



**GREY  
POWER**

# *focus*

Auckland Greypower Association Inc  
Member of the NZ Grey Power Federation

The Active Organisation  
for those aged 50+

Spring 2021 Issue 58  
[www.aucklandgreypower.org.nz](http://www.aucklandgreypower.org.nz)  
ISSN 2703-1888

**CHRISTMAS  
Function  
see page 3**

**SAVE MONEY... Get Grey Power's  
Discount on power, gas, etc - see page 4**

**JOIN GREY POWER...  
now half price membership - see page 6**

**See Coming Events - page 3**

Auckland Greypower Office

557 Blockhouse Bay Road, Auckland  
(opposite the Library)

Phone 09 626-0895

Email: 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

www.aucklandgreypower.org.nz

Joining us is easy

All memberships are \$25 single, \$30 double  
see page 14 for details on how to join.

Executive Committee

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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

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President's Message

LETS LOOK ON THE BRIGHT SIDE.

Greetings everyone. Tena koutou katoa,

This Covid-19 virus is here with us for the long term.

Vaccination prevents it having fresh hosts to infect (unvaccinated people) It is the only way to knock it out of steam and help to make it inactive.

We have done this before with several other diseases. We can do it again. But it will need a world wide effort. We are in lockdown again and might be for some time but lets make the most of it.

Already I enjoy seeing the sight of people walking and jogging on the footpaths and the many cyclists on the roads. The silence in the mornings and hearing the various birds singing in the trees and again in the evenings is wonderful. Especially the tui perched on the top of a high tree declaring that this is their territory. And the thrushes and black birds, the pair of swallows and the grey heron on a spare grassy corner in Lynfield seen last week. And the pairs of ducks around Blockhouse Bay shopping centre. Absolutely wonderful.

Having time to sleep in and rest up at home is a wonderful luxury. Books to read. Time to cook and time to make lots of phone calls.

Do let's get vaccinated and follow the rules.

Keep our distance, wash and dry our hands well. Wear our masks, stay in our bubbles, stay inside at home if feeling unwell. Check with a call to you doctor if needed. Keep phoning or emailing friends, family and neighbours.

So let's stay positive and enjoy all the good things. Life is great if we make our minds concentrate on the positives.

Nga mihi nui. My very best wishes.

Gillian Dance President  
Phone 09-626-0895 | Email: akgp2gillian@gmail.com



Future Meetings

SEPTEMBER - no events due to Covid. And limited other meetings because of uncertainty.

SEPTEMBER, OCTOBER. NOVEMBER - Covid permitting

COFFEE - Tuesday 6 October. Meet 10.30am at Pt Chevalier Selwyn Village Coffee Inn

COFFEE - Tuesday 2 November. Meet 10.30am at Hillsborough Heights Coffee Lounge.

WATERVIEW FRIENDSHIP CLUB: First Monday. 10.30am. Waterview Methodist Hall. Knitting and crafts. Speaker: Bus outing second Monday. Contact Rena on 09 828 9861.

MT EDEN SENIOR CITIZENS HALL BUS OUTINGS: Dominion Road. Balmoral. HOUSIE every Wednesday. From 10.30am. Contact Gillian on 09 6260895

FRIENDSHIP GROUP GLEN INNES LIBRARY CHAT AND CUPPA: First Friday 11am. Contact Valda. 09 528 3706

PT CHEVALIER LIBRARY: EVERY FRIDAY from 10am. Bring knitting or handcraft.

CHRISTMAS FUNCTION: (and to celebrate Auckland Grey Powers 35th birthday).  
RYDERS THEATRE and MUSEUM: On Monday 6 December at 177 Riversdale Road, Avondale. Arrive early and enjoy the bits and pieces from years gone by. Enjoy an icecream. Film 10.30 start followed by hot roast dinner. Tea or coffee.  
Open to all members. Deposit \$30.00 per person to Grey Power Kiwibank A/c 38-9012-0058673-000 reference Christmas and surname. Or cash at our Office.  
Limited numbers so book early to confirm your place.

