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Grey Power

NEW PLYMOUTH ASSOCIATION INC

QUARTER TWO 2026 - WINTER
www.greypowernp.org.nz



ANNUAL GENERAL MEETING COMMITTEE ELECTIONS

Thursday 28th May 2026 commencing at 1.30pm
Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER

Matthew | Tech Compass

**Thank you for those subs promptly paid and good donations made.
Please could the remainder of subs to be attended to *Thank you.***

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.

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Please refer to our website for disclaimer.

LEADERSHIP WORD

Well here we are again preparing for another Annual General Meeting of Grey Power. Time waits for no one but being prepared is everything and we hope we can be ready. The AGM brings our Committee and leadership elections. The Nomination form may be found in this Newsletter. All nominations must be received one week prior to our AGM please, that is 20th May. Please consider the leadership role. It is not a huge demand but is a lot when covering other roles as well. Your input would be very gratefully welcomed and supported. So I'm waiting for a rescue. We also require a couple more for our Committee. Thank you to the current Committee for all your generous input, teamwork and time. There are also a number of quiet workers who constantly carry out duties regularly. Our wonderful Newsletter deliverers, the Afternoon tea ladies, the Sausage Sizzle team. Also the office Staff who weekly attend their duties and quietly get on with their roles. Perhaps you would like to assist in some way, then please give your particulars to the office staff. The best way to enjoy an Association is to be an active part of it.

Unfortunately we had to cancel our visit to the Rabbit Hutt Farm as they had to close early for the winter. We also had not the bus numbers to do the trip. Since some have spoken of their wish to join in, but that isn't how it works. We can't book a bus unless we have numbers. So please be prompt with your name when choosing to do trips. Thank you.

Now be wise owls and prepare for those winter ills that befall most. Do take precautions with your vaccinations and winter remedies. Eat well/sleep well/stay well.

The Subscriptions are being fulfilled which is great but let's make sure we all get this accomplished before too long, so the Association can survive the costs that challenge our finances. Thank you all and especially those who have donated so generously.

We have some newcomers to our midst and will hope to meet them in the near future with our afternoon tea occasion. Let's join in and give them a good welcome. Coming up there are several interesting items with Minister Costello who looks out for our Seniors in town on the 5th May. Notice is in this newsletter. Also our popular Mid Winter Dinner in July have look at this notice also. We look forward to seeing you on the 5th May and also the 28th for our AGM.

Agnes and your Committee

Minister Costello recently sent out a newsletter which contained several interesting issues.

1. The reserve bank of New Zealand is seeking your feedback on access to cash. If it's important to you to be able to get cash easily, without extra fees and close to where you live, this is your opportunity to have your say.

What is being proposed?

The Reserve bank is proposing that banks must provide free, reliable cash services. That includes making sure that people don't have to travel far or wait in long queues. The reserve Bank have prepared maps showing what this proposal could look like in your district.

Why does this matter?

Access to cash and banking services is important for many older people, particularly those who don't live near main centres. 80% of adults use cash at least some of the time, over half keep cash on hand and for some people it is the only way they pay for things. 40% of bank branches have closed over the last decade making it harder for people to access cash.

Have your say! By the 31st of July 2026.
The Reserve Bank

2. The Terrace, Wellington Central 6140
Annual Adjustments to Superannuation:
An annual adjustment to the New Zealand Superannuation and Veteran's Pension payments took effect from the 1st of April. The adjustment reflects inflation and the average wage. New fortnightly rates have increased to:
\$984.28 each before tax or \$854.08 each after tax. (M Tax code), for a married couple, or partner in a civil union or de facto relationship.
\$1,294.74 before tax or \$1,110.30 after tax (M tax code) for a single or widowed person living alone.
\$1,191.14 before tax or \$1,024.90 after tax (M tax code) for a single or widowed person sharing accommodation.

Do come and hear from Minister Costello on the 5th May, so she can hear your concerns. See the poster in this Newsletter.

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.



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Lake Mangamahoe our cover photo

The photo was taken by Sharon Mace who is a photographer and beautifully captured I'm sure you will agree.

What an interesting history this lake has though. The lake is man-made created in 1931 by damming the Mangamahoe stream to serve as a water supply and hydroelectric storage for the city. As it is a water supplier swimmers are prohibited in the lake. The project submerged 79 acres to form the lake, which at the time featured as Australasia's highest earth dam.

The NPDC commissioned the project in the early 1920's as a water catchment for the city's expanding needs and to power the Mangorei Power Station. The dam created a large 262 hectare commercial production forest and water storage, with water supplied by the Mangamahoe Stream and a 548m pipe from the nearby Waiwhakaiho River. Engineering Consulting was engaged to investigate options, with a chosen required 34meter high dam on the Mangamahoe Stream. To offer protection from erosion planting was undertaken and shelterbelts of growing pine forests to surround the project.

