

Grey Power Napier & Districts

P O Box 4247, Marewa, Napier 4143

Quarterly Newsletter

<http://napiergreypower.org>

May 2017



Renew your membership to make sure you keep getting the benefits of being a Grey Power member!

Annual General Meeting 23 May 2017 Agenda

Please bring your GREEN membership cards to vote in the AGM. Starts 1:30 sharp, with Guest Speaker to follow. Bring membership renewal/new member forms in an envelope.

Welcome
Apologies
Approval of Minutes of last AGM
President's report
Membership report
Financial report
Appointment of Scrutineers
Election of Officers

- President
- Deputy President
- Treasurer
- Secretary
- Membership Coordinator
- Publicity Officer
- up to SIX other committee members

(Note: there will be nomination forms at the door, a mover and seconder member needed; when completed to be given to secretary Isabel Wood)

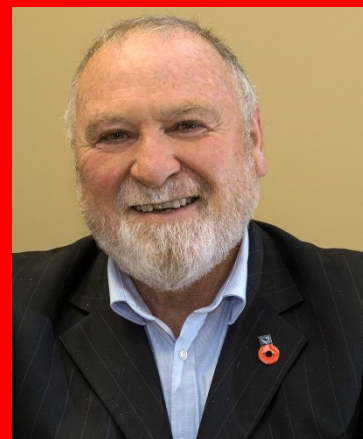
Any other business
Announcement of officers and committee members
Closure of AGM

Guest speaker Rex Graham chair HB RC

Guest Speaker at our May Meeting

**Rex
Graham**

**Chairman
Hawke's
Bay
Regional
Council**



**Speaking on
"Working for your Society"**

**When?
Tuesday, 23 May 1:30 pm**

**Where?
St Columba's Church
176 Gloucester Street Taradale**

PLEASE BRING YOUR GREEN MEMBERSHIP CARD IN ORDER TO VOTE IN OUR AGM WHICH PRECEDES OUR GUEST SPEAKER

Bring money for raffles, something for our Food Bank collection, saleable items for Gabriels's Romanian Orphans shop. We sell fruit and provide a delicious afternoon tea.

Current Grey Power Committee Contacts

President:

Laurie Jenkin
(06) 844 3734
mizpah@waspnet.co.nz

Treasurer:

Carol Brunton
(06) 843 0212
carolgarry@xtra.co.nz

Committee:

June Graham 845 4353
Anne Mitchell 844 7011
Lillian Rennett 843 9522
Jane Smart 0274 595716

Deputy Chairperson

Bruce Carnegie
(06) 844 5635
bpcarnegie@gmail.com

Membership Officer

John Wuts
(06) 844 4751
wutsie@xtra.co.nz

Secretary

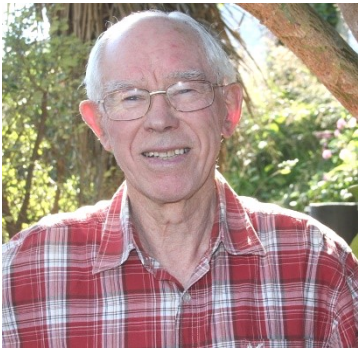
Isabel Wood
(06) 8430524
iawood@slingshot.co.nz

Publicity Officer

Maxine Boag
(06) 835 6495
m.boag@xtra.co.nz

You can also join or renew your Grey Power membership on our website:

<http://napiergreypower.org>



The President's Report

To 2017 AGM

Our association is in good health, and although the stellar growth of our membership in the 2015-16 year has not repeated, we are proud to have well over 1,000 members, many of whom attend our meetings.

If your membership has lapsed, please renew now to help give us the voice we need to advocate on your behalf, and for you to continue to enjoy the benefits we offer to our members.

It is the volunteer work, done with such goodwill by our committee and other members that makes our organisation flourish. One way in which we recognised their vital contribution was taking over 50 active volunteers to lunch at the RSA in January.

Since last year's AGM, we have hosted a range of excellent speakers, with highlights being in September and October when we held meetings for the Local Body election candidates. For City Council candidates, this was the only opportunity they all had to present themselves to a sizeable audience of over 200 voters. Other speakers last year were: Gabriella James who runs the Romanian Orphans' Aid Shop in Hastings; Stuart Nash our electorate MP, Dr Libby Smales, Mike Finucan from the Fire Service, and in November we held our Xmas dinner at Pukemokimoki marae. This year so far we have heard Stuart Nash MP, Kevin Atkinson, chair HB DHB, Mayor Bill Dalton and at our May meeting, Rex Graham, chair of the Regional Council.

