

Cover photo by
David Lockhart

**ATTEND THE
MAYORAL
FORUMS**
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**VOTE FOR THE MAYOR
YOU WANT** - page 6

Save our Trees  page 5

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Forest & Bird Diaries/Calendars - page 15

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.

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,
09-626-0895 / akgp2gillian@gmail.com
Vice President: Nanette Nathoo, QSM,
021-157-5757 / nanette.nathoo@gmail.com
Secretary: Gael Baldock
021-025-0100 gaelb@extra.co.nz
Treasurer: Lingappa Kalburgi, MNZM, JP
021-114-2148 / lingappa.kalburgi@gmail.com

Membership: Contact office, 09-626 0895

Committee Members:

Heather Alford QSM. JP. (Age Concern/Almoner)
Stuart Andrews, Bruce Henderson, Jens Meder
Lisabeth Toomey, Robin Hill.

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

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President's Message

Greetings and kia ora
everyone

It's been a busy year and
so wonderful to see the
many new members joining
Auckland Grey Power.

Welcome to you all.

We welcome also the new members on our
Committee this 2022-2023 year. And we thank
too, the Volunteers and Committee members who
have decided to retire from office.

We cannot run on fresh air and to be proactive in
advocating for our seniors we need willing people
to step up to expand and fill any gaps. Please do
contact us and let us know you can help.

Finally, make sure you are on the Electoral Rolls.
and fill in and mail you VOTING PAPERS promptly.

Best wishes to you all. Nga mihi nui,have

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



Auckland Grey Power Office New Signage
557 Blockhouse Bay Road. Where we can be
found to renew your Membership.

Future Events

Friday 19th August - 1 pm at Netball North Harbour, 44 Northcote Road. Meet the Mayoral
candidates. Bring your friends and Neighbours . Refreshments after meeting. Greypower
North Shore

Wednesday 24th August - 9.30am at Birkenhead RSA, Recreation Drive, Birkenhead.
Grey Power Zone 2. Delegates from seven Greypower Associations. Hibiscus Coast, North
Shore, Waitakere, Auckland Isthmus, Howick/Pakuranga, Counties/Manukau, Waiheke Island.
Association Reports, Federation Report, General Business. Observers welcome. Cost \$30.
Includes lunch. Notify your Association if you wish to attend. (A great way to find out what
Grey Power does and how it operates.)

Friday 26th August - 2pm at the Howick Presbyterian Church, 11 Vincent Street, Howick.
Meet the Mayoral candidates Grey Power Howick/Pakuranga.

Friday 23 September - 10.30am at Mt Albert War Memorial Hall. 773 New North Road,
Mt Albert Meet the Mayoral candidates. Hall opens 10am. Morning tea provided. Auckland
Greypower.

Friday 31 October - 10.30am. Coffee Meeting. Icoco Cafe Blockhouse Bay Road, along from
the office. Meet the President and co.

Saturday 8 October - Bus Trip to Paeora. \$30 lunch included. Phone Nicki 846 9978.

GREY POWER IS MAKING NEWS. Jan Pentecost (President), Mrs Jo Millar (Health
Spokesperson) and Pete Matcham (Vice President) have all featured on Radio 1ZB news items in recent
weeks. Pete being on just a few days ago. And Gillian Dance (Auckland Grey Power President) was asked to
write an article by a journalist for Stuff. It was published just last week in their community newspapers. She
was asked to select one thing she felt was the single most thing she thought the new Auckland Mayor and
Councillors should prioritise. She chose Congestion and public transport. Her article appears in this Focus.

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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

GET OUT AND ABOUT

Grey Power Associations are, in the main, advocacy groups. We do promote services that benefit seniors aged 50 plus. We advocate for improved access and financial benefits and lobby to maintain the value of your superannuation, better quality home care and health services, etc. But we do not mend broken windows or solve personal relationship problems or provide gardeners.

While we do usually hold bimonthly general meetings on topics of interest to our age group, unless we have social convenors willing to host monthly coffee groups and similar, we usually encourage our members to join in local community groups that already do these things.

We recommend all the Communicare Friendship Groups across Auckland city (09 631 5968) as well as the Selwyn Foundation weekly groups and those run by the Salvation Army, local libraries and craft and talk groups. The Community Centres offer a wide range of social activities from walking and singing to gardening and historical societies. Most groups provide speakers, trading tables and a cup of tea. Some provide bus outings.

