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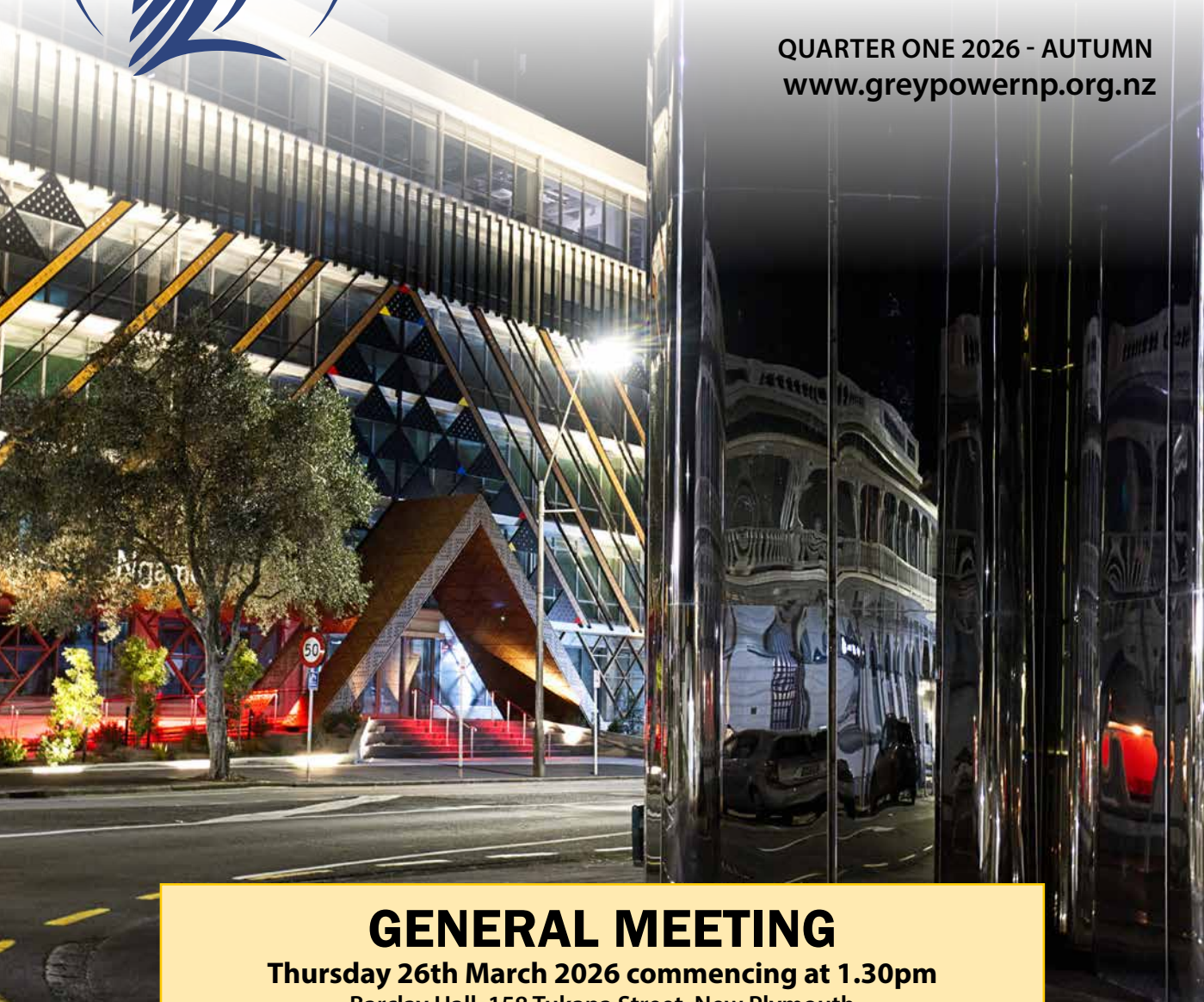


Grey Power

NEW PLYMOUTH ASSOCIATION INC

QUARTER ONE 2026 - AUTUMN

www.greypowernp.org.nz



GENERAL MEETING

Thursday 26th March 2026 commencing at 1.30pm

Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER

Carleen Broughton | Health Care N.Z.

and Access Ability

(Do come and hear what is being provided for your needs)

We look forward to receiving your subscriptions as the end of the month approaches. Please read the printed page in this newsletter on “Renewal of Subscriptions” included. *Thank you all.*

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 2026 - 2027:

PRESIDENT: Agnes Lehrke 021 022 98721

SECRETARY: Sharon Mace

TREASURER: Carol Cowling

REGISTRAR: Fleur Pepper

COMMITTEE:

GRANTS & FUNDRAISING: Don McGhee

DISTRICT & REGIONAL COUNCIL: Roger Hawkins

DISCOUNTS & MEMBERSHIP GROWTH: Kevin Hartfield

HOSPITALITY: Sue / Priscilla / Elizabeth / Helana

NEWSLETTERS: Agnes / Fleur

SAUSAGE SIZZLE TEAM: Sue, Glenda / Suzanne

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.

Disclaimer: The information contained in this publication is given on good faith and has been derived from sources believed to be reliable and accurate. Neither Grey Power New Plymouth Inc. nor any person involved in the presentation of this publication accept any liability whatsoever for its contents including advertisements, editorials, opinions, or for any consequences or from its use.

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Please refer to our website for disclaimer.

LEADERSHIP WORD

We have enjoyed a lovely sunny summer for the most part and also the hotter days. No doubt many have experienced time relaxing over the holidays that bring gatherings of family and friends closer. Regretfully though there were the tragedies and these cause us to realise how precious life is.

