

ARE YOU OVER 50?

**IT'S TIME TO JOIN GREY POWER
PROTECT YOUR
RETIREMENT YEARS**



AGM NOTICE - see page 3

Fraud Alert - page 6

DISCUSS ISSUES ON FACEBOOK - page 10

Want more time? - page 13

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 0600.**

 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 16 for details on how to join.

Executive Committee

President: **Gillian Dance**, BA (Sociology & Psychology) 09-626-0895 / akgp2gillian@gmail.com
Vice President: **Nanette Nathoo**, QSM, 021-157-5757 / nanette.nathoo@gmail.com
Treasurer: **Lingappa Kalburgi**, MNZM, JP 021 114 2148 / lingappa.kalburgi@gmail.com
Secretary: **Alan Bray**, 09-636 6260 / aj.bray@xtra.co.nz
Committee Members:
Database Administrator **Heldur Bender** 021 676 059 / akgp2heldur@gmail.com
Membership Administrator: **Jens Meder** 09-846 2525 / jensmeder29@gmail.com
Almoner Age Concern **Heather Alford**, QSM, JP heather@alfords.co.nz / 09-816 8996
Facebook page editor **Gael Baldock**, GaelB@xtra.co.nz / 021 0250 1000

Focus Magazine

Editor: **Gillian Dance**. 09-626-0895 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 0600 Email: akgreypowerinfo@gmail.com

This publication is designed and printed by Kiwi Publications Limited. For advertising phone Sam on 027 872 6629 or email: samanta@kiwipublications.nz
www.kiwipublications.co.nz
Please refer to our website for disclaimer.

President's Message

Greetings and Kia ora everyone
Winter is around the corner.
Daylight will be shorter and the nights longer. But read the "Science.Corner. I like to follow the old advice of "early to bed...early to rise....makes a man healthy, wealthy and wise.

Local Government Elections. If you have the time and the interest..why not stand? Many people of senior years have all the ability needed GO STAND.

Grey Power and our members and every senior person need to be lobbying for the removal of GST on food, and for improving care in rest homes with better staffing and retention of staff. Adequate salaries for the work nurses and more adequate support in our homes after hospital stays and rehabilitation to assist recovery for the elderly is needed. Assistance is needed for the elderly to obtain good dental care as is done in some overseas countries. The removal of tax from superannuation, benefits and all wage earners with the first \$18,000 being tax free, as they have had for many years in Australia. Why can this not be done in New Zealand? Our politicians need to be constantly asked to improve the services to the older citizens, we need to ensure we vote. Make your votes count with Three Waters and other proposals. See AGM notice for details. Support politicians that support you....that support our age group.

Finally, I encourage you to attend the Grey Power AGM on 22 June at May Rd, MT Roskill War Memorial Hall at 1.00pm. Speakers from Council and Local Boards and a representative from Government will be discussing the Three Waters proposal and co-governance of our parks and reserves. It should be a very interesting meeting.

With my very best wishes/ Nga mihi nui.

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

Nominations for Committee

All Committee positions are open. Nominations must be in writing (Form available at Office) and must be correctly filed at the Office, or emailed, by 5pm Wednesday 15 June 2022.

Any vacancies for Committee positions can be filled from the floor. As is standard practice.



Future Events

Friday 27 May Meadowbank Mall: Coffee/Brunch. 10.30am, meet at the Foodcourt. Meet President Gillian Dance. Social chat and current affairs. Bring a friend. All welcome. RSVP to office appreciated.

NOTICE OF AGM

Wednesday 22 June 2022

1pm. Mt Roskill War Memorial Hall, 3 May Road, Mt Roskill.

Agenda: Reports and Elections of Officers.

General Business: Proposed Rule Changes. Subscription for year 2022-2023.

