

NAPIER and DISTRICTS

GREY POWER



WINTER ISSUE 2025

50+ NEWSLETTER



Napier Grey Power president Bruce Carnegie, Maxine Boag and Les Hewett with their respective wreaths laid at the War Memorial Centre Anzac Day 2025

Les Hewett on Anzac Day *Page 5*

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**Grey Power Membership 2025-26 is due now! Renew inside,
at a meeting, on our website <https://napiergreypower.org/>
or phone Bruce 06 844 5635 for information.**

GREY POWER NAPIER

PO Box 4247, Marewa,

Napier. 4143

Phone: 06 844 5635

www.napiergreypower.org



COMMITTEE

President - Bruce Carnegie

(06) 844 5635 / 027 427 2023

bpcarnegie@gmail.com

Deputy Chairperson - Shona Bayliss

021 365 131

shona.bayliss@princessalexandra.co.nz

Secretary - Isabel Wood

(06) 843 0524 / 021 106 7834

iawood@slingshot.co.nz

Treasurer - Ian Cook

06 844 4862 | ijcook@xtra.co.nz

Membership Officer - Linda Mellor

(06) 844 3837 | greypowernapier@gmail.com

Publicity Officer - Maxine Boag

021 024 70484 | maxine.boag@gmail.com

Committee

Allison Beattie

0221 077 653 | allibeat@gmail.com

Kay Nesdale

021 261 9400 | kaynesdale@gmail.com

Carol Brunton

022 425 3113 | bruntoncarol9@gmail.com

Gayle Peters

022 600 4765 | gayleforcebabe@yahoo.com.au

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PRESIDENT'S REPORT

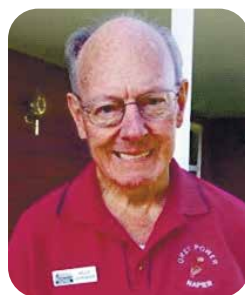
Annual Activity Report

Over the past year, we have been busy with a wide range of activities, events, and meetings, bringing together members for socialising, learning, and advocacy. Here is a summary of our year.

General Meetings

Our monthly general meetings are a highlight, providing an opportunity to hear from guest speakers, catch up with friends, and enjoy a delicious afternoon tea.

- **June 2024:** Mayor Kirsten Wise spoke on the three-year plan and the 20% rate increase, explaining the reasons for increased expenditure. This meeting also included our AGM and committee elections, with 120 members attending.
- **July:** Jackie Pearse from the HB Community Law Centre discussed free legal advice for the community.
- **August:** Councillor Wendy Schollum, Chair of the Positive Ageing Trust HB, highlighted elder abuse in New Zealand.
- **September:** Hinewai Ormsby, Chair of the HB Regional Council, shared insights on Cyclone Gabrielle's impact. Representatives from Cycling Without Age Napier Trust introduced their initiative for seniors.



Bruce Carnegie
President



Lessgo!! John, Maxine and Alan ready to roll in Cycling Without Age's tribike

- **October:** Sukhdeep Singh Khaira and Vikki Keating from ANZ Bank shared advice on protecting against scams and frauds.
- **February 2025:** Hon Tracey Martin, CEO of the Age Care Association NZ, spoke on senior care options.
- **March:** MSD Regional Director Michelle McNabb, alongside Iwa Hamilton (WINZ Taradale) and Karen Crawley, discussed superannuation increases and financial assistance.
- **April:** Professor Paul Spoonley captivated members with a talk on the Baby Boomer generation and changing views on ageing.
- **May:** Jacky McLaren shared her experience teaching among the Penan tribe in Borneo. Steph Kannard and Darran Gillies spoke on Te Aka and Ahuriri Libraries Foundation.



Special Events

- **Christmas Luncheon:** Held at the Taradale Club, around 100 members enjoyed a two-course meal and entertainment.
- **Volunteers' Luncheon:** Each year, we honour our 36 volunteers, many of whom have given over a decade of service, for their dedication and support.
- **International Day of Older Persons (IDOP):** We celebrated at the War Memorial Centre with 160 seniors, enjoying performances by the Moko Boys and Jumpin Frogs, followed by a historical fashion parade.



pictured left:
Age-Friendly Napier Ahuriri co-chairs Lexie Puna and Peter Grant at the IDOP

pictured right:
Mayor Kirsten giving first prize for the best men's hat – an old school cap!



Advocacy and Community Involvement

- **Zone Meetings:** We participated in four regional meetings with other Grey Power associations, discussing shared concerns and best practices.
- **Age-Friendly Ahuriri Napier:** As part of the Positive Ageing Strategy Advisory Group, we collaborated with the Napier City Council on making Napier more inclusive for seniors.
- **Positive Ageing Trust HB:** We engaged in six regional meetings, addressing senior concerns.
- **HB Hospital Management Meetings:** Regular discussions with hospital management, Age Concern, and other community groups ensured ongoing dialogue on healthcare issues.
- **ANZAC Memorial Services:** We were honored to attend and present wreaths at the Taradale Memorial Clock and Napier War Memorial Centre.



John and Pam Wuts at Taradale Anzac Day Service

- **NCC Annual Plan Submission:** We provided feedback on the City Council's annual plan, advocating for seniors' needs – see page 16.

Gratitude

We extend a big thank you to our volunteers, whose commitment ensures our success, and to our sponsors, including Beth Shan Funeral Directors who donate generously towards the afternoon teas; and a special thanks to Shona Bayliss from Princess Alexandra Retirement Village who donate the delicious savouries as well as a generous donation towards our Christmas luncheon plus a further donation that helps with our daily expenses. Receiving financial help like this certainly helps make our events extra enjoyable.

Finally, I thank you all for your continued membership and support.

Best wishes to the new committee and look forward to an exciting successful year ahead.

Kia Kaha (stay strong)
Stay safe

Kindest regards *Bruce Carnegie* | President

From the Editor



Kia ora

It's hard to believe we are half way through 2025 – they say when you're over the hill, you go faster!! But it's not all bad news: I'm writing this just before King's Birthday weekend, and feel we have other reasons to celebrate as we go to press.

First, the library. As you know, Council consulted on an Annual Plan which included closing the Napier library for two years to save money and keep rates down before the new one is ready (while keeping the Taradale library open). This proposal resulted in Council receiving over 1000 submissions – three times the usual number – many from upset citizens some of whom appeared in front of Council to express their love for the library and their disapproval of this decision. Grey Power President Bruce was one of them, speaking on your behalf.

As a result Council decided to keep the library open for five days a week, starting on Tuesday (Pension Day, when many superannuants go into town to pay bills, shop and change their library books!) and ending on Saturday, when families and working adults are free to visit. We love our library!

As well, we've just heard that Napier Grey Power has been nominated for a Volunteering Hawke's Bay Excellence Award. The winners will be announced at 3:30 pm at the Volunteering Expo, being held on Saturday June 14 at the Napier War Memorial from 1-4. Committee members will be at our stand, showing off Napier Grey Power. Come along and support us!

