

**Do you want to save
some dollars? - page 5**

Special Membership Rate - page 4

Work available - page 4

EVENTS - page 3



Auckland Greypower Office
557 Blockhouse Bay Road, Auckland
(opposite the Library)
Phone 09 **626-0895**
Email: akgp2gillian@gmail.com
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
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Membership: **Contact office, 09-626 0895**

Committee Members:

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

Focus Magazine

Editor: **Gillian Dance.**
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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
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President's Message

Greetings and Kia ora to
everyone,

Another year is nearly over. How
quickly they seem to go by.
We need to make the most of
every day. Despite my house
catching fire, I think I have had a
great year. I have met some wonderful people, I have
had some great experiences. And been on some great
journeys around New Zealand. When I look over my
year I realize how fortunate I am.

Last Christmas holidays, my granddaughter selected an
event she wanted to do and I paid for it. I went down
to Rotorua with my son and his family, and what I had
expected to be a bush walk turned out to be in the
bush but it involved zipping through the forest up high
amongst the trees hanging from a wire in a harness.

When the guide called out "Who's next?" I decided
someone had to go first, didn't I? And so, being the
eldest, naturally to set a good example I volunteered. I
think my family were relieved. They no longer had to
look out for me being last and refusing to go.

Being me, I double checked that all cables seemed to
be attached to me and the overhead wire, and saying to
myself I can only die once, I eased off the platform into
space. Flying through the air was great. I really enjoyed
it.

And then two years ago right at the start of the Covid
lockdown I received a positive cancer diagnosis. Within
two days I was offered an operation and two days later
I was in surgery. The surgeon had asked me to be part
of an ongoing research project. So I volunteered ...not
knowing there was going to be a lockdown. They still
monitor me.

Despite Covid, Grey Power has had a good year. Our
membership is over 1000 and is still increasing.

I am grateful to the Committee members, and
especially volunteers in the office and others who have
helped over the years.

My best wishes to you all for a pleasant and restful
Christmas season and for the coming year.

Remember, make the most of every day. Enjoy the
simple things of life. Enjoy the world and the people
around us.

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



Future Events

GENERAL MEETING FRIDAY 3 FEBRUARY 2023 - 10am.

Mt Albert Senior Citizens Hall, New North Road, Mt Albert.

Mini Speaker: Strength and Body Conditioning for the Older Person.

Being a stronger more flexible person will make your life more enjoyable as you get older.

Main Speaker: Steady Steps. A presentation by Age Concern that will introduce facts about slips, trips
and falls, their likely causes, and provides information on easy strategies to reduce the risk of falling -
thereby helping you to maintain your independence.

THIRD FRIDAY IN JANUARY 2023 (20th): Meet in Litchfield foyer at 11.30 at Selwyn Village, Target
Street, Point Chevalier for a meal. Phone office on 09 626 0895 if interested in coming.

GENERAL MEETING FRIDAY 24 MARCH 2023 - 10am.

Mt Albert Senior Citizens Hall, New North Road, Mt Albert.

Mini Speaker: Libraries and what they have and how they can help senior people.

Tuition on Computers, Large Print books, Clubs etc.

Main Speaker: SCAM ALERT! A presentation by Age Concern designed to educate and empower
older people on a range of different scams - with tips and strategies provided on how to avoid them.

Help Needed Join The Crew

We need assistance with the following roles. Secretary - handling Minutes of meetings; corresponding
with speakers to our public meetings etc., membership Data Base entries (*several people could fill this role*).
People to assist in the office once a week or once a fortnight. People to visit or telephone older members
housebound etc. Social Convenor. Please contact the President, Gillian, by office phone or email.

All offers of help appreciated.

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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

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.

HOSPITAL PARKING



Hospitals need to have ready access for emergency vehicles arriving with patients and they need to provide parking for their medical staff. They need parking for the disabled and regular patients attending clinics.

On-site parking for people visiting patients is often limited and street parking also. Some hospitals provide parking buildings and to control turnover often this parking is contracted out and a charge per hour is set. The hospital receives some remuneration for this.

There may be a set charge from \$1 an hour up to eight hours. Some hospitals overseas provide free parking after 10pm and free on the weekends. There is less demand at these times, as clinics etc are mainly Monday to Friday.

Charges in Auckland vary. At Auckland hospital, there is free parking for fifteen minutes to drop off or pick up passengers in front of the hospital in Park Road.

