

NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER THREE 2024 - SPRING

www.greypowernp.org.nz



GENERAL MEETING

Thursday 29th August 2024 commencing at 1.30pm

Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKERS:

Chris - New Plymouth Fire Brigade

Lyn - ADT Security Alarms.

Come and hear these two very good speakers

Many subs have still not been renewed. Please check your cards for a date. If 2024 then a renewal is required please.

Phone the office if you are unsure and cannot find your membership card - 757 5885 / 021 022 98721

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 2024 - 2025:
PRESIDENT: Vacant
CO-LEADERS: Agnes Lehrke 021 022 98721
Joy Southee 027 341 7586
SECRETARY & PUBLICITY: Sharon Mace
TREASURER: Joy Southee
REGISTER: Fleur Pepper
COMMITTEE: Val Armstrong / Alison Brown /
Kathy Sutton / Dennis Eales / Caroline Symmans
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 /
Val Armstrong / Joy Southee / Danielle Manu
NEWSLETTER: Agnes Lehrke 021 022 98721
SAUSAGE SIZZLE VOLUNTEERS:
Suzanne May Gurnick / Danielle Manu /
Glenis Stephens

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.

LEADERSHIP’S WORD

We hope all are warm and well this wintry season with all the rain, wind and cool air.

But not damp spirits thank goodness. We look forward to sunny days.

Well we have a new national president, Gayle Chambers from Marlborough. Gayle has much experience holding many roles in leadership and brings a wealth of knowledge to her role as president. We wish Gayle all the best.

Steve our Computer Man is offering a 1 hour workshop at Barclay Hall on 6th August as advertised in this Newsletter. Our Midwinter Dinner is on 7th August so we will have another occasion to meet up socially. Do get your names down for dinner.

Recently there was a meeting with Stratford & Hawera’s Grey Power Presidents . It seemed very beneficial to share items of interest and we hope to continue as a group with common issues.

Fred Kumeroa from Hawera has compiled a large amount of data and statistics on Lack of housing for the elderly. The facts and figures determine a very dire situation unless this isn’t addressed very soon. The issue is the lack of interest taken by those who could turn this around but won’t. Sounds familiar but this surely should be every ones’ concern.

Our last travel for the year is coming up with a date change to the 10th of October. A special mystery trip with Whangamomona included. See the Travel page for more.

The Health Forum at the Baptist Church recently was a very informative occasion. We learnt that out of the restructuring of the health sector has come better determination and achievement of patient’s urgent needs for surgery and treatments.

General Practitioners have been sourced for the communities and practices have the further supervision for improvements in their structures and clinics. The speakers spoke with confidence on their topics and much reassurance. We look forward to learning more.

Please help Grey Power to fund raise with our Sausage Sizzles, Raffles and such like. Thank you to you all our members, together we can make a difference.

**SAUSAGE SIZZLE
time again everyone**



Saturday 17th August

Mitre 10 Whaiwhakaio Valley
at 10am - 1.30pm
DO support us with our fund raisers.

Thank you volunteers

Latest Discount:

The Brentwood Motel in Wellington has offered 10% discount for accommodation for Grey Power members.



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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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ARE CANNED VEGGIES OR FROZEN FRUIT JUST AS GOOD AS FRESH?



The cost-of-living crisis is affecting how we spend our money and for many, this means tightening the budget on the weekly supermarket shop. One victim may be fresh fruit and vegetables. On the whole, we don't eat enough and they are crucial for a healthy, balanced diet, providing a range of vitamins and minerals as well as fibre.

If you can't afford as much fresh produce at the moment, there are other ways to ensure you still get the benefits of these food groups. You might even be able to increase your intake of fruit and vegetables.

Fresh produce is often touted as being the most nutritious (think of the old adage "fresh is best") but this is not necessarily true. Nutrients can decline in transit from the paddock to your kitchen, and while the produce is stored in your fridge.

Frozen vegetables may actually be higher in some nutrients such as vitamin C and E as they are snap frozen very close to the time of harvest. Variations in transport and storage can affect this slightly.

Minerals such as calcium, iron and magnesium stay at similar levels in frozen produce compared to fresh. Another advantage is the potential to reduce food waste, as you can use only what you need at the time.

Canned or tinned vegetables and fruit similarly often offer a cheaper alternative and they're also very convenient to have on hand. The canning process is the preservation technique, so there's no need to add any additional preservatives, including salt. Due to the cooking process, levels of heat-sensitive nutrients such as vitamin C will decline a little compared to fresh produce. When you're using canned vegetables in a hot dish, you can add them later in the cooking process to reduce the amount of nutrient loss. To minimise waste, you can freeze the portion you don't need.