- 1. New Rule.** Provision for Appointment of Minute or Meeting Secretary or Assistant Treasurer or Membership Officers as necessary.
- 2. Removal of Clause.** Proxy Voting.
- 3. AGM.** Where a position is vacant at the commencement of an AGM that Nominations for that position will be received from the floor.
- 4.** Any other relevant business.
- 5. Speakers:** **Jan O'Connor** (Devonport Takapuna Local Board). **Being an Elected Official in my 80's.** (*encouraging pensioners to be active in Local Body politics*). **John Watson** (Auckland Councillor, Albany Ward). **Where to Now for Auckland's Council.** (*including co-governance of Hauraki Gulf Forum and Regional Parks*). **Nanaia Mahuta** (Minister of Local Government & Maori Development). *to be confirmed* **What co-governance will achieve for Auckland.** (*including 3 waters, Housing Enabling Bill*).

Afternoon tea. Members are invited to bring a plate to share.

Renewed memberships on the day will be eligible for voting papers.

ALL WELCOME - PLEASE COME AND VOTE

CONTENTS *focus* Winter 2022

Presidents message	2
Future events	3
Grey Power meeting with Minister.....	4
Discounts	4
Associations Contacts	5
Superannuation for Terminal illness.....	5
Fraud Alert	6
Important Contact Details	8
Facebook.....	10
Grey Power Aims & Objectives	12
Want more time?	13
Consultation Auckland Council.....	14
Membership Application	16

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

Auckland Grey power meeting with Minister Carmel Sepuloni

Thank you to Hon. Carmel Sepuloni Minister of Social Development & Employment for giving time to meet with key Greypower officials on issues concerning seniors on 1st April, especially during Covid-19.

Amongst other things, we discussed the very long wait time on hold for WINZ call centre. Our office had complaints from superannuants who waited for over an hour, only to be cut off. We look forward to the outcome and more interaction. I was proud to attend the meeting as Auckland Greypower Vice President along with Gillian Dance, President & Dr Lingappa Kalburgi, Treasurer and the Officers from Zone 2 Greypower.

The Minister was so down to earth and approachable. We even matched in a like-minded way of wearing the same colours.

Nanette Nathoo QSM | Auckland Grey Power Vice President



Above from left -right: Greypower Officers Auckland President Gillian Dance; Dr Lingappa Kalburgi Auckland Greypower Treasurer; Bill Rayner President North Shore Greypower; Anne Martin North Shore Greypower; Nanette Nathoo QSM Auckland Greypower Vice President; Hon. Carmel Sepuloni Minister of Social Development & Employment; Steven Mc Donald Vice President Waitakere Greypower; Mate Marinovich Zone Director-President Waitakere Greypower; Jim Kleine President Counties Manukau Greypower; David Marshall Zone 3 Rep Greypower Grey Power New Zealand Federation Chair Retirement & Taxation National Advisory;

DISCOUNTS
HAMMER HARDWARE. Pt Chevalier, Great North Road. Offers 10% discount for Gold Card holders.
COUNTDOWN MEADOWBANK. On Tuesdays, Offers 10% discount. AUCKLAND BLINDS. Offers 10% discount for cleaning. Phone 0800 031 334.
COMPUTER ASSISTANCE & REPAIRS. Kiwitech, Mt Albert. Offers 10% discount 09 815 1525. MR MINUTE NEW LYNN Mall. Shoe Repairs. Offers 10% discount. PAEROA. :Goldmine Antiques. Offers 10% discount.
HAIRFORCE, Point Chevalier Arcade. Free cut with organic colour \$59. See Rachael. NEWMARKET. SHOE, BAG, SUITCASE REPAIRS. Station Arcade, by Remuera Road Near bus stop entrance.

BUS TRIPS. If you are interested in bus trips around or out of Auckland please leave your name and details with the Office. There are various Clubs that arrange these outings, Friendship Groups, Gardening Groups, Senior Citizens etc. Phone 09 626 0895.

Visit an AA office. Ask for your photo to be taken for it to be put on your Gold Card. AA will send it electronically to the Ministry of Social Development (MSD) who will mail you a new card with your photo on it. There is no charge.

