail.com](mailto:akgreypowerinfo@gmail.com)

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*Please refer to our website for disclaimer.*

**President's Message**

Kia ora and Welcome everyone.  
The Covid virus is still causing disruptions to our lives. But as long as we take the precautions health officials recommend we should not suffer too much physical damage. Economically, as tourism and businesses reopen New Zealand should recover reasonably well.



Auckland Grey Power has been operating from our Blockhouse Bay office and giving advice, or referring our members, and the public, to help with their problems.

We are this year gathering information on various discounts available to the 65 plus age group. We will be expanding this over the coming months. Hopefully this will help you all to have more money in your pockets.

With my very best wishes.

Nga mihi nui.

**Gillian Dance** President  
Phone 09-626-0895 | Email: [akgp2gillian@gmail.com](mailto:akgp2gillian@gmail.com)



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ADVERTISERS**

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

*Many thanks*

**Future Events**

With Covid variants still unpredictable and with the need to distance ourselves and avoid large crowds membership activities will be limited until there is more certainty of health and safety, apart from some local social gatherings or planned outings.

We will hold our AGM in June. Changes to update our Constitution and Membership fees need to be reviewed. A notable speaker on a major topic of interest is being arranged. More details in Focus #61.

In July, August and September we hope to hold meetings with local body candidates and a Mayoral Forum as we did three years ago.

Royal Oak Mall. Eatery upstairs. Last Wednesday every month 30 March / 27 April / 25 May.

First Monday of Every Month Waterview Methodist Hall. 10.30am -12.30pm Crafts and Speaker. Morning tea. Phone Gillian 626 0895 for more information.

Tuesday luncheon. New Lynn RSA. Noon. Turn up any Tuesday.

Friday luncheon. Pt Chevalier RSA. Noon. Any Friday you are free. Socialize with others.

Friday. Glen Innes Library. 10am. Friendship and Chat. Ring Valda 09 528 3706.

YOU OWE IT TO YOURSELF TO FORGIVE THE PAST ...TRUST THE FUTURE  
APPRECIATE YOURSELF for the efforts you have made.  
The good you have done, and the joy.

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**[www.tech.kiwi.nz](http://www.tech.kiwi.nz)**

If you have issues with your computers or devices, or would like some tutoring, call or email Alastair at Kiwi Tech

**09 815 1525 | 021 731 211**  
**email: [help@tech.kiwi.nz](mailto:help@tech.kiwi.nz)**



# Grey Power story in short

Widespread dissatisfaction by retirees over an income surtax and the means testing of assets saw thousands signing up to this new movement, regardless if they were Labour or National voters, Union or League rugby fans. All united in a



resolve to get rid of this obnoxious policy targeted against retirees. Then popular rugby League commentator **Raymond Cody** got the movement formally organised and was elected as the first president.

Initially the Labour, National and Green Parties were all in opposition to this movement until the emergence of the NZ First Party saw resistance broken in the Parliament. The surtax was abolished in **1997**. This was a powerful victory for the Grey Power, 25 years ago.

Support remains strong for a firm stand against surtax and means testing targeted specifically against superannuitants! But we cannot sleep on our laurels: the surtax may be reintroduced in other ways under other names.

Though NZ First acted on some of the important Grey Power policies, the Association is not affiliated to any political party. It liaises equally with all Parliamentary to advance the interests of those aged 50+ in pertinent issues.

Grey Power deals with many issues of interest such as health, rates, parking access, crime and safety, issues affecting public space or private life. Grey Power brings these to the attention of central or local government, or other entities as needed.

A subscription of less than \$3 a month is well worth it to support all the good work! If the Grey Power were to disappear it would cost you far more! Please (re)join, see page 16.

## The 8 Grey Power Associations in the region.

Each of the Associations have their

own committees to run events in their own areas and you are welcome to attend any of these. But you can only vote at your own Association's meeting if you are a paid-up member.

