

# WAITAKERE

GREY POWER ASSOCIATION INC.

Incorporating Rodney West



Assisting the 50+ Builders of the Nation

February 2024

Circulation 900

## PRESIDENT'S REPORT

Welcome back to our first newsletter to our members and friends for 2024. Remember 2019 and Covid 19 lock-downs, but be careful - new strains are popping up and approximately 7000 cases a week are being reported. We are awaiting supplies of the new antiviral drugs due in May 2024. We continue to lobby the Minister of Health and Pharmac to ease the suffering of New Zealanders. Summer has arrived and I have really been enjoying it on gardening leave. Have members noticed that there was no Waitakere Grey power Association Newsletter in November 2023? At the 2023 Annual General Meeting a resolution was unanimously passed by members to reduce from four to three annual Newsletters because of rising postal charges and to stave off an increase in membership subscriptions. This will be reviewed after feedback from you, our valued members, in a Survey of members created by our Office Manager, Peter Harvey in conjunction with our Secretary, Anne Pala which is included in this newsletter.

News from the Garden: I have planted five new bush roses, mostly bought at 30-50% off normal retail price from my second office at Kings Plant Barn and Café. I have planted petunias as a front border near my Standard iceberg roses.

Summer is a good time to plant roses, but you must prepare and deep dig your planting sites, use lots of mulch and water every three days, preferably in the even-

## Waitakere Grey Power General Meeting

20 March 2024

At 12.30 pm

247 Edmonton Rd

Te Atatu South

*Guest Speaker will be*

*Sheree Tiatia, ASB*

*Community Banker.*

ing, My vegetable garden is growing gangbusters, now harvesting cherry tomatoes, cos and red sails lettuce, courgettes and runner beans, all of which can be successfully grown in pots for those of you who are limited by health problems or the size of your garden. In the Orchard I have been picking Joseph and Fortune plums and selling them online on the Oratia Neighbourhood Facebook page. Next

## Waitakere Grey Power Annual General

Meeting

12 June 2024

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varieties to follow are Black Doris and Luisa which I will have assistance in jam making as a Fundraiser for Waitakere Grey Power. I have had a good break and am fully back in the Chair doing day to day Grey Power advocacy work on your behalf. The Vice President, Secretary, and myself have met with the Auckland Council Deputy Chairperson where we discussed the Cost of Living Crisis, Senior's Housing, Public Transport, Heritage Planning, The Age Friendly Cities Programme, Lack of Public Toilets and Wheelchair Access. This meeting proved to be very productive. Please all get ready to get off your comfortable chairs and be prepared for Waitakere Grey Power Association General Members' meeting on **Wednesday 20th March** If you want to hear how to avoid fraud or being scammed from your bank accounts, we urge you to come to this informative meeting. Our

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Address: 247 Edmonton Road, Te Atatu South

Office Hours: 9.30 am to noon, Monday to Friday.

Phone & Fax: 838-5207

Email: [waitakgp@xtra.co.nz](mailto:waitakgp@xtra.co.nz)

Guest Speaker will be Sheree Tiatia, ASB Bank Community Banker. We thank Sheree for coming to inform us how to safeguard our bank accounts. All members and friends are invited to the meeting and to stay on for light refreshments at the conclusion of the meeting .

**Mate Marinovich**

## GOOD SERVICE NEWS

Recently I walked into the showroom of **Waitemata Back Care Beds** in Great North Rd, Henderson and lay down on a bed to test the mattress and bought a King size bed from Jo and Paris for \$2100 (reduced from \$3450) They threw in a mattress protector and provided free delivery. The mattress protector is \$185 retail and delivery is \$80. I said I am a Gold Card holder and showed them. These girls give service with a smile. Some of our members will remember Lambournes at Three Lamps in Ponsonby: well Jo is the granddaughter of the late Alec Lambourne, so retailing is in her blood. Any member who may be currently down sizing and moving into a Retirement village and requiring a brand new bed just go into **Waitemata Back-care Beds** and say that you are a member of Waitakere Grey Power Association and I assure you you will be well looked after. Mention Mate Marinovich, and show your Gold Card and you will get a good deal. I will visit them with Vincent from our Committee to secure them as an advertiser in our newsletter.

