

NAPIER and DISTRICTS

GREY POWER

AUTUMN ISSUE 2025

50+ NEWSLETTER



**The future of
Council's facilities** *Page 14*

Waitangi Day *Page 18*

Photo credit: Derek Rossiter, Art Deco Weekend 2025

**Your Grey Power Membership expires on 31
March. Renew or join up inside, at a meeting,
on our website or phone Bruce for information**

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Stepping Aside



My dear mother, Ida Boag QSM (1920-1993) was an amazing storyteller. She had the gift of the gab. She could light up a room and make everyone laugh. When I was growing up, she would often be invited out to Mothers clubs groups to tell jokes or just "recite" from a repertoire of highly entertaining

stories. She also made up some colourful phrases to describe how she was feeling. One I will never forget is her saying she was "up to her earballs" (a combination of being "up to my ears" and "up to the eyeballs") and I thought this best described how I've been feeling for the last year or so; and why I've decided, after 18 years as a city councillor, not to run in the October 2025 local body elections.

When I first stood for council in 2007 I was 59, had been a teacher for years, but never thought I would last this long in local government! It's been an amazing experience that has taught me a lot, introduced me to many wonderful people and become a huge part of my identity. Like my mother and my father, my heart is in the community and being on council has opened doors and enabled me to actively support people and groups I would otherwise never have met. But time marches on, and now, in the last 10-20 years of my life (if lucky!) I want to choose how I spend my time, to connect more with friends and loved ones, to ride my bike and go to the gym more, to be more effective in community groups (like Grey Power) where my effort has been diluted by other responsibilities. So while I'm stepping down, I'm really stepping aside. I have a list of things I want to do, to get more involved in, to learn about, to see, and from October onwards I will have time to do them.

Mum and Dad were very proud of anything I did (that they knew about!!), but I know they were initially disappointed that, in my rather unconventional life, I didn't have the long-lasting marriage, live close by and produce grandchildren. However, when it became obvious I was happy, they stopped being disappointed and told me that if I was happy, they were happy. It gave me a strong foundation for my adult life and to those people who are wondering why I should give up being on council, all I can say is that I'm very happy with my decision!

Ngā mihi *Maxine Boag* | Publicity Officer

PRESIDENT'S REPORT

Warm Greetings everyone, Another year gone (where do they go?) and into 2025 already. I hope you had a very good Christmas and joyful New Year and are looking forward to hopefully an exciting 2025. I am sure that with your support and the hard-working Grey Power volunteers that we have we will achieve what we set out to do.

We finished last year with our Christmas luncheon at the Taradale Club attended by 100 members who enjoyed a delicious two-course meal followed by entertainment and Father Christmas handing out the spot prizes.

The year started with our annual Volunteers luncheon at the Duke of Gloucester Taradale, again enjoyed by our volunteers. This was a chance to say thank you to our 36 volunteers for their services and support in making our Grey Power Association well-respected with our members and in the community.

To me our strength is our membership. That's you and our asset is our volunteers of whom we can all be very proud. You are very much appreciated.

Looking ahead for the year we are committed to growing our membership through working with and supporting other likeminded organisations such as Age Concern, the Positive Ageing Strategy Advisory Group and the Positive Ageing Trust all of which we are strong supportive members.

One idea to promote our Association is to suggest to your friends and acquaintances to look at our website www.napiergreypower.org which will tell them everything about who we are and what we do. All previous newsletters are found there too.

Membership Renewal If you're already a member, or a new person wanting to join, the 2024-25 membership expires on 31 March, and I urge you to promptly go to our website, or bring your money (\$25 single, \$40 double) to our next meeting; or ring me if you want it picked up. We are all volunteers but depend on your membership to keep our association functioning (think: rental of St Columba's for our monthly meetings, postage for membership cards and some newsletters, printing up the newsletter, afternoon teas and so on). The bigger



Bruce Carnegie
President

our membership (currently about 1200) the louder our voice as advocates for seniors in Napier.

Discount Book. After many years of producing a discount book we have, after discussion and research, decided to not renew the Discount Book. Having spoken to retailers and members we have come to the conclusion that 95% of us when using a service have been using the Super Gold Card when asking for a discount.

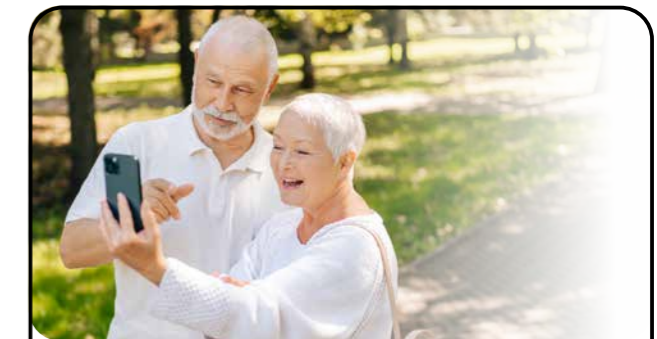
To put together the discount book professionally is very time-consuming as well as very expensive hence the decision to not produce the booklet for the future.

If you are looking for a service we suggest to look up on Google or the Yellow pages.

The key to getting a discount is to ask the business in advance before the transaction. You could be pleasantly surprised. Don't be afraid to ask, be brave and JUST ASK.

Thank you for your support and looking forward to a good year ahead. Hope to see you at the monthly meetings.

Kindest regards *Bruce Carnegie* | President



5 Steps to Wellbeing

1. **Connect.** Talk and listen. Be there. Feel connected.
2. **Take notice.** Remember the simple things that give you joy.
3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
4. **Give.** Your time. Your words. Your presence.
5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

*Good advice from the
Mental Health Foundation.*



Members enjoying the Xmas luncheon in November 2024



Volunteers at the Duke of Gloucester in February.



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Tracey Martin Guest speaker at our February Grey Power meeting



Our first meeting in February for 2025 saw a large gathering of members to hear our speaker, the Hon. Tracey Martin, Chief Executive (CE) of the Aged Care Association. Here is a summary of her presentation.

After serving as Minister for Seniors from 2017 to

2020, not being re-elected in 2020 gave Tracey the doorway out of politics and she became an advocate for the 65+ people, becoming the CE of the Aged Care Association which represents 90% of residential care in New Zealand. This covers four areas:-

1. Rest Home Care
2. Hospital Care
3. Dementia Care
4. Psycho-geriatric Care.

What Tracey doesn't represent is retirement villages – they are lifestyle living and not all have aged care facilities.