One quirky fact is that while most of the 74 Associations in NZ officially spell **Grey Power** as 2 words then some of them including Auckland **Greypower** Assn Inc has it registered as one word, the only one in the Auckland region.

**Auckland Greypower** memberships run from **1st April to 31st March** of the next year regardless when a person joined during the year. A discount is however offered to new members joining near the end of the calendar year.

On your membership card the first line shows your Membership number and the third line your Membership expiry date.

Also, on the envelope your Focus Magazine comes in, there is letter **E** with a **year** of your Membership expiry. If you see **(E 2022)**, that means you should renew your membership before it expires on 31st March 2022!

*Designed and written by Heldur Bender*



## Auckland Greypower Association

Office open Mon - Fri 10 am – 12.30 pm at 557 Blockhouse Bay Road, Blockhouse Bay. PO Box 48157, Blockhouse Bay, Auckland 0644 President Gillian Dance akgp2gillian@gmail.com www.aucklandgreypower.org.nz www.facebook.com/greypowerauckland

## Counties Manukau Grey Power

PO Box 75722, Manurewa, Auckland 2243 https://www.facebook.com/Counties-Manukau-Grey-Power-409187069247946/ Membership: Angela Harrison 09 239 0935 Jim Klein: membership@greypowercountiesmanukau.org.nz

## Hibiscus Coast Grey Power

PO Box 129, Orewa 0946 President: Simonne Dyer 09 424 1315 hbcgreypower@gmail.com

## Howick Pakuranga Grey Power

Secretary: Sandy Feringa 09 534 9409 PO Box 38281, Howick, Auckland 2145 sandyferinga@xtra.co.nz

## North Shore Grey Power

PO Box 326635, Devonport, Auckland 0744 President: Bill Rayner 09 445 3370 brayner@xtra.co.nz

## Waiheke & Gulf Islands Grey Power

President Allen Davies 09 372 7481 422 Sea View Road, Onetangi, Waiheke 1081

## Waitakere Grey Power

President: Mate Marinovich Office 09 838 5207, 9.30 am – 12.00 pm at Te Atatu South Community Centre, 247 Edmonton Road, Te Atatu South

## Warkworth Grey Power

Caretaker president: Jeff Fasher 022 044 1840 jeff.fasher@hotmail.com



Contact details for all associations at [greypower.co.nz/associations](http://greypower.co.nz/associations)

## Important Contact Details for older New Zealanders

**Age Concern** - ageconcernauckland.org.nz 09 8200 184. Visiting services, counselling, elder abuse responsible education, field social work, handyman field worker, mobility service, Asian service, community strength balance and health.

**CCS Disability Inc** 0800 227 2255. Mobility services, Taxi Chits, Disability parking. (Need doctors note).

**District Health Board** - (Auckland) 09 367 0000.

**Elder net** - eldernet.co.nz 03 388 1271 A directory of services and data base of community services for seniors.

**Grey Power** - greypower.co.nz 09 299 2113 (Waitakere branch. 09 838 5207) An advocacy service for those over 50. The watchdog that oversees local and National government activities. And activities of any organisations dealing with those age groups.

**Health Advice** - 0800 611 116 Free 24 hour health advice from healthcare.

**Health & Disability Commissioner** - 0800 11 22 33

**Ministry of Health** - health.govt.nz 0800 113 813

**Senior Line** - seniorline.org.nz 0800 725 463 Information on how to get help at home, community services and ret homes. Operated by the Health boards.

**Senior net** - seniornet.org.nz (Auckland 09 631 7591). Learning centres for older adult computer users in a club atmosphere.

**Super Seniors** - superseniors.msd.govt.nz (email. osc@msd.govt.nz). Government strategy for the elderly, power of attorney, elder abuse, gold card, newsletter.

**Work and income** - Workandincome.govt.nz/ seniors 0800 552 002. Services for seniors, Community servie card, subsidies, winter energy payments, residential care subsidies. (0800 999 727).

