

**NEW PLYMOUTH**

# GREY POWER

**50+ NEWSLETTER**

QUARTER TWO 2025 - WINTER  
[www.greypowernp.org.nz](http://www.greypowernp.org.nz)

## **ANNUAL GENERAL MEETING**

**Thursday 29th May 2025 commencing at 1.30pm**  
Barclay Hall, 158 Tukapa Street, New Plymouth

Approval of Constitution presented recently  
New Committee Nominations acceptance

GUEST SPEAKER: Gayle Chambers, our National President

**Check your membership cards for overdue subs renewal please.**

*The office will be open Wed. Thurs. Fridays until 31st May and will then revert to Wed, and Fridays only. 757 5885 / 021 022 98721.*

**GREY POWER NEW PLYMOUTH INC.**  
 158 Tukapa Street, Westtown, New Plymouth, 4310  
**Phone:** (06) 757 5885  
**Email:** greypowernp@gmail.com  
**www.greypowernp.org.nz**  
**Office Hours:** Wednesday, Thursday, Friday 9am - 1pm  
**COMMITTEE 2024 - 2025:**

**PRESIDENT:** Vacant  
**LEADER:** Agnes Lehrke 021 022 98721  
**SECRETARY:** Sharon Mace  
**TREASURER:** Joy Southee  
**REGISTER:** Fleur Pepper  
**COMMITTEE:** Val Armstrong / Alison Brown / Sue Rae /  
 Dennis Eales / Caroline Symmans  
**DISTRIBUTION:** Peter Huzziff 027 6027203  
**Office Co-Ordinator:** Agnes Lehrke 021 022 98721  
**TRAVEL TEAM:** Margaret Humphries / Dennis Eales /  
 Val Armstrong / Joy Southee / Danielle Manu  
**NEWSLETTER:** Agnes Lehrke 021 022 98721  
**SAUSAGE SIZZLE VOLUNTEERS:**  
 Suzanne May Gurnick / Glenis Stephens / Sue Rae

### Business Discounts

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

Therefore have your membership card ready for a check out and spread the word. Of course it is reaffirming to acknowledge the discount. Especially in these times.



### A COMMON MISCONCEPTION:

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

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Please refer to our website for disclaimer.

## LEADERSHIP WORD

Greetings all, as we move from the warm days of summer to cooler ones of autumn, let's stay positive and be prepared.

The flu vaccines are out there to remind us of the nasties we need to protect ourselves from, the viruses especially which many are more susceptible to in the winter. Being prepared is everything. Health and wellbeing are our essential aims.

We are very fortunate to have a visit from our very busy **National President Gayle Chambers**. Gayle hopes to be present at our AGM on the 29th May. Let's make the occasion a great attendance please with support for our Association. Do please show your support.

On the agenda of course we have the nominations for our Committee and President, these positions need generous acceptance to enable Grey Power to flourish in New Plymouth and surrounding areas. So come along, join in and have your say. We await your generous offers of assistance.

To all those living on their own, you are always welcome with your good company and valuable input too. Come and join our morning teas etc. and help make these occasions special. We do love to see you always.

We have a busy year ahead with both community and Social happening which we look forward to seeing you at. There are many items of interest coming up for us all.

Thank you to Bruce Carter for the generous funding we received. We are very grateful for this assistance.

So keep well and happy, remember we are here to help always and advocate for you. Let's make our Association flourish this year.

*Agnes*

If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you ....

**It could save lives!**



## SAUSAGE SIZZLE time again everyone



**Saturday  
14th June 2025**

**Mitre 10 Whaiwhakaio Valley  
10am - 1.30pm**

**Do come and support  
our fundraising event please**



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## GREY POWER COFFEE MORNINGS



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

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

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

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

**See you there.**

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## COVER PHOTO:

### The Te Rewa Rewa Bridge

Our front page presents a lovely photo of the Te Rewa Rewa Bridge which opens quite a history. The bridge was built as an extension for the Coastal Walkway over the Waiwakaiho river to Bell Block.

The Lake Rotomanu is just prior to this and the famous Peinga Park wetlands.

At the commencement of this venture an agreement was sort of the Ngati Tawhitikura Hapu and obtained for the construction of the bridge. The extension of the walkway would be purposed through an historic pa site on the northern bank.

This was the site of the Musket Wars, a battle ground during these wars and also a burial site, therefore called Rewa Rewa.

The bridge was built by a consortium of Whitaker Engineering and funded by the New Plymouth District Council. The designer of the bridge was Peter Mulqueen who stated the bridge should touch lightly on the Rewa Rewa side in honour of the deceased buried there.

The usual stays for bridges were not used so as to disturb the river and a much heavier cable was used instead which would secure the area. MulQueen wanted to achieve a bridge with "harmonious design of dignity and character of the situation."

It therefore has yielding ribs to the prevailing winds and the bridge is aligned to Mount Taranaki, the sacred mountain within these elevated ribs.