Losing our independence as we age, such as needing help with personal care, happens to many who then need residential care. Those with a spouse often carry out this care or pay privately for it, if they exceed the government asset threshold for care. For those with no financial assets their superannuation will be used, leaving individuals with \$55.25 pocket money per week!! The government controls change of care and Tracey negotiates the level of government funding and cost of care. The Director General of Health decides the maximum amount each year.

There are also premium charges for rooms with en suite facilities. Standard rooms from the 80's and 90's have no en suite available – there is less hospital care now. Some charity rest home care organisations charge from \$3.00 to \$10.00 a day for this facility. Many such as Presbyterian and Masonic villages are not-for-profit organisations but are maintaining buildings that are on average 50+ years old; and with refurbishment and new equipment need to make a percentage of profit. 60 per cent of

residents requiring care do not have extra income and fall below the income threshold. Only 40 per cent are above the threshold.

Providing aged care in future for our ageing population means training and utilising our general practitioners and nurses better. Demand for care is rising and it is estimated that we will be 12,000 beds short in future years. Waiting for access to care is placing enormous strain on partners and family, particularly for those suffering from dementia.

Over the last 12 months 673 new care beds in NZ became available – only 13 of them didn't have a premium on them so were not affordable to that 60 per cent who were unable to access them. In some areas such as Wairoa, there is no provision at all for aged care. Tracey commented that young people of 30+ years old now should be concerned about this. 59 per cent of over 65's live with some disabilities – future proofing of homes with this in mind, should be considered by over 50's – renovating bathrooms to provide for future wheelchair use, handgrip rails where necessary, no steps, ramps installed, manageable gardens. Most 85 year olds need some kind of care other than that available by family.

The workforce for rest care is changing with the introduction of migrant nurses who need some understanding of aged care and the skill level required. These nurses are now being educated; NZ nurses do a lot more decision-making and migrant nurses lack this ability.

The general belief about over 65 year-olds is "they can afford it" but the reality is that home ownership is dropping and many women in particular are "couch surfing" with friends, living in caravans or are homeless. There are not enough facilities for dementia patients.

Tracey said the government needs someone passionate in the role of Minister for Seniors to make sure attention is gained for those most needing it. Health NZ needs to redesign a model for aged care. Not enough care beds are available so patients are being released from hospital to go home without support. Those who break bones are released after seven days to aged care for short periods where assets are used before the state will top up.

With the growth of dementia patients a volunteer work force is not sensible; the system is not designed for this. Care partners may get respite care; a rotating respite care is needed to reduce

stress levels. Tracey is currently working with Health NZ to achieve and deliver on this.

Aged care should be a large issue for our next election. The government should supply more funding or build more facilities that work for humans not just the system. Nurses should be paid the same rate of pay regardless of whether they work in a hospital or aged care.

An interesting fact that arose at question time was that nurses are not required to do any residential care training so that they understand what pertains to looking after older people.

Tracey was thanked by President Bruce Carnegie for a most interesting and informative presentation, which was appreciated by all present.

Isabel Wood

If you would like a copy of Tracey's (10 MB) power point presentation please contact the editor, maxine.boag@gmail.com and it will be sent to you!

UK introduces eVisa for NZ travellers

New Zealanders wanting to travel to the UK will now need to apply for an electronic travel authorisation (ETA) as the country digitises its border and immigration system.

Everyone wishing to travel to the UK - except British and Irish citizens - will need permission to travel in advance. This can be either through an ETA or an eVisa. The cost is £10 (NZ\$21). The ETA will last two years for multiple entries.

The UK Home Office says ETAs are digitally linked to a traveller's passport, so they ensured more robust security checks were carried out before people began their journey to the UK. The scheme is for "short" visits of less than six months for tourism and business. There are other categories of ETA, including for short-term study and permitted paid engagements. Full details are on the UK government website <https://tinyurl.com/5n8ayuuu>.

Be sure to apply through official channels, rather than through third-party websites, which may charge extra fees, and are less likely to handle your data securely. You can apply directly online. <https://tinyurl.com/ycysxadh> or via the apps for iPhone and Android

It is expected to take around three days for UK officials to make a decision. (If you need to visit UK urgently; you are allowed to travel. However you must have made the application before you travel.)

NOTE: To travel to the United States you'll need an ESTA – a mandatory, paid-for authorization to travel, with security clearance done in advance. To enter Europe, you'll soon need an ETIAS— the EU travel waiver, which has been much delayed but is currently slated to start some time in 2025.

Whooping cough epidemic declared

Health agencies have confirmed that New Zealand is now in the early stages of a whooping cough epidemic, with a nationally coordinated response now in place.



Director of Public Health, Dr Nicholas Jones, says New Zealand should be ready to see high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific children will be most affected.

Dr Susan Jack, National Clinical Director, Protection, at Health New Zealand | Te Whatu Ora, says whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65.

For more information, call the Vaccination Healthline free on 0800 28 29 26 (8.30am-5.00pm Monday to Friday) or visit the website <https://tinyurl.com/4245b2ts>

HEALTH MATTERS

HEALTHNZ HAWKE'S BAY REPORT by Isabel Wood

Our last meeting for HealthNZ HB was in early December 2024 attended by Bruce and myself.

Suzanne Parkinson, Principal Service Development Manager Ageing Well, introduced two guest speakers: Isaac Medway, Clinical Nurse Manager from the Emergency Department (ED) and Lyllani Preston, Clinical Nurse Specialist who had been undertaking a **new Geriatric Emergency Department Intervention (GEDI) programme**.

Lyllani told us that 50,000+ people per year are seen in the ED, where staffing was at a good level at the moment as a result of a big recruitment drive over the year. A safe discharge policy had been instituted to avoid complaints and ascertain if it was safe to discharge patients. It is the responsibility of ED to find a safe place for them to stay. A Driving Miss Daisy (DMD) contract had been set up to take people home. DMD sees patients to their door and is therefore safe. These provisions are not yet available to Central Hawke's Bay (CHB) – those patients would need to use taxis if no other alternative is available. This is to be reviewed to include CHB and Wairoa in the future.