**24/7 Depression - 0800 111 757 Lifeline 0800 543 354 Talk Call or Text 1737**



# Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choirstalls. Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there." Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal,

and we made it work." By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>



## The Importance of a Meaningful Funeral

Funeral services have always been a part of life. Until 2020 that is. When Covid hit, suddenly funerals were not allowed and it was hard. Many people lost loved ones, some were prepared for the loss, for others it was unexpected. Either way, our primal need to grieve and engage in the ritual of a funeral was denied. The effects of this situation are now being seen across the country, and indeed across the world.

The human race have held funerals since the beginning of time and they play an extremely important role in the grief journey. They allow us

to face the reality of our loss, support family and friends and to be supported by them, express our feelings and emotions and to begin the transition to a life without our loved one.

Now, more than ever, we are realising the importance of a funeral for those left behind. Pre-planning your funeral can bring comfort and peace of mind to your and to your family. It also ensures that you get the goodbye you wanted.

Pre planning is free and at Davis Funerals, we make it as simple as possible. Contact us today and one of our professional, experienced funeral directors can guide you in creating the perfect send off.

You can call us on 638 9026, email [office@davisfunerals.co.nz](mailto:office@davisfunerals.co.nz) or call in to any of our five branches across Auckland.



The Grey Power Family
- relationship between Associations,
Zones and Federation Board

Many Grey Power association members have asked for information on how the Grey Power family fits together and the different roles of each group. We trust the following explanation helps.

Associations

Associations are at the top of the Grey Power Federation structure. They are autonomous incorporated societies with their committees elected by their local members.

Most have signed the Contract of Observance of Federation Rules and By-Laws; consequently, the expectation is that they will adhere to Federation policy etc, remembering that much Federation policy is made by association delegates at AGMs.

Their main functions are:

- Their membership growth and retention.
- The financial health of their Association.
- Remitting of capitation fees to the Federation.
- Communications with their members.
- Communications with the Federation on all pertinent issues which may become of national interest and importance.
- Replying to all Federation correspondence.
- Holding regular meetings and communicating information from GP Federation to ALL members.
- Attending Zone meetings.
- Attending AGM’s and SGM’s.
- Providing remits to the above meetings.
- Drawing up and upholding their constitution which conforms with the Federation’s constitution.
- Conducting regular membership meetings, outings, etc.
- Choosing the venue for next AGM at a current AGM.
- Local advocacy e.g., Councils, Health, Utilities, Law and Order.

Zones

Zones are regions overseen by the relevant Zone Director, who is elected by association members

of the Zone and who should work with the Zone representative (board member) to ensure that the Zones’ member associations receive relevant information to enable them to function smoothly.

Zones are responsible for:

- Conducting dynamic Zone meetings and electing the best person to serve on the Federation Board.
- Electing their Chairs, Committees and Representative to the Board.
- Zone Directors are responsible for submitting reports to the Federation Board Meetings.
- Zone Directors and Zone representatives must demonstrate an ability and capability to achieve positive outcomes for the whole of Grey Power.
- Zone Directors are expected to be the first port of call if there are any disputes between the Federation board and associations, between associations or within them.

The Board

The Federation Board is responsible for:

- National lobbying/advocacy.
- Communicating regularly and effectively with all members and associations.
- Organising the AGM.
- Board meetings.
- Recommending the amount of capitation fees to the AGM.
- Setting the annual budget.
- Developing a strategic and business plan.
- Developing a marketing plan.
- Increasing the level of non-capitation revenue.
- Assisting associations, where possible, to achieve their goals.
- Reviewing and recommending the number of Zones.
- Implementing resolutions.
- Stewardship of the brand.

Of interest, the Federation through its advocacy/ lobby function has contributed to the following successful outcomes for older people:

1. Removal of the Surtax.
2. Asset Testing Legislation being phased out.
3. Lower doctors’ Fees.
4. Lower Pharmacy Fees.
5. Lower Tariff Electricity.

