

Member survey responses

Many thanks to the 204 people who found time to respond to our two-yearly survey in the last issue of Super People magazine and on our website. They are valuable to guide Kāpiti Coast Grey Power's (KCGP) Executive Team set priorities for action. Here are some highlights:

There was much concern about cost of living increases. Council rates, insurance costs and energy prices were most frequently mentioned.

Housing was also a major focus. While there were some concerns about retirement villages, there was also feedback that issues should be taken up by the Retirement Villages Residents Association. Concern was shared about a lack of suitable, affordable housing for older people, but weren't specific as to who should provide this.

Home care, or rather the lack of it, was mentioned as an issue for those who choose to live in their own homes. (NB: *Improving home care is a priority focus for KCGP. "No shows" by carers expected at a specific time is a major concern that KCGP is working hard to address.*)

Lack of after-hours medical care and its excessive cost was also mentioned. So too was the need for medical services on the Kāpiti Coast. (NB: *This is also a priority area for KCGP and the GP Federation.*)

Cognitive testing for driver licence renewals for drivers aged over 70 was highlighted. Respondents believe that Kāpiti Coast people are unfairly picked on, compared to drivers of similar ages in other parts of New Zealand. (KCGP will continue to pursue.)

Digital exclusion - where older people who are not online or uncomfortable using digital devices struggle to engage with government agencies and organisations like banks and insurers – continues to pop up. (NB: *KCGP's Executive Team will add this to our "to do" list and look at partnering with other*

organisations whose members are similarly affected.)

When asked which organisations we should be looking to partner more strongly with, Age Concern was the most mentioned. KCDC and SeniorNet also got lots of mentions.

What else did we learn from the survey?

About two-thirds of respondents have been KCGP members for more than five years. Some 70% of respondents live at Waikanae, Paraparaumu and Paraparaumu Beach. Sixteen percent live in retirement villages.

When asked to rank priority items, respondents listed health, government actions impacting seniors, local body matters, transport and digital exclusion.

Our KCGP member services that ranked highly for awareness and usage were the Member Discount Book and Guide, the Odd Job Scheme and national discount offers. (We received some useful feedback on the Odd Job Scheme that we will use to improve this service.)

A detailed version of the responses can be found on our website at kapitigreypower@outlook.com - If you're keen to help make them happen, please contact us.



Kāpiti Grey Power's Facebook page is updated regularly. It can be found at:

<https://www.facebook.com/Kapitigreypower>

Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com

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Please refer to our website for disclaimer.

Note from the Office

Dear Members

Welcome to 2025 and I do hope that you all had a pleasant, peaceful and relaxed holiday season and that you were able to get out and about.

What a great country we live in and locally there is so much to do. My husband and I decided to do the Hemi Matenga Scenic Reserve and walk the Parata Track. Such beautiful views from the top. We really are spoilt for choice as far as exercise opportunities and scenery goes, I swear half of Waikanae was either going up or coming down.

Well, the office officially reopened on 21 January and we were a little busy. It is lovely having members coming into Level One to renew their memberships and to find out what is happening out in the community.

New membership cards reading: "Valid until 31 March 2026" are now available. Your current cards are valid until 31 March, so you can choose when you renew. If you want to make an early payment your options include:

- Internet banking into our KiwiBank account is 38 9018 0409796 02 – please put your name and membership number as a reference.
- Pay by cash or EFTPOS at our Coastlands or Ōtaki Offices. Details of opening hours are at the top of the front page.
- Visit our website www.kapitigreypower.co.nz – click on 'Membership' and follow the instructions.

The Ōtaki office reopens for the first time this year on Thursday, 21 February at the Ōtaki Library from 10am to 1pm.

Hopefully I will see some of you at the upcoming Coffee morning.

Nga mihi

Emilia McDonald | Membership Administrator

For Grey Power Electricity complaints or questions, contact details are:

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customer.care@greypowerelectricity.co.nz

or website:

www.greypowerelectricity.co.nz



PRESIDENT'S REPORT

The recent demise of our local paper *Kāpiti News* is very much a sign of the times.

When we were young, the local newspaper was our primary way of finding out what was happening and sorting out when and where. National news was assisted, sometimes led, by the

broadening radio network.

Then both written and spoken alternatives appeared and began attracting our custom. There was keen competition for patronage, and most of us tended to have favourites, many involving no real charge. But I learnt when distributing political and other local material in letterboxes at the turn of this century, that a lot of people were starting to object to being given free in their letterboxes, stuff they didn't want to read.

Now the online world for many of us has replaced the traditional written and spoken media options, and the other options are disappearing. Many of us older citizens struggle with this change.

Kāpiti had two competing local newspaper options, then one, and now none. And the chance of anything re-emerging is unlikely in a district that has never had a newspaper printing press.

Kāpiti Coast Grey Power has a lot of members, around 2500 ... more than any other North Island district. Your committee is currently pondering how we will restructure media processes to keep you informed. We have our own magazine three-monthly (hand delivered by volunteers); we have a newsletter online about monthly; and we are looking at other options. The KC News and a notice board in the Kāpiti Library present promising possibilities. Watch these spaces.

Now an urgent matter! We need to attract someone to drive the magazine editorial team. We have been so lucky to have had Chris Tweedie as Editor for even longer than he planned, but this is his last issue. Please consider helping us, if you possibly could, and give me a call (027 569 8515).

We are very grateful for the businesses that have backed us in this year's Discount Booklet. Its Information Guide, revamped by Enrico Vink, is a section that was very much appreciated when it first appeared last year.

Please check out the Discount Book, and do use it. I have had to point out to a lot of people that many offers will save you hundreds of dollars if you acquire their services.

Have a great year.

Roger Booth | President

Members' Coffee Morning



Celtic musician Steve McDonald our March Social Event guest

After the success of the last Kāpiti Coast Grey Power social event, featuring local performer Andrew London, we have another special performer at our next one.



Those who attended the memorial concert for Sir Jon Trimmer in May were probably surprised and amazed with the performance of Steve McDonald, and particularly surprised that this 'one man band' was a local. We now have the chance to hear his story, on Thursday 20th March at Southwards car museum, Otaihangā Road, Otaihangā. 9.30 for a 10am start.

Some of you may remember his Wellington 1960's band 'The Dizzy Limits', or 'Timberjack' into the 70's, in which he joined up with John Donoghue.

When he launched into a solo career, McDonald spent many weeks tracing his Celtic origins, and now features their music. In recent years he has spent half of most years performing in huge concerts at festivals across America and elsewhere.

He sings to the accompaniment of his organ, and synthesised instrumental and vocal combinations. Most recorded input, instrumental or vocal, is also the multi-talented Steve.

President Roger is looking forward to chatting with this iconic individual, he will perform a few songs, and will have cds for sale.

LETTERS TO THE EDITOR

We would like to share with other members your opinions or concerns via this magazine. Letters must include the writer's name, home address and phone number (NB: We need the information for verification, but will print only name and suburb).

Letters should not exceed 120 words.

Letters may be edited for clarity and length.

We may not always print all letters we receive.

Email: editor.gpKapiti@gmail.com

or post to the office address on Page 1.



Hangout with seniors

SeniorHangouts is a social networking platform designed to help seniors by providing educational content to help navigate the digital world.

