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Grey Power

NEW PLYMOUTH ASSOCIATION INC

QUARTER FOUR 2025 - SUMMER

www.greypowernp.org.nz



GENERAL MEETING

Thursday 27th November 2025 commencing at 1.30pm

Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKERS

Greg Higham - Healthy Homes

Sharnie Warren - CEO of Grey Power Electricity

good chance to have your say on the electricity

**Thank you to members who have their subs paid up
and also to those who generously donated money,
time and raffles. Very much appreciated.**

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 2025 - 2026:

PRESIDENT: Agnes Lehrke 021 022 98721

SECRETARY: Sharon Mace

TREASURER: Carol Cowling

REGISTRAR: Fleur (and Office Co-Ordinator)

GRANTS & FUNDRAISING: Don McGhee

NPDC & REG: Roger Hawkins

WEBSITE: David Robertson

MEMBERSHIP: Kevin Hartfield

HOSPITALITY: Helena Hartfield (Sue/Priscilla/Elizabeth)

NEWSLETTERS: Agnes Lehrke

TRAVEL: Kevin Whittaker, Magaret Humphries

FUNDRAISING TEAM: Suzzanne, Sue, Glenis,

Elizabeth P, Sandy

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

Well the frigid winter days seem to be over and we cope with cooler and at times even sunny ones. So we are well into spring especially with sudden showers. Cheerful thoughts of summer ahead no doubt. It's coming for sure!!

We had a very lovely visit from our national President Gayle Chambers at the end of August and enjoyed Gayles' presentation at our general meeting. Gayle enjoyed meeting members of our association and that evening spent time with the three of Taranaki Association presidents and spouses. Hawera, Stratford and New Plymouth of course. It certainly was good to have this special time together and hear of Gayle's many ideas and responses to our queries. Gayle certainly gave time freely and was in no doubt keen to share herself with those she met. We saw Gayle off at the airport on the Friday morning which fortunately was fine enough to travel safely off.

Our next big encounter has been the Election Forum shared with Positive Aging and Age Concern as well. The forums have been at St. James' Church as usual. Candidates have given us their aspirations and intending councillor views. Up to us now to vote accordingly to our own option's.

Our final bus trip will be to the gardens on the 6th of November which would need to be booked promptly for hiring of the bus. So PLEASE, as soon as able get that sorted so we can clearly see to our end of the business. Please read Travel page for itinerary etc. We are also seeking some generous people to give of their time a few times a year to the travel team work as explained on the travel page. This is rewarding and should not be onerous. Do consider the fact that you may be able to contribute. Thank you.

Whilst the year has sped past and we now approach the few months left I would like to thank all for their very generous, friendly participation in our many projects and functions that have been attended and contributed to. Especially those newsletter deliverers. Top of the list are the great Office Staff who give so generously of their time Constantly available and on duty. You are the best! Thank you.

I would also thank the Bruce Carter Foundation for the generous financial donation of \$500.00 to Grey Power. We are very grateful for this funding.

Our next newsletter will be toward late February delivery. Meanwhile check our website www.greypowernp.org.nz and facebook please for communications. Have a wonderful Christmas and keep safe and well.

Agnes and your Committee

Hardship in Paying Rates to City Council

There are councils throughout the country that consider situations where hardship is the outcome in trying to keep paying their rates. The scheme is known as Postpone or to Defer paying your rates.

New Plymouth District Council **do use this scheme.** But definite criteria does apply. So if you wish to find answers phone the NPDC and get an appointment to speak to the Rates people on the Postponement issue. In particular Steven Ryan Rates Lead, who will explain the criteria for this scheme. 06 759 6060.

The postponement or remission of rates for financial hardship applies to:

1. The owner of the building you live in.
2. Who can apply.
3. How long your rates can be deferred for.
4. What costs will be.
5. How to apply and conditions you will need to meet.

Should all this seem daunting then do consider having a support person attending your appointment at the Council. A family member, trusted friend or Grey Power. Just ring our office 06 757 5885 /021 022 98721 and ask. Advocacy is our role and we welcome your call. Complete confidentiality applies of course to all Advocacy causes.

Even if you only wish to discuss issues please ring. But if you know what your plight is then ringing Steve as suggested above, is your direct answer.



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**Morning tea get togethers
continue around the
Northern area**

Join us

1st Monday of month

Aromas in New Plymouth at 10.00am

2nd Tuesday of month

Winsor Cafe Inglewood at 10am

2nd Friday of month

Waitara Community Centre at 10am



Should you be passing by ...come and join in. Do come and give us the pleasure of meeting you all. Thank you.

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

0800 473 976

customer.care@greypowerelectricity.co.nz

or website:

www.greypowerelectricity.co.nz

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General Information

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Our Facebook page is **Grey Power New Plymouth**. Please use this page or the website to seek information that you require/or ring us.
Office 06 757 5885 or 021 0229 8721.
Always happy to assist where we can.

Subscriptions are due always at the **31st of March** each year. Ring office if unsure but your membership card tells you when it expires.



Cover Photo:

The Monarch Butterfly

The monarch butterfly is a large recognisable species know for it's striking orange and black wings. The wings serve as a warning to predators that it is toxic.

Caterpillars depend on milkweed or swan plant in New Zealand for their survival, it is the ingestion of toxins in the milkweed that make the butterfly poisonous.

While the butterfly is not considered a native to New Zealand the Monarch have established themselves here and colonised. Most of these breeds make the spectacular annual migration journey to New Zealand but definitely are declining. The decline is because of pollution, loss of habitat and pesticides being used.

So when you see this unique butterfly do appreciate it's beauty and leave it be. We may not have so many around in the days to come.

Dry warm feet and homes are essential to us



Healthy Homes are essential to good health we all know. But how do you achieve this on today's budget and in homes that do not provide that.