The Mangorei Power Scheme at the time supplied power to the city and nearby farms, but was abandoned later. The lake remains one of our emergency water suppliers. Today we have the popular walking spots, cycling tracks and picnic areas available to the public. The lake area is a serene, peaceful place to enjoy, with magnificent scenery and a wonderful habitat for bird life. How fortunate we are to have this so close to our city. We have been gifted yet another gem to add to New Plymouth's special treasures.

Thank you Sharon for the beautiful photo.



A Certificate of Long Service to Grey Power, was presented to Val on Monday the 16th of March by Marie Riordon from Volunteer New Plymouth.

We were pleased to have this presentation for one of our office Volunteers who had given so much towards Office procedures.

Val tells us it is a bit lonely at home and so she will return to visit us from time to time with her wise input. Thank you Val for such generosity and given hours of work. We do appreciate your massive contribution.



Afternoon tea for all new members

A big welcome to you all

Let's spend some time together new members of the last six months or so. Come along and join in. Ask questions that you have and make friends too. If other members would like to come along as well that's great. Meet our new members.

**Hope to see you on Thursday June 4th at 2pm
At Barclay Hall 158 Tukapa St. Westown**



In Touch

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

Who's your 2026 Local Legend?

It's time to celebrate the unsung heroes who keep our community going.

Get your nominations in for the NPDC Citizens' Awards and Youth Awards by Wednesday 27 May.

Call us on 06 759 6060 or visit npdc.govt.nz/locallegends

Seniors Tour

Free-flowing conversations and experiences of contemporary art. No prior knowledge of art is needed.

SECOND FRIDAY EVERY MONTH | 10-11AM | FREE
Upcoming dates: Fri 8 May | Fri 12 June | Fri 10 July

42 Queen Street
Ngāmotu New Plymouth
govettbrewster.com

NPDC
LEN LYE CENTRE
GOVETT - BREWSTER ART GALLERY

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

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NPDC

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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 .

The New Plymouth airport visit Thursday 11th June

The Airport was opened in 1967 on the Brown Road now known as Airport Drive. The previous airport was on Te Arei Road, opened in 1936. Some great history to be shared with you on both airports. We will hear the history, view the records of pilots and also visit the Catelina .

DxPost our next local business. It will be very interesting to see how the business operates with Mail and Courier preparation and distribution.

Lunch will be at Ngamuto Golf Café surrounded with peaceful greens and golfers .

Truffle Farm Visit. After our lunch we hope to visit a local farm which grows Truffles. Learn more about these unusual delicacies and their processing from a local farm near Bell Block. *Some Koha would be appreciated. Thank you.*


“Since 2017, we’ve been planting, pruning, testing soils and watching nature do it’s slow magic.”

Travel Cost for day : \$30.00
Bus leaves Racecourse carpark at 9am.

Please enlist promptly for bus hire etc. (we will return to the raceway carpark by about 3.30pm from our outings).

**Our Mid Winter Dinner
 at Stumble Inn is on
 23rd July 2026
 11.30am**



 Grey Power Pins are now available for \$6.00 each.
 Contact the office if you wish to buy one **06 757 5885**

Excellent read – for those who love a well written story and about someone overcoming adversity, go online to this article – **“How losing my limbs turned me into a different kind of cook”** by Yewande Komolafe which was published in the New York Times - 30 Jan 2026



BECOME A SUPPORTER and JOIN GREY POWER

A reminder, that supporting Grey Power as a member is for anyone of any age. Someone in your life may well benefit from the work we do advocating for the rights and wellbeing of everyone as they age. The strength of any organisation - and its ability to influence politicians - depends on the size and engagement of its membership.

THE GREATEST GIFT IS TIME

My name’s George Harris. I’m 70 years old. If you looked at my life, you’d probably say I did alright. A steady job, a paid-off house, two good kids, and a pension that keeps the lights on and the coffee pot full. But lately, I’ve learned something no one really tells you about growing older, success can get quiet. I worked as an electrician for 45 years. My hands built things that still stand today — schools, churches, homes full of laughter that I’ll never hear. I missed birthdays, barbecues, and more than a few Christmas mornings, but I told myself it was all worth it. I was building a life for my family. Now the house is mine alone. My wife, Helen, passed seven years ago. The walls still remember her voice — her laughter, her singing, the way she used to talk to the plants like they were people. I still find her handwriting on recipe cards tucked into old cookbooks.