In addition, the SeniorNet- facility allows users to join groups and participate in online events and activities.

SeniorHangouts has a range of features to ensure users can feel safe and secure while using it so they can get the most out of the platform.

To Join SeniorHangouts you must be a member of a SeniorNet Learning Centre.

Size doesn't matter

For you eagle eyed *Super People* devotees, yes, this newsletter is a slightly different size from previous editions.

Our printers advise that to keep costs the same they have standardised the paper they import. For the record, this newsletter is 185mm x 265mm, down from 200mm x 270mm.

We'll endeavour to keep the same editorial quality, though.

MSD moves

Paraparaumu's Ministry of Social Development (MSD) office has made a move, but it's still at Coastlands. It's now located on the railway line side, between KFC and Animates.

Helping hand for managing money in retirement



The Retirement Commission has brought together hundreds of financial service providers to help New Zealanders grow their money and build resilience.

It has launched a new National Strategy for Financial Capability that sets out goals and projects to be taken on by banks, financial services and community organisations.

The strategy builds upon the scheme put in place in 2021. Its four goals are:

- Supporting people to grow their money
- Helping build resilience for the unexpected
- Lifting financial capability through education and training
- Leveraging collective impact.

Retirement Commissioner Jane Wrightson said projects in the pipeline include a special women's project thinking about how businesses might serve their women employees and women customers better; a focus on increasing contributions and participation in KiwiSaver for young people.

The strategy is at <https://nationalstrategy.retirement.govt.nz/national-strategy>.

SECURITY ALERT

Aren't all medical alarms the same?

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You may be eligible for government funding too.

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ADT

Savings needed for retirement, report finds

The transition into retirement is one of life's defining moments. For the many New Zealanders who are at this life stage, the critical question is not so much what they are retiring from, but what they are retiring to.

There had been talk that to retire you'd need about \$1 million to live comfortably, but the report has found that you could be comfortable on significantly less. To help inform and guide the decision-making of both financial advisers and their clients, Massey University's Fin-Ed Centre has updated its *New Zealand Retirement Expenditure Guidelines Report*.

It categorised expenditure into two levels: "no frills", reflecting a basic standard of living with minimal luxuries, and "choices", which represents a more comfortable lifestyle.

For a two-person "no frills" household in a metropolitan area the projected lump sum was now estimated at \$120,000, while a similar provincial household would need \$252,000.

For those seeking a "choices" lifestyle, the required savings increased significantly, with metropolitan households needing \$1,142,000, and provincial households needing \$446,000.

All figures significantly exceeded the NZ Super payment of \$799.18 after tax, highlighting that current retirees need to supplement their superannuation with additional income or savings.

The full report is at <https://tinyurl.com/3cfej7t8>

Could you help our Magazine Editing Team?

Hey, Grey Power member with the right sort of credentials, **we need you!**

Kāpiti Coast Grey Power has its own magazine, produced four times per year. Our current Editor, Chris Tweedie, is retiring from the job after a good stint, and we need a new individual or team for the next issue which goes to the publisher on 16 May.

If you have a quick look, you will see that currently material comes from a lot of sources. The Editor keeps in touch with these, and gathers material each quarter. Some of it is written by Board members, and some by NZGP leaders. The Editor may write articles as well. Currently a couple of board members check (proof read) copy. The magazine is currently 24 pages, and advertising, layup and printing is the business responsibility of Kiwi Publications of Tauranga.

President Roger Booth wants to talk to anyone out there who could assist this process.
Phone 027 569 8515.

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Breast cancer is the most common cancer for women

Breast cancer affects one in nine New Zealand women over their lifetime.

Nine New Zealand women, on average, will hear the news today that they have breast cancer.

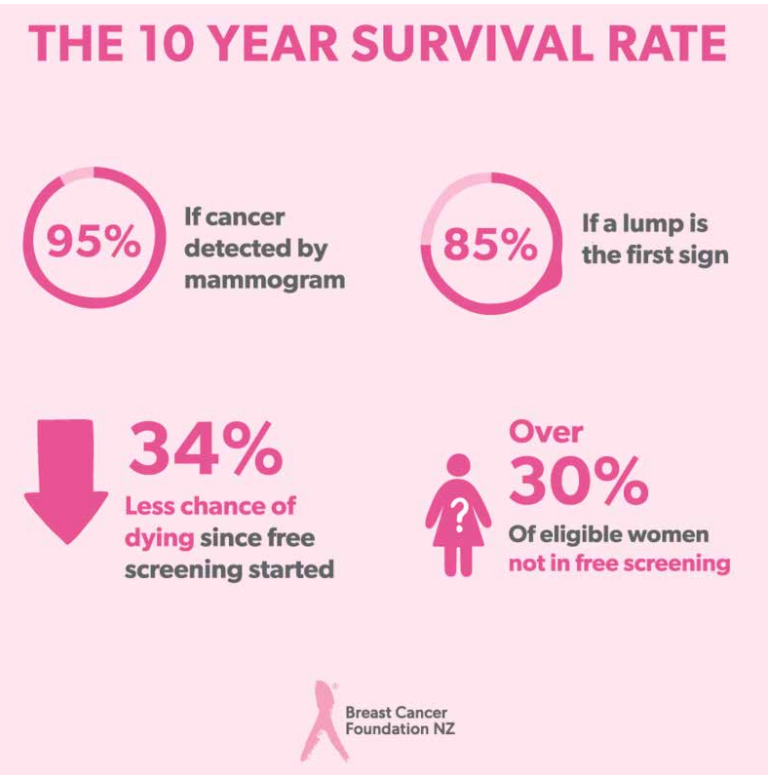
Some women are at greater risk of breast cancer because there is a history of close family members having the disease. However, most women who develop breast cancer have no relatives with the disease. Even among women who do have relatives with breast cancer, most will never develop it. (Ministry of Health 2015)

Although it is uncommon, men also get breast cancer. About 25 men are diagnosed in New Zealand each year.

Overall, 85% of people with breast cancer survive 10 years or more (95% if detected on a screening mammogram) but tragically, more than 650 women die of the disease every year.

A woman's chance of developing breast cancer increases with age. Some 70 - 75% of women who are diagnosed with breast cancer and about 80% of women who die from it are aged 50 years or older. While breast cancer is less common in women under the age of 40, women in their 20s and 30s can get it too (approximately 6% of cases).

Information from the Breast Cancer Foundation of New Zealand is at: <https://www.breastcancerfoundation.org.nz/breast-awareness>



Men urged to check their pecs

Oncologists reckon the average woman's risk of developing breast cancer is about one in seven. But what's less commonly known is about one in 600 men will develop breast cancer. Unlike women, regular breast screening is not recommended but men should still check their bodies, particularly as they get older. If you've got a lump, skin or nipple changes always let your doctor know. With the treatments available today most men diagnosed are going to be cured.

The Breast Cancer Foundation of New Zealand has resources tailored to men at <https://tinyurl.com/3ecu93n7>

Sign up for public notices

Interested in what's going on in your neighbourhood? Kāpiti Council updates every fortnight all resource applications and consents it publishes on its website. The link is <https://tinyurl.com/353xnhcd>

You can also sign up for emails informing all publicly notified resource consents or those subject to a limited public notification, alcohol licensing applications, and all general public notices.