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
Jim Klein: Phone - 021 903 569
membership@greypowercountiesmanukau.org.nz
Membership: Angela Harrison 09 239 0935

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
All of the above Associations are there to assist Senior people of any age. You are free to join any one of them. Please contact them for future information. They frequently have events in their local area and can assist or follow up any enquiries you may have.



5 Mayfield Road, Glenfield
Office Hours: 10am - Noon Mon-Fri
09 444-2231
Seniornet_glenfield@xtra.co.nz

SeniorNet
Learning technology together.

SeniorNet Glenfield Inc.
Technology for Seniors
Computers, laptops, ipads
smart phones, TV's etc.
Learn from seniors in a fun, stress-free environment. We offer 4 week courses for some topics and one off 2 hour workshops for others.
Check out what SeniorNet Glenfield has to offer at
Seniornet-glenfield.org.nz
\$30 annual fee - ALL LESSONS FREE

Should people diagnosed with terminal illness move to superannuation to live their last days with dignity?

There is approximately \$60pw between 'Job Seeker' benefit and 'Supported Living', then \$100pw to Superannuation. That \$100 and a Gold Card would make a big difference when struggling with health and medical expenses, especially with the rising cost of living.
This is an important conversation for members before it goes to Grey Power Federation as a Remit to be presented to the government.
"It's about compassion in a Welfare State where all people fare well,"
Gael Baldock.
Join the discussion: <https://www.facebook.com/1909084249392273/posts/2848164068817615/>



Wednesday a week ago, I had a phone call from someone saying that he was from some outfit called: “Express Couriers,” (The name could be any courier company). He asked if I was going to be home because there was a package for me that required a signature.

The caller said that the delivery would arrive at my home in approximately an hour. Sure enough, about an hour later, a uniformed delivery man turned up with a beautiful basket of flowers and a bottle of wine. I was very surprised since there was no special occasion or holiday, and I, certainly, didn’t expect anything like it. Intrigued, I inquired as to who the sender was. The courier replied, “I don’t know, I’m only delivering the package.”

Apparently, a greeting card was being sent separately. (The card has never arrived!). There was also a consignment note with the gift. He then went on to explain that because the gift contained alcohol, there was a \$3.50 “delivery/ verification charge,” providing proof that he actually had delivered the package to an adult (of legal drinking age), and not just left it on the doorstep where it could be stolen or taken by anyone, especially a minor.

This sounded logical and I offered to pay him cash. He then said that the delivery company required payment to be by credit or debit card only, so that everything is properly accounted for, and this would help in keeping a legal record of the transaction.

He added, “Couriers don’t carry cash to avoid loss or being, likely, targets for robbery.”

My husband, who by this time was standing beside me, pulled out his credit card, and the “delivery man,” asked him to swipe the card on a small mobile card machine with a small screen and keypad. Frank, my husband, was asked to enter his PIN number and a receipt was printed out. He was given a copy of the transaction.

The guy said everything was in order and wished us a good day, and left.

To our horrible surprise, between Thursday and the following Monday, \$4,000 had been charged/ withdrawn from our credit/debit account at various

ATM machines.

Apparently, the “mobile credit card machine”, which the deliveryman carried, now had all the info necessary to create a “dummy” card with all our card details including the PIN number.

Upon finding out about the illegal transactions on our card, we immediately notified the bank which issued us a new card, and our credit/debit account was closed. We, also, personally, went to the police, where it was confirmed that it is, definitely, a scam because several households had been similarly hit.

WARNING: Be wary of accepting any “surprise gift or package,” that you neither expected nor personally ordered, especially if it involves any kind of payment as a condition of receiving the gift or package. Also, never accept anything if you do not, personally, know or there is no proper identification of who the sender is.

Above all, the only time you should give out any personal credit/debit card information is when you yourself initiated the purchase or transaction!

PLEASE, pass this on, it may just prevent someone else from being swindled.

Grey Power is an Advocacy Service and lobbyist to both Government and local Councils on any issues of interest to the 50+ age group.