Although the calibre of the speakers helps draw well over 100 members to every monthly meeting, there are other contributing factors. These are the delicious free afternoon teas, done so ably by Carol Cairns and her aunty June Graham, assisted by Shona Jenkin, Mary Mills, Pam Wuts, and other volunteer helpers.

June also puts together the very attractive raffle prizes which are sold by Lillian Rennett to many and help offset our meeting costs. A team of us also pick fruit the day before our meetings which we sell on behalf of the association.

We also made a submission to the NCC's Annual Plan 2016 on behalf of our Association, and are disappointed these are not being permitted this year.

The new **Discount book** is being sent out in the mail as we speak, either with this newsletter, or for

those of you who receive the newsletter by email, it will be in the post. Many thanks to Bruce Carnegie and other team members Trish Carnegie and Pete Findlay for producing a bigger, better product which has special benefits for the under-65s who are not eligible for the Gold Card discounts.

Please use this book as frequently as you can, as it benefits both our members, and those providing goods and services. During a year you may recover your subscription many times over!

Grey Power Electricity (GPE) continues to be an attraction for many new members, albeit in a more competitive market than two years ago. It is still worth asking the question of GPE by ringing them at 0800 473 976 to determine whether the changeover is going to benefit you significantly, or not.

You will be aware that the May meeting – our AGM – has been postponed till the 23rd, because three of our committee, Maxine, Isabel and myself will be attending the GP Federation's AGM in Palmerston North (see article, page 5). As travel and accommodation costs tend to be prohibitive, all of us are staying with relatives, to enable three of us to attend.

Our committee continues to thrive, plowing through the workload we all share to keep the association afloat. Beside myself as President, I have huge support from Deputy Bruce Carnegie (who organises deliveries of this newsletter and is also the "father" of our new Discount book!), first-year secretary Isabel Wood, who has done a wonderful job keeping our minutes and correspondence and writing for the newsletter; hard-working treasurer Carol Brunton, who keeps a tight rein on our spending; Membership officer John Wuts, who is a powerhouse of efficiency with this very demanding portfolio; Publicity Officer and City Councillor Maxine Boag, who looks after this newsletter, our Facebook page, Napier Mail pages and updates for our brochure and website; all helped and backed up by committee members June Graham, Anne Mitchell, Lillian Rennett and Jane Smart.

(Continued next page)



Committee members Lillian Rennett (left, obscured) and Carol Brunton flat out at our monthly meeting.

President's Report (continued)

Volunteers who phone, pour tea, fold label and deliver newsletters, and every one of you who supports us in some way form the backbone of our association

Although many if not most of us will be running for re-election, we have the opportunity to increase our committee, with the constitutional changes made last year when we changed our financial year. At present we have three committee members: the new rules allow six. If you can take on an active role as a committee member please put your name forward.

Nomination forms will be available at the AGM. You just need to be nominated by two other current members. Ring me if you want to know what it entails.

We would love to have more help, and see you in one of our dark red monogrammed polo shirts which have enabled our committee to wear our association's brand at meetings.

We continue to have close to 16% of our membership

attending monthly meetings, where the National average is 10% – if they are lucky!

To all members who attend meetings, we thank you for your presence and participation. Without you, there would be no meetings!

Last but not least, we want to thank our sponsors – all those businesses and individuals who have put paid advertising in this newsletter, or in our Discount Book; and in particular Dunstalls Funerals who have taken up sponsoring our monthly Napier Mail page, which we could not afford to do otherwise.

Please support all our sponsors as they support us.

Thank you, one and all!

My best wishes to you for the future.

Laurie Jenkin (President)

Rates Rebates - don't miss out!

Time is running out for low-income ratepayers to claim their rates rebate for the current year, with applications closing on 30 June 2017.

Eligible residential ratepayers with a household income up to \$24,470 may get a rebate of up to \$610, but ratepayers who earned more may still qualify for a rebate, depending on the level of their rates, and number of dependants

The rebate is based on total income for the year ending 31 March 2016 and the amount of rates for both Napier City Council and Hawke's Bay Regional Council.