6. Superannuation Increased to 66% NATOTWW (net after tax ordinary time weekly wage).
7. Rate Rebate Scheme revitalised and more recently extended to include retirement village residents.
8. Independent Superannuation and Income Centres.
9. Improved Regulations for Rest Homes.
10. Code of Practice for Rest Homes.
11. Abolition of Interest on Student Loans.
12. The National Superannuation adjustment for the Tax Cuts in the 2008 Budget is a long awaited recognition by a major political party of the plight of the elderly reliant on NZ Superannuation.

13. Hearing aid subsidy increased.
14. Rates Rebate Scheme indexed to CPI.
15. Spot Audits for Rest Homes.
16. Retention of Graduating Doctors - (Student Loan).
17. Retention of SuperGold Card Off-Peak Travel.
18. Retention of SuperGold Card Waiheke Island Ferry Travel.
19. Increased funding for Glaucoma operations.
20. Annual clothing allowance for grandparents raising grandchildren (In conjunction with Grandparents raising Grandchildren).
21. Winter Energy Payment.
22. Security doors on most Council owned pensioner flats.

Bloom Living – Own your Home in Retirement.

Bloom Living’s Manurewa apartments are proving incredibly popular! Don’t miss the opportunity to own your very own freehold apartment and be part of a thriving over 55’s community.

Gorgeous, two-bedroom homes are available now priced from \$615,000, including a carpark and F&P appliances. This secure, gated community is close to Manurewa’s fabulous amenities, including transport, shops, medical facilities and Cossie Club.

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Best of all, you’ll own your apartments outright. When it comes time to sell, the capital gains sit with you!

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Contact Marisa Johnstone today
021 991 805.

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From \$615,000

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Freehold Retirement

Own your home outright 100% entitlement to capital gains Low weekly body corporate fees No hidden costs

Show Homes: 10am – 12pm Wed & Thurs by appointment, 20 Alfriston Road, Manurewa East. Call Marisa Johnstone, 021 991 805 for more information | bloomliving.co.nz

BloomLiving

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals/addresses the subject in a rather reassuring way:

**"If anyone is aware of his memory problems, he does not have Alzheimer's."**

1. I forget the names of families ..
2. I do not remember where I put some things ..

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness. Half of people 60 and older have some symptoms that are due to age rather than disease.

**The most common cases are:**

- Forgetting the name of a person,
- Going to a room in the house and not remembering why we were going there, a blank memory for a movie title or actor, an actress,
- A waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statement:  
"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

**"The more we complain about memory loss,  
the less likely we are to suffer from  
memory sickness."**

**Now for a little neurological test. Only use your eyes**

**1. Find the C in the table below!**

[illegible]

**2. If you have already found the C, then find the 6 in the table below.**

99999999999999999999999999999999999999999999999999999  
99999999999999999999999999999999999999999999999999999  
99999999999999999999999999999999999999999999999999999  
99999999999999999999999999999999999999996999999999999

**3. Now find the N in the table below.**

Attention, it's a little more difficult!

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MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM
MNMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM

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If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

**So, share this with your over-65 friends, if you can remember who they are.**

Suggest to your senior friends and family that by joining Grey Power they will be joining an organisation that is working for them to protect their well being as they get older.

We need your and their support for us to have a stronger group of people to lobby on behalf of Senior people.

**Join today on line or visit our office, see page 16.**

**Join today and pay for two or more years.**

1. When was the Suez canal opened?
2. And the Panama canal?
3. What year did Queen Elizabeth II ascend to the English throne?
4. What year did the Pilgrim Father's arrive in America?
5. What was the name of their ship and where did they come from?
6. Who is the current Emperor of Japan?
7. What is the capital of Western Australia?
8. Who wrote The Four Seasons?
9. Do male mosquitos bite ?
10. What is the chemical symbol for salt?

**Countdown Supermarket:** Blockhouse Bay, Howick, Henderson, South Auckland, Kelston. 5% discount on a Tuesday.

**Fresh Deal Supermarkets:** Spend \$100 and receive \$10 discount. See web site for other deals. Opposite Greenlane hospital. Drive or use Bus 66. Plus several other places across Auckland.