Well help may be at hand.

Healthy Homes Taranaki would like to help you achieve this goal and improve your situation if you invite them to consult with you.



Their mission is to improve living conditions in the Taranaki region by providing free Healthy Homes assessments and assisting eligible households with access to the Warmer Kiwi Homes subsidy.

We can invite this good offer by professionals to present us with information to all Grey Power Members and friends if you would like to hear how this all works .

So for further information please ring the office 06 757 5885/021 0229 8721 and we can establish this occasion for you. There is a criteria to be met but that can be investigated when inquiring about the business of healthy Homes.

What's happening...

Get your rates by email!

Don't want to receive your rates notice in the post? Simply visit our website and fill in your details to have them emailed to you instead!

npdc.govt.nz/emailrates



The Fernery & Display Houses

Spectacular seasonal displays with a wide range of plants and ferns

Free entry, Pukekura Park

Open daily 8.30am - 4pm



Active IN AGE

Every Tuesday at TSB Stadium from 10am -12pm.

\$5 cash per person participation cost.

TSB Stadium



50s Forward

Gym classes | 9am-10am | Mon, Wed and Fri

Aquarobics

Shallow 9am - 10am | Mon, Wed & Fri
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06-759 6060
npdc.govt.nz



New Plymouth's Box Office and much more!

Located in Puke Ariki Museum the New Plymouth i-site is your one-stop shop for booking tickets for events, travel and unique experiences, in and beyond Taranaki.

Puke Ariki Museum | 65 St Aubyn Street | Open 7 days



Seniors Art

Second Friday of every month | 10.00AM

Free-flowing conversations and experiences of contemporary art.
govettbrewster.com



NOVEMBER RAFFLE



We will have a raffle as usual at the November General Meeting. 1 ticket \$2 or 3 for \$5
Raffle kindly prepared by Mary White
(thank you Mary for your generosity)

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 .

Can you assist?

Grey Power urgently needs some generous persons to regularly give time as Travel Team members. This not an onerous occupation. Once you have decided where the trips will be for the year, usually three undertaken, it then becomes an organisation skill. So as each team member performs their certain part and shares the process this makes the process easier.

Please do ring if you would/could contribute towards this team work. Or give it a try. We will be very pleased to hear from you. Agnes. 021 0229 8721.

Gardens Visits in November

We have a travel planned for early November to visit gardens around Central Taranaki. So book your seat and join the enthusiastic gardens en route. You don't have to be a gardener just an admirer like most of us now. Flowers do so much for us, lets get among them then. We will visit several gardens and lunch in or near one.



Our planned Garden Visits are on the 6th of November 2025.

All bookings must be in a week prior to our trip please. Phone the office on 06 757 5885 or 021 0229 8721 to have your name put on the travel list. But remember you are not booked if you haven't paid. Cost \$35.00. (2 x garden will cost \$5.00 each.)

We are going to
Saxton Road Sanctuary / Hurworth Country Garden / Pukeiti, explore and lunch in café or take your own.

Reference for D/ Credits | Particulars: Surname | Code: Membership number | Reference: Garden Visits.

Be in to travel with our party to the lovely gardens created here in Taranaki . Great day out. Lots of lovely viewing. Come along and bring a friend.

DON'T FORGET TO BOOK. Not much time left.

WHAT KIWIS GET WRONG ABOUT WILLS

Around 50-60% of people don't have a will and lawyers stress that every adult should have a will to ensure their intentions are met.

Dying without a will can lead to costly legal processes and unintended distribution of assets.

It's something we procrastinate about doing for all kinds of reasons – maybe it's the cost, time and effort; maybe deciding who gets your belongings when you die feels like tempting fate, or it could lead to awkward conversations with family members.

It doesn't matter how many assets you have, whether you own property, if you're single or in a long-term relationship – if you're an adult, you should have a will.

The reason you have to make a will is that you want to put in writing your intentions, so it's best to choose and be flexible as to what goes where. In fact, it could cost your family more if you don't have a will. If you die without a will – "intestate" in legal terms – the law decides how your funds are distributed through an administrator appointed by the High Court, which comes at its own cost. It's highly regulated as to who gets what ... people are going to get less from your estate because there are going to be administrative costs. It takes away your wishes and what you might have wanted. There are a lot of places that will do a free will or for very little money, but they may want to take costs once the administration of the estate is done.

The advice is not to wait for big life changes to happen, such as a death in the family or a sudden illness – it's easier to update an existing will throughout your life.

It might be that the person that is going to administer the estate is unwell or dies, and so that has to be changed. There's a whole raft of possibilities every 10 to 15 years. It's quite common for people to change their will five or six times during their lifetime. It's a living document, so it's a document that can change over time.

It's important that your will is written in a way that makes your intentions as clear as possible.

Whether or not you write it with professional

help, it needs to be signed and dated by yourself and two witnesses. Your will should name at least one executor – someone you trust to make sure your wishes are carried out. That person can be a beneficiary of your will, such as a spouse or close family member; however, the two witnesses cannot.

Finally, at least one person needs to know where to find your will. It's really important that if you make a will, you tell people where it is. Whether it's in your house or with a lawyer or a trustee company, to avoid the cost of having to look around for it.

[There is excellent information at www.moneyhub.co.nz]

Today is the day to write a will or update the existing one!

Ref: Bethany Reitsma NZ Herald



CHANGE TO PROBATE LAWS

From the 24th of September this year, the Government changed the need for some small estates to go to probate. Previously if someone had cash assets of or below \$15,000 then there was no need for probate. The explanation for the change is that more people are dying with a Kiwi Saver account and so much of that would be lost to the beneficiaries by expensive legal fees for probate and a long wait.

It has now been lifted from \$15,000 to \$40,000 before probate is necessary.

