

FREE COPY

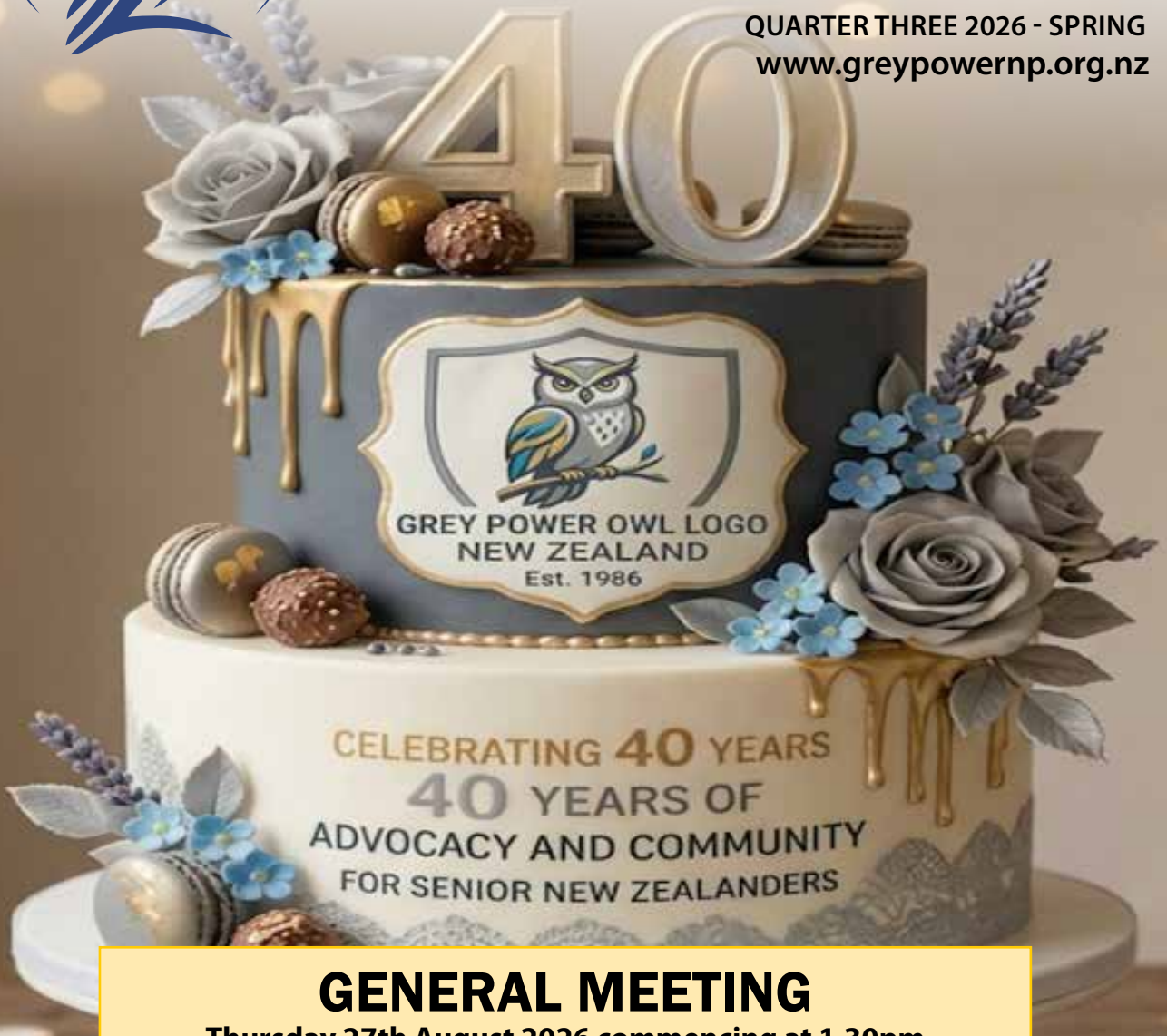


Grey Power

NEW PLYMOUTH ASSOCIATION INC

QUARTER THREE 2026 - SPRING

www.greypowernp.org.nz



GENERAL MEETING

Thursday 27th August 2026 commencing at 1.30pm

Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER

Michelle O'Neil | Perpetual Guardian

Management of Wills, EPOA's and Trusts

Further reminder to those yet unrenewed with your subs.

Please check your card for expiratory date.

We would appreciate attention to payment. *Thank you.*

(If you can't find your card do ring and ask us. 06 757 5885 / 021 0229 8721)

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 & ADVERTISING: Sharon Mace

TREASURER: Jill Bracegirdle

REGISTRAR: Fleur Pepper

COMMITTEE:

GRANTS & SOCIAL: Carol Cowling

DISTRICT & REGIONAL COUNCIL: Glennis Stephens

MEMBERSHIP PROMOTION: Anita Van de Ven /

Fleur Pepper

HOSPITALITY: Sue / Priscilla / Carol

NEWSLETTERS: Agnes

SAUSAGE SIZZLE TEAM: Sue / Glennis / Fleur

Business Discounts



Our Grey Power Logo will hopefully be displayed in shop windows, doors or counters to remind Grey Power members where discounts are available. Therefore have your membership card ready for a check out and spread the word. Of course it is reaffirming to acknowledge the discount. Especially in these times.

A COMMON MISCONCEPTION:

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

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Please refer to our website for disclaimer.

LEADERSHIP WORD

Greetings to you all. How well we know that winter is upon us even though we still enjoy sunny days which cheers us on.