Fermentation has recently come into fashion, but it's actually one of the oldest food processing and preservation techniques. It largely retains the vitamins and minerals in fresh vegetables. But may also enhance the food's nutritional

profile by creating new nutrients and allowing existing ones to be absorbed more easily. Also, fermented foods contain probiotics, which are beneficial for our gut microbiome.



Other tips to get your fresh fix: buy in season, don't shun the ugly shaped produce, reduce waste, swap and share and grow your own. Regardless of how small your garden is you can always plant produce in pots and having put the effort in to growing your own produce, you are less likely to waste it.

Ref: The Conversation

Breast screening: Free breast screening has been extended to women aged 70-74. Previously it was for 45 to 69-year-olds. Breast cancer is the most common cancer among New Zealand women. Finding more cancers early through breast screening means better treatment outcomes. Around 120,000 additional women will be eligible for screening every two years. The extension will be phased in. More information: <https://tinyurl.com/3p7z7wus>

INTERNET BANKING

When making a payment to someone online, unless the details are already in your payees list, the bank account number you enter and the person's name, is not verified by the bank. To explain – the banking system does not check that the payee's name matches the account number. In the past when writing a cheque everyone was protected

New Zealand's retail banks say they are on track to start rolling out a significant anti scam measure by the end of the year. 'Confirmation of payee' will help people making an online payment from one bank account to another to check whether they're paying the right account and may help identify payments to scammers. It will also help people avoid making mistaken payments to the wrong account.

What's happening...



PERFORMED BY ABSOLUTELY FABBAULOUS
DANCING QUEEN
A TRIBUTE TO ABBA

FRIDAY 15 NOV 8PM | TSB SHOWPLACE

BOOK NOW! | TICKETEK | thedancingqueenshow

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

Clocktower (2022), Pauline Sutherland

6 JULY- 10 NOV 2024
TEMPORARY GALLERY, PUKE ARIKI

Puke Ariki | NPDC

Active IN AGE

Every Tuesday at TSB Stadium from 10am -12pm.
\$5 cash per person participation cost.

TSB Stadium | NPDC

without

centre

Lafin Sawmah
Eleng Luluan
Akac Orat
Malay Makakazuwan

6 Jul – 13 Oct

without

limits

GOVETT – BREWSTER ART GALLERY

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!

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.

Our last Travel venture for the year will be a mystery trip enabling lunch at the Whangamomona Hotel. Date change to **10th of October 2024**.

Commence day with departure from the **Raceway Carpark at 9.00am** sharp please. We hope to be home by 4.30-5.00pm.

Booking is when the travel is paid for. So names need to be on the list. **Price \$37.00**.

If Direct Crediting please use your Surname and Whanga in the reference box. We also have the eftpos at the Office or simply cash payments. Thank you. Remember the account number for Grey Power Travel is **15 3948 0007390 01**

As a mystery trip the places are a surprise for you. Weir Bros. are good at surprises. So get your name on the list & look forward to this great day out.

2025 Travel:

First travel of the year will be to **Tawhiti Museum** in Normanby. This is a popular place to visit and in the warmer months the railway operates. **10th March**.

The complete day would be given to Tawhiti as it accommodates diners and those into antiques as well as the journey into our past history of New Zealand. Tawhiti is acclaimed as one of the most innovative museums in New Zealand. It uses life size exhibits to capture the past in super realistic displays. We would leave the Raceway carpark at **9.30am** sharp please. Hopefully returning by 4.30pm.

Museum cost will be covered. Either take your lunch or eat in the café. This promises to be a great outing. Since the museum is only open Mondays, Fridays and the weekends, we would suggest that we make the trip on Monday **10th March 2025**. All particulars will be in the first newsletter of the year for 2025 at the end of February. Price for the travel **\$30.00**. Usual booking with reference of Surname & Tawhiti. Direct Credit to 15 3948 0007390 01.

Further ventures to be planned for next Newsletter in October.

Opunake Cinema Trip



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.



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

Thank you to our Grants People...
The Bruce Carter Foundation
Toi Foundation
and all Grey Power members who have so generously donated also

Welcoming Steve Green... "the computer chap"



Steve and Val Green have recently moved to New Plymouth, having spent 16 years living in Mangawhai, Northland. During the past 10 years Steve has provided a unique service - free computer support to local residents!