When viewed on leaving the sacred ground, it promises what is eternal.

To achieve this structure you can imagine what a challenge it presented in transporting such lengthy structures, at 85 metres, to the site including access via the local golf course.

However the bridge was opened on the 5th of June 2010 and in the month following 56,756 cyclists and pedestrians crossed the bridge.

The bridge evokes a sense of enduring spiritual effect and remembrance of the dead.

Te Rewa Rewa Bridge has world wide structural acclaim. What an achievement and in our own area of New Plymouth.

(Thank you to Steve Green for this perfect photo.)

## Our Constitution 2025



We have a renewed Constitution which was prepared after the Federation AGM of 2024. This arrived late November and after the initial acceptance by Committee it is **now ready for members to approve it please.**

You can read the Constitution on our website which is readily available for you to peruse as you can.

[www.greypowernp.org.nz](http://www.greypowernp.org.nz)

If a paper version is needed, this can be viewed in our Office. *(It would be very expensive to print many copies of what isn't yet fully approved and the website one is acceptable for use).*

At our AGM in May we will take note of your suggestions and change where necessary to forward to federation for final approval. Once this is finished the document will be sent to the Incorporate Societies for acceptance.

**We require your attention to this document please.**

Do take your opportunity to read and comment if you deem this appropriate the comments you have need to be in writing if possible for our AGM please.

1. Read the constitution through. (It is an easier read than prior and in ordinary language as stipulated by the incorporate Societies.)
2. Contribute your thoughts, ideas for alteration for the AGM.
3. Sign the script you offer so we can check out right interpretations.
4. Hand these to the Secretary at the AGM.

*Thank you*

## What's happening...





# GREY POWER TRAVELS for members 2025

Payments of Direct Credits  
Bank number: 15 3948 0007390 01  
Bank name:  
Grey Power New Plymouth Inc.

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



Your seat will be booked when you pay for your trip. Please provide your valid phone number and name for the office list. Thank you .

## Mokau Travel Thursday the 5th of June



Cost of travel is \$35.00. Bus leaves from Raceway Car park at 9.00am. We hope to glimpse the deviation work at Mt. Messenger and learn of latest progress. Visit the local museum at Mokau. Learn about the making of the pois, check out the history stored there as well. Lunch at White Bait Inn or bring own lunch. Visit the Junk Art Place in 42nd Street. All in a great environment and wonderful coastal scenery. Book early to gat a seat on this splendid adventure north.

## Mid Winter Dinner at Cobb ‘n’ Co 31st of July at 5.30pm



Plenty of parking available. Do take note of your car registration to be able to use it on check in. This is a precaution against parking fines. Meal for Seniors usually \$32-\$35 for two course meal. Your choice otherwise. Please ring the office to book in for this meal. Thank you. 06-757 5885 or 021 022 98721

## Tawhiti Museum Travel Monday 18th of August 9.30am depart Raceway car park Returning 3.30pm-4pm Cost \$33.00



This museum is acclaimed as one of New Zealand’s innovative museums. It has life size exhibits to capture the past in super realistic displays. The models are all produced on site and access to this area is available. Our day will be given completely to the museum, so no haste between displays. The two main display areas cost \$20 each. So you may choose to attend one only but your choice. The Badgers Café provides a good choice of food and fluids. OR take your own lunch with you.

## Garden visit Thursday 30th October

Details in the August Newsletter.  
Do book early to avoid disappointment.  
Office 06-7575885 / 021 022 98721  
or 027 289 1810

### Apology:

We are sorry that the previous travel to Tawhiti had to be cancelled and some of the few booked were very disappointed. But we cannot arrange transport with only a few wanting to travel. Added to that it was a very busy time for bus companies. **NEXT TIME** be in early and book in. We are very open to suggestions of places to travel to but do need some guidance please. Ring in for a placement then book in the time given.



## Georgie-Anne Cox Your Local Arthritis NZ Community Lead

Arthritis NZ  
Mateponapona  
Aotearoa

Meet Georgie-Anne Cox, Arthritis New Zealand’s dedicated Community Lead based in Taranaki. Georgie-Anne is passionate about helping people live well with arthritis. She regularly delivers presentations to community groups and the workforce on living with arthritis and self-management strategies.



As winter approaches, it’s especially important to look after your joints. Georgie-Anne is here to support Taranaki residents with practical advice and local connections.

Support is also available through Arthritis Assist – Arthritis NZ’s free service where you can speak with expert advisors, including a nutritionist, health coaches, health educators, and a pharmacist. Just call 0800 663 463 for tailored support and guidance.

Whether you’re newly diagnosed or managing arthritis long-term, we’re here to help you stay active, informed, and empowered – even through the colder months.

**For more information or to book  
a presentation with Georgie-Anne,  
contact Arthritis NZ on:  
info@arthritis.org.nz | 0800 663 463  
www.arthritis.org.nz**

## The Community House Waitara

The Community House is situated opposite the B.P petrol Station on the corner of the Street.  
Open from 9.00am to 12.30 pm daily.