Grey Power has a new National President, David Marshall. David has been on the Federation Board for 10 years and is passionate about his work for Grey Power. We are fortunate to have such a dedicated leader in David and wish him all the best in his new role.

The National AGM brought many changes for Grey Power in several new members on the Federation Board. So new ideas forthcoming and fresh outlooks. All good though.

So far this year we have had 127 new members join our association. We welcome each one and encourage you to join in with Grey Power occasions as able. Do ring with any queries, ideas for consideration and improvements which are always welcome.

Our new Committee has settled in the business in hand with good enthusiasm. Thank you all for your generosity, together we will work to strengthen our Association.

An outcome from our AGM in May was the raising of the sub. fees by \$5.00. That will take place from August this year please. Capitation is 7.5%, which runs us low financially. Raising the subs slightly will ease finances. Thank you All.

It has also been pleasing to hear from volunteers for various tasks. Make sure your name and phone number is in our Communication book ready for action. Thank you. If you don't hear from us do check your name is listed. Together we can do all things great and small.

There are a few Events dated in this Newsletter. It would be great to have Grey Power members attending these as possible.

**Thankyou so much to our sponsors;
Taranaki Foundation and Toi Foundation at
the end of last year. We so appreciate your
contribution to our Association.**

Keep well and warm everyone. Know that we are here to assist in any way we can. Just a phone call away at 06 757 5885 / 021 022 98721.

Agnes and your Committee

Membership Fees

At our last AGM in May 26. We decided to increase the subscriptions by \$5.00.

Thus = Single sub. \$25.00 / Double \$40.00.
Rise will be starting in August 2026.

All payment types remain the same.
Cash. Eftpos. Direct Crediting.

Direct Credit Account:
Greypower New Plymouth Inc.
15 3948 0007390 00

Please don't pay your electricity account to this number. Thank you.

National Magazine

You will have your magazine posted quarterly if you pay \$10.00 with your particulars to.....

**Payee: Grey Power New Zealand
Federation incorporated**

Account: 38 9018 0089518 00

Amount: \$10.00

Did you know that you can still pay your account at the bank?

Should you have difficulty getting accounts paid by the methods stated you can take the account to the bank and ask the teller to pay it for you. See that your receipt is attached or given to you, and all done.

Yes it means lining up. Yes it may take time. But you can still use this method because it is available for you and there can't be any complaints about it.

Of course if you need subs collected ring the office 06 757 5885 or 021 0229 8721 and we will visit you at home.

**Come and hear Labour
Party Minister Ingrid leary**
At Barclay Hall 158 Tukapa St. Westtown. N.P
On Sunday, August the 30th at 1.30p.m

RSVP: campaignacg26@gmail.com

Thank you - All welcome

**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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or simply curious
about the value?**

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cotton socks

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Do you qualify for a Total Mobility Card?

If you qualify for a card, this service will offer up to 75% off travel costs with Miss Daisy, making hospital and doctor's Appointments affordable. You also have the added advantage of being independent.

To be eligible for the scheme an applicant must have an impairment that is either permanent or temporary (six months or more.) The impairment may prevent the applicant from undertaking one or more of the following components of a bus journey without assistance and in a safe and dignified manner.

- Get to and from the applicant's nearest bus stop.
- Stand and wait for the transport (where there is no seat.)
- Get on and off the bus.
- Handle money or a bus ticket.
- Ride securely on the bus.
- Travel without confusion or anxiety.
- Travel on an accessible bus if available.

How do I join?

Anyone with an impairment, permanently living in the Taranaki region.

Your total Mobily ... **T M Card** a passport photo is required. Payment to the Regional Council once the form is completed.

To Join the scheme: Pick up the Total Mobility form from your doctor, Access Ability, The Regional Council offices or print a copy from the Regional Council's website.

Cost to join: A \$5.00 fee for processing. No other charges except Assessments carried out by your doctor, often included in a standard fee.

Medical Assessments if carried out by Access Ability will incur \$12.00 fee.

Access Ability Phone: 0800 758 700.

Or: contact@accessability.org.nz

Which Transport Provider can be used?

New Plymouth

Driving Miss Diasy N.P	06 751 0209	Has a Ramp
Energy Cabs	06 757 5580	
Freedom Driving	06 758 0734	Has a Ramp
N.P Taxis	06 757 3000	
T E Taxis	0800 999 222	
Driving You Taranaki	022 373 2930	Has a Ramp

Age is Just a Number A Taranaki wide event 1st October

Major sponsor and organiser, Age Concern Taranaki are celebrating International Day of the Older Person again this year, providing a one day event celebrating the opportunities, wisdom, skills, and contributions that come with ageing.

This is to be a positive, inspiring day exploring about how we can age proactively, stay connected, and continue thriving in Taranaki.

Together we will. . .

- Celebrate ageing as a strength, not a limitation
- Explore practical ways to maintain variety and wellbeing
- Discover local services and opportunities
- Share ideas for creating an even more age-friendly community
- Connect with others in a positive and supportive environment.

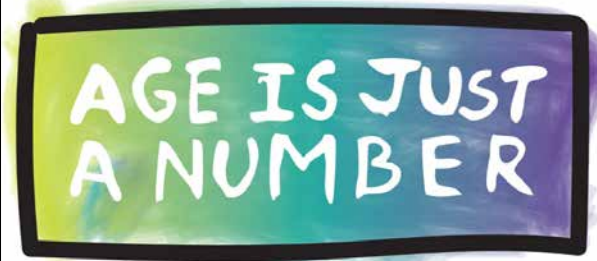
A wide range of inspiring speakers have accepted a key role in presentations

Thursday, 1st October 2026
from 9.30am to 3pm
at the Devon Hotel, 309 Devon Street East,
New Plymouth.
Doors open from 8.45am
for a 9.30am start.