Ref: www.justice.govt.nz

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ANXIETY OR DEPRESSION IN LATER LIFE: WHAT YOU SHOULD KNOW

It's often assumed that later life is all relaxation and free time—but the reality can be more complicated. For many older adults, anxiety and depression become unexpected companions during retirement. Whether brought on by health changes, loss, loneliness, or just the natural transitions of ageing, these mental health challenges are more common than we tend to talk about.

While mental health awareness has improved over the years, older adults are still less likely to talk openly about how they're feeling. Some grew up in an era where emotional struggles were brushed aside or seen as a personal weakness rather than a health issue. Others may assume sadness or worry are just part of getting older.

Feeling anxious or depressed isn't a normal part of ageing—and it's certainly not something you just have to "put up with." In fact, recognising the signs early can make a real difference.

According to the Mental Health Foundation, around one in five New Zealanders will experience some form of mood disorder in their lifetime, and the NZ Health Survey reports anxiety and depression contribute significantly to the country's overall health burden. The number may be even higher among those who live alone, have ongoing health conditions, or are navigating big life changes like retirement or bereavement.

Common signs of depression in later life include:

- * Feeling flat, numb, or hopeless
- * Losing interest in hobbies or social activities
- * Sleeping too much—or not enough
- * Changes in appetite or weight
- * Feeling tired all the time
- * Struggling to concentrate or remember things

Signs of anxiety might include:

- Constant worrying or nervousness
- * Feeling restless or on edge
 - * Muscle tension, headaches, or digestive issues
 - * Avoiding certain places or activities out of fear,
 - * A racing heart or shallow breathing, especially in new or uncertain situations.

Sometimes these feelings come on gradually, which makes them easy to overlook—or to blame on "just getting older." But if your emotional health has

changed and it's affecting your day-to-day life, it's worth looking closer.

Some of the most common triggers for anxiety or depression include:

- * The death of a spouse or close friend
- * Major life changes, such as retiring or moving house
- * Long-term physical health conditions
- * Chronic pain or reduced mobility
- * Social isolation or loneliness
- * Worries about finances, health, or the future

In many cases, it's a combination of things. And sometimes, there's no obvious cause at all—which can be just as upsetting. The most important thing to know is help is out there, and it works. You don't have to navigate this alone.

Start by talking to your GP. They can check for underlying medical conditions, refer you to a mental health professional, or talk you through options like counselling, medication, or community support groups.

There are also simple things you can do at home to help lift your mood or ease anxious feelings:

- **Stay connected** – Reach out to friends, family, or community groups. Even a regular phone call can make a big difference.
- **Move your body** – Gentle daily movement, such as walking, gardening, or stretching, can boost mood and ease tension.
- **Stick to a routine** – Keeping a regular sleep and meal schedule can provide structure and stability.
- **Practice mindfulness** – Deep breathing, meditation, or simply taking a few moments each day to pause and notice your surroundings can help calm the mind.
- **Do things you enjoy** – Read, knit, paint, listen to music—*whatever brings you joy*.

If you're struggling, you're not alone—and it's not your fault. Anxiety and depression are real health conditions, not personal failings. With the right support, many people find real relief and even discover a renewed sense of purpose in later life. Asking for help is a strength, not a weakness. So, if something feels off, take that first step. Your mental wellbeing is every bit as important as your physical health—and you deserve to feel good, at every age.

Ref: Grownups online

Our National President Gayle



What a great time it was with Gayle at the general meeting in August. Gayle gave her time to be with us all and explained how she is shaping things to meet the needs of the day with the Federation Board. There are of course many changes that still require processing but Gayle will see that Grey Power is working for members and also elderly throughout the country.

Gayle's time with us gave us all a sense of good connection within the Grey Power association. On the Thursday evening after our meeting in the afternoon, our Taranaki presidents had dinner with Gayle and appreciated her wise input into the conversations about G.P Association throughout the country.

I am sure we all felt a much better connection with the Association and Federation because of this visit which was kindly spent with us all. It was with much gratitude that we said goodbye to Gayle at the Airport and hope that she will return soon to Taranaki again and enjoy our special patch in the country.

Thank you so much to all who contributed to making the Thursday work so well and hope that you all enjoyed the time together with Gayle.



Do you experience any of the following symptoms?

- Raised, twisted or bulging veins?
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- Cramp & restless legs?
- Varicose eczema and ulcers?

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IF ONLY HUMANS COULD BE MORE LIKE HER!

You may need a box of tissues!

In 2003, police in Warwickshire, England, opened a garden shed and found a whimpering, cowering dog that had been locked in abandoned and was dirty, malnourished and had clearly been abused.

In an act of kindness, the police took the dog, which was a Greyhound female, to the nearby Wildlife Sanctuary, run by Geoff, a man known to run a haven for abandoned, orphaned or animals in need. Staff went to work with two aims, to restore the dog to full health, and win her trust. It took several weeks, but eventually both goals were achieved. They named her Jasmine and started thinking about finding her a new home.

But Jasmine had other ideas. No-one remembers now how it began, but she started welcoming all animal arrivals at the sanctuary. It didn't matter if it was a puppy, a fox cub, a rabbit or, any other lost or hurt animal, Jasmine would peer into the box or cage and where possible, deliver a welcoming lick.



Geoff relates one of the early incidents. "We had two puppies that had been abandoned by a nearby railway line. They were tiny when they arrived at the centre and Jasmine approached them and grabbed one by the scruff of the neck in her mouth and put him on the settee. Then she fetched the other one and sat down with them, cuddling them."

"But she is like that with all our animals, even the rabbits. She takes all the stress out of them, and it helps them to not only feel close to her but to settle into their new surroundings. "She has done the same with fox and badger cubs, she licks the rabbits and guinea pigs and even lets birds perch on the bridge of her nose."