**McDonalds:** buy an item and get free coffee or tea. Ask for a Senior Coffee or Tea.

**KUMEU.** Bakehouse Cafe. Gives a 10% discount on purchases to Gold Card holders. Wide range of food.

**Paper Plus** St. Heliers and New Lynn. 10% discount on purchases.

Can you recommend a good service or trade experience that you have had recently?

That mosquitos prefer nectar for nourishment. However, female mosquitos need protein to develop eggs. They obtain this from consuming blood. Some species obtain blood from forest animals. Another species prefer human blood.

Male mosquitos do not need blood for protein

Medical problems, such as malaria, can prove fatal. The disease is transferred during this contact with humans. An itch develops because of the histamine produced following a bite.

Ice or antihistamine creams or pills will reduce the itch. Aloe vera is a succulent. Its fleshy leaves produce a gel that contains an antihistamine and a pain killer.

Chamomile tea, with its leaves soaked for 20 minutes, is also recommended. It too contains chemical properties that have similar impacts . *(Go to Google for further information)*

The Student Army is offering grocery pick up and deliveries again for elderly or housebound people.

**PHONE: 09 801 2122**



**Saturday 30 April - 7.30pm**  
**Holy Trinity Cathedral**

Schubert: Mass No 2 in G D167 + music by  
Brahms, Esenvalds, Gjeilo, Lotti, Mendelssohn

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



# Grey Power Aims and Objectives

1. To advance, support and protect the welfare and well-being of older people.
2. To affirm and protect that statutory right of every New Zealand resident, to a sufficient New Zealand Superannuation entitlement.
3. To strive for a provision of a quality Health Care to all New Zealand residents regardless of income and location.
4. To oppose all discriminatory and disadvantageous legislation affecting rights, security and dignity.
5. To be non-aligned with any political party, and to present a strong united lobby to all Parliament and statutory Bodies on matters affecting New Zealanders.
6. To promote and establish links with kindred organisations.
7. To promote recognition of the wide-ranging services provided by senior citizens of New Zealand.
8. To gain recognition as an appropriate voice for all older New Zealanders.

## Visual Personality of our Organisation

- Strong and active but not militant
- Friendly and mature
- Acting with dignity and integrity
- Having the wisdom of age
- Adding to quality of life
- A positive organisation to be associated with

## Grey Power policies

### Superannuation

Grey Power believes New Zealand superannuation to be a state, tax-funded scheme payable at the age of 65 years that allows the retired person an adequate income to live in reasonable comfort and dignity and be able to participate fully in the community. That superannuation be accepted as an entitlement and not means-tested. This income should

include a special provision to provide for the needs of the person living alone. A multi-party Superannuation Accord should secure the scheme.

### Health

Grey Power believes in a Public Health System that protects and promotes the health of New Zealanders. Grey Power will strive to have a Parliamentary Accord on Health that interprets the declared will of the majority of citizens of New Zealand and not a system that reflects the aspirations of any current government.

### Social services

Grey Power believes all persons in New Zealand should have access to and be accurately informed, of all entitlements, initiatives or changes that affect them. Equal opportunity must exist in all areas of Social Services to ensure a fair and equitable standard of living for all.

### Essential services

Grey Power believes energy (electricity, gas, solid and liquid fuels) should be produced, delivered and used in the most effective ways possible and at a cost that is affordable to the domestic consumer. Energy supplies should as far as possible be reliable and secure, and energy prices stable, undistorted and at a level that reflects their strategic importance to New Zealand.

### Law and Order

Grey Power seeks a fairer justice system encompassing all people in New Zealand and to strive to make people safe in their homes and on the streets.

### 50 plus

Grey Power strives to improve the living standards, benefits and equal work opportunities for those aged 50 years to 65 years.

### Privatisation

Grey Power strives to ensure that there is no further privatisation of public state assets and to resist any sales of State Owned Enterprises.