It is time to glimpse our year ahead and what we can achieve together with Grey Power Association. To be involved with an Association makes it truly uplifting for us all. What we give we reap in many ways to the benefit of all.

Our General Meeting on March 26th will hopefully give us insight into what is available Health Care wise should we require this. It is better to know what is available and how to access this home based care and the Assessment processes that go with it.

In May we have our AGM and hopefully time to pause and assess the half yearly progress Grey Power has made so far. If you feel like being part of our committee team or taking leadership please get in touch prior to this AGM which is on the 28th of May it certainly would be most welcome.

We are requiring a few interested people to organise our travel trips please. A team makes it all lighter work and being in a team share the load. So do please take up the cause if possible. We meet on two/three monthly basis or as necessary, to touch up initial planning. RING THE OFFICE 06 757 5885 OR 021 022 98721 Thank you.

In 2025 we received a high number of advocacy applicants. The need for support and most often the listening ear is always high on our agenda. This is and always will be our top priority and what Grey Power Stands for. We are not experts but we do know to direct those in need to professional assistance. It is good to be available to listen and reassure.

We continue on with our Sausage Sizzle Fund raising which has good outcomes in financial assistance. We may try the New World Supermarket venue if all works out well. Mitre 10 venue has been quite successful for us and the company offers us good support. We are

always keen to learn of other means of fund raising if there are any ideas to hand.

Thank you to Toi Foundation for their \$600.00 grant in December and also to the **Taranaki Foundation** for the \$500.00 donated in September/October. 2025. We were fortunate to receive these giftings, especially when there are such high numbers of applicants.

Go well and we will hopefully see you at our next Meeting in March if not before. Thank you all wonderful members.

Agnes and your Committee

Front Cover photo:

The photo on the front cover was taken by Steve Green who has cleverly captured three buildings on one image. I'm not sure what you would call this type of photography but it is very clever.

Steve has captured Ngamotu House, the White Hart Hotel and also the Art Gallery all in the one image. Quite an achievement.

Many thanks Steve, this is truly unique and an awesome photo.



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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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Unsure where your next meal is coming from?...

Here are some options...

Daily, (except Sunday) 10am-9pm
Waimanako Taranaki Retreat Hub,
 33 Devon St Plaza (suggested koha)

Sunday - Dinner - **City Life Church**
 24 Egmont St (old RSA)
 Dinner 5.30pm. 2 course meal.

Monday - **On the House.**
 24 James St, Presbyterian Church
 24 Lawry St. Moturoa 5-6pm
 (redistributing quality surplus food, bring a bag)

Monday, Wednesday and Friday, NP Community Food Bank
 40 Vivian St (behind Peace Hall)
 12.30-2pm. 06 758 2757.

Tuesday - Taranaki Cathedral Community Breakfast
 opposite the Cathedral Church,
 37 Vivian St in the Peace Hall
 7.30-10am - last orders at 9.45am

Tuesday -St Joseph's Catholic Church Hall
 on Devon St (down from the clock tower)
 Weekly dinner. 5.30pm for 2 course meal.

Tuesday and Thursdays - Salvation Army Foodbank
 cnr Powderham and Dawson St.
 Tuesday and Thursday 10-12 noon.
 For appointment, please ring 06 758 9338.

Thursday - On the House, redistributing quality surplus food. 5-6.30pm at 10 Henui St Community Hall next to the Holy Trinity Church.

If anyone knows of other services, please contact me if you would like your service included.

Gordon Hudson: 021 133 7244

Changes/benefits to prescriptions

From 1st February, New Zealanders will benefit from a major improvement in medicine access, with the Government extending the maximum prescription duration from 3 months to 12 months to make managing long-term health conditions easier and more affordable.

What's changing?

Currently: Most prescriptions are limited to 3 months. Patients must return to their prescriber for repeats.

From early 2026: Prescribers can issue prescriptions for up to 12 months, if it is safe and appropriate.

Medicines will still be dispensed every 3 months from pharmacies.

What it means for you: Your doctor will decide if a 12-month prescription is appropriate based on your health. You'll still pick up your medicines from a pharmacy at least every 3 months, but you won't need to return to your doctor for a repeat prescription each time.



I took my suit to the drycleaners, and they wanted to charge me \$15.00.

So, I gave my suit to the charity shop next door.

They cleaned and pressed it and put it in the window.

I bought it for \$4.50.

MARCH RAFFLE



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

What's happening In Touch

* Information correct at date of printing. Please refer to our website for the latest information.

TARANAKI
THE ANZAC DAY CLASSIC
 SATURDAY 25 APRIL
 STADIUM TARANAKI
 TICKETS ON SALE NOW

Logos: NZRPA, TICKETEK, NPDC, NEW PLYMOUTH event venues

Speak at our Public Engagement Committee

Talk directly with councillors about the issues that matter to you. Next meetings are:

Wednesday 8 April 2026, 5:30pm
Wednesday 3 June 2026, 2pm

Email governanceteam@npdc.govt.nz to book.

See more at npdc.govt.nz/haveyoursay

50s Forward
 Gym classes | 9am-10am | Mon, Wed and Fri

Aquarobics
 Shallow 9am - 10am | Mon, Wed & Fri
 Deepwater 9.15am - 10.15am & 5.50pm - 6.50pm | Tues & Thurs

06-759 6060
npdc.govt.nz

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npdc.govt.nz/emailrates

9-18 JULY 2026

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 Follow us on NewPlymouthDistrictCouncil Antenna



GREY POWER TRAVELS for members 2026

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 .