Due to space, and possibly incorrect PC language, we can only publish snippets from our Tony. Full copies can be supplied on request pending a legal opinion. Contact TC or the Editor.

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Kiwi Tech  
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



# MEMBERSHIP RENEWAL TIME

Please renew your membership over the next month if it is due.

Renew by online or telephone banking or personal transfer at your bank or call into the office with cash. Your support is needed and we need you.

## GET A DISCOUNT ON YOUR BILLS

Phone 0800 473 976 with details of your gas, power or broadband bills. Join Grey Power. (sse page 16) For 50 Plus age group

## Grey Power Speaker

Available to speak at groups or Club meetings.  
Phone Grey Power office 09 626 0895.

## MENDING and SEWING

Do you need any help with buttons or repairs etc? Contact Valda 09 528 3706

Thanks

For those who sent in postage stamps.

Remember Grey Power in your Will.

## NEED A TRADESMAN? OR HAVE A PROBLEM?

Ring **AGE CONCERN**, (09) **820-0184**. It only costs \$20 a year to join them

## DID YOU KNOW,THAT ... BREAD COMES FROM GRASSES

The development of bread began with early nomadic people's realising that the seeds of some grasses were more edible than others.

They began to cultivate these special grasses and to grow small quantities around their homes where they lived.

If you look around you will see in rough ground areas or along country roads and even city verges a wide variety of grasses with very interesting and different seed heads.

On sandy beaches you will see what we often call Bunny Tails. And then the large and small Shivering grasses.....Brize maximus and Brize minor...are often found there too.

Yorkshire Fog...a soft grass that has pink strips up its shaft which remind us of the striped pyjama pants that men often wore at one time but which is seldom seen now.

Then the fine brown slender heads of that lovely sweet smelling grass ..Anthoxanthum.....odorartum.....

But be wary of Cutty grass....one of the Fescues with very sharp edges. Other Fescues are small and fine. Fescue rubra or Browntop...it has soft fine feathery seed heads and makes a great lawn in cold moderate climates. Too hot and dry for Auckland unless you have a watering system in your lawn.

Sugar cane is a very popular grass we get sugar from. If you snap a mature stalk you can taste the sugar granules. Once only the rich could afford it.

Rye, wheat, corn and oats are grasses that humans and animals eat. They are made into a great variety of breads and porridges.

Teosinte corn (Zeo mays...hence the word maize). was used for grinding and making into bread. This bread was cultivated over 7000 years ago in South America. Improved varieties and various combinations and methods, that have continued to be improved, gives us the wide range of breads today .

But the best bread is that is made from freshly home grown grain that is freshly ground and baked especially as it usually and contains the various components of the grains .

Try making you own bread perhaps?

# RYMAN PIONEERS

*Peace of mind*

Our pioneering approach to retirement living includes our Peace of Mind Guarantees designed to give our residents greater confidence to live the way they want. They provide freedom and flexibility that lets you choose when, where, and how you want to live your life.

## 1 DEFERRED MANAGEMENT FEE CAPPED AT 20%

The deferred management fee (DMF) is your contribution to the continued maintenance and management of the village, including your unit and the village amenities. It's deducted when your occupancy advance is repaid, which is the amount you've paid to occupy the unit. Your DMF will be no more than 20 percent - one of the lowest in the retirement sector.

For example:

