

NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER TWO 2024 - WINTER

www.greypowernp.org.nz



ANNUAL GENERAL MEETING

Thursday 30th May 2024 commencing at 1.30pm

and guest speaker at 2pm. Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER: Lynn from ADT Security and Never Alone Device

All subs were due by 31st March 2024

The office will be open Wed. Thurs. Fridays until 31st May and will then revert to Wed, and Fridays only. 757 5885 / 021 022 9872.

GREY POWER NEW PLYMOUTH INC.

158 Tukapa Street, Westtown, New Plymouth, 4310

Phone: (06) 757 5885

Email: greypowernp@gmail.com

www.greypowernp.org.nz

Office Hours: Wednesday, Thursday, Friday 9am - 1pm

COMMITTEE 2023 - 2024:

PRESIDENT: Vacant

CO-LEADERS: Alison Brown 758 8040

Agnes Lehrke 021 022 98721

SECRETARY: Sharon Mace

TREASURER: Joy Southee

REGISTRAR: Karen Hamer

PUBLICITY/ADVERTISING AGENT: Sharon Mace

COMMITTEE: Carolyn Symmans, Kathy Sutton,

Dennis Eales, Val Armstrong

DISTRIBUTION: Peter Huzziff 027 6027203

Office Co-Ordinators: Agnes Lehrke 021 022 98721

and Val Armstrong - 027 289 1810

TRAVEL TEAM: Margaret Humphries / Dennis Eales /

Kathy Sutton / Val Armstrong / Joy Southee /

Agnes Lehrke / Danielle Manu

GREY POWER WAITARA REPRESENTATIVE ;

Kathy Sutton 0211 050 454

NEWSLETTER: Agnes Lehrke 021 022 98721

Business Discounts

Our Grey Power Logo will hopefully be displayed in shop windows, doors or counters to remind Grey Power members where discounts are available.

Therefore have your membership card ready for a check out and spread the word.

Of course it is reaffirming to acknowledge the discount. Especially in these times.



A COMMON MISCONCEPTION:

Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament to try to get a better deal for all Superannuitants. As such we will speak to any political group or politician who is likely to make a difference on our behalf. We also seek to keep all our members informed on what Grey Power has been doing on their behalf.

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Please refer to our website for disclaimer.

YOUR COMMITTEE’S WORD

Time is speeding by and we'll soon be in May 2024, almost mid year. But with time we have been busy with the renewals and committee business.

Our main aim this year is to;

- 1. Promote Grey Power’s profile as best able.
- 2. Promote our membership. (Keep interactive with this directive)
- 3. Enable Grey Power to achieve it’s place in today's world and future times.

The above may seem a big ask, but what are we about then. Grey Power needs us all to be enthusiastic and energetic about these goals. We can do this together.

Thankfully our full committee is now back on deck. We hope the time ahead will bring team strength with the business at hand.

Our New Members and Deliverers afternoon tea was an enjoyable occasion of meeting each other and sharing a cuppa together as well as good discussions on a wide choice of topics .

We have been fortunate enough to gain a place at the Saturday Markets and look forward to some support from members to man our stall. The stall will have Grey Power promotion data available for public interest and hopefully produce some more members. We need this open presence in the community and look forward to starting. So if you can help man the stall we look forward to hearing from you. Thank you.

Our sausage sizzle is to be on the 4th of May at Mitre 10 in the Waiwakaiho. Please see notice within Newsletter. If you can assist we'd love to hear from you . Just ring the office 757 5887. Or 0210 229 8721. Team work makes light work for all.

The very important AGM is on the 30th of May at Barclay Hall 1.30pm. Do come and be part of the members' occasion together. We need you to at least check in please.

Our grants are still being sorted by Valerie and Joy who have been busy presenting the appropriate paper work, which can be challenging. But we need these funds. Thank you to our generous grant and donation people. You the members, your donations are always welcome. Toi Foundation , and Bruce Carter for grants.

See you at the AGM if not prior. Keep well and be ready for the winter with those flu' vacs and woollies.

Ngamotu House

(front cover photo)



For over nine months Atkinson Building on Devon Street has been under wraps while the building strengthening and complete refurbishment took place.

Then on the 21 March 2023 Te Kotahitangi o Te Atiawa and representatives from Ngāti Te Whiti announced Ngamotu House as the building’s new name and also revealing its new interior.