9 APRIL 2026 the Rabbit Hutt: Cost: \$40.00

We would like to visit the **Rabbit Hutt in Waverley** to view the latest farm set up there. This farm venture is organised by the McAree family to offer the community the farm visit with animals fruit and vegetables grown and sold by them.

There is a shop available and place to not only buy veggies but also have lunch. The latest venture is the ice cream machine a popular item on hot days. A playground for children and farm industry of vegetable paddocks.

Such an interesting, different visit for us to enjoy.

Would be good to pop into the Patea Museum on return and the cheese factory shop in Eltham on way home.

Leave 9.00am. Hope to return by 4.30pm

Suggested further Travels:

Airport Discovery

See the historic plane the Catelina in nearby hanger. Continue to the main Airport and learn the story about the central building. Find out about routine proceedings. Also, the history of our airport.

Lunch at Ngamutu Golf Course Centre. Continue on to interesting travel to local business a huge Glasshouse producing vegetables for the supermarkets. Then home. This is hoped to take place in June. Further information available in the May Newsletter, including cost and practical extras.

Our Midwinter Dinner also to choose a venue and date that is hopefully suitable near end of July or early August.

Let's have your input please!

The Wedding Tree at Hurworth



Saxton Road Gardens

Pukeiti Visit



The lazy Lizard at Pukeiti

Common Sense

How we miss good Common Sense. A practical companion of the past.



We remember having cultivated such valuable lessons as to when to come in out of the rain, why the early bird gets the worm, why life isn't always fair and maybe it was my fault.

Common Sense lived by simple, sound financial policies (*don't spend more than you earn*) and reliable parenting strategies (*adults, not children are in charge*).

Things began to deteriorate rapidly when well intentioned regulations were set in place. Conditions worsened after reports of sexual harassment were sort when an 8 year old boy kissed a classmate, teens suspended from school for using mouthwash and a teacher fired for reprimanding an out of control child.

Common Sense further lost ground when parents attacked teachers for doing the job they themselves failed to do in discipling their unruly children. Common Sense lost the will to live as the ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims. Common Sense finally gave up the will to exist after a woman failed to realise a steaming cup of coffee was hot. The hot coffee spilled a little on her lap and she was promptly awarded a huge settlement.

Common Sense was preceded by its parents of **truth and trust, discretion and responsibility and finally reason.**

All was taken over by "*Know my rights; Someone else is to blame and I'm the Victim.* Hopefully you are one that still remembers the days of Common Sense.

Waitara, Urenui, Mokau Membership Cards:

Please note the cards for these members have been sent through to the Waitara Community House.

**The House is open almost daily
9.30am - 2.00pm**

A **duplicate copy** is now at our office should these members come in to our Tukapa Street office, New Plymouth. (In the front of the label folder.)

So wherever you pay your subscription the appropriate card will be there.

Thank you. Agnes



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 matthew.okelly@techcompass.co.nz

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The Return

It stand as I remember, although it appears smaller now,
but everything seems large when you are young.

My eyes gaze at the roof, where once the grey slates shone, fitting tight
like a steel helmet. Moss and grass now appear in clusters between the cracks.
The chimney proud and strong bellows welcoming smoke signals to me.

Windows with torn smoke stained curtains hide the face within.
Reaching the door I raise the latch. There she is, as always, grandmother.
Sitting in her chair, faded blue eyes reach mine. Lost years are spent, again we are as one.

A huge black range fills the room with heat and splendour. A big copper
kettle sings as if to say "Do stay for tea". Against the whitewashed
wall stands the big brown dresser. On this, huge blue plates relate the
story of the willow pattern. Jugs in various sizes stand upright like soldiers straight and true.

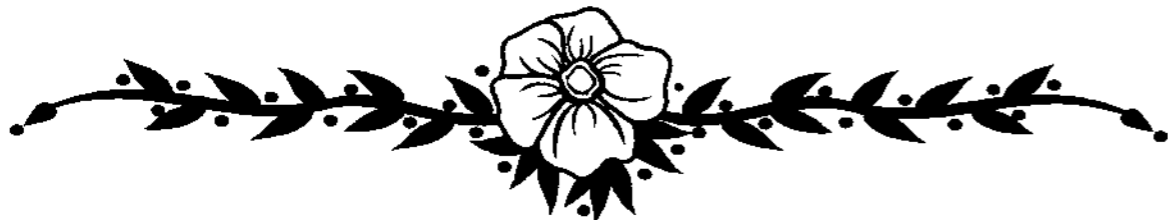
My room still has that smell of mothballs. With each drawer I open
I hear the offenders move from side to side. Nothing changes, feathers fly from
the eiderdown as weary bones lie down to rest.

Next day my senses awake to the smell of bacon and fried eggs, drifting
under my door. Rushing downstairs passing the old clock on the wall.
A face that has now shown so many generations the passing of time,
seems now in need of a good coat of paint.

Springs brings the sleeping beauty back to earth again. Lanes where
snow had so heavy laid, now burst forth with shy violets, primroses
growing in small family groups, blinking, not quite open, still awaiting
the warm Sun.

I now stand gazing at trees that once seemed like Mount Everest.
Winds brush my face as I listen to the birds going about their Spring business with love and Song.

Mary Ira White



Goodbye Copper Hello Modern Phone and Internet

We are told copper network has played it's part for Kiwi's
communication network. Now it is time for the new life
technology such as fibre, wireless and satellite ability to deliver
fast and reliable phone and internet over the next few years.
Chorus is retiring copper network from service.

Switching to an alternative, with fibre available to over 87% of
the country, recent improvements in speed and performance of
satellite services and wide range of wireless offerings, we have
until the end of 2026 to change.