Lyllani outlined her role in GEDI, a trial which had started in April 2024 for 6 months, working with ED patients over the age of 75 years. During the trial period Lyllani, wearing purple scrubs, had seen 3,500 patients over 75 and 26 under 75. She would meet them at the door having been alerted by the referrals to the hospital. As nurse specialist she would do early checks for triage which had resulted in a 4.5% drop in admissions for over 75's. This

was a faster process for those patients and avoided unnecessary admissions. 85% of these referrals were through falls. She would sort out medications, offer food and water, and assess priority of needs – a full package of care was offered. Heat and dehydration was another cause of some admissions.

Unfortunately, successful as this trial had been, funding was not available at that time to continue, but it was hoped that funding would become available again in February 2025. Wellington Hospital had a permanent system and Christchurch Hospital was now doing this trial.

Other issues discussed at the meeting were the **driving tests for the over 80's** – very frustrating for some. A standard test for all of New Zealand was necessary. Age Concern advised that they were available to advocate for drivers having problems. They would also advocate for those people new to the district who were having trouble signing up to a new Medical Centre. The new shingles injection was now available for the specific age of 65.

Future guest speakers at upcoming meetings were the PAIRS (Patients at Risk of Increased Stay) team. Suzanne did advise that our quarterly meetings would continue in the near future and she was thanked by Etu from CHB Grey Power for an interesting meeting.

If you have any questions you'd like us to raise with this group, please email me iawood@slingshot.co.nz or ring me at (06) 843 0524

Overnight health services in question

As we go to press, uncertainty remains as to whether after-hours, overnight medical services will be available in Napier, with both Napier MP Katie Nimon and Mayor Kirsten Wise expressing concern about Health HB/Te Whatu Ora's proposed removal of overnight urgent care in Napier and its replacement with a telehealth model.

Prostate Cancer in New Zealand men

From an article by Dr Warren Nicholls, GP Liaison and Primary Care Advisor, MidCentral DHB

Life expectancy of New Zealanders continues to increase, and between 1985 and 2006 it rose by nearly seven years for men. One consequence of living longer is an increase in the risk of contracting cancer, particularly prostate cancer, which is the most diagnosed cancer in men in New Zealand. **One in five men over 50 will develop prostate cancer.**

Although most people have heard of the prostate, many have little understanding of what it does or even where it is. So first a short biology lesson. The prostate is a walnut-sized gland located beneath the bladder and wrapped around the urethra. The prostate's function is to make a fluid that liquefies sperm as they are being ejaculated. It provides nourishment to the sperm and induces them to 'swim'.

There are three main problems that can affect the prostate and cause it to enlarge:

1. **Prostatitis** – Inflammation of the prostate.
2. **Benign Prostatic Hypertrophy** – A non-cancerous overgrowth of the prostate.
3. **Prostate Cancer** – While most prostate cancers are slow-growing, some are aggressive, more commonly in younger men.

Prostatitis is treated with antibiotics and other drugs. Benign prostatic hypertrophy can be treated with drugs or with surgery (but only necessary if problems with passing urine occur). If prostate cancer is diagnosed, there are a number of treatment options including surveillance (watchful waiting), surgery, chemotherapy and radiotherapy. **The earlier the diagnosis, the more likely the treatment is to be successful.**

An enlarged prostate can cause symptoms such as a decreased stream of urine, feeling like your bladder never empties, dribbling before and/or after urinating and getting up during the night to pass urine. Unfortunately, there are often no symptoms with prostate cancer, which is why regular screening is essential.

All men over 50 should discuss prostate screening options with their doctor.

Due to its location directly in front of the rectum, your doctor can feel your prostate through the rectum – a DRE or digital rectal examination. Using this technique, your doctor can determine the size and texture of the prostate. This procedure is a bit uncomfortable rather than painful. Unfortunately, only a small part of the gland can be felt and a



definitive diagnosis requires a tissue sample.

The prostate produces a protein called Prostate Specific Antigen or PSA that can be measured with a blood test. Many doctors believe the PSA test can help in

the differential diagnosis of prostate cancer. However, PSA can be raised in benign prostatic hypertrophy or infection, and can also be normal when cancer is present. Research is ongoing, but some of the current guidelines in New Zealand do not support the PSA test as part of a screening programme. This test is available free of charge and has received considerable media attention. Thus, there is considerable confusion, both among GPs and the public, as to what the best method of screening is.

One approach to this issue in Australia has been to develop a Patient Show Card which GPs use to demonstrate to men the various options available and assist them in making a choice about prostate cancer screening. This is known as 'supporting patient choice'. Dr Nicholls is an advocate of introducing this system in New Zealand, but cultural and other differences between New Zealand and Australia means that changes to the programme may need to be made.

KATIE NIMON MP for Napier

Our Government is delivering for New Zealanders and I'm working hard for you.

My electorate office is open, we are here to help you.

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Driving Miss Daisy will get you home safely from hospital.

How to Rescue Yourself from Life-Admin



Do you ever get the feeling you're 'working from home' even though you've officially retired? If so, you're certainly not alone. The everyday tasks of managing your own affairs (aka 'life-admin') are taking up more and more of your day. By the time you've opened up your device and attended to your banking, bill payments, personal appointments, deliveries, online orders, charitable donations, tax, and permits (the list goes on), the better part of a morning or afternoon can disappear. And we're not just talking about a once-a-week session! Yet, the digital world was supposed to have made life easier, not harder, and to have afforded us more leisure time than ever. So what went so terribly wrong?

Part of the problem is our 'service providers' (our bank, the IRD, our insurance company etc) saw the opportunity the digital world offered them, too. Suddenly, by issuing customers with a platform, a login ID and a password, they could halve the number of staff they required, not to mention cut back on physical premises. Now, if we want something actioned, we fill in an online form. If we require information, we have to scroll to find it rather than wandering into a branch and asking a question.

What's more, every app or platform requires us to attend to it. We first have to set up our access to it.

Then we have to store the information needed to log into it – and go through a raft of inconveniences if we can't locate the information. We're required to make updates, check details, troubleshoot glitches of our own or another's making, and go through the whole procedure again when a business changes ownership. And we have to ensure our own online security. Suddenly, any notion of 'convenience' goes out the window.