If you want something to do, contact these groups or your local Citizens Advice Bureau.

DISCOUNTS FOR GOLD CARD HOLDERS
A reminder to remember to ask for Gold Card discounts. Just ask when you shop at any shop. Politely and with a smile might get you a discount. **Recent savings had by Gillian**
NOEL LEEMING - 10 per cent, MISTER MINIT - 5 per cent, KINGS PLANT BARN - every Wednesday, WAREHOUSE - First Tuesday .5 per cent. Great food savings, HAMMER HARDWARE at Pt Chevalier - 10 per cent, PAPER PLUS - save 10 per cent, Let us know of your savings!!!
Join Grey Power Electricity,....Cheaper Gas, Broadband and Power for Grey Power Member
Join us@greypowerelectricity.co.nz
0800 473 976.
McDonalds.....Free Coffee and tea when you buy an item. Hot chocolate only \$1.00. MOTAT has free entry for Gold card holders of Auckland city. HAMILTON and Te Huia. Get a B card and travel for free on the Te Huia train to Hamilton.

The Grey Power Federation’s AGM

The GREY POWER FEDERATION held its Annual General Meeting in Wellington recently. Gillian Dance (President) and Lingappa Kalburgi (Treasurer) attended as delegates, with Nanette Nathoo (Vice-President) as an Observer.

It was well attended with lively and informative debates. There were fifteen policy remits put forward. The one sent in by Auckland which spelt out Grey Power's position regarding superannuation and other issues was passed, after some debate.

Auckland Association also held the proxy vote and spoke on behalf of the Far North's remit seeking to ensure that people with at least two years membership in an active role be eligible for any Board position.

Fuller reports of Remit discussion and Board Advocacy reports will be in the National Quarterly.

Grey Power had long lobbied for an Aged Care Commissioner, and the first appointee, Carolyn Cooper, spoke of her proposed actions in her new role. Dr Susy Morrissey, Director of Policy at the Retirement Commission, works closely with the new Commissioner. Both women have extensive practical experience in the Age Care fields.

Dr Ayesha Verall, Minister of Seniors, gave an excellent address via video. Other speakers were Rachael O'Connor, a Human Rights Spokesperson, and John Collyns from the Retirement Village Association.



Lingappa Kalburgi speaks at the AGM. President Gillian Dance, left. Dr Susy Morrissey, right.

CONSIDER OUR SENIORS - OUR TREES

The Tree Council is delighted to announce that we have settled, with an out-of-court agreement with Auckland Council, our judicial review of Auckland Council’s November 2020 decision not to allocate any resources to the management of Schedule 10 (Notable Trees).

The specific terms of the settlement are confidential to the parties and cannot be disclosed, but we are now confident that Auckland Council will take a more proactive approach to the management of Schedule 10 in future as a result of this legal action.

The Tree Council challenged the decision of the November 2020 Planning Committee and lodged judicial review proceedings in the High Court in November 2021. At that time Auckland Council had not added a single new tree to the Notable Trees Schedule in 9 years and had placed a statement on its website discouraging the public from nominating new trees because they would not be processed by the Council.

The Tree Council’s Chair Sean Freeman says “It is a disgrace that The Tree Council had to resort to court action to force Auckland Council to recognise its legal obligation to actively manage the Schedule of Notable Trees. However, we are pleased that this action has resulted in a positive response from the Council and we look forward to seeing a more proactive approach to their management of these important assets in the future.”

“The Tree Council requests that the public now let us know where the biggest and best trees in Auckland are located so that we can assess their suitability for nomination to Schedule 10. It is vitally important that we identify these heritage assets now and get them legally protected because they are highly threatened by the intensification and development that will accelerate over the next few years.”

If you would like to propose trees for assessment for scheduling please complete the online form here: <https://tinyurl.com/55bsudsy> We will do the work of completing the nomination forms for all those trees likely to qualify and pass them onto Auckland Council for processing.

THE TREE COUNCIL, www.thetreecouncil.org.nz

Is anyone able to help out in the Grey Power Office?