Jasmine, the timid, abused, deserted waif, became the animal sanctuary's resident surrogate mother, a

role for which she might have been born. The list of orphaned and abandoned youngsters she has cared for comprises five fox cubs, four badger cubs, 15 chicks, eight guineapigs, two stray puppies and 15 rabbits.

And one roe deer fawn, tiny Bramble, 11 weeks old, was found semi-conscious in a field. Upon arrival at the sanctuary, Jasmine cuddled up to her to keep her warm and then went into the full foster mum role. Jasmine the greyhound showers Bramble the Roe deer with affection and makes sure nothing is matted. "They are inseparable," says Geoff "Bramble walks between her legs and they keep kissing each other. They walk together round the sanctuary. It's a real treat to see them."

Jasmine will continue to care for Bramble until she is old enough to be returned to woodland life. When that happens, Jasmine will not be lonely. She will be too busy showering love and affection on the next orphan or victim of abuse.



GOOD ADVICE

We must create a society where everyone, regardless of age, can thrive and enjoy the benefits of demographic change. As we navigate this transition, we must embrace the longevity society and economy. This shift requires not just understanding but Action.

European Commission – members of the World Economic Forum

EV Bikes gone wide

I travelled to china in 2007, loved the trip saw and walked on the Great Wall of China, Tiananmen Square, temples, and many palaces

I saw the way they lived and travelled every day, buses, truck, cars, motor bike and push bikes. 12 years later on my next visit to China there seemed to be a scene of wealth and prosperity in the country never seen before, new upper end vehicles everywhere, no one sleeping on the streets anymore, new motorways and hundreds of people on these electric bikes. I saw 2 push bikes and hundreds of electric bikes while I was there. The economy had definitely changed. We could see the future of transportation there, electric vehicles,



truck, car, passenger vehicles and bikes.

I saw no push bike stores but plenty of electric bike stores, competition was fierce, this is good for us. After visiting dozens of electric bike stores and negotiating with many manufactures we chose TailG to lead the way in NZ. TailG are in the top 3 manufactures in China and are leading the way in energy efficient electric bikes.

Retaining your independence.

The TM7 with the 'All Weather Canopy' is here to protect you from the elements. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes. Order yours today and get your very own TM7 Trike for only \$6,500 tested and delivered right to your door. Buy online or call us and retain your independence today!



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COST OF LIVING SURVIVAL GUIDE: IDEAS THAT ACTUALLY WORK

OPINION

Groceries, power bills, rates, insurance - many of the necessities of life are becoming more expensive by the day. Official stats say inflation is under control, but it doesn't feel like it when mince is suddenly 13% more expensive, butter is up 51.2% in a year, and cheese has rocketed 30.1%.



1. Master the art of substitutes

When even basic mince is going up, it's time to get creative. Use grated apple or flax seeds instead of eggs, oil instead of butter, and coconut milk instead of cream.

Pad out mince with dried lentils so you can halve the meat cost without even noticing. It takes a bit of experimentation, but building a mental toolkit of substitutes makes it easier to adapt recipes on the fly when prices spike.

2. Use AI to rescue leftovers

Common AI tools like ChatGPT can be repurposed to stop food waste. Tell it what you've got left from the week and see if it can give you a recipe that works. Taylor says she's tried it and found it useful for turning odds and ends into something edible without another trip to the supermarket.

It can also be used for substitutions, if you run into a recipe you want to try, but want to skip the pricey butter. AI can now suggest those swaps instantly, giving people a starter toolkit for adapting recipes. It won't always be perfect, but if it gets you cooking cheaply with what you already have, that's still a success.

3. Switch big bills to annual payments

You can often save by simply changing how you pay. Insurance, rates, and some utilities charge more if you pay monthly. Paying annually avoids those admin fees. Even subscriptions like Disney+ are often

cheaper when you pay yearly, instead of monthly. If covering a full year in one hit sounds impossible, set up your own mini-instalments: drip-feed a little each month into a separate account so when the bill comes, you're ready to pay it in one go.

4. Create a staple pantry

Taylor compared her pantry to a capsule wardrobe. Instead of buying endless ingredients for one-off recipes, she keeps a small set of staples she knows she'll use.

That means three carbs (bread in the freezer, pasta, rice), one or two proteins (she likes drumsticks as the cheapest cut of chicken), and a couple of core spices.

Everything else can be mixed and matched with whatever's on special at the supermarket that week.

It's a way to avoid the trap of expensive, glossy recipes that demand niche that you'll use once and then watch gather dust.

5. Mildly bully your bank

There's nothing wrong with a bit of gentle bullying when it comes to your bank. If you have a mortgage, you not only want to be hunting down the best interest rate, but also the best mortgage structure.

An interest rate change could save you several thousand, so a change in structure could knock off even more. A mortgage adviser can help you work out offsets, revolving credit, and loan splits tailored to your lifestyle. Even better, a mortgage adviser is usually paid by the banks, not you, so this could be a change that costs you nothing.

6. Test your subscriptions

A clever trick for handling bills like streaming services and subscriptions. Put them on a prepaid card or a credit card you know will expire. When it eventually runs out, and the payment bounces, see how you feel about it. If you don't even notice it's gone, time to cut it and save yourself one more monthly bill. If you do miss it, then you can choose to renew. It's a simple prompt to remind yourself to cut digital clutter.

NB: You need to give change time to stick, otherwise you're likely to hit overwhelm and give up entirely. Ideas won't get rid of a cost-of-living crisis, but they can give you back some control and maybe ease the pressure.

Ref: Frances Cook is a journalist who writes about personal finance.

Morning Tea/Coffee at Winsor Cafe Inglewood



If you are a Grey Power member do come along and join in. We also welcome new comers and friends. Help to make this a special occasion happening regularly in Inglewood

Gold card discount, so have these cards on show to get your discount.

