

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER



AUTUMN ISSUE 2020



**MAYOR KIRSTEN WISE
WITH MEMBER BETTY JONES AT OUR XMAS
LUNCHEON AT PUKEMOKIMOKI MARAE**

**Next Meeting Tuesday 17th March
ALL WELCOME**

GREY POWER NAPIER

PO Box 4247, Marewa, Napier. 4143
Phone: 06 844 5635
www.napiergreypower.org



COMMITTEE

President

Bruce Carnegie

(06) 844 5635 | bpcarnegie@gmail.com

Deputy Chairperson & Publicity officer

Maxine Boag

021 024 70484 | maxine.boag@gmail.com

Secretary

Isabel Wood

(06) 843 0524 | iawood@slingshot.co.nz

Membership Officer

John Wuts

(06) 844 4751 | wutsie@xtra.co.nz

Treasurer

Ian Cook

(06) 844 4862 | ijcook@xtra.co.nz

Committee

Anne Mitchell

844 7011
lilyannemitchell@outlook.com

Rana Dallas

844 7347
ranar@xtra.co.nz

Russell Wyeth

russjoy@windowslive.com

Jacquie Hurst

Jacquie.tim@xtra.co.nz



Above: Grey Power Napier committee 2020: Back left: Russ Wyeth, Bruce Carnegie, Anne Mitchell, Maxine Boag, Isabel Wood, John Wuts, Jacquie Hurst; Front seated June Graham, Ian Cook. Absent: Rana Dallas.

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Please refer to our website for disclaimer.

Editor's note

Kia ora, hope you enjoy our new, upmarket, professional newsletter, produced by Kiwi Publications at no cost to us! I just love not having to lay out everything and not having to sell the advertising... And am sure you will enjoy this full colour, 16-page newsletter that we deliver to your letterbox!



This is the first issue so the format and content may change over the four newsletters we're intending to put out this year. I'm always looking for short articles on issues of concern. As well as party politics, we have two referenda coming up in September – End of Life Choices and legalising recreational cannabis. Would love to have your thoughts on these (briefly and why) for possible future publishing here – it can be anonymous.

We try and keep our facebook and website pages up to date, so keep an eye out for what we're doing there.

Nga mihi *Maxine*

TIME TO RENEW YOUR GREY POWER MEMBERSHIP!

Your membership runs out on 31 March so please beat the rush and renew now. We cannot take cheques but you can bring your sub to meetings (in an envelope with your name, address and membership number), across the counter at your Kiwibank, online, or by phone banking. Call Membership Officer John Wuts at 06 844 4751 or email wutsie@xtra.co.nz.

Acknowledgements: This newsletter was compiled by Publicity Officer Maxine Boag with the assistance of committee members. It was printed by Kiwi publications, folded and distributed by member volunteers and delivered by members or emailed by the Membership Secretary. Neither the Association, nor any person or persons associated with it accepts any liability whatsoever for the contents of this newsletter, nor do we necessarily endorse any product advertised.

FROM THE PRESIDENT

Kia Ora!

Welcome everyone to the start of hopefully a very good year. Christmas and New Year for most of us is always a nice time to catch up with family and friends. Trish and myself enjoyed staying with our daughter and family at Te Aroha. Seeing your children getting older and grand children growing up so fast makes you feel younger.

Since our last report we had our Christmas luncheon with 160 members and guests with our very special guest being new Mayor Kirsten Wise. We were entertained by Joan and Garry Shaw with all the older popular Christmas songs that bring back memories of what Christmas is about. It is nice to be able to finish the year off with our Christmas luncheon. We are very fortunate to have an excellent committee and helpers giving of their best to ensure the occasion is enjoyed by all who were there. A good way to start the year off was with our volunteer luncheon. We have been doing this for a number of years and again it was nice to get together and say a big thanks to all our volunteers without whom Grey Power would not be like it is today. I worked out that having volunteers delivering our newsletters saves us approximately \$3000 in postage.