Last Sunday, my daughter Emily called, “Dad, mind if we come by for lunch?” I said sure, trying to sound casual — but truth be told, I’d already started setting the table before we hung up. When they arrived, the house came alive again. Her husband carried in the casserole, the kids ran through the hallway, and for a while, it almost felt like the old days. The smell of roasted chicken filled the air, and the sunlight hit the table just right — the way it used to when Helen would serve dinner with her apron still on. But as we sat down, I noticed something —no one was really here. The kids had headphones in. Emily was answering work messages between bites. Her husband scrolled through something on his phone. I looked around the table that had seen fifty years of family dinners — the place where we used to share stories, tell jokes, and argue over who got the last piece of pie —and I couldn’t help thinking, When did we forget how to just be together?

So I cleared my throat, “You know,” I said quietly, “your mom used to make us turn off the TV during dinner. She

said food tastes better when you talk,” Emily looked up. “I remember that. She’d hide the remote.” I smiled. “She said one day we’d all have a screen in our hands and no time in our hearts.” For a minute, nobody spoke. Then, one by one, the phones went down. The headphones came off. And just like that — we found our way back to each other. We talked for hours. About old family trips, the time I tried to make pancakes and nearly set off the smoke alarm, and how Mom once stayed up all night sewing Emily’s school costume. We laughed until we cried. And for the first time in a long while, the house felt full again. Before they left, Emily hugged me tight, “We should do this every Sunday,” she said. I smiled. “You should — before the coffee gets cold.” And now, every Sunday, they come. No phones. No screens. Just real conversations, good food, and laughter that feels like it’s bringing Helen back home, one story at a time.



The Lesson: You can spend your whole life working for the ones you love —but the greatest gift you can give them is time, not things. Put down the phone. Look up. Ask questions. Listen deeply. Because one day, the chairs will still be there, but the voices around them won’t. And you’ll realize that the best sound in any home...isn’t the hum of success. It’s the sound of people you love — talking, laughing, and being present.

Courtesy of Manawatu Assn.

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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.** 10am -12pm. 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 this is certainly available.
5. **Office days.** We require some assistance in the office to spend 2hrs for coverage. Wednesday or Fridays. Either 9-11am or 11am-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 regular chances to assist or one off occasions. It is when we work together that we make our Association stronger.

Agnes
021 0229 8721
or the Office 06 757 5885

GREY POWER MID WINTER DINNER

Stumble Inn
198 Mangorei Road
New Plymouth.

23rd July
11.30am



**Do set the date aside and
join us for this occasion.
We hope to see you there.**

Menu is very reasonable and inviting.
Bangers, mash, peas and gravy - \$26.90
Cajun Popcorn Squid and Salad - \$16.90
Salman Fillet, potato risoles and veg. - \$36.90
Chicken Tikka Masala, rice
and Poppadom - \$26.90
Passionfruit cheese cake, fresh fruit
and icecream - \$17.90
Or the ordinary menu to order from.

Parking advice: In order to avoid parking tickets do park by the wooden fence near Nevada Dr. or the Stumble Inn lower car park.

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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*Conditions apply

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☎ 06 281 1698 ✉ reception@skinclinictaranaki.co.nz 📍 183 Powderham Street, New Plymouth

Do you need help finding a trades person to do jobs around your home - either inside or out ?

The staff at the Grey Power office might be able to assist.

We hold a list of Taranaki service providers, including those businesses who provide discounts to Grey Power members and SuperGold card holders.

Our list also includes local businesses who have been recommended by our members.



Please make contact with us if you would like support in finding a suitable person to assist with tasks around your home.

Phone our office (06-7575885)

or Agnes (021 0229 8721)

or email us at greypowernp@gmail.com

We would love to receive feedback on these service providers to assist with future recommendations.



Better Later Life Action Plan

2025 to 2028



Please join the Minister for Seniors, Hon Casey Costello to discuss the Better Later Life Action Plan – Tuesday 5 May

The Minister for Seniors, Hon Casey Costello is visiting communities across Aotearoa New Zealand to discuss the new Action Plan for the Government’s Better Later Life Strategy.

At this event, you’ll hear how the Government is working to support older people, respond to cost-of-living pressures, strengthen aged care, and help people stay independent and connected as they age.

You’ll also have the chance to meet local organisations and services that support wellbeing in your community.

There will be time for kōrero, questions, and informal networking. Please share this invitation with your networks. We look forward to seeing you there.