This House is providing membership renewals to Grey Power members and is in touch with our main office as necessary.

Kath the coordinator, offers us accommodation for our morning teas on the 2nd Friday of the month at 10.00am. Kathy from Grey Power, organises guest speakers very often for this occasion and attends to the needs and requests

of members. So there is much going on at this hub for Grey Power members.

You do not have to travel to our office in New Plymouth if you find this difficult transport wise, your Community House can see to your renewed subs and cards.

Why not join in on morning tea days and see what Kathy has organised for you all. It is always good to meet new locals and make more friends, hear what the latest is.



***So come along and join in  
with the warm, friendly  
atmosphere at the  
Community House.***

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# Restoring a 1970 International Travelall



  
a  
simple  
cremation  
& burials  
233 Carrington St  
New Plymouth

Just before Christmas in 2020, we stumbled upon a 1970 International Travelall for sale on TradeMe.

Intrigued by its potential as a unique hearse, we decided to purchase the vehicle. It has a 304 cubic inch (5L) V8 engine with a three-speed transmission and was built in the United States in May 1970. With 182 horsepower and a long wheelbase, it was imported and first registered in New Zealand at Tauranga in March 2011.

The seller's description mentioned "a few bubbling spots of rust", which seemed manageable at the time.

We arranged for the Travelall to be transported from Christchurch to New Plymouth. However, due to the holiday season, there was a delay. The transporter, who happened to be in Christchurch with his wife on vacation, offered to drive the vehicle back to New Plymouth. About a week later, Blue, as we would later name her, arrived. The transporter loved the vehicle so much he even asked if it was for sale, but we declined.

The next step was to find a paint shop to address the rust issue. Unfortunately, what was initially described as relatively minor turned out to be far more extensive, being found in most of the panels, leading to a major overhaul. The vehicle was taken to a panel beater, and as the work progressed, more rust was discovered. Then came Covid-19, which delayed the project further, as the panel beater lost staff and materials became hard to obtain.

As with many restorations, more problems emerged. The foot wells were severely rusted and had to be replaced. The wiring was outdated and required a complete reinstallation. The windscreen, which had been carefully removed and stored, cracked during reinstallation, and it took three months for a replacement to arrive from the US.

So, while we waited we decided to refurbish the dashboard. Although it felt like we were taking one step forward and two steps back, having already invested so much, we committed to seeing the project through. We

wanted the car to be more than just a novelty hearse, a reliable, every day runner.

The original colour was updated to a shade of blue we loved, giving the vehicle its name. She is, to our knowledge, the only Travelall in the country, with a few of her newer smaller cousins, the Scout, around.

The chrome and coloured side panels were removed, and we chose the charcoal colour for contrast. Stickers replaced the original damaged logos, and modern conveniences like remote locking and a rear-view camera were installed.

After three long years of restoration and a personalised plate, Blue was finally ready to pass its warrant of fitness. In 2024, Blue made her debut to the public at Americarna, Taranaki's annual car event.

As any car enthusiast knows, a restoration project is never truly finished. Since then, we have upgraded the exhaust, lowered her slightly, installed electronic ignition, and added a pull-out tray. Over summer we planned on removing each of the interior ceiling slats for sanding and varnishing. But, as usual, funerals got in the way. So that's on the to do list.

Blue has been used as a hearse for family and friends, with overwhelmingly positive feedback. In fact, leaving a funeral often takes longer than the service itself due to the attention it garners. We take Blue out for visits, to local rest homes, and when we go to chat to different groups. She has also been used for several weddings, and a few friends daughters proms.

Blue is more than just a restored vehicle; it is a symbol of perseverance, patience, and passion, and we look forward to continuing to use it both personally and professionally for years to come, unless of course someone makes us an offer that we can't refuse.



**Grey Power New Plymouth  
Mid Winter Dinner  
31 July at the  
Cobb 'n' Co  
Time for meal: 5.30pm**

We have opted for this venue because of the parking available and easy access to the restaurant. Note your car's registration so you can enter this on the tablet in the restaurant. This will ensure no parking fines.

There is a Senior's two course menu for \$32-\$35 or you have other choices to take for your meal.

**PLEASE ring the office to have your name recorded and phone number.  
This is essential. 06 757 5885 or 021 0229 8721 or 027 289 1810**

*Thank you & we hope to see you there*



**Do you experience any of the following symptoms?**

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- Cramp & restless legs?
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## Driver's Licence Renewals



In a recent National magazine for Grey Power the article printed made some good points for us all. *(We are repeating it in case you missed it.)*

"Much feed back" has been sent in to regarding the unfairness and variability of medial assessments for those seeking licence renewals.

A draft revised Medical Aspect of Fitness is still being awaited by Federation from the NZTA, hoping it provided better guidance to GP's and therefore the cessation of cognitive testing.