Charges for the parking building are set at **\$3.50** for 15 to 30 minutes. 30 minutes to one hour is **\$6**. One to two hours is **\$9** and 2 to 3 hours **\$12** (according to Google, November 2022).

Other hospital charges are similar.

For next of kin, critical care patients and regular clinic patients, there are special parking passes available. Request these passes from the nurses in the Ward or clinic you are attending.

These parking charges by a commercial company seem to me to be excessive. It is a matter that should be raised by individuals or organisations. Patients often benefit from having family and friends visit them while in hospital. Nursing staff used to restrict the time of visits and the number of visitors.

Having expensive parking charges may limit or restrict visiting to those who can afford such charges.

Gillian Dance

SPECIAL RATE TO JOIN GREY POWER

From now until the end of the financial year on 31st March, it only costs an individual \$10 to join Auckland Grey Power.

This will allow you to apply for a discount on electricity, gas and broadband if it suits you. (see article on Grey Power Electricity in this issue).

You will receive the local Focus magazine and also the national quarterly Federation magazine which is full of trips and tours and information about what is happening on the political issues that impact on older people.

Transfer \$10 to Auckland Grey Power, Kiwibank account 38-9012-0058673-000

Include your name and phone number in the reference column. Phone our office or email your details of your full home address (including postal code), email address, and phone numbers.

If you like you can pay for next year as well. Membership for 2022-2023 year will be \$30 for an individual and \$35 for a household. A total of \$40 or \$45 for a household for the two years.

Or call in to our office at 557 Blockhouse Bay Road (opposite the library, with Creative Eye photographer and printer) and pay cash.

WALKERS WANTED

Phone 088 73222487 / 0800REACH US

If members want a part time job delivering leaflets this may be the job for you. Exercise and earn a little extra cash.



PART TIME DRIVERS

Positions going for drivers at various Auckland airport car parking companies. They offer part time or full time work to deliver or pick up people from the domestic or international terminals. You would need



to be fit and able to lift luggage into the van as required. So check the various firms out and give them a ring.

SAVE SOME DOLLARS - JOIN GREY POWER ELECTRICITY

Grey Power Electricity is a partnership committed to providing Grey Power members with lower electricity prices and better services. As a Grey Power member, you have access to Grey Power Electricity's low-cost energy rates, as well as their Broadband and Phone line offer.

Grey Power Electricity is a division of Pulse Energy, and they give to the Grey Power Federation for every member that becomes an electricity customer.

There are no long-term contracts, so you can leave at any time, with 30 days' notice. If you have gas or LPG, they can offer it to you as part of the Grey Power plan. And you still receive the Lines Company dividend each year.

It's easy to join. Ring them on 0800-473-976, or sign up online at www.greypowerelectricity.co.nz

They will contact your current supplier and organise the transfer of your account, which usually takes between 5 and 10 days. Your current retailer will then send you a final bill, and your next bill will be from Grey Power Electricity. You won't be billed twice for the same period, and your power won't be switched off during the process.

Unlimited Broadband can be added to electricity accounts from \$65 per month.

It is important to keep your payments to Grey Power, and to Grey Power Electricity, separate. We suggest you separate GP membership from GP Electricity in your online banking payee list, e.g. GP Membership, and Electricity GP. All power inquiries should be made directly to Grey Power Electricity, phone 0800-473-976.



Quiz

- 1. A long narrow inlet from the sea is called?
- 2. An eagle nests where?
- 3. Why did the Romans build Hadrian's Wall?
- 4. What unit is used to measure a horse?
- 5. Three of the most common languages in the world are?
- 6. In the Southern Hemisphere, do tropical cyclones spin counterclockwise or clockwise?
- 7. What would you do with a fanchon — eat it, sing it or wear it?
- 8. What common and edible flower has a peppery taste and originated in Peru?
- 9. The Aswan dam lies across what river?
- 10. Name the Danish shipping company that is a major transporter of cargo to Auckland.

Answers on page 13.

COMPUTER AND CELL PHONE HINTS

To make an email larger to read or to print it out in a larger size just hold down "Control" and press + and the document will become larger. Control with - (minus) will reduce the size. I have also found on my cellphone that if I press the up arrow twice that the Capitals will continue until I change to the lower case format.

Anahila Kanongata'a-Suisuiki

List MP based in Papakura



For advice and advocacy contact

0800 262 4452 (0800 Anahila)

Anahila@parliament.govt.nz

By appointment: 29 Broadway, Papakura, Auckland 2110

/AnahilaKS

Authorised by Anahila Kanongata'a-Suisuiki, Parliament Buildings, Wellington



How to access disabled parking for those with Mobility Parking Permits to visit Auckland Library and Auckland Town Hall with Queen Street closed to cars between Wellesley Street and Wakefield Street



(provided by Gael Baldock)

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, head over to our website davisfunerals.co.nz or email office@davisfunerals.co.nz for more information.