The new name is in recognition of the old hapu which resided in the area which preceded Ngati Whiti today. It is also the name of the culturally significant Nga Motu islands and is now a name more widely used for New Plymouth.

The exterior façade represents a korowai of high status that wraps around the building. Each pattern on the design has a story integrated within it. Boon architects have worked alongside Te Atiawa and Ngati Te Whiti to weave a te Atiawa cultural narrative throughout the refurbishment.

Liana Poutu ,chair of Te Kotahitanga o Te Atiawa, said “this development is another step towards our long term strategy of balancing our commercial, cultural, social and environmental aspirations. Last week we shared upcoming opportunities with our Te Atiawa uri on our plans for home ownership and affordable rental pathways.”

The six story 4,000m2 building is to become the central hub for Taranaki and Maori businesses .

Sharon Mace

Licenced Salesperson REA 2008

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GREY POWER COFFEE MORNINGS



Grey Power members and friends are enjoying these occasions for cuppas, chats and new friends. We enjoy the company, so why not join us.

Coffee days are the first Monday of the month at 10am, at Aroma Café. The next day Tuesday if the Monday is a holiday.

A few tables are booked for our use. Any member may join in and maybe there are some potential new members to come.

Let’s give this our support. Come and spend time together, bring a friend. Put this on your calendar.

See you there.

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www.asimplecremation.co.nz

233 Carrington St
New Plymouth

SAFETY CHECK FOR WINTER

With winter just around the corner and daylight hours getting shorter, it's a good time to attend to outdoor safety and security issues so we stay safe when we're out and about through the cooler months of the year.

Slip hazards outside - Paths and decks can be hazardous when their surfaces become slippery. Water-blast hard surfaces such as wooden decking, and concrete and brick paths.

Uneven surfaces - Lumps and bumps in lawns or soft surface paths are a trip hazard. Grab the spade or shovel and chip and level grassed areas.

Access ways - One of the most used after-dark access ways is from your vehicle parking spot to the door of your home if you don't have internal access. Keep it clear of any objects such as planters, garden ornaments, or foliage. Even in the garage make sure the path to the door is clear.

Lighting - Outdoor lighting illuminates' paths for you and guests, and is also a deterrent to those you don't want on your property. Check outdoor lights are operating, and bulbs are clean. If you don't already have sensor lights, consider getting them installed.

At the door - Your door is a gateway to friends and family, but also to strangers. Don't open it to those you don't know and trust. If you don't already have a security screen door, consider having one fitted. At the very least, have a security chain fitted and check that the front and back door locks are robust.

Tradies - When engaging trades people, stick with a company you have used in the past, ask for the name of the staff member who will be calling, and their approximate arrival time. When they arrive, ask to see their card before you invite them into your house.

Loose items - When you're done with garden chairs, and any other loose items in your yard, pop them away in the garage or secure them - autumn gales, they can cause them to take flight and damage walls and windows.

Emergency kit - Pop a kit into the boot of your car which includes a neon safety vest (in case you have to check the exterior of the car at night), torch, warm rug, snacks, and water. Also have a phone charger cable plugged into the cigarette lighter.

Ref: Grownups online

A chance to save lives

If you have thought about giving blood or plasma, now is the time to check you are eligible.

The New Zealand Blood Service increased the upper age limit for first-time blood and plasma donors to 71. Existing donors are able to keep donating until the age of 81.

To donate you also need to be
At least 150cm tall
Weigh at least 50kg

More than 5,000 donations are needed every week to meet demand, but less than four percent of the eligible New Zealand population donates. The service often has free appointments during the day, as many people prefer to donate in the evening. If you have flexibility in your day – perhaps you could consider becoming a donor?

When giving blood, approximately 470mL is collected. The entire process, from when you sign in, to the time you leave, takes about an hour. The actual time spent on the bed is five to 10 minutes.

Blood can be donated every 84 days, up to four times a year. Each time you donate, your blood is separated into three components, red cells, platelets and plasma.

Red cells are used during surgery or to treat people with anaemia. Platelets help those with severe bleeding or leukaemia.

Plasma makes up over half the volume of blood and is packed full of proteins and antibodies. It can be used to make up to 11 lifesaving treatments.