Keep this date free for another day of information sharing, social connection, nourishment, learning and having fun.

This year there will be a \$25.00 pp. Last years event was sold out - so secure your tickets now from Age Concern Taranaki. 06 759 9196

Age is just a number...
how we live is what matters...



In Touch

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



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 14 Aug | Fri 11 Sep

42 Queen Street
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govettbrewster.com



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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 .

Kevin gives us his history of the two Airports.



Despite the chilly breezes we visited our organised sites and learnt the some very interesting facts .The Egmont Honey was one of those places. All this production within Bell Block .



*Bruce rests up against the Honey tanks.
Several tanks filled with honey ready for shipment.*

A very satisfying lunch and relaxation time at Ngamotu Café. The food ,the company was most enjoyable as was the venue with the lovely green background almost inviting golfers outdoors.



Our New Plymouth Airport History:

The return of men from WW1 saw increased interest in flying as many served in the Air Force.

On the 3rd of October 1928 a meeting was held to form the Aero Club and on the 4th of November the Club started its existence on Mr Connetts farm between the main road and Te Arie Road. This gave 5 runways, the longest 500 metres and all on turf soil.

In 1937 the field was run as an Airforce base during WW2. Then Airforce Act was dissolved in 1961. It operated at first as a privately owned identity until taken over by the New Plymouth District Council.

Sir Charles Kingsford Smith flew from Australia on September 1933 and this was considered the first commercial flight. The Aerodrome continued until 1961.

In 1966 the new Airport was opened by Sir Keith Holyoake in March 1967.

Peter Dobson (Dobo) was the first pilot to land on the new runway.

Passengers in 1966 40,000 per year. Today- 385,000.

The Airport has a Solo Farm and produces all it's electricity for the Airport. The farm covers 15 hectare's. Cost \$17.8 million To construct. Produces 147 mil KW hr enough to power 2400 households. Designed so the sheep can graze under the panels.

Thank you Kevin for your research and delivery on our visit to the Airport in June..

Ross Giddy, a pilot from the previous Airstrip gave us his memories. Ross trained as a Pilot at the old Airfield in 1957. Enjoyed working at our larger Airports, in 1959 he flew passenger planes to various centres of New Zealand and Australia. Ross has a large collection of miniature planes at home and now flies his mini models at local sights with much enjoyment. Ross has great memories of his pilot journeys and mates.

Graham Cowling started his flying as a Spotter Pilot for Search & Rescue. Graham did some Formation flying, then went on to become a Coast Guard pilot. Treasured memories of this life.

Julie Mace commenced flying in 1976 and flew solo that year. She tried flying for an adventure and enjoyed it. Darcey, Julie's husband also flew. Great little achiever.



Graham Cowling, Julie Mace, Ross Giddy, Kevin Whitaker. **Our Pilots.**

Kevin was our historian on the Airport visit and we were given a good account of it's history. Both Airports were well explained and the particular points of each given. *Thank you Kevin.*

The Airport visit brought many memories forward for most of our travellers. But it was very special to actually have three pilots in our midst and to share those experiences that they held so dear.

Thank you each one for the pleasure you also gave us in sharing those memories.

The Catalina at the New Plymouth Airport



The Catalina is one of the World War 11 flying boat planes. It was used in the Pacific mostly for rescue but could be used for bombings as necessary.

The Catalina, commonly called the CAT, and Black CAT by American Forces because of it's night bombing missions and being painted black. It's mission was accomplished because of the use of machine guns and bombs it carried.

The Catalina planes were considered of great benefit because of their ability to land on water as well. A huge number of rescues were possible saving lives of many soldiers and proving great worth and service to the Royal New Zealand Air Force. That in itself provided greater service beyond any other vehicle's use.

This 72 year old is the only one of it's kind in the Southern hemisphere now. Originally there being 54 in New Zealand. Some bought by overseas buyers because of their capabilities.

Today you can view this plane from beyond the fence to the left of the Airport Building in the first bay. Such a sad vision of what this magnificent vehicle was in earlier times and the historic value of the plane. It seems this is the last of the 54 original Catalinas here in New Zealand.

GLAU@MA NZ

Patient Education SYMPOSIUM

New Plymouth

FREE event in your community

Are you or your loved ones at risk of developing glaucoma

Hear about **glaucoma** and learn how it's diagnosed and treated.

Get **trusted information** on how you can live well with glaucoma.

Morning tea will be served

Register to attend at glaucoma.org.nz, or call Debbie 0800 452 826



Thu. 10th September 2026
10-11:30am



Devon Hotel
390 Devon Street,
Strandon, New Plymouth

Sign-up today.



WOULD YOU LIKE A GARDEN TRIP?

THEN SIGN UP FOR ONE BY 22ND OF OCTOBER

Our trip would be on the 3rd of November.

This would consist of central Taranaki gardens in Lepperton, Inglewood, Percy Pl. Gallery Stratford, Xmas shop, finishing with pukekura park.

Cost: \$35.00 Date: 3rd November Time: 9am
At raceway car park.

Payments of direct credits

Bank number: 15 3948 0007390 01

Bank name: Grey Power New Plymouth Inc.

Particulars: surname

Code: member number.

