

Grey Power

EST. 1974

Taupo District News



Join us for our next meeting and afternoon tea!

Wednesday 24th April 2024
1.30pm at the [Taupo Bowling Club, 4 Ferry Road.](#)

Cost: \$7 per person.
Delicious afternoon tea provided.

There will be a raffle:
\$50 cash prize, tickets are
2 for \$3 or 7 for \$10.

Parking available in the parking lot beside the building (even though it says *Private Parking*).

Our afternoon tea meetings are on the last Wednesday of every month at the Taupo Bowling Club.

Our guest speakers

24th April: Karen, from Aged Concern Taupo, will speak to us about the Strength and Balance /SAYGO Program.

29th May: 2024 Annual General Meeting. I encourage all financial members to attend our AGM and seriously consider standing for the Executive Committee to take Grey Power Taupo forward into the future.

26th June: Shayne Massey, from the Mortgage Supply Co, will give us financial advice about home mortgages.



2024 Grey Power Taupo Annual General Meeting

The Annual General Meeting of Grey Power Taupo will be held on Wednesday 29th May 2024 at the Taupo Bowling Club at 1.30 pm. The AGM is where we review the last 12 months with the President's report and Treasurer's and Auditor's report and then discuss any general business and pass any required motions.

We then have the Election of Officers, which is why I have written this article.

In recent years we have struggled with getting a full committee and this could well be the case again this year.

I have asked various people if they would like to be an Office

Bearer but unfortunately the answer has always been NO, with all having a good reason to say so. This situation will be exacerbated by the fact that I am retiring, standing down, as President and all committee members have indicated they will be standing down except

Continued on page 4

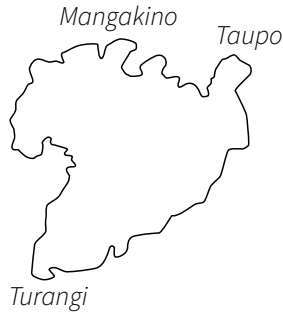
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Grey Power
Taupo District



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Minutes Secretary: TBA

Secretary: Barbara Mills

Treasurer/Membership:

Joanne Dunn

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General Committee: Sue Turner,
Faye Stead and Angela Amodeo.

Assistance to committee:

Linda Dyck, Margaret
McCarthy, Graham McCarthy,
Krys Campbell and John Wise.

Postal address:

PO Box 862, Taupo 3351

*Affiliated to the New Zealand
Grey Power Federation Inc.*

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www.theartset.design



*Do you have something
you would like to share
in our newsletter?*

Email: bill.olga@xtra.co.nz



From our President

Greetings from Bill Larkin.

Hi everyone.

Daylight saving has finished and the days are getting shorter but we still have had some very warm and almost windless days. May this weather last a bit longer.

Our membership is continuing to increase and annual subscription payments are going well. This is a healthy sign for us all.

Our AGM will be held at the Taupo Bowling Club on 29th May 2024 at 1.30pm, and I ask that as many people as possible attend the meeting and hopefully we can elect a full committee, so our Association can continue to grow from strength to strength.

As has been already stated I am standing down as President at this year's AGM so this will be my last newsletter. I would like to thank everyone who has contributed

articles to our newsletter which gave us some very interesting and informative information.

We have had some very good guest speakers over the last 12 months delivering interesting, informative and important subjects especially for Senior people. Thank you all.

I also thank the committee members we have had over the last 3 years for your hard work in keeping GP Taupo moving forward in a positive direction. Thanks also, to all our members for keeping the Association going and a special thanks to all who attended our monthly meetings.

I wish Grey Power Taupo and the new committee all the best for the future.

Kind regards,
Bill

If there are any changes or cancellations to meetings, an advert will be placed in the Taupo Turangi Weekender the week prior.

Disclaimer: Neither the Association, or any person associated with it, accepts any liability for the contents of this letter, which has been prepared in good faith.

We acknowledge and thank other Grey Power Associations from whom we have copied newsletter articles and ideas. Working together, to bring the best to our members.

A note from the Membership Secretary

Hi everyone,

A big thank you to you all that have renewed your annual membership fees with Grey Power Taupo. Membership renewal deposits are coming in thick and fast via online banking, cash payments made at our general meetings, and the odd envelope being posted to PO Box 862, Taupo with cash in it!

A reminder that the current membership subscriptions are \$35 for a couple and \$25 for single members.