Plasma-only donations are also an option. Plasma can be donated every two weeks. The entire process, from signing in, to the time you leave, takes about 90 minutes.

Two to three times more plasma can be collected compared to a blood donation when using this method.

For those of you who were unable to give blood or plasma because you lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996, this restriction will soon be lifted.

If you have questions about your eligibility to donate, call 0800 448 325 and ask to speak with a nurse. To find out more information, including if you're eligible to donate blood or plasma, visit nzblood.co.nz

What's happening...



JIMMY BARNES
HELL OF A TIME TOUR
STORIES AND SONGS CELEBRATING 30 YEARS OF FLESH AND WOOD

WEDNESDAY JULY 24TH
TSB SHOWPLACE NEW PLYMOUTH

STRANGE NEWS
TICKETS FROM TICKETEK
JIMMYBARNES.COM

50's FORWARD
GYM CLASSES | 9am-10am | Mon, Wed and Fri.

AQUAROBICS
SHALLOW 9am - 10am | Mon, Wed & Fri
DEEPWATER 9.15am - 10.15am & 5.50pm - 6.50pm, Tues & Thurs.

Todd Energy
Aquatic CENTRE
06-759 6060
npdc.govt.nz

TODD ENERGY
NPDC

HOME WORK
MAUNGA AUAHA
TARANAKI ART 2024

6 JULY-10 NOV 2024
TEMPORARY GALLERY,
PUKE ARIKI

Puke Ariki
NPDC

Who's your 2024
Local Legend?

It's time to celebrate the
unsung heroes who keep our
community going.

Get your nominations in for the NPDC
Citizens' Awards and our new Youth
Awards, by Friday 24 May.

Call us on 06 759 6060 or visit
npdc.govt.nz/locallegends

NPDC

ON SALE NOW!

JERSEY BOYS
The story of Frankie Valli & The Four Seasons

4-20 JULY 2024
npos G.J. Gardner TICKETEK

Puke Ariki
NPDC

FREE DIGITAL DROP-IN SESSIONS

INGLEWOOD THURSDAY 10-11am
PUKE ARIKI LIBRARY TUESDAY 3-4pm

Need help with technology? Come along to our digital drop-in sessions to improve your skills and get your questions answered – no booking required!

06-759 6060

enquiries@npdc.govt.nz

85 Liardet Street, New Plymouth 4310

GREY POWER TRAVELS for members 2024

Payments of Direct Credits
Bank number: 15 3948 0007390 01
Add Surname and membership number please.

Reference Box example
Particulars: Surname
Code: membership No
Reference: Place of Travel.



Your seat is booked when you pay. It is always best also to bring your name and a valid phone number into the office to go on the travel list.

April 4th: travel was cancelled due to fewer respondents. Which was unusual .

June 6th:
We will visit Everybody’s theatre in Opunake for a short film. Then have a meal nearby. Continue round the mountain our favourite trek and return home.

Leave the Raceway Car park at 9.00am
Return by 3.30pm.
Cost \$37.00 - a good day out for all.

August 7th:
Dinner at Cobb ‘N’ Co 12pm Midday.
It is very important that you ring your name to go on the dinner list as we need to give numbers to the restaurant. Pay on the day as you enter the facility. (We do not take the dinner money sorry.)
Cost \$30.00

October 24th:
Travel to Whangamomona.
This travel will be in the August Newsletter as the Bus Company have yet to set the price etc. for us.
Leave carpark at 9.00am. Visit a garden en route. Dine at Whangamomona Hotel. Tour the backcountry through to Pio Pio approximately. Stop for scenic viewing and photos . Check out the Mt. Messenger progress. Return home 4.30-5.00pm.
Christmas Meal will also be announced in the next Newsletter due to Location, and parking arrangements to be made.

For queries please ring
0210 2298 721 Agnes
or Joy 027 341 7686

Thankyou

Involvements Bring Much Satisfaction

We have many wonderful volunteers that have quietly worked mostly behind the scenes to give their time and energies to Grey Power. It is always great to hear of these people because they believe in being a part of their association, Grey Power.



We recently put **Peter Huzziff** forward for recognition by Volunteer New Plymouth and sincerely hope Peter gets the recognition he deserves because of his huge contribution as an Office Assistant and also the planning and organising of the Distribution of our Newsletters. I’m sure you will agree members, that this is an occasion to be recognised.
When we join an association it really brings great satisfaction when we also get involved and help contribute something to it.

