

Grey Power

Taupo District News

EST. 1974



Join us for our
next meeting and
afternoon tea!

Wednesday 28th May 2025
1.30pm at the [Taupo
Bowling Club, 4 Ferry Road.](#)

Annual General Meeting.

We encourage all financial
members to attend and seriously
consider standing for the
Executive Committee to take
Grey Power Taupo forward
into the future.

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

Wednesday 25th June: Taupo
Hospice: Joice Stewart, Educator
Facilitator, and Christine Rankin,
CEO will be speaking to us on
the workings of this wonderful
organisation.



Bigger, better connected, more sensitive brains

When it comes to our hearing,
it's important to remember
that we not only hear with our
ears, but also with our brains.
Research has shown that
musicians have bigger, better
connected, more sensitive
brains.

"Musicians have superior
working memory, auditory skills,
and cognitive flexibility".

Listening to music is one
thing, but learning to play an
instrument has an even bigger
impact on brain function, and
the way it affects our hearing in
the long run, at all stages of life.
Take a look at 3 ways that music
can affect your brain, and how
it can help to rehabilitate some
aspects of hearing.

1. Improves selective auditory attention

People with impaired hearing
will often notice that it's harder
to concentrate on someone's
voice when there are other
noises in the background
– in a café or restaurant for
example. Additionally, those

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Grey Power

Taupo District



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www.theartset.design



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

Email: jr.williamson@extra.co.nz



From our President

Greetings from John Williamson.

Now the clocks have gone back and signalled the change of season it is important to wrap up with the colder weather and take all necessary steps to stay safe and well.

As I have mentioned previously we encourage members and prospective members to attend meetings as much as possible.

To enjoy fellowship and contribute your individual and collective thoughts on issues to

improve advocacy on behalf of all. Thank you to the committee for your ongoing commitment and those who also assist with afternoon teas.

IMPORTANT: AGM on Wednesday 28th May, we look forward to a good attendance and encourage members to become involved, if at all possible.

Kind Regards

John

Annual General Meeting

2025 Grey Power Annual General Meeting will be held on Wednesday 28th May at the Taupo Bowling Club, Ferry Rd at 1:30 pm.

The nature of the business is to review the last 12 months, reports from the President, Treasurer and Auditor and also very importantly the Election of Officers and the committee. While being conscious of the fact people are often unwilling to commit, the time involved is not onerous.

The involvement on the committee is an hourly meeting once a month, as well as the monthly afternoon tea meeting, excluding January and December. I encourage members to give it some thought and put your name forward. We will be giving an update on the review of Taupo Grey Power draft constitution which is work in progress. We will be calling a Special General Meeting later in the year for its adoption.

Bigger, better connected, more sensitive brains

Continued from page 1

with tinnitus have almost the opposite dilemma, where they are only able to focus on the ringing in their ears. Through their training, musicians have strengthened brain networks that allow them to intentionally hone in on specific sources of sound, and almost block out the surrounding noises.

In some cases, music can provide a potential benefit to auditory attention for non-musicians, as the brain learns to focus on individual sources of sound. This helps to stay focused on speech, while selectively “ignoring” all the competing background noise. Some hearing aids now assist with this aspect of hearing, which also helps to train our brains to stay locked in on the sounds we want to hear.

2. Stimulates brain activity

When you listen to or play music, your brain gets a total workout. Stimulating your brain in this way, especially as you get older, helps to retain important listening skills, as well as ward off age-related cognitive decline. A study published in the Journal of Neuroscience found that

learning to play a sound on a musical instrument adjusts brain waves in a way that improves listening and hearing skills over a period of time.

Another study by scientists from Friedrich Schiller University in Jena, Germany, showed that this kind of musical training had long lasting effects, despite severe hearing loss. In their study they found that musicians could pick up on harmonies that were slightly off-key, even though they had lost most of their hearing. Factory workers who experienced similar levels of hearing loss were not able to make the same observations.

3. Enhances speech understanding

Not only has singing and music been shown to reduce stress and anxiety, it may also benefit our hearing. More specifically, it may improve the way we hear and understand conversations, thanks to the way it can develop fine-grained pitch perception,

which helps to support speech perception in noise.