You can complete the official membership form on the back page of this newsletter:

- post completed form to PO Box 862, Taupo, advising of any **changes of address**, your email address and phone number, or scan and email to me.
- make your payment to Grey Power Taupo – ANZ bank account 06-0583-0550994-00. Advise your name and membership number.
- please ensure when you pay Grey Power Electricity that you choose the correct payee in your internet banking. I'm receiving numerous electricity deposits which need to be refunded back to you, and you then need to pay your

electricity again. You don't want to be overdue paying your electricity.

When you've paid your membership subscription, you will receive a new membership card in the mail current to 31 March 2025. Many thanks to Kryz and John for their continued assistance provided to me in co-ordinating the mail out of new membership packs and renewals.

Check your membership card and if it has a green label saying EXP: 31 March 2024, you need to pay your sub now if you want to keep your membership current and enjoy Grey Power electricity benefits.

Email me on if you have any queries, gprmemtpo@gmail.com

Joanne Dunn – Grey Power Taupo Membership Secretary



“Logic will get you from A to B. Imagination will take you everywhere.”

— Albert Einstein

Travel assistance



Do you need to travel to Rotorua Hospital or Waikato Hospital to see a specialist?

The National Travel Assistance may help pay for some travel costs when you are referred to a specialist.

If your specialist refers you to see a specialist at a different location, you may be eligible for travel assistance. If eligible, you will get financial help towards your travel and possibly your accommodation costs.

If you are a Community Services card holder and travel more than 80k one way, per visit, you may qualify.

With our fuel costs these days and accommodation costs hard to find on a Pension, this can be great help in times of need.

For more information about claiming travel assistance please contact:

Ministry of Health
National Travel Assistance
PO Box 1026
Wellington

Ph: 0800 281 222 (press 2)

NB: Authorised by the Ministry of Health

Submitted by Cheryl Carswell

2024 AGM

Continued from page 1

Joanne, our Treasurer and Membership Secretary, and Krys who is Joanne's assistant with Membership. Joanne has advised that she is only staying on for the next 2 years.

I hope this will encourage some other financial members to stand for the committee and take Grey Power Taupo forward into a prosperous future.

If we do not get the required members for the executive committee we will have to consider the future of Grey Power Taupo. This will include needing to face the closing down process of Grey Power Taupo which would need to be conducted under our own constitution and the rules of Incorporated Societies.

Grey Power nationally is a key organisation providing advocacy for people 50+ years. It is important for residents of Taupo, Turangi and surrounds to also have a local organisation where local issues are understood and can be addressed for each of us. Your individual and collective ideas and issues are very important. You are encouraged to attend the AGM and/or contact any of the committee members if you are interested in being part of the committee and/or need more information.

President, Bill Larkin

From our Secretary

Having spent my whole adult life working in Health, when I finally retired it was important to me to be able to continue to do something useful and contribute to my community. It was also now time to spend time with my husband, enjoy our lovely home and garden, and be able to visit/help our children and grandchildren who live locally, in the South Island and in Australia. My biggest challenge was finding something that I could physically achieve and wouldn't take up too much time.

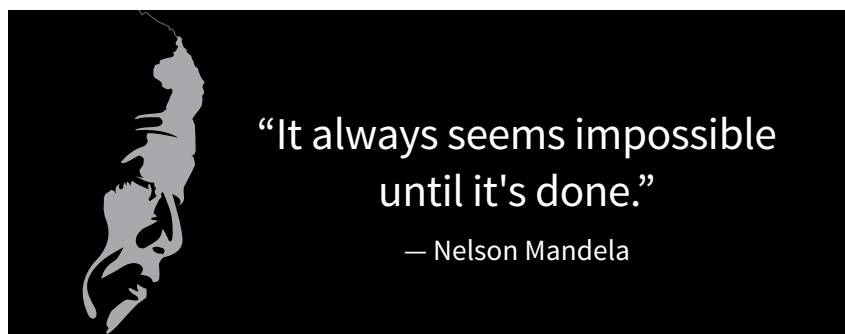
The information I found about Grey Power NZ indicated that they were very much an advocacy group for older people, which seemed like it might be what I was looking for. Fortunately I saw something in the local Taupo newspaper which had a contact phone number, which I called. How lucky I was that Cheryl Carswell answered that phone and arranged to meet me down town, for a coffee. Cheryl was amazingly enthusiastic and suggested I come to the next monthly meeting "for a

look". What a lovely welcome I was given. A month later it was AGM time and I found myself being elected to the Taupo Grey Power Committee. This was a great way for me to quickly get to know more people and also be exposed to the "workings" of the organisation. Next AGM I was happy to stand for the committee again but several months later found myself taking over the role of 'Minutes secretary'. I have been Secretary for almost 2 years, and now it is time for me to stand down from this role.