### Meanwhile note these important points:

1. Read the resource put out by the NZTA for Seniors. *(In our local office.)*
2. Take an AA 1 Hour test drive for Seniors.
3. Attend a Staying Safe free course organised by the Age Concern in conjunction with the NZTA. *(Our Local Age Concern have offered one in May.)*
4. Check with your Doctor/Medical Centre to see if you are required to sit a cognitive test as part of your medical assessment – this is NOT a requirement, but some doctors have chosen to make it so.

We recommend you take your friend or a support person with you for your assessment.

The Age Concern locally are offering you a Staying Safe Driving Course at the Age Concern buildings, 33 Liardet St. New Plymouth, on the 7th of May.

The Course starts at 10am and continues until mid afternoon. Please take a plate to share for lunch, afternoon tea provided. Phone Grey Power to go on the participants list 757 5885.

A certificate will be issued to participants which will be of great assistance when renewing your driving Licence at your local medical centre.

## 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.

The Cleveland Clinic and Mayo Clinic websites have more information on the DASH diet and Mediterranean diets

## Chalmers Home is a modern rest home with spark

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

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

### You're encouraged to really make the home your own.

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

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

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

Uniquely, at Chalmers Home we have six separate 'cottages', residents are able to enjoy lounge and domestic style kitchen and dining, but also have the option of larger lounge/dining and entertainment areas for bigger groups and lovely shared courtyard gardens too.

### A full range of positive ageing services

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

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

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

enliven  
Positive Ageing Services  
PRESBYTERIAN SUPPORT CENTRAL

Scan here for more information



## Feel at home

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Enliven creates elder-centred communities that recognise elders as individuals and supports them in a way that's right for them.

Enliven's Chalmers Home in New Plymouth offers top quality care in a warm, welcoming home-like environment with breath-taking views overlooking the Tasman Sea and Mount Taranaki.

free phone  
0508  
ENLIVEN



rest home hospital short term respite health recovery

For more information please visit:

[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

enliven



## GREY POWER NEW PLYMOUTH

# AGM

**Thursday 29th May 1.30pm**

Barclay Hall, 158 Tukapa Street  
New Plymouth

### GUEST SPEAKER:

Gayle Chambers  
Grey Power National President

Please remember to submit your nomination forms prior to the AGM and then come along to support our Association and meet our new Grey Power National President, Gayle Chambers.

## Our Guest Speaker:

We are very fortunate to have a visit from Gayle Chambers our National Grey Power President at our AGM this year.

Gayle became National President at the last Grey Power Federation AGM and so has had less than a year in the position of leadership. It is very evident that Gayle has a very dedicated sense of duty which she is demonstrating with strong leadership.

We are very pleased to have this visit from Gayle and hopefully our members will come and make our Association proud of this occasion together.

Come and meet Gayle and hear from her how our wonderful Association is achieving in positive terms.

Welcome Gayle to Grey Power New Plymouth.

**Remember the date:** Thursday 29th May at 1.30pm  
Barclay Hall 158 Tukapa St. N.P

## The most common shopping problem we help with By Kate Harvey



Consumer NZ helps hundreds of members every year when they get into strife with a store or service provider and commonly ask if they have any rights once a manufacturer's warranty has expired.

"People will often contact us because they have something that's broken, and they're being told by the store they're out of luck because it's out of warranty," Paul says.

"We set them right and let them know that New Zealand's Consumer Guarantees Act (CGA) means they don't have to worry about the manufacturer's warranty."

Your rights don't end when the warranty does. The CGA requires products to be of acceptable quality. When they're not, a consumer is entitled to have the product repaired or replaced. If the fault is major, you can request a refund.

Paul said people often don't realise that manufacturers don't have to provide a warranty until they contact the Consumer Advice Line. [Members only]

"A warranty can contain whatever the manufacturer wants. They can make a warranty valid for a year or two or three. It can be dependent on having the product serviced regularly. We're constantly asked whether manufacturers are allowed to limit their warranties in a particular way, and of course they can but they can't limit the CGA."

Paul reckons stores' staff often don't intentionally give bad advice: most commonly, they just don't know about consumer law.

"I think a lot of retail staff are as unaware as their customers of the rights that exist when a warranty expires. "Being able to say, 'Consumer NZ told me. It seems to be pretty effective when you challenge a retailer about your rights."

Paul said that how long a purchase should last, and therefore, how long the retailer should be responsible if something goes wrong, depends on what you can reasonably expect from a particular product or service. "For example, if you buy a fridge, you'd expect it to last longer than the 2 years you might get from the manufacturer's warranty. We think a fridge should last more like 11 years," Paul says.

"Cost also comes into it. For example, you'd expect a top-of-the-line Dyson stick vacuum cleaner to last longer than a cheap Kmart one. It can be tricky to understand your rights when every case is a little bit different so if you need some personalised advice our Advice Line is always here if you're a Consumer NZ member."