Nowadays it's just about impossible to function without computers of one form or another. Sadly seldom is help at hand to advise you what is best to buy, how to get everything up and running, how to identify and fix problems, and how to obtain and use many of the thousands of applications. Also how to save you money.

Equally confusing is the ever expanding range of home technologies Windows PC's, Apple's, tablets, smartphones, broadband, printers, digital cameras, smart TV's... hardly surprising that we get intimidated!

Steve's service cover all these bases with a "best endeavours" approach and at no charge whatsoever. Steve and Val have each gained over 50 years of experience in the computer industry and it's wonderful to now offer this service to Grey Power New Plymouth residents. Steve has received numerous awards for this service, has helped over 700 families, made over 2,000 house calls, and been featured on TVNZ's "Good Sorts".

He may not be able to help you, but Steve is only a phone call away 021 081 64244 or via email on stevegreeninnz@gmail.com

15% off
use promo code
GP at checkout

Socks too tight?

We sell soft topped bamboo and cotton socks

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diabeticsocks.co.nz

Health & Wellbeing

Great advice to keep you happy and healthy. Jane Bailey, mobility expert at bodymanoeuvres.com is here to help.

How much protein should I include in my daily diet as I get older?



From the age of thirty our muscles mass starts to decrease, and this process speeds up in our sixties. The technical term for this is sarcopenia. Protein is crucial for building and maintaining our muscles, especially as we age.

Stronger muscles support how we move every day, aid our balance and reduce the risks of falls.

We also need protein to strengthen our immune system, and for our bone health, as it helps prevent osteoporosis. There's still some debate over how much protein is needed in our daily diet.

Most health experts agree that people should aim to consume 1-1.2 grams of protein daily for every kilogram they weigh. So a 70kg woman should aim to eat 70-84g of protein a day.

Protein rich foods include lean meat, eggs, dairy products, beans, peas, chickpeas and nuts. Eating more protein helps the body stay strong and healthy as you age, which can make life easier for later years.

Planning Your Legacy

Free information session on Wills and Succession Planning at GQ

12pm 5 September







Contact GQ to register
email@gqlaw.nz | (06) 768 3700

Will Checklist

It's a good idea to review your Will if...

- ☐ Your relationship status changes
- ☐ Your family grows or changes
- ☐ You wind up a Trust
- ☐ You wish to make a gift or bequest

As life changes, so should your Will

Chat to GQ about reviewing your Will or come along to our free seminar



Govett Quilliam
THE LAWYERS

Congratuauations to Valerie Armstrong and Peter Huzziff on their recent awards and certifications



Waitara Community House

Grey Power has found a very helpful depot for it's members at the Community House Waitara. Kath and team take subs and distribute membership cards for members.

The 2nd Friday of the month is Grey Power Members morning tea day at Waitara. A.M tea commences at 10.00am. All welcome, do come along and bring a friend, spread the word please. Whether a member or not come along and join in you are very welcome. Interesting speakers are arranged from time to time. Kathy from the Grey Power Committee is available and will welcome you. Enjoy the café meals with the group also.

Why not join this group on a regular basis and enjoy the company. Great morning tea and great company.



We will have a raffle at each of our General Meetings this year. 1 ticket \$2 or 3 for \$5

Thank you



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!

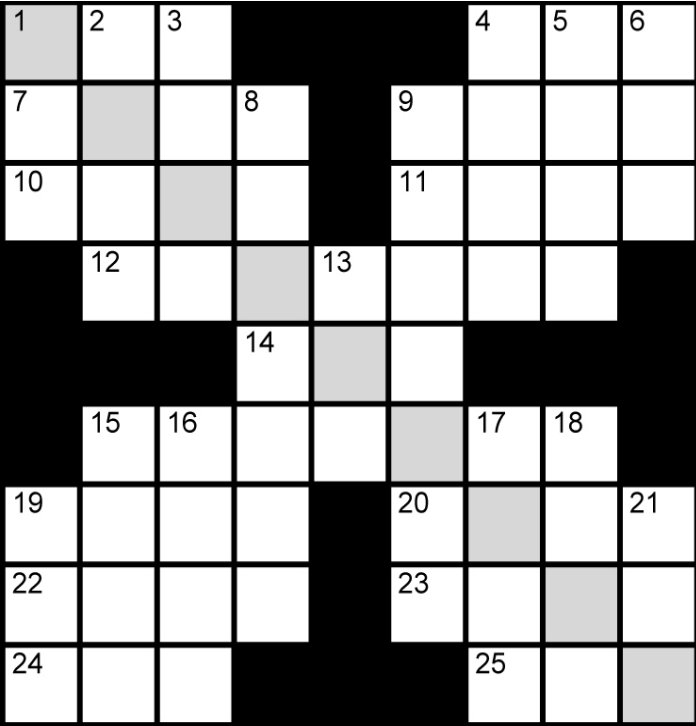
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Tiny Purple Fruit