**2nd Tuesday of each month
10 am at Winsor Cafe Inglewood**

We would love to see you there.
Take this opportunity to be in touch with others and enjoy their company.

REMEMBER:

2nd Tuesday of the month. 10.00am

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.

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.

Thelma the coordinator, offers us accommodation



for our morning teas on the 2nd Friday of the month at 10.00am. Guest speakers are often organised for this occasion.

There is much going on at this hub for Grey Power members with needs and requests attended to. 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 has been 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.

SUPPORT OUR PARTNERS WHO SUPPORT GREY POWER

As an organisation we are deeply grateful to those companies who have partnered with us to support us in achieving our mission. As members we need to reward these organisations with our loyalty wherever feasible.

Our diverse benefits include: -

- Every financial member being covered by a \$2000 Death and Accidental Death Policy from AIL of New Zealand.
- Up to 12c/litre discount on fuel nationwide with GOfuel Cards
- New Zealand's best value hearing aids and ear health from Resonate Health.
- Grey Power Electricity with affordable electricity, broadband, as well as good value car and pet insurance.
- Solatube Skylights discount for members.

New partners are joining us from time to time so check out all our current benefits on-line at www.greypower.co.nz/the-benefits.



Don't forget to mention you are from Grey Power when contacting any of our partners or advertisers – that way they know that we appreciate their ongoing support.

PEOPLE ARE PUTTING SECOND-HAND BOOKS IN THE FREEZER— AND THE REASON WHY IS GENIUS *By Lauren Bengtson*

This surprisingly smart practice can save your second hand reads from pests, germs, and mould.

Buying from Op-shops and anything second hand has become very popular particularly for those who love books. But there could be something more than words hiding in the pages of that novel: bugs, larvae, and they can all be living happily ever after in the middle of that leather-bound hardback.

Eliminate Insects (and Their Eggs!)

Used books can contain unwelcome pests like booklice, silverfish, and beetle larvae, which feed on mould, glue, and paper. Freezing books for at least 48 hours in sealed plastic bags can effectively kill these insects and their eggs. Freezing is a non-toxic, chemical-free way to kill pests at all life stages (eggs, larvae, and adults), by causing ice crystals to form inside insect cells, which ruptures them and kills the insect.

In fact, museums and archival institutions sometimes use deep freezing techniques (often for a week or longer at very low temps) to disinfect historical documents and rare books without using harsh chemicals.

Stop Mold Growth

Even if no pests are visible, freezing also halts mould growth, which is often what attracts bugs like booklice. So, it's a two-for-one benefit: pest control and mould inhibition. Mould thrives in warm, humid environments and can be super damaging. Books are especially susceptible, as the paper is organic and porous, and the glue and bindings can provide more nutrients for mould to grow and spread. Common signs of mouldy books include a musty or earthy smell, discoloration (especially black, white, green, or orange spots), soft or fuzzy patches on the cover or pages, and warped or wavy pages due to moisture.

So how does freezing solve the problem? Mold spores become dormant at temperatures below freezing. Freezing also stops mould from producing enzymes and spreading across the pages or bindings. Like museums, Freezing is a non-invasive, preservation-friendly option used by libraries and archives to stabilize mouldy books until they can be properly cleaned.

How to Freeze Books Safely and there's a right way to do it.

First, place the books in a zip-lock bag to prevent moisture from entering, and to keep everything (pages and pests) contained. Put the book in the freezer and keep it sealed for at least 48 hours, but preferably a week. When you're ready to take it out, let it thaw slowly. Allow the book to come back to room temperature while still sealed to prevent condensation.

Public Libraries are the Cornerstone of kiwi Communities:



Public Libraries New Zealand (PLNZ) has released the results of a landmark national survey, revealing the far-reaching impact of public libraries on community wellbeing, learning and digital inclusion across Aotearoa.

Conducted in November 2024, the Community Impact Survey gathered insights from over 10,000 library users nationwide. The findings affirm that libraries are not only vital hubs for literacy and learning but also key contributors to community resilience and social connection. "This survey gives Councillors and local government leaders powerful evidence-based insights into how libraries improve lives in their communities" said PLNZ chair Joann Ransom.

Key Findings:

Widespread usage: 90% of respondents borrow physical items from their local library. One third also access digital collections such as eBooks and audiobooks.

Technology Access: 24% use in-library tech services like Wi-Fi, printers and scanners – highlighting libraries' role in bridging the digital divide.

Wellbeing and belonging: 85% said the library increases their sense of happiness and wellbeing. 70% reported a stronger sense of community belonging through their library.

Literacy and lifelong learning: 85% credited the library with encouraging their love of reading. 38% said it directly helped improve their literacy skills. 21% improved their computer skills at the library. Nearly 48% said the library supported their study and learning goals.

Unexpected use cases: Surprisingly 43% of respondents reported using the library for purposes other than the 21 common options surveyed – underscoring the library's role as a flexible, inclusive community space. "this wide ranging use shows libraries are far more than book depositories - they are thriving, evolving community anchors," said Bernie Hawke PLNZ Executive Director.

Full Report at: www.loveyourlibrary.org.nz

NEW SOLAR CELLS CAN HARVEST INDOOR LIGHT

Speaking of technological breakthroughs, scientists in the UK claim to have created indoor solar cells that can harvest enough energy to power everyday electronic devices.

The development, they say, paves the way for electronics, such as keyboards, remote controls and alarms, to be powered by ambient light instead of batteries.

The team at University College London (UCL) engineered a material called perovskite, which is used in outdoor solar panels, to create indoor panels that capture up to six times more indoor light than the best existing alternative.

"Billions of devices that require small amounts of energy rely on battery replacements – an unsustainable practice" said UCL's Dr Mojtaba Abdi Jalebi. "[This development] paves the way for electronics powered by the ambient light already present in our lives."