We are told you can keep your landline which will run over an
internet connection. Also keep your number. So WiFi calling is
available also. How efficient this will be is the issue.

Power outages can be a challenge, so it is good to know what
back up options to have available.

Of course these changes can be a challenge and often we are
faced with technicians that we can't actually understand. This
isn't prejudice but fact. So it would be good to have some
special explanations and ideas given us for this changing period.

Since Chorus are the service people to attend to these changes,
should we try to have them come and explain future changes



and find out what we need to know
about these issues before hand. It is
always better to have a little knowledge
to prepare ourselves.

It is always good to ask when faced
with changes. Perhaps have the written
statements to go with procedures and
preparations.

Whilst this may be useful for some
yet to face the issue, for others it is an
after thought but there are still ongoing
points that we need to have clarified.
Even with switches to a cell phone .



Do you experience any of the following symptoms?

- Raised, twisted or bulging veins?
- Leg pain/tenderness?
- Dry, itchy, stained skin?
- Swollen ankles?
- Cramp & restless legs?
- Varicose eczema and ulcers?

You may benefit from a **FREE** initial varicose
vein assessment* with our specialist team.

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contact us today!

skinclinictaranaki.co.nz

*Conditions apply

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The Festival of the lights

Photos by Steve Green



Next stop: Buses, but better

New Taranaki bus routes
and timetables start 7 April



tepahi.govt.nz

SCAM ALERT

Callers pretending to be from TSB

TSB is seeing an increase in scam activity and want to help you stay safe. Currently there is a scam involving perpetrators to be TSB staff members.

The scammers use fake (spoofed) phone numbers to make the call look as though it is coming from a TSB phone number. The scammers can sound convincing and try to trick you into sharing personal information that could then help them gain access to your accounts.

What scammers might do:

- Claim your account isn't safe
- Tell you to delete the TSB mobile app
- Ask you to share one-time codes (2FA) or passwords
- Request details such as your customer number or card info
- Try to regain remote access to your device

What TSB staff will never do:

- Ask you to read one-time codes out loud
- Ask you to share your online banking or app login details
- Ask you to delete the TSB Mobile app
- Ask for your full card details
- Ask for remote access to your phone

What you should do if you receive a suspicious call:

If someone calls you claiming to be from the TSB and asks for anything under the above heading of 'What TSB staff will never do' hang up and call us immediately on 0800 872 226.

Remember... you're never required to answer questions or stay on a call if you are feeling uncomfortable. Hang up and call us back using the number listed on our website if you are unsure.

Tips to keep your personal information safe:

Cold call scams often use details previously stolen. The scammers then pose as trusted sources (such as bank staff) to trick you into sharing further personal information. Help protect yourself by following these tips:

- Never share your banking login details or one time codes
- Be cautious of emails or texts asking you to click links or share sensitive information
- Check the sender's email address and hover over any links to verify any communication
- Keep your devices secure with up-to-date software and antivirus protection
- Always use official, publicly listed contact details, to verify any communication

For more scam alerts and security tips, please visit the TSB website. If you think your account could be compromised, please call the TSB on 0800 872 226.

Can you assist please?

1. **Travel Group** require assistance with the Travel issues. Only takes a half hour every so often thank you. Bigger planning once year in October.
2. **Sorting newsletters** for delivery. Four times a year at office. Takes about one hour if organised. Just bundle according to printed list and put in appropriate bag.
3. **Delivery relief.** At times deliverers get sick or are away. Can you fill in for a oncer? The Delivery is listed to certain streets and drop in letterboxes. This occurs 4x a year. But for temporary replacements = once.
4. **Assisting with Advertising** at Market Day on a Saturday for 2hrs only. 10.00am-12.00pm. We advertise Grey Power to gain further members. A very quiet easy job. Not necessary to have to explain much but have Flag up, and Newsletters and leaflets available. We need to be seen. Support with training for is certainly available.
5. **Office days.** We require some assistance in the office to spend 2hrs for coverage. Wednesday or Fridays. Either 9-11am 11-1pm. Or to do just occasional relief. Training available of course. Just follow list of know hows.
6. **Do you have some ideas** to share on how we can offer more time together at Barclay Hall. Since we have it's free use most afternoons why can't we get together for regular ??? somethings ??

Thank you in anticipation. I do hope you can consider these many regular chances to assist or one off occasions. It is when we work together that we make our Association stronger.
Agnes. 021 022 98721
or the Office 06 757 5885

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 Windsor 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

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



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.

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.

Tips on Donating your Treasures

- Make sure the item you want to donate is in good condition?
- If you are currently clearing out your wardrobe, remember clothing donations don't have to be seasonal.
- Before donating clothing, ask yourself, "would I buy this if I saw it in a charity shop."
- If the answer is NO, then it probably shouldn't be donated.
- Remember Charity shops are non-profit organisations
- They rely on volunteers so sewing a button a seam hemming trousers or fixing any type of defect in the item would be really appreciated.
- If repair is not possible maybe with a little imagination the item could be turned into something new.
- Upcycling can be fun and satisfaction gained in the creation of someone else's Treasure.

Charity Op Shops rely on your generous donations of good quality clothing and household items.

Your second-hand goods will help people in need in communities everywhere.



SUSTAINABLE
TARANAKI
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Goods which can't be reused should be taken to one of the Transfer Stations below:

- Enviro Waste New Plymouth Transfer Station
- Inglewood Transfer Station
- Okato Transfer Station
- Tongaporutu Transfer Station
- Waitara Transfer Station
- Green Waste

Please see URL below for more details.