Reference: gardens



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	

A woman went to the doctor and said, "When I looked in the mirror this morning my hair was grey and frizzy, my skin wrinkly and my eyes were bloodshot – what is wrong with me? The doctor replied, "Well the good news is that your eyesight is fine."

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.

Find out more at our website or contact us today!

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*Conditions apply

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skin clinic
T A R A N A K I

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

What are Enduring Powers of Attorney and do I need them?

Whilst people are often familiar with needing a Will in death, many are unaware of the documents they need while they live.

Imagine a situation where you are unable to make your own decisions. A sudden accident or medical event changes everything in an instant, and you are no longer able to act for yourself. Your bills still need paying, your mortgage is due, and critical choices about your medical care must be made.

In our experience, the majority of New Zealanders have the mistaken belief that their partner or family automatically have decision-making rights if they lose capacity. In reality, that is not the case. Either you have Enduring Powers of Attorney (EPA), or it is off to the Family Court to have someone appointed.

An EPA is not about giving up control. It allows you to choose who you appoint as your trusted attorney to make decisions that align with your values — usually a spouse, adult child, or trusted professional.

There are two types of EPA:

Property: Your Attorney or Attorney's manage your money, house, and bills. You can choose to activate it immediately on signing or only if you lose capacity.

Personal Care and Welfare: Your Attorney manages decisions about your medical treatment and where you live. This EPA can only be activated if a medical professional certifies you can no longer make decisions for yourself.

Without an EPA your family may face the significant delays, costs, interim care issues, and difficulties in applying to the Court to be appointed as a welfare guardian or property manager. There are additional ongoing administrative burdens on those appointed - all while your life is effectively placed on hold.

Another little-known fact is that, before you are accepted into a retirement village or rest home care facility, someone must be authorised to act on your behalf. The simplest approach is to sign EPAs while you can.

If EPAs are so vital, why do less than half of adult New Zealanders have them? And what can we advise regarding those concerns?

The Cost Barrier: Set up requires a lawyer or legal executive to witness the documents, usually costing between \$400 and \$500+GST, a fraction of the cost of a Family Court application.

The Superstition: We worry that talking about cognitive decline will somehow invite it into our lives however if they are done right, you can put them in the bottom draw and hopefully never need them.

The Age Myth: Many believe EPAs are only for the elderly and that they will get around to it when they are older. Unfortunately, for many that day never comes.



(Taken with permission from a write up by Doug Lyon. Lawyer LOA Lawyers Tauranga.)

The cost of Shingles

"It's like having a hot iron pressed against your body, and you can't lift it off!" was how a friend of mine described having shingles.

Having heard that, I enquired about getting the latest shingles vaccine, to discover each one of the two would cost me \$400!!

It is only free for 12 months after a person's 65th birthday, with two doses needed at 2 to 6 months apart. If the person gets their first dose when

they are 65, then the second dose is free.

But what about the rest of us? Who can afford \$800 on a fixed income?

The price of staying alive is prohibitive. Paying for medical check ups and treatment, dental treatment, rents, insurance, transport, power, rates, fuel, and food on a fixed income is often unaffordable.

You can see why the poor die young. They can't afford the cost of living.

Six Little Stories with Lots of Meanings

1. Once, all the villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one little boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. **That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet sixteen with 64 years of experience." **That is attitude.**

Have a happy day and live your life like these six stories. Remember — good friends are the rare jewels of life, difficult to find and impossible to replace!!

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caring specialists

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100%
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and operated
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- Hearing health checks
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- Wax removal by microsuction



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Clinics in New Plymouth, Stratford and Hawera
FREEPHONE 0800 751 000

Central Audiology Taranaki

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

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

Father

*My father sat in his chair, his head bowed low in sleep,
one slipper had dropped from the once dancing feet.
As I looked at him, sadness overcame me.
In my mind I saw him as once he had been.*

*"Come on Katie, give your old Dad a song".
I sat content and safe on his strong knee,
my voice so often interrupted by his loud booming
voice joining in. As my Mother in her wrap
around bib rushed around the warm kitchen
like a small bird in flight.*

*My father was often described as a "character".
I didn't know what a character was, but felt sure it
must be something nice, because he was nice.*

*A tall man, with a head of brown, wild curly hair,
which as he got older, simply got grey and wilder
and large brown eyes "with old devil in them"
as my mother used to say.*

*He loved to dance. So many times I can remember
him taking me in his arms and dancing round and
round from my youngest years, to having the
privilege of taking me to my first school dance.*

*Now he sits quiet and alone, sleeping it seems,
what is left of his life away.*

Mary Ita White



ADDRESSES:

Please let us know if you have changed your home address, email address or phone number. Make sure you open your emails regularly so you can receive important messages. We still have emails returned to us so make sure you let us know, so you don't miss out.

STATS ON CREDIT CARDS

For many, having a credit card is a "neutral" nice-to-have tool to help pay some expenses and they pay their card off every month and never pay interest.

For others it's a financial health hazard and seen as a way to have nice expensive things. Among 18 to 34 year olds, a study found only 1 in 10 had a credit card and several much older people don't have them. Just under 2 million have a card which is less than half the adult population.

However, at the end of February, there was \$5.6 billion owed on personal credit cards. Of that \$3b was interest-bearing at an average rate of 19.8%. The other \$2.6b was still in its interest free period. Those paying interest are paying a high price for the things they buy.

Ref: Rob Stock – Stuff senior reporter.

Sweaters from seaweed?