We need more volunteers to help staff the office. We try to keep the office open each weekday Monday to Friday, from 10 a.m. till 12.30 p.m.

Can you help? Perhaps one morning each week, or maybe once or twice a month would be wonderful. We will give some general training before you start!

Please ring the office on 626-0895 during our open hours if you can help.

Thanks

Worried about changes in your loved one’s memory or behaviour?

Struggling to care?

TIME FOR A BREAK?

Bethany Hill Dementia Care is certified by Ministry of Health to provide:

Long Term Care | Day Care | Respite Care



Bethany Hill
Dementia Care

582 Leigh Road, Warkworth
Ph: (09) 422 6006

Email: admin@bethanyhill.co.nz

www.bethanyhill.co.nz

There are many issues that I am concerned about leading up to this year’s local election.

The high and increasing levels of municipal debt is a cost to the ratepayer now and in the future. The cost is one passed onto everyone living in the city, and is loaded by landlords onto tenant's rents.

Then there is the wasted spending (\$65 million written off by the Ports of Auckland) and excessively high staff salaries. Contracted services seem to take years before fixing a pot hole.

I think we need a Mayor and Councillors who have a firm handle on the reins and who will focus on the essentials. A focus on what is absolutely needed for our city and not the “nice to have” frills.

As an older long term senior resident my priorities would be that I would like the Mayor and Councillors to focus on keeping the rates as low as possible, to look at the needs of older residents and make some simple meaningful changes to benefit everyone, both businesses and those who rent or own a home. But with particular attention to the needs of older citizens.

Recent Council draft annual Plans scarcely mention senior citizens. Senior citizens have transport needs. They have housing needs. They need to be able to stay in their own homes and not be rated out. They need to have provision to be able to afford their rates.

So what could be done? I do not claim to know of all possible suggestions, but I could mention some.

An immediate change that could be made would be to reintroduce public transport through neighbourhood streets. The public bus system is not just there to run up main arterial streets to provide

transport at peak times into and from the city centre.

It may be more profitable and suits the needs of those in younger age brackets, but it should also meet the needs of older citizens with less physical abilities than they had when they were younger. Auckland is not flat. There are many steep climbs even on main roads.

Small connecting buses travelling through neighbourhoods that went past local shopping centres and community halls and facilities could be reintroduced. Public transport planning for Auckland should include increasing bus stops, not reducing them. If Auckland Transport is really serious about getting the public to switch to public transport then we need a frequent, reliable, elder-friendly and people-friendly, metro bus service.

If Auckland Council and Auckland Transport want to show that they are serious about tackling the city’s traffic congestion problems, then they need to realise that Auckland Transport needs to serve ALL the people who live in this city.

Gillian Dance

MEET THE MAYORAL CANDIDATES

Friday 26th August: 2pm at the Howick Presbyterian Church, 11 Vincent Street, Howick. Grey Power Howick/Pakuranga.

Friday 23rd September: 10.30am at Mt Albert War Memorial Hall. 773 New North Road, Mt Albert. Hall opens 10am. Morning tea provided. Auckland Greypower.

Bring your friends and Neighbours.

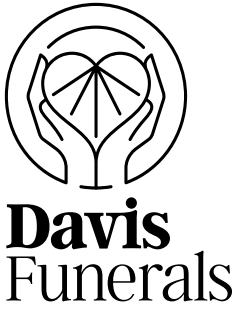


At Davis we provide tailored guidance and support to those dealing with loss. Whether it’s pre-planning your own farewell, or navigating the loss of a loved one, we help you to curate a meaningful goodbye, and to build lasting memories from grief, while we deal professionally with all the practicalities of death.

We have been a guiding light for families for over 80 years and are experienced in many unique requirements including cultural and religious rituals and traditions right through to advising and informing those that have never been confronted with a death before. We are experts in repatriation both to and from New Zealand. We can handle all aspects of the journey from working with embassies, consulates, travel insurers and airlines on your behalf, to handling all the paperwork that adheres to national and international laws, airline regulations, and local customs.

Our experience and expertise mean that whatever the situation, we can take care of the details leaving you to concentrate on spending time with family and friends, sharing stories and creating new memories that come from grief.