- Across
1. Louisville Slugger

4. Hallucinogen

7. Coalition

9. Woodland deity
10. Women's hat lining

11. Gumbo ingredient

12. Guided

14. Agatha Christie's "The ___ Murders"

- BAGELS

BOLOGNA

BRISKET

CHALLAH

CHEDDAR

CHOPPED LIVER

CORNER BEEF

CREAM CHEESE
- GEFILTE FISH

HAM

HERRING

HOT DOGS

KAISER

LIVERWURST

MOZZARELLA

MUENSTER
- NOVA LOX

PASTRAMI

PICKLES

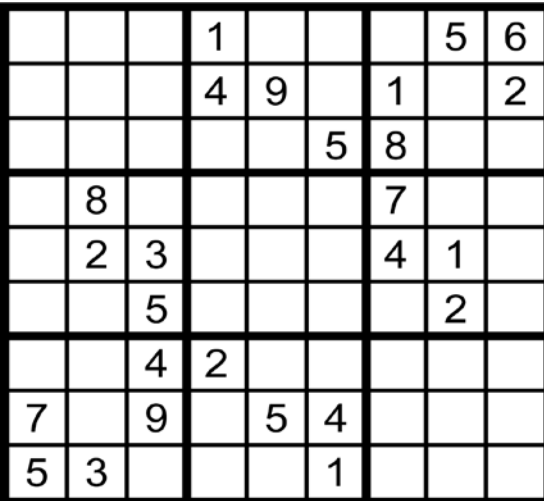
SABLE

SALAMI

SALMON

TURKEY

SUDOKU



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 medium.*

15. Solar beam
19. Unadulterated
20. Egg on
22. Oracle
23. Indian wear
24. 401(k) alternative
25. Ottoman governor

- Down
1. No Clue

2. "C'est la vie"

3. Praise highly

4. Vacation destination

5. Irrational, in math

6. Some forensic evidence

8. Grime fighter

9. Delivery aid

13. "Chicago" lyricist

15. Litigant

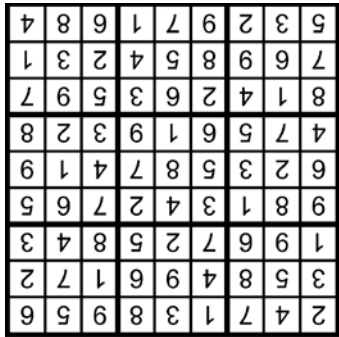
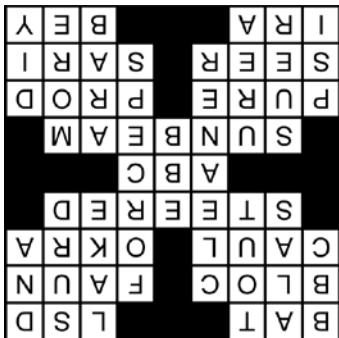
16. Fertilizer chemical

17. Riyadh resident

18. Oliver's request

19. Tire meas.

21. Home improvement letters



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

FROM THE DELI



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.



Scan here for more information



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.



free phone
0508
ENLIVEN

rest home hospital short term respite health recovery

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





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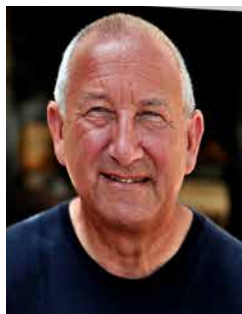
PLEASE BRING YOUR REUSABLE BAGS




WWW.ONTHEHOUSE.ORG.NZ

Is Technology Overwhelming You!

**Join Steve Green in leading a one-hour discussion
Tuesday 6th August starting at 1:00pm at Barclay Hall**



Remember the good old days when a phone was plugged into the wall? When mail arrived in an envelope? When social networking was the Saturday night dance? When computers cost millions and filled large buildings? Life was far more simpler in those days. Today we are overwhelmed with gizmo's that promise to make our lives easier and better. But do they?

Join Steve in a one hour discussion on the benefits of using modern technologies and some of the traps to avoid.