DAVIS
FUNERAL CARE



MAYORAL CANDIDATES MEETING

Auckland Grey Power held a well attended meeting with a number of the mayoral candidates, at a Meet the Mayoral candidates meeting on Friday 20 September 2022.

The venue was the Mount Albert War Memorial Hall which was an excellent central venue with good parking and access for older people. Provision was made for those with walking frames or wheelchairs.

A great team of Grey Power volunteers and the Committee organised the set up and morning tea. Our grateful thanks to all who helped in the many things that needed to be done. A team of people met and welcomed those arriving and Covid protocols and necessary sanitation was available.

Our thanks too to the members and friends who made videos of the event. Hopefully these can be viewed in the future.

The candidates who attended were able to discuss their policies in detail. This was followed by questions from the audience. It was unfortunate that two leading contenders did not appear ... at late notice or no notice at all in one case!

Auckland Grey Power arranged a similar meeting three years ago. It was well worth doing again and we hope to continue the same in the future.

Pictured right: Nanette Nathoo QSM (Vice President Auckland Grey Power) and Craig Lord (Mayoral Candidate)

photos supplied by Nanette Nathoo



Spring Cleaning time!

**ARE YOU SPRING CLEANING?
RECYCLE IT AND HELP REDUCE OUR LAND FILL.**

It can be very therapeutic. Going through one drawer or one room at a time.

Clearing out things that are in good condition that you have not used or will not use again can be recycled or given away. Some charities will call and collect your donated items. But no junk. They have to be clean and in working order.

Many Community Centres which have Farmers Markets collect glass bottles, egg cartons, old electronic telephones, and other items which are then donated to those who can use them.

Auckland City has a booking system that will collect a moderate amount of inorganic waste. But not building materials. You pay for this in your rates so you should take advantage of it. Ring Auckland Council, 09 301 0101 to book your load to be collected.

If you live handy to a metal recycling depot, there can be good money for metal scrap and large metal items. Some organizations will pick up your old stove for free. Their club may earn \$50 for the scrap metal.

If you need a helping hand there are a number of commercial companies that will help you.

They will even help you to sell goods that are valuable or collectable.

Handy to know: GOLD CARD

TO RENEW YOUR GOLD CARD.

If you lose it or need it, phone **0800 25 45 65** and it will be arranged and sent out to you in the mail.

It can be handy to use this as a form of identification. Visit an AA shop and they will take a passport size photo and send it to the Department. The photo will be put on your Gold Card. There is no charge for doing this. Do it today. Lynnmall AA is handy and accessible.



Advance Care Planning

You may not have considered this before but at some time it is something we could all consider. It allows us to consider the healthcare we want in the future and for the end of our life.

Booklets are available in Auckland Grey Power office at 557 Blockhouse Bay Road or from hospitals or Citizen Advice Bureaus or ask your doctor. The book looks at what matters to you. What you want done if you are unable to decide for yourself. What healthcare you want.

If you want a booklet give the office a call (09-626-0895) and arrange to come in and collect one.



Bloom Living – The lucky last!

Blooms Manurewa’s stunning freehold apartments have almost sold out! But there’s still time for a lucky few owners to join this fantastic safe and secure gated community.

Just a few gorgeous, two-bedroom homes remain and are attractively priced from \$615,000. The vibrant over 55’s complex is close to many of Manurewa’s fabulous amenities, including transport links, shops, medical facilities and the renowned Manurewa Cossie Club.

Spacious, open-plan living creates a modern environment for you to enjoy. Homes have generous, well-equipped kitchens, F&P appliances and a carpark. Each apartment is approximately 65m2 internally and flows out to a private patio or garden.

Bloom Manurewa offers a sort-after lifestyle, a vibrant community and wonderful communal spaces to relax, socialise and meet new friends.

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

**Show Homes: Weds & Thurs
10am-12pm by appointment,
20 Alfriston Road.
Contact Chrissie today
at 021 469 946.**

Get in quick

Before they sell out

✓ 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 home ownership 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

BloomLiving

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ISSUE 63 SUMMER 2022 9

GARDENING CORNER

Planting

Lovely wet warm weather is great for planting out seedlings. So it's not too late to buy and plant your summer salad plants.