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This offer is valid till the end of May 2025. Naturally, we reserve the right to decline work that is out of our scope.

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Your PIN might give you a shock

Whether it's to unlock your smartphone, access online banking, go shopping or get cash out of the ATM, a four-digit personal identification number (PIN) is often there to keep your secrets and your money safe.

It's an important little code, but not all choices are equally secure.

The Australian Broadcasting Corporation's Story Lab team analysed 29 million of them from Have I Been Pwned?— an Australian-run site that helps people all over the world find out if they've been affected by data breaches. While it isn't a perfect data set, it aligns with likely usage patterns, even if it's just because people repeat their PIN codes on their computers.

There are 10,000 possible combinations on a pinpad, but when humans get involved that equation changes dramatically.

The most commonly used PINs turned out to be staggeringly popular, meaning they're particularly easy to guess when phones and bank cards fall into the wrong hands. The top ten codes are:

1234	1111	0000	1342	1212
2222	4444	1122	1986	2020

It makes sense why some four-digit codes are chosen again and again, but this phenomenon brings with it a serious security risk.

If someone wants to unlock a stolen phone – or retrieve money from an ATM – and only have five guesses, this data suggests they still have a one-in-eight chance of guessing correctly.

And, while it's harder to visualise, there is a similar weakness to be found in regular passwords too. 1234 was as high as fourth on a list of common passwords compiled by NordPass VPN.

Even when people have the entire keyboard to choose from, the only choices that were more popular were 123456, "admin" and "password". All in all, it paints a worrying picture of the last line of defence for our digital lives. If you're one of the millions of people using an ill-advised PIN, it's never too late to change to something more secure.

You can find the full story and the 50 most popular PIN codes in order of popularity at <https://tinyurl.com/2s444mcy>

Whooping cough epidemic declared

Health agencies have confirmed that New Zealand is now in the early stages of a whooping cough epidemic, with a nationally coordinated response now in place.



Director of Public Health, Dr Nicholas Jones, says New Zealand should be ready to see high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific children will be most affected.

Dr Susan Jack, National Clinical Director, Protection, at Health New Zealand | Te Whatu Ora, says whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65.

For more information, call the Vaccination Healthline free on 0800 28 29 26 (8.30am-5.00pm Monday to Friday) or visit the website <https://tinyurl.com/4245b2ts>


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Fight Loneliness



New Zealanders experiencing loneliness is now at epidemic levels, according to Age Concern.

Its recent study shows 59 percent of Kiwis aged 65 and over had recently felt lonely or socially isolated.

And lonely people aged 60 to 79 were three times more likely to develop dementia than those who were not lonely.

Age Concern's Accredited Visiting Service is a befriending service that provides regular visits to older people who would like more company, enjoying conversation, shared interests and activities. Call 0800 65 2 105 for information or to volunteer.

Feeling lonely is a normal human experience, but is also a sign that you want to connect with others. There are lots of things that you can do yourself that can help you to feel less lonely.

If you would just like more social contact, it's important to do something about it – difficult as it may be at first.

There are plenty of places to explore to take that first step out and about to meet people. The loss of the Kāpiti News at the end of last year makes finding an interest harder... but here are some places to go ... and you don't have to worry about being computer literate!

First there's the Kāpiti Grey Power office at 1st Floor, Coastlands, Paraparaumu. Our contact details are on the front page of this magazine and coffee mornings are advertised on page 3.

Check out Kāpiti's libraries, where there are community notice boards, newspapers and magazines, lots of learning and interest activities. Libraries are at Paraparaumu: 9 Iver Trask Place; Waikanae: 9 Mahara Place; Ōtaki: Main Street; and Paekākāriki: 14 Wellington Road.

There are a huge number of clubs and associations in the district catering for all manner of activities. Kāpiti's two Citizens Advice Bureaux continuously update their community directories to make sure their list of contacts is as up to date as possible. If you have an interest you want to pursue, they will do their best to help. Paraparaumu CAB loves walk-ins to its offices next to Kāpiti Coast Grey Power, at 1st Floor Coastlands. You can phone 04 298 4944 or email [Kāpiti@cab.org.nz](mailto:Kapiti@cab.org.nz). Ōtaki CAB is at 65a Main Street, phone 06 364 8664.

And don't forget your neighbours. Register by 28 February, to host an Over the Fence Cuppa event between Friday 14 March and Sunday 30 March. Council has event planning resources and goody bags to get you going.


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UK introduces eVisa for NZ travellers

New Zealanders wanting to travel to the UK will now need to apply for an electronic travel authorisation (ETA) as the country digitises its border and immigration system.

Everyone wishing to travel to the UK - except British and Irish citizens - will need permission to travel in advance. This can be either through an ETA or an eVisa.

The cost is £10 (NZ\$21). The ETA will last two years for multiple entries.

The UK Home Office says ETAs are digitally linked to a traveller's passport, so they ensured more robust security checks were carried out before people began their journey to the UK.

The scheme is for "short" visits of less than six months for tourism and business. There are other categories of ETA, including for short-term study and permitted paid engagements. Full details are on the UK government website <https://tinyurl.com/5n8ayuuu>.

Be sure to apply through official channels, rather than through third-party websites, which may charge extra fees, and are less likely to handle your data securely. You can apply directly online. <https://tinyurl.com/ycysxadh> or via the apps for iPhone and Android

It is expected to take around three days for UK officials to make a decision. (If you need to visit UK urgently; you are allowed to travel. However you must have made the application before you travel.)

NOTE: To travel to the United States you'll need an ESTA — a mandatory, paid-for authorization to travel, with security clearance done in advance. To enter Europe, you'll soon need an ETIAS— the EU travel waiver, which has been much delayed but is currently slated to start some time in 2025.

Money saving tips

Feeling tight around your wallet and purse? Consumer NZ has a lot of useful tips about how to save money, whether it's through shopping, paying power bills, insurances or using the internet. You can find them at <https://tinyurl.com/3ufsfnpm>

USED TEA BAGS [Milk less]

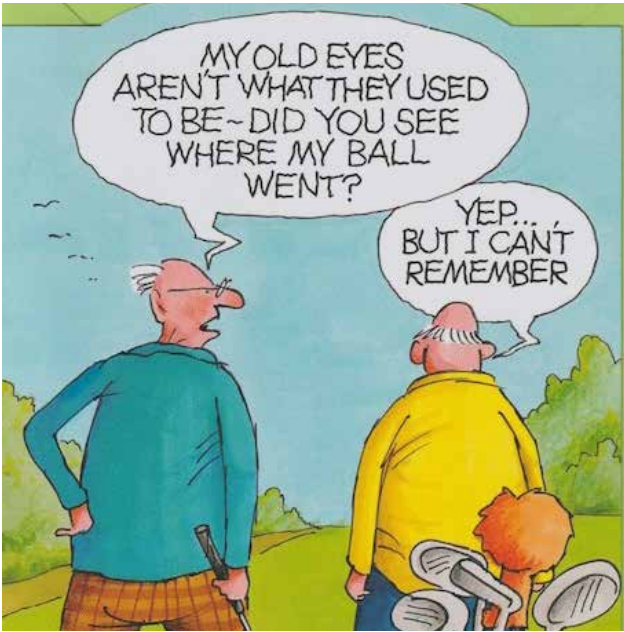
De-crustify Pots and Pans - If all the scrubbing in the world just isn't cutting it, leave a used tea bag to soak in that stubborn pot or pan. Tea contains tannic acid, which can break down grease. With a little time and patience, it should make cleaning the dish much easier.