But perhaps the most frustrating aspect of life-admin today, is it's a monotonous and solitary experience. In the past, it was accompanied by a drive or a walk downtown to visit a few offices, often meeting people we knew on the way. Or we could hope for some sort of social interaction, even if it was just with a staff member on the other end of a phone. Now, we attend to life-admin at home, and at any time of the day (or night). No wonder it seems to be taking over not only our lives, but also our physical space, as our kitchen table, living room, or lap becomes a necessary office!

If you're one of the many people (both young and older) who have woken up to the fact you're now spending far too much time digitally managing 'life', here are some tips to help you break free of the drudgery:

- Use a trustworthy, reliable password manager which will store your passwords so you don't need to remember them.
- Set up automatic payments for everyday bills such as household utilities, club memberships, and subscriptions.
- Use your online calendar to send you digital reminders about annual appointments and events such as your yearly wellness check, dental checkup, family trust meeting, the furnishing of your tax return, and birthdays.
- Pay a one-off bill (such as a dental or car repair account) on the spot so you don't have to deal with an online invoice and bill payment.
- Say 'no' to non-essential notifications. Check notification options and click only on those you know are essential or of interest.
- Designate a specific time each week to deal with life-admin rather than attending to individual tasks each time you open your device.
- Learn how to mark emails as 'unread' or 'important' so you can take a peek at them when they arrive, but still be reminded to attend to

them during your designated life-admin time.

- Organise your device's email inbox and desktop into folders so finding correspondence and digital documents takes less time.
- Separate the physical space for attending to life-admin from your leisure and living space (i.e. don't take the life-admin to bed with you, or attend to it over the breakfast table when you could be enjoying conversing with your partner).

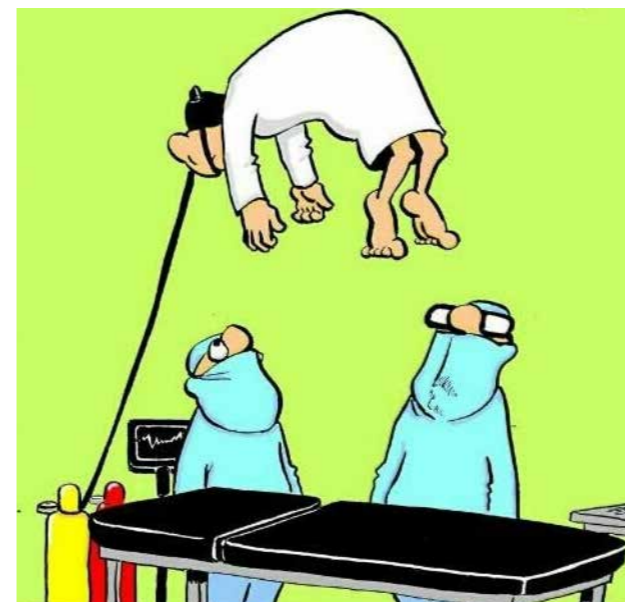
Life-admin is not going to get any easier, so be kind to yourself, and set some limits!

Resolve problems with financial service providers

Financial Services Complaints Limited (FSCL) is an independent not-for-profit dispute resolution service established to resolve complaints about financial service providers.

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"Mental note, the yellow tank is helium."

Kiwi Access Card



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The card costs \$60. It's valid for 10 years and available to both NZ nationals and international visitors over the age of 18.

Application forms are at a participating NZ Post or AA Centre or apply online at <https://kiwiaccess.co.nz/>

KIWISAVER FUND for children:

Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old. That's a great start for when they have part time work and beyond.

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Laurie Jenkin

13 July 1936 – 3 November 2024



Bruce, Maxine and other Grey Power members attended Laurie's memorial service, at the Napier Baptist Church on 30 November. Here is Bruce's citation.

Laurie Jenkin was not only a dedicated leader but also a person of incredible compassion and integrity. As President of Napier Grey Power for eight years, he tirelessly championed the interests of older people in our community. His leadership reflected his deep commitment to fairness, dignity, and making a difference for others.

Laurie's impact went far beyond our organisation. His dedication to serving others earned him the prestigious Hawkes Bay Volunteer Service Award – a well-deserved recognition of his selfless contribution to the community.

Laurie's work wasn't just about the policies or the

programs, it was about people. He had a unique way of making everyone feel valued and heard. Whether as a volunteer, leader, or a friend, Laurie touched lives in profound and meaningful ways.

With his wife Shona at his side, Laurie left behind a legacy of kindness and commitment that will never be forgotten.

As we remember Laurie today, let us honour his life by continuing the work he was so passionate about. He taught us that true leadership is about service, and true success is about leaving the world a little better than you found it. Laurie did just that.



A table of Laurie's memorabilia at his Memorial Service – from left, his brother Peter, John and Pam Wuts, Reo Munro, Maxine Boag, Bruce Carnegie and Shona Jenkin.

Call for a unified approach to New Zealand's retirement system



As New Zealand grapples with the fiscal and societal challenges posed by an ageing population, Retirement Commissioner Jane Wrightson says the need for policies that transcend political cycles is more pressing than ever.

She calls for a cross-political party agreement on the retirement income system to provide certainty for future generations of retirees and to encourage evidence-led decision-making.

Her call came after the Minister for Finance, Nicola Willis, invited Labour's Finance spokesperson, Barbara Edmunds, to have a discussion about NZ Super.

NZ Super is a taonga that protects New Zealanders from poverty in old age. Around two out of every five people over 65 rely on NZ Super with little or no other income.

While, she says, it would be difficult to change NZ Super settings without risking a sizeable increase in pensioner poverty it doesn't mean we shouldn't be thinking about what the next generation of retirement income policies for New Zealand should look like.

To encourage a focus on the right solutions she suggests:

- A first step is to focus on the long game. People are more likely to cooperate with a reform process if they know where it is heading ... and they think it is fair.
- Secondly, look at all options, not just the seemingly easy ones. Identify the strengths and weaknesses of each.
- The third step is to not view NZ Super in isolation. The retirement system relies on both

NZ Super and private savings. The Commissioner is also arguing for a review of KiwiSaver (see <https://tinyurl.com/yc5cv4mc>)

While the KiwiSaver scheme has become instrumental in encouraging retirement savings, New Zealanders - and their employers - are simply not contributing enough, Wrightson argues. She says we could improve this with a higher default contribution rate and look at increasing the government contribution for those who do not benefit from employer matching, like the self-employed.