In Peter’s case that would hours of organising and planning.

So Peter we do hope you reap this recognition but we do thank you very much for all you have contributed. What a big effort that is though. Do know that we appreciate your massive efforts greatly. *Thank you !!!.*

(Well done Peter! Now we have to get that award over the line. BUT we do have plan B as well)

Digital Grey Power
Congratulations Grey Power Marlborough who have won an Age Friendly grant for a Digital Storytelling project. It’s a year-long project to promote older person’s uptake of digital technology, recording their stories in new and creative ways. There will be workshops and courses culminating in a public exhibition after 12 months.

Arthritis Support for people in Taranaki

Do you need help managing Arthritis?

Arthritis Assist is dedicated to supporting you to live well with arthritis. Whether you’re newly diagnosed or have had joint discomfort for years, our team of Health Coaches, a Pharmacist, and a Healthcare Educator are here to help and support you.

We provide compassionate and empathetic assistance and can help guide you through navigating the healthcare system, managing pain, offering wellbeing support, providing nutrition advice, and recommending suitable exercises tailored to your needs. Don’t hesitate to reach out - we’re here to support you every step of the way.

Arthritis NZ
Mateponapona
Aotearoa

Looking for help with managing your arthritis?

Arthritis Assist is here to help!

Contact our team who can help guide you through managing pain, staying active, and understanding your arthritis.

GET IN TOUCH WITH US
phone: 0800 663 463
email: info@arthritis.org.nz
website: www.arthritis.org.nz

I’m sorry for the two errors in the last Newsletter....

- Kevin’s phone number last page is 027 251 9998.
- Our Bank account for subs is 15 3948 0007390 00 as is on the membership Application Form. (Travel Account is: 15 3948 0007390 01)

Scams / Scammers

Scammers don’t all come from overseas as some unfortunately think.

As we are advised with emails, look for the common company particulars that usually are part of the statement or written message.

Note: Is it unexpected? A sudden urgent request from companies you use sometimes, or maybe you don’t even know them. Then you are requested to do something. There is no urgency to answer, but the scammer will say so.

So check it out with that company or simply delete it.

BUT do not open it if you are unsure. *Best be safe than sorry.*

On phone calls just hang up. Never give personal information over the phone or bank card numbers etc., you are not obliged to do anything. Be a wise kiwi and either check them out or delete them. If you need to talk about it, Grey Power will listen. Advocacy is our main Aim. Grey Power Office 757 5885.



Recently a member wrote in about double charging Invoices with slightly different amounts on each arriving a month apart. Seems like big tricks!

Quotes written, then turning into twice the amount than quoted. There cannot be a mistake when these are written, they need to be challenged.

If you need support then we will provide that for you. That’s our advocacy role that we willingly offer you at these times of need.

Ring the Office and arrangements can be made with you. *(Thanks for your letter Judith.)*

15% off
use promo code GP at checkout

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz



Scam-proofing toolkit

Netsafe has launched a new free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.

The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at

www.netsafe.org.nz/olderpeople.

Printed pamphlets will be available over the coming months, at public libraries, Citizens Advice Bureaus, Chorus community events, Digital Seniors hubs and Age Concern regional offices.

What Grey Power New Plymouth has available to New Members:



- Discount lists of businesses giving discount.
- Handy Service List in Office. (ring 757 5885)
- Travel for members.
- AIL Insurance. (see your new pack.)
- Newsletters from our local Grey Power.
- Social occasions. Dinners and Afternoon teas.
- General Meetings.
- Internet Learning on one to one basis.
- National Magazines.
- Advocacy for all members. (Ring Office for information)
- Pamphlets available on various items of interest at office.
- Grey Power Electricity discounted.

The above are some of the items you may find helpful. Always ask, do ring and see what can be done to assist where necessary.

Occasions when we need assistance. Whatever you can offer help with.

- Fund Raising, Bingo, BBQs, Raffles.
- Sorting Newsletter Bundles. (4 times a year at office)
- Assist with our Travel. Many areas to be covered.
- To be a deliverer of the Newsletters.
- Assist with Social occasions and General Meeting set up/clear aways.
- In the office as receptionist. Desk staff.
- Sorting of data and listing items of need in office.
- General liasons when necessary for office.
- Waitara courier with Data. (Maybe you regularly visit N.P. and can bring in data from the Community House for Grey Power.
- Assist on day of Travel with Lanyard's. Collect at travel end.
- Be a telephoner, for Grey Power.