We have 60 volunteers who give their services to folding and delivering our newsletters, phoners who contact members to advise and remind about future meetings, preparing and serving our afternoon teas, setting up for our monthly meetings, fruit picking, delivering your donations to the Food Bank and of course your committee. We're always looking for more so contact me if you'd like to help!

Long-standing Life member June Graham has for years has been our catering supervisor, doing a wonderful job spoiling



us with the variety of food that she and her team prepare for all our meetings. Unfortunately, June is not able to continue in this role and has decided it is time for someone else to take over.

We are very pleased that one of our newer members, Allison Beattie has volunteered to become our new catering coordinator. We thank you Allison for taking on this responsibility. (see picture below)

During the year we will be actively representing Grey Power at meetings with: the Hawke's Bay District Health Board (see report on page 11), the Napier City Council's Council Positive Ageing Strategy stakeholder group, Zone meetings in Palmerston North, the HB Positive Ageing Trust, City Council meetings, International day of the older persons and the Federation's AGM in July.

We are an advocacy group so will be holding candidates' meetings for the Parliamentary elections in September. If you have any issues or concerns, we would love to hear from you. You can talk to your committee or myself either: e-mail: bpcarnegie@gmail.com or phone 06 844 5635

Best wishes everyone for a great year.

Bruce Carnegie



Catering Crew at Grey Power - from left: Kathy Booth, Joe Booth, Alli Beattie (co-ordinator), Pam Wuts

Grey Power Xmas luncheon, November 2019 at Pukemokimoki marae whare kai.



Those of you who remember former Grey Power Federation President Terry King who visited our branch a few years ago, will be pleased to read this. There's a message for all of us on the importance of staying active and healthy despite medical challenges!

"Use it or lose it" is the attitude of 79-year-old swimming medallist and cancer survivor Terry King

The Invercargill retiree and former city councillor bought home a series of medals from the New Zealand Masters Games in Dunedin a few weeks ago.

In the 75 to 79 age group he won gold in the 100 metre breaststroke and 50m freestyle, silver in the 100m and 50m backstroke and bronze in the 100m freestyle.

The attitude to stay positive when times were tough and to keep going while you can is what King believed got him through.

He suffered a heart attack in November 2015, was diagnosed in 2016 with stomach cancer and spinal

stenosis in 2017.

Through all of that a positive mentality and no short cuts were the key to succeed, he said.

"You've got to put the work in and results follow. Once you hit the water you just go for it."

His love for swimming came from the effect it had on his physical, mental and social wellbeing. It was also a sport that had little stress on the skeletal system, he said.

He trains three times a week at the pool for about an hour and swims 50 lengths each time. His training has been slow and consistent but he always aimed for his own personal best. He wanted to do as well as he could, if the results were good that was just a bonus, he said.

King also picked up four gold medals for swimming at the 2014 NZ Masters Games and said he had no plans of stopping yet.



All specialists say to keep on exercising while people can, King said. "It's good rehabilitation and it backs up what I do at the physio."

More than 400 Southlanders took part in the Masters Games in Dunedin during the weekend.

Source: Georgina Oldfield Southland Times



STAYING SAFE EDUCATION PROGRAMME FOR OLDER DRIVERS

Staying Safe is a theory based refresher course for older drivers facilitated by Age Concern. During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

The information and material in this programme have been provided with the generous support and expertise of New Zealand Transport Agency and New Zealand Police

Courses are run 10am to 2.30pm.
Cost \$10.00 lunch provided.
Contact Age Concern Napier to enquire when courses are being held - telephone 8421346

These are some of the members who assist us with phoning, catering, folding newsletters, helping at meetings.

We celebrated their efforts with lunch at the Napier RSA in February.



Volunteers folding newsletters

A cry for help

One of our members sent us his story concerning the personal costs for Hawke's Bay patients needing treatment out of town.

"I had to be flown down to Wellington to get a stent inserted in my heart after a heart attack. As I did not need further treatment in Hawke's Bay, I had to find my own way home, at my own expense.

"You have to travel at least 350 kilometres before you're eligible for assistance. In 2012 the last government removed some of the community service benefits to cover return travel and this has not been restored.