Reform is hard. There isn't a silver bullet. What is critical is that any major changes need to be signalled well in advance. People can't prepare for retirement overnight.

Wrightson says, we need hard thinking on a wide range of options – including the thorny issues such as income testing – and public engagement on the trade-offs inevitably involved in reform.

This is an edited version of an article first published in The Post. You can find it in full on the Kapiti Coast Grey Power website: www.kapitigreypower.co.nz.

**No matter who you are,
or what you are going through,
Samaritans are here to listen.**



Samaritans listen without judgement, available 24/7, so that no one in New Zealand ever has to feel alone when dealing with life's challenges.

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Proposed changes to Council facilities

Baybuzz, February 2025

Future options for several Council facilities will be presented as part of Napier City Council's forthcoming Annual Plan consultation.

Perhaps most dramatic is the proposal to **close the Aquarium**, demolish the building and construct a new, cheaper to run building in its place. The option retains a "visitor attraction with a nature and conservation educational focus" that Council hopes "would bring in revenue and support Napier as a tourist town".

Council is proposing that a third-party operates **Napier I-site** in an alternative visitor location. The current I-site building on Marine Parade would be commercially leased to a third party for another purpose. And **Par 2 Mini Golf** next door would be leased to the same entity that leases the I-site building.

The **Faraday Museum** of Technology is proposed to be placed into a charitable entity. The charity would run the Faraday, with a one-off capital grant and ongoing yearly operational grants to help the museum cover its costs.

The consultation will include an update on the exploration of commercial leasing arrangements for **Kennedy Park Resort and Ocean Spa**.

Also proposed is the **temporary closure of Napier Library from 1 July**, ahead of the city's new library opening in mid-2027. Taradale Library would remain open and the mobile library's hours and services would be extended.

"All of these proposals for our facilities mean long term rates reductions for our community," says Acting Mayor Annette Brosnan.

As for 2025/26 rates, NCC will consult on a proposed 7.9% increase covering inflation-related increases to do with projects, fees and contracts, electricity, gas and insurance costs.

"Like everyone, inflation affects Councils too. The proposed rates increase covers the increasing costs to do the basics that people expect of us, such as roads, parks, and waste management," says Brosnan.

She added: "Rates increases are never easy for the community. Neither are discussions on changing the services we deliver. However people told us we need to cut costs and get back to basics, and our response to their feedback is to make changes that will set us up for lower rates in the long term."

NCC's Annual Plan consultation opens on 31 March and closes 30 April.



Life experience and stories from the past can inspire youth to grow their interest in politics.

Local elections are this October. Older people who have a special role in a young person's life can make a valuable contribution when it comes to getting them to vote.

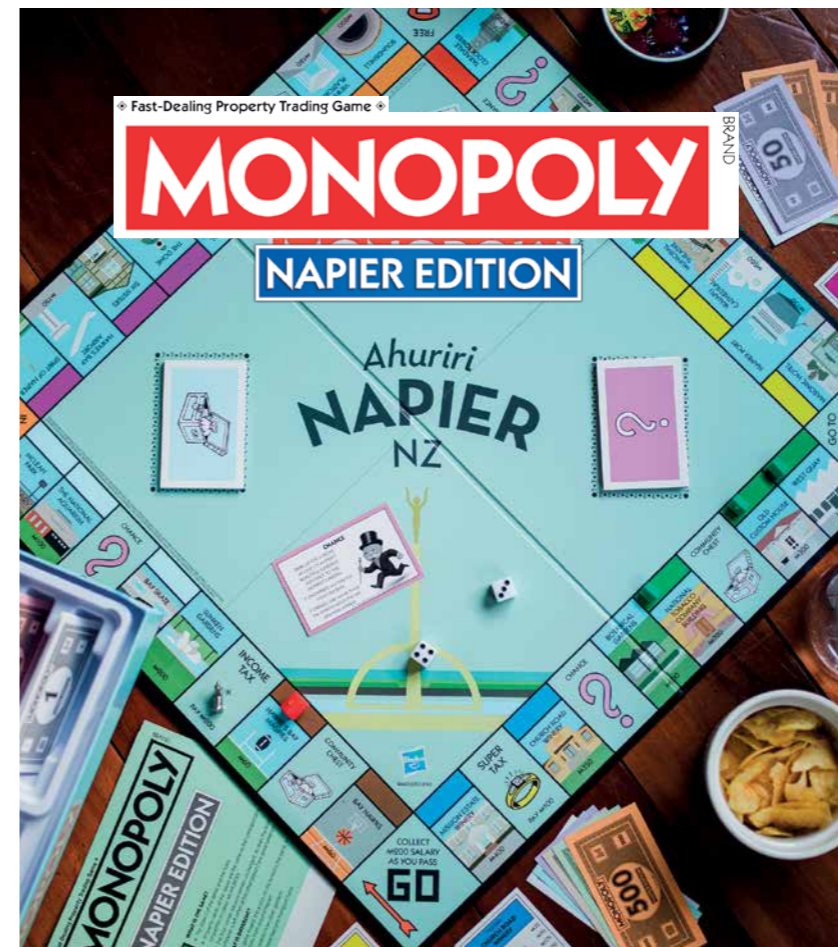
By sharing personal anecdotes and discussing historical changes you've witnessed, you can show the value of each vote in shaping society.

Grandparents and older generations can help youth take the first step in voting: registering their name on the electoral roll.

Inspire and empower the young people in your life by helping them get on the list to vote this year.

IF YOU'RE NOT ON THE LIST, YOU DON'T GET TO VOTE.

REGISTER AT [VOTE.NZ](https://www.vote.nz)



Level up games night - explore Napier's edition of Monopoly!

New York, London, Berlin, Paris and now Napier! Buy the Botanical Gardens, put up a hotel at the Soundshell or go straight to jail. Featuring iconic places, spaces, landmarks and buildings, the Napier game even has Chance and Community Chest cards bespoke to our vibrant seaside city.

Get yours at napiernz.com

Or pick one up at Napier isite, Bay Skate, Faraday Museum or National Aquarium of New Zealand.