Ditch the Glass Cleaner - To make windows and mirrors really shine, simply dampen a used tea bag. Use it to rub the glass surface, then follow up with a paper towel. You can also pour some leftover brewed tea into an empty spray bottle and use it as a glass cleaner.

Marinate Meats - Easily marinate pork, chicken or turkey with the help of a couple of tea bags. Simply put a cup of water, two used tea bags and the meat into a zip-close bag. Allow to marinate overnight, then cook and enjoy a flavourful cut of meat.

FYI - Tea has been enjoyed for centuries, but the tea bag wasn't invented until 1908-ish when a New York-based merchant named Thomas Sullivan decided to send tea samples in silk bags to his customers. They incorrectly assumed that the entire bag should be placed in the pot. Thus, the tea bag was born!


Are all used tea bags safe for composting or use in gardens? - Most tea bags are safe for composting or gardening, but ensure the bags are a biodegradable material and free from plastic fibres to avoid environmental harm.



NOTICE TO MEMBERS

Kāpiti Coast Grey Power Association Inc. 31st Annual General Meeting
To be held Wednesday 23rd April 2025 Starting at 10 am
Ocean Road Community Centre, Paraparaumu

- AGENDA:** 1. Apologies | 2. Approval of Minutes of 30th Annual Meeting (April 2024) | 3. Matters arising | 4. President's report | 5. Finance report – Reviewer's report | 6. Appointment of Financial Reviewer | 7. Election of Board of Officers | 8. Subscription fees | 9. KCGP Association constitution - status update | 10. KCGP business plan | 11. General business | **PLEASE SIGN THE ATTENDANCE FORM**



Kāpiti Coast Grey Power Association Inc.

Election of Officers Annual meeting 2025

Proposers and Nominees MUST be Financial Members

Position	Nominee
President	
Vice President	
Secretary	
Treasurer	
Committee (several positions)	

YOU MAY NOMINATE ONE OR MORE POSITIONS

Nominated by (Please print clearly):

Name: _____

Number: _____

Seconded by (Please print clearly):

Name _____

Number: _____

Nominated person's acceptance of nomination:

Name: _____

Number: _____

Signature: _____

Name: _____

Number: _____

Signature: _____

Name: _____

Number: _____

Signature: _____

Forms MUST be returned to the Secretary Kāpiti Grey Power Association Inc. by mail (PO Box 479, Paraparaumu), dropped into the office (1st Floor Coastlands, Paraparaumu) or by email (secretary.KGP21@gmail.com) by FRIDAY April 18.

Secretary's Use Only:

Date Received: _____

Kāpiti Coast Grey Power Association Inc.
30th Annual General Meeting
Wednesday 24 April 2024
Starting at 10:00 am
Ocean Road Community Centre,
Paraparaumu Beach

Members attending

Steve Anderton / Kevin Bly / Roger Booth / Steve Brady / David Brooks / Kevin Burrows / Ian Burt / Vivienne Cannell / Yvonne Carkeek / Jan Cook / Dennis Cutler / Jim Eade / Glenys Evans / Megan Field / Ian Garrett / Margaret Garrett / Rosalie Gasson / Jim Gibson / John Gibson / Jessie Gunn / Ellen Hannigan / Valerie Hall / Joy Heenan / Pamela Hellier / Kevin Harvey Henderson / Grant Johnson / Julia Kennedy / Charles Lloyd / Emiliia McDonald / Ron Melville / David Ogden / Lesleigh Olsen / Diana Pamolar / Anne Plunkett / Sue Roberts / Chris Robertson / Brett Sangster / Chris Tweedie / Christine Ward / Nancy Whyman

1 Apologies

Formal apologies were received from: Natalie Francis, Diana Pierce, Ann Scanlan, Enrico Vink, Dan & Marian Weststrate. No other apologies were submitted.

Motion: That the apologies be accepted. (Booth/ Lloyd. Carried)

2. Approval of minutes of 29th AGM 2023

The minutes of last year's AGM (an Extraordinary General Meeting) held on Wednesday 23 August 2023 were published in the last issue of Super People Magazine.

Motion: That the published minutes of the Extraordinary General Meeting held on Wednesday 23 August 2023 be accepted as a true and correct record of that meeting. (Ogden/ Burt. Carried)

3. Matters arising

There were no matters arising from the minutes of the Extraordinary General Meeting held on 23 August 2023.

4. President's report

President Roger Booth presented a summary of Kapiti Coast Grey Power's activities for its 2023 financial year and its priorities for the 2024 year.

Motion: That the President's Report be accepted. (Booth/ Ogden. Carried)

5. Finance Report

Kāpiti Coast Grey Power finished its 2023 financial year on 31 December 2023 with a reported net

surplus of \$1,617. This is the difference between total earnings for the year of \$51,483 and expenditure of \$49,866.

The year-end Balance Sheet reports a total equity of \$28,287.

Most income (nearly 80%) came from member contributions (subscriptions, donations and postage) – \$39,605.

Income from Discount Book advertising (\$4,944) is largely offset by production costs (\$4,883.00).

The largest items of expenditure were:

- Grey Power Federation capitation fees (\$7.50 a member) – \$16,627.00
- Koha for Board executive roles (coded as honoria) – \$4,019.00
- Office rental – \$5,554.00
- Super People magazine publication costs – \$4,000.00
- Postage – \$2,227.00

As the projected income for the 2023 Financial Year was less than the earnings trigger of \$60,000.00 for GST, the Association deregistered as a GST contributor from 20 September 2023. This decision reduces compliance costs and GST payments made to the Inland Revenue Department.

The Board has approved an investment plan for surplus funds. This resides in a 90-Day Notice Saver Account with Kiwibank. Funds of \$10,000.00 held in a term deposit account will be transferred to the Notice Saver Account when that term expires at the end of April 2024.

The Association's financial records have been independently reviewed. A copy of this review is available for consideration. This will be published in full in the next issue of Super People magazine and on our website.

Motion: That the Financial Performance Report of Kāpiti Coast Grey Power for the financial year ending 31 December 2023 be accepted. (Lloyd/ Burrows. Carried)

6. Appointment of Financial Reviewer

As an Incorporated Society, Kapiti Coast Grey Power is required to have its financial statements independently reviewed.

For the past two years this function has been performed by Mr Don Day.

Motion: That Mr Don Day of Paraparaumu Beach be appointed as the Association's Financial Reviewer to review the financial year ending 31 December 2024.

(Booth/ Ogden. Carried)

7. Election of Board Officers

As at the closing date of 19 April 2024, the following nominations had been received for Board Officer positions:

- President: Roger Booth
- Vice President: Enrico Vink
- Secretary: Brett Sangster
- Treasurer: Brett Sangster
- Other Board Officers: Ian Burt, Emiliia McDonald, Sonia Pratt, David Ogden.

As the numbers of nominations did not exceed the vacancies for any position, no election is needed.

Motion: That the candidates nominated for Board Officer roles for the 2024 year be approved. (Gibson/ Cannell. Carried)

8. Subscription Fees

Current membership fees are:

- Single membership - \$25.00
- Combined membership - \$35.00

No change is recommended for membership fees for the 2025 year.