In all matters, we do our best. We are after all volunteers; Grey Power does not have funded staff to be full time trouble shooters. For many queries and in a number of circumstances often the Citizens Advice Bureau can help.

We are unable to advise or provide help around the house or other professional services. Instead, we recommend that you talk to family and friends for a recommendation, or use a local person in your local area. Usually you get a better service long term when you have good reecommendations from those who have used that service.



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 or call in to any of our five branches across Auckland.

09 638 9026
office@davisfunerals.co.nz
davisfunerals.co.nz



I have read and listened to all the talk of what the leaders want to do for the poor deprived disadvantaged of the country and yet have heard NOTHING of what any party plans to do to assist the senior citizens of NZ. With all the talk of the rises of inflation and cost of living for some time the senior citizens have been subsidising on the nest egg (if any) they have squirreled away (at no interest) till there was not much if any left and especially if it is a one person household with up keep power, water, insurances, car registration, WOF, renewing license, maintaince, medical, the list goes on along with the increases.

Not everyone has family close by or even family and most friends are passing on. So what could be of benefit & assistance to all in low incomes. The Government's are quick to measure us up against other countries to their benefit BUT what about our neighbor Australia what does it offer there elderly?

1. Superanuation IS NOT TAXED
2. NO GST on unprocessed food. That would benefit all and encourage low income folk to purchase fresh fruit and vegetables, meat, etc, good basic food. I don't want to hear how hard it would be to do it! As the growers claim GST back on their produce.
3. Good Concessions of electricity phone gas rates & water.
4. Free travel twice a year anywhere on train and bus in their state.
5. Maintance allowance of \$400.00 per year on household repairs
6. Free medical & prescriptions

During Covid all superannuitants received \$750.00 hand out every 6 months from the Government to help with expenses.

All the above would not be a loss or cost to our Government as they receive tax's on all interest and income earned from all. Superannuitants in Government housing are capped with rent and water bills but little else. So with an election looming ahead of us what do you Leaders have to offer for the truly forgotten of our society who have well and truly paid their dues in life, above are a few suggestions?

Nickie Frye

Important Contact Details for older New Zealanders

Age Concern - ageconcernauckland.org.nz
09 8200 184. Visiting servies, 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
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.

Ministry of Social Development 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

HAMILTON MOZART



Saturday 30 July - 7.30pm
Holy Trinity Cathedral

AUCKLAND CHORAL
Singing to inspire
Tūi-Tūi-Tuitiā

ticketmaster.co.nz
09 970 9700



Gloria

Sunday 16 October - 5pm
Auckland Town Hall

AUCKLAND CHORAL
Singing to inspire
Tūi-Tūi-Tuitiā

ticketmaster.co.nz
09 970 9700

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.



Spacious, open-plan living creates a modern environment for you to enjoy. Homes are equipped with generous, well-equipped 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 modern, 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 **\$615,000**

2  1  1  1  1 

Freehold Retirement

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

There are many issues to be discussed by our members.
One place to do so is our 'Auckland Grey Power' Facebook page.
<https://www.facebook.com/greypowerauckland>

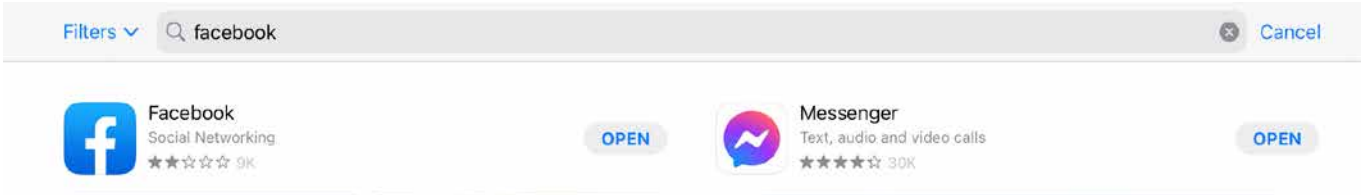
- 1. You will need to join Facebook by creating an account with a Login. The easiest way, as with all computer stuff, is to get the help of a young person or local library staff, who will also answer any queries.