For example, when we sing with other people in a group or choir, the brain releases endorphins that makes us happier and more creative, but might also help to identify nuances in speech. Our brain learns to pick up on these subtle changes more easily over time, as you train it to tune in more intentionally.

Whether you learn to play an instrument, listen to your favourite tunes online, or enjoy going to live concerts, music can have a profound effect on your brain and hearing health. If you'd like to make the most of the music you're listening to but your hearing isn't quite as good as it used to be – be sure to get in touch with us for a comprehensive hearing check up so you can feel your best, and enjoy the sounds you know and love.

Laura Arnold
Laura Arnold Audiology

“Youth is the gift of nature, but age is a work of art.”

—STANISLAW JERZY LEC



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.



Taupo Special Olympics



Taupo Special Olympics is an organisation for people with an intellectual disability to join, have fun and make connections with like minded individuals. Within Taupo Special Olympics it consists of 21 athletes, which compete in two sports, Ten-Pin and swimming and 11 volunteers, who help with coaching, fundraising and supporting these athletes. It has a trust board and a committee.

13 Athletes and 7 volunteers

will be traveling to Christchurch on the 10th – 15th of December to compete in the National Summer Games.

These National summer games are held every 4 years. The athletes are looking forward to going, competing and catching up with friends from all over the country.

In 2022, Cherie O'Carroll was awarded Life membership for her services over many years.

Owl Badges available now!

Owl badges, the official badge of Grey Power, is available now from our Treasurer at the cost of \$10.00 each. We suggest you wear these badges to show your support for the Grey Power movement, of which we are proud members.



Zone 3 report Grey Power Taupo 29th April 2025

There has been a slow start to 2025 for our organisation.

February – Our immediate past president, Bill Larkin, died early February following a short illness. A memorial service was held 22nd February and I (Barbara) was honoured to be asked to speak at the service, on behalf of Grey Power Taupo. A number of GPT members attended along with many others from our local community.

The speaker at the February general meeting was the owner of Move Smart – mobility equipment, a new local company. This was well attended and good information was provided to members.

March – Speaker, Dr Abigail Mitchell, Taupaws Veterinary a mobile service now available in Taupo and surrounds.

We also had a stand at Taupo

Age Concern Seniors Expo, 19th March. This was very well received with a number of new enquiries as well as current members renewing their membership and seeking information about current activities. It was a good example of people liking direct contact rather than just written/ email communication.

April – Speaker, Special Olympics Taupo – a brief history etc.

Our small committee has also been impacted by further hospitalisations and planned surgery. The challenges of ageing!

The committee are aware of the need to finalise the new constitution and continue to work on this.

Barbara Mills, Secretary,
Grey Power Taupo Inc.

Proxy Voting

Yesterday, 14th May 2025, Taupo Grey Power Executive Committee agreed that it "supports" the resolution to allow Proxy Voting at the 2025 Federation AGM.



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
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*Further details can
be obtained from:*

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fed-office@greypower.co.nz

Web: www.greypower.co.nz

Nothing is
impossible, the
word itself says
'I'm possible'!

Audrey Hepburn

A note from the Membership Secretary

Hello everyone,

The membership subscription year end is 31 March 2026, so if your membership card is showing EXP: 31/03/2025 then you are NOT a current financial member. Renewals should be made prior to March each year, but your payment can still be accepted. You will not receive an invoice to remind you to pay.

Current year subscriptions are:

Couple \$35.00

Single \$25.00

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

- post completed form to P O Box 862, Taupo, advising of

any changes of address and your email address and phone number AND

- make your payment to Grey Power ANZ bank account 06-0583-0550994-00 advise your name and membership number.

You will then receive a new membership card in the mail current to 31 March 2026.

Any queries, you are welcome to email me on gprmemtpo@gmail.com. I only clear the emails every few days, so please be patient with me.

I am willing to stand at the AGM again as Treasurer, but not the Membership Secretary. If any

member is willing to take this responsibility on, I will give full training and assistance. I'll be overseas for approx 5 months next year May 26 – Sept 26 so would be great to train a newbie up sooner rather than nearer May next year. If you want to find out more about this position, please email me with your phone number and I'll get in touch with you.

Email: gprmemtpo@gmail.com

I look forward to seeing you all at the next general meeting held on the last Wednesday of each month.