In the 2015/2016 financial year Napier City Council processed 1712 applications and paid out \$954,154.62 to ratepayers.

Napier City Council's Revenue and Treasury Manager Ian Condon encourages ratepayers to enquire to see if they may be eligible to take advantage of the Rates Rebate scheme.

Mr Condon says the process is not complicated. Council staff can assist ratepayers with completing and witnessing their application, and can quickly advise if they meet the criteria for eligibility.

If you expect to receive a rebate you should still plan on paying instalment 4, due 24 May. The rebate will be credited against your next instalment.

To check if you qualify, or for more information, go to the rates rebate website at www.ratesrebates.govt.nz or contact the Council on (06) 834-4197.

ANZAC DAY 2017



Pam and John Wuts with our Napier Grey Power wreath at Memorial Square on Anzac Day.

Meetings - 2017 dates

We meet on the 3rd Tuesday of the month, 1:30 pm at St. Columbas church, 176 Gloucester Street Taradale—except for our May meeting which is a week later; and November when we have our Xmas luncheon at Pukemokimoki Marae.

All Welcome - bring a friend!

May 23	AGM
June 20	Speaker TBA
July 18	Candidates meeting—Minor parties
August 15	Candidates meeting—Major parties
September 19	Speaker TBA
October 17	Speaker TBA
November 21	Xmas lunch Pukemokimoki marae

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From Cannabis to Citizenship

In the middle of this month, over 200 delegates from around the country will be attending the annual Grey Power Federation AGM and conference. In Palmerston North this year, a selection of interesting issues are being presented as remits and will be debated.

The feisty Grey Power group from Otamatea (Northland) who presented a petition last year calling on easy access to medicinal marijuana and the right to grow six plants for medicinal use, will be speaking to this in a remit. Federation President Tom O'Connor last year accused the "single issue" group of making an "attempt to use the Grey Power brand to promote their ...weird and wonderful causes." I hope it is debated early one morning when those with alcohol-fuelled hangovers haven't surfaced to rail about the Evils of Drugs. For me, the alleviation of pain and suffering by relatively harmless natural drugs should not mean breaking the law.

Should our constitution be amended to permit only people aged 50 and over to become Grey Power members is another question we will be discussing. I'm not sure what legal right we have to set an age limit on our members, but to me I welcome any members, as long as they know that Grey Power is an advocacy group for the older generation, with the focus on protecting and extending our rights to live comfortably. One day, most of the younger adults in our world will be over 50 or 65 and by joining our group they can help strengthen our numbers and voice for benefits they will enjoy. Some of the ageist stereotypes may be reduced if we were "cool" enough that younger people are joining us!

Restricting the right of migrants to collect superannuation only after 25 years as a citizen or permanent resident (the current law is 10 years) is another remit that will no doubt resonate with Winston Peters' supporters, and if passed will require legislation to enact. However it's election year and with migration a hot topic, it could gain some traction with politicians.

Local body elections should all be done using the STV (Single Transferable Voting) system, according to Golden Bay's Grey Power remit. A subject close to my heart, I find the present mishmash of STV only for the DHB, and First past the Post for everything else is confusing for many.

With three of us registered to represent Napier & Districts Grey Power at the conference, we are looking forward to a busy three days, with late nights, lots of talking, listening and networking.

Maxine Boag, Publicity officer



The benefits of joining Grey Power

FOR only \$15 per year or \$27 per couple, membership in Napier Grey Power enables you to access discounts across a range of local services and products, plus savings on power, as well as medical insurance.

- **Power:** Members can access electricity and gas at a lower price from Grey Power Electricity. Phone 0800 473 976 with your current bill and see how GP Electricity compares.
- **Medical & life insurance:** Members can save up to \$100 per month permanently. Check out the details at <http://www.vestacover.co.nz/gpnapier> or phone 0800 283 782 weekday working hours.
- **Accident Insurance cover:** all paid up members are offered a payout of \$2000 to their estate in the case of sudden death by accident.
- **Local Discounts:** Members are able to access local discounts through our free Napier Grey Power Discount Book.