<https://www.newplymouthnz.com/Residents/Your-Property/Zero-Waste-Recycling-and-Rubbish/Transfer-Stations/Transfer-Stations>



Te Kaunihera-ā-Rohe o Ngāmotu

New Plymouth District Council

Charity Op Shop Guide Map

Your guide to Taranaki's best pre-loved treasures



Clothes
Books
Furniture
TVs
household items
musical instruments

Map and Guide



Bicycle's / mobility scooters / Cameras
exercise equipment / Plants
Curtaining/Material / pre loved toys

If your items are in good quality condition and looking for a new home. Take them to any of the charity shops listed on pages 16 and 17.



Forum with Minister Costello

Come and hear what the Minister for Seniors has to tell us.

**5th May 2026
1.30pm
At The Plymouth Hotel
In the Blenheim Room**

**Spend time
Listening
Discussing issues
Informing the Minister
of our Needs.**

Plenty of parking in the grounds and near by.
Cuppa afterwards if you wish.

**Don't miss this
welcome opportunity
to attend and hear our
Minister for Seniors.**

How special is your birthday, really?

Your birthday, your special day. But how special is it?



According to Reader's Digest, about 20.8 million people worldwide share the same day of their birthday, if not the precise day and year. But that's actually an estimate. Seems no one has actually done the research.

However, we do know what are the 10 most common birthdays in the U.S. and all but one are in September, the most common birthday month.

The first top five are all in September. They are, in order starting with the number one most common birthday: 9, 19, 12, 17, and 19.

The sixth most common birthday is July 7.

The seventh through 10th most common birthdays are all in September: 20, 25, 16, and 18.



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Off-street & mobility parking available.
- 🌐 www.skinclinetaranaki.co.nz
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Retirement Villagers Residents Association

Today we attended one of the 8 Village Forums for the Retirement Village Residents here in New Plymouth. **Brian Peat** the president for RVRA is giving the lectures which clearly spelt out the areas of urgent attention. It was very good to see residents so interested in the actual reality of unfairness within the villages. We appreciate the tremendous work that Brian and his team have been doing against all odds. But we as residents also need to raise our voices.

There are three major areas that need addressing;

- 1. Fair time frame for residents/estates to receive their Capital Sum when moving out of the villa/units. Currently 12 months is proposed by Government. The RV Residents Association is requesting 3-4 months.**
- 2. Review Must apply to all existing residents and not just new or future residents.**
- 3. A proposed Timeframe for the review of the Act. This must happen within 12 months of the Select Committee proposals.**

Is it because we are elderly that this action by parliamentarians is lacking? If not then is it not so important to them? Are they too busy? It is election year granted and many major issues are no doubt requiring resolve, so why not clean this one up and be done with it.

When you think back to the formation of Grey Power New Zealand it was because of the reaction of the elderly at that time that stirred action which no one evidently thought possible. As was said later “don’t mess with the elderly” because seniors certainly raised their voices and demanded they were heard. That got the right response though. Therefore Grey Power was founded, known then as the Superannuation Association. An advocacy group for seniors.

So are we going to allow this treatment of Villagers to continue or raise our voices again. We can write to M.Ps data is available to promote this. We can email or ring M.Ps. Together we can push for change and demand a fairer process.

You may say this has nothing to do with those not living in retirement villages,.. BUT you could still be part of helping others. Your friends or relations in Villages for instance. For any interested advocates, do contact Grey Power if you wish for help to get this reaction either across to these M.Ps or P.M. We have provisions for this.

06 757 5885 or 021 022 98721 | Together we can do this.

Charity Shops
New Plymouth

- 1 Hospice Shop 27/37 Katere Road 06-758 8647
- 2 St Vincent de Paul 573 Devon Street East 06-758 6740
- 3 The Junction Colson Road, Waiwhakaihō 0508 238 837
- 4 St John Op Shop 292 Devon Street East 06-758 8857
- 5 Salvation Army Family Store 139 Gill Street 06-758 9339
- 6 Red Cross Shop 18 Gover Street 06-757 2610
- 7 Stop In Op Shop 37 Vivian Street 06 758 3111
- 8 SPCA Op Shop 253 Devon Street West 06-758 8716
- 9 St James Bargain Basement 26 Lawry Street 06 751 2644
- 10 Super Swap Stop 41 Clearmont Crescent 027 610 8365
- 11 Hospice Shop 116 Tukapa Street 06-753 8640

Charity Shops
Waitara

- A Hospice Shop 41 Princess Street 06 242 1006
- B The Waitara Project Inc 8 McLean Street 06 754 7014
- C Salvation Army Family Store 21/23 McLean Street 06-754 3065
- D St Johns Op Shop 41 Domett Street 06-754 7710

Charity Shops
Inglewood

- A St. Andrews Nearly New Clothing 39 Rata Street
- B Inglewood United Church 30 Brown Street 06 756-6675
- C The Mamaku Centre 6 Mamaku Street 06-756 6339

Charity Shops
Stratford

- A Hospice Shop 36 Miranda Street 06-765 0900
- B Salvation Army Family Store 308C Broadway 06-765 8504