Basil, lettuce, tomatoes, radish seed are all good to have growing in tubs or raised beds for senior people. Remember to protect them from birds (who love to dig for worms in the garden after you have been planting and watering) and slugs and snails.

Remove any weeds from around your plants but mulch around them to stop the soil drying out. Often dried lawn clippings or even the dried-out weeds, or leaves makes a great mulch. Avoid any weed seeds!

You may have to replant seedlings if birds have visited and done some "digging". I am sure you may recall birds actually waiting nearby as you are digging and planting.

Increasing Your Crop

On a dull overcast day if no bees are around, or no wind, then self-pollination can be used to make sure that your "fruits" set.

Beans especially I find often need some assistance. Tomatoes too. The set on these crops can be increased by simply gently pulling off the petals when they look a little old. Tugging the flower over the fruit seems to help pollinate the fruit.

With pumpkins and similar vegetables, take a male flower that has opened out and has powdery pollen. Peel back or cut off some of its "petals" and then gently brush it against the central stigma of the female fruit. It has a miniature pumpkin below its flower.

Handy Tool to Weed - Use your potato peeler to dig out some of the weeds in your pots or gardens. This kitchen gadget has a narrow sharp point that can help lift out docks, dandelions, oxalis and onion weed.

Gillian Dance

BEWARE OF COVID

It's spreading. Over 400 people are reported to be catching it daily and the numbers have been increasing over the last three weeks. (NZ Herald)

Over 2,000 New Zealand people have died of this virus. People over 65 years of age are particularly vulnerable. About eighty percent (80%) of those who have died from Covid are in this age group. And twenty percent of those who catch Covid have already had it before. There are many new strains.

So plan outdoor activities if having Christmas and New Year functions. Take precautions. Anyone with an illness should stay home. Take a RAT test before you go to a function. Wear a mask indoors or travelling in groups. Practice good hygiene.

Medicines can prevent the worst symptoms early on if you take it as soon as its known you have Covid. Then isolation for at least five days to stop spreading the virus in the community.

It is far better to avoid it.

Prompt action if you show any symptoms is needed. If in doubt check it out.

DO NOT KNOCK STICKERS - FREE

It is now Illegal to ignore "do not knock" stickers.

Changes to the Fair Trading Act mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000.

John Duffy of Consumer NZ says: "Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

Consumer NZ members can request a sticker through the form on Consumer's website. If you're not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints. Alternatively, you can make your own sign or download a printable version of the sticker.



KEEPING YOUR PROPERTY & BELONGINGS SAFE & SECURE

Preventing Theft or Burglary from your Vehicle:

Thieves search vehicles for cash, credit cards, sunglasses, mobile phones, iPads, laptops, handbags, stereo systems, sports equipment, clothing, and any other valuable property left in a vehicle. Thieves use a range of techniques, but most offending is opportunistic. You can minimise opportunities.



SECURE IT:

- Always lock your vehicle when you leave it.
- Close all windows, including sunroofs.
- Always take keys with you when you leave your vehicle.
- Install a car alarm.
- Protect your vehicle number plates from theft by replacing plastic screws with stainless steel ones.

LIGHT IT:

- Parking in well-lit areas when possible.

PARK IT:

- When at home, ideally keeping all vehicles in a garage or out of sight.

EMPTY IT:

- Not leaving items (especially valuables) in your car. Thieves will break in for something as small as loose change. If you must leave items in the vehicles, then hide them out of sight; but remember, hiding them is not as safe as removing them.

Trade vehicles are particularly highly targeted by thieves and burglars.

Take extra precaution by:

- Not leaving your tools in your trade vehicle. Instead, secure them in a lock-up overnight.
- Recording the serial numbers or engraving all your tools with your Driver's license number – The number stays with you for life and the Police will be able to easily return items if stolen.

If you see anything suspicious contact Police immediately on 111 or If it's already happened call 105 or Crime Stoppers on 0800 555 111.

Letter emailed to the Auckland Mayor

URGENT NEED FOR ELECTRONIC SIGNAGE WORKING

With AT cutting back the number of bus trips it is urgent that attention is given that they are maintaining and repairing any electronic bus time informations at the bus stops.

Many stops throughout the city have been out of action for months at a time. They are not being repaired promptly and in some cases ever.

Can I ask through you what sort of maintainance team they have?

Does it even exist?

Is it contracted out?

What priority does AT or Council give in attending to fixing this electronic signage?