There may be other needs not listed but you could ring us please. 757 5885 / 0210 229 8721.

MAGAZINE CONTENT

Contributions for our magazine are always welcome. If you would like to make a contribution, send us a short story, poem; recipe, letter to editor; household hint; notes on a trip away; anything you would like to share with other members. Please send to the editor for publication - agnesmaire@gmail.com or greypowernp@gmail.com Our next issue will be out July.

Silverbeet with lemon and walnuts

- 1 bunch silverbeet
- 2 tsp olive oil
- 1 garlic clove, finely chopped
- 1/3 cup chopped walnuts
- 1 tsp finely grated lemon rind
- 1 tbsp lemon juice



Step 1

Remove and discard stems from 1 bunch silverbeet. Roughly chop leaves.

Step 2

Heat 2 tsp olive oil in a large, deep frying pan over medium heat. Add 1 garlic clove, finely chopped and 1/3 cup chopped walnuts. Cook for 3 to 4 minutes or until walnuts are toasted. Add silverbeet. Cook for 2 to 3 minutes or until just wilted. Add 1 tsp finely grated lemon rind and 1 tbsp lemon juice. Season with salt and pepper. Toss to combine. Serve.

Stave off loneliness: make an effort to make friends



The Aged Care Commissioner is urging elderly New Zealanders to get out and about.

Carolyn Cooper said social isolation and loneliness had a range of mental and physical impacts – such as a substantial increase in the likelihood of dementia, coronary artery disease, and strokes. She said loneliness was particularly common in the older population and urged elderly people to take initiative and make new connections. "It's useful to be aware of what's happening in your community. There'll be a number of opportunities for social activities." Organisations such as Age Concern, libraries, Volunteer groups, and Grey Power had social connection programmes for people who did not know where to start. Try new hobbies and make friends. "I know it's hard to do as you age, but it's really worth it for your health to find something you enjoy with people you get on with."

Loneliness is something that is experienced at every age, but more so in older age.



Time hangs heavy for some. But if this isn't turned around with definite activities, it can become depressive and very isolating. It can become more difficult to resolve.

If the above seems too much then ring and chat with your Grey Power Office staff 757 5885 .. or 021 022 98721. **We welcome your calls.**

Do you experience any of the following symptoms?

- Raised, twisted or bulging veins?
- Leg pain/tenderness?
- Dry, itchy, stained skin?
- Swollen ankles?
- Cramp & restless legs?
- Varicose eczema and ulcers?

You may benefit from a **FREE** initial varicose vein assessment with our specialist team.

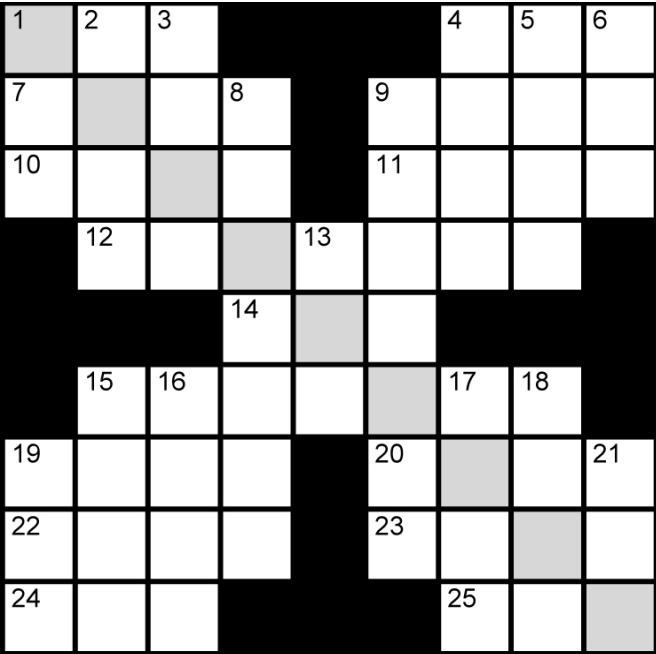
Find out more at our website or contact our friendly team today!