I encourage everyone to consider putting themselves forward to be on the committee for at least a year. There is not a great time commitment. While the committee currently meets monthly for approximately an hour it is up to each committee to decide the frequency of meetings. There is a modern laptop computer available for the use of the secretary/committee, according to future decisions.

Barbara Mills

Secretary – Taupo Grey Power



A note from the Treasurer

Hi everyone,

Our auditor Thelma Taylor, has agreed to review the society's bank accounts, Xero file and financials again in readiness for the AGM set for Wednesday 29th May. Please note this day in your diary now as we need you all to attend. Some of you might like to join the committee and participate in the running of the Grey Power Taupo Incorporated Society. Please think about it.

The monthly general meetings are a great time to meet and catch-up with other members, enjoy hearing from a speaker, have afternoon tea and maybe walk away with the cash prize of \$50 from the raffle. With the costs of the afternoon tea supplies and the Bowling Club hire fee increasing, your

contributions towards the event are gratefully received.

The increase to the 2025 membership fees is aiding in offsetting increased costs in the preparation, printing and postage of the quarterly newsletters. We are emailing these to those members that we hold an email address for. If you are receiving a hard copy in the mail and you'd like this emailed, please let me know your email address and we'll change your delivery mode for the next newsletter.

I look forward to working with a new committee and another year of being your Treasurer, unless of course someone else would like the position?

Joanne Dunn

Grey Power Taupo Treasurer

Email: gprmemtpo@gmail.com

Thinking of becoming a member?

One of the benefits of becoming a member, is being connected to our friendly GP Taupo community, by way of receiving our newsletter.

Receiving this newsletter via email is the most economic way of sending it to you. When you fill out the membership form on the back page of this newsletter, please be sure to add your email



address (if you have one), and you will be sent your newsletter by email. It also means we can contact you via email for any messages that need to go out.



NATIONAL BENEFITS

Negotiated by Grey Power NZ Federation Inc.

The following organisations are of benefit to Grey Power Federation and the membership at large:

AIL Insurance
Inter-Island Ferry
Tranzalpine
Scenic Train Offer
Northern Explorer
Coastal Pacific
Grey Power Electricity
Challenge Fuel
Vesta Health Insurance

Further details can be obtained from:

Federation Office
Phone: 0800 473 979 or email fed-office@greypower.co.nz

Web: www.greypower.co.nz



Need to get to a medical appointment?

Are you needing transport to your appointment in Rotorua?

The Taupo Health Shuttle service can help.

Bookings need to be made at least 24 hours before your appointment.

Health Shuttles are provided as a community service, and any donation you make assists them to keep the service running.

To make a booking or enquire about this service, please phone 0800 824 3258 between 8:30am and 3:00pm, Monday to Friday.



Rates rebate

A Rates Rebate may be available to home owners throughout New Zealand if they are on a low income and meet and a certain criteria. This rebate can be up to \$750.00 and is provided by the NZ Government.

Once you receive your rates bill, you can apply for a rebate for the current rating year period 1 July 2023 to 30 June 2024. You must return your application to the council by 30 June 2024.

The Application Forms are available from your local Council or on-line at: www.govt.nz. Once on that website type 'Rates' into the Search Box then select the *Rate Rebate* option you require.

Super Gold Card

Super Gold Card is for people aged 65 and older (it doesn't expire). It gives you instant discounts and special offers at thousands of businesses across New Zealand and Australia. To find out about SuperGold Card and how to get one go to

website www.workandincome.govt.nz/eligibility/seniors The website which gives all the Super Gold Card discount information is www.supergold.govt.nz

I have been advised that AA will print your photograph on your Gold Card so this can be used as a Photo I.D. They do the whole process including taking your photograph at no charge.

Grey Power NZ members website

To search for Grey Power NZ members website enter www.greypower.co.nz and when it appears, then scroll down to the bottom of the screen and you will see Member login. Click on this and a **Login** screen will appear. Follow the instructions by entering the first three letters from your last name and then your membership ID number e.g. abc12345 then click on Login and you will then enter the Dashboard screen which gives you access to select what you want.