"The HB DHB told me that this is the responsibility of Central Government, which is backed up on the Ministry of Health website under National Travel Assistance.

"Surely it is up to the local District Health Board or government to bring these patients home, when their local hospital cannot provide the service. At the time of an emergency the last thing on the mind of the patient or their family is how they will be coming home. They may not be in a financial

position or have the means to pay for their fare home.

"All hospitals cannot cater for all types of specialised health treatment and services, but I believe it is the government's responsibility to give every New Zealander equal medical treatment wherever they live, in the provinces or big cities."

This gentleman has an appointment to see Stuart Nash so we will follow with interest.

A Volunteer Appreciation

The key to our success
Rests in people like you
Who embody the spirit of greatness
By saying, "Yes, I can, and you can, too."

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WANT TO MAKE A DIFFERENCE?

The Samaritans 24/7 helpline urgently needs empathetic listeners to join our team. We offer volunteers full training and ongoing support. Both the training and telephone duties can now be carried out from your home if required.

Please contact us at rotorua.lifelink@xtra.co.nz for a volunteer information pack.

samaritans
Aotearoa New Zealand

Ngā mihi ki a koutou mo to tautoko
Thank you for your support

Napier's Positive Ageing Strategy - Update February 2020



The Positive Ageing Strategy for Napier is being presented to Council on 12 March 2020. Approval is being sought from Council to adopt the finalised Strategy, which incorporates feedback from the community on the draft that was distributed in July/August 2019. We received 70 formal responses to the consultation on the draft Strategy, including 46 using the online feedback form, and 24 that were received in the mail.

The Strategy was developed following wide-ranging engagement with many of organisations, community groups, and Napier residents. It covers the period 2020-2024 and reflects the recently released New Zealand 'Better Later Life' Strategy.

This is a city-wide Strategy, which will be relying on support from a number of agencies and organisations, including Grey Power Napier. The overall vision of the Strategy is 'Living Well, Ageing Well - Kia Tika Te Ora, Kia Tika Te Tipu'. The proposed priority areas (*in no particular order*) are:

- Being informed and involved - Kia mōhio, kia mahi
- Being safe - Kia haumarū
- Community spirit - Te wairua hapori
- Getting around - Hāereere
- Health & wellbeing - Hauora & oranga
- Housing - Ngā whare
- Things to do - Hei mahi.

The priority areas closely align with both the goals of the 'Better Later Life' Strategy and the domains of the World Health Organization's Age Friendly Cities and Communities model, while still reflecting local realities.

An implementation (*action*) plan will be developed for the Strategy following adoption by Council. This is likely to be led and monitored by a Positive Ageing Strategy Advisory Group, which we will know more about after the Council meeting. We anticipate that members of the Advisory Group will include representatives from organisations leading the seven priority areas; organisations and groups who provide services or support to seniors; and seniors who have a lived experience of ageing.

The implementation plan will identify actions for each of the priority areas, which will be prioritised and phased over the five-year period of the Strategy to ensure they are achievable. We heard some great action ideas from people during the Strategy's development and these will all be added to the mix.

More information, or if you'd like to read the draft Strategy and background documents, can be found here: <https://www.napier.govt.nz/napier/seniors/>

As they say, good things take time. We're pleased to be on the home straight with having Napier's very first Positive Ageing Strategy finalised and put into action. Thanks to Grey Power Napier for supporting the Strategy's development - members are welcome to attend the Council meeting, 10am Thursday 12 March 2020, Hawke's Bay Regional Council Chambers.

Michele Grigg
Senior Advisor Policy, NCC



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

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Thanks

Relationship changes in a village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

Leaving aside a move to care or leaving the village entirely, there are three ways residents' circumstances can change. These are:

- Divorces and separations
- Late life love
- Moving a child or other dependent adult in

Over the next few issues we'll be having a look at these in more detail.

The framework for looking at these issues

It's important to stress that every village is unique and there are many different approaches taken by operators. Generally speaking, village managers will look at the context of the request as well as the resident's circumstances before making a decision. The starting point is recognising that an occupation right agreement (ORA) is usually a personal contractual right to occupy a unit and is non-transferrable. Further, residents will usually hold their interests jointly rather than as tenants in common.