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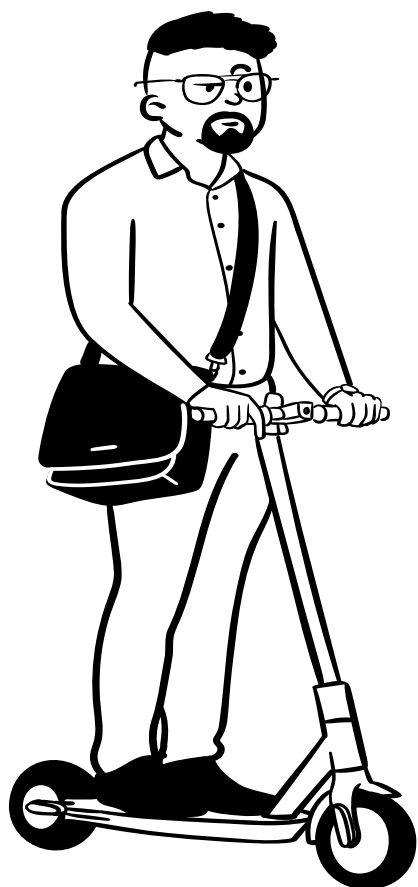
## Professional Home Care Services

## Support Workers

## Registered Nurses



## Calling for all Distibuters please.



It would be great to have our distributors of the Newsletters gather for a brief meet up and afternoon tea on the:

**11th June  
2pm at Barclay Hall  
158 Tukapa St. Westown.**

Please come as we need to ensure we are working well as a team and hear your input.

*Thank you*

## Housing for the Elderly



There has been much action in the housing industry which is pleasing to hear about. The requirement for housing is urgent as you all know but in particular it is still distressing to learn of elderly people in this crisis.

Mr. J. Gibbons of Inglewood has commenced his projects of providing units. There are two sites which are very central to town. Both areas provide two bedroom units with a garage and are beautiful designs. This gent and his company have provided two and even three storied buildings for use here in New Plymouth recently. If you wish to find more information on these prospective units in Inglewood do ring James on 027 774 6139.

There is also the future planning for an Abbeyfield establishment here in New Plymouth which provides for units built around a central dining and recreation area in the adjoining building. This project provides a cook/caretaker to provide main meals. Each unit is offering accommodation in an independent status with overall supervisory situation. The plan to offer this type of accommodation has been sort by Associations for the elderly such as Positive Aging, Age Concern and Grey Power New Plymouth. This will take time but will be happening.

It is reassuring that these buildings are being established to answer the housing needs. It demonstrates that people are concerned enough to DO something for the crisis of need. So if you have questions or are keen to be part of these projects why not ask these above Associations and providers.

**A Meeting will be held in  
Beach St. Hall on the 7th of May  
at 2.00pm to inform us all on  
the Abbeyfield Project  
for New Plymouth.**

## 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 RIDGID 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!



Glenn Rogers



**SOUTH TARANAKI  
FUNERAL SERVICES**

**Headstones and Monuments**



Sue Goble



Jonathan Gous



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- ◆ Trained and Qualified Staff
- ◆ Unique Life Celebrations
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**Caring For Our Community**



**268 High Street, Hawera**

**Phone: 06-278-8088 - Website: [www.southtaranakifunerals.co.nz](http://www.southtaranakifunerals.co.nz)**



# PUBLIC MEETING

THE ABBEYFIELD TARANAKI STEERING COMMITTEE  
INVITES YOU TO BE PART OF AN EXCITING NEW  
HOUSING INITIATIVE FOR THE ELDELY.

5.30 p.m. - 6.30 p.m. May 7<sup>th</sup> 2025-  
Beach Street Hall- Fitzroy

*We plan to establish an Abbeyfield House for 14  
older residents in the New Plymouth district.  
Abbeyfield N.Z. is an established organisation that  
provide affordable houses throughout the country.*  
<https://www.abbeyfield.co.nz>

## What We Have

- An established multiskilled steering committee exploring opportunities across the district
- Nationally supported systems and processes.

## What We Need

- Passionate, resilient, caring, team members to join our committee.

More Information phone-  
Wally Garrett 0278597580

## The National Magazine Changes

Our national magazine has become too expensive to post out each quarter and so The Federation Board has attached an annual fee for members who wish it posted. This cost is \$10.00 annually.

Your deposit for payment is to the bank account:

**Name of Account:** Grey Power Federation

**Account Number:** 38 9018 0089518 00

**Reference:** your membership number (on your card)

**Particulars:** Magazine

**Please do not pay your local Association,** yes we like to receive donations but this is for Federation not us and will only confuse those concerned. Please pay as above.

If you receive your magazine by email there is no charge, so that's good. If you would LIKE to receive your magazine by email phone the office 06 757 5885. Leave a message or pop in to the office. We love to see you. We will however always have a copy of the latest available if you wish to come and read it as there are very good articles at times for reading.