Grandchildren will be very impressed with you being active on social media.



Google search: <https://www.facebook.com>
Facebook - log in or sign up. Create an account or log into Facebook. Connect with friends, family and other people you know. Share photos and videos, send messages and get updates.

- 2. You can download the 'app' or use your local library to engage
While you're there, also download 'Messenger', its the place where you can have private, real time conversations with other users, without any toll charges



- 3. **How to protect yourself from scammers.** Make everything simple so it's easy to remember. Use your real christian name and surname. Do not use your middle name. Use an easy password to remember, your street name and number. Make your birth year invisible. That's the most important private part of your identity to protect. If you decide to have 'friends', they will send you birthday wishes.
- 4. **'Bells and whistles'.** Leave out doing anything further if you don't feel confident. You can edit your profile at a future date. You can choose if you wish to put up a profile photograph and have friends whose posts you can follow, or not. You may choose to wait until you're more confident. Do not accept friend requests from people you don't know.

Now you're ready to tell us you opinion on current issues.
Please 'Like' our page and engage in conversation.

'Auckland Grey Power' Facebook page.
<https://www.facebook.com/greypowerauckland>

"A lively discussion will allow us to represent you better."

Gael Baldock, Administrator AGP Facebook page



Are you tired of seeing
your rates being spent
so frivolously with no
accountability?
Would you like Council
to focus on providing you
with core services?

If your answers are YES, then
we stand together on common ground.

My name is **Craig Lord**, and it would be an honour
to represent you as the **Mayor of Auckland**

I'm a maintenance and diagnostic engineer by trade, a working-class family man. My wife and I have been together for over 30 years, raised children, and we understand the struggle. Her excitement levels after receiving her first brand new lounge suit last Christmas is a testament to that! But, it shouldn't be so hard.

If Auckland Council worked properly then the residents can too - but sadly, it doesn't. The list of issues is massive and that's why I put my hand up for the job. I want to turn this Council around.

Engineers analyse problems and find solutions. We are pragmatic by nature, and we work on common-sense principles. We also know that if you keep doing the same thing, you'll get the same results. So now is time for change. **Auckland needs an honest Mayor, willing to listen and not make false bravado promises. It requires an independent who is uninfluenced by a political party or ticket. A Mayor who doesn't have self-serving agendas is without ego and doesn't have a basket overflowing with dirty laundry.**

I want a return on rates investment and the Council to stop bleeding money so that we don't have rates rises. I want open and honest consultation processes. **I WANT THE BEST POSSIBLE AUCKLAND.**

IF YOU WANT THE SAME THING, PLEASE MAKE YOUR VOTE COUNT, I WOULD BE PROUD TO BE YOUR MAYOR.

CRAIG LORD FOR MAYOR 2022
www.craiglord.nz | @CraigLordMayor2022

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!**

WANT MORE TIME/?

If someone goes to bed at 11.00pm and sleeps until 8am....not only are they burning up the power, and paying larger electricity bills but they are losing "days".

Compare the time you will saveand the powerand the money ...if you become an early to bed and an early to rise person.

Going to bed at 9pm and rising at 6am.....you gain 2 hours a day. At seven days in a week in effect you have gained fourteen hours of extra time. And saved a lot of kw hours and at ... 65cents you can calculate how much cheaper it will be to live.

If you want to get more done and achieve more and "live longer" you might like to consider changing your sleep patterns. Besides ...the body will mend and recharge its batteries while you are early to bed.

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/
4. Save with Greypower Electricity on power and phone.
Call 0800-473 976, www.greypowerelectricity.co.nz
5. Savings on own and on partner’s Medical Insurance
– go to 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.