Our own AGM is in the following week, and do think about putting your name forward for our committee as we welcome new ideas and energy. Let Bruce know if you're keen, or just curious! I will be in Wellington on that day, representing you at the Federation's AGM Conference and speaking to our remit on Aged Care you can find on page 17.

Enjoy your newsletter and see you in July!

Ngā mihi *Maxine Boag* | Publicity Officer

Your Federation Magazine

As of the second quarter of 2025, Grey Power New Zealand has introduced a \$10 annual fee per household for postal delivery of its quarterly magazine. This change was necessitated by significant increases in printing and postage costs, which have made free home delivery financially unsustainable.

Payment Instructions:

To subscribe for home delivery:

1. Deposit \$10 into the Grey Power Federation bank account:
Account Number: 38-9018-0089518-00
Grey Power
2. Include the following details in your bank transfer:
 - o **Particulars:** magazine
 - o **Reference:** Your Grey Power membership number

Please note that payments cannot be made through your local association. If you do not have access to internet banking, consider seeking assistance from a family member or friend, or use phone banking services.

Digital Version:

The digital version of the Grey Power Magazine remains free of charge. To switch to the digital version:

- **Online Subscription:**
Visit www.greypowermag.co.nz/subscribe/
- **Email Subscription:**
Send an email to the Federation office fed-office@greypower.co.nz with your membership number and a request to receive the magazine digitally.
- Members already receiving the digital version do not need to take any action; their subscription will continue uninterrupted.

Why I commemorate Anzac Day

LES HEWETT, 568715, Napier

Each year it falls to me, as Past President, RNZAF Association: Hastings Branch, to place our wreath on War Memorials in Napier on ANZAC and Armistice Days honouring our local airmen of WW2 who



paid the ultimate price of sacrifice for King and country.

At the same time I wear the medals and remember a Napier-born and Boys' High School educated cousin, Samuel Leonard Pointon.

After NZ initial training, Sam was transferred to No. 33 Hurricane Squadron, UK, thence, with the squadron to North Africa where he was shot down with leg injuries by a German BF109.

Following hospitalisation and a transfer to an Air Transport Wing (as the war had by now shifted to Italy), Sam flew regular flights from Cairo, down the Nile to Khartoum, Sudan, and then across Central Africa to Takoradi, Ghana, as a passenger to uplift and return new aircraft to the new theatre of war.

Accompanied by 20 other pilots and crew of a Lockheed Hudson, this aircraft unfortunately had

fuel starvation problems approaching Khartoum and crashed, killing all on board.

As a consequence, Sam is now the only Kiwi serviceman buried in the Commonwealth War Graves cemetery, Khartoum, I have been reliably informed.

Following his death, Sam's parents moved to Christchurch where his name also appears on memorial gates at the Bromley cemetery.

"Rest in peace, Sam, you are not forgotten."



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TARADALE SENIOR CITIZENS Emergency preparedness

The April meeting at Taradale Senior Citizens saw strong attendance, with members eager to learn about "Emergency Preparedness for Seniors." The presentation was a joint effort by Napier City Council (NCC), Civil Defence, Age Concern, Neighbourhood Support, and the Fire Service.

Tammy Arendse, Emergency Management Advisor opened the session by explaining their collaboration with NCC on emergency management. Civil Defence operates through 16 independent groups across the region, including Napier, Hastings, Wairoa, and Central Hawke’s Bay.

Tammy highlighted the "4 Rs" of emergency management: Reduction, Readiness, Response, and Recovery—the longest phase.

She emphasized key actions for emergencies: during earthquakes (drop, cover, hold), during a tsunami warning (move inland by foot, bike, but avoid using cars), and the importance of staying informed via phone or transistor radio. Tammy advised having a "grab bag" with essentials like water, food, batteries, medication, and clothing.

Rachael Kawana, NCC’s Community Advisor, discussed communication during emergencies. Information on the nearest Emergency Community Hub would be available, and the Emergency Operational Centre would check on households and neighbourhoods. Rachael is exploring setting up a Hub in Taradale and welcomed suggestions.

Morag Hill from Age Concern outlined their role in supporting seniors. In emergencies, they conduct welfare checks on people living alone and later extend checks to those in retirement villages and social housing, ensuring access to water, meals, and medication. She emphasised the importance of knowing and checking on neighbours.

Nigel Hall from the Fire Service focused on fire safety, noting that older adults are disproportionately affected by fatal house fires. He stressed maintaining smoke alarms, with daylight saving being a good reminder to check them. He also offered tips on avoiding common hazards, like safe use of heaters and correct actions during a chip pan fire.

Collette Hall from Neighbourhood Support introduced their network, which helps communities stay connected. In an emergency, group coordinators check on residents and share updates with Collette. She encouraged joining local groups to foster neighbourhood support.

The meeting also featured two Taradale Community Team police officers. Attendees received bright yellow "Grab Bags" containing emergency essentials, along with a list of recommended items.



Grab bags given out at the Equippers Church

President Isabel Wood thanked the presenters for their comprehensive and informative session. Members enjoyed mingling with the speakers over afternoon tea.

Isabel Wood | President.

The purpose of the hole in the pot handle

You thought the hole in a pot handle serves the purpose of hanging it somewhere. Professional cooks know what it was initially meant to do. The hole is there to hold a utensil easily. So, try it the next time you cook something.



Who should manage our water services?

LOCAL WATER DONE WELL

HAVE YOUR SAY

When we talk about water services, we mean water supply (drinking water), wastewater and stormwater. The way we manage these now is not sustainable and needs to change.

We have three options for what the model will look like. Now we need community voice to make sure we are heading in the right direction.

Local Water Done Well is a government reform programme. It asks councils to consult community on how they will manage and deliver water services in the future.

Status quo is not an option due to ageing assets, increasing population, changing climate, and changing rules and regulations.

What’s our best option?

We have three options: work together with other Hawke’s Bay councils, go it alone with a Napier-only water organisation, or keep water services delivery in-house with some changes.



Option 1 is a regional CCO (council-controlled organisation) where council would transfer water assets to a new organisation of which council would be a shareholder.

Option 2 is a Napier CCO, a water services organisation solely owned by Napier.

Option 3 will keep our water services delivery in-house but under a different set of regulations and with additional resourcing.

Our preference is Option 1, a Regional CCO.

This will reduce costs, streamline processes, attract staff and offer greater resilience.

When we considered our options, our priorities were value for money, enhanced delivery, increased resilience and community engagement.

What’s next? Tell us what you think.

Do you support our preferred option? If not, which option do you support and why?

Want more information?

The full consultation document is available at sayitnapier.nz or find a hard copy at our Customer Service Centre, 215 Hastings Street.

You can make a submission at sayitnapier.nz, fill in a hardcopy from one of our libraries or Customer Service Centre and drop it in a box in person, or fill in a hard copy form and post it.



Have your say before 5pm Sunday 15 June.

say it! NAPIER CITY COUNCIL

The Hidden Risks of Alcohol for Over-65s

While a glass of wine or a social drink is often seen as harmless, alcohol can pose significant risks for people over 65 — even at low levels of consumption. As we age, our bodies process alcohol less efficiently. This means that older adults often feel the effects of alcohol more quickly and more strongly than they did when they were younger.