Motion: That the current membership fees be retained for the 2025 financial year. (Lloyd/ Ogden. Carried)

9. Association Constitution Review

A review of the Association's Constitution (our rules) is underway to align this with the requirements of the new Incorporated Societies Act. This review is being done in consultation with the national Grey Power Federation whose Constitution also needs to change.

Members will be kept updated as this process proceeds.

10. Business Plan Review

It is important that Kapiti Coast Grey Power has a business plan that sets clear priorities and the resources necessary to achieve those.

Copies of the Business Plan are available and this will be published on our website.

11. General Business

Members were invited to raise any issues they would like discussed.

Kevin Burrows outlined his role as Chair of the Kāpiti Coast District Council's Older Persons Committee, an advisory group that meets monthly with the Council, and also the submission this Committee was planning to make to the Council's Long Term Plan.

Roger Booth offered an obituary for Sir Jon Trimmer, a KCGP Life Member, who passed during the year. Roger also outlined fund raising activities planned to create annual visual and performing arts scholarships for the Kāpiti region.

Roger Booth thanked them for their attendance and their interest.

The meeting closed at 11:30am.



Kāpiti Grey Power's Facebook page is updated regularly. It can be found at:

<https://www.facebook.com/Kapitigreypower>

Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com

**DOWNSIZE & RETIRE
PARAPARAUMU BEACH
PREMIUM PARK LIVING**

BRAND NEW, LUXURY.
TINY HOME/STATIC CARAVANS
\$194,000



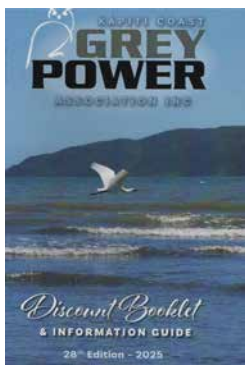
0274429456

CATHY@EXPANDAVAN.CO.NZ
WWW.EXPANDAVAN.CO.NZ

Save with your Kāpiti spending

Kāpiti Coast Grey Power (KCGP) has released its 2025 Discount Booklet for members.

Some 50 Kāpiti businesses have agreed to support the booklet through advertising, offering KCGP members generous discounts on a range of products and services.



These discounts range from five to 20% and bring real savings for members requiring the services of plumbers, electricians, dental, furnishings, health facilities, or motor vehicle parts, to name a few.

Whilst there are national discounts available to superannuitants through the Gold Card, the Discount Book offers savings for all Kāpiti Coast Grey Power members ... and there is no age restriction for membership.

Kāpiti Coast, with some 2500 members, is recognised as an active volunteer organisation advocating for a broad range of interests related to seniors and those connected to seniors. These interests include health, transport, housing, rates, and the environment.

KCGP is the largest Grey Power association in the North Island, and continues to attract members through its advocacy role, and through its social programme, helping to connect people in the community. Meetings arranged by KCGP are often open to the public.

In line with our interest in serving the needs of our community, the 2025 Discount Booklet includes an expanded Information section for Seniors, after successfully introducing this last year.

Many people come to our office, as they do to the offices of other organisations such as Age Concern, Citizen's Advice Bureau and the Retirement Villages Association, to ask who to go to or contact about key issues impacting on members. We have listed the best alternatives for each situation, but only focus on key information and contact details for issues such as emergencies, health, finance, transport, technology, accommodation, and legal matters.

President Roger Booth comments that this easy-to-use reference has become an important tool for a lot of members 'in managing their day-to-day activities with peace of mind'.

Retirement village law review a bit slow

Lengthy delays to reviewing the Retirement Villages Act have the Retirement Commissioner developing its own disputes system and offering to do other work for Government.

Newsroom reports the Ministry of Housing and Urban Development began consulting on the review in August 2023, then in October, the Government said any amendment Bill wouldn't be introduced in the current parliamentary term.

Addressing Parliament's economic development select committee in early December, Retirement Commissioner Jane Wrightson said there were contentious issues being tackled by the review that would require political interventions – in particular repayments and exit fees.

But she said some aspects, such as the complaints and disputes system, could be dealt with sooner.

A summary of the 11,114 submissions on the Retirement Villages Act review, published on the ministry's website <https://tinyurl.com/54mss2jy>, showed strong support for establishment of an independent dispute resolution scheme.

The New Zealand Law Society noted the current scheme ignored the need for independence, with Age Concern, Grey Power, the Residents' Council and the Retirement Commission supporting a new scheme, noting some residents' lack of confidence in the current scheme.

The association representing village owners said the current scheme should be retained in whole or in part, with most operators who commented on the issue saying the current scheme was effective (although there were a few exceptions).

The next step of the review will involve ministers receiving advice on maintenance and repairs of operator-owned chattels and fixtures, managing complaints and disputes and options for incentivising or requiring earlier capital repayments when residents move out of a village.

The Bill hasn't been meaningfully reviewed since it was introduced in 2003.

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet ... but the thyme is cumin.



FINDING COMFORT IN CHANGE: How George Love & Megan Howell-Love Guide Clients Through Life Transitions

A Journey Through Change: Margaret's Story

Margaret sat in her late mother's living room, surrounded by decades of memories. Every corner of the house held echoes of the past—the laughter of family gatherings, the scent of fresh baking, the quiet moments with a cup of tea. Now, faced with the daunting task of selling the home, she felt overwhelmed. The idea of selling was practical, but the emotional weight of the decision was immense.

That's when she met George Love and Megan Howell-Love from Harcourts. From their first meeting, she felt reassured by their gentle and understanding approach.

A Thoughtful and Patient Approach

Margaret wasn't ready to rush the process. There were legal matters to sort through, and she needed time to clear out the home at her own pace. George and Megan assured her they would work on her timeline, never pushing but always offering steady support.

When it came time to prepare the house for sale, they suggested which items to keep in the home and which to let go, ensuring sentimental pieces were treated with care. They even offered a hand with small tasks—making beds, shifting furniture, and adjusting lighting for the best presentation, always asking before moving anything. Their practical support made the process feel less daunting.

Emotional Support Along the Way

As the sale progressed, Margaret appreciated their constant check-ins. She preferred phone calls to text messages, and they respected that, ensuring she never felt out of the loop. They understood that selling a home is more than a transaction—it's an emotional journey.

On the final day before handing over the keys, Megan suggested something unexpected: "Would you like to walk through one last time and say goodbye?" At first, Margaret hesitated, but as she moved from room to room, memories surfaced—her father reading in his favorite chair, her mother bustling in the kitchen. It was a quiet, reflective moment that gave her closure.

More Than Just Agents—Trusted Guides

Margaret wasn't alone in this experience. She had friends facing similar property transitions—some selling homes after a divorce, others balancing family expectations. She heard how George and Megan adapted to each situation: scheduling viewings around a client's health needs, arranging remote meetings for long-distance sellers, involving family where appropriate and ensuring communication was always clear and considerate.

When the sale finally went through, Margaret felt a mixture of relief and sadness. George called her afterward—not to discuss paperwork, but simply to ask, "How are you feeling?" It was a small gesture, but it meant everything.