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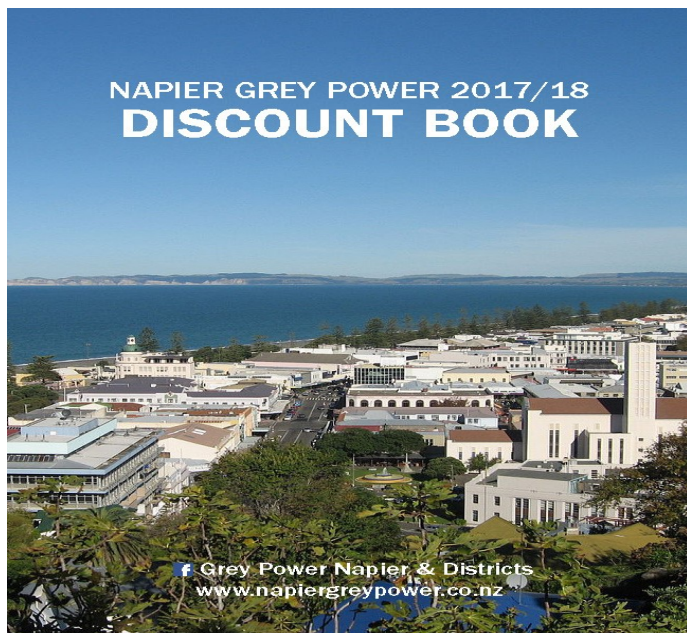
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 Grey Power Napier & Districts
www.napiergreypower.co.nz

Stuart NASH MP for Napier

I am very much aware of the valuable contribution that older people have made, and continue to make, right across our communities. We owe our current prosperity and way of life in no small measure to the forward thinking and hard work of our parents and grandparents.

I believe our older people are entitled to excellent health services and a good standard of living. I will continue to work hard on your behalf to achieve this.

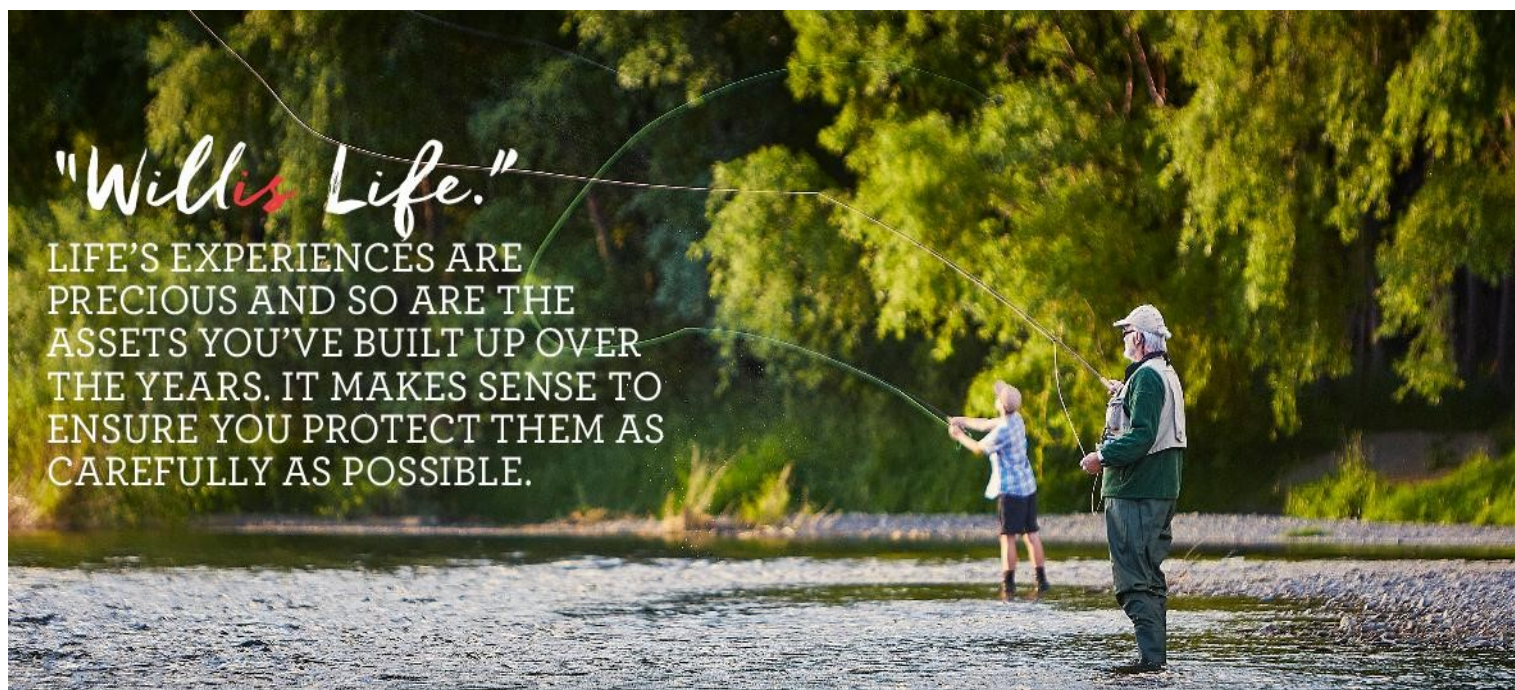
A national investigation by Labour and the Green Party, in conjunction with Grey Power, is revisiting a 2010 review on the state of aged care.