A new effort to find a planet-friendly clothing material took a deep dive into fibers and landed on kelp.

Yes, that's seaweed and it has some things going for it. It's abundant. It grows back easily. It doesn't contain pesticides or fertilizers, and isn't infected by microplastics. Plus, when kelp is turned into fiber, it helps create a flame-resistant, biodegradable, non-toxic material.

The developer, Keel Labs, calls the kelp fiber kelsun and it has already partnered with Stella McCartney and Outerknown to release the clothes made of the fiber.

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. Join Jose and friends for a lovely, warm relaxing time. Just the perfect start to your day.

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

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

Come and see what is on offer all you Inglewood Grey Power members and friends. See you there.

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 9.30am to 2.30pm daily.**

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

The Community House 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.**

DOORS TO DIGNITY CAMPAIGN

National vice-president, David Marshall reports that the Federation Board has endorsed Christchurch Methodist Mission's, nationwide campaign, Doors to Dignity, aimed at increasing investment in social and affordable housing for older people. The campaign launch took place at Parliament on March 24th and was uniquely co-hosted by MPs with cross party support, indicating acknowledgement of the importance of the growing senior housing crisis.



Amongst the statistics referenced to in the campaign booklet included:

- The benefit of the Healthy Homes initiative exceeded the cost to Health NZ within a year and provided a five-year return of 507%. However, nearly a quarter of landlords were opposed to implementing the standards and the burden fell on the renter with the potential loss of accommodation if a complaint was raised.
- While the number on the MSD Housing Register had declined in June 2025, the total of those aged over 65 has continued to rise and now exceeds the 2020 number by 90%.
- Currently only 2% of housing stock is classified as meeting accessibility standards. Incorporating accessibility standards into all new builds would be relatively inexpensive compared to the significant costs of modification of existing properties.

Through advocacy, collaboration, and community engagement, the Doors to Dignity programme aims to ensure all older New Zealanders can live with security, dignity, and peace of mind in their later years. The campaign is seeking seven key outcomes for 'Older People' including:

1. Ageing in place, living in safe, warm, dry, healthy homes.
2. Renters paying less than 30% of their income in rent.
3. Living in age-friendly, accessible homes designed to adapt to their needs and choices.
4. Able to age in place, staying in their homes for as long as they wish.
5. Living in housing which enhances their expression of cultural identity and facilitates their cultural connections.
6. Living in age-friendly environments which enable them to feel safe, access local amenities and services and participate in their communities.
7. Living in housing which gives them access to clean running water, power, waste services, internet and emergency services.

Readers are encouraged to support the Doors to Dignity petition to parliament that is available on their website. www.doorstodignity.nz

SUPPORT OUR PARTNERS WHO SUPPORT GREY POWER

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

Our diverse benefits include: -

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

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



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

The Hidden Risks of Alcohol for Over-65s

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

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

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

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

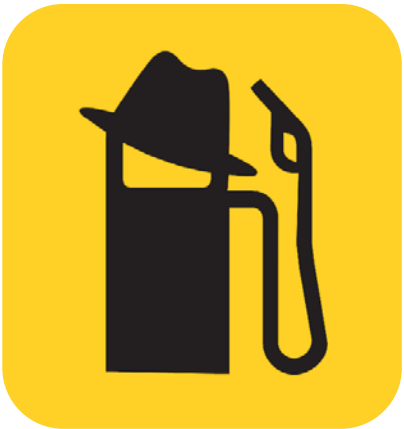
Importantly, drinking habits that were once "safe" earlier in life may no longer be safe after 65. Experts advise limiting alcohol intake, being mindful of how it affects you personally, and discussing drinking habits openly with your healthcare provider.

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



GASPY APP:

For those of you who still drive a petrol or diesel vehicle you might like to download the Gaspy App to find the cheapest fuel near you.



On your phone, go to Play Store, search Gaspy [icon as pictured], click on that and download.

It's a NZ site and is updated hour by hour by customers buying fuel. You can choose which fuel you use, 91, 95, 98 or diesel and set that and also your location.

Very user friendly and helps shave a bit off the cost when you fill up.



Early detection saves lives

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

Give yourself peace of mind, book your skin check today.

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- ✉ reception@skinclinetaranaki.co.nz
- 📍 183 Powderham Street, New Plymouth
Off-street & mobility parking available.
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7 PROVEN REASONS WHY READING IS GOOD FOR EVERYONE

For most people, the act of reading is a reward in itself. However, studies show that reading books also has benefits that range from a longer life to career success. If you're looking for reasons to pick up a book, read on for seven science-backed reasons why reading is good for your health, relationships and happiness.

Reduces Stress

A study by the University of Sussex found that six minutes of silent reading can reduce stress levels by 68 per cent. In fact, works better and faster than listening to music, going for a walk or sitting down for a relaxing cuppa.

When we read, we tend to escape into another world which alleviates tension in the muscles and heart. The type or genre of book you are reading is not important, as long as you can lose yourself in the narrative.

Promotes Wellness

Reading has an unexpected bonus of increasing your lifespan. A 2016 study published in Social Science & Medicine journal found that reading for at least 30 minutes a day extended the lifespan of participants by an average two years, with book readers who read more than three hours every week at an advantage over their peers who read magazines and newspapers.

Booktrust, the UK's largest reading charity, conducted a survey of 1500 adults in the UK and found that people who read books regularly are on average more satisfied with life, happier, and more likely to feel that the things they do in life are worthwhile. While books cannot replace the role of psychologists and therapists, in the case of mild depression, bibliotherapy can be as effective as standard medical care.