Davis Funeral Services
Mt Eden, Henderson,
Pakuranga, Kohimarama &
Papatoetoe
office@davisfunerals.co.nz
Phone: 09 638 9026



What to consider when voting in September Local Body Elections

1. Voting turnouts in Local Government elections have been very low at around 32-38%
2. Local Government Elections affect decisions made with how our rates are spent
3. These decisions affect our every day lives
4. Whilst the mayor only gets one vote like all the other 20 Councillors, they do get to control who chairs the 13 subcommittees and who are on each of these committees. The Chair controls the Agenda of these committees with an extra \$40,000 salary. For example the increase in rates as a subject can exclude the option of 'no increase'
5. It's early in the campaign and the Mayoral debates have just begun - attend a debate in your area: AGP's Mayor Debate 10am Friday 23 September Mt Albert War Memorial Hall
6. There are 4 main 'right leaning candidates'; Wayne Brown, Viv Beck, Craig Lord and Leo Molloy, and one 'left leaning candidate' Efeso Collins. The latter is the only current Councillor (Collins) and only one who has run for Mayor before (Lord came third in 2019)
7. Each candidate has their pet projects and platforms. Who they are likely to bring in as Deputy also influences the picture
8. Many believe there is no place for party politics in Local Government
9. Each of the 20 Councillors and the Mayor have voting rights at 'the table'. The Mayor has the casting vote.
10. None of the mayoral candidates are hedging their bets by also running for Council seat. That seems to be a waste as there is some great

- energy amongst them that would add to 'the table'
11. Not all Councillor candidates have announced YET.
 12. Councillors are supposed to represent their constituents. But some do not, and have blocked input from their community, other than their supporters. Is your Councillor active in your community?
 13. The intended interface with the people, are the Local Boards. Are your Board members active in your community?
 14. Never let one political party or faction control the vote of a Board. That means the voice of the people is unheard.
 15. The Councillor's Wards are determined by the population in each area. There are 13 Wards, some Wards have 2 Councillors, some Wards are made up of 2 Local Boards. It may seem confusing. However, all is explained. Read the information booklets sent out to you with your postal voting packs carefully. They will list all the details of the candidates in the area in which you live.
 16. We, the ratepayer, who pay the wages of elected officials, deserve to be heard, not just in our votes at election time, but through their term in power.
 17. Look at each councillor's track record in how they have voted on the issues that are important to you. And for new candidates, how their policies fit your views. Most have social media pages, find them on Facebook and Google search
 18. Don't vote for a pretty face or a name drop or an ego. Vote on how their vote reflects your view.
 19. The primary role of an elected representative is to represent the public to the council – not the other way round.
 20. **Vote, vote, VOTE!**

Gael Baldock

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.

HANDEL MESSIAH

Sunday 18 December - 5pm
Monday 19 December 7.30pm
Auckland Town Hall

AUCKLAND CHORAL
Singing to inspire
Tūi-Tūi-Tuitiā

[ticketmaster.co.nz](https://www.ticketmaster.co.nz)
09 970 9700

Gloria

Vivaldi Gloria/ Vivaldi Spring / Faure Requiem
Sunday 16 October - 5pm
Auckland Town Hall

AUCKLAND CHORAL
Singing to inspire
Tūi-Tūi-Tuitiā

[ticketmaster.co.nz](https://www.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 Chrissie McKee today
021 469 946.

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 

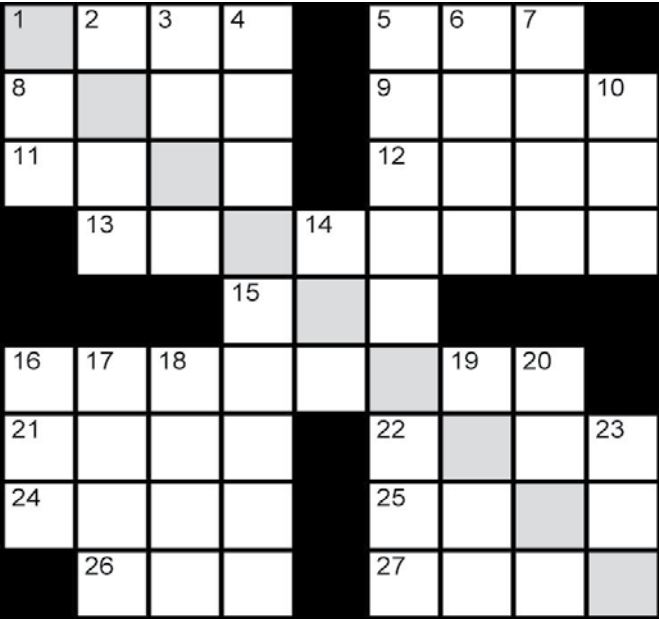
Freehold Retirement

Show Homes: 10am – 12pm Wed & Thurs by appointment, 20 Alfriston Road, Manurewa East.