If you require any information or assistance my office is here to help you, the office hours are 9.00 am to 4.00 pm Monday to Friday and we are just a phone call away on (06) 835 6093.

From Stuart Nash

(Standing Up For Napier)

Authorised by Stuart Nash, 155A Tennyson Street, Napier



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Health issues for an ageing population - March meeting

By Isabel Wood

Insurance for Grey Power members

Before hearing the main HB DHB speakers, Bryan Tucker from Vesta Insurance spoke briefly at the March meeting explaining to members how Vesta had been set up to help retired people pay for private Insurance. Vesta had stripped out commission from medical and life insurance to offer a very good deal for members.

Bryan asked members to check out the details on his brochure and to compare it with other companies.

John Wuts, with the aid of the overhead projector, detailed his experience with other insurance companies and assured members it was worthwhile investigating Vesta's offer. Enormous savings on premiums could be made – he himself was saving a significant amount each month.

Health issues for an ageing population

Main speakers for March were Mr Kevin Atkinson, Chair of HB District Health Board, and Mr Paul Malan, Health Specialist Manager and Acting Director of Strategy for Older People Services.

Kevin welcomed the chance to speak, particularly about elective surgery, a subject older people were most interested in. He explained that the board could only be as fair as possible as they couldn't continue investing \$2,000,000 yearly. The background to this decision was the strain on finances caused by the gastro outbreak which cost in excess of \$1,000,000 and the Junior Doctors' strike costing \$600,000 to put senior doctors in place.

Kevin said the HBDHB was one of the best in the country, which was allowing new facility development such as the bowel cancer screening unit and to keep abreast of technology development for the health sector.

Key challenges were:-

- Continued growth of an ageing population;
- Tobacco related illness – particularly among Maori & Pacific people— 50% of Maori/Pacific women continue to smoke during pregnancy;
- Excessive alcohol consumption which puts added stress on ED;
- 500,000 people not enrolled with a Primary Care Provider (GP) which also creates extra stress on ED;
- Presenting too late to E D – often in acute stage illness, instead of visiting a GP earlier;
- Primary Care funding needs changing.

Helping people stay well and living independently, enabling those with long term illness to live to full potential with support, and planning as End of Life approaches, were three key planning areas.

Paul Malan Specialist Manager, HBDHB Health for Elderly People, outlined the Care Strategy for Older People. It included: our increased life expectancy – people living longer is a success story; our health life

expectancy – the age we live to without disability; there is a huge variation after 65 years on how many years we have left.

He urged members to look at the Healthy Ageing Book which had been produced after two years of planning and consultation.

All health workers were involved in keeping older people well – ideally in Age Friendly communities.

He talked about the NZ Triple A Plan - to improve quality, safety, experience of care and best use of health services resources, and to achieve this simultaneously. To support this there was:

- A new arrangement with ACC in place – support for harm from falls and fractures in older people;
- Working in communities – hospital services and doctors to encourage early detection to see a reduction in hip replacements'
- Making services available to those that really need it.

Orbit Services have been formed with the DHB, doctors, St.John's, occupational therapists, physiotherapists, social services, to provide rapid assessment. Paul quoted instances where this assessment had negated the need to be transported to ED and remain safely at home.