Since Grey Power’s inception in the mid-1980s, in response to the introduction of taxes discriminating against older New Zealanders, the society has won recognition as “the voice of the over 50’s” and has successfully lobbied government and local authorities on issues threatening older people’s ability to continue participation in their communities. Grey Power now has New Zealand wide coverage with a huge representation of people retired or approaching their retirement years. The aging of New Zealand’s population will see people spending up to a quarter of their lives in retirement. And never before has there been so much insecurity over health, safety within one’s home, and the cost of living. It is becoming increasingly evident that people aged over 50 years need a united voice if their circumstances on reaching the age of retirement are not to be jeopardised.

**You need  
Grey Power, and Grey  
Power needs You!**

**Deep thought  
of today:**

**When you  
clean out a  
vacuum cleaner.**

**You become a  
vacuum cleaner.**

## Benefits of Membership

1. Having a voice and influence to protect seniors rights and interests, welfare and wellbeing. Advocacy and input into policies and decisions at Parliament, Local govt, Auckland Council & Local Boards/ Watercare/DHB’s/ Auckland Transport, etc
2. Regular publications, our newsletter and the Federation’s magazine.
3. Accident Insurance – \$2,000 free for our members in the event of death by accident.  
To register contact AIL: [www.ailnz.co.nz/request/](http://www.ailnz.co.nz/request/)
4. Save with Greypower Electricity on power and phone.  
Call 0800-473 976, [www.greypowerelectricity.co.nz](http://www.greypowerelectricity.co.nz)
5. Savings on own and on partner’s Medical Insurance  
– go to [www.vestacover.co.nz](http://www.vestacover.co.nz) for more details.

**JP Services** are now available from the Auckland Grey Power Office or by arrangement in your home if you are unable to travel. Phone 09 626 0895 and leave a message for Heather Alford QSM. J.P.

**March 31 is the end of our financial year.** To retain the discount from Pulse Energy you need to renew as members.

This Grey Power discount for electricity, gas and broadband is only offered to people over 50 years of age who are Grey Power members. To find out more phone 0800 xxx xxxx. To renew your Grey Power membership see the backpage for details.

Our office at 557 Blockhouse Bay Road can accept payments by cash. Open Monday to Friday 10am to 12.30pm. Phone 09 626 0895.