Charity Shops
Opunake

- A St Pauls Op Shop 41 Tasman Street 027 327 3978

New Plymouth

Waitara

Inglewood

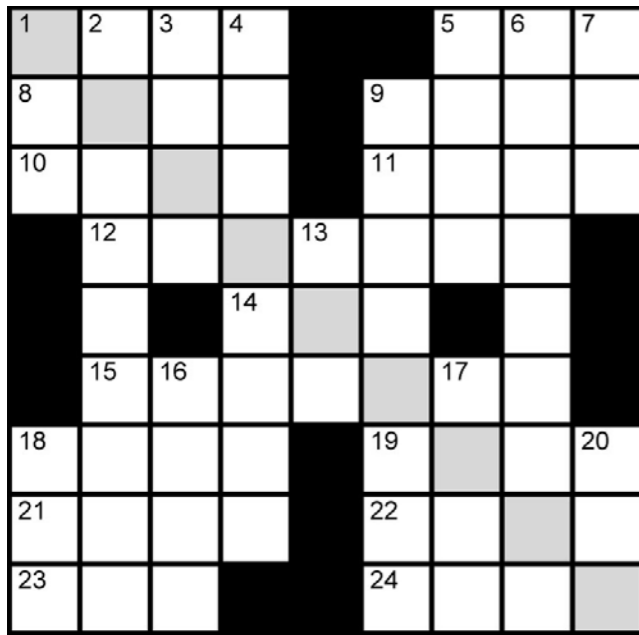
Stratford

Opunake

Pets bonds: what's changed for renters

Good news for pet lovers who rent: new tenancy rules will give renters more certainty and confidence when thinking about bringing a pet into their home. In the new rules implemented on 1 December, landlords can still require written consent for a pet, but they can only decline a request for specific reasons based on practical factors — such as whether the home is suitable for the animal, or if local bylaws don’t allow certain pets — rather than personal preference. Landlords will be able to request a pet bond of up to two weeks’ rent, and may set reasonable conditions such as carpet cleaning at the end of the tenancy. This helps give landlords confidence while giving tenants more opportunity to enjoy the companionship of a pet.

Quick Pic

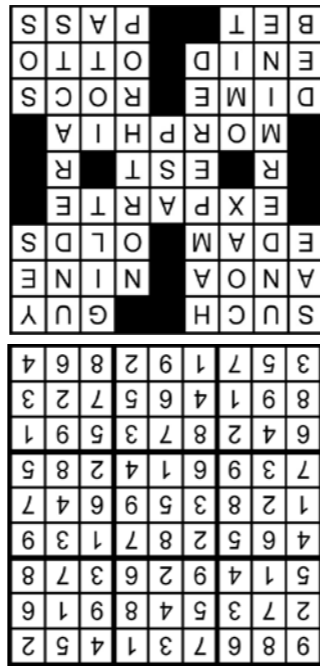


- Across**
- 1. Similar
 - 5. Chap
 - 8. Celebes ox
 - 9. Opening time, maybe
 - 10. ___ cheese
 - 11. Cutlass, e.g.
 - 12. From one side only
 - 14. "C' ___ la vie!"
 - 15. Narcotic

- 18. Kind of store
- 19. Enormous birds of myth
- 21. "Idylls of the King" character
- 22. "Beetle Bailey" dog
- 23. "Wanna ___?"
- 24. Hail Mary, e.g.

Down

- 1. Ed.'s request
- 2. Sabotage
- 3. Cajole
- 4. Impeded
- 5. Gold-plated
- 6. Restrained stage performances
- 7. "Absolutely!"
- 9. A chemistry Nobel: 1946
- 13. Death on the Nile cause, perhaps
- 16. Leave out
- 17. Bit
- 18. Center of a ball?
- 20. "Help!"



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

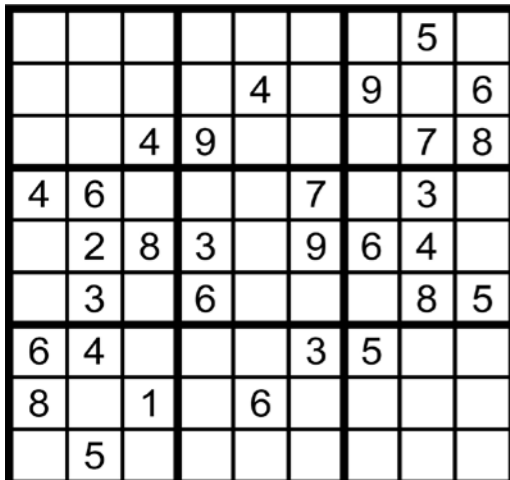
Country Singers



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.

- CONWAY TWITTY
- EDDY ARNOLD
- ELVIS
- EMMYLOU HARRIS
- ERNEST TUBB
- FRED ROSE
- HANK SNOW
- JIMMY DEAN
- JOHNNY CASH
- KENNY ROGERS
- KITTY WELLS
- PATSY CLINE
- RAY CHARLES
- RED FOLEY
- RICKY SKAGGS
- ROY ACUFF
- ROY CLARK
- ROY ROGERS
- TEX RITTER
- THE JUDDS
- WAYLON JENNINGS

SUDOKU



CHEESY VEGETABLE RAMEKINS

Somewhere between an individual soufflé and a quiche, these are a delicious way to jazz up leftover cooked vegetables.

Serves 1 - Preparation Time 25 Minutes

Ingredients

- Eggs, beaten – allow one per ramekin
- Breadcrumbs – allow ½ slice of bread per ramekin
- Grated cheese (any kind) – allow 1 tbsp per ramekin
- Left-over cooked vegetables, finely chopped – allow 1 tablespoon per ramekin (see note)
- Salt and pepper, to taste
- Herbs (optional) – allow a pinch of dried herbs per ramekin or about a teaspoon of very finely chopped fresh herbs

Method

1. Preheat the oven to 200°C.
2. Using a food processor, whizz the bread into crumbs. Add the cooked vegetables and whizz again – it should take only a second or so to shred the vegetables finely – you're not aiming to make a paste.
3. Transfer the mixture to a bowl, season, and stir in the eggs and cheese, and fresh or dried herbs if you're using any.
4. Grease the ramekins very thoroughly. Fill the ramekins with the mixture, allowing about half a centimetre at the top for them to rise.
5. Place them on a baking tray (they're less likely to tip over this way, and the tray will also catch any spillage) and bake for 15-20 minutes until risen and golden.