Enliven provide assessments on those needing aged residential care; they work for 4 – 6 weeks at home on restorative processes and 40% regain the ability to stay in their own homes. High complex needs are discussed at meetings to allow for timely treatment and placing support where needed.

Paul strongly advised members to discuss with their family/carers an Advanced Care Plan for End of Life which is recorded with the family GP. He also highlighted the need for Power of Attorney and wills – another important aspect.

Interesting facts to emerge during question time is that HB Hospital has 2000 nurses and 300 managers/directors (these capped at 300). The Health and Safety Act also put more responsibility on nursing staff. Presently 40% of nurses employed at the hospital are aged over 55 and they are building staff of enrolled nurses.

Funding, of course, remains the biggest issue for all services.

Kevin and Paul were thanked for a very interesting and informative presentation by President Laurie Jenkin.



Paul Malan (left) and Kevin Atkinson at our March Grey Power meeting

New Zealand could lead age-friendly agenda

Being a long way from anywhere with a small population can be isolating but it can also present opportunities.

A leading expert on the ageing revolution, Dr Alex Kalache, says precisely because New Zealand is small and has a highly urbanised population, it is well placed to adopt new ideas.

The co-president of the International Longevity Centre in Brazil has long promoted the concept of age-friendly communities, with hundreds of cities worldwide taking on the challenge.



Dr Alex Kalache, founder of Age Friendly cities

Work on the concept is beginning in a number of places around New Zealand, including Kapiti, New Plymouth, Palmerston North, Tauranga and Napier, and there is also interest in pursuing the venture by other areas.

The emphasis is on creating a community for all ages, be it from wide ramps which work for both wheelchairs and pushchairs, to good transport links, access to information and strong social connections between generations, among other priorities.

Although New Zealand is relatively new to the age-friendly mission, it has certain advantages, says Dr Kalache.

“It is a country that can easily mobilise because of the scale – only 4 ½ million, highly urbanised so you do have communities that are more isolated but the vast majority of the population lives in cities.

“Ideas can be spread very quickly in a much more profound and influential way than would be the case in a large country like Canada or the States or Europe where you have the density, too big.”

With a rapidly ageing population, ie around one in four New Zealanders will be 65-plus by 2036, a focus on being age friendly is becoming more important.

From MSD website—for more on Age-Friendly cities see <http://www.superseniors.ms.govt.nz/age-friendly-communities/index.html>

Council update *By Cr Maxine Boag*

As signalled in the latest edition of Proudly Napier, Napier Community Services is currently working on a Positive Ageing Strategy, addressing the needs of a growing senior population.

“Like other cities around New Zealand, and the country as a whole, the city’s population is ageing. Currently one in five Napier residents are over 65. In 15 years, this is expected to be one in four - the first time in Napier there will be more people aged over 65 than under 14.

“The development of a strategy is one way of ensuring Napier is accessible and inclusive for our seniors.

“Currently Council provides a range of services and facilities for the aged, but will now look to incorporate any changes needed to cope with and increasing population. This includes reviewing our provision of low-cost and retirement housing.”

Council committed to retaining pensioner flats

Mayor Dalton, speaking to our April Grey Power meeting, elaborated on this.

“We have 303 retirement flats. Other councils have gotten rid of pensioner flats, selling them to private developers. We want to retain our flats, only bring them up to a higher standard.”

Positive Ageing Strategy development

This month, Community Services staff will hold the first meeting of a Steering Group with representation from agencies and social services providers to drive the strategy development. An advisory group of sen-

iors will also be part of the process. Grey Power will be represented at both.

“The Positive Ageing Strategy is designed to morph into the age-friendly cities network,” Mayor Dalton told us. The strategy will start in May, and be finished by December he said.

A safe crossing outside Atawhai

Mayor Dalton also promised to look at this now the new staff were in place and active. Grey Power asked for this in our Annual Plan submission last year.

Swimming Pools

The pressing shortage of swimming pools in HB has been exacerbated by the closure of the Greendale pool. Council is currently considering options based around the Aquatic Centre. These will be sent out for consultation within the next couple of months.

Roll of Honour & Eternal Flame

The latest I have on this, is that a Working Party which includes the RSA has been set up and “will be looking at all options” (Mayor Dalton).

Acknowledgements:

This newsletter was compiled by Publicity Officer Maxine Boag with the assistance of committee members. It was printed by EasyPrint, 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.