The perovskite solar cells, he added, are low-cost and use materials "that are abundant on Earth and require only simple processing". They can be printed in the same way as a newspaper," he said. His team are now looking to scale the technology.

Ref: Positive News



Early detection saves lives

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

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📍 183 Powderham Street, New Plymouth
Off-street & mobility parking available.
🌐 www.skinclinetaranaki.co.nz



INOVATIVE NZ COMPANY

The flagship, innovative, ingenious health company that Pharmac has blocked



Oliver Hunt, the chief executive of MedSalv

Medsalv’s business model, of remanufacturing single-use medical devices that would otherwise be discarded, can divert tonnes of waste from landfill and save hospitals real money, writes Ruth Spearing CNZM.

OPINION: During some 40 years as a haematologist, I was always aware of the importance of innovation for progressing things in health. During my time at Canterbury DHB, I came across a company that could make a real difference.

Medsalv is doing what clinicians have long called for: lowering costs by recycling very expensive, single-use devices, reducing waste, improving sustainability, and supporting the economy by employing New Zealanders facing barriers to work.

By remanufacturing single-use medical devices that would otherwise be discarded, it diverts tonnes of waste from landfill and saves hospitals real money. It offers hospitals the option to reuse safely, instead of being locked into the single-use model that benefits multinational corporations and entrenches long, one-way supply chains.

I have rarely seen a New Zealand innovation as clear-cut in its value to the health system — and as inexplicably blocked — as Medsalv. Unfortunately, the way Pharmac has responded to that opportunity paints a grim picture of just how difficult it has become to make a difference in New Zealand healthcare.

Medsalv is one of the most decorated health innovation companies in the country — a winner or finalist of major hi-tech, circular economy, and manufacturing awards. It’s New Zealand’s highest-scoring B-Corp (businesses that have been independently certified for meeting high standards of social and environmental performance, accountability and transparency) and it is the top B-Corp in the world for medical devices.

It saves an average of 41% on the medical devices it remanufactures — money that is desperately needed by Health NZ. Medsalv should be a source of national pride. Australia has already welcomed the company with open arms, with Victoria’s Treasurer opening their new facility there last year.

And yet, somehow, Medsalv is still waiting to be approved by Pharmac’s systems so it can be an effective part of the healthcare system in this country. It’s not for lack of hospital support — that exists. Nor for lack of demand — that’s strong. Medsalv is simply waiting for Pharmac to stop blocking it, the reason being is that Pharmac created its list of suppliers in 2016 with open-ended contracts, and no market processes, therefore preventing new companies from joining.

When challenged on this, Pharmac has specifically refused to list Medsalv’s products over the last seven years, citing nameless “other priorities”.

In any other country, Medsalv would be a flagship example of innovation done right. It aligns with every goal we claim to care about: local manufacturing, environmental responsibility, fiscal discipline, economic development and social impact. It provides jobs. It pays tax here. It helps hospitals deliver better care at lower cost. It solves real problems. And for all these reasons it is reported to grow overseas into Australia by New Zealand Trade and Enterprise - with six figures of funding to date.

We should be paving the way for more innovators like Medsalv, New Zealand companies that help our economy grow – and it is the shame of our politicians if they don’t sort out the failing system of Pharmac. Medsalv should be the blueprint for what we reward in our health system. Instead, it’s being held back by the very agency that should be enabling it.

Dr Ruth Spearing CNZM is a haematologist at Otago School of Health Sciences.

SPANISH BAKE

Author: HFG staff

A simple, satisfying bake with tuna (or another choice), veg and golden eggs on top. It's a no-fuss weeknight dinner you can feel good about!

Very easy to reduce size for 1 or 2 people.

Ingredients

- 1 red onion, finely chopped
- 2 spring onions, finely chopped
- 1 red capsicum, diced
- 3 cups cooked potatoes, sliced
- 2x 400g cans chopped tomatoes
- 185g can tuna/salmon in spring water, drained
- 4 eggs
- fresh parsley, chopped, to garnish
- 6 cups baby spinach dressed with balsamic vinaigrette

Instructions

1. Preheat oven to 180°C/160°C fan.
2. Spray a frying pan with oil and place over medium heat. Add red and spring onions and capsicum and cook, stirring occasionally, for 5 minutes until softened.
3. Add potatoes, tomatoes and tuna, or other, to the pan. Cook for a further 2 minutes.
4. Spoon mixture into a large ovenproof dish, then make 4 wells in the mix and break the eggs into them. Bake for 20 minutes. Garnish with parsley and serve immediately with baby spinach salad.



SWEET POTATO BROWNIES

Author: Chrissy Freer for HFG

Why eat brownies when you can eat sweet potato brownies? Bump up the fibre, nutrition and the yum factor!

Serves 16, Takes 45 mins



INGREDIENTS

- 100g reduced-fat spread
- 200g dark chocolate chips
- 200g baked sweet potato/kumara, mashed (orange flesh is best, baked at 180°C for 30) mins, will yield 200g cooked
- 400g chopped raw sweet potato,
- 1 cup soft brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- ¾ cup flour
- ¼ teaspoon baking powder
- 100g hazelnuts (or other nuts), chopped
- 2 teaspoons icing sugar, sifted (optional)