Alcohol increases the risk of falls and injuries, which can have serious consequences for older adults. A simple fall can lead to fractures, hospitalisation, or long-term disability. Drinking can also worsen many health conditions common in later life, including high blood pressure, heart disease, diabetes, liver problems, and memory loss.

Another serious concern is the interaction between alcohol and medication. Many common prescriptions — including those for blood pressure, pain relief, and depression — can interact dangerously with alcohol, leading to drowsiness, confusion, internal bleeding, or even heart problems.

Even moderate drinking has been linked to an increased risk of certain cancers, including breast and bowel cancer. Furthermore, alcohol can exacerbate mental health issues like anxiety and depression, which often go undiagnosed in older adults.

Importantly, drinking habits that were once "safe" earlier in life may no longer be safe after 65. Experts advise limiting alcohol intake, being mindful of how it affects you personally, and discussing drinking habits openly with your healthcare provider.

Healthy ageing means making choices that support your body and mind — and rethinking alcohol may be one of them.



Taradale Senior Citizens Centre – 50 Years of Community



Senior Citizens members Rona Roberts and Rod Stone outside the Taradale building in May 2025.

In 1975, a dedicated group of citizens founded the Taradale Senior Citizens Centre, aiming to create a welcoming space for the elderly. Dr. F.B. Woodhouse, a guest speaker at the founding meeting, highlighted the importance of fellowship, companionship, and shared meals for seniors. Initially, the group met at the Taradale Football Club while raising funds to build the Centre, then known as the Taradale Friendship Centre.

As membership grew, an extension was added in 1997. Today, the Centre offers meals twice a week and hosts activities like cards, bowls, housie, Rummikub, spinning, and quilting. Membership is open to residents from across Napier, Hastings, Bay View, and Westshore, with 115 members currently enrolled at an annual fee of \$20.

The Centre also serves as a venue for various community groups. Located at the rear of Symons Lane Public Carpark, it can be reached at 06 844 7539.

This August, the Centre proudly celebrates 50 years, a testament to the vision and dedication of its founding members.

Embracing Winter with Support for Our Seniors

As winter rolls in, it's a good time to check in on each other—especially our seniors. I want to share a few things we're doing to help make the colder months a bit easier.

We know the cost of living has been tough lately, and it's especially hard for those on fixed incomes. That's why, from 1 April, Superannuation and Veteran's Pension payments went up by 2.2% to 3%. For couples, that's about \$129 more every fortnight compared to late last year—hopefully, a helpful boost for things like groceries, power, and rates.

And speaking of power bills—winter heating can get expensive fast. No one should have to choose between staying warm and other essentials. That's where the Winter Energy Payment comes in. From 1 April to 1 October, it's there to help cover heating costs so you can stay warm and well.

We're also working hard to improve access to healthcare. Our goal is to deliver 10,000 extra

elective surgeries—things like cataracts, knees, and hips. These procedures can make a huge difference in staying active and independent.

Why are we doing all this? Because our seniors have given so much to our communities, and it's only right that we support them in return.

On a personal note, I'm currently on parliamentary leave, counting down the days until I meet my first baby! I've been so touched by the kind messages from the Grey Power community—thank you for your support, it really means a lot. While I am on leave, please don't hesitate to get in touch with my wonderful team in my electorate office if you need any assistance.

Stay warm and take care.

Katie Nimon | MP for Napier

Ministry of Social Development Useful contact numbers

Seniors	0800 552 002
Working age	0800 559 009
Supergold card	0800 254 565
Community Services card	0800 999 999
information@supergold.govt.nz	
Veteran pension	0800 650 656
veteranspension@msd.govt.nz	
veterans affairs (not MSD)	0800 483 8372
Residential Care	0800 999 727
residential support (under 65)	0800 999 779
International Services (from NZ)	0800 777 227
international.services@msd.govt.nz	

Here to Listen, Here to Help

Katie Nimon MP for Napier
katie.nimonMP@parliament.co.nz
06 835 2569

Sign up to the Newsletter





GREY POWER

NAPIER & DISTRICTS

ANNUAL GENERAL MEETING

PUBLIC MEETING Tuesday June 17th

St Columba's Church, Taradale
Meeting starting at 1-30 pm

Guest Speaker

Wendy Schollum Artificial Intelligence

Followed By:

Annual General Meeting

Apologies

Minutes of the last meeting

President's report (in this newsletter)

Treasurer's Report

Appointment of suitable person to review the annual accounts for 2025-26

Elections for committee officers

Adoption of new Constitution - on our website at
<https://napiergreypower.org/files/constitution-2025.pdf>

Closure of AGM

Afternoon tea

For information phone Bruce 06 844 5635

My first year as Grey Power Federation President



The first thing to remember is that the 'president' of any organisation is only as good as the team they are leading, and this was my mantra when I won the election in June 2024.

I have found this role to be invigorating, and at times frustrating, worth the 30-40 hours I put in per week and exciting to work with such a diverse board and the many hours they also offer on behalf of Grey Power New Zealand.

I have had the wonderful opportunity to meet with associations around the country and feel proud of how hard they work for their communities, all in different ways. That is what makes the job so worthwhile.

As a board we are working through how we can move forward in the most efficient and productive way for associations and I believe we are on the right track.

One of the issues we are facing at present is 'have we got the right people on the board'?

The board is putting a proposal on the table for the June 2025 AGM, which if passed will see board members that are elected at the 2026 AGM for the skills they can bring to the organisation to make our Grey Power voice even louder when advocating to decision makers.

I will be working hard over the next 12 months to ensure our board is fit for purpose and that we are leading Grey Power into a positive future.

Kind regards,

Gayle Chambers | Federation President

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IS LAUGHTER THE BEST MEDICINE?

According to research published in journals of Psychiatry, Cardiology, and Endocrinology, laughter has many benefits. The research proposes laughter as a powerful tool that can transform our lives in many ways. Not only does it make us feel good, it has numerous physical and mental health benefits. When we laugh our body releases endorphins, known as the "feel good" hormones, which can help to reduce stress and anxiety.

Some of the benefits of laughing include:

- **Reducing stress and anxiety:** Laughter has been shown to decrease the levels of stress hormones like cortisol and adrenaline in our body.
- **Boosting the immune system:** Laughter has been found to increase the levels of immunoglobulin, an antibody that plays a key role in our immune system.
- **Improving mental health:** Laughter can help reduce symptoms of depression and anxiety by releasing endorphins and promoting a sense of wellbeing.
- **Improving relationships:** Laughter can bring people together by creating a sense of bonding and connection.
- **Improving physical health:** Laughter has been found to lower blood pressure, improve cardiovascular health and even help with chronic pain.

In addition to these benefits, laughter can also have a positive impact on our daily lives. It can help us be more productive, creative and resilient. When we laugh, we are more likely to approach challenges with a positive attitude, and more readily find solutions to problems. So how can we incorporate more laughter in our lives? Here are a few suggestions.