**Mate Marinovich**

*Saving \$265 for the mattress protector and delivery is the equivalent of 15 % discount.*

## SPECIAL OFFER FOR GREY POWER MEMBERS

We are delighted to announce a new offer available to all Grey Power Members – Atopis® -a unique New Zealand skin-care range scientifically designed for older people.

Atopis® Skin Health have partnered with Grey Power Federation to provide our membership a 20% discount on their exclusive skincare range.



Full details go to the Grey Power website and select "The Benefits" [www.greypower.co.nz](http://www.greypower.co.nz)

We trust you find value in this new offer, along with the other benefits available to Grey Power members.

PS Visit our Federation Website often to keep up to date as we gradually add additional information and resources. If you have information or resources that you feel would be of value to the wider membership of Grey Power please feel free to email me at [national.vicepresident@greypower.co.nz](mailto:national.vicepresident@greypower.co.nz)

**WANTED:** any bedding: sheets, blankets, wool rests & electric blankets no longer needed; electric wires are removed before making into bedding for animals of the SPCA.

Recycled and saved from landfill.

Kindly leave at  
Grey Power Office  
247 Edmonton Road  
(9.30—12 daily)



## West Auckland's "Family-Friendly Table Tennis Club"

is now adding a fifth table and is on the verge of signing up its 100<sup>th</sup> playing member, which is the club's current membership capacity for its Thursday Club night at the Glen Eden Recreation Centre.. Great all-weather recreation and fun for all the family.

Waitakere Table Tennis Association  
Harold Moody Park,44 Glendale Rd,  
Glen Eden. Phone: (0204) 444-083  
Em: [waitakeretabletennis@gmail.com](mailto:waitakeretabletennis@gmail.com)  
Website: <https://wtta.club/>

### IN MEMORIAM

We are saddened to note the passing of our long time member, the late, Patricia Ellen Morman on 9th January 2024 peacefully at home. President Mate and a number of Committee and members attended Patricia's funeral service in the Garden Chapel at Morrison's in Henderson on Saturday 13th January. Pat was an office volunteer on a Thursday for over twenty years. By a special resolution passed on Monday 8th January 2024, Patricia Ellen Morman was granted honorary life membership of Waitakere Grey Power Association for her long and valued service to the Association. The family were presented with the certificate and the Grey Power Wise Owl badge.

### A FEW THINGS TO CONSIDER

Your Grey Power Committee endeavour to have interesting and informative speakers at the two General Meetings and the one Annual General Meeting held each year. We hope attendees enjoy listening, but also get some benefit from the Speaker's presentations. However, the meetings are also an opportunity for people to voice their own opinions, ask questions, and state what they think Grey Power should be doing for the older people of New Zealand. Your Committee is there to listen, it's there for you, and that is why an Open Forum is included in the Agenda. Please don't be shy. What you think might be of small significance, may be a huge problem for other people.

### LOOKING AHEAD FOR WAITAKERE GREY POWER ASSOCIATION.

Our Annual General Meeting as always, will be held in June. Several long standing Committee members, some in key positions, have indicated that they will not be putting their names forward for re-election this time. Your Committee needs re-energising with new people and new ideas. Now is the time for other members to step up and consider filling these positions. If you think this is just the job for someone you know, then please approach them and ask if you can nominate them, or nominate yourself if you feel that you are the right person. Most jobs aren't onerous, it can be good fun, and I am sure you will really enjoy it. As well you will be have the satisfaction of knowing that you are doing your best for the older members of our community.

### EASTER HEDGEHOG SLICE

#### *For the base*

250g shortbread biscuits  
1/2 cup desiccated coconut  
Cocoa powder  
Ground cinnamon  
Milk chocolate, chopped  
Butter, chopped  
Sweetened condensed milk

#### *For the topping*

White chocolate, chopped  
Kremelta, or coconut oil  
Mini chocolate Easter eggs (60)

4. Pour into the dry ingredients and mix again.
5. Press into the lined pan. Chill until set.
6. Melt the white chocolate with the Kremelta, stirring often. Pour over the base. Allow to set a little then top with the mini Easter eggs.



#### *Directions*

1. Lightly oil and line a 24cm x 20cm slice pan with baking paper.
2. Crush the shortbread with a rolling pin leaving some as little chunks. Place in a bowl with the coconut, **cocoa** powder and ground cinnamon. Mix well.
3. Melt the chocolate and butter together with the sweetened condensed milk on low heat.