*Thank you*



## Early detection saves lives

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

**Give yourself piece of mind,  
book your skin check today.**

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



## Afternoon tea for all new members

*A big welcome  
to you all*



Let's spend some time together new members of the last six months or so. Come along and join in. Ask questions that you have and make friends too.

**Hope to see you on Thursday  
12th June at 2.00pm  
At Barclay Hall  
158 Tukapa Street, Westown.**

## Joinery Specialist



**Kitchen Makeovers & Repairs  
Bench Top Installation | Range Hood Installation  
Small Building Jobs | Reasonable Rates**

Estimates can be given over the phone

**contact John for more information**

027 663 5557 thebenchshop@xtra.co.nz



# 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.

A 2012 study found that the sitting to rising test (SRT) was a significant predictor of mortality in participants between ages 51 and 80. "The study found that the lower the score, you were seven times more likely to die in the next six years," says Azar.

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

Age group (years) Figures represent:

Less than or more than as an average.

60 – 64: < 12 or >17

65 – 69: < 11 or >16

70 – 74: < 10 or >15

75 – 79: < 10 or >15

80 – 84: < 9 or >14

85 – 89: < 8 or >13

90 – 94: < 4 or >11

### MEN

60 – 64: < 14 or >19

65 – 69: < 12 or >18

70 – 74: < 12 or >17

75 – 79: < 11 or >17

80 – 84: < 10 or >15

85 – 89: < 8 or >14

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](http://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.

# HAVE YOU LOST IT?

## HERE'S HOW TO FIND IT AGAIN



Whether it's car keys or your wallet, it's far easier to lose something than find it again.

Malaka Gharib lost her passport at a crucial moment.

She was due to travel to Egypt and without a passport, she would not be able to go.

"I felt like I was going to lose my mind."

In the end, she did find it wedged between her bed and the wall. Who knows how it got there, but it did inspire her to take a deep dive into evidence-based techniques for finding lost things.

### Techniques that really work to find your missing stuff

"Science knows. Researchers know. Professionals who search for things for a living - detectives, metal detectorists - they know how to look for things. Where is their advice for the regular people?" Here are Gharib's techniques for finding lost stuff:

### Relax

"If you are stressed, your attention narrows. You become like you have tunnel vision when you're stressed and that's not [helpful] when you are trying to look for something."

However, she acknowledges that telling someone to "relax" is a horrible thing to tell someone when they've lost something. "Take a deep breath. Widen your attention span to be able to take information in."

### What are the unique qualities of the object?

Reflect on the physical attributes of what you've lost and what the elements are that will make it stand out. Gharib used the example of a recipe

she had seen in one of her cookbooks but couldn't remember what cookbook it was in.

Rather than go through each one of the 1000 or so books on a shelf in her kitchen, she needed to figure out what the name of the book was and what it looked like. She Googled the recipe and found the title of the cookbook it was in. The book had a bright orange spine. "Then I only looked for orange spines on my bookshelf and I found it immediately."

This technique could be applied to, say, finding a white sedan in a carpark with lots of other white sedans. "What you do is say to yourself 'Wait, I know that my car has a bumper sticker' and so you're going to focus on the bumper sticker."

### Quiz yourself

"You're going to ask yourself questions like a detective would."

People often lose wedding rings, Gharib said. If that's what you are looking for, think of places and moments where you interact with that object. "Was I washing my hands? Was it putting on lotion? Did it slip off? Was I playing golf and it swung off my finger as I was playing? Do I usually fiddle with it when I'm in the car? Look in all those places.

### Recreate the movements of the object

When the object last broke contact with your body, could it have rolled somewhere else?

"The behaviour of how the object falls, lands or moves as you act out the scene may provide clues as to where the object might be."

### Grid search

This is a systematic search to use when the previous techniques have not yielded any fruit. Divide your search area into a grid and search each square of the grid methodically. "It's very slow. It's very inefficient, but you will hopefully find your object."

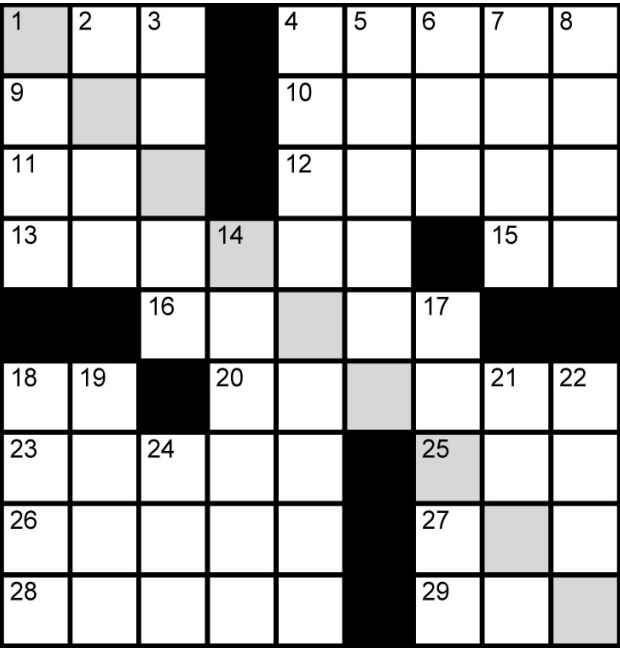
**Editor's note:** A friend lost his electronic car key and had to pay \$450 for a new one! I have since looked up the price of replacing a fancy electronic key that does everything – anything from \$450 to \$900. There does appear to be a kiosk shop at the Crossing Mall that will replace them for much less but make some enquiries first.