			
RYMAN HEALTHCARE	\$950,000	×	20% = \$190,000
MANY OTHER PROVIDERS	\$950,000	×	25 - 30% = \$237,500 - \$285,000

2 FIXED BASE WEEKLY FEE

3 CARE OPTIONS TO SUIT YOUR NEEDS

4 FEES STOP IMMEDIATELY

5 NO HIDDEN COSTS

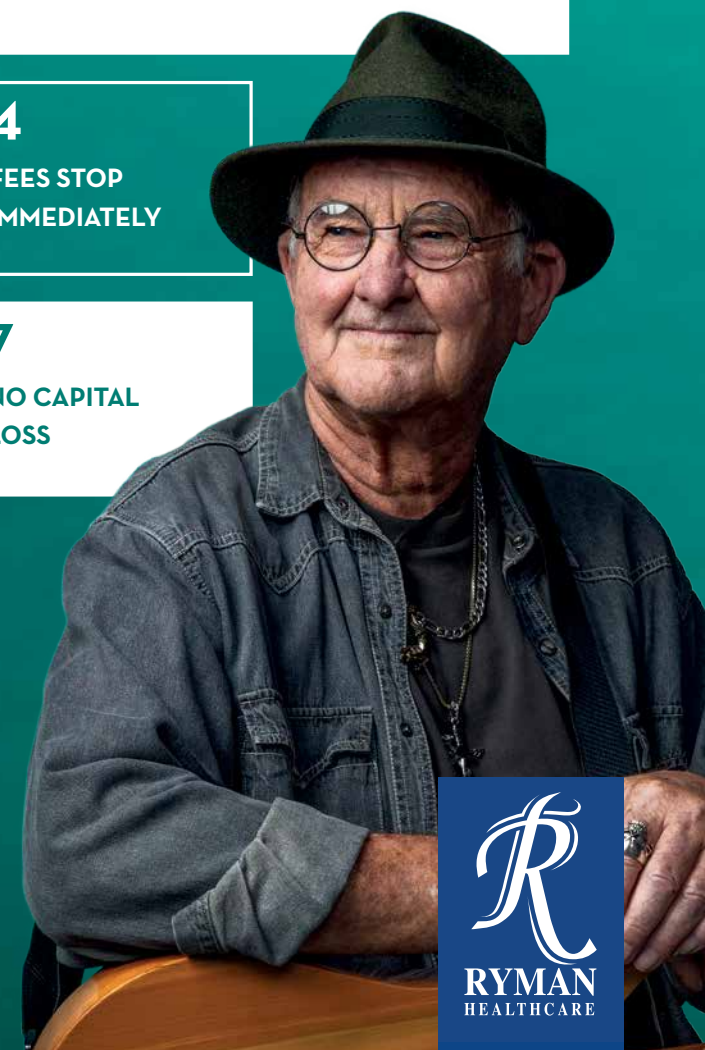
6 REPAYMENT PROTECTION

7 NO CAPITAL LOSS

8 CHANGING YOUR MIND

9 90-DAY MONEY BACK GUARANTEE

For full details on our Peace of Mind Guarantees or our 11 Auckland village locations visit [rymanhealthcare.co.nz](http://rymanhealthcare.co.nz) or call 0800 000 290



## We're saying goodbye to overdue fines

That's right. We're wiping overdue fines from your library account – current and historic. In fact, we've already forgotten about them!

From 1 September, overdue fines will be automatically removed from your account. You will also no longer be fined for returning items after the due date.

With no fines to hold you back, join us and get started on a new journey of exploration. Log in to your library account from 1 September to check your library balance and visit our website for more information.

### Charges for lost or damaged items

If you still have replacement charges on your library account, there will be some easy ways to clear them. We'll be in touch when we re-open to tell you more.

### Start exploring with online library access

Please remember during Alert Levels 3 and 4 we are closed. This means items cannot be returned, so please keep them safe at home. Although our libraries are closed, we still have a

world of online offerings you can access anytime, anywhere. It's all completely free with your library membership.

Enjoy streaming films on Beamafilm, online courses from LinkedIn Learning and browse the latest eBooks, eAudiobooks and podcasts all from the comfort of home.

## NEW MEMBERS SPECIAL JOINING FEE



Half the year has gone. So Auckland Grey Power has decided to have a special joining fee.

For just \$15 for the half year means you can become a member and eligible to get our discounted unlimited broadband, unlimited phone, power and natural gas rates.

See Grey Power Electricity article.  
Phone them on 0800 473 976.

See back page to learn how to join Grey Power. Join for the year 2023 at the same time for only \$40.