Reading Helps Combat Alzheimer's and Dementia

Reading is a workout for the brain, and keeping your mind active can help preserve brain health later in life. Research shows that elderly patients who read books or play mentally challenging games are two and a half times less likely to develop Alzheimer's. Reading is also associated with lower risk of developing dementia and found that it didn't matter if people began reading or other mentally engaging activities early or late in life, there was a slower rate of decline either way, so it's never too late to pick up a book.

Reading Helps with Sleep

Reading before bed helps with sleep, especially if you transform your reading into a night-time ritual. There are a few reasons but main one is the decrease in stress, anxiety and muscular tension associated with reading. Helping you relax and unwind before sleep can make a difference in being able to push aside anxious thoughts and allow your consciousness to drift off.

Another reason is that the habitual ritual allows your mind to associate bed and reading with sleep. To do this, it is important not to mix up your habits. Make sure you switch your smartphone or tablet with a paperback book or eReader as backlit screen devices can disrupt the production of melatonin, and browsing the internet or scrolling through email and social media on your phone can keep your mind alert and in an active state.

Reading Improves relationships

Reading has an indirect effect of improving our relationships through increased empathy, a vital trait for successful and rewarding relationships. Despite the solitary bookworm stereotypes, studies have proven a link between reading literary fiction and an increased ability to understand the emotions and thoughts of others, better social skills and relating to others whose lives are different from ours.

The brain doesn't distinguish reading about an experience and living it – the same regions are activated. Reading literary fiction produces a simulation of reality, which allows us to experience the emotions and thoughts of characters. In this regard, literary fiction acts as a bridge to better understand other people and points of view that are vastly different from ours.

Although participants in the study were tested on their reactions after reading non-fiction, genre (popular) fiction and literary fiction, the results specifically identify literary fiction as having an effect on empathy. This is thought to be because literary fiction explores the psychology and relationships of the characters in more depth than genre fiction and non-fiction books.

Reading Inspires Success

Have you heard of the saying 'not all readers are leaders, but all leaders are readers'? Well, there's a lot of truth in that. Many historical leaders were known to be avid readers, and some of the most

successful business leaders such as Bill Gates, Oprah Winfrey and Elon Musk have associated reading with their career success. A study of the world's wealthiest people found that the only trait in common was the fact that they read.

The link between reading and success is thought to be driven by the desire for knowledge. Reading makes us better thinkers by improving our critical thinking and problem-solving skills, boosting our general and specific knowledge and developing our social and communication skills.

Reading Decreases Loneliness and Social Isolation

For most, the act of reading is a solitary act, but this doesn't have to be the case. Reading can be turned into a social event by finding a like-minded group of friends or members of your community and joining a book group.

The benefits of book groups are transforming an

isolated practice into a social ritual and being able to discover a group of individuals that share the same passions. Reading and discussing books have the effect of getting a deeper understanding of the story through listening and debating different points of view.

****Reading doesn't have to be an expensive habit.** There are many great books available free if you're okay with reading on a tablet or computer screen, or of course in NZ there are a lot of free libraries to gain access to a range of great books. So, if you've been procrastinating your reading, now is a great time to pick up a book and relax so you can be stress free, live longer, stave off dementia and sleep well. I'm off to the library this afternoon. Want to join me?

Ref: CAE – Centre of Adult Education, Australia
(*with editor paraphrasing)



Einstein said – "The only thing you absolutely have to know, is the location of the library"

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

0800 473 976

customer.care@greypowerelectricity.co.nz

or website:

www.greypowerelectricity.co.nz

WAYS TO USE OLD OR SINGLE SOCKS

Dusting, wrapping fragile items, white board eraser, fill with baking soda and pop inside sports shoes overnight. Can be used as a travel organiser for jewellery or cosmetics. Use to clean windows – excellent results.



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& burials**

Helping Taranaki families with a range of simple, professional funeral services. With affordable caskets, urns & jewellery. Pre arrangements & Pre paid options available

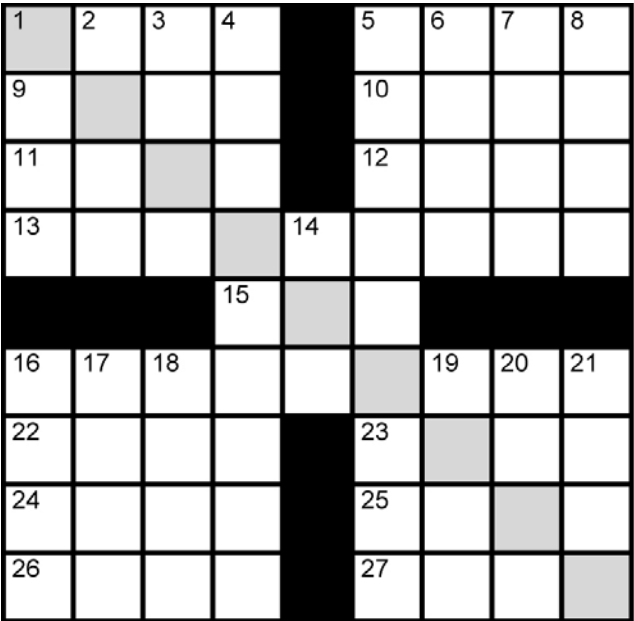


0800 236 236

233 Carrington Street, New Plymouth

www.asimplecremation.co.nz

Harbour Sights

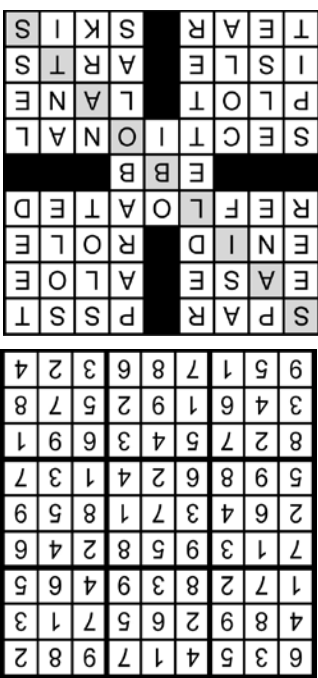


Across
1. Box
5. 'Hey ... over here!'
9. '___ on Down the Road'