Taradale University of the Third Age (U3A) By Keith Rowe

Taradale U3A is one of 93 regional U3A's scattered throughout New Zealand. The use of the word 'University' was questioned by real degree-granting universities a few years ago and the full title is rarely used – just 'U3A'. Whereas traditional universities provide an opportunity for learners to gain the skills and wisdom they will need for life, U3A values wisdom and knowledge gained during the living of life and provides opportunities for continued learning in post retirement years.

In Hawke's Bay there are U3A's in Taradale, Hastings and Havelock North, each with their own distinctive emphases and independence. The objectives of Taradale U3A are broad and simple: 'to advance the education and interests of middle-aged and older people.'

In this "English model' the focus is on relaxed and shared exploration, the building of relationships, rather than reliance on outside experts to guide.

Belonging to a group or groups, each focusing on a particular interest is the heart of U3A. The Taradale U3A for instance currently offers 25 courses covering a wide range of interests. They include art appreciation, astronomy, two history groups, geography, community affairs (outside speakers on local issues), contentious issues (discussion of divisive issues in society), French language (at 3 levels), Te Reo, Gardening, Leisure cycling, a variety of board games, photography, words - words (a fun and informative exploration of words that shape us), Bon vivant (enjoying good food and exploring the places it comes from). Other U3A's have a larger and more varied offering of courses. It all depends on the area and the interests of members.

Courses with up to 8 members tend to meet in homes while larger groups hire community meeting spaces. Last year Taradale U3A offered some short courses during the winter months. A six-session fortnightly

course, on 'Religion in NZ – does it have a future?' attracted 15 members and a 3 session course, 'Treaty of Waitangi 101, for those who missed out in school years' attracted 23 members. There were 3 brief courses for members wanting to get up to speed on the use of Te Reo in the media and in the broader community. Courses offered by other Hawkes Bay U3A's are also open to Taradale members.

U3A is administratively simple. There is no formal national organisation, no head office to be maintained. Yet there is a shared commitment to the general principles that motivate U3A's throughout the world – to provide opportunities for post-retirement people to meet together, to continue to learn, to support one another.

The membership fee for U3A Taradale is \$15 a year (early payment \$10). This covers the costs of a quarterly newsletter, support for groups needing special equipment, a quarterly coffee morning in the Taradale Senior Citizen's Hall. The programme of the coffee mornings varies but each occasion is hosted by members of a different course who also share something of what their group is doing, learning, planning. In May 2024 the programme was devoted to a panel discussion on issues facing society with students from two Napier High Schools and two of our senior members. A committee and president are elected annually.

More information, including how to join is available on the U3A Taradale website.



Maxine was recently guest speaker at the U3A Taradale AGM, reflecting on her experience on Council for 18 years, to a group of about 60 members.

Being Prepared: A Community Effort

By Rachael Kawana, Community Advisor

Over the past few months, Napier City Council has been working alongside Age Concern and Hawkes Bay Civil Defence to help older adults prepare for emergencies. Our focus has been on why the first 48 to 72 hours after a disaster are critical, particularly when emergency services are focused on life-threatening situations.

We had three key messages, the importance of staying connected, building individual resilience and gaining knowledge about Community Hubs. Whether through neighbours, social groups, or local agencies, having a support network can make all the difference - especially for those living alone or needing extra help. During Cyclone Gabrielle, many people were cut off without power or telecommunications, and community support became a vital lifeline. With thanks to Te Whatu Ora and NCC, we were able to provide start-up grab bags to our attendees, helping them to take their first steps toward being better prepared.

So, what can you do?

- **Build connections** - get to know your neighbours and find out if your street has a Neighbourhood Support Street Coordinator.
- **Be prepared** - have a grab bag with essentials like medications, spare glasses, hearing or walking aids, incontinence pads and extra batteries.
- **Get involved** - Emergency Community Hubs are being set up across Napier to support communities in a crisis. Volunteers will be needed to help them - keep an eye out for local meetings to learn how you can take part.

For more information, including our Older Adults Emergency Preparedness Handbook and tips on making a Household Plan, visit:

<https://www.napier.govt.nz/napier/community-development/about-our-community/older-adults-emergency-preparedness/>

Or to find out if there's a Neighbourhood Support group on your street or how to set up your own group, contact neighbourhood.support@community.napier.govt.nz or phone 06 835 7579

We can't predict the next emergency, but by taking steps now, we can make our communities safer and more resilient.



Tammy Arendse, HB Civil Defence Emergency Management Group, at the February meeting for seniors on emergency preparedness.

Waitangi Day 2025

keynote address by Vincent O'Malley



Vincent Michael O'Malley FRSNZ FRHistS (born 1967) is a New Zealand historian whose work focuses on the history of how relationships between Māori, European settlers (Pākehā) and colonial governments shapes the development of New Zealand as a nation. In his publications, and as a presenter and media commentator, O'Malley takes public positions on the teaching of history in New Zealand schools, the importance of understanding the impact of the New Zealand Wars, interactions between Māori agency and Crown responses during the colonisation of the country and the role of the Waitangi Tribunal. O'Malley has received multiple research grants, won several literary awards and is involved in a wide range of professional associations. He is Research Director at HistoryWorks, a company he co-founded in 2004.

O'Malley was keynote speaker on Waitangi Day 2025 at Waipureku (Farndon Park), to a gathering of over 200 people, including Mayors, kaumatuas and MPs. This is a summary of his address.

I have been asked to speak to you today on 'why the Treaty is important'. The short answer to that question is that the Treaty is the glue that holds our nation together. Without it what would we have? A long history of legal chicanery, dispossession, invasion, confiscation and racial discrimination – all directed against Māori.

For a long time Pākehā preferred to ignore that history. The Treaty was viewed as at best a historical curiosity rather than a binding and enduring agreement. For much of the period up until the 1970s a dominant Pākehā narrative was that New Zealand had the greatest 'race relations' in the world.

With the rise of Ngā Tamatoa, the 1975 Māori Land March, Bastion Point, the Raglan golf course occupation, annual protests at Waitangi and the emergence of a new and much more

critical historiography, that rose-tinted view of New Zealand's past became much harder to sustain. For the past half-century our country has been immersed in a major process of historical reappraisal. We have had to look at ourselves in the mirror and what we see reflected back at us has not always been flattering. It has been a difficult, fraught, messy and protracted process but also an essential one for the future of our country. A mature nation takes ownership of its history, not just cherry-picking the good bits out to remember but also acknowledging the bad stuff as well. Moving confidently into the future requires a robust understanding of where we have come from and been.