**a FREE concert**  
**Join in and sing with us**  
**5.00pm - Auckland Town Hall**  
**Sunday, October 17, 2021**

**FREE Concert**



**A concert of choral music**  
**celebrating "Light"**  
**7.30pm Holy Trinity Cathedral**  
**Saturday, October 29, 2021**

**Tickets available at [ticketmaster.co.nz](https://www.ticketmaster.co.nz)**

# 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.



**Davis  
Funerals**



HELP DURING COVID LOCKDOWN

We have lived under COVID-19 Alert Level 4 for a few weeks now and this may continue for a few days yet. We know the lockdown rules and why they are important. We also know the stress and hardship these circumstances can cause. That is why it is important to make sure that our communities are aware of the many types of support that are available.

Financial support

The Alert Level 4 restrictions put financial pressure on some people and is particularly tough for those on lower incomes. If anyone is struggling , financial support is available from Work and Income. Anyone in need of financial assistance should visit the Work and Income website or call one of their phone lines:  
0800 559 009 (MSD General Line)  
0800 552 002 (Seniors 65+)  
0800 88 99 00 (Students).

Access to food

People needing food urgently can contact their local foodbank. For those needing Halal or Kosher food, if your local foodbank cannot provide that they can put you in touch with foodbanks that can. We have also been contacted by people asking how they can register as a foodbank. A number of ethnic community organisations did an amazing job keeping people fed during previous lockdowns and if you would like to help you can register at [familyservices.govt.nz](http://familyservices.govt.nz)

For those who cannot easily visit a supermarket, through mobility issues or the need to self isolate supermarkets are providing delivery services. It is worth seeing if friends or family can drop-off essential supplies for speed. In addition the Student Volunteer Army are collecting people's shopping and delivering it for them. You can find more information at their website.

Mental health

There has been an understandable rise in anxiety as New Zealanders deal with the latest COVID-19 outbreak. Nobody should feel ashamed about this - feeling anxious or depressed is a normal reaction to stressful situations. It is important to reach out for help and there are helplines available that offer support. The services listed below are available 24 hours a day, 7 days a week.

- **Need to Talk?** – free call or text 1737 any

- time for support from a trained counsellor
- **Youthline** – call 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
  - **What's Up?** – call 0800 942 8787 – a safe place for tamariki and rangatahi to talk.
  - **Skylight** – call 0800 299 100 helping children, young people and their families and whānau through tough times of change, loss, trauma and grief.
  - **Lifeline** – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
  - **Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO)
  - **Depression and Anxiety Helpline** – 0800 111 757 or free text 4202 to talk to a trained counsellor about how you are feeling or to ask any questions.
  - **Anxiety phone line** – 0800 269 4389 (0800 ANXIETY)
  - **Family Services 211 Helpline** 0800 211 211 – for help finding, and direct transfer to, community-based health and social support services in your area
  - **OUTline NZ** – call 0800 688 5463 for confidential telephone support for sexuality or gender identity issues

If you, or someone you know is struggling to cope please get in touch with these services. They are here to help.

Financial support for businesses

Government has reactivated the financial support available to businesses impacted by the lockdown. Information, including a tool for businesses to find out what is available, can be found online. Keeping yourself and others safe - a reminder of the golden rules for Alert Level 4

Stay at home in your bubble

Feeling unwell? Call your doctor or Healthline on 0800 358 5453 about getting tested

If leaving the house:  
Wear a mask and keep a 2m distance from others

Keep on scanning QR codes

Wash and sanitise hands often

Stay local and be kind to one another

SPORT FOR SENIORS - The Masters Games

The Masters Games is on again next year from 5-13 February in Dunedin. Who from Auckland wants to go?

Swimming, athletics, cycling, bowls and many others...Weight lifing I am sure.

Anyone over the age of 35 can take part. Competition is in age bands. So you are competing amongst your peers.

Masters Games are held in many countries and include the World Masters Games

If interested contact Gillian 09 626 0895 or Google [nzmg.com](http://nzmg.com).



Bloom Living apartments - Own your Home in Retirement.

Bloom Living's Manurewa apartments are filling up fast, but there's still opportunities to purchase your own freehold apartment and be part of a thriving over 55's community.