Date: Tuesday 5 May

Time: 1.30pm - 3.00pm

Venue: The Plymouth International Hotel, 220 Courtenay Street, New Plymouth

Hosted by GreyPower New Plymouth

Open to all. No RSVP required

FINANCIAL ADVICE I WISH I HAD AT AGED 20

1. Live below your means – *don’t flex for people who don’t pay their bills.*
2. Start investing early – *compound interest is your silent millionaire-maker.*
3. Save before you spend, *not after.*
4. Build an emergency fund – *life happens, be ready.*
5. Credit cards are tools, not free money – *use them wisely.*
6. Learn a high-income skill – *it’ll open more doors than a degree alone.*
7. Don’t chase trends – *chase value.*
8. Budgeting isn’t boring, *being broke is.*
9. Avoid lifestyle inflation – *even when you earn more, don’t spend more.*
10. Learn about taxes – *saving on them is just as powerful as earning more.*
11. Start a side hustle – *it teaches you business and adds extra income.*
12. Buy assets, *not liabilities.*
13. Don’t compare your financial journey – *focus on your lane.*
14. Money doesn’t solve all problems, *but it gives you options.*
15. Your \$20s are for building, not balling.

Ministry of Social Development Useful contact numbers

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

“I believe the second half of one’s life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it.”

~Frances Lear

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We’re the only 100% independently owned and operated audiology practice in the region with the largest supply in the latest hearing aid technology. This means we are able to tailor your hearing needs to suit you.

To complete the services under one roof, Central Audiology has added “earwax microsuction” for adults. No referral required.

**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

Grey Power New Plymouth Association
Nomination Form for Executive and Committee Positions 2026

Nominations must be in the Office by 20th May. Thank you.
 (Office hours 9am -1pm Wednesday, Thursday and Friday)

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

It is essential that all nominations are delivered to the Grey Power Office, 158 Tukapa St. Westown, New Plymouth by the 20th May please.

No further nominations will be accepted after that date.

Nominations are only for financial members.

Voting for Executive and Committee positions will take place if necessary at the AGM on the 28th May 2026.

Thank you all.

There will be raffles at the AGM

1 Ticket \$2 or 3 for \$5



Morning Tea/Coffee at Windsor 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

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 9.30am to 2.30pm 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.

Anzac Day traditions: Then and Now.

Anzac Day was first observed in 1916, two years before the end of the first world war.

It has since become one of the most important days on New Zealand's national calendar.

Understandably, earlier celebrations were more solemn, focusing on mourning the fallen of Gallipoli, particularly when the war was still ongoing.

Over time as emotional wounds began to heal, tradition started including dawn services, memorial ceremonies, parades and marches in towns and cities across New Zealand.

The Red Anzac Poppy introduced in the 1020's became a powerful symbol of remembrance and respect for those who served in World War 1.

Anzac Day still honours Gallipoli but it also honours all New Zealand Defence Force personnel who've served in wars, conflicts, and peacekeeping missions.

This day continues to bring together people across generations and cultures in reflection and respect.

Anzac of course stands for Australian and New Zealand Army Corps.



Anzac Day
Lest we forget
25 April

Food For Free and Potaka Kai in Taranaki



In the last newsletter there was a list of places food/meals were available throughout the week. Unfortunately a few of these places have changed and so the list isn't now correct.

Recently we were however sent a complete and updated list for those interested. This is a good coverage of places around the mountain. Since we received it we decided to hold the list at the office until we can get it into some easier print. So do ask for a copy if you would like one.
06 757 5885 / 021 0229 8721.

The weekly New Plymouth ones are:

Monday: 5pm - 6pm. On the House, 24 Lawry Street, Moturoa.
(Bring your own bag. Koha requested)

Tuesday: Community breakfast, 37 Vivian Street, New Plymouth. 7.30am - 10am
Dinner St. Joseph's Hall, 106 Powderham Street, New Plymouth 5.30pm - 7pm *(Koha requested)*

Wednesday: On the House Free Store. 65 yrs+. 1.30pm - 2.30pm. Methodist Church 66 Liardet Street New Plymouth

Thursday: Northpoint Baptist Church 116 Mangati Rd. Bell Block. 5pm - 6pm

Sunday: City Life Church, 24 Egmont Street New Plymouth *(Koha Requested)* 6pm - 8pm

Tuesday and Thursday: Salvation Army Foodbank. 118 Powderham Street, New Plymouth 10am - 12pm

Please see the complete list for options. Especially out of City places. Waitara and Inglewood.



Calling for all Distibuters please

It would be great to have our distributors of the Newsletters gather for a brief meet up with new members and enjoy afternoon tea on **4th of June** at 2pm at Barclay Hall 158 Tukapa Street Westown

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

Thank you.



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- ✉ reception@skinclinetaranaki.co.nz
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Off-street & mobility parking available.
- 🌐 www.skinclinetaranaki.co.nz
- 📺 Follow us on Facebook & Instagram



WHAT TO DO WHEN THE LIGHTS GO OUT AT HOME



Oroua River runs high at the rail overbridge RNZ Severe weather this summer left tens of thousands of households without power.