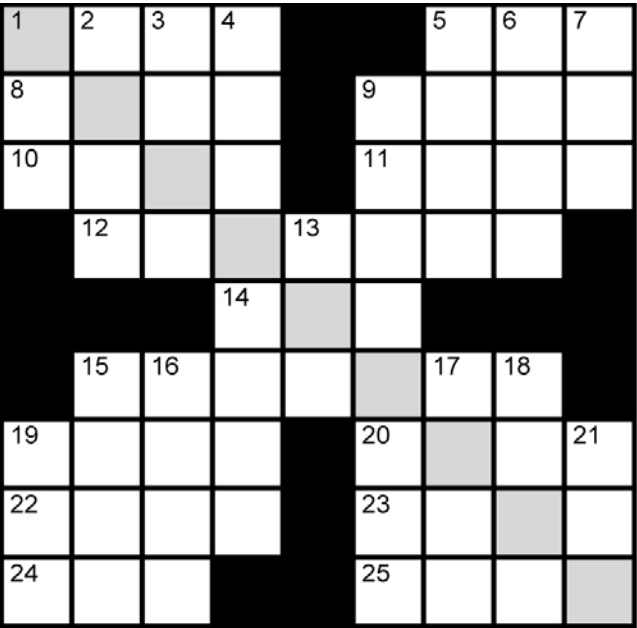
INSTRUCTIONS

1. Preheat oven to 180°C. Lightly grease a square loose-based cake tin and line with baking paper.
2. In a microwave-proof bowl place spread and ¾ of the chocolate chips. Heat until spread is completely melted. Stir to melt chocolate completely.
3. In a separate mixing bowl combine sweet potato and sugar. Mix until smooth. Stir in chocolate mixture, then add eggs and vanilla. Beat until thick.
4. Stir in flour, baking powder, nuts and the remaining chocolate. Pour into prepared tin and bake for 30 minutes or until firm to touch but still slightly moist. Cool completely in the tin.
5. Cut into 16 even-sized squares and sprinkle with icing sugar, if using.

Variations

Make it gluten free: Use gluten-free flour and baking powder and check chocolate chips and icing sugar are gluten free.

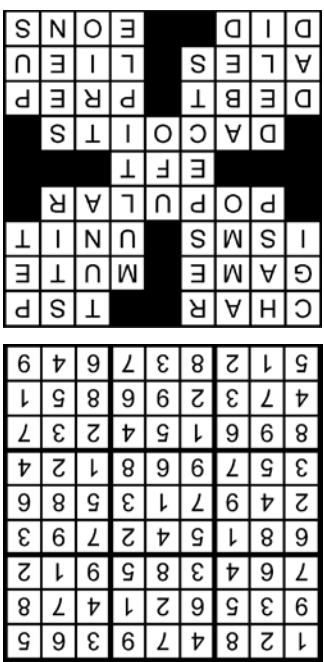
Cozy Blaze



- Across
- 1. Blacken
 - 5. Cooking meas.
 - 8. Charades, e.g.
 - 9. Quiet
 - 10. Doctrines
11. Condo, e.g.
12. Funny song from Wicked
14. Lizard, old-style
15. Wordnik
19. Balance sheet item
20. Get ready, for short

22. Brews
23. In place of
24. "___ not!"
25. A long, long time

- Down
- 1. Special effects letters
 - 2. Door fastener
 - 3. BBs, e.g.
 - 4. Shows consideration and high regard.
 - 5. Charlie, for one
 - 6. Mix
 - 7. Darling
 - 9. Number divisible by another number.
 - 13. Amateur video subject, maybe
 - 15. Kosher ___
 - 16. Lying, maybe
 - 17. Beethoven's "Archduke ___"
 - 18. Caught in the act
 - 19. "Dear old" guy
 - 21. Sign of infections

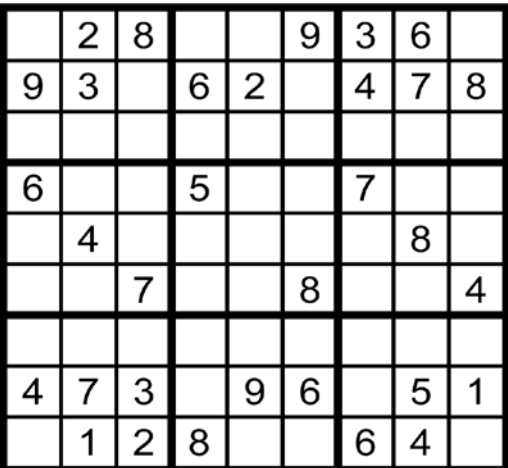


The crossword headline is a clue to the answer in the shaded diagonal

Latin Lingo

- AD HOC
- ALMA MATER
- CARPE DIEM
- CAVEAT EMPTOR
- DE FACTO
- E.G.
- ET CETERA
- ET TU BRUTE
- EX NIHILO
- IN MEDIAS RES
- IN VINO VERITAS
- IPSO FACTO
- MAGNUM OPUS
- NON SEQUITUR
- PER CAPITA
- PER SE
- POST MORTEM
- PRIMA FACIE
- PRO BONO
- QUID PRO QUO
- STATUS QUO

SUDOKU



How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

Chalmers Home is a modern rest home with spark

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

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

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

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

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

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

Uniquely, at Chalmers Home we have six separate 'cottages', 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 a resident needs extra support, they can have peace of mind knowing our dedicated care team can support them.

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



free phone 0508 ENLIVEN

Feel at home

at Enliven's Chalmers Home

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

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



rest home hospital short term respite health recovery

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



How Daily Living Aids Can Help Make Life Easier for Active Seniors

Remaining independent is a top priority for many seniors. Staying active, whether through hobbies, volunteering, travel, or family time, contributes to a sense of purpose and wellbeing. Yet everyday tasks can gradually become more challenging due to reduced strength, flexibility, soreness or balance. This is where daily living aids make a significant difference. These tools are designed not only to help with specific tasks but also to support safety, conserve energy, and enhance overall quality of life.



Practical Support for Everyday Tasks

Daily living aids cover a wide spectrum of simple yet effective solutions. These items help with routine tasks and reduce the risk of strain or injury. For example:

- Ergonomic larger handled utensils making eating and food preparation easier.
- Jar and bottle openers minimise hand and wrist strain.
- Non-slip mats provide stability on counters and tables.
- Lightweight reachers allow access to items on the floor or high shelves without awkward bending or climbing. They're even handy to reach over a sofa to close curtains!