Lemon and vanilla cheesecake



Healthy Food Guide makeover to produce a lower calorie and lower saturated fat version.

Serves: 8 Time to make: 1 hr 15 mins

Ingredients

- 250g (1 tub) ricotta
- 400g (2 tubs) quarg
- ½ cup castor sugar
- 1 teaspoon vanilla essence
- zest and juice of lemon (or less to taste)
- 2 eggs
- 150g low-fat biscuits, crushed into crumbs (we used Vitalife digestives)
- 50g reduced-fat spread, melted
- 300g berries, frozen or fresh
- 2 tablespoons sugar

Instructions

1. Preheat the oven to 150°C. Combine the biscuit crumbs and butter in a bowl and mix together. Press the mixture into the bottom of your pan and set aside.
2. Mix the ricotta, quarg, eggs, sugar and vanilla in a large bowl with a hand-held kitchen mixer. When well mixed, add the lemon zest and juice. Pour the mixture into your tin and place in the oven. Cook for 30-40 minutes for a large cheesecake, or 20-25 minutes for small. Turn the oven off and leave the cheesecake in the oven until completely cold (this stops the top cracking).
3. To make the topping, put the berries in a bowl and sprinkle the sugar over the top. Set aside for 30 minutes or so. The juice should run out of the berries as the sugar dissolves. Take half the berries and push through a sieve to make a smooth sauce. Or, if you're okay with seeds, just blend for a minute or so.
4. To assemble, pile the whole berries on top of the cheesecake and spoon the sauce over the top.

Quarg is a fresh soft cheese related to yoghurt, cream cheese and cottage cheese, with the consistency of a spreadable paste. It has less butterfat than cream cheese but more than yoghurt and cottage cheese, so it's useful in desserts in the place of cream cheese.

ABOUT GREY POWER

For those of you who are not Grey Power members, you may wonder how we started and what our purpose is. SO:

Way back in 1986 people retired at 60 and the government were urging people to put away extra savings for their retirement – which a lot did. Suddenly the government announced that there would be a tax on those savings when they retired. I remember because it adversely affected my parents. There was an enormous outcry with the overall feeling of unfairness and of being duped. In Auckland, huge numbers of those affected took to the streets in protest, meetings were called and ministers taken to task.

Needless to say, because of the relentless pressure by a group called The Auckland Superannuants Association, the surcharge/tax was repealed. Out of that fight for justice an organisation called Grey Power [GP] was formed. The success of that group made other people around New Zealand feel that there ought to be similar groups and ever since then, 70+ Grey Power Associations have kept a watching brief on laws and policies that may be detrimental to older citizens, and to protect the National Superannuation.

Over the last 39 years there have been many gains when GP has singly or with other organisations, established better policies and conditions for retirees and also those nearing that age. An array of health issues and benefits have been achieved

such as free prescriptions, free vaccinations for shingles, influenza, extended the age for free screening, reduced doctors' fees and more.

A major milestone was working together with Winston Peters to establish a fully funded Super Gold Card. We keep lobbying to make sure the funding for this continues and it has become the most widely used discount card for seniors. Issues that we are working on and putting in submissions – driver licence test for 75+, age care provisions, review of the Retirement Village Act '03, the Therapeutics Bill and many others. We advocate on the cost of living so those who are reliant on National Super are able to live their later lives with dignity. Also to increase the accommodation supplement, increase the cash asset allowance and reduce the tax to zero on the first \$10k.

When you join Grey Power, you join a body of some 45,000 people who want fairness, well-being and dignity for all of us as we age. GP is now made up of 70+ autonomous associations throughout NZ run entirely by volunteers and they are all overseen by a Federation body with a Board of volunteers who are tasked with travelling to Parliament to meet with ministers and other influential people or groups. Part of your membership fee goes directly to the Federation to help pay for travel and other expenses.

Our purpose is to make the wider community aware of the value of older people and their importance in society as a whole, to educate and inform organisations, institutions, other bodies and the public of the needs of the older person and their ability to contribute to the community, and to cooperate with any other organisation carrying out charitable work similar to that of Grey Power.

Courtesy of Manawatu Assn

THE DEPARTING AGED CARE COMMISSIONER says the government does not have a proper plan for the health of our ageing population despite data showing that in three years, there will be 1 million people aged 65 years or older living in New Zealand. Carolyn Cooper finished her job at the end of August 2025 - three and a half years into a five year term, in which she has been outspoken about the need for better aged care beds for older people, particularly in rural and provincial New Zealand. She's also drawn attention to the workforce shortages in aged care, long wait times for older people seeing GPs and a lack of home and community support services.

[Grey Power is eagerly awaiting to hear who her replacement will be as the board has worked closely with the Commissioner in the past.]

BLIND PEOPLE WERE ABLE TO READ AGAIN

This week's good news roundup



'Revolutionary' implant enables blind people to see

In a medical breakthrough that sounds like the stuff of science fiction, blind people have been able to read again thanks to a revolutionary eye implant.

The microchip was inserted under the retinas of 38 blind people as part of a landmark global study, the results of which were published this week. All those taking part had untreatable age-related macular degeneration, which is the leading cause of blindness for over-50s and affects some five million people worldwide. For 84% of participants, the device enabled them to see again.