Here's how to stay safe, keep warm and protect your home and belongings when the power goes out.

Call your lines company

Power cuts can last only a few minutes, so wait a while before making the call. But if you are concerned – make the call. You can also check the supplier's website and social media to see if the outage was planned, or if there's an update on when power will be restored. Your Wi-Fi and cordless landline phone will likely be affected in a power cut, so it's best to use your mobile phone for this. If a power outage is putting your health at risk, call 111 or go to a hospital.

Turn on the torch – always best to have one on hand – with good batteries.

For many, it may be your phone torch – but try not to use it for long, as it drains the battery, meaning you may not be able to call for help if you need it. Torches and battery-powered lanterns are safer to use in a power cut than candles.

Break out the supplies

Make sure you have emergency water supplies for drinking and washing. A spare battery or mobile power pack for your phone, a camp stove or barbecue, and cooking fuel (such as gas) are also helpful items to have in the event of an extended power cut. [Never use these indoors]

Clear your home of hazards

Have a quick look around your house and move any items that could be easily tripped on, such as children's toys, from corridors, doorways and high-traffic areas. This will lessen the chances of you injuring yourself in the dark. Powershop recommends placing a camping lamp at the edge of the room by the wall to light your path and says it's especially important that access to the bathroom and the emergency cupboard are clear.

Turn electronics off at the wall

Power can surge when it's restored, possibly damaging sensitive electronics. Turn your TV, computer and

stereo off at the wall or make sure you have surge protectors installed. Also turn off your stove elements and heaters – this will ensure they don't come back on without you noticing the electricity has been restored. But it's recommended that you leave an overhead light on so you can see when the power is back on.

Keep the fridge closed

Opening the fridge or freezer will let warmer air in – and without electricity, it won't be able to cool down again. If left shut, the fridge will keep food cool for up to six hours, while a freezer will usually keep food frozen for up to 24 hours. If there's food inside that you know you'll need in the short term, consider removing it at the start of the power cut and storing it in a chilly bin or ice box. That way your snacking won't spoil the rest of your supplies. Good idea to eat food that will expire quickly, such as bread and meat, first, and eating canned food last. If any food is spoiled or rotting, throw it away so it doesn't spoil other food.

Stay warm

If it's a cold day or night, you can keep warm by closing your doors and windows and pulling the curtains. Water can be boiled on a camp stove to fill hot water bottles. **Remember never to operate a camp stove inside.** Gel warming packs are also good items to have in your emergency kit, as they can keep chilled fingers and toes toasty.

Check on your neighbours

If it's safe to go outside, check on your neighbours. This is especially important if you have older or vulnerable people living around you. If it's not safe to go out, give them a call or a text.

Listen to the radio

The National Emergency Management Agency (Nema) advises that in times of crisis or civil defence emergency, a battery-powered radio or a car radio remain essential lifelines if power is out and other forms of communication are unavailable. RNZ is New Zealand's statutory civil defence lifeline radio broadcaster, providing vital information and updates as they come to hand.

NB: Make sure you know how to manually open your garage door in case you need to use the car. Also have room to open the bonnet to access the car battery. Inside the car you can recharge your phone so make sure you have an adaptor.

With winter approaching it's a good time to check your backup supplies – fresh medication, water and food. All the knitters out there – practice so you can knit in the dark!!

CAR INSURANCE COVER

When you drive, you're constantly checking your surroundings and keeping an eye on other motorists around you and making a mental note of who's speeding up, slowing down or turning.

You rely on other motorists to do the same thing – but accidents still happen.

If someone else makes a mistake and causes an accident, are you also relying on them to have insurance?

Third party liability cover

All car insurance policies include cover for liability to third parties but in New Zealand car insurance is not compulsory, and there are drivers on the road who have no insurance at all.

So, if you're hit by another driver: will you be covered, and if so, how much for? It depends on your level of cover.

Comprehensive cover

With Comprehensive cover, you can make a claim immediately for the damage to your car with your insurer.

Even if the other driver has insurance, it's often easier to go through your own insurance company and let them sort out recovery of the costs from the other driver (or their insurer).

Third party cover

If you have Third Party Only cover, your policy only covers you for damage that you accidentally cause to some else's car or property when using your car – it doesn't generally include cover for damage to your car if it's in a collision.

Tips for selecting car insurance

If you're not sure which is right for you, think about what will happen if your car is damaged or written off.