An ORA will typically contain provisions relating to the length of time that guests may stay with a resident without first obtaining the operator's consent. Guests are often limited to stays of no more than two weeks at any one time and a total of six weeks in total each year. These limits ensure that guests don't interfere with the rights of other residents and to avoid the abuse of village facilities.

All disclosure statements for registered retirement villages are required to disclose the effect of marriage on an occupation right agreement.

Divorce, or when a resident couple separates

Operators will not agree to any change to the occupancy arrangements of a separating couple until they are satisfied that both parties have first received



proper legal advice on how to proceed.

The ORA will usually be relationship property. As with any separation, one partner may offer to give up their right to occupy the unit and their interest in the termination proceeds in exchange for some other benefit. Many, but not all operators, will be willing to acknowledge this arrangement and may formally document the change, subject to both residents obtaining independent legal advice.

It is not uncommon for operators to find that residents are concerned about legal costs and will try to avoid formally documenting the division of their relationship property. Some residents will try to hand over the responsibility of documenting their relationship property division to the operator. Operators, of course, do not wish to be put into this position and will actively avoid getting involved.

Unfortunately, as with any relationship break up, there may be insufficient assets or income available to allow one partner to stay in the village and to pay the other resident out, or there could be angst among other residents if one party stays and the other leaves. While village managers will be sympathetic to the change, it's not their job to get involved in relationship property disputes.

Next time we'll have a look at what happens when a resident falls in love.

editorial supplied by Retirement Villages Association

Changes to Banking

By Stuart Nash MP

Many of you will have been used to paying your bills by cheque, and you could be concerned when you hear that cheques are being phased out.

In most instances, the use and phasing out of cheques are commercial decisions for individual companies, not Government policy. This operational independence also extends to Crown entities and State-owned enterprises such as the Accident Compensation Corporation and New Zealand Post. Decisions such as those in relation to cheque services are the responsibility of the entity.

The downward trend in cheque use is the reason for some organisations deciding to phase them out. The use of cheques in New Zealand has been steadily declining for some time. The banking sector has attempted to make cheque processing as efficient as possible while promoting other payment methods to customers. In 2014 cheque duty was abolished to reduce compliance costs for bankers and printers of cheques. These actions helped extend the life of this service, but it has been increasingly apparent that the sector cannot sustain the use of cheques for payments indefinitely.

Inland Revenue is one organisation which reports cheque use declining by about 20% annually. IRD reports, that cheque payments account for only



5% of the payments it receives. IRD acknowledges, however, that for some people, their only option is to pay by cheque. If people are unable to pay any other way, IRD can agree to accept cheques, but must approve this beforehand. If there are any questions or concerns, IRD has indicated that customers can contact them on 0800 377 774. There are times when this phone line is overloaded, so the best way to contact IRD could be on their website: <https://www.ird.govt.nz/>.

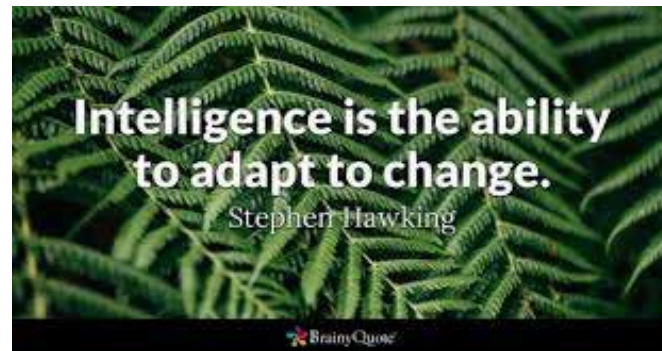
Telephone banking is another option to using cheques for those who have a landline. People can do this by contacting their local bank.

One thing is certain, we live in a changing world. There will come a time when cheques will be completely obsolete. In the meantime, see what you can do to future-proof your financial transactions.

Thanks for your support. My office hours are 9.00am - 4.00pm Monday to Friday and we are just a phone call away on (06) 835 6093.