Call Chrissie McKee, 021 469 946 for more information | [bloomliving.co.nz](https://www.bloomliving.co.nz)

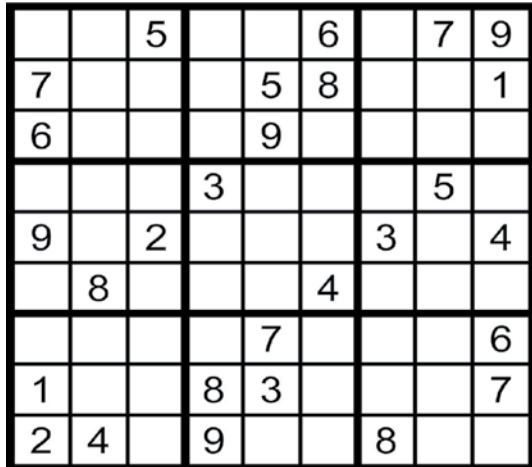
BloomLiving

Lovers, Painters & Writers



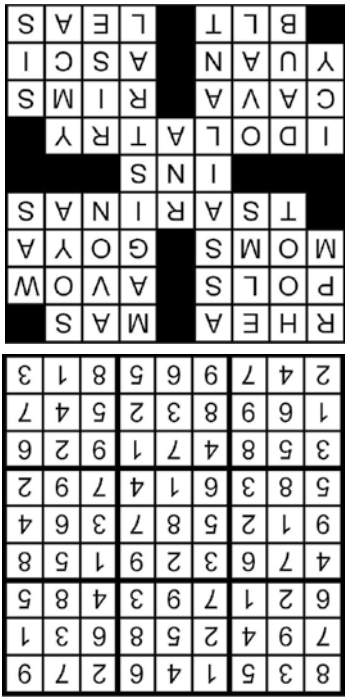
- Across**
- 1. Actress Perlman
 - 5. More, in Madrid
 - 8. D.C. bigwigs
 - 9. Acknowledge
 - 11. Some PTA members
 - 12. "Naked Maja" painter
 - 13. Winter Palace residents
 - 15. Officeholders
 - 16. Hero worship

- | | | | |
|-------|-------|-------|-------|
| PACKS | PEARL | PLAIT | PRICE |
| PAINT | PEARS | PLANE | PRIME |
| PAIRS | PEDAL | PLANK | PRINT |
| PALMS | PEELS | PLANS | PRISM |
| PAPER | PEEPS | PLOWS | PROOF |
| PARKS | PENCE | PLUCK | PROUD |
| PARTS | PENNY | PLUMP | PROVE |
| PASTE | PHASE | POLAR | PULSE |
| PATCH | PIANO | POLES | PUMPS |
| PAUSE | PICKS | PORCH | PUPIL |
| PAVED | PIECE | PORTS | PUPPY |
| PEACE | PILLS | POURS | PURSE |
| PEAKS | PIPES | PRESS | |



- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

- Down**
- 1. Dashboard abbr.
 - 2. Owl's call
 - 3. "Desire Under the ____"
 - 4. Attacker
 - 5. Authoritative
 - 6. Shakespeare, the Bard of ____
 - 7. Bean used to make miso
 - 10. Used to be
 - 14. Genetic material
 - 16. Slick
 - 17. Slap on
 - 18. Track shape
 - 19. Get up
 - 20. Village People hit
 - 23. Bro's sibling



The crossword headline is a clue to the answer in the shaded diagonal

PLENTY OF Ps



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.



Staying active is important and regular physical activity can improve your health and wellbeing.

Hemp Farm® Hemp Seed Oil is natural nutritional support to you as you keep up your activity goals.