"I was an avid bookworm, and I wanted that back," said Sheila Irvine (main image), who took part in the multi-country trial at London's Moorfields Eye Hospital. "It was dead exciting when I began seeing a letter. It's not simple, learning to read again, but the more hours I put in, the more I pick up. It's made a big difference. Reading takes you into another world, I'm definitely more optimistic now."

Designed by US-based Science Corporation, the chip is paired with a set of video recording glasses, which transmit live footage to a pocket computer that converts the footage into an electronic signal. This signal is then beamed to the chip, which sends it through the retinal and optical nerve cells and into the brain, where it is interpreted as vision.

"In the history of artificial vision, this represents a new era," said Mahi Muqit, senior vitreoretinal consultant at Moorfields. "[It has] has never been done before."

Ref: Positive News

WHAT CAN I DO IF MY GP (Doctor) WON'T RENEW MY LICENCE?

Some members have asked that if their GP gives them a mandatory cognitive test which they fail, and refuses to give them a medical certificate, can they appeal?

After consulting with NZTA, the short answer is that the legislation does not provide an appeal to NZTA. However, just like with any medical opinion, a driver who is not issued a medical certificate for licence renewal is able to advise their GP that they will seek another medical opinion. Should the driver be issued a Medical Certificate by the second GP, they can take it to a Driver Licensing Agent (e.g. AA, VVTNZ) and there will be a referral to the NZTA Driver Safety (Medical) Team prior to a final decision being made.

An alternative approach for someone failed with the cognitive test is to request if they can resit the test at a later date, or if they could be referred for an On Road Safety Test which is free of charge for those aged 75 or over. An alternative is a referral to an Occupational Therapist, but the cost is likely to be between \$800 and \$1500.

Since some of these processes take time, we encourage our members to start preparing for their licence renewal well in advance of their qualifying birthday – NZTA are reminding licence holders that the rules allow licence renewal up to 6 months prior to your birthday.

David Marshall

National Vice-President Grey Power NZ Fed Inc



Renewal of membership subscriptions

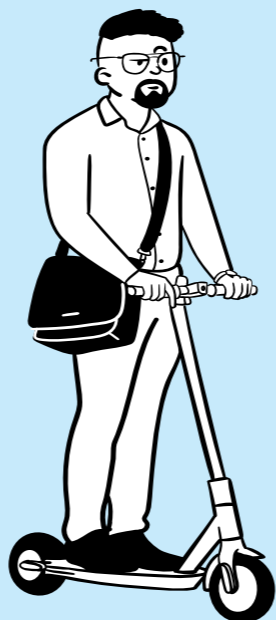
It is perhaps time to check out how we renew our membership subs and when is time to do so. We are still receiving renewal late November each year which is too late do so.

- HOW to renew is on your Application form** which is on the back page of every Newsletter. Go to the left hand side near bottom and find the methods clearly written. You are always welcome to come and pay at the office and a "collect & deliver" system is in place for those who find getting in to the office difficult. Just ring and we will come. Direct Credits require your membership number please to identify you with no guess work. Surname and number please.
- When to renew is by the 31st March/1st April every Year.** Some prefer to renew during March but the official time is as written. As with all businesses which we are in actual performance, the timing of payments is vital to budgeting and payment of accounts which climb annually. So if you can assist our financial functions by payment at the stated time that would be wonderful. Thank you.
- The Subs are currently** ...Single \$20.00 Double \$35.00. This may change in May at our AGM because late sub payments and those who neglect payment, also our capitation fee for Federation at 7.5% , puts our finances under a greater strain, I'm sorry to add. We will visit this issue in May.
- Your membership card** with your number on is your receipt. This lets you know WHEN you are due to pay your Sub. (Expires 31/3/26). Keep the card in a handy place where you won't lose it and can check your dates. If lost simply ring for a replacement one. Remember these cards also enable discount from businesses and G.P Electricity.
- Paying Ahead.** You can do this if you are going away or have a good reason for doing so. We simply make a note on your record on the registry. Travelers overseas have used this means of keeping up to date. We have also been very fortunate to have such generous donations made at times and this has assisted our slow income situation and non payments.
- NOTE we are not the Grey Power Electricity.**
The Electricity is a separate company.
The Grey Power Electricity bank number is: [02 0108 0333798 029](tel:0201080333798029)
- Our Grey Power Association N.P. bank number is :**
[15 3948 0007390 00](tel:153948000739000)
We have received some payments for the electricity and do understand. But it would be very helpful if you could double check you have the right bank account number for electricity payments as above in blue. Thank you for understanding this issue.



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**GREY POWER
NEW PLYMOUTH**



**Hello all
deliverers**

Thank you once again

**Our next
Newsletters arrival
dates will be due:**
25th February
29th April
5th August
21st October

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

**If you are unable
to deliver PLEASE
ring the office
06 757 5885
or 021 022 98721**

Thank you

REMEMBER

- General Meeting** 26th March 1.30pm
- The Rabbit Hutt** 9th April. Book as early as possible.
- Forum with Minister Costello** 5th May 1.30pm
- AGM** 28th May at 1.30pm, Barclay Hall.
- Morning Teas**
1st Mon of month 10am Aromas, New Plymouth
2nd Tue of month 10am Windsor 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 early May.

Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?
If your card has 31/03/2026 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
Tuesday 5 May
1.30pm at Plymouth Hotel, Blenheim Room
AGM - 1.30pm
Thursday 28th May

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at one of our clinics.**

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Editorial supplied by Central Audiology Taranaki



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

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Expires _____
Amount _____
Paid by _____
Date on Computer _____

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