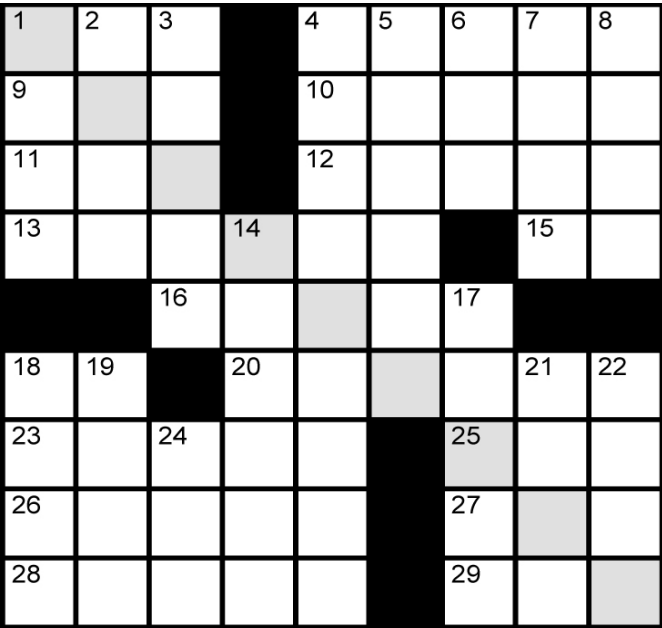
March 31 is the end of our financial year. To retain the discount from Pulse Energy you need to renew as members.

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.

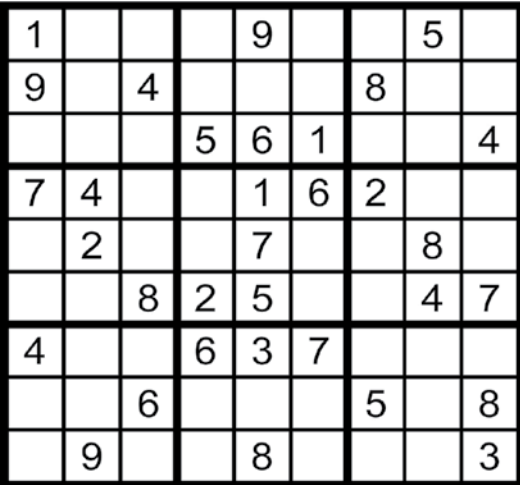


Investors Delight



- Across
- 1. Netflix rental
 - 4. More artful
 - 9. "Rocky ____"
 - 10. Minor
 - 11. Gun, as an engine
 - 12. It's debatable
 - 13. Mark and Shania
 - 15. Exists
 - 16. Bumps

- | | | |
|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |



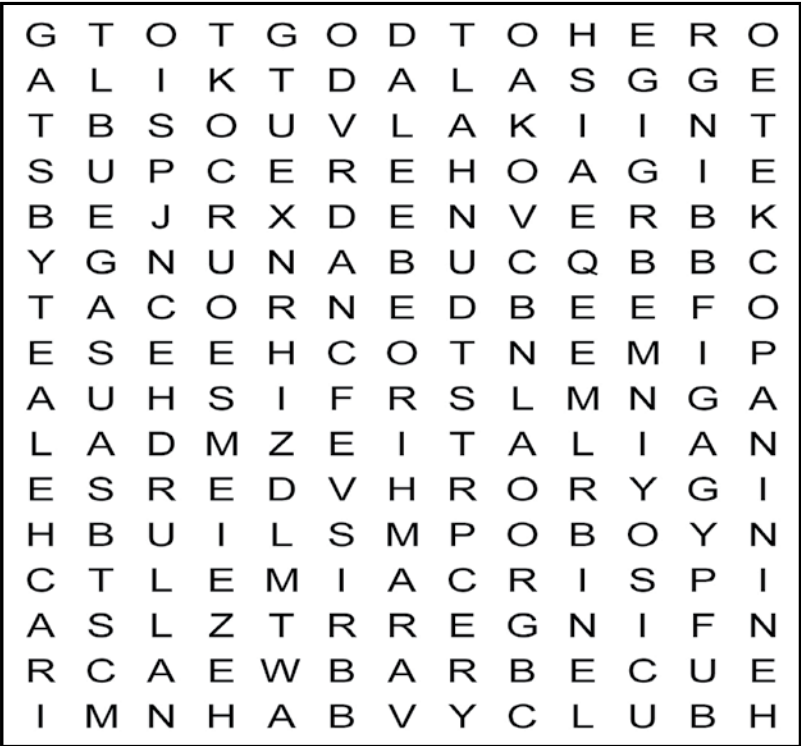
- 18. Atop
- 20. Imagined
- 23. Arm bones
- 25. "____ what?"
- 26. Backgammon piece
- 27. Old name for Tokyo
- 28. ____ and aahed
- 29. ____ publica