AIR-CLEANING PLANTS

Grow the following plants in your home to breathe easier. Rubber plant, Aloe Vera, Peace Lily, Ficus and Spider Plant are good examples.

Spider Plant is native to Africa and removes smog, formaldehyde, benzene and xylene—found in auto exhaust, synthetic perfume and paint. A NASA study found this plant can remove 96 percent of the carbon monoxide and 99 percent of the nitrogen dioxide within a sealed chamber. This resilient plant thrives in a variety of environments but prefers medium to bright light, so avoid extended amounts of direct sun. Spider plant is very easy to grow and care for. It doesn't need a lot of attention, and is terrific for busy people who don't have time for gardening.



Appearance and characteristics of spider plants

Spider plant grows from a fleshy root known as a tuber. Each plant is capable of producing multiple tubers and have white central striping or white margins on each blade.

Spider plant's flowers are small, white-green and in clusters on arching stems that grow 75cm or longer. The tip of each stem produces a small bunch of leaves and these are the 'spiderettes' or 'chickens' of the mother plant. Simply cut off some of the plantlets and pot them up or put them in a glass or bowl of water. They'll grow roots in no time!

Crochet is more than craft — research shows it has therapeutic value



Funny isn't it, how long we've adhered to the stereotype of knitters as doddery, sweet grandmothers, as though the activity itself was a sign of ageing, dismissed as useless frippery and distraction – not what it actually is, which is useful and mindful. While breath experts and "wellness warriors" throng on social media, the steady click of needles might serve as a reminder that knitters have been on to this stuff for a very long time.

A recent research paper titled "Happy Hookers: findings from an international study exploring the effects of crochet on wellbeing" looked at more than 8,000 people (almost all women) in 87 countries, who crochet. It found nine in 10 felt calmer after doing it, while 82 per cent reported feeling happier and 75 per cent felt more useful. Many crocheted to manage mental health and help process "grief, chronic illness and pain". Psychologist Sahra O'Doherty recently told the Guardian repetitive tasks make "our heart rate and breathing even out" and lower our blood pressure.

Interest in skills like knitting and crochet have rocketed in recent years, with many more young women, and some men, professing a love of the fibre arts — with COVID exacerbating this trend. "These activities are very meditative, repetitive and calming for people and it's no surprise that knitting, crocheting, quilting all have therapeutic benefits," says Scientia Professor Kaarin Anstey, director of the University of NSW Ageing Futures Institute. Knit, purl, cast off pain.

Another study from the University of Gothenburg, published in the Journal of Occupational Science, found knitting brings calm and structure to people suffering mental illness.

Researchers analysed 600 posts collected from the international online fibre arts forum Ravelry <https://www.ravelry.com/about> and found knitting helps people unwind, gives them an identity and social network, and helps structure their days. Some found their mind cleared and thinking became easier whilst knitting.

UNITS FOR RENT



There are several units for reasonable rent at a New Plymouth site.

If you would be interested please phone or text 021 022 98721

I will contact you and give you the details for ongoing information.



Early detection saves lives

Skin Clinic Taranaki is dedicated to prevention, diagnosis and treatment of skin cancer and sun damage.

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You are invited to our
Mid Winter Dinner
7th August
at Cobb 'n' Co
12 midday

All members welcome. Cost \$30.
(Pay after meal please).



Please book in with names
at the Grey Power Office.
This is essential for numbers
757 5885 or 021 022 98721

thank you

CHECK US OUT
Grey Power
New Plymouth
on facebook



**What Grey Power New Plymouth
has available to Members:**



- Discount lists of businesses giving discount.
- Handy Service List in Office. (ring 757 5885)
- Travel for members.
- ALL 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.

**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 .

REMEMBER

1. **Steve's Workshop** 6th August
2. **Mid Winter Dinner** 7th August
3. **Sausage Sizzle** 17th August
4. **General Meeting** 29th August
5. **Mystery Travel & Whanga**
10th October
6. **Christmas Dinner** 14th November
7. **General Meeting** 28th November

*Come and join in.
All most welcome*

**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 October.

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.

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Central Audiology Taranaki

Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. With over 20 years of experience working in the Taranaki region, we know and value our customers and community.

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**Call us today on 0800 751 000
and book a FREE hearing check
at one of our clinics.**

We're here to help.

Editorial supplied by Central Audiology Taranaki

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

28 November 2024

**1.30pm at Barclay
Hall 158 Tukapa St**

**YOUR QUARTERLY NEWSLETTER FROM
GREY POWER NEW PLYMOUTH**