1. Have you got enough money to replace or repair your car, or would you need insurance money?
2. Have you got a realistic idea of what your car is worth? What is its market value?
3. How will you get around if your car is being repaired, for anywhere from a few days to a few weeks? Do you need a policy with a rental car benefit?
4. How much would your premium and excess be in comparison to the value of your car?
5. For some customers, Comprehensive cover gives

them peace of mind, but for others a Third Party policy might be the right solution.

As always, make sure you've read your policy carefully, so you know what you're covered for – and keep yourself and others safe on the roads.

5 easy steps if you have a collision

1. Take care of yourself and others' safety.
2. If it's safe, take photos immediately while the cars are still in position. Send them to your insurer when you make a claim.
3. If there are independent witnesses, get their details if you can.
4. Take down the other driver's details – name, phone number, registration number and insurance provider.
5. Make sure you provide all the required details when notifying a claim.

Courtesy: Vero Insurance New Zealand

Changes to NZ Post for Redirections/Holds

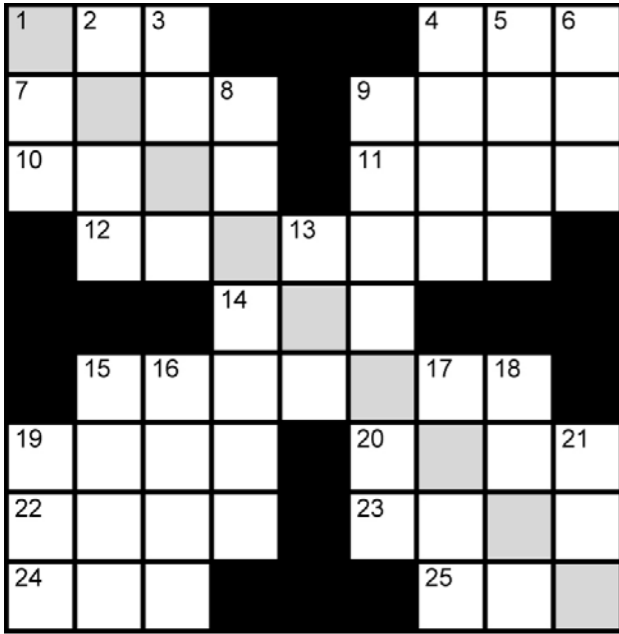
NZ Post will be updating pricing for Mail Holds and Redirections - services to temporarily hold or redirect mail which can be ordered in retail stores and online.

The changes will mean NZ Post will no longer offer free 4-week Mail Hold or free 2-month domestic Mail Redirection for Seniors (someone over 65) but, instead, Seniors will be able to receive a 50% discount on the standard 'Household' rate that will apply for everyday household consumers across all Mail Holds and domestic Mail Redirections. The seniors discount will also apply to extensions, which were previously only available at the Household rate (i.e. there was no free offering for seniors for extensions).

All customers (no matter their age bracket) can also receive an additional 30% off the fee when they complete their request online, which means for Seniors they can receive a further discount if they apply online.

These changes take effect from 21 April 2026. Customers will be able to find out more information on these changes on NZ Post's website and instore.

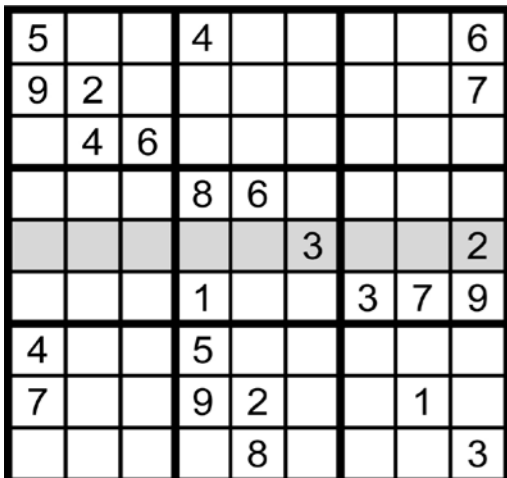
Ancient Texting



Across
 1. C.E.O.'s degree
 4. Thickness
 7. "Field of Dreams"
 setting
 9. Ashtabula's lake
 10. Rocky peaks
 11. Electric unit

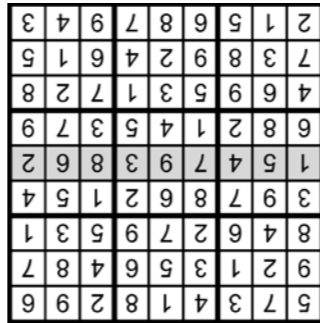
ANGELL	FRIED	PASSY
ANNAN	GORE	PIRE
ARAFAT	HENDERSON	RABIN
ASSER	HULL	ROBLES
BELO	HUME	ROOSEVELT
BRANTING	JOUHAUX	ROOT
BRIDE	KING	SADAT
CECIL	KYI	SATO
CHAMBERLAIN	LANGE	TUM
CORRIGAN	MONETA	TUTU
EBADI	MOTT	WALESA
ELBARADEI	MYRDAL	WIESEL
	NANSEN	WILSON
	OSSIETZKY	YUNUS

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.