Ref: RNZ Online

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



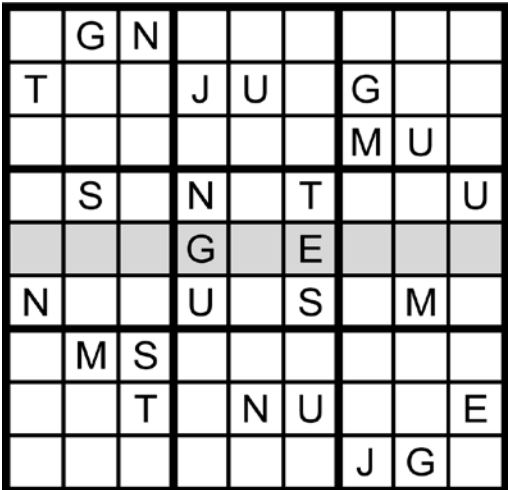
Flying Helicopter Bug



- 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

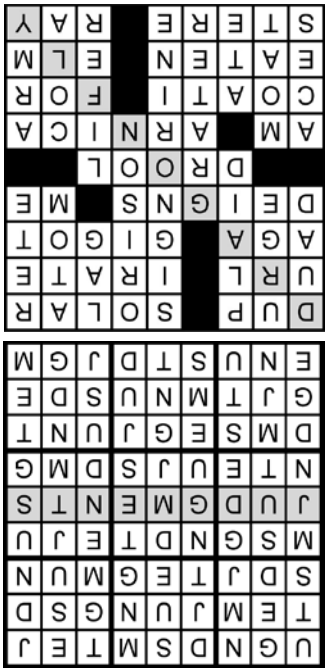
- AIR FRYER  
BLENDER  
CAN OPENER  
COFFEE MAKER  
CUTTING BOARD  
EGG COOKER  
GRIDDLE  
HAND MIXER  
INSTANT POT
- JUICER  
KETTLE  
MICROWAVE  
NINJA  
PASTA MAKER  
POPCORN MAKER  
RICE COOKER  
SCALE  
SCISSORS  
SLOW COOKER  
TOASTER

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

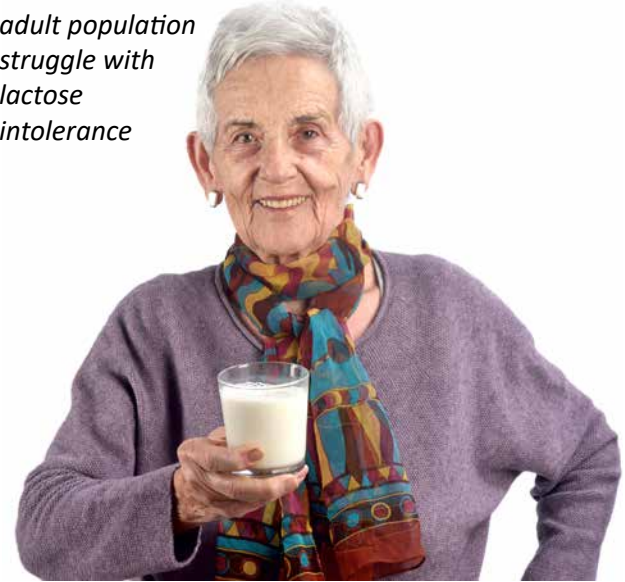
Kitchen Gadgets



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.

IS MILK ACTUALLY GOOD FOR YOU?

A new University of Auckland research, explains how a 5000-8000-year-old gene mutation means some of us can happily digest milk while almost 70 percent of the world's adult population struggle with lactose intolerance



If you were born in New Zealand, you probably grew up thinking of milk as a superfood, a view likely promoted by everyone from your mum to the advertising pumped out by New Zealand's dairy food giants.

But if you are a Kiwi of non-Pākehā heritage, you might have noticed something else – drinking milk, particularly a lot of milk, doesn't make you feel great.

The symptoms of lactose intolerance vary between people, but can include gas, bloating, pain, nausea and diarrhoea. And research into the gut shows that's the normal human reaction to a lot of dairy products.