The purpose of remembering isn't to sow division and disharmony but to bind us together as a nation that can openly and honestly confront its past. That's not about assigning blame, but about growing up as a nation. Being mature enough to own our history, warts and all.

That might even have some practical benefits, allowing people to better understand the world around them. They might learn that there's a history behind disproportionately-high levels of Māori poverty today. That it wasn't always this way and that in the story of how all this changed lies a darker national narrative than the one many prefer to imagine.

The Treaty is important because its obligations will outlive us all, providing a framework for relations between Māori and the Crown (and, by implication, with those who have come to New Zealand since 1840 – Tangata Tiriti, the people of the Treaty).

It is not only a foundational document but also a blueprint for future relations. In 1840 rangatira entered into a relationship premised on good faith and reciprocity. Those expectations were severely disappointed. But the undertakings entered into survive as the key component of our constitutional framework and for practical purposes today largely vest in the New Zealand government.

Ministers, prime ministers, and their ministries, come and go but none can unilaterally annul those obligations, which are binding now and in the future.

In many ways the Treaty is important because it goes to the heart of what Aotearoa New Zealand represents today and what it aspires to become in the future.

Guest speakers for 2025 meetings - mark your calendars!

- | | | |
|---------|--------------|---|
| Tuesday | March 18 | – Michelle McNabb, District Commissioner MSD* |
| Tuesday | April 15 | – Professor Paul Spoonley* |
| Tuesday | May 20 | – Jacky McLean: Semi nomadic Penan of Borneo |
| Tuesday | June 17 | – Wendy Schollum – Artificial Intelligence |
| Tuesday | July 15 | – M J. Bloem: Mobility Physical Aids |
| Tuesday | August 19 | – Regional Council Election Candidates |
| Tuesday | September 16 | – Local Body Election Candidates |
| Tuesday | October 21 | – to be advised |
| Tuesday | November 25 | – Christmas luncheon (date to be confirmed) |

* see following writeups

Our meetings are open to the public, all are at St Columba's Church, Gloucester Street, Taradale – at 1:30 pm. Bring money for raffles, bring a friend and stay to enjoy a delicious free afternoon tea!

Upcoming Speakers:

18 March: Michelle McNabb Regional Director, Ministry of Social Justice (see picture), along with Iwa Hamilton, Manager and Karen Brawley, Case Manager. They will talk about NZ Superannuation and what's topical; examples from our last chat were funeral grants, hardship assistance and caring for grandchildren.



April 15: Paul Spoonley, MA MSc PhD FRSNZ Distinguished Professor Emeritus Massey University

"When I am 64": How the Beatles Generation Have Changed Ageing in Aotearoa/New Zealand

The Baby Boomers have changed the nature of ageing: the stages of ageing, how they/we age and the costs of ageing. Those born between 1945 and 1964 are not retiring at age 65, they are wealthier than any previous generation and they are healthier.

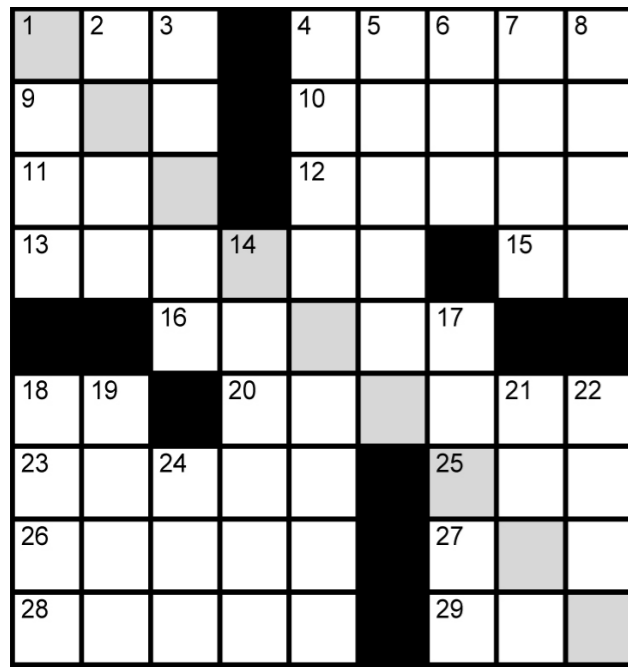
Of course, not all are healthy and wealthy but this very large generation is reshaping New Zealand's demography and presenting some interesting intergenerational challenges.

This talk will outline some of these changes and the issues that have emerged.

When the Beatles wrote their song about "When I am 64" (1967), life expectancy in New Zealand was 71.1 years; now, it is 82.7 years – and will keep increasing.

Are we ready for a society where one in four will be aged over 65? Do our current policy settings and provisions anticipate the costs and demands of this new "obelisk" shaped demography?

Point for dramatic shot



- Across
1. "48 ___"
 4. Peer
 9. "Nice!"
 10. 100%
 11. Down with the flu
 12. Skinny's opposite
 13. Joint
 15. Atop
 16. Ancient Britons
 18. Symbol for arsenic
 20. Discordant

- | | | |
|---------|---------|---------|
| QUACKED | QUELLED | QUINTET |
| QUAKERS | QUERIED | QUIPPED |
| QUALIFY | QUESTED | QUITTER |
| QUARREL | QUIBBLE | QUIVERS |
| QUARTER | QUICHES | QUIXOTE |
| QUARTET | QUIETED | QUIZZED |
| QUASHED | QUILTED | QUORUMS |
| QUEENLY | QUININE | QUOTING |
| QUEERER | QUINOAS | |

SUDOKU

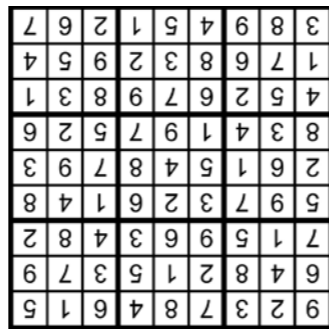


How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

23. Object shaped like a horn
25. ET's ride
26. "All My Children" vixen
27. Buddy
28. Nonconformist
29. Boozer

Down

1. "Aquarius" musical
2. Rough breathing sound
3. Lug
4. Useful
5. Book size, in printing
6. Last: Abbr.
7. Additionally
8. Capital of Rhône
14. Spouse-to-be
17. Ignores in a snooty way
18. Maple genus
19. In pain
21. 60's hairdo
22. Plunder
24. Barbecue offering



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

All powerful Q



Are you drinking enough?