12. Bewilder
 14. Craving
 15. Pakistani port
 19. Delhi wrap
 20. A long, long time
 22. Entreaty
 23. Dapper fellow
 24. "Absolutely!"
 25. ___ v. Wade
- Down
 1. Cambridge sch.
 2. Thundering noise
 3. Not straight
 4. Fac. member
 5. Easter flower
 6. "Are we there ___?"
 8. Present-day Iraq
 9. Expressed
 13. Oolong, for one
 15. Cabbagelike vegetable
 16. Mars, to the Greeks
 17. Part of a day
 18. Prefix with China
 19. 007, for one
 21. Bishop's jurisdiction



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

Famous Names



Chalmers Home is a modern rest home with spark

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

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

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

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

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

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

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

A full range of positive ageing services

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

At Chalmers Home we offer both rest home and hospital level care. If there comes a time 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



TIPS ON PASSING YOUR SENIOR DRIVING MEDICAL ASSESSMENT



After more than 2 years of active advocacy for a more consistent and appropriate assessment of the senior driving renewal process, I still get regular calls from those who are struggling with the way they have been disrespected in the process.

NZTA have made a number of great improvements to their processes for seniors and with the ability to start 6 months prior to your qualifying birthday you can be well prepared and not as stressed by the process at the GP surgery.

President Benjamin Franklin hit the nail on the head when he said, **“By failing to prepare, you’re preparing to fail.”**

Preparing to Pass Checklist

1. Take a free course

Age Concern run regular **Staying Safe: Refresher Courses for Older Drivers**. The theory-based refresher four-hour course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers.

AA runs a practical coaching session for Senior Drivers that focuses on the training and practice you need to drive with confidence. While the normal course for those 65+ costs \$70 for members and \$85 for non-members, the course for AA members 74+ is free every 2 years. If you are not as confident as you were with driving, this course is highly recommended. It is also a valuable preparation if your GP refers you for an On-Road Safety Test. (see below)

2. Make an appointment with your GP

Make sure you book your appointment well in advance as you could be referred for specialist evaluation or an on-road driving test, all of which take time and if left too long could mean that your licence lapses. At the same time ask if your GP requires you to complete a cognitive test at the evaluation. Remember licence renewal GP

evaluations are not subsidized and will cost more than your normal GP call (often around \$100).

3. Study the cognitive test if this is mandatory by your GP.

It is always good to be prepared and not surprised when asked to complete a cognitive test. While NZTA does not make cognitive tests mandatory, some GPs have chosen to make every senior sit this test. No NZ GP should be relying on the old SIMARD-MD cognitive test as this has been scientifically discredited. However some are using the Mini-ACE test and you can download the 3 NZ versions from <https://www.nzdementia.org/Tools-and-Guidance/Mini-ACE>. Knowing that is expected can take away some of the stress of such a test.

University of Auckland analysis has concluded: *“Current evidence is mixed on the utility of off-road cognitive assessment for driving performance among ‘healthy’ older adults. Even amongst those with mild to moderate dementia, cognitive tests are poor predictors of driving ability.”* Grey Power is working with NZTA and Ministry of Health to ensure appropriate guidance is given to GPs and that the mandatory use of cognitive tests ceases. In the meantime, if a GP insists on using this tool they have the right to do so. Always have someone accompany you to support you through your licence renewal journey at the medical practice.

4. Your Options if a GP cancels your licence due to failure of a cognitive test.

If you feel you were under pressure and confused with the cognitive test ask if you can resit the test at another time. Most GPs will allow this. If not you may have to seek a second opinion from another GP. Should that GP be satisfied that you are medically fit to drive then NZTA will consider the 2 opposing recommendations and make a decision as to your licence renewal.

If you have a good driving record, but have failed a cognitive test, and want to continue driving ask your GP if you can be referred for an On Road Safety Test (ORST). This is a practical driving assessment usually carried out at your nearest VTNZ site. This assessment is free of charge to all drivers 75+, with the nominal cost of \$21.50 being included in the licence renewal fee.

David Marshall | National Vice-President
Grey Power NZ Federation.