A long term, community-based rehabilitation provider, for people with neurological conditions such as

- ♦ Stroke
- ♦ Parkinsons
- ♦ Multiple Sclerosis
- ♦ Motor Neurone Disease
- ♦ Brain Injury

Group sessions are \$15.00

Empowering people with neurological conditions to lead a more independent life.



**Tui Glen Centre,  
2 Claude Brookes Drive,  
Henderson, Auckland 0650  
Ph: 09 836 6830**

**W: [neuroconnection.org.nz](http://neuroconnection.org.nz)**

**FB: <https://www.facebook.com/neuroconnectionfoundation/>**



# CHALLENGE !

**SERVICE STATION**  
**720 Swanson Road**  
**Ph: 833 6148**

*Offers 8c per litre discount on fuel on presentation of your valid Grey Power membership card or Gold Card.*

## ELECTED COMMITTEE 2022-2023

President Mate Marinovich  
Vice-president Steve McDonald  
Secretary Anne Pala  
Treasurer Owen Frewin  
Members: Peter Harvey, Denise McDonald, Jill Harvey, Fiona Whelan, Vincent Naidu,,Fiona Whelan

## OFFICE ADMINISTRATION VOLUNTEERS

Marion Keene, Sylvia Sweatman, Rowena Akroyd, Lois Sherlock, Anne Marie Scott, Lorraine Snell, Nickie Frye . John Winther, Lorraine Mcfadzean & committee members

## COMMUNICARE MEETINGS SCHEDULE

Blockhouse Bay Friendship Centre	Wednesday	Sturges West Community House	58 Summerland Drive
Glen Eden Friendship Centre	Monday	Glen Eden Community & Recreation Centre	44 Glendale Road
Massey Friendship Centre	Tuesday	Community Hub	385 Don Buck Road
Donovan St Friendship Centre	Tuesday	Iona Presbyterian Church Hall	38 Donovan St
Henderson Friendship Centre	Wednesday	Sturges West Community House	58 Summerland Drive

All meetings 9.30 am to 12.30 pm

Enquiries: [communicare.org.nz](http://communicare.org.nz) --- Phone 09 631 5968

**NEWSFLASH:** Good news! For our members who attend, or wish to attend our General meetings at TeAtatu South Community Centre, be advised that the Council have upgraded the heating/air conditioning system. With six heat pumps installed in the main hall, you will now be deliciously cool in the hot weather, and nice and cosy in the winter. We look forward to seeing



I have made my mark in Real Estate since 2003, working from the same Barfoot & Thompson office. **"Real Estate With Enthusiasm"** is my motto.

I list and sell mainly in West Auckland where I have lived since 1980, and am based in the Te Atatu Peninsula office. My main source of business is repeat and referral work and I have a good working relationship with, and respect of, my peers in the local community.

I am passionate about selling in the West and would love to have a chat about your real estate needs in today's market, whether buying or selling. Recommendations available.

**JULIE HEY**

M: 021 356 021 ah: 09 215 1971

Email: [j.hey@barfoot.co.nz](mailto:j.hey@barfoot.co.nz):

**BARFOOT  
& THOMPSON**  
LICENSED REAL ESTATE

## GREY POWER FEDERATION MAGAZINE

Consider opting to receive the Federation Magazine online, rather than by Post.

The rising cost of postage and printing has dramatically impacted on the cost of producing and mailing the Federation quarterly magazines. This year postage alone has cost the Federation \$134,419 for 3 issues – potentially around \$180,000 for the year. With escalating postage costs the magazine postage now consumes over 60% of the capitation fees from the membership, leaving far less for Grey Power's core business of advocating for older people.

For those members who are internet users, we would like to encourage you to consider receiving your Grey Power Federation magazine online. You will be advised by email when a new issue is available, but you can visit the site at any time in between to keep informed.

While not for everyone, there are several advantages for those who choose the online option -

- **Quicker delivery of the magazine** – the latest Federation magazine can be in

your email inbox a week or more before the mailed copies arrive;

- **Better for the environment** – no wasted print, paper, plastic, or delivery-related impacts;
- **Additional information and updates** – once members are enrolled for the online version, they can opt to receive regular Grey Power Federation news updates and other information of interest;
- **Savings to the Federation** - meaning the four magazine issues per year can be continued, and savings can be invested in advocacy and membership services;
- **More in-depth coverage** – occasionally lengthy magazine stories and illustrations must be condensed to fit in the printed magazine. The digital version enables some content to be expanded upon and linked for reading on the magazine website for internet users who want more.