skinclinictaranaki.co.nz

Vein Specialists
skin clinic
TARANAKI

☎ 06 281 1698 ✉ reception@skinclinictaranaki.co.nz 📍 183 Powderham Street, New Plymouth

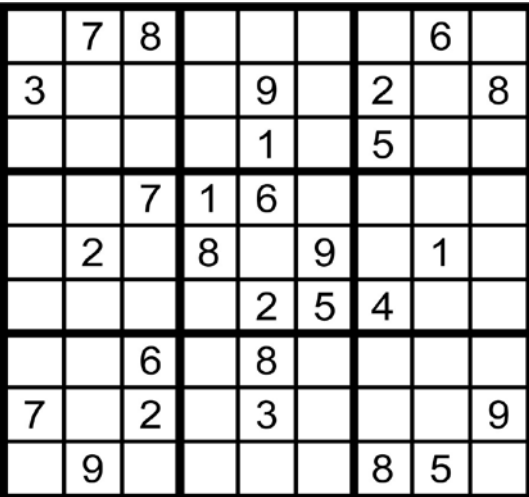
Holiday Goal



- Across
1. Movie SFX
7. Neural network
4. Short snooze
9. Cheek
10. Scream

- ANTS
- ASH
- ASPHALT
- BEANS
- BEAR
- CAT
- COAL
- CORMORANT
- CROW
- DRESS
- EBONY
- GARLIC
- GORILLA
- HAIR
- INK
- LABRADOR
- MASCARA
- NIGHTTIME
- ONYX
- PANDA
- PANTHER
- PENGUIN
- PIRATE FLAG
- PUG
- QUINOA
- RICE
- SKUNK
- SNAKE
- SOOT
- SWAN
- TAR
- TARMAC
- TEA
- TOP HAT
- TUXEDO
- VAMPIRE
- WITCH

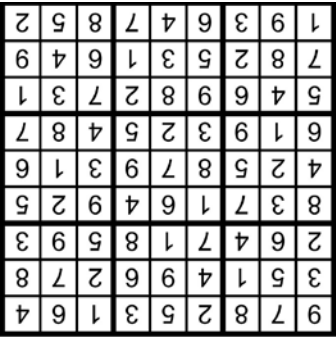
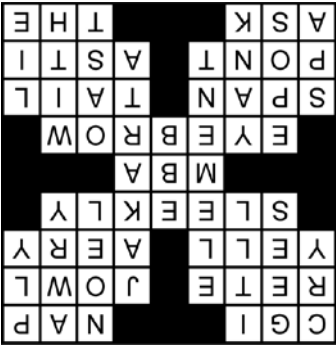
SUDOKU



11. Eagle's nest
12. In a smooth manner
14. Wharton degree
15. Facial feature
19. Reach across
20. Peacock's pride
22. Bridge, in Bretagne
23. ____ Spumante
24. Inquire
25. Café alternative

Down

1. Weep
2. The Bee ____
3. "____ have to do"
4. Christmas carol
5. Not straight
6. Thickness
8. Periodic table listing
9. Capital of Indonesia
13. "Chicago" lyricist
15. Heroic poem
16. Tug sharply
17. Brewer's equipment
18. Accompanying
19. Hot springs
21. Fanciful story



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

PAINT IT BLACK



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.

Chalmers Home is a modern rest home with spark

The residents of Chalmers Home tell us they love the friendly, vibrant and family-focused atmosphere. Of course, they love the beautiful views too. Overlooking the Tasman Sea to the west and Mount Taranaki to the East, Chalmers Home has arguably one of the best rest home outlooks in the country.

At Chalmers Home we embrace Enliven's philosophy of care. That means we take every opportunity to make sure you have companionship, spontaneity, fun, meaningful activity and a sense of purpose in your life here.

You're encouraged to really make the home your own. You can get involved in the decision-making about what happens at the home, have a say about what is on the menu or in the recreation programme, bring a beloved pet to live with you or even go to breakfast in your dressing gown!

Residents enjoy the modern, well-appointed rooms, many of which include an ensuite bathroom and/or balcony or courtyard. Of course, you can bring along you own familiar things that make you feel at home. Many residents bring items such as photographs,

artwork, ornaments, bed covers and even favourite pieces of furniture.