Stuart Nash MP for Napier

• Minister of Police • Minister of Fisheries
• Minister of Revenue • Minister of Small Business
Authorised by Stuart Nash, 155A Tennyson Street, Napier





Stuart Nash

MP for Napier

MINISTER OF POLICE, FISHERIES, REVENUE, AND SMALL BUSINESS

155A Tennyson Street, Napier
(06) 835 6093
@stuart.nashmp@parliament.govt.nz
www.labour.org.nz/stuarnash

Authorised by Hon Stuart Nash,
160 Willis St, Wellington



Our health matters

By Isabel Wood

For the last two years, Napier Grey Power, along with representatives from Hastings Grey Power and Age Concern have been meeting every two months with appropriate senior staff from the Hawke's Bay District Health Board (HBDHB) to discuss our concerns relating to health services for older people.

Our first meeting this year, on 22 January, was attended by four Hastings and Napier Grey Power members, including our president Bruce and secretary Isabel plus five Age Concern representatives.

As was expected much of the meeting was spent discussing the issue of the letters sent out to 605 people, mostly older people receiving Home Management support, advising them that this would be discontinued.

The subsequent furore over this move in the media had resulted in the decision being overruled and a letter of apology and a phone call sent to all distressed recipients.

This meeting was attended by four District Health Board elected members, which has not occurred before. Kevin Atkinson, Anna Lorck, Heather Skipworth and Ana Apatu were there plus the usual senior management staff Emma Foster (Acting Executive Director of the Planning directorate) and Janine Jensen, the DHB's Planning and Funding Commissioner for the health of older people.

Janine attended briefly and extended her apology regarding stress caused by the letter. Both Napier President Bruce Carnegie and Hastings Grey Power President Ron Wilkins spoke of the excellent way that Janine had run previous meetings and action taken on concerns raised by both Grey Power and Age Concern.

Age Concern in Napier reported having received many calls from distressed members over getting the letter which had also caused concern to the support workers with potential loss of clients and hours of work.

Both Grey Power and Age Concern did say that in the previous meeting Home Management was discussed and they had agreed that support for a review had been given – but not wholesale cessation! Kevin Atkinson advised that the Board was not aware of the letter being sent out to all 605 clients and if they had,

alarm bells would have rung regarding the number affected.

A strategy process has been put in place for the next 12 months and any media releases will be available to committee members. Systems and processes that developed this error would be corrected effectively to minimise this happening again – they would be committed to gathering information over the next two to three weeks and reporting back.

For future review of clients, there will be a much more rigorous approach particularly involving any reduction or cessation of services.

We insisted that the overall well being of older persons should continue to be a priority, and these visits help people to stay in their own homes. Ageing well at home is vital: the consequences of not getting this right could have a huge impact on the well being of our older citizens.

The HB DHB view is to serve the community, to improve relationships to seniors' groups and hear their voice on issues which the DHB can then use to help address issues for older people. Kevin Atkinson suggested representation of Age Concern and Grey Power on the HBDHB Consumer Council. The Board agreed they needed to keep meeting with our group to help them directly identify concerns.

It was agreed that the next meeting scheduled for 22 April 2020 would take place as planned.

Do you, as the members we represent, have any issues you would like us to raise? If so, contact myself at 06 843 0524 or Bruce at 06 844 5635.



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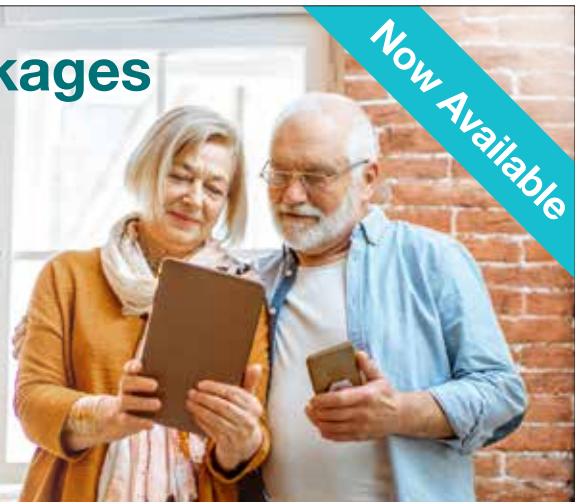
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Be transported back in time at The Faraday Centre