You can have a look online to see the smart format and layout of our magazine and test how easy it is to use [Click here for Magazine](#).

You can switch to the online version simply by providing your name, membership number, and email address on the following form - [CLICK HERE](#)

Please encourage members in your Association to give the digital version a try. If they try it and decide it is not for them, they are free to go back to receiving the magazine in hard copy.

## PLUMBING INSIDE OUTSIDE ROOFING



Hot Water System  
Repairs & Replacements



General Plumbing  
Maintenance



Bathroom & Laundry  
Renovations



Kitchen Renovations



Burst/Leaking Pipes



Water Mains  
Maintenance



Roofing Repairs  
& Maintenance



Drainlaying  
Services

Contact us for all your plumbing and roofing needs... Te Atatu Peninsula, Auckland 0610 | p: 022 697 2766 | e: Ashley@insideoutside.nz | www.insideoutside.nz

# Grey Power Waitakere

## Confidential Questionnaire

To enable us to represent your views, we need your help to give us a factual base to operate from on issues that could concern us. This questionnaire is anonymous. We do not need your name on it. Feel free to give a copy to others.

Circle the appropriate answer and feel free to comment.

### Are you **Male / Female**?

- Do you have easily accessible public transport? Yes / No
- Do you own and drive a car? Yes / No
- Do you drive in the City? Yes / No
- Do you use a mobility device? Yes / No
- Do you own and use a computer or smart phone? Yes / No
- Can you operate and use them effectively? Yes / No

Comment: .....

- Do you live alone? Yes / No
- Do you rent your dwelling? Yes / No
- Do you own your dwelling? Yes / No
- Are you in a retirement village? Yes / No
- Do you live with or share accommodation with relatives? Yes / No

Comment.....

- Do you find it difficult to make a Doctor's appointment? Yes/ No
- Does your health in any way limit your mobility? Yes / No
- Are you waiting for elective surgery of any type? Yes / No
- Do you have health insurance? Yes / No
- Do you have your superannuation alone? Yes / No
- Do you have a community services card? Yes / No

Please feel free to comment on any other area of concern you may have and that we can address or help you with. You can contact us between 0930 and 1200 Monday to Friday on 09 838 5207.

Comment.....  
 .....  
 .....  
 .....

**Please return to: Grey Power Waitakere. PO Box 83300 Edmonton. Auckland 0652. Or email it to: [waitakgp@xtra.co.nz](mailto:waitakgp@xtra.co.nz) or feel free to drop it into the office. Thank you.**

### QUIZ NIGHT: GOOD HOME LINCOLN 6.30—9.30 pm Wednesdays

Admission FREE. Bring a team and test your knowledge. come in at 6pm or earlier to register. Happy hour is 4pm - 6pm and we have a Macs Gold & Good Home Brew Pitcher special every Wednesday. We have a fantastic menu to treat your taste buds too.



159 Lincoln Rd  
 Henderson  
 Ph: 839 2481

### FREE BOOK EXCHANGE & LENDING LIBRARY

**Te Atatu South Community Centre Activity Room**  
**9am – 12, Monday, Wednesday and Saturday.**  
 Good selection of fiction, non-fiction and jigsaws. Donations of good, clean books accepted. Knitting group operates at the same time, with knitters or learner knitters welcome to partake in a social morning. Morning tea available.

I have been working in real estate for over 22 years, mainly in West Auckland, where I grew up. I am available to help with any of your real estate needs.

**I am offering Grey Power members 15% off our standard commission rate—so do call.**

### BRIDGET DICKSON



Residential & Lifestyle Sales  
**021 616 017**



## ENTERTAINMENT

### Bruce Mason Centre

Cnr Hurstmere Rd &  
The Promenade, Takapuna.