Causes of: Mental CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: *What are the causes of mental confusion in the elderly?* Some offer: "Tumours in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

1. Uncontrolled diabetes
2. Urinary infection
3. Dehydration

It may sound like a joke, but it isn't.

People over 60 constantly stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process. But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1. Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple. Orange and tangerine also work. The important thing is that, every two hours, you must drink some liquid. Remember this!
2. Alert for family members: Constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Pikelets

What's better than a fresh pikelet with jam and cream? Sandwich these together with jam or honey for lunch.

- 25 g butter, melted
- 1 Tbsp golden syrup
- ½ cup milk
- 1 large egg
- 1 cup self-raising flour

1. Heat a frypan. (Use a high heat setting if frypan is electric).
2. Put the melted butter in a fairly large bowl, add the golden syrup and stir to mix everything together. Beat in the sugar, milk and egg. Add the flour then mix with a beater just until smooth.
3. Cook in spoonfuls in an oiled, heated frypan. When first bubbles burst on each pikelet, flip over. Second side is cooked when centre springs back when pressed.
4. Place the cooked pikelets on a clean dry teatowel, and cover to keep warm while you cook the remaining mixture.
5. For a treat, spread some raspberry jam on each pikelet then put a spoonful of whipped cream onto the jam. Delicious!

Note: This will make more than a single serving, but pikelets keep quite well. Store leftover or extra pikelets in a sealed, plastic bag, in a cool place.

Warm the cold pikelets in the plastic bag in a microwave oven for a few seconds before serving.



Home equity could help make ends meet



New research delving into home equity release products shows they could be a better alternative for older New Zealanders struggling to make ends meet instead of taking on higher-cost consumer debt.

Te Ara Ahunga Ora Retirement Commission research highlighted that for approximately 25% of older households who have low retirement income and savings but high levels of equity in their home, equity release products could be more beneficial for them rather than high-cost personal loans or credit cards.

In New Zealand the two main home equity release products are reverse mortgages and home reversion.

Reverse mortgages are more suited to people who do not need to preserve the equity in their home for future uses, including bequests. The key cost of a reverse mortgage is the interest cost which is higher than that of a normal mortgage loan.

In a home reversion scheme you are selling a stake in your house for a discounted amount in exchange for income. Home reversion avoids the compounding of interest and provides certainty to the homeowner that they will retain a specific percentage of equity in their home, so it might be more suitable for people who have a specific bequest motive.

Policy Lead, Dr Michelle Reyers says "It's important to understand that home equity release products have relatively high costs."

However, used strategically, home equity release can provide an option for those that have no income beyond New Zealand Superannuation and struggle to pay larger bills but wish to remain in their homes while they can manage independently.

For the full report: <https://tinyurl.com/55u3ej6u>

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customer.care@greypowerelectricity.co.nz

or website:

www.greypowerelectricity.co.nz

Men urged to check their pecs

Oncologists reckon the average woman's risk of developing breast cancer is about one in seven. But what's less commonly known is about one in 600 men will develop breast cancer. Unlike women, regular breast screening is not recommended but men should still check their bodies, particularly as they get older. If you've got a lump, skin or nipple changes always let your doctor know. With the treatments available today most men diagnosed are going to be cured.

The Breast Cancer Foundation of New Zealand has resources tailored to men at <https://tinyurl.com/3ecu93n7>

Money saving tips

Feeling tight around your wallet and purse? Consumer NZ has a lot of useful tips about how to save money, whether it's through shopping, paying power bills, insurances or using the internet. You can find them at <https://tinyurl.com/3ufsfnpn>



Understanding eligibility for Shingrix



If you are not 65 years old but still wish to be vaccinated, you will need to pay. The price will vary depending on the provider, but you can expect it to cost between \$600 to \$800 for both doses.

What is shingles: Everyone who has had chickenpox is at risk of developing shingles later in life. One in every three people will get shingles during their lifetime.

Shingles is a painful rash that develops on one side of the face, body or head. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. The most serious complications are nerve pain that can last for months or years, and eye problems that can result in loss of vision.

Shingles can be a serious and painful condition, so it is important that you know how and when you are eligible for your free vaccinations. The shingles vaccination is free for 12 months following your 65th birthday. To be effective, you will need two doses received between two to six months apart. Your second dose will be free, even if you've turned 66.

If you're eligible for a free vaccination, you may get it from your nurse, doctor, or healthcare provider. It is also available at some pharmacies.

The best protection you can have against shingles is to make sure you get vaccinated.

MEMBERSHIP APPLICATION/RENEWAL FORM

Membership Subs are now due for the 2025/26 year

**Cost is \$25 single and \$40 couple. Membership year is 1 April 2025 - 31 March 2026
ANYONE CAN JOIN - YOU DON'T HAVE TO BE OVER 65!**

To pay your membership, you can:

1. Pay your sub online to **bank account number: 38-9009-0434068-00** Grey Power Napier & Districts; put your Surname, Initial and Grey Power membership number if renewing. If you are a new member, please email greypowernapier@gmail.com or phone Bruce 06 844 5635 to let us know you have joined. **OR**
2. Complete this form and mail it to us at Grey Power Napier & Districts, PO Box 4247, Marewa 4143 or phone Bruce and he will pick it up. Or scan and email. **OR**
3. Join online on our website www.greypowernapier.org

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Address

Phone email

You are paying \$25 for 1 member (tick if applies) or \$40 for a couple

Amount paid: Payment Type:

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www.napiergreypower.org

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Grey Power Napier Committee 2024-2025



*From left: Isabel Wood, Shona Bayliss, Bruce Carnegie (back), Carol Brunton (front),
Linda Mellor (middle row), Kay Nesdale (back), Allie Beattie (front), Ian Cook
Missing: Maxine Boag (photo credit), Gayle Peters*



Come to our meetings!

We'd love to see you – we have interesting speakers and delicious afternoon teas!

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