Hemp Seed Oil supports joint mobility, and is easy to take. Just 2 to 6 capsules a day, with added benefits in being a great source of Omega 3, 6 and 9.

"We have been using these products for nearly 3 years now and we love how they have helped us with our joint pain and other health issues ... Honestly, you have to try these as they are the best and we love the fact that they are NZ grown." bskolas59

Great Savings in August!
Our 'Inflation Buster Sale' ends 31/08/2022

HEMPNZ.CO.NZ | 07 560 1020



- SUPPORTS HEALTHY HEART
- SUPPORTS HEALTHY JOINTS
- SUPPORTS HEALTHY SKIN
- GENERAL WELL BEING

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!**

The President of Auckland Greypower stated today that the Government could ease the burden created by inflation and the cost of living by simply removing taxation from Superannuation and all benefits.

The current cost of living increase is not going to these people. The increase Superannuants received in April was catch up for past inflation.

They are receiving nothing from this latest cost of living increase and yet a single woman or man receives less than \$25,000 a year. Well below the \$70,000 required to receive this latest

cost of living payment.

It’s absolutely illogical. It’s unbelievable that a Labour Government thinks like this.

These people need every dollar they receive for food, power, health services and travel costs. They pay 15 per cent tax on every dollar they spend. Surely this is enough for them to pay.

If the Government removed the unreasonable 10% to 17% tax they currently take many hundreds of thousands of people would be better off. They would be able to afford better food and pay their bills

It’s done in Australia. Why not in New Zealand?

Gillian Dance

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 473 976. 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.

SHINGLES VACCINE

In April 2018 Pharmac funded the shingles vaccine for everyone aged 66-80 years old. This period was extended due to COVID until 31 December 2021.

Now that period has gone, anyone who is aged 66 and above who did not get a shingles vaccine during that 1 April 2018 – 31 December 2021 period would have to pay for it. It remains funded for everyone when they are 65 years old.

As you are all aware Grey Power does not agree with age being a factor in the availability of any medical or prevention services.

The new health system currently in the process of being implemented places a greater emphasis on equity of services and Grey Power will be pursuing our policy of age not being a factor for declining services.

Unfortunately in the meantime this is the situation with the shingles vaccine.

KEEP HEALTHY

Anyone over 50 can get a free Covid 19 second booster. It is highly recommended for anyone over 65 or anyone with preexisting medical conditions.

Free influenza vaccines are available for those who qualify. Prevention or getting better immunity will lessen risk of severe illness and death.

Free simple bowel screening is available for people between 60 and 74. Take the test. Early detection might save your life

Wear a mask when out and in crowded places. Wash hands thoroughly and dry well. Exercise outdoors if possible .

Stay home if you are unwell. Eat well

Let grudges go.....it is the holder of the grudge that loses out.

Live each day as if it was your last.
Don't postpone living.

Forest & Bird Calendars and Diaries

Grey Power has supported Forest & Bird now for over 15 years, and we ask you once again to help with a purchase of their 2023 calendars and diaries. These are quality Christmas gifts for family and friends and in these times of huge ressurances on our local environment their work is more critical than ever.



Prices are the same
as last year

Calendars \$16.00 each
and Diaries \$23.00

Plus pack and postage
Up to 4 calendars \$5.00
Up to 2 diaries \$5.00
More than above POA

Email your order to:
northshore.branch
@forestandbird.org.nz

Pay by internet banking to:
North Shore Forest
& Bird Account No:
38-9020-0076150-00

Include:
In Reference: Calendar
In Particulars: Your name

Make someone else's day with
a kind word or a kind deed.

DON'T MISS A THING

Quality, affordable hearing aids from your local hearing clinic.

www.hearme.co.nz
0800 HEAR ME
0800 432 763

Auckland clinics in Remuera,
Westgate, Avondale and Onehunga



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 or Puhinui Train Station or beecard.co.nz.

0800 205 305 | tehuiairtrain.co.nz | tehuiairtrain@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)

Occupations: (current or retired)

Can you advise or help Grey Power in those areas if needed? yes / no

* 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 ☐

Automatic Payment ☐ **Would you like to receive Focus by on-line media: yes / no**

Issue 62 2022 Spring 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

TSB # 15-3968-8956-000

* 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@akgreypower.org.nz** or call **09-626 0895**