But what about babies? Surely pretty much all of us start life drinking milk – mum's milk or formula? "Babies have no problem digesting lactose because they produce enough of the enzyme lactase to be able to break it down so it can be absorbed and utilised in the body," says Professor Clare Wall.

What traditionally happened with humans (and other mammals) was that as babies started to eat solid food and became less dependent on human milk, the requirement for lactase diminished and so their bodies produced less and less of the enzyme.

"In that case, when you start drinking milk with

lactose in it, you can't break down that lactose and absorb it, so it goes into the large bowel undigested. And the lactose starts to ferment and produces a lot of gas," Wall says. For these lactose-intolerant people, that means a distended tummy, abdominal pain, wind and sometimes diarrhoea and even vomiting.

Thousands of years ago that didn't matter – humans didn't drink milk; they ate meat and plants. But somewhere around 8000 to 5000 years ago some people in northwestern Europe and a few African, Middle Eastern and Southern Asian communities developed a genetic mutation.

Instead of lactase production switching off after babies were weaned, the children developed a 'lactase-persistent gene' which allowed them to continue to produce lactase into adulthood.

And because milk is actually pretty good for you (if it doesn't make you sick), particularly in times of famine, scientists speculate this lactase-persistent gene was useful to the humans that had it. So natural selection meant the genetic mutation became more widespread.

"I have seen some other quite interesting evolutionary aspects, where scientists feel it was advantageous to be able to drink cow's milk, because it also protected people from some diseases," Clare Wall says. "Cows got things like anthrax, or cryptosporidium and some other diseases as well, so drinking cows' milk provided humans with a little bit of immunity against those diseases."

It was mostly white Northern Europeans who ended up with that cunning milk-friendly gene and so were able to happily consume dairy products.

And these white people were colonisers. They went to the US and Australia and New Zealand and brought their lactase-persistent tummies – and their love of dairy – with them. Farmers built up herds of cows, and milk was promoted as a superfood.

But experts estimate almost 70 percent of the world's population has what's known as lactose malabsorption, a reduced ability to absorb lactose. That includes most New Zealanders of Māori, Pacific, Asian, South American and African heritage.

Listen to the 'Ingenious' podcast to find out more about lactose intolerance.

Ref: Newsroom Nikki Mandow



Grey Power New Plymouth Association Inc  
AGM Committee Nomination Form 2025

Nominee: .....	Signature .....
Committee Position: .....	Membership Number .....
Nominator: .....	Signature .....
Membership Number: .....	

Nominee: .....	Signature .....
Committee Position: .....	Membership Number .....
Nominator: .....	Signature .....
Membership Number: .....	

The Nomination Form needs to be completed and handed in to the office **prior** to the AGM please.

**This is solely a nomination form, not a voting one.**

All nominations will be accepted at the meeting. So post, email or hand your forms in please.  
Your Nominee, (the one you wish to nominate) must sign the form and add their membership number as each needs to be a financial member.

**Your support is greatly appreciated.**

**Have your say at the AGM which is the 29th of May at 1.30pm**

**Parking is available in the church hall park next door and behind the hall.  
Do come and meet Gayle our National President and enjoy others company.**

B

E

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D

There will be raffles at the AGM

1 Ticket \$2 or 3 for \$5

REMEMBER

1. Abbeyfield Public meeting 7th May

2. Annual General Meeting 29th May

Remember Raffles

2. Sausage Sizzle Saturday 14th June

3. Mid Winter Dinner 31st July

Come and join in.

All most welcome

MAGAZINE CONTENT

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

Our next issue will be out end of July.

MEMBERSHIP APPLICATION / RENEWAL FORM

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

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

\* Membership year is from 1 April to 31 March

Membership: New Member ☐ Renewal ☐ Membership Number: .....

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

MEMBER DETAILS:

First: .....	.....	.....	.....
Title	Initials/Forename	Surname	Year of birth
Second: .....	.....	.....	.....
Title	Initials/Forename	Surname	Year of birth

Postal Address: .....

Post Code: ..... Phone: ..... Mobile: .....

Email Address: .....

PAYMENT DETAILS:

Subscription \$ ..... Donation \$ ..... Total \$ .....

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

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

Online Account: 15 3948 0007390 00

Grey Power New Plymouth Inc.

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

Office use only

Date Received .....

Card Issued .....

Expires .....

Amount .....

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Date on Computer .....



# 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.

## CHECK US OUT Grey Power New Plymouth on facebook



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PAGE



### Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?  
If your card has 31/03/2025 on it, then yes you need to renew your subscription. Find the application form on Page 23 of this newsletter and fill it in. Payment methods are at the bottom on the left hand side.

### NEXT MEETING

Thursday  
28 August 2025  
1.30pm at Barclay  
Hall 158 Tukapa St

### YOUR QUARTERLY NEWSLETTER FROM GREY POWER NEW PLYMOUTH