Gorgeous, two-bedroom homes are available now priced from \$593,000, 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.

Apartments are available on the ground, first and second floors. Open-plan living creates a modern environment for you to enjoy. Homes are equipped

with generous kitchens and are approximately 65m2 internally flowing onto private patio's and downstairs have gardens. Bloom offers a great lifestyle, vibrant community and wonderful communal spaces to relax, socialise and meet new neighbours.

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

Show Homes: Weds & Thurs 10am-12pm by appointment, 20 Alfriston Road. Contact Marisa Johnstone today 021 991 805.

Financial freedom? Choose Bloom.

✓ Own your home outright

✓ 100% entitlement to capital gains

✓ Low weekly body corporate fees

✓ No hidden costs

At Bloom Living, you can have it all; a brand new, healthy home, stress-free living while being connected to a vibrant over 55's community. Embrace the financial freedom that comes with homeownership in retirement. Visit our Show Homes to see if Bloom Living is right for you!

From **\$593,000**

2 1 1 1 1

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](http://bloomliving.co.nz)

**BloomLiving**

Freehold Retirement

8 AUCKLAND GREYPOWER ASSOCIATION INC

ISSUE 58 SPRING 2021

9



**AUCKLAND GREY POWER AGM 2021**  
Been and gone. Thankfully.

Election of officers for 2021-2022 are as on page 2.

The problems over our Constitution hopefully have been sorted through the good services of Lisa Truttman. We await any other changes after Government legislation later this year.

**GREY POWER FEDERATION AGM**  
An excellent meeting. Our delegates Gillian Dance and Lingappa Kalburgi have written a very comprehensive report which is available to anyone who requests it. On line or hard copy from the office.

Several important remits were passed including an urgent late item put in by your President on behalf of Auckland concerning the amount of nitrates in our drinking water.

Overseas research in Denmark shows an extremely strong relationship between the levels of nitrate in drinking water and the incidence of colon cancer and the impact on low birth weights in children where high levels existed in Denmark.

It was accepted by the Conference for debate. Subsequently after discussion from the floor it was passed by all delegates except by four who felt that more research needed to done.

The contrary view was that New Zealand has a high and increasing rate of colon cancer. That people were dying from colon cancer now. And the powerful lobby groups would be seeking to retain the polluting levels that they currently enjoy

There was an excellent talk and question and answer session by Professor Helen Petousis-Harris. Her opinion is that vaccination against this Covid-19 virus is the best way to overcome it. She commented that magic theories are not to be relied on.

**Nanette Nathoo.**  
Vice-President Nanette Nathoo also attended.

I'm reading a book about gravity.  
I'm finding it hard to put down.

**COVID LOCATIONS OF INTEREST**

Surely it would be useful and sensible to announce the places where people infected with the Covid-19 virus had been. And the days and the times that these locations were visited.

I have a computer and I can access the information that seems to be more available and fully in detail than it has been in the past. I now know which bus was going where , in or out of town, and the times.

But surely, if we are serious about wiping this virus out of the community then the public need to be informed. Not just some of the public....but all of the public.

Many people do not have access to a computer to find out this information.

So why is this information not published in the daily or local newspapers? We see full page advertisements telling us to get vaccinated and who can now get vaccinated. But no information about "the locations of interest". Surely, this is absolutely essential.

And why not announce it night and morning over radio and TV?

How soon do we want to come out of Level 4 lockdown?

*Gillian Dance*

**MY ELECTRIC CAR**

O dear what can the matter be?  
Something is wrong with my battery  
A big can of petrol won't be much good.  
There's a strange electric motor under the hood.

**PC MADNESS**

It has become so difficult to live in this era of technology and political correctness.  
Every word had to be examined for (not only) spelling mistakes but for ethnicity or degrees of sexiness.

Elderly must replace old, with attention to race, colour, gender or religion.  
The English language is fading .....