Owl Badges

Owl badges, the official badge of Grey Power, will be available from our Treasurer at our next meeting at the cost of \$10.00 each. We can wear these badges to show our support for the Grey Power movement of which we are members.





Important notice for all Members

The following subject will be discussed at our May 2024 AGM

NZ Companies Office – Incorporated Societies GREY POWER TAUPO INCORPORATED (476889)

We have been advised by the New Zealand Companies Office that we need to reregister our Society under the Incorporated Societies Act 2022 (2022 Act) to remain an incorporated society. This will have to be done before 2026.

Our AGM will be an opportunity to agree on reregistration. Changes to our society's constitution can be done at a later date.

Basically, we will discuss:

1. Does Grey Power Taupo want to re-register under the 2022 Act or do nothing and have it liquidated and ceases to exist in its current form? After the discussion has been completed we will then take
2. If we do decide to re-register then we have to review the constitution and make changes to ensure it complies with the 2022 Act. This can be done at a later date.
3. The reregistration decision should be made at the 2024 AGM so please think very carefully about how you would like us to proceed and even think about joining the committee and being part of the running of Grey Power Taupo.
4. If we fail to elect a committee at the 2024 AGM then Grey Power Taupo cannot reregister so our incorporated
5. We will need at least 3 executive committee members to start the review of our constitution and then to make any recommended changes. These recommendations will be brought to the 2025 AGM (or at a special general meeting called) for discussion and any changes made will then be put to a vote to be accepted and approved.
6. Once we have an approved constitution it can be reregistered online. Registration is FREE.

society based on the 1908 Act will be liquidated and ceases to exist.

President Bill Larkin

A Sticky Situation

Let's talk wax, ear wax. A small amount of wax in our ears is normal and even helpful. It repels insects (a very good thing in my opinion!), provides lubricant to our ears, it is anti-bacterial and traps airborne impurities.

What happens when we have too much of a good thing? Some of us build up too much wax causing problems with our hearing and blocking our hearing aids. At this point, a professional is recommended. The safest way to have your ears cleaned is suction. Basically, a mini vacuum for your ears. This is to ALWAYS be done by an ear nurse or audiologist who has gone through training specifically for ear suctioning. Do not allow an administrator to do this. Believe it or not I have seen it happen in other clinics. If needed, the ear nurse or audiologist may need to use cures or forceps to finish pulling the wax out of your ears. In my years as an audiologist, I have seen many permanently damaged ears due to incorrectly administered wax removal. Laura Arnold Audiology has an Ear Nurse on staff every Thursday afternoon. Please call if you would like an appointment to have your ears expertly and safely cleaned! Call us at 0800 56 46 46. Cheers, Laura



28th February 2024

Malcolm Laycock from the *Taupo St John Health Shuttle Service* gave us an address on the operation of The Taupo Health Shuttle Service.

The New Zealand St John Health Shuttle Service, which Taupo is part of, has over 100 vehicles and 800 volunteers and they travel over 70,000 km per year.

Taupo operation started about 4 years ago and has 8 volunteer drivers and they cover the Taupo District from Rangitaiki to Turangi and Broadlands to Mangakino. They mainly transport people from Taupo to Rotorua for medical appointments and operate Monday to Friday between 8.30am to 3pm. Last year they did 189 day trips and travelled 29,000 km.

They operate on donations and also get a grant from the Government. They are always looking for more volunteers and are looking to get a special vehicle.

Malcolm was supported by John Haywell.

Thank you Malcolm and John for an update on the Taupo St John Health Shuttle Service.

There is more information in an article within the newsletter.

27th March 2024

Howard Rogers, from *No Bull Technology*, spoke to us about "Technology for Seniors". He warned us to be very careful about all the scams that are "thrown" at us each day mainly through computers and other online devices. He said that the scammers are becoming more and more professional with the content and tactics they use. The BIG message is **DO NOT** open an email that looks suspect as scammers send out bulk emails around the world and if you do open them, a message can be automatically sent back to the scammer and that gives them an email address to work on. The second piece of advice is **DO NOT** send anyone any money on line unless you are very sure who you are sending it to.

Howard also discussed other subjects relating to computers and online issues.

Many questions were asked.

Thank you Howard.



Time out with Bill

When life gives you lemons, make lemonade.

A notice in a farmer's paddock. "The farmer allows walkers to cross the paddock for free, but the bull charges.