- Watch a funny movie or a rerun of your favourite comedy programmes. My favourite is you tube reruns of Dave Allen, the Two Ronnies and best of all "Are You Being Served" which was so like the department store I worked in as a student.
- Read a humorous book, article, comic, or something created by your favourite cartoonist. Face Book has a number of humorous sites. I enjoy the amusing road signs posts.
- Spend time with people who make you laugh. Especially children.
- Try laughter yoga or therapy.
- Find the humor in everyday situations and learn to laugh at yourself.

Overall it seems laughter is the best medicine. It is a powerful tool that can have a significant impact on our lives. By incorporating more laughter into our daily routines we can improve our physical and mental health, strengthen our relationships and live happier more fulfilling lives. So go ahead and have a good laugh. Your body and mind will thank-you.

Together We Can Strengthen Our Democracy

Opinion – Maxine Boag

As I retire after 18 years as a Napier city councillor, I’m encouraged by common sense steps our community is taking to strengthen our democracy.

Once upon a time it was rare for a woman to be on council or in parliament but thankfully we’ve matured as a nation and representation nowadays is more representative.

In Napier in 150 years there have been just three Māori councillors although Māori make up 25 percent of our population. Historically, good candidates have stood but been voted down by the Pākehā majority. This situation has improved but there is still no guarantee that Maori will be represented.

Councils, including Napier, have ward systems to support equitable representation across the city. Hastings has rural wards to make sure the voice of country folk isn’t swamped by the urban majority. It’s the same democratic principle that underpins the Māori wards Napier is introducing this year.

Importantly, Māori wards don’t change the core democratic principle of “one person, one vote;” and accountability to their electorate. Everyone still has a vote and a say in how their community is governed. The system simply ensures that Māori voters who choose to be on the Māori electoral roll can vote for candidates who will represent their voice directly.

Unlike with rural wards, Parliament has said councils have to hold a referendum to keep Māori wards so I’m encouraging everyone to consider the fairness of ensuring Tangata Whenua have a voice at Napier’s council table.

Agreeing to allow those on the Māori roll to elect two Māori ward councillors will allow genuine partnership between council and Māori governing bodies. A guaranteed Māori voice leads to better outcomes for our community.

Māori have a unique place in this community and deserve representation in making the decisions at this governance table, as was reflected when all our region’s councils voted overwhelmingly TWICE for Māori wards. The voices, perspectives, and insights of future Māori ward councillors will strengthen Council’s decision-making and enable inclusion of their views in debate rather than commenting from the sidelines.

Māori bring a long-term, intergenerational worldview to governance—one that considers the well-being of people and the environment for generations to come. This perspective is rooted in centuries of knowledge, stewardship, and lived experience. Including Māori voices enriches council decision-making with wisdom that balances economic, environmental, and social outcomes.

Māori wards promote inclusion and thoughtful debate. They create a space for dialogue, understanding, and genuine partnership, rather than perpetuating the exclusion and resentment that arise from silence and invisibility. Māori wards are about building better governance together—not about favouritism, but about fairness.

There’s also no additional cost to ratepayers. The remuneration pool for elected councillors remains the same; Māori wards simply redistribute existing seats to reflect diverse communities more accurately. In fact, councils with existing Māori wards say they save hundreds of thousands a year thanks to better consultation and decision-making.

At their heart, Māori wards are about respect, balance, and the shared future we’re all building. They uphold democracy by making it more representative, not less. That’s something we should all stand behind.



Our Regional Park

by Deputy Mayor Annette Brosnan

Napier is a city surrounded by water, which brings significant challenges. Around 75% of our stormwater is pumped, much of it going untreated into Te Whanganui-a-Orotū (the Ahuriri Estuary). We have a clear legal and environmental duty to manage this carefully, and we can do better.

Napier City Council (NCC), in partnership with Hawke’s Bay Regional Council (HBRC), is exploring solutions under our joint stormwater discharge consent. One key initiative is the proposed Ahuriri Regional Park, a 284-hectare project on Lagoon Farm, Council-owned land near Prebensen Drive. Its primary goal is to filter and polish Napier’s stormwater before it reaches the estuary, enhancing water quality and restoring the mauri (lifeforce) of this treasured ecosystem.

This site was previously zoned for heavy industry—an unsuitable neighbor for a sensitive estuary. Repurposing it for ecological restoration avoids pollution risks and provides passive recreation spaces for people to enjoy nature responsibly.

The project is a genuine partnership. Mana Ahuriri, HBRC, and NCC are jointly guiding its development, with support from a Technical Advisory Group comprising engineers, the Department of Conservation, Hawke’s Bay Airport representatives, avian experts, and more. Stakeholders, including landowners and advocacy groups, have also shaped the draft masterplan.

Challenges are acknowledged and addressed. Sensitive habitats near the site will have restricted access to protect wildlife. The risk of bird strike at the nearby Hawke’s Bay Airport is being carefully managed with expert input. The invasive tube worm species (*Ficopomatus enigmaticus*) already present in the estuary is another concern, and the project is designed to prevent its spread.

As a proud Grey Power member for 12 years, I know many of our members value responsible, future-focused initiatives. The Ahuriri Regional Park is exactly that—a project that meets practical needs



while enhancing our environment. It is about using natural methods to treat stormwater, restoring habitat, and creating a legacy we can be proud of.

This is an opportunity for Napier to do better. Together, we can create a future that honours both our environment and our community.

What you eat can ease arthritis pain

Longevity is a blessing - unfortunately, our joints seem to complain a lot.

According to the University of Michigan's National Poll on Healthy Aging, about 70 percent of older adults experience joint pain, and around 60 percent have been diagnosed with arthritis.

There are a number of medications that may alleviate joint pain and help you maintain an active lifestyle, but what and how you eat matters too. Two eating patterns - the Mediterranean Diet and the DASH (Dietary approaches to Stop Hypertension) Diet both emphasize whole, unprocessed foods that can reduce inflammation and provide additional health benefits like weight management and decreased risk for many chronic diseases.

According to Mass General Brigham Health, both eating plans encourage a variety of whole foods, including beans and legumes; fruits and vegetables; herbs and spices. Also encouraged:

- * Seafood as the primary animal protein
- * Small portions of poultry, eggs, cheese, and yogurt consumed daily or a few times each week
- * Healthy fats like nuts, seeds, oily fish, and avocados
- * Whole grains

Some foods may worsen inflammation, including: fatty deli or lunch meats; fried foods; ultra-processed foods; meats with high saturated fat content; refined (white or brown) sugar; starchy foods like white bread or white rice.

Mass General Brigham dietitian Nancy Oliveira recommends that you pay attention to how different foods make you feel and learn to identify which ones seem to cause joint pain to worsen. Oliveira also urges small changes over radical ones, such as incorporating one new plant-based food per week. Don't neglect sleep or exercise, either - poor sleep and lack of physical activity can both worsen inflammation.



PAUL SPOONLEY

Our special guest for the April Meeting was Paul Spoonley, Distinguished Professor Emeritus, Massey University. His fascinating subject was “When I am 64 – How the Beatles generation have changed Ageing in NZ”.