A New Chapter Begins

With their guidance, Margaret found a new home—smaller, easier to manage, yet still filled with warmth. The transition was bittersweet, but knowing she had been supported every step of the way made all the difference. If you're considering downsizing but feel unsure about the journey ahead, know that with George Love and Megan Howell-Love, you're in caring hands. A husband and wife team, their experience, empathy, and dedication to making transitions smoother mean you'll never feel alone in the process.



**VOTED NEW ZEALAND'S
MOST TRUSTED
REAL ESTATE BRAND**

George Love

Licensed Real Estate Consultant
021 169 9402
george.love@harcourts.co.nz

Megan Howell-Love

Licensed Real Estate Consultant
027 699 1732
megan.howell-love@harcourts.co.nz

Harcourts Team Group

Patient transfer seeks double

Although Wellington Free Ambulance is best known for the lights and sirens of its emergency ambulances, it also operates another vital healthcare service - the patient transfer service.

A team of 75 specialist officers ensure people get safely to and from essential healthcare treatments and appointments across the Greater Wellington region.

Most patient transfer work is arranged in advance by the regional hospitals. But if a patient requires immediate transport, they become a priority - especially important in the more rural areas.

The service is seeking to add a double electric stretcher ambulance to its patient transfer fleet, specifically for acute, urgent and priority patients. Key features include:

- A design that prioritises safety and comfort with ergonomic seating and advanced safety systems
- Interior seating for five staff, ensuring efficient patient transport and care
- Side-by-side electric stretchers that are an absolute game-changer from a safety perspective
- A defibrillator to help those experiencing cardiac arrest.



The total approximate cost is \$310,000.
To donate, visit <https://www.supportwfa.org.nz/>

Kiwi Access Card



If you don't have a driver's licence or passport, the Kiwi Access Card is a Government-recognised form of photographic ID that can make a wide range of day-to-day transactions a lot easier.

The card costs \$60. It's valid for 10 years and available to both NZ nationals and international visitors over the age of 18.

Application forms are at a participating NZ Post or AA Centre or apply online at <https://kiwiaccess.co.nz/>

Kāpiti Carers' shuttles closes

Administration and the decline in able bodied younger volunteer drivers forced the closure of Kāpiti Carers health shuttle at the end of last year.

Chairperson Diana Ponsford hopes the loss will ultimately lead to Health NZ providing a bus service directly from Wellington Hospital to Kenepuru and the Kāpiti Health Centre. She says she will continue to fight the good transport fight for Kāpiti residents.

Kāpiti Health Advisory Group (KHAG) says it was "dismayed" that the service Kāpiti Carers has provided Kāpiti for more than 40 years could no longer be sustained

To find alternatives, KHAG lists in its Health and Wellbeing Directory at <https://www.kapitihealthadvisorygroup.org/healthservices> medical shuttle services to Wellington, Hutt and Kenepuru hospitals and also to Levin and Palmerston North. If you don't have a computer, ring or visit the Kāpiti Coast Grey Power office for help.

5 Steps to Wellbeing

1. **Connect.** Talk and listen. Be there. Feel connected.
2. **Take notice.** Remember the simple things that give you joy.
3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
4. **Give.** Your tie. Your words. Your presence.
5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

Good advice from the Mental Health Foundation.

Editorial supplied by Kapiti Coast Funeral Home

Keeping Funeral Costs Down - Informed Decisions

By Andrew Malcolm

In these tight financial times, many people are seeking ways to keep funeral costs down. In this article I will briefly explore various strategies to achieve this, starting with the importance of informed decisions.

Choose Wisely: One of the most crucial decisions is selecting the right Funeral Director. Even if you opt to DIY some of the funeral yourselves, getting the right advice from the right Funeral Director is a key. All our Funeral Directors are versed in offering low-cost options but choosing a funeral director you talk freely with is a great help. We suggest checking out our website for photos of our staff and that you call and have a chat to see if they are right for you.

Avoid Markups: Be aware that some Funeral Homes impose markups (10%-15%) on items like newspaper notices, flowers, and catering. Others, like us, don't add any mark ups. There are not many like us, so please be warned. Sometimes we even get a discount from a supplier for 'bulk' like newspaper notices and when we get a discount we pass this on too.

Estimates: Reputable Funeral Homes, like ours, will provide a full written estimate of expenses so that we can help align costs with their budget. We provide estimates for all funerals we look after.

Budget Packages: We have a series of budget packages to keep costs down. When some funerals reach \$15,000 to 20,000 it is nice to know there are packages such as our informal farewell at \$6,985 that covers everything needed for a small informal farewell.

To keep costs down, choose the right Funeral Directors.
www.KapitiCoastFuneralHome.co.nz

Kāpiti Coast Funeral Home

Locally owned family business serving Kapiti for over 30 years, there in times of need

HINEMOA ST PARAPARAUMU | **04-298 5168**
www.kapiticoastfuneralhome.co.nz

Office open: Monday – Friday 8.30am to 5.00pm Saturday mornings, 10.00am – 1.00pm

Kapiti Coast Funeral Home
www.kapitifunerals.nz

Reimagining Dementia

Dementia Wellington will be holding a symposium like no other.... reimagining dementia through collaborative experiences, with speakers who promote fresh and diverse perspectives.

Whether you are living with dementia, are a carer, community worker or a health professional, Reimagining Dementia will contribute to a future of greater understanding and support for all

The symposium is on Thursday 27 February at Te Papa. For the programme and to book tickets <https://tinyurl.com/2p89n6e>. There is no charge for people with dementia and their carers.

Union examines care sector

E tū, the union for care and support workers, has released a new report into the state of the country's care and support industry.

The Transforming Care report examines residential aged care, home, disability, and mental health and addiction supports.

E tū Assistant National Secretary, Annie Newman, says the report, and the union's wider Transforming Care campaign, has a focus on three core pillars – care's value, standard, and funding.

The report can be found at <https://tinyurl.com/4zzdj3ss>

Free tyre recycling scheme



Kāpiti Coast Council's transfer stations in Otaihangā and Ōtaki now accept end-of-life tyres, free of charge. Up to five tyres can be accepted at a time as long as they are clean, debris-free, and without rims.

Tyres accepted for recycling and repurposing include pneumatic and solid tyres for use on cars, trucks, buses, motorcycles, aircraft, trailers, and off-road vehicles.

The scheme is funded by fees collected by the Ministry for the Environment on all imported tyres.

Upcoming events with Age Concern Kāpiti



Seniors' March 2025:

Age Concern Kāpiti is compiling a **Programme of Events** for Seniors' March 2025.

An Age Friendly Approach was adopted by Kāpiti Coast District Council earlier this year who funded the events and activities to be held from 10-28 March to encourage seniors' participation and involvement.

The programme will be promoted around the region from the end of February.

Staying Safe – Driver Education workshops:

A classroom-based refresher for senior road users run in partnership with Waka Kotahi (NZTA).

The workshop aims to maintain and improve safe driving practices and increase knowledge of other transport options available to help seniors safely remain mobile.

The free interactive session runs for around four hours, with morning tea and snacks provided.

Upcoming course dates:

- Friday, 28 February – Waikanae
- Tuesday, 29 April – Waikanae

Spaces are limited so register by contacting the Age Concern office on 04 298 8879.

Welfare Guardianship Trust

Welfare Guardians are appointed by the Court to make decisions for people who no longer have the capacity to make decisions, most commonly because of dementia or congenital learning disorder/intellectual handicap.