At 2B Faraday Street in Napier, there's a time machine

The time machine is activated by you at the precise moment that you walk through the door. Suddenly you're not in Napier 2020 anymore. The massed gadgets of the past are gathered before you. The practical, the precise, the clever and the crazy. From biplanes, to gizmos that drill teeth, to gadgets that do who knows what.

The Faraday Centre is Hawke's Bay's technology museum. It's the perfect place for kids who love to touch things! Hands on experiences are what it's all about. Visitors are encouraged to touch and hold items, pull levers and truly discover how things would have been in days gone by.

"The Faraday Centre is very inter-generational," says Centre Manager Sharyn Phillips.

"It's such a wonderful place to take your children and grandchildren. Families can create memories together – with the older generations reminiscing and teaching the younger generations, who are learning about the past."

In the words of one recent visitor: "We enjoyed the atmosphere (lots of children learning and exploring) and the quality of the exhibits were amazing. It was indeed a surprise."

The Faraday Centre is run by a dedicated group of knowledgeable volunteers and therefore is open only at certain times - Monday, Wednesday, Friday and Saturday, 9am to 1pm.

"Our volunteer base is crucial for the Centre to operate," says Sharyn. "We need people who are great at hosting visitors, as well as those with the technical know-how to fix things. Please pop in and see us if you are interested in becoming a volunteer."

With the school holidays coming up, now is a great time for you and your grandchildren to discover the hidden gem that is The Faraday Centre and experience bygone years.

The Faraday Centre, 2B Faraday Street, Napier



What did you do on Waitangi Day? *By Maxine Boag*

I was at the Clive commemorative ceremony starting with an early morning hikoi (walk) along the riverside pathway between the Celestial Compass at Waitangi Park (Awatoto), to the Clive bridge, where we were welcomed with a powhiri by local marae and Te Aute College, followed by morning tea. I took the opportunity to sign the Peace Treaty which members of the Geneological Society (dressed as settlers) had organized.



Our 90-something-year-old member Pat Magill went up to Waitangi, and here's some of the special people he met!



Exercise at your own pace at your own place!

It's been a challenging Summer with long hot days and more recently heavy rainfall, so your exercise may have fallen by the wayside. But never fear, SuperCue is here! We may have the perfect solution for you!

Launched in October, this is a new approach to exercise programmes specially for those aged 60+ with fresh, fun, fully choreographed workouts at your pace and at your place, or "any" place for that matter. Physiotherapist and author of "Becoming the Shape of the Chair you Sit In", Barbara Mawson can't recommend the SuperCue programmes highly enough. "The workouts are a great mix of information - well-paced and executed, and beautifully presented. I've always been an advocate for empowering people and Rebekah and Marya (SuperCue Founders) both do it so well."

SuperCue provides options for seated exercise, right through to a more energising standing routine, all aimed at improving your strength, balance and mobility. There's a big focus on educating you on good posture and movement with lots of instruction so you can be confident that you're doing things correctly and safely.

To make it easy for you, the programmes are available both online and on DVD. You can try them for free online by going to our website www.supercue.nz or you can email us on info@supercue.nz or phone Rebekah on 0277735483 to order a DVD

editorial supplied by SuperCue



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Strength & Balance Programmes for 60+

Dame Margaret Beasley speaking in Taradale



Dame Margaret Beasley, pictured with Grey Power member Dr Libby Smales, visited Napier recently to speak at a public forum on the need to take abortion out of the criminal code. Dame Margaret, active for many years in providing and advocating for women's sexual and reproductive health, was recently honoured as the Rymans Healthcare Senior New Zealander of the Year.

Pakeke (seniors) from Age Concern's weekly social group, Nga Pakeke o Maraenui, at the opening of a new Samoan after-school programme running every weekday at the Maraenui Rugby and Sports Club.