### **Morning Melodies 2023**

at 11.00 am

*Check each show for the price.*

**Monday 13 May**

North Shore Brass

**Monday 17 June**

Robin Kelly

**Monday 15 July**

National Youth Theatre

\*\*\*\*\*

**Bob Johnston's**

20 Normandy Place, Henderson.

Ph: **838 7361** for enquiries

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**Wed 3rd April—10.00 am**

*Rat Race* (107 mins) S/T Colour—

**Sun 7th April—2.00 pm**

*First Night of the Proms*

**Wed 1st May —10.00 am**

*A Man for All Seasons*

**Sun 5th May—2.00 pm**

*The Pirates of Penzance*

**Sun 2nd June—2.00 pm**

*The Death of Kinghoffer*

**Wed 5th June—10.00 am**

*Ladies in Lavender*

Note: S/T= subtitles on films

GOLD COIN DONATION

FOR REFRESHMENTS

Grey power meeting with the Deputy Mayor OF Auckland to discuss relevant issues..

## ELDERNET



These books are still completely free to receive and free to hand out to anyone that may like a copy. We also have rack cards available if you would like some.

The books can come in a box of 38, or we can send more or less to best meet your needs.

*This new edition of Where from here He Ara whakamua handbook, will help to empower people by giving them the tools needed to make decisions that are right for them.*

**Ana Maria Molina**

Support Specialist

Monday - Friday 10:30am-5pm

The Eldernet Group

Email:

[anamariam@eldernet.co.nz](mailto:anamariam@eldernet.co.nz)

Ph: (03) 388 1204 ext 214

## ENTERTAINMENT

### *Operatunity daytime Concerts*



### Hoedown

### Showdown

27TH MAY—27TH JUNE



### Three Tenors

### Tribute to Mario

### Lanza

4TH JULY—5TH AUG



### The Gatsby Era

28TH AUG—57TH SEPT



# WAITAKERE GREY POWER ASSOCIATION INC

Postal Address: P O Box 83300 Edmonton, Auckland 0652 Ph: 838 5207  
 Address: 247 Edmonton road Te Atatu South. Email: [waitakgp@xtra.co.nz](mailto:waitakgp@xtra.co.nz)

## Membership Application / Renewal Form

<b>Renewal</b>	<b>New</b>	<b>Change address</b>
<b>Member no:</b>	<b>Email address:</b>	
1:Mr. Mrs. Ms:		
2:Mr. Mrs. Ms:		
<b>Address:</b>		
		<b>Post Code:</b>
<b>Phone H:</b>	<b>Phone Mobile:</b>	
	<b>Annual Subscription</b>	
<b>Single: \$25</b>	<b>Double: \$35</b>	<b>Donation:</b>

### Would you like to assist us?

In the Office:	Phone tree:	Other
Do you want to receive promotional material		Yes / No
Do you wish to receive your newsletter by email?		Yes / No
<b>Office use only</b>		
<b>Payment method: Cash. / On line /office</b>		<b>Card Issued: Y / N</b>
<b>Maintenance form number:</b>		<b>Date:</b>

Membership fees can be paid by cash in the office, or on line. Kiwi Bank **38 9002 0160893 00** Online payments must be verified by membership number and/or name.

NOTE: Do not pay YOUR ELECTRICITY bill to this account.

This form is included in newsletters for renewal or change of address. Members are also requested to use it to encourage new members to join. Thank you to those who have already paid.

## SUBSCRIPTIONS FOR YEAR 2024-25

**When you have paid, you will have a new ID card with a YELLOW sticker**

**The fee is \$25 for a single person or \$35 per couple.**

Just call into the office in Edmonton Road for a visit and make your cash payment (9.30—12 Mon-Fri);

**OR** pay by phone banking **OR** online (**with name and membership number**) to our bank account:

**38 9002 0160893 00**

### MPHS COMMUNITY TRUST offers a meeting and activity group for 60 years +

Meetings are held at MPHS Community Trust (Hub West) 27 Corban Ave, Henderson every Tuesday 10.00—11.30 am. It is free to join and food, tea or coffee is provided. The group chooses activities of interest, such as outdoor adventure, technology, arts & crafts. Whatever it is—we help make it happen. Enquiries to **09 838 4820** or email [info@mphs.org.nz](mailto:info@mphs.org.nz) (McLaren Park Henderson South)

**DISCLAIMER** Neither this association, nor any person associated with it accepts any liability for the contents of this newsletter, which has been prepared in good faith and is believed to be correct. Articles appearing in this newsletter are the opinion of the authors and do not necessarily reflect the opinion of the Association.

Share your newsletter with a friend. We welcome new Members. More people give us a stronger voice.

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