Uniquely, at Chalmers Home we have six separate 'cottages' where each small group of residents are able to enjoy their own lounge and domestic style kitchen and dining. Of course, there are some larger lounge/ dining and entertainment areas for bigger groups and lovely shared courtyard gardens too.

A full range of positive ageing services

As your needs change, so too can the support Enliven provides.

At Chalmers Home we offer both rest home and hospital level care. If there comes a time village residents need extra support, they will have priority entry to our Chalmers Home when there is availability.

We cater for elders with dementia symptoms although we are not a locked dementia facility. We're also able to offer short-term respite and health recovery care at Chalmers Home.



free phone 0508 ENLIVEN

Feel at home

at Enliven's Chalmers Home

Enliven creates elder-centred communities that recognise elders as individuals and supports them in a way that's right for them. Enliven's Chalmers Home in New Plymouth offers top quality care in a warm, welcoming home-like environment with breath-taking views overlooking the Tasman Sea and Mount Taranaki.



rest home hospital short term respite health recovery

For more information please visit: www.enlivencentral.org.nz



Your donation could change her future.

The Taranaki Health Foundation is your local charity dedicated to providing healthcare enhancements in Taranaki.

Investing in healthcare now makes a difference for generations to come. So whether it's for you, your community, or your grandchildren, you can make a difference where it matters most.

Find out more and donate today at **thf.org.nz**



LATEST MEMBERSHIP BENEFITS



In 1962, Des Harrison first began selling carpet and furniture from

his store in Whangarei. In 1983, his three sons John, Patrick and Phil joined the family business. Harrisons were the pioneers of a mobile in-home carpet service, launching nationwide in 1992. Since then, they have overseen the company diversify and grow, adding Harrisons Curtains & Blinds and Harrisons Solar to the company portfolio.

Harrisons are offering all Grey Power members 20% off carpet and hard flooring; 30% off Curtains & Blinds; and 20% off Solar Panels. Plus you can get Flybuys with every purchase. If there are special offer available, you will always receive the lowest price as a Grey Power customer.

When you work with Harrisons, you work with local business owners who live in your area and they bring the showroom to your home – all in one convenient visit to you.

Contact Harrisons on 0800 103 001 – don't forget to say that you are a Grey Power member to receive your discount. Their website is <https://www.harrisons.nz/>



Atopis® Skincare

Atopis® Skin Health have partnered with Grey Power Federation to

provide our membership a 20% discount on their exclusive skincare range. This is a New Zealand product developed by cell biologist and founder Dr Iona Weir.

The Myrecil® Ingredient, has unique benefits for "skin that has lived", promoting your body's own natural hyaluronic acid production and reversing the Skin Damage Cycle. That's why so many of our loyal customers are 55+, and why Grey Power has chosen to partner with Atopis®.

Access the website at www.atopis.co.nz and use the code GP20 for your discount. Your first order even attracts an additional 15% discount!

Keep up to date with the latest offers from our growing number of partners by referring to the Federation Website. <https://www.greypower.co.nz/the-benefits>

Please support our partners so they know that Grey Power members appreciate the services they offer.

New Member And Deliverer's afternoon

Our Afternoon with the New Members and Deliverers was a good get together. We met many whom we only knew by name and vice versa.

A delicious afternoon tea was available which is always attractive to all. We hope to repeat this in the future as members enjoyed chatting together and getting to know each other.

New members were provided with a leaflet with the two page provisions of:

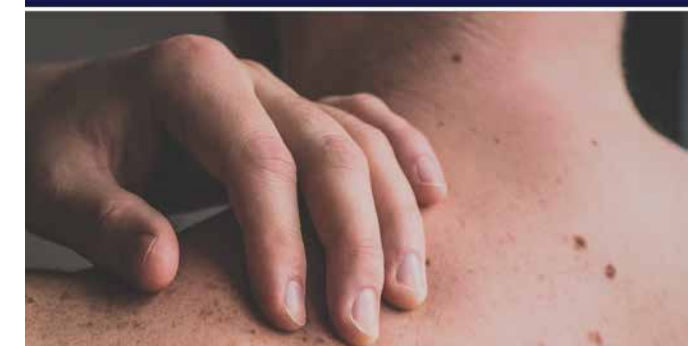
1. "What Greypower does for members" and
2. "What you can do for Grey power to assist."

Thank you for your company and we hope to know you when we next meet.