ZUCCHINI, CARROT AND CHEESE FRITTERS



INGREDIENTS

- 2 large zucchini, grated
- 2 large carrots, grated
- 2 green onions, thinly sliced (optional)
- 2/3 cup finely grated cheddar or other
- 1/2 cup plain flour
- 1/2 cup milk
- 2 eggs, lightly beaten - size 7
- 2 tbsp rice bran oil
- Tomato relish, to serve
- Salad, to serve

METHOD

- Step 1 Combine zucchini, carrot, onion, cheddar and flour in a bowl. Season with salt and pepper. Add milk and egg. Mix well.
- Step 2 Heat oil in a large frying pan over medium-high heat. Spoon 1/4 cup batter into pan. Spread out to form a flat round. Repeat to make 3 more fritters. Cook for 3 to 4 minutes, each side, or until well browned. Transfer to a plate lined with paper towel. Cover loosely to keep warm. Repeat with remaining mixture, adding extra oil if needed.
- Step 3 Serve fritters with tomato relish and salad.

HEALTHIER PINEAPPLE UPSIDE-DOWN CAKE

Author: HFG staff

A better bake that packs beautifully for a fruity mid-morning treat.

Serves: 6

Time to make: 35 mins

Hands-on time: 10 mins

Ingredients

- 1½ cups self-raising flour
- 1 teaspoon baking powder
- 150g reduced-fat Greek yogurt
- ½ cup castor sugar
- 3 eggs
- zest and juice 1 lime
- good pinch allspice
- 3 tablespoons agave nectar [or honey or fruit syrup]
- 6 pineapple rings (tinned in juice)

Instructions

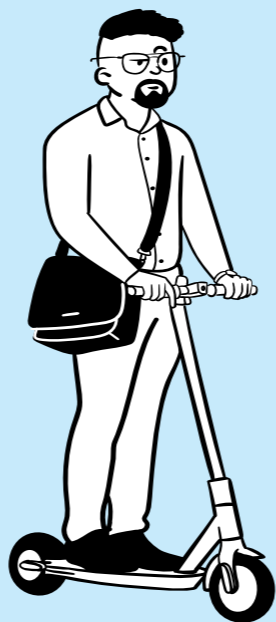
1. Heat the oven to 180°C/fan 160°C/gas 4. Line the base and sides of a 23cm diameter cake tin with baking paper.
2. Whisk together the flour, baking powder, yogurt, sugar, eggs, lime zest and juice and allspice.
3. Drizzle the agave nectar over the base of the cake tin. Add the pineapple rings, then top with the cake mixture and smooth over. Bake for 20–25 min until the sponge is springy to touch. While still hot, turn out on to a plate and carefully peel off the baking paper. Cut into slices and serve hot or cold



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.

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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**
7. **Our Grey Power Association N.P. bank number is :**
15 3948 0007390 00
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.



**Hello all
deliverers**

Thank you once again

**Our next Newsletters
will be due on
5th August**

Bell Block bundles ready
by Friday 7th at 1pm in the
Warehouse carpark.

Waitara newsletters
ready by 12.30pm
There are newsletters also
at the Community House in
Waitara.

Open daily 9.30 -2.30pm
If you are short of
Newsletters these may be
found in the local libraries.
Or from your leaders' extra
supply.

**If you are unable to
deliver PLEASE do
ring the office
06 757 5885**

Thank you

REMEMBER

1. **Forum with Minister Costello**
5th May 1.30pm. The Plymouth International Hotel
2. **AGM** 28th May at 1.30pm, Barclay Hall.
3. **Airport visit** 11th June. Book as early as possible.
4. **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 August.

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

**Thursday
August 27th
1.30pm at Barclay Hall,
158 Tukapa Street.**

IS LAUGHTER THE BEST MEDICINE?

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

Some of the benefits of laughing include:

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

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

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

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



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**AND LIKE OUR PAGE
GREY POWER
NEW PLYMOUTH**



MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 158 Tukapa Street, Westtown, New Plymouth 4310
www.greypowernp.org.nz | Email: greypowernp@gmail.com | Ph: (06) 757 5885

*** Membership year is from 1 April to 31 March**

Membership: New Member Renewal Membership Number: _____

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

MEMBER DETAILS:

First: _____
Title Initials/Forename Surname Year of birth

Second: _____
Title Initials/Forename Surname Year of birth

Postal Address: _____

Post Code: _____ Phone: _____ Mobile: _____

Email Address: _____

PAYMENT DETAILS:

Subscription \$ _____ Donation \$ _____ Total \$ _____

All information will remain confidential

and not supplied to any other party. Applicant Signature: _____

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

Online Account: 15 3948 0007390 00

Grey Power New Plymouth Inc.

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

Office use only

Date Received _____
Card Issued _____
Expires _____
Amount _____
Paid by _____
Date on Computer _____

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