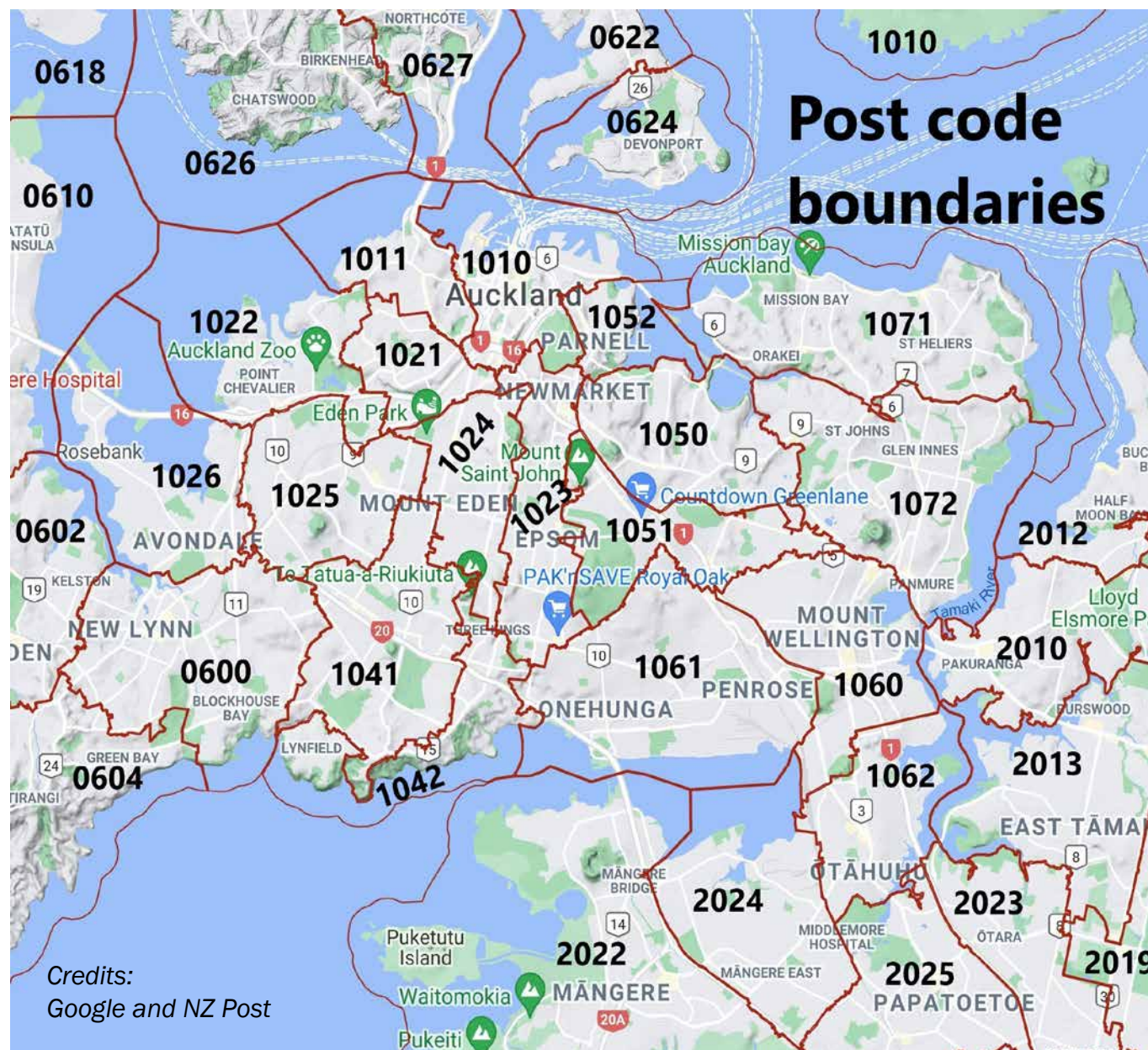
### Prince Andrew Commemorative Coin



### General Quiz Answers

1. 1869.
2. 1914.
3. 6 February 1952 on the death of her father King George VI.
4. 1620.
5. Mayflower from Plymouth, England.
6. Naruhito
7. Perth
8. Vivaldi
9. No. Only females need blood to breed.
10. NaCl.(Sodium chloride)





Many of us have lived in Auckland a while but still find places and things we didn't know about our great home city.

Here the map above shows how Auckland has been divided up by post code areas. The current numbering was introduced by NZ Post in June 2006 to improve delivery efficiency.

Central isthmus have codes with the **first 2** digits **10**; urban areas to west and north have **06** but further out **07**, **08** and **09**; urban south have **20** and **21** and further rural south **25** and **26**.

The code for CBD is **1010** but oddly this is also the code for Rangitoto, Motutapu, Rakino and some other Hauraki Gulf islands?!

The **11** to **17** for PO Boxes in central Auckland.

Urban Waiheke (not on map) code is **1081** but rural is **1971**. All Great Barrier has **0991**.

To check up correct address format and post code as well delivery days: [www.nzpost.co.nz/tools/address-postcode-finder](http://www.nzpost.co.nz/tools/address-postcode-finder)

While NZ Post has much fewer letters to deliver these days since people call or use the internet but parcel delivery volumes have increased markedly thanks to online shopping.

Make sure to check the address and post code for correctness so your parcel doesn't go missing!

*Text & map by Heldur Bender*

## New Zealand Bank Contacts and Services

### Kiwibank

**0800 113 355** - general enquiries. 7am-9pm Mon-Thur, 7am-8pm Fri, 8-4.30 SS.

**0800 487 888** - Special line for seniors. Kiwibank.co.nz Digital Education Hub and stepping up workshop face to face support. email: [sustainability@kiwibank.co.nz](mailto:sustainability@kiwibank.co.nz) for meeting support. Ring your local for a tech tea. Henderson, New Lynn, West gate. Also check out why they are stopping cheques on web site.