Joanne Dunn

Grey Power Taupo

Membership Secretary/Treasurer

TAUPŌ DISTRICT

COMAVOL

COMMUNITY AND VOLUNTEERING EXPO

GREAT LAKE CENTRE, TAUPŌ

SATURDAY 7 JUNE 10AM - 2PM

Comavol is a free event to connect you with various community organisations and volunteer opportunities.



Previous guest speakers

28th February 2025

Move Smart Mobility Equipment

Brent Fryer gave a very informative talk about maintaining independence and mobility and empowering individuals to stay active, engaged and connected. Brent displayed and demonstrated how some of the equipment was best and effectively utilised to members. Move Smart is locally owned serving the Taupo region and Brent is committed to ensure personalized and reliable support.

26th March 2025

Taupaws Veterinary Vaccination Clinic

Dr Abigail Mitchell gave a very engaging presentation about her new veterinary service which focuses on making pet health care more accessible for elderly, disabled, and busy pet owners. Abigail provides a mobile pop

up clinic for dogs and cats in town and offers house calls to vaccinate them. Abigail has lived in Taupo since 2021 after graduating from Vet School at Massey University.

April 30th 2025

Special Olympics TAUPO

Cherie O'Carroll and Lyn Peters gave us a presentation on the history and its future events for people with intellectual disabilities.

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.

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

Important Information for all Microsoft Windows users

On October 14th this year Microsoft are ending support for their Windows 10 operating system and so all Windows based computers should be updated to Windows 11 before this date.

Good news: Anyone running Windows 10 can upgrade to Windows 11 for free.

Bad news: If you have an older computer there is a good chance that your hardware will not be compatible, and the computer will need to be replaced.

How can I tell which version of Windows I have?

If you don't know what version of Windows you are running it is easy to find out. You should have a search box (says "Search") or an icon (looks like a magnifying glass) on your main toolbar/Taskbar at the bottom of the screen. Click on this and type "about". This should bring up a result called "About Your PC". Click on this and it will tell you what version of windows you are running.

If it says Windows 11 then you can stop reading!

If it says Windows 10 then you need to upgrade to Windows 11 if your machine is compatible or replace it if it isn't.



What if I still have Windows 10 after October 14th?

Good news: Your computer will continue to operate.

Bad news: There will be no more security updates or bug fixes from Microsoft. This means your computer will become more at risk from security issues such as viruses, malware, and cyber threats. The more time that passes, the more at risk your computer will be. You will also find that 3rd party software (such as Google Chrome) will also gradually stop being updated.

What if none of this makes any sense to me and I don't know what to do?

Good news: I can help with upgrading compatible existing computers or help you find a replacement. I build desktop

tower computers and sell laptops/All-In-One Desktops, both new and 2nd hand (when available). However, as I don't have sales targets and my only interest is getting you setup with something suitable for the best price. I will advise you on what to buy from a high street shop if they have a better option for you than I can supply.

Bad news: There is no more bad news!

Please get in touch if you need help with this or any other tech issues (including Apple computers, tablets, smart phones, printers, smart TV's, Wi-Fi etc).

Thanks for reading.

Howard Rogers
No Bull Technology
nobull@outlook.co.nz
021 1822 288





Jesting with John

I told my wife to embrace
her mistakes.
She gave me a big hug.

ha! ha! ha!

What's the difference
between the bird flu
and swine flu?

One requires tweetment
and the other oinkment.

yip!

What did the grape say when
it was stepped on? Nothing, it
only gave a little wine.

Boom! Boom!

Did you hear about
the restaurant on
the moon?
Great food but no
atmosphere.

yip!

Did you hear the rumour about
butter? Well I'm not going to
spread it!

Boom! Boom!

I'm writing a book about
glue but got stuck on the
first chapter.

ha! ha! ha!

Why should you never
throw grandpa's false
teeth at a vehicle?
You might denture car.

yip!



Dr Praveen Mathew
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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 **BLUE** label with expiry date **31/03/2026**. 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 President John: jr.williamson@xtra.co.nz or phone 027 310 8013.



Grey Power Official Membership Form

NZ FEDERATION INC. AND ITS AFFILIATED ASSOCIATIONS

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.

☐ Unsolicited Electronic Messages Act 2007: If you do not wish to receive the occasional email and regular newsletters from us, please place a tick in the box to opt out.

Remember:
Membership is due 31 March each year.