He spoke of the many changes occurring in New Zealand – ageing being part of these changes. It was an interesting era; many of the baby boomers born between 1945 to 1964 are now retiring in large numbers. They are being replaced by a smaller generation.

With a large percentage of over 65 plus, New Zealand is rapidly becoming an “old-dominant” society, with a rapidly declining fertility rate. Birth rates in the 1950’s were 4.3 births per woman and in 2025 it is now 1.56 births per woman.

The first spike of ongoing immigration started early 1990’s creating diversity in the population. In 2023 the population grew by 2.8% of which 2.4% came from immigration. In 2025 the numbers are reducing with 80,000 people leaving New Zealand. Presently the number of 65+ and over is 18% and by 2045 estimated to be over 23% which will give us approximately a quarter of the population over 65+. In three to four years we will hit the 20% mark of “old- dominant”.

The entry/exit ratio presently has enough people coming in to our workforce. People are now living longer – a Pakeha woman born today has a group life expectancy of 94 years – an increase of 2 years for every decade. Women are now better educated and qualified - many are choosing not to have children at all. Most children are being born to women in their 30’s. In 2023 there were more children born to this group than the 20 to 30 age group. Those born are not adequate to replace the population.

Napier’s population growth is slow and growth in Waipukurau and Wairoa will decline. The Maori population is much younger and they have more children – future growth proportions will be Maori.

Two decades from now 33% will be Maori,(the fastest growth) 24% Asian and 11% Pasifika.

Covid19 had the biggest decrease in life expectancy

since World War II.

New Zealand had the best performance of all the countries – 86 deaths compared to the UK with 2521 in 2020. Finland, Taiwan and New Zealand were the top countries.

Life expectancy keeps going up in New Zealand to 91 years. There will be a tripling of demand in cases of dementia. Where is the care going to come from to meet this demand? Working people are paying for older people – 65 is no longer the retiring age for many who continue to work until in their 70’s.

In the 1970’s our population was 2,822,177 and in 2025 over 5,211,000. More people are requiring help and support from the government – new facilities and services will be required. Our aged care facilities are not coping – 12,000 more critical care beds will be needed by the end of the decade. Our Health NZ facilities are spending half of their funding on over-65s, placing them under stress.

Professor Spoonley believes that the age of superannuation needs means testing – if the Superannuation had not been changed in 1975 our system would be equal to Australia.

We are ageing differently – we are more active and are financially better off. Ageing has become an important issue so we need to look at the challenges ahead. We need income security, adequate housing, quality community health care, an age-friendly physical environment and appropriate aged care facilities. Nurses from the Philipines and Pacific Islands should be given priority by Immigration which would help with the aged care staffing problem.

Shifting the age to receive superannuation to 67 would make a huge difference – but exceptions would be needed for Maori as there is an eight- year life expectancy gap between Maori and Pakeha.

Political parties should have a focus group and not “mess with superannuation”. All parties seem to be worried about losing votes if they change the eligibility for superannuation. We need a cross party accord on retirement income to provide stability for future generations.

Paul was thanked by Bruce for a very interesting and thought-provoking address – one which was very relevant to all present.

Isabel Wood | Secretary

Have you tried ChatGPT?

By Brian Hawthorn

ChatGPT is an artificial intelligence system designed to generate natural language responses based on user input. It serves various purposes, including entertainment, education, and assistance, and can significantly benefit elderly people in New Zealand.



You can access it by putting “ChatGPT” into google.

ChatGPT enhances cognitive abilities and memory by providing stimulating games, quizzes, and puzzles, which can improve mental health and prevent cognitive decline. It offers entertainment and leisure options by recommending books, movies, music, and podcasts based on seniors' preferences and interests.

The system enables social connection and participation, helping seniors stay connected with friends, family, and communities through various platforms and channels. It also provides information and education, answering questions, satisfying curiosities, and teaching new skills and hobbies.

Assistance with daily activities and chores is another benefit ChatGPT offers, helping seniors manage schedules, finances, shopping, and household tasks. It provides personalized conversation and emotional support, alleviating feelings of loneliness and isolation.

Moreover, ChatGPT helps remind and track medication usage, ensuring seniors take their medications correctly, thus avoiding harmful consequences of missed doses. It monitors health conditions and alerts caregivers or medical professionals if there are concerning changes.

In case of emergencies, ChatGPT can detect falls and provide an emergency response, ensuring seniors receive prompt assistance. It facilitates remote consultations and telemedicine, reducing the need for seniors to travel to medical appointments, thereby lowering their risk of exposure to illness.

Furthermore, ChatGPT supports seniors in accessing and using assistive technology, such as smart home devices, enhancing their daily living and mobility. It provides cognitive and memory support, helping to slow the progression of age-related cognitive decline.

In summary, ChatGPT offers a multifaceted approach to improving the quality of life for elderly people in New Zealand, making it a valuable tool for enhancing mental and physical well-being.

The Healing Rythmn

A recent article on Music & Rhythm gives us the evidence that music and rhythm in particular dates back thousands of years in it’s use in therapy.

From overworked corporates to elderly Alzheimer’s patients, and those with Parkinson’s disease, the practice of listening to music and in particular the group drumming sessions show significant beneficial results.

People who don’t normally speak, suddenly sing an almost forgotten song or spontaneously dance. It goes from non participation to sudden interaction with smiles also, and people who were hyperactive or aggressive become calm.

Music and especially rhythm at its most basic level is the action of being involved in a drumming session or to just listen to music in a controlled manner. It is as effective as medication, yoga and other therapy in reducing stress giving relaxation and calm. It is also community building especially when used in group sessions. It is also used in pain therapy relaxation and personal growth.

Music can also trigger memories such as past even forgotten adventures and episodes in life. At this point it can be a transportation to previous times which brings great united joy for families and associates of those who usually are locked out of conversations and participation.

What a great gift music and rhythm is. Surely then we can use this gift in our daily lives to promote healthy living and stimulate our brains cells, keep them active and alive .



NAPIER GREY POWER SUBMISSION TO NCC ANNUAL PLAN APRIL 2025 (A Summary)

We would like to take the opportunity to comment on Napier City Council's Annual Plan 2025-26.

Grey Power Napier is an advocacy group for the over-50s in our city. We are part of the Positive Ageing Strategy Advisory Group and contributed to their submission, but we differ in some of our responses.

Now that Napier is a member of the Age-Friendly Cities network, we appreciate the city's commitment to considering the well-being of older people in its decisions.

Our responses to Annual Plan consultation questions:

FUTURE OF THE NATIONAL AQUARIUM: We support Option 3a – Council exits the Aquarium by transferring it to a third-party provider. This avoids the costs of demolition and rebuilding, reducing the burden on ratepayers. The current Aquarium is outdated, mainly attracting young children and school groups, with high entry fees making it less accessible. Alternative uses, like relocating the Faraday Museum here, could be explored.

FUTURE OF THE I SITE VISITOR CENTRE: We support Option 3 – maintaining the status quo. The I Site is a core Council function and is ideally located for residents, tourists, and cruise ship visitors. Its central position supports visitor spending, which benefits the local economy.