10. Cosmetic additive
11. Author Bagnold
12. Film part
13. Made buoyant again
15. Flow's partner

16. Type of sofa
22. Connive
23. Narrow street
24. Capri, for one
25. Song and dance, e.g.
26. Drop from the eye
27. Slaloms

Down
1. Clairvoyant
2. Piece of glass
3. '___ I care!'
4. Memorable, special
5. Conic sections (Geom.)
6. Coin opening
7. Exclusive
8. Angry, with 'off'
14. ___-Wan Kenobi
16. Fast-moving card game
17. '... or ___!'
18. Fizzy drink
19. Informer
20. Against
21. More or ___

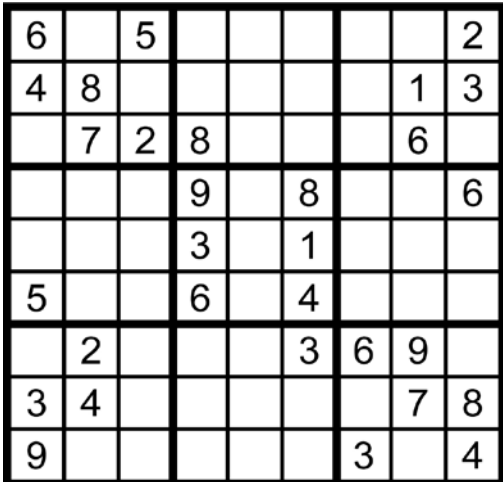


The crossword headline is a clue to the answer in the shaded diagonal

Rainforest

- AMAZON
BATS
BIRDS
BOAS
BOG
BRAZIL
BUG
CAIMAN
CANOPY
CHOCOLATE
CUCKOO
DRAGONFLY
- FIGS
FROGS
FUNGI
HULI
IGUANA
JUNGLE
LOGGING
MACAW
OCELOT
ORANGUTAN
ORCHIDS
PARROTS
- PERU
PIRANHA
QUETZAL
ROOTS
SERVAL
SLOTH
TIGER
TURTLE
VINES
WORMS
XENOPS

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.

Chalmers Home is a modern rest home with spark

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

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

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

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

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

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

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

A full range of positive ageing services

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

At Chalmers Home we offer both rest home and hospital level care. If there comes a time a resident needs extra support, they can have peace of mind knowing our dedicated care team can support them.

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



Scan here for more information



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



IS NZ SUPER TO BE ATTACKED?

In the lead up to the election, we are seeing commentators and politicians raising the unaffordability of NZ Superannuation (NZS) and the urgent need to make significant changes. As voters and as an organisation we need to be on our guard to ensure that one of the OECD's most efficient pension schemes retains its best features while adapting to future needs. We support the view of the Retirement Commission that any future changes to NZS settings are carefully considered with support cross party for any planned adjustments to avoid knee jerk decisions each election cycle. Those preparing for retirement in the future need certainty to plan for a financially secure retirement.

What are some of the measures being considered?

1. **Increase the age of entitlement.** This sounds very logical; we are living longer so why not increase the age of entitlement? This fails to acknowledge those who will be most disadvantaged – those who have been in manual labour, our Māori and Pacifica population who have a shorter lifespan, those who are disabled or unwell. Financial benefits to government are relatively modest.
2. **Change annual indexation of NZS to the CPI,** rather than the higher of CPI or the average wage increase. This would be a significant long-term saving to government. The downside is that we already have a significant % of retirees totally dependent on NZS as income in retirement and the increasing proportion renting are already facing poverty with rent costing 50% or more of their income, poor tenure security, and properties that do not provide accessible, warm or dry accommodation. CPI indexation, without an increase in the basic NZS payment level, would create more senior poverty.
3. **Means-test NZS.** The justification is why should someone earning say \$200,000 annually with assets of \$2 million receive NZS? Sounds logical, but this denies the basic principle of universality valued by New Zealanders in our public pension scheme. Also, consider the impact of means-testing of pensions as is applied in Australia. The impacts are severe – the bureaucracy is unbelievable (increasing government costs and adversely impacting those struggling to secure their pension), constant reporting of changes in assets and income are demanding and result in sudden changes in pension

payments, and most importantly the policy creates a disincentive to work in retirement due to the high rate of reduction in pension payments. The evidence of impact on the 65+ workforce is stark. NZ has double the workforce participation for those aged 65+ than Australia. Could the NZ economy afford such a reduction in mature reliable workers if this was implemented?

Beware of those politicians ringing alarm bells about NZS being out of control and offering quick fix solutions. We need to hold our politicians accountable to cross party investigations on future amendments to NZS (and KiwiSaver) settings that are evidence based and that all changes signalled well in advance to allow all New Zealanders to be confident in their ability to retire in dignity.