The Wellington Welfare Guardianship Trust recruits, trains and supports volunteers to become Welfare Guardians.

The Trust is looking for volunteers on the Kāpiti coast. Their website <https://welfareguardians.nz/> has more information with FAQ's and details on how to apply.

Editorial supplied by Enliven

Kapiti Cottage in Paraparaumu!

Enliven's Day Programmes are important for the happiness, companionship, and overall wellbeing of each attendee, allowing rest for families too. Our Enliven staff understand that as you age, so do your needs and requirements for a sustainable wellbeing.

Keeping things fresh and fun and creating a space for connection with others is what it's all about at Enliven's Kāpiti Cottage. The programme is person-centred, flexible, and responsive.

Kapiti Cottage team leader, Robyn, says she enjoys the friendships that develop between people who come along during the day.

"We have a fairly diverse group," she says. "I call it the Kapiti Cottage family."

Some activities that are involved include scrabble, bowls, exercise, music, and celebrating special occasions while other times they will go for a drive to check out the scenery.



"I love seeing people go home happy, and I enjoy staying in touch with their families," says Robyn.

For more information about Kapiti Cottage day programme, contact the friendly team on 04 298 8060 for more information visit <https://www.enlivencentral.org.nz/positive-ageing-services/day-programmes/>



feel at home
with Enliven in Kapiti

Enliven's Kapiti Day Programme in Paraparaumu, provides a friendly, relaxed and fun place for elders to socialise and keep active. The programme has been designed for elders, including those experiencing health issues, memory loss or dementia.

The Day Programme was developed and is run by experienced diversional therapists in secure space with a relaxed and supportive environment, while offering carers the chance to take a break knowing their loved one is well cared for.

"My friends at Kapiti Day Programme take me out of the house & put me amongst my generation. I enjoy the activities and games. It's been years since I played Gin Rummy and Uno!" - Joyce, regular Kapiti Cottage guest

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

Kāpiti Coast Concert Calendar

This Calendar is used to help organisations to avoid clashes and to publicise concerts on the Kāpiti Coast. Let Doreen Douglas 021 033 1616 doreendouglas5@gmail.com know of any changes so that all information can be updated.

FEBRUARY

Friday 21 - Saturday 22 Royal New Zealand Ballet
Tutus on Tour
7pm (+ 1:30pm Saturday matinee)
Te Raukura ki Kāpiti,
Tickets: <https://teraukura.nz/event/tutus-on-tour-4>

MARCH

Saturday 1 Possible: Virtuoso Strings Orchestra Concert. Te Raukura ki Kāpiti,
Thursday 6 New Zealand Symphony Orchestra
Timeless Beauty (Handel & Telemann)
Te Raukura ki Kāpiti,
Tickets: On sale soon via Eventfinda

Wed 12 Two Guitars
7:30pm Te Raukura ki Kāpiti,
Tickets: <https://teraukura.nz/event/two-guitars>

Sunday 16 Mulled Wine Concert
New Zealand String Quartet
2.30pm St Peter's Hall, Paekākāriki

Sunday 16 Waikanae Music Society
Flute, Harp and Cello ensemble
2.30pm Waikanae Memorial Hall
Contact: Wendy van Delden
concertmanager@waikanaemusic.org.nz@outlook.com

APRIL

Sunday 6 Orpheus Choir COLOSSAL CHORALE:ON TOUR
Brent Stewart, Conductor Stephen Clothier, Assistant Conductor Jonathan Berkahn, Piano
<https://orpheuschoir.org.nz/our-concerts/> 4pm Te Raukura ki Kāpiti,

Tuesday 15 - Dazzlehands, Royal NZ Ballet
Wed 16 10:30am, 12:30pm, 2:30pm
Te Raukura ki Kāpiti
Tickets: <https://teraukura.nz/event/royal-new-zealand-ballet-presents-dazzlehands>

Sunday 27 Waikanae Music Society
An Afternoon of Italian Song
2.30pm Waikanae Memorial Hall
Contact: Wendy van Delden
concertmanager@waikanaemusic.org.nz@outlook.com

MAY

Saturday 17 Kāpiti Concert Orchestra
Elgar with Caitlin Morris (cello) and Anna Gawn (singer)
2.30pm Te Raukura ki Kāpiti
Contact via www.kco.nz

Sunday 18 Waikanae Music Society
Piano Quartet
2.30pm Waikanae Memorial Hall
Contact: Wendy van Delden
concertmanager@waikanaemusic.org.nz@outlook.com

Saturday 24 Kāpiti Chorale
Messe de la Deliverance - Du Bois
3.00pm St Paul's Anglican Church,
cnr Kapiti Rd and Langdale Ave

Sunday 25 Mulled Wine Concert
Pianist Michael Endres
2.30pm St Peter's Hall, Paekākāriki

Snapper cards' processing fee



Metlink has introduced a 1.5 percent card processing fee on credit and debit card transactions on the Snapper app and for using credit cards at self-service Snapper kiosks.

Topping up \$20 now requires require payment of \$20.30.

EFTPOS and debit cards used at Snapper kiosks will not incur the fee.

KIWISAVER FUND for children: Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old. That's a great start for when they have part time work and beyond.

Editorial supplied by Kapiti Hearing

Balance

Audiologists not only test hearing; they also can examine your balance system.

The balance system involves the ears, eyes and sense of touch (proprioception). There are structures within your inner ear that detect head movements.



If you're dizzy, you may feel:

- Woozy.
- Light-headed.
- Disoriented.

With vertigo, you may feel:

- As if you're spinning (even when you're not).
- As if the world is spinning around you.

Either of these symptoms may be related to your ear, and discussing them with your audiologist can help navigate rehabilitation with a physiotherapist as well as reducing the risk of falling.

It is important if you do experience vertigo to have your hearing tested as well to help with the diagnosis.

Kapiti Hearing Ltd

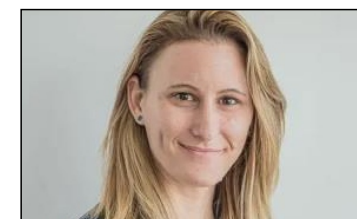
Audiology and Hearing Aid Clinic



Kapiti Hearing specialises in personalised, patient-centered care for all your hearing needs. Two fully-equipped clinics. Ear suction services in Waikanae.



Jeanie Morrison Low
MNZAS, MAud



Eloise Koeing
MNZAS, MAud



Katie Sawaya
MNZAS AuD

9A Ngaio Road, Waikanae & 4 Margaret Road, Raumati Beach.
Ring: 04-293-4693 or email: admin@kapitihearing.co.nz

ACC, MOH and War Pensions registered clinic

Independent audiologists
new zealand

Why Keep It a Secret?

(A booklet published by Grey Power Rotorua Inc 2003).

This booklet is a personal record of matters pertaining to your estate. It covers issues such as your will, life insurance, health insurance, pension plans, bank account details, safe deposits, etc, as well as especial information regarding organ donation and funeral requests ... all for you to fill in and keep in a safe place. To order or purchase a copy, contact the Kāpiti Coast Grey Power office on 902 5680. **Cost: \$5 each plus \$2 for postage (if required)**

Odd Job Scheme



Our Odd Job scheme is a valuable resource for members.