FUTURE OF PAR 2 MINI GOLF: We support maintaining the status quo. As a financially successful operation that does not burden ratepayers, its proximity to the I Site makes it an ideal attraction.

REDCLYFFE TRANSFER FEES: We support maintaining the current fees. Increasing them could lead to more illegal dumping, which is not in the community's interest.

FUTURE OF THE FARADAY MUSEUM: We prefer Option 1 – transferring the Faraday Centre to a trust, with a one-off capital grant of \$1 million and an annual operational grant of \$500,000. This model supports sustainable operations while encouraging

community and school visits.

THE LIBRARY CLOSURE: We strongly oppose the closure of the city library. For many, especially those on low incomes, the library is the only warm, safe space to read or use computers for free. Its closure will severely impact residents who cannot access the Taradale Library. We understand the need for cost savings but believe the library is an essential service.

RATES INCREASES: We acknowledge the need for rates increases but stress that low-income residents, particularly those reliant on NZ Superannuation, will be most affected. Efforts to reduce costs should not target essential services like the library.

ONLINE-ONLY RESPONSES: Many older residents are not comfortable with online submissions. We recommend making paper forms more accessible and including a PDF form on the website. This aligns with Napier's Age-Friendly status.

We look forward to your deliberations and your response to our suggestions.

Bruce Carnegie

President, Napier & Districts Grey Power



A fan of the Faraday museum

**THEY SAY 40 IS THE NEW 30
AND 50 IS THE NEW 40, BUT
ALL I KNOW IS THE OLDER I
GET, THE MORE 9PM IS THE
NEW MIDNIGHT.**

Grey Power Federation AGM and Conference By Maxine Boag

I am attending the Grey Power Federation's conference and AGM in mid June and will be speaking to our association's remit, below, which was inspired by two of our recent speakers: Tracey Martin and Paul Spoonley. The provision of aged care services is falling further behind the increased need, so this is a fitting topic for Grey Power to advocate for central government attention.

Remit from Napier & Districts Grey Power Association to the Federation AGM

The need for improved Aged Care

Remit: Moved & Seconded: Napier & Districts Grey Power Association

That the Grey Power Federation supports the Aged Care Association in their advocacy for better funding and access for seniors needing home and residential care, and use lobbying opportunities to raise this issue.

That local Associations are encouraged to meet with their local MPs to ask them what policy does their party have to address the underfunding and access care challenges for the residential care sector, and if none, why not?

Explanation:

Our ageing population means an increase in the demand, now and in the future, for appropriate care for seniors. It may be Rest-Home care, dementia care, or psychogeriatric care. In-home and residential care providers are all underfunded by Government subsidies leaving both the providers and clients seriously out of pocket, and many unable to access this essential service for a growing, vulnerable cohort.

Waiting lists are long, and rural areas such as Wairoa have no provision at all for aged care. Not enough care beds are available in Health NZ facilities so patients are being released from hospital to go home without support. With the growth of dementia, a volunteer workforce is not feasible. Ageing at home is not affordable or safe for many elders.

According to the NZ Aged Care Association, the Government has no long-term plan to grow provision for this care, especially in rural and regional New Zealand. They could look across the ditch to Australia and utilise their learnings from the sustainable delivery model developed by the Australian Commission of Inquiry for both in-home and residential care.

Grey Power has a role to play in raising awareness and working with the Aged Care Association in advocating for increased funding to provide support for seniors needing home or residential care.



The Lovettes, a ukelele group under tutor Pat Love, entertained seniors at the Century Theatre before the free movie for over 65s organised by Napier City Council's Community Services team.

Guest speakers for 2025 General Meetings - mark your calendars!

Tuesday	June 17	– AGM, Reports and Election of Committee Wendy Schollum: Artificial Intelligence
Tuesday	July 15	– M J. Bloem: Mobility Physical Aids
Tuesday	August 19	– Regional Council and Mayoral Candidates
Tuesday	September 16	– Local Body Election Candidates
Tuesday	October 21	– Napier MP Katie Nimon
Tuesday	November 25	– Christmas luncheon (<i>date to be confirmed</i>)

Our meetings are open to the public, all are at St Columba's Church, Gloucester Street, Taradale – at 1:30 pm. Bring money for raffles, bring a friend and stay to enjoy a delicious free afternoon tea!

A Submission to the HBRC on changes to Napier's bus services



Most of the PASAG/Age Friendly group at their May meeting

PASAG (Positive Ageing Strategy Advisory Group) has submitted feedback to HBRC on proposed changes to Napier's bus services. With Napier's ageing population (19.5% over 65), PASAG emphasizes the importance of accessible, safe, and comprehensive public transport for older adults, who are at risk of social isolation. They advocate for improving coverage in socially disadvantaged areas like Maraenui, Marewa, and Napier South, where many elderly residents face housing deprivation and limited access to services.

PASAG recommends increasing service provision in these areas from 70% to 90% and suggests exploring MyWay or subsidized options to help older residents reach bus stops, especially those with mobility

challenges. They support maintaining free Gold Card travel (9:00-3:00), enhancing service frequency, and ensuring seating availability for seniors on buses. PASAG also stresses the importance of real-time bus information, clear signage, and driver training.

They request active involvement in designing bus stops and fare structures to ensure accessibility. PASAG seeks clarity on route details, consultation opportunities, and effective interchange management. They support retaining cash payments temporarily, highlighting affordability concerns for seniors. Finally, they urge reviewing the Total Mobility Scheme to support those who fall outside current eligibility, particularly ACC clients.

Napier parking warden retires after 38 years on the streets

By Doug Laing, Hawkes Bay Today, 6 May, 2025.

Napier parking warden John McKelvie says he might once have been "one of those pricks" that CBD drivers love to hate.

But a lot can change in 38 years on the beat – he took the hint from a friend who reckoned he looked like a "garden gnome" as he strutted around in his uniform.

He says he grew out of it, learnt to deal with most situations, and when he retired on Friday it was as what a Napier City Business social media post called "the legend in blue".

Talking with *Hawke's Bay Today* in his last week, he recalled tentatively answering a situations vacant notice in the Napier Daily Telegraph in February 1987, a country boy who had lost his quality control job in the sudden closure of the Whakatu meatworks four months earlier.

He reckons he'd never seen a parking meter – growing up in the country and leaving school to look for work at the age of 15, he'd never thought he might end up in uniformed enforcement.

McKelvie says the key to being a good parking warden is to tame overstaying parkers using communication and reason, and knowing when to take a step back.

He said he had to learn to know when to let people know he wasn't there to argue, and to tell them to take up their concerns with the council – his employer – where he started as a warranted traffic officer with its City Traffic Department, with specific parking duties.

"I grew up and realised what it is really all about," he said, now appreciating the support from the public, most of whom "did" understand his position.

"It's all about traffic and pedestrian safety."

He said the tickets he's issued over the years have not been because the council wants to fine people, the issue that dominates the kerbside narrative.

He's heard all the stories of motorists having to rush to the loo or duck into a shop to get some coins, but there are times it's best to "just walk away".