A personal perspective from David Marshall, Chair Retirement Income & Taxation Portfolio, Grey Power NZ Federation Inc.

A pigeon's compass may sit in its liver

How a homing pigeon finds its way home across hundreds of unfamiliar miles has puzzled scientists for more than a century. A surprising new study points to an unlikely organ: the liver.

Researchers have long known that pigeons can sense Earth's magnetic field, but they could never pin down where the biological compass actually sits. According to a study reported by ScienceDaily in May 2026, the answer may lie in tiny iron-filled immune cells scattered through the bird's liver -- an organ better known for filtering blood than for finding north.

Packed with iron, these cells appear to react to magnetic fields like microscopic needles, the researchers suggest. When the cells were disabled, the pigeons struggled to orient themselves and find their way, a strong hint that the liver plays a part in navigation no one had suspected.

The finding does not close the case. Scientists have also proposed magnetic sensors in birds' beaks and eyes, and birds clearly lean on the sun and familiar landmarks too. Homing ability probably draws on several systems working together. Still, the humble liver has now joined the list of suspects in one of nature's most enduring mysteries.



ORANGE AND GINGER SELF-SAUCING PUDDING

Treat yourself and the family with an orange and ginger self-saucing pudding. A lower sugar take on traditional saucy pudding, this winter dessert is simply divine!



Serves: 8 and takes 1 hr

Ingredients

- 1¼ cups self-raising flour
- 1 teaspoon ground ginger or other spice
- ¼ cup sugar
- 3 tablespoons ground almonds
- 2 oranges, zest and juice
- ¼ cup crystallised ginger, chopped
- 5 tablespoons (70g) reduced-fat spread, melted
- 1 teaspoon vanilla essence or paste
- 150ml skim milk
- 1 egg
- ¼ cup maple syrup or honey

Instructions

1. Preheat oven to 170°C. Lightly grease a 1-litre capacity baking dish.
2. Into a bowl, sift flour and ground ginger. Stir in sugar, almonds, orange zest and half of the crystallised ginger.
3. In a bowl, combine spread, vanilla, milk and egg with 1 tablespoon of the maple syrup. Whisk into dry ingredients until smooth. Pour batter into prepared dish and level surface with a knife.
4. Into a jug, pour orange juice then top up with water to make 300ml. Stir in remaining maple syrup. Carefully pour mixture over pudding.
5. Bake for 30-35 minutes or until golden brown and firm to touch. The sauce will be bubbling at the edges. Remove from oven.
6. Serve pudding warm with cream or yoghurt.

Author: Sarah Swain for HFG

CREAMY BROCCOLI SOUP

This creamy broccoli soup is rich, indulgent and full of flavour. It's so low cost and easy to make, you can have it on the table in 35 minutes - great for lunch or a light dinner or starter.

Serves: 6, takes 35 mins

Ingredients

- cooking spray oil
- 1 leek, white part only, sliced
- 1 spring onion, finely chopped
- ½ teaspoon grated or crushed ginger
- 400g broccoli, cut in florets
- 1 cup light coconut cream
- 2 ¼ cups liquid vegetable stock
- 2 cups water
- Salt and pepper to taste
- plain yoghurt, to serve (optional)

Instructions

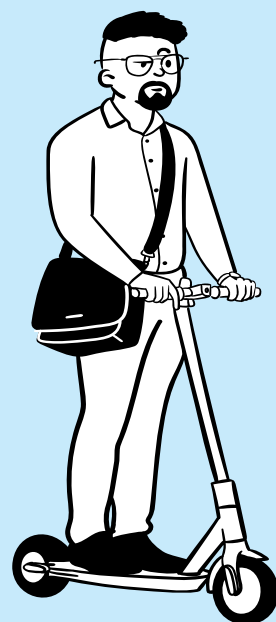
1. Place a heavy-based saucepan over a medium heat. Spray with oil. Fry leek, spring onion and ginger for 2 minutes, or until soft. Add broccoli and cook for another 2 minutes, stirring occasionally.
2. Add coconut cream, stock and water. Simmer for 15 minutes until broccoli is tender.
3. Cool slightly. Season with pepper and purée in a blender. Return soup to saucepan. Gently reheat. Pour into individual bowls. Serve with soy yoghurt (if using).



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 \$25.00 Double \$40.00. This changed 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.
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
21st October**

Bell Block bundles ready
by Friday 23rd 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. **GENERAL MEETING** Thursday 27th August
1.30pm, Barclay Hall.
2. **INGRID LEARY LECTURE** Sunday 30th August,
1.30pm at Barclay Hall
3. **GLAUCOMA FORUM** 10th September
4. **AGE IS JUST A NUMBER** 1st October
5. **ELECTION CANDIDATES FORUM** 15th
October, 1.30pm at St James' Church
6. **GARDEN TRAVEL** 3rd November
7. **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 late October.

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
November 26th
1.30pm at Barclay Hall,
158 Tukapa Street.**

AUGUST RAFFLE



**We will have a raffle as usual at the
August General Meeting.
1 ticket \$2 or 3 for \$5**

**Election Forum
At St. James' Church
15th of October at 1.30p.m.**

**Come and hear what each has to say.
All welcome | Plenty of parking.
Bring a friend along as well.
Any questions? Then ring us: 021 022 98721**



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GREY POWER
NEW PLYMOUTH**



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

MEMBER DETAILS:

PAYMENT DETAILS:

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

Date on Computer