'Keeping Traditions Affordable'

Auckland's Most Affordable Funeral Home

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Proud to be Family Owned and Operated

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<b>Private Service with Cremation</b> \$3550**	<b>Chapel Service</b> \$4900**	<b>Family Burial Service</b> \$2900**
Transfer into our care, Temporary Preparation, Eco Casket, Hearse Transfer to Funeral, Hand tied bouquet of seasonal flowers, Preferred Crematorium Cremation Fees, 1 Death Certificate	Transfer into our care, Eco Preparation or Embalming, Eco Casket, Hearse Transfer to Funeral, 1 Hour Gathering at any Chapel, Celebrant or Minister Donation, 30 Colour Service Cards, Music, Standard Cremation Fees, Hand tied bouquet of seasonal flowers, Preferred Crematorium Cremation Fees, 1 Death Certificate	Transfer into our care, Preparation Wood Grain MDF Unpolished Casket, Dressing at Funeral Home, Temporary Grave Marker, 1 Death Certificate
		<b>No Service Cremation</b> \$2125**
		Transfer into our care, Dressing your loved one, Eco Kit-Set Ply Casket, Preferred Crematorium Cremation Fee, 1 Death Certificate



Onsite 35 Seat Chapel



Comfortable Arrangement Room



Traditional & Modern Vehicles

FREE Information Pack Available

14 Bassant Avenue, Penrose, Auckland  
Chapel | Arrangement Room | Dinette | Casket Display Area | Qualified Funeral Directors  
\*\* There can be extra costs depending on unique circumstances

# 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!

Did you hear about the man who was sacked from the calendar factory?

He took a few days off.

## HEAVENLY SLICES LOUISE SQUARES

### Ingredients

125g soft butter  
Half cup caster sugar  
1tsp vanilla extract  
1 egg  
1 ½ cups plain flour  
¼ cup raspberry jam



### Topping

2 eggs lightly beaten                      1 cup desiccated. coconut  
1 cup shredded coconut                  1/3 cup caster sugar

### Method

1. Lightly grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper, extending paper 5cm above pan edges.
2. Beat butter, sugar and vanilla in a small bowl of an electric beater if you have one. Or you old hand beater if you prefer...Beat until light and fluffy. Add egg. Beat until combined. Stir in flour. Press mixture evenly over base of prepared pay. Smooth over top.
3. Cook in a moderate oven at 180C for about 15 minutes or until lightly browned. Remove. Set aside for 10 minutes to cool.
4. Meanwhile, to make topping, combine all ingredients in a medium size bowl.
5. Spread jam over base. Spread topping over jam.
6. Return to same moderate oven. Cook for a further 25 minutes or until top is lightly golden brown. Cool completely in pan.
7. Lift slice from pan. Cut into squares. Makes 24.

## What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it’s happening now or just happened and there’s a threat to life or property, call 111. If it’s already happened and there’s no immediate danger, use 105.





MEANINGS OF TE REO MAORI NAMES

- 1 Anaru
- 2 Hana
- 3 Whina
- 4 Wiremu
- 5 Henare
- 6 Mere
- 7 Marama
- 8 Tipene
- 9 Pita
- 10 Wiki(toria)
- 11 Himoana
- 12 Matiu
- 13 Pania
- 14 Hemi
- 15 Piki\*\*
- 16 Ruka
- 17 Hone
- 18 Rangi
- 19 Rangimarie
- 20 Maka

Answers: 1. Andrew 2. Hannah 3. Helper 4. William 5. Henry 6. Mary 7. Like the moon 8. Stephen 9. Peter 10. Vicki(toria) 11. Simon 12. Mathew 13. Mythical mermaid 14. James 15. Understudy, student 16. Luke 17. John 18. Sky/heavens 19. Peace 20. Mark \*\* Piki Mahuta, later Mrs Piki Paki, was the daughter of the Maori King who succeeded him as Te Atairangi Kaahu, the late Maori Queen who reigned for 40 years.