Do you have the skills to help our members, for example, Building (Minor), Carpentry, Gardening, Handyman/DIY, Lawns, Painting or anything else you can think of.

If you can help, phone Steve for more information during business hours on 04 902 5680. Please note if you are applying to join the Scheme you must be a current member.

"Grey Power members helping Grey Power members"



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

WHAT IS GREY POWER?

Grey Power is an advocacy group seeking a better deal for over 50s and superannuitants. We present our views to Parliament and local governments and speak to any political group or politician who is likely to make a positive difference. Often our lobbying benefits the whole community.

Kāpiti Coast Grey Power Membership benefits include:

- Opportunity to be actively involved as a volunteer
- Social meetings with excellent speakers that relate to our interests, offering good fellowship
- A free Kāpiti-centric discount book offering benefits from local business
- Save a minimum 8 cents a litre at Challenge service stations
- Competitive electricity, gas and broadband
- Free AIL accident insurance: \$2,000 paid in the event of accidental death
- Up to 25% savings on medical insurance by Vesta Insurance for members 70 years of age and younger
- Special rates for InterIslander, Bluebridge and Great Journeys fares
- Quarterly Kāpiti Coast Grey Power and Grey Power Federation newsletters

It's easy to become a Grey Power member and enjoy the benefits.



****MEMBERSHIP RENEWALS ARE NOW DUE****
Couple \$35.00, Single \$25.00

Payment Options:

- Internet Banking into **KIWI BANK a/c is 38 9018 0409796 02**
Please put your name and Membership number as reference.
- Pay by Cash or EFTPOS at our Coastlands or Ōtaki Offices. Details of opening hours are at the top of the front page.
- Visit our WEB SITE www.kapitigreypower.co.nz click on 'Membership' and follow the instructions.

A REMINDER: If you have your Power provided by **Grey Power Electricity (Pulse)**, your Membership **MUST** be up to date, or you will **NOT** be entitled to the Grey Power discount. Your Membership also needs to be up to date to continue to receive our Kāpiti Coast Grey Power Magazine '**SUPER PEOPLE**'.

Thank you for your continuing support of Kāpiti Coast Grey Power

IF PAYING ONLINE and YOU USE GREY POWER ELECTRICITY

Please separate your membership from GP Electricity in your Payee list so your power account is not paid to us in error – as this could result in your account being overdue.

For all power enquiries phone 0800 473 976



KĀPITI COAST GREY POWER ASSN INC.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

Email: Kapitigreypower@outlook.com | Web: www.Kapitigreypower.co.nz

Facebook: @Kapitigreypower

MEMBERSHIP FORM

New Member ☐ Renewal ☐ Membership Number: _____ Mr / Mrs / Miss / Ms / Dr (circle)

Name(s): _____

Address: _____

Suburb: _____ Postcode: _____

Email(s): _____

Preferred phone number: _____

Our membership year runs from 1 April to 31st March.

You MUST be a financial Member of Grey Power to enjoy the benefits we offer. (Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the national Grey Power quarterly magazine)

ANNUAL SUBSCRIPTION (please circle):

Single \$25.00 \$ _____

Couple \$35.00 \$ _____

Voluntary Donation \$ _____

** Postage (see below) \$12 \$ _____

TOTAL REMITTANCE: \$ _____

** Note postage for Grey Power Magazine (4 issues per year) is payable where delivery is to a PO Box or by Rural Delivery.

How you can pay:

- **INTERNET** Banking into our **KIWI Bank Account 38 9018 0409796 02**
Please ensure you use your name and Membership Number as reference.
- **Call into** our Kāpiti Coast Grey Power Office, 1st Floor Coastlands Shopping Centre to pay by EFTPOS or Cash.
- **Call into** Ōtaki Library, Kāpiti Coast Grey Power desk (1st and 3rd Thursday of month 10am-1pm). Cash only.

For Office use only: Eftpos/ Cash/ Internet Receipt Number _____

New Member ☐ Renewal ☐ Discount Book ☐ Card ☐ Magazine ☐

Point for dramatic shot

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- Across
1. "48__"
4. Peer
9. "Nice!"
10. 100%
11. Down with the flu
12. Skinny's opposite
13. Joint
15. Atop
16. Ancient Britons
18. Symbol for arsenic
20. Discordant

QUACKED	QUELLED	QUINTET
QUAKERS	QUERIED	QUIPPED
QUALIFY	QUESTED	QUITTER
QUARREL	QUIBBLE	QUIVERS
QUARTER	QUICHES	QUIXOTE
QUARTET	QUIETED	QUIZZED
QUASHED	QUILTED	QUORUMS
QUEENLY	QUININE	QUOTING
QUEERER	QUINOAS	

SUDOKU

9		3		8			1	5
6			2					
	1			6				
5			3	2				8
		1				7		
8				9	7			6
				7			3	
					2			4
3	8			5		2		7

23. Object shaped like a horn
25. ET's ride
26. "All My Children" vixen
27. Buddy
28. Nonconformist
29. Boozer

- Down
1. "Aquarius" musical
2. Rough breathing sound
3. Lug
4. Useful
5. Book size, in printing
6. Last: Abbr.
7. Additionally
8. Capital of Rhône
14. Spouse-to-be
17. Ignores in a snooty way
18. Maple genus
19. In pain
21. 60's hairdo
22. Plunder
24. Barbecue offering

T	O	S		L	E	B	E	R
O	R	B		A	C	I	E	R
O	F	U		N	O	R	C	O
L	A	N	O	A	T	A	S	A
		S	T	I	C	P		
N	O		R	E	F	E	E	R
O	S	T	F	A	T	L	L	I
Y	L	L	F	U	L	H	A	V
L	A	L	E	Q	U	A	L	H

7	9	2	1	5	4	6	8	3
4	5	6	2	3	8	9	7	1
1	3	8	6	7	9	2	5	4
6	2	5	7	6	1	4	3	8
3	6	7	8	4	5	1	9	2
8	4	1	9	2	3	7	6	5
2	8	4	3	6	5	1	7	9
9	7	3	5	1	2	8	4	6
5	1	6	4	8	7	3	2	9

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

All powerful Q

Q	U	E	E	N	L	Y	W	F	D	T	J	S
U	Q	U	I	V	E	R	S	E	V	O	G	M
I	L	O	V	D	E	T	L	I	U	Q	V	U
Z	X	R	Y	F	I	L	A	U	Q	N	Z	R
Z	Q	Q	E	X	E	T	O	X	I	U	Q	O
E	U	U	G	U	P	D	E	Y	X	F	Q	U
D	I	I	Q	S	Q	T	E	T	R	A	U	Q
E	N	N	S	G	D	Q	Q	P	N	I	Q	K
K	I	O	K	G	U	U	L	X	P	I	Y	R
C	N	A	D	A	I	E	L	B	B	I	U	Q
A	E	S	R	E	R	E	E	U	Q	B	U	Q
U	L	T	T	R	Q	U	I	T	T	E	R	Q
Q	E	E	A	Q	U	A	K	E	R	S	O	I
R	D	U	M	Q	U	O	T	I	N	G	A	H
Z	Q	Q	U	I	C	H	E	S	S	L	Q	J
Q	U	E	S	T	E	D	E	H	S	A	U	Q

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.