If the call centre receives information of a fault for these electronic signs who handles this issue and who do they refer it to so that it is fixed.

Surely it is should be a top priority.

How is it rated on Councils 2 to 5 scale that I read about recently.

I am sure the public who use the buses would appreciate the electronic signage working. Not everyone has top of the range digital tech knowledge.

The electronic signage is installed. It should be working.

Next Census date announced

New Zealand's next Census will be held on March 7th, Statistics NZ has announced.

The Government has also announced a range of new measures to increase participation, in response to the scathing criticisms levelled at the effectiveness of the last Census in 2018.

"The five-yearly official count of population and dwellings gives the most complete picture of life in our country," Stats NZ chief executive Mark Sowden said.

"The information collected is invaluable, helping communities, iwi, councils, businesses, and government make important decisions about where to fund and locate services that affect all people living in Aotearoa New Zealand."

JOIN GREY POWER see page 16

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.

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!**

Sub renewals for year to 31st March 2023

We have a few members who have not yet paid the sub and are keen to get things tidied up. As well as your sub payment, we need to update our phone and email data base. Payments should preferably be paid online direct to the Grey Power bank account:

Kiwibank # 38-9012-0058673-000

Then email akgp2gillian@gmail.com to confirm payment, and include your details. Payment can also be made over the counter at Kiwibank branches.

If you are unable to make payment online by yourself or with help from family or carers, phone our office on 09 626-0895 and leave a message for help to sort it out.

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.



Quiz Answers

1. Fjord
2. Eyrie
3. Picts
4. Hand
5. Mandarin, English, Hindi, Spanish, Russian.
6. Clockwise
7. Wear it. It's a hat.
8. Nasturium
9. Nile
10. Maersk

MAORIDid you know that
TE AWAMUTU. This was the name given to the land where the junction of two streams met and where navigation by canoe was no longer possible. From the Waikato river one could travel by canoe up the Waipa. Then canoe up a side stream until another stream joined it. But the stream was filled with logs and debris and people than had to travel any further on foot. So, Te (the) awa (river) mutu (dead/death).

A thriving Mission Station was based on its banks and farming, milling of flour, and orchards of fruit trees, pigs and horses were in abundance. Even Sir George Grey and other notable people from Auckland travelled to see this area. It was thought to be the best in New Zealand. Much of their surplus produce was sent down the rivers via the Waikato and sold to Aucklanders and overseas markets.

The Land Wars resulted in all this being destroyed . Crops were not planted or harvested. War in Taranaki and the Waikato persisted for some years. Governor Grey had asked British and colonial troops to build a road down through South Auckland as far as Mercer. A steam engine and boat were hauled separately over this rough road as far as Mercer. It was assembled there and with the use of coal, which was found at Mercer, it was then able to navigate the Waikato and Waipa rivers into the heart of the King Country, thus being able to carry troops and supplies. So once hostilities ceased this peaceful farming community became a remote station for a military camp. This boat is still to be seen on the banks of the Waikato in Hamilton.

Gillian Dance

REPAIR CAFE - These are environmental pop up hubs to help people repair and recycle various small goods.

Small appliances, small furniture, bicycles, clothing, toys, wooden or electrical, etc, volunteers will do the best they can to repair items. Donations for repairs welcome.

Operating at the following places:


Te Atatu South Community Centre, 247 Edmonton Road, first Friday of month, 5pm to 8pm,

New Lynn Community Centre, 45 Totara Ave, last Saturday of month, 11am to 2pm.

Karangahape Road, Auckland City, second Saturday of month, 11am to 2pm.

See online site.

Carrot Cake



Ingredients

- 2 cups white sugar
- 1 ¼ cups vegetable oil
- 4 eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- 3 cups grated carrots
- 1 cup chopped pecans

Frosting:

- ½ cup butter, softened
- 8 ounces cream cheese, softened
- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.

Beat sugar, oil, eggs, and 2 teaspoons vanilla together in a large bowl with an electric mixer until well combined. Mix in flour, baking soda, baking powder, cinnamon, and salt. Stir in carrots. Fold in pecans. Pour into the prepared pan.

Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 40 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack and cool completely.

To make the frosting: Beat butter, cream cheese, confectioners' sugar, and 1 teaspoon vanilla together in a large bowl with an electric mixer until smooth and creamy. Stir in chopped pecans. Frost the cooled cake.

Supporting people who go missing

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing



a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.



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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 63 2022 Summer 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: **akgp2gillian@gmail.com** or call **09-626 0895**