GENERAL KNOWLEDGE

- 1. What is an Armada and what was it's intention?
- 2. What year did Drake defeat the Spanish Armada?
- 3. What did a fletcher make?
- 4. When did women first vote in parliamentary elections in New Zealand?
- 5. What planet is called the jewel of our solar system?
- 6. What is the chemical symbol for iron?
- 7. Which century did Charles Dickens live in?
- 8. To hold a fork continental style means what?
- 9. Why is ergot a problem in wheat etc.?
- 10. Which is the second most populated city in New Zealand?

Answers: 1. A fleet of Spanish warships. Invasion of England. 2. 1588 3. Made arrows. Old Fr fleche arrow. 4. 1894 5. Saturn 6. Fe 7. Eighteenth 8. Hold fork in left hand times down. 9. It is a neurotoxin. It attacks the nervous system causing mad erratic behavior in humans and animals. 10. Christchurch

Bonus Bonds Bonus Bonds scheme is being wound up - here's what you need to know

You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do? We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch – when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone. If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it? We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above. ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.



SEE US ON FACEBOOK by Gael Baldock



Auckland Grey Power is also available on social media in our Facebook page.

This also gives you access to message us on Messenger.

We have new administrators of the site and are posting helpful information about Covid tracing and matters that affect seniors.

Having both these 'apps' certainly makes it easier to access.

If you're having trouble or are uncertain then public library staff will show you how to access Facebook. And of course young people,

grandchildren and the like, can practically do this in their sleep.

How to find us - at the top of the page is a bar with a magnifying glass, this is the search engine, put the words "Auckland Grey Power" in here. If you don't have the application, this is our link <https://www.facebook.com/greypowerauckland/>.

Please invite friends to 'like' 'Auckland Grey Power' to attract new visitors to our page and to create a larger audience.



If you would like to meet with **Martha-Louise** to discuss funeral arrangements in a relaxed and welcoming environment, please call her to make an appointment.

**Manning Funerals (2009) Ltd**  
31 George Street,  
Newmarket, Auckland



**Manning**  
Funeral Cottage

p. 377 9790  
e. mla@manningfunerals.net.nz  
[www.manningfunerals.net.nz](http://www.manningfunerals.net.nz)





# Join Us Before You Need Us

**Special half price membership. Sept 2021  
to 31 March 2023**



**Auckland Greypower Association Inc**

Applying to Join ☐ or Renewing membership ☐ and paying annual subscription of

Single \$25 ☐ or Couple \$30 ☐ plus (if any) Donation \$ \_\_\_\_\_ Total: \$ \_\_\_\_\_

Special Half Rate \$15 ☐ Membership to 31 March 2023 \$40 ☐

First Name *Dr/Mr/Mrs/Miss/Ms* \_\_\_\_\_ Last Name \_\_\_\_\_

Partner's Name *Dr/Mr/Mrs/Miss/Ms* \_\_\_\_\_

Street Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Phone(s) \_\_\_\_\_

Email \_\_\_\_\_ @ \_\_\_\_\_

Year of Birth \_\_\_\_\_ Partner's Year of Birth \_\_\_\_\_

I can volunteer to help Grey Power: Please tick one.

1. weekly ☐ 2. monthly ☐ 3. occasionally ☐ 4. sorry, unavailable. ☐

Send me extra copies of Focus & Greypower brochures to distribute: Yes ☐ No ☐

Privacy Act. All information remains confidential & is not supplied to any other party.

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## Payment Options:

1. Internet Banking transfer into either of our Auckland Greypower Association's accounts:  
Kiwibank **38-9012-0058673-000** or  
TSB **15-3968-0008956-000**  
Use your surname in Particulars and phone number in Reference fields for identification.
2. Set up direct debit to one of our bank accounts payable before 31st March annually. Details as in option one above.
3. Pay at any TSB or Kiwibank branch convenient to you. Details as in option one above.
4. Pay in cash in person at the office,  
557 Blockhouse Bay Road, Auckland  
(for hours see page 2).

Mail this application with the payment, or  
simply email the form's information to us:  
**membership@aucklandgreypower.org.nz**

## 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.

Disclaimer: Opinions expressed in this magazine are those of the contributors. All information is believed to be reliable. Auckland Greypower does not accept any liability for its contents.