Exercise more important in old age

By Maxine Boag

“The older you get, the more important it is to exercise”

Sports commentator Brendan Telfer reflecting on the Masters Games recently on Radio NZ, talked about Sir Peter Snell, who, now aged 76, was competing for a gold medal in table tennis. Telfer had visited him in Texas 20 years ago when he had a fellowship on “Exercising as you Age”. Snell told him then that it is far more important for people to exercise as they get older, than when you are younger.

“At 40 – 45, you’re reasonably fit anyway so you don’t have to worry too much about your body starting to age. **“From about the age of 50 on, the muscles start to get a bit weaker, you start to lose some strength, and if you don’t exercise in this period of your life you probably won’t live as long as you’d like.”**

Telfer remarked that the Masters competitors at the Games were proof that exercise helps people look much younger than their age.

High-intensity exercise may slow down, even reverse parts of the ageing process.

While we all know that regular exercise is healthy for young and old, a study released in March * compared the effects of a group of older people doing high intensity training with others doing moderate aerobic exercise, and another doing strengthening exercises only.

It was found that high intensity training, or interval training in older adults was most effective in reversing some aspects of the ageing process. (High intensity training is exercising all-out for a minute or two, then easing up, then firing up again. Eg stair climbing, biking classes, treadmill programmes)

This kind of exercise gives a big boost to mitochondrial function in the muscle. Mitochondria are the “powerhouses” within body cells that break down nutrients to be used for energy.

The study adds evidence that high-intensity interval training is probably the best form of exercise. It beats moderate aerobic exercise in improving fitness and the heart’s structure and function.

Any exercise is better than none at all

This doesn’t mean that all older adults should jump into a vigorous exercise regime. If you’re sedentary, best to talk to your GP before starting to exercise.

As lead researcher Dr K S Nair says, “you can start with walking, and build yourself up to a fast pace.” But he stressed that intense exercise is not a must. “Any regular exercise will bring health benefits – absolutely!” If high intensity exercise is not for you, 30—40 minutes of walking or using an exercise bike or elliptical machine most days of the week will have positive health benefits.

Get active

I find winter is the best time for high intensity exercise because cooler temperatures make recovery easier and it’s a great way to get warm.

Hearing over and over again the benefits of regular exercise for older people has helped motivate me to get out of bed at 5:30 a few times a week to go to my group fitness gym classes - biking, weights, core, stretching. Together, they combine to keep my weight and my worries down, my energy up and outlook positive. Yes, I’m an addict, but this addiction makes my life better, not worse.

The message is: Its never too late to get active!

* Reference:

How exercise -- interval training in particular -- helps your mitochondria stave off old age." ScienceDaily. ScienceDaily, 7 March 2017. www.sciencedaily.com/releases/2017/03/170307155214.htm

John Knight Ray White ad 1/3 page

From John Wuts, Membership Secretary

Our membership continues to grow and now stands at 1257 members, 709 single and 274 double.

Slowly but surely our members are joining the digital world and a lot of renewals are now done on line.

Newsletters are following this trend; for our February edition, 446 copies were emailed and 537 posted/delivered. If you have recently gone on line and you wish to have your newsletter emailed, please let me know and I'll arrange that. It helps keeping our costs down, you get it quicker and it will be in colour!

Renewals are lagging at this stage; 57% of members are now financial leaving 43% still to pay. Remember, Pulse Energy only gives the discounted rate to financial members.

The easiest way to check your status is by looking at your membership card. **If it is green, you are ok, any other colour and your subs are due now.** There's an invoice below for new members or if you did not renew.



INVOICE for GREY POWER MEMBERSHIP 2017-2018

If the sticker on your Grey Power membership card is not GREEN, your membership has lapsed and this is an invoice for you to pay for membership from 1 April 2017 to 31 March 2018.

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PO Box 4247
Marewa 4143

Bank account number:
38-9009-0434068-00

To: **Your name/s** _____

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You are being invoiced \$15 for 1 member, \$27 for a couple.

Amount paid: _____

Please **send this form with a cheque to the address above** or **Direct Credit our bank account above**, put your **name and membership number** in the deposit details and notify wutsie@xtra.co.nz and carolgarry@xtra.co.nz John 844 4751



Sender: Napier & Districts Grey Power
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Marewa 4143