Most of the inventive excuses and complaints end up with office staff, the people best placed to deal with the issues, which include the fallout after fees

increased over the last two years.

When he started the new job in uniform after the works closure that cost the region 2000 seasonal and fulltime jobs, he hadn't thought he'd get the job and said: "I was a bit worried I didn't have the skills."

There he was – "book, pen, and pencil", patrolling the streets, including Friday-night shopping, and issuing handwritten tickets, which have been replaced by various forms of technology since about 1997.

He was there when City Traffic (the "traffic cops") amalgamated the traffic safety services of the Ministry of Transport, which were then merged in 1992 with the Police.

The council retained "Parking", from which McKelvie retires as a senior parking officer.

It's a job he continued well after the notional retiring age, for good reason, as well as addressing the issue: what else would he be doing?

"I really appreciate the support I've had from many people," he said.

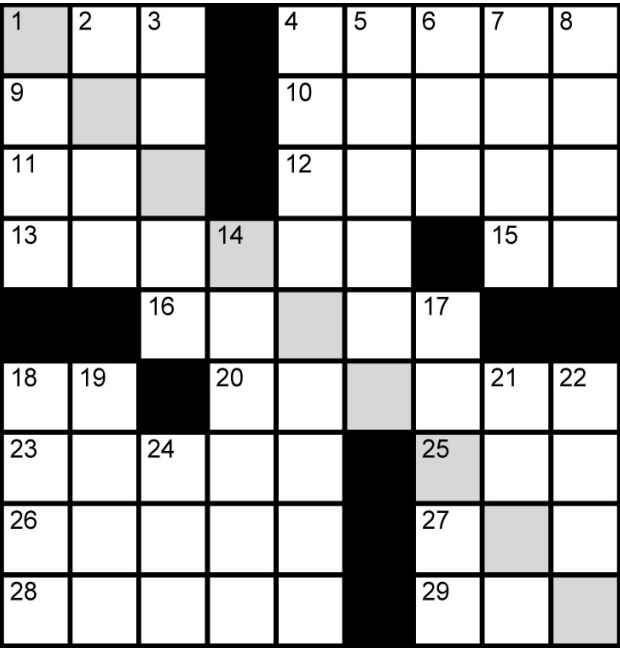
"It has taken the stigma away, and that's probably one of the reasons I've stayed so long."

Besides, stepping out at 16-17km a day is good for the health, and it came with two pairs of shoes provided each year.



John is given a beautiful korowai (Māori cloak) by his workmates at his farewell luncheon.

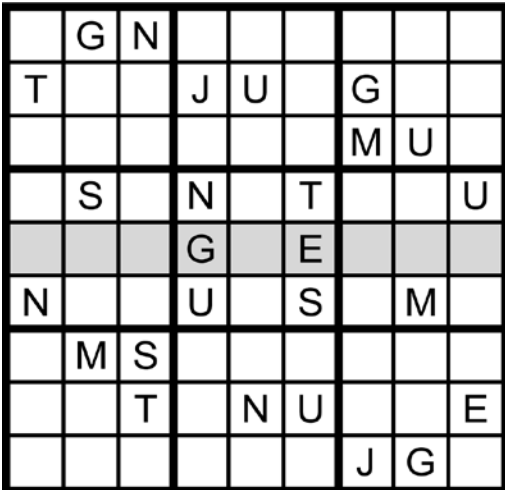
Flying Helicopter Bug



- Across
- 1. Not an orig.
 - 4. Like some renewable energy
 - 9. WWW address
 - 10. Livid
 - 11. Turkish title
 - 12. Mutton or lamb leg
 - 13. Lowers oneself
 - 15. Northeasternmost st.
 - 16. Drivel
 - 18. Radio mode
 - 20. Flowering plant with healing properties

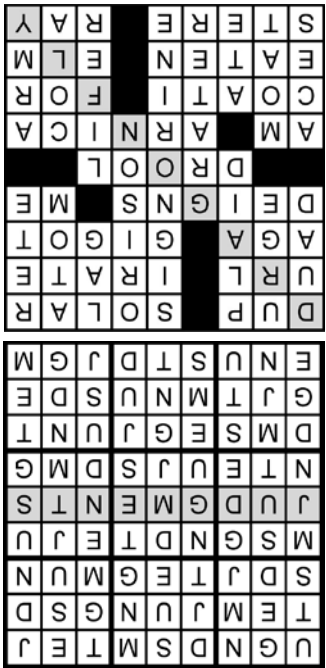
- AIR FRYER
BLENDER
CAN OPENER
COFFEE MAKER
CUTTING BOARD
EGG COOKER
GRIDDLE
HAND MIXER
INSTANT POT
- JUICER
KETTLE
MICROWAVE
NINJA
PASTA MAKER
POPCORN MAKER
RICE COOKER
SCALE
SCISSORS
SLOW COOKER
TOASTER

WORDOKU



- 23. Cousin of a raccoon
- 25. In support of
- 26. Moth-____
- 27. Freddy Krueger's street
- 28. Cubic meter
- 29. Beam

- Down
- 1. Couple
 - 2. Exhort
 - 3. Kilt pattern
 - 4. Italian unmarried woman
 - 5. Prayer
 - 6. Hang back
 - 7. Proton's place
 - 8. Neural network
 - 14. Kitchen gadget
 - 17. Inmate who's never getting out
 - 18. Air force heroes
 - 19. Castle defense
 - 21. RC, e.g.
 - 22. ____ brat
 - 24. Lunched



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

Kitchen Gadgets



How to solve wordoku puzzles: You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word JUDGMENT. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.

SIT-TO-STAND TEST

Try this to see how healthy your heart is.

Longevity isn't just about how long you live — it's also about staying healthy for as much of that time as possible. The "sit to stand" test can be a good way to figure out how healthy you are, and it can even predict how long you'll live, research shows.

"It's actually a standing to sitting to standing test," says Dr. Natalie Azar. That's a bit of a tongue twister, though, so a lot of people refer to it as the "sit-rise test," or the "sit to stand test." Basically, you begin the test standing, sit down cross-legged on the ground, and then stand up again. **Warning** – do not try this if you have hip or knee problems or replacements.

However, it's great fun getting your grandchildren to do this!!

You need to go from standing to sitting and back again without using your hands or any part of your body besides your legs and core to help you up or down.

This simple test is an effective indicator of health because you must have strong cardiovascular health, good balance, agility, flexibility, and core and leg strength to be able to complete it.

You score the test out of ten; 5 points for sitting down and 5 for standing up, like this: each time you use a hand, knee, forearm, or lose balance, you **lose a point** from a total of 10. The goal is to get a **perfect 10** (no support used at all), but even a score of **8 or 9** is still excellent. The lower the score, the more practice you need!

SO – to cheer yourself up there is another perfectly safe and easy exercise with the same name. Using a dining or other upright chair, sit with the knees and legs shoulder width apart and feet flat on the ground. Cross your arms over your chest and stand and sit. The object of the exercise is to see how many you can do in 30 seconds.



WOMEN MEN

Age group (years) Figures represent:

Less than or more than as an average.