People don't notice we do things for them until we stop doing them.

I have no money worries – I have no money to worry about.

A man and his wife and his mother in law went on holiday to the Holy Land. While they were there the mother in law passed away. The undertaker told them "you can have her shipped home for \$5,000 or you can bury her here in the Holy Land for \$150". The man thought about it and told him he'd just have her shipped home. The undertaker asked why would you spend \$5,000 to ship your mother home when you could have her

People say that drinking milk makes you stronger. Drink 5 glasses of milk and try to move a wall. Can't. Now drink 5 glasses of wine. The wall moves all by itself.

buried here for only \$150. The man replied: A man died here 2000 years ago, he was buried here, and three days later he rose from the dead. I just can't take that chance.

Never assume that loud is strong and quiet is weak. It's the Lion's silence that signals danger and not his roar.

When I ask for directions please don't use words like EAST.

Sometimes someone unexpected comes into your life out of

nowhere, makes your heart race and changes your life forever. We call these people the POLICE.

Apparently when you treat some people like they treat you, they get upset.

Instead of a sign that says 'Do not disturb', I need one that says 'Already disturbed, proceed with caution'!

Sometimes I talk to myself – then we both have a laugh.

A man asked a fairy to make him desirable and irresistible to all women. She turned him into a Credit Card.

A scammer called my grandmother and said he had all her passwords. She got a pen and paper and said, "thank God for that, what are they".

Sometimes it is best to be silent, thought a fool, than to speak up and remove all doubt.



Dr Praveen Mathew
General Dentist BDS MFDS RCS (Eng)

118 Tuwharetoa Street, Taupo
(Next to Taupo Medical Centre)

Ph: 07 377 2547

Email: mathaidentaltaupo@gmail.com
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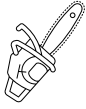


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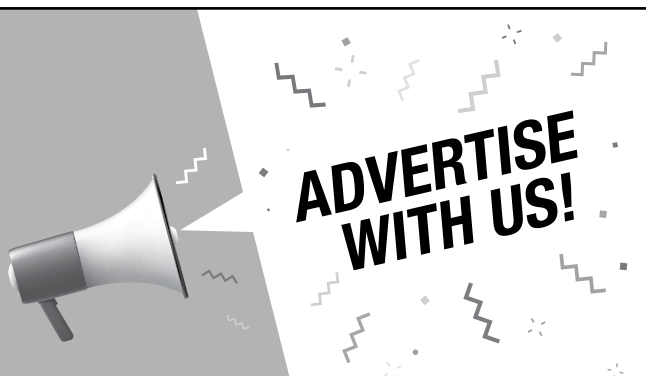
Foot Specialist

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Rachel Matthewson
BHSc NZ Dip Pod SR

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75a Gillies Ave
Taupo

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gprmentpo@gmail.com

Is your membership current?

If not, you might be missing out on your entitlements.



Remember:
Membership is due 31 March each year.

To see if you're financial, please check your Membership card and see if you have a **CREAM** label with expiry date **31.3.2025**. Any other coloured label/date means you are not financial.

Unfortunately that means you may be missing out on these benefits, of being a Grey Power Member:

- The Grey Power low cost upfront Electricity, Gas, Broadband and Landline phone packages

- The AIL Insurance (\$2000 for Accidental Death and Dismemberment). It is renewed yearly when you pay your Subscription.
- The Grey Power Newsletter & the National magazine
- Any future benefits

A big *thank you* for all those who are financial, we really appreciate your support!

For any membership queries or more information

Email Vice President John: councillorwilliamson@taupo.govt.nz or phone 027 310 8013.



Grey Power Official Membership Form

NZ FEDERATION INC. AND ITS AFFILIATED ASSOCIATIONS

Remember:
Membership is due 31 March each year.

Please tick which applies:

New member Address change Renewal Taupo Association, Membership Number: _____

Title: Mr / Mrs / Miss / Ms First Name(s): _____ Surname: _____

Preferred contact: Email Postal Email: _____

Postal: Address: _____

City: _____ Postcode: _____

Phone: Home _____ Work _____

Amount enclosed: \$ _____ (*\$25 pp, \$35 per couple*) Include donation: _____ *Thank you!*

Internet Banking: Grey Power, 06-0583-0550994-00, ANZ Bank.

Please use your surname and membership number as a reference.

Please mail completed form to: Grey Power, PO Box 862, Taupo 3351.



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