- Down
- 1. Gossip
 - 2. Penthouse feature
 - 3. Couch
 - 4. Like clothes in a washer
 - 5. Rent payer
 - 6. "____ alive!"
 - 7. Needle case
 - 8. Bakery selections
 - 14. First-aid item
 - 17. More rational
 - 18. Approximately
 - 19. Alliance acronym
 - 21. Fashion
 - 22. Deuces
 - 24. Play-____



The title is a clue to the word in the shaded diagonal.

SANDWICHES



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

Love Food - Hate Waste

Love Food, Hate Waste New Zealand is a national campaign, started in 2016, to help New Zealanders reduce their food waste. Food waste is a massive problem in New Zealand. Not only is wasting food costing us money, it is also bad for the environment. In fact, Kiwi households throw out 86kgs of edible food each year.

How do we know how much Kiwis throw away?

We went through your rubbish. We gathered bags that were left out on the street for rubbish collection, opened them and separated out the food. We then measured it to get a picture of what Kiwis throw out. It was a gross but important thing to do. Only by realising what a problem food waste is, can we begin to solve it.

Food is wasted at all stages of the supply chain, from what is produced on farms and in factories to the excess that supermarkets throw out. However, the largest proportion of food wasted in New Zealand comes from households. New Zealand homes throw away 157,398 tonnes of food per year, all of which could have been eaten. This is enough food to feed the whole of Dunedin for just under three years!

Wasting this food costs the average household \$644

a year. Food waste ends up in the tip, along with the rest of our rubbish. When food decomposes without oxygen in the landfill it releases methane which is a harmful greenhouse gas. New Zealand's yearly food waste produces 409,234 tonnes of carbon emissions. To offset this we would need to take 150,453 cars off the road for one year or plant 163,693 trees. When we waste food, we are also wasting all of the resources that went into making it of course as well.

There are two main reasons why we throw away food: we don't eat our leftovers and some food goes bad because it is not stored properly. The foods we waste the most are bread, leftovers, citrus, apples, chicken and bananas. The Good News is that 86% of Kiwis believe wasting food is wrong. It is easy to make small but effective changes to reduce the amount of food that you waste. You can learn how to make these changes by going to the website <https://lovefoodhatewaste.co.nz/>

There are plenty of resources available for every person and household to make a difference. Remember, love your food to reduce your waste and save the environment. Sources: <https://lovefoodhatewaste.co.nz/> and <https://www.consumer.org.nz/>

Bob is FREE to visit his grandson in Hamilton

SuperGolds Ride FREE on Te Huia!

You'll need to load your SuperGold Card onto a Bee Card before you travel. Bee Cards are available to purchase from Papakura Train Station or beecard.co.nz.

0800 205 305 | tehuiatrain.co.nz | tehuiatrain@waikatoregion.govt.nz

Te Huia
Connecting Waikato & Auckland

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 on 2022 at Kiwibank branch ☐ Internet transfer ☐ Cash ☐

Issue 61 2022 Winter 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 Auckland Grey Power Office at 557 Blockhouse Bay Road (opposite Blockhouse Bay Library), in Creative Eye (Design & Print, Photography). Office hours Monday to Friday 10am - 12.30pm. Phone 09 626 0895.

* 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**

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.