60 – 64: < 12 or >17	60 – 64: < 14 or >19
65 – 69: < 11 or >16	65 – 69: < 12 or >18
70 – 74: < 10 or >15	70 – 74: < 12 or >17
75 – 79: < 10 or >15	75 – 79: < 11 or >17
80 – 84: < 9 or >14	80 – 84: < 10 or >15
85 – 89: < 8 or >13	85 – 89: < 8 or >14
90 – 94: < 4 or >11	90 – 94: < 7 or >12

It's just **SO** important to strengthen the leg muscles to reduce the risk of falling if you happen to trip. Strong legs can help save yourself from serious injury. This exercise also helps the heart and mind.



CHAIR YOGA

This is ideal for everyone but particularly for those who have a job sitting down for long periods. It can also be very beneficial for retired people who sit for too long at home and are perhaps unable to go outside for a good walk. Research has shown that chair yoga effectively improves flexibility, strength and balance. It is therefore very good for those with cardiovascular disease and those less able.

EXAMPLE

Turn off the TV and radio – sit down in a comfortable but upright chair - look around you, taking in familiar and forgotten items in the room. Turning your head uses the muscles in the neck and shoulders. Next concentrate on your breathing – in and out – feel your lungs expand and contract. Feel any tension in the shoulders – lift and relax. Next, lift your arms out in front but a little to the side and not too elevated. Extend and stretch, palms up wriggle your fingers, turn palms down, wriggle your fingers. Do as many or as few as you are comfortable with – then just relax. There are more exercises so go to www.kanukayoga.co.nz and watch a 15 min YouTube session. After watching an interview on TV I tried it and found it very beneficial.

Age Concern's Free "Staying Safe" Driver Refresher Course



Why take a Refresher Course?

When was the last time you brushed up on your driving knowledge? Roads and rules change over time, and even the most experienced drivers can benefit from a refresher. Whether you want to stay on top of the latest updates to the Road Code, understand how ageing might affect your driving, or simply check in to ensure you're the best driver you can be, this course is here for you!

Do you need to renew your licence soon?

Senior drivers can now renew their licence up to 6 months before it expires. Senior driver licences expire at age 75, 80 and then every two years after that. Renewing your driver licence early won't affect the expiry date of your new one. The Staying Safe refresher course can make this transition smoother by helping you feel prepared and confident.

What is the "Staying Safe" Course?

- Age Concern, in partnership with New Zealand Transport Agency offers these free courses across New Zealand. They're designed specifically for older drivers and provide a supportive space to:
- Refresh your knowledge about driving and ageing.
 - Assess and adapt your driving habits.
 - Build or regain confidence on the road without overconfidence.

What to expect in the course

- Thinking about your driving safety: physical vulnerability, ageing and your physical condition, your driving experience.
- Safe driving concepts: Before driving, what can go wrong, hazards.
- Know the road rules: intersections, roundabouts, following distances, merging, right turn bays, flush medians, speed limits, cycling infrastructure, pedestrian crossings, bus lanes, blind spots.
- Where to next: Licence renewal, getting feedback, alternatives to driving.

Every participant receives an attendance certificate and a workbook to take home. The workshops are friendly, welcoming, and tailored to answer questions – made possible through your invaluable support.

Who can attend?

Drivers over 60 and anyone who has recently lost their licence as a result of a medical event.

Ready to Join?

Classes run throughout the year, so there's always an opportunity to join in.

To book your spot, call
Napier Age Concern
on 06 842 1346.



HANDY TIPS FOR ROUND THE HOME

SHOES: Just put some tea bags in your shoes and leave them overnight. This solution is much cheaper than all those fancy shoe deodorants which tend to run out very quickly. The cheapest tea will work just as well.

SIMPLE MIXTURE: This simple mixture can save you money and provide multiple solutions. Simply mix 1 teaspoon of moisturising gel with 30 grams of toothpaste. This combination can relieve itching from insect bites, clean and protect glasses from fogging, and make faucets shine like new. Just apply the mixture to the affected area, polish with a cloth, and rinse if needed. Try this easy tip and enjoy its amazing results!

CAN OPENER FOR RIGID PACKAGING: There is no power greater than that of the rigid plastic container. Rigid plastic cases are the bane of parents and those with arthritis around the world. If you want to avoid getting cut while opening this rigid plastic, you can use the handy can opener. Rigid plastic packages can be opened by simply treating them as a piece of metal with your tin opener. Line up the can opener along the edge, ensure a tight grip, and then proceed to spin the tool to begin cutting. You'll be amazed at how easy it is to open these packages by doing this.

SALT FOR SINKS: Salt serves as an effective anti-clogging solution for your kitchen sink. To enhance its efficacy, blend half a cup of salt with one cup of baking soda. Allow it to sit for 4-6 hours, making it convenient to pour the mixture down the sink before bedtime.

After letting it sit for several hours, or overnight, flush the sink with hot water to remove the mixture. Repeat as necessary.

BANANA SKINS: Bananas are not just a tasty snack; they can also work wonders in your garden. Instead of throwing away banana peels, bury them in your soil. Rich in potassium, calcium, and magnesium, banana peels make excellent natural fertilizer. They also repel pests like aphids and snails, keeping your plants safe.

To use, chop banana peels into small pieces and bury them near your plants. As they decompose, they enrich the soil with essential nutrients, making your plants healthier and greener.

You can also make banana water by soaking peels in water for 24 hours or longer, dilute and use the liquid to water your plants. This simple trick will help your garden thrive!

MEMBERSHIP APPLICATION/RENEWAL FORM

Membership Subs are now due for the 2025/26 year

Cost is \$25 single and \$40 couple. Membership year is 1 April 2025 - 31 March 2026

ANYONE CAN JOIN - YOU DON'T HAVE TO BE OVER 65!

To pay your membership, you can:

1. Pay your sub online to bank account number: 38-9009-0434068-00

Grey Power Napier & Districts; put your Surname, Initial and Grey Power membership number if renewing. If you are a new member, please email greypowernapier@gmail.com or phone Bruce 06 844 5635 to let us know you have joined. OR

2. Complete this form and mail it to us at Grey Power Napier & Districts, PO Box 4247, Marewa 4143 or phone Bruce and he will pick it up. Or scan and email. OR

3. Join online on our website www.greypowernapier.org

Your name/s

Address

Phoneemail

You are paying \$25 for 1 member (tick if applies) or \$40 for a couple

Amount paid:Payment Type:

Can we email your newsletter?M'ship no

www.napiergreypower.orgFind us on Facebook @greypowernapier

Grey Power Napier Committee 2024-2025



*From left: Isabel Wood, Shona Bayliss, Bruce Carnegie (back), Carol Brunton (front),
Linda Mellor (middle row), Kay Nesdale (back), Allie Beattie (front), Ian Cook
Missing: Maxine Boag (photo credit), Gayle Peters*



Come to our meetings!

We'd love to see you – we have interesting speakers and delicious afternoon teas!

Sender: Napier & Districts Grey Power
PO Box 4247
Marewa 4143