Above from left: Awhina Graham-Wairau (also a Grey Power member), Filoi Su'a (standing) and Crete Pinkham.

SUBSCRIPTIONS 2020 - 2021

You will have seen the articles in the news that as from 28 February 2020 Kiwi Bank will no longer accept cheques. What are the options for payment so that you will continue enjoying the benefit of belonging to our Napier & Districts branch of Grey Power?

- 1) Pay cash at one of our meetings - put your money in an sealed envelope with your name, membership number and the amount paid on the outside and pass it on to our treasurer.
- 2) Pay your subs in cash at a Kiwi Bank branch into our bank account number 38-9009-0434068-00, quoting your name and membership number.
- 3) Use internet banking; again, quote name and membership number.
- 4) Use phone banking - see your bank on how to set this up if you are not familiar with this - banks are most helpful to get you using this method.
- 5) Go to our website <http://napiergreypower.org/> and join using the membership form there.
- 6) Set up an automatic payment to pay your subscription each year on 1 April.

We suspect that at some time in the future other banks will also eliminate cheques from their systems, as has the Inland Revenue Department, so we suggest getting organised sooner rather than later. Please talk to us, or President Bruce, if you are experiencing any difficulties with this.

John Wuts, Membership Secretary
and **Ian Cook**, Treasurer

Newsletters

These are produced each quarter with the next three issues planned for:

Tuesday 9th June, Issue 2
Tuesday 11th August, Issue 3
Tuesday 17th November, Issue 4

If you have any news or items of interest that you think could be good in the Newsletter please contact Maxine Boag our editor, Maxine.boag@gmail.com or 021 0247 0484

PLEASE DO NOT PAY YOUR GREY POWER ELECTRICITY BILL INTO OUR ACCOUNT!
If you pay us on line, please help us identify you!
We need a membership number or a full name

INVOICE for GREY POWER MEMBERSHIP 2020-2021

If you are a NEW member; or an EXISTING member (and the sticker on your Grey Power membership card is not GREEN) your membership fees are due and this is an invoice for you to pay for membership from 1 April 2020 to 31 March 2021.

From: Grey Power Napier & Districts
PO Box 4247, MAREWA 4143

Bank account number:
38-9009-0434068-00 Grey Power Napier & Districts

To: **Your name/s**

Address

Phone **email** **m'ship no**

You are paying \$15 for 1 member (tick if applies) **or \$27 for a couple**

Amount paid: **Payment Type: (Direct Credit, cash)**

Would you like to volunteer with Grey Power? **Can we email your newsletter?** yes / no

Please put this form in an envelope and drop off at our meeting, or Direct Credit our bank account above, put your name and membership number in the deposit details and notify wutsie@xtra.co.nz or ring John 844 4751

2020 Meeting dates and speakers

All Napier Grey Power meetings are held at:

St Columba's Church
176 Gloucester Street
Taradale

Starting at 1:30 pm on the third Tuesday of each month (except when otherwise advertised)

- 17 March** Speaker is Trevor Taurima with an Environmental Presentation
- 21 April** Speaker is our local MP Stuart Nash
- 19 May** Speaker is Jane Hawthorn, nurse specialist, on Macular Degeneration of the eyes.

16 June

Speaker is Napier Mayor Kirsten Wise, plus our AGM.

July and August

Candidates standing for the Parliamentary Elections.

September, October

To be advised.

24 November

Our end of year Christmas luncheon.



PRE ORDERED FROZEN MEALS NOW AVAILABLE from Age Concern Napier

Meals are available in two sizes – standard \$6.70 and large \$8.80 and all meals come with vegetables. The range we offer is:

Roast Chicken * Roast Lamb * Roast Beef * Roast Pork * Beef Casserole * Cottage Pie * Curried Sausages * Lasagne * Sausages and Onion gravy * Macaroni Cheese * Creamy Fish Pie

Meals are preordered one week in advance. Please telephone the office on 842 1346 for more information or to order



Sender: Napier & Districts Grey Power
PO Box 4247
Marewa 4143