### ANZ

**0800 269 296** - general inquiries. 6am-midnight 7 days. ANZ.co.nz Telephone banking demonstration. Dial **0800 103 123**. When asked for bank number enter 70108009#. When asked for pin enter 13579#. Follow instructions and play.

### BNZ

**0800 275 269** - general inquiries. 8am-8pm Mon-Fri 9am-6pm Sat Sun.

**0800 240 000** - Telephone banking.

**0800 735 901** - Lost or stolen 24hr number.

BNZ.co.nz Getscansavvy.co.nz

### ASB

**0800 803 804** - general inquiries 6.30am-11pm 7 days.

**0800 272 119** - Priority line.

**0800 272 272** - Telephone banking.

### Westpac

**0800 400 600** - general inquiries 7am-8pm Mon-Fri 8am-5pm Sat Sun.

**0800 172 172** - Teephone banking.

### TSB Bank

**0800 872 226** - general inquiries 8am-7pm Mon-Fri 9am-5pm Sat-Sun.

### Co-op Bank

**0800 554 554** - Client Services. Mon-Fri 10am-3pm.

**0800 807 747** - Telephone Banking.

[Newzealandbankcodes.com/](http://Newzealandbankcodes.com/) Useful information regards bank codes. Most Banks offer an audio function on their ATMs if you plug in a headset.

Banking Ombudsman 0800 805 950.

Email - [help@bankomb.org.nz](mailto:help@bankomb.org.nz)

## Personal and economical transport with extra help - Total Mobility (TM) accepted

Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door and we will provide extra help at either end of the journey as needed. For medical appointments we make sure you get to the right place and will wait if necessary or pick you up after the appointment. Travelling with Freedom is like travelling with friends or family. You build a relationship with a driver you get to know and trust."

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

**Call 0800 956 956 now for more information or a quote.**

*Editorial supplied by Freedom Drivers*

## TRANSPORT YOU CAN TRUST



### Reliable and friendly service

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

### Call now!

For more information

**0800 956 956**

Total  
Mobility  
Provider

ACC  
REGISTERED  
VENDOR



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



# Auckland Greypower Association Inc

## Membership Application



Mr Mrs Miss Ms  
Dr Prof Rev n/a

**Line A** - title, first names and surname of the applicant and  
**Line B** - spouse/partner's title/names if joining as a couple

A. ....  
Title Names Surname

B. ....  
Title Names Surname

Address

.....

Postcode:

Phone 09 ..... Mobile: 02 .....

e-Mail .....

Applicants Year of Birth 19..... (optional) Spouse/Partner's Year of Birth 19..... (optional)

\* Application for: **New member** ☐ or, **Renewal** ☐ (tick your choices)

\* Annual membership fee for: **Single: \$25** ☐ (**\$50** ☐ for **2** years), or

**Couple: \$30** ☐ (**\$60** ☐ for **2** years) + Donation \$ ..... = Total \$ .....

\* Payment: at Kiwibank branch ☐ Internet transfer ☐ Cash ☐

**Issue 60 2022 Autumn** Join for two years and save a possible price rise.

Please make transfer payable to **Auckland Greypower Association Inc.**

Please use your **surname** in **Particulars** and **phone number** in **Reference** field for transaction identification.

\* Pay at any branch or make internet banking transfer into our account:

**Kiwibank # 38-9012-0058673-000**

\* Cash payment at our public meetings, or Association office: (Creative Eye),  
557 Blockhouse Bay Road, Blockhouse Bay, Auckland 0600.

\* Mail or email Application to: **Auckland Greypower Assn, PO Box 48-157, Blockhouse Bay, Auckland 0644**, or: **info@aucklandgreypower.org.nz** or call **09-626 0895**

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