Mobility and Safety

For many active seniors, mobility is central to independence. Walking aids and home safety products provide the reassurance needed to move with confidence:

- Walking aids such as canes, walkers, and walking poles reduce fatigue and extend outings.
- Grab rails in bathrooms and kitchens give extra stability where it's needed most.
- Raised toilet seats and shower chairs reduce strain and prevent falls.

- Non-slip flooring and mats create safer living spaces.
- Conserving Energy for the Things That Matter**
By making everyday tasks less physically demanding, seniors can conserve energy and minimize pain for the activities they enjoy most. Consider:
- Reachers and trolleys to minimise bending or lifting.
 - Bathroom and kitchen aids to ease grooming, cooking, and cleaning.
 - Supportive seating to reduce fatigue during longer activities.
 - Minimizing discomfort by having aids reduce the strain and improve comfort while doing activities.

- Promoting Independence, Not Dependence**
Far from signalling dependence, daily living aids enhance independence. They:
- Reduce reliance on others.
 - Build confidence in daily routines.
 - Provide reassurance that life can be managed comfortably and safely.

- Conclusion**
Daily living aids are not just conveniences; they are enablers of independence, safety, and dignity. For active seniors, they represent the difference between struggling with daily routines and thriving with confidence. By integrating these simple yet powerful tools, seniors can maintain the freedom to live fully, actively, and independently.

- Sidebar Feature:**
Top 10 Daily Living Aids for Active Seniors
(Find these and more at mobilitycentre.co.nz)

1. Ergonomic kitchen utensils
2. Jar and bottle openers
3. Non-slip mats
4. Reachers and grabbers
5. Walking sticks and poles
6. Car transfer aids – car bar handle and/or swivel seat
7. Grab rails for bathroom and hallways
8. Raised toilet seats
9. Shower chairs and stools
10. Supportive seating cushions

Your input needed please

Survey on the wait times for Surgery of Hips, Ankles, Knees & Cataracts: (The Summary will be used in visit to parliament.)

Please can you fill in the following and encourage others to assist too.

Length of wait from diagnosis	What is the surgery for?

We have until the beginning of November to collate this data.
So please do email us on our address greypowernp@gmail.com
OR put in our letterbox at 158 Tukapa St.
OR ring in your data.

Many thanks for your input.

SAY NO TO 'FAT BERGS'

Many people rinse coffee grounds down the sink without realizing they can build up and cause slow drains or full blockages. Ref: BHG

The problem happens when the coffee grounds mix in with other grease and soap residue, causing a thick sludge to form and stick to the pipes. This eventually leads to a build-up that can form a bigger clog that's tricky to remove without a professional plumber's help. This buildup doesn't just stay in your kitchen; it can spread through your whole drainage system and lead to expensive plumbing repairs. And more importantly, this sludge ends up in public drains and costs us millions to unclog.

There are other food items and byproducts that should be disposed of properly and never in the sink such as - eggshells, rice, pasta, dairy products, grease or oil, potato peels and similar products. Many of these can go in our 'food bins', in the garden or compost bins.

Thank you Steve for your constant repair of our computers and phones etc. *You are the best.*

We appreciate your generous input and time given.

Steve - 02 108 164 244



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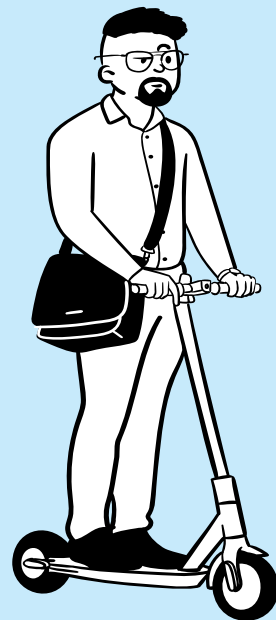


European Nations Looked to Bogs / Wetlands for Security

Finland and Poland are drawing up plans to restore their wetlands to mitigate two looming threats: climate change and Russian tanks. Despite being vital carbon sinks, many of Europe's bogs have been drained to make way for agriculture. But amid an escalating climate crisis and concerns that Russian tanks could roll across the border, Finland and Poland see wetlands as a useful ally and plan to restore them along their borders with Russia.



According to the International union for Conservation of Nature, peat bogs cover 3% of the planet yet hold nearly a third of the world's stored carbon - twice the amount locked away in forests. Scotland is among nations scrambling to restore bogs to mitigate climate change - a mission that got a record \$20 million funding boost this week.



**Hello all
deliverers**

Thank you once again

**Our next Newsletters
will be due:
25th February 2026**

**Bell Block bundles ready
by Friday 25th 1.00pm in
the Warehouse carpark.**

**Waitara Newsletters
ready by 12.30pm**
Also at the Community House in Waitara.

If you fall short of some call at the local libraries as they have a bundle there too.

**Should you not
be able to deliver
PLEASE ring the
office 06 757 5885.**

Thank you. Agnes

REMEMBER

1. **General Meeting** 27th November 1.30pm
6. **Garden Tours** 6th November. Book as early as possible.
7. **Morning Teas**
1st Mon of month 10am Aromas, New Plymouth
2nd Tue of month 10am Winsor Cafe, Inglewood
2nd Fri of month 10am Community House, Waitara

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 late February.

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 24 of this newsletter and fill it in. Payment methods are at the bottom on the left hand side.

NEXT MEETING

**Thursday
26 March 2026
1.30pm at Barclay
Hall 158 Tukapa St**

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caring specialists**



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and operated
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Central Audiology Taranaki

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

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

We're here to help.

Editorial supplied by Central Audiology Taranaki



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