Early detection saves lives

The team at Skin Clinic Taranaki are dedicated to the prevention, diagnosis and treatment of skin cancer and sun damage.



Book your appointment today

06 281 1698
reception@skinclinetaranaki.co.nz
183 Powderham Street,
New Plymouth
Off-street parking available.

skin
clinic
TARANAKI
Screening • Diagnosis • Surgery

Grey Power New Plymouth Association Inc

AGM Committee Nomination Form 2024

Name of Nominee	Membership Number	Position on Committee	Signature.
1.			
Proposer:	Signature		
Second Proposer:	Signature		
Name of Nominee	Membership Number	For Position ;	Signature
2.			
Proposer	Signature		
Seconder:	Signature		

The Nomination Form needs to be completed prior to the AGM and handed in at the office if possible. **This is just a nomination form not a voting one.** All nominations will be voted on during the AGM meeting. So fill in the form and send it in or hand deliver ,email or post as able.

Your nominee, (one you want to vote for), must sign the form and add their membership number on it also. As nominees must be financial members for the process of voting.

Committee members need to be active participants with a good team spirit and willingness to assist the growth and welfare of the Association.

Your support is greatly appreciated. Have your say at the AGM. The AGM is the 30th May 1.30pm. The place is Barclay Hall 158 Tukapa St. Parking also available in the church hall next door And behind the hall. Do come and hear the speaker as well. Special afternoon tea provided.

BE

PREPARED

There will be raffles at the AGM

1 Ticket \$2 or 3 for \$5

Points to consider when making changes:

We welcome your membership. There are ways to make membership renewals easier for both of us.

1. When paying by internet banking, please include your surname and membership number. (Same surnames come in frequently.)

2. Let us know if you prefer to receive your national magazine and local Newsletter by email.

3. Let us know if your change your address or phone number please.

4. Do let us know if you wish to resign from Grey Power .

Grey Power Office: phone 757 5885 email greypowernp@gmail.com.

Assisting your Association can be done in many ways;

You can ask at our office or consider the following:

Delivering newsletters.

Assisting with fund raising events. Such as Sausage Sizzles.

Raffles, Bingo, sorting and compiling in the office at times.

Discounter collecting, Assisting with Travel.

Afternoon tea Assistance.

We would love to have assistance with some of the above. Many hands do make light work so let’s see what is possible.

Thank you.

MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 158 Tukapa Street, Westown, New Plymouth 4310

www.greypowernp.org.nz | Email: greypowernp@gmail.com | Ph: (06) 757 5885

* Membership year is from 1 April to 31 March

Membership: New Member ☐ Renewal ☐ Membership Number: _____

Type: Single (\$20) ☐ Dual (\$35) ☐ Office Open: Wednesdays, Thursdays and Fridays - 9am - 1pm

MEMBER DETAILS:

First: _____

Title

Initials/Forename

Surname

Year of birth

Second: _____

Title

Initials/Forename

Surname

Year of birth

Postal Address: _____

Post Code: _____ Phone: _____ Mobile: _____

Email Address: _____

PAYMENT DETAILS:

Subscription \$ _____ Donation \$ _____ Total \$ _____

All information will remain confidential and not supplied to any other party.

NOTES: Please return a completed form with every application. Payments may be made by eftpos, cash, method at our offices, internet banking into our bank account or phone banking.

Online Account: 15 3948 0007390 00. Please ensure your name and membership number appears in the reference section of the form. Your details will be kept private at all times. A stamped addressed envelope with postal applications would be appreciated.

Office use only

Date Received

Card Issued

Expires

Amount

Paid by

Date on Computer



our Sausage Sizzle is Saturday 4th May

Mitre 10 Valley
at 9.30am - 12pm
**DO support us with our
fund raisers.**

See you there.

It would be wonderful to have some volunteers to help run these Sizzles. Please ring the office if you would like to be part of a group to cook and hand out the sausages. ***We intend doing more so please join the team.***



Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?
If your card has 31/03/2024 on it, then yes you need to renew your subscription.
Find the application form on Page 15 of this newsletter and fill it in.
Payment methods are at the bottom on the left hand side.

NEXT MEETING

**Thursday
29 August 2024
1.30pm at Barclay
Hall 158 Tukapa St**

YOUR QUARTERLY NEWSLETTER FROM
GREY POWER NEW PLYMOUTH

