Congratulations......

to Jeanette Mann, winner of the Air Chathams return airticket for two, drawn at the Christmas Lunch on 5 December 2018.

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NEXT GENERAL MEETING

Wednesday, 27 March at 10am, Kapiti Senior Citizens Hall.
Speaker: Dermot Whelan, Age Concern.

On Thursday, 7 February, an enthusiastic group of Grey Power members took part in an Urgent and After Hours Care workshop. The results of the workshop will have an input in the Capital Coast DHB’s plan for Urgent and After Hours Care in Kapiti.

LIST YOUR PROPERTY WITH CHRIS MARSHALL, HARcourts.
Sponsor of All Grey Power Meetings.
Email: chris.marshall@harcourts.co.nz
Tel: 04 902 9651 Mob: 0274 502 381
A/hr: 04 904 8838
Dear Members

Happy New Year to you all. I hope that you all had an enjoyable Christmas/New Year spent with family and/or friends. It is nice to be having warmer nights and days.

Our Membership Fees are due by 31 March. Please note the change to Fees at the bottom of this page of the magazine. Thank you to all those who have already paid. Please fill in the INVOICE on the second to back page of this magazine and return it to the Office with your payment. For those of you who pay by internet banking, we would appreciate it if you could either post this to us, or scan and email it if possible. We do need to ensure we have your updated details on the database. Alternatively, you can do this from the website: www.kapitigreypower.co.nz

We have welcomed several new members over the past few weeks and we hope that you are enjoying the many benefits of being a Grey Power member.

For our Otaki /Te Horo Members, we are having a Coffee Morning for you on Wednesday 6 March 10.00am at the Supper Room next to the Otaki Library. I look forward to meeting you all. Your Membership renewal may be paid there too (cash & cheque only).

Members, it would be great if you could consider how much you may be able to support us this year - there are many ways you may be able to do this. We can always do with more volunteer workers in the office, folding and delivering magazines, being an Odd Job person, and our Committee is always on the lookout for new Members. Phone me at the office if you can help us.

Regards
Diana, Membership Secretary.
President’s Report

President’s 2019 Report to the Kapiti Coast Grey Power Annual General Meeting

I hope you all had a good Christmas and New Year.

This is the President’s Report that will go to the Kapiti Coast AGM to be held in April.

The following is a brief summary of some of the things Kapiti Coast Grey Power has been involved with over the past year and what we will be involved with in 2019.

The major issues that we were involved in were Health, Housing and the General Election.

They can be broken down into a number of categories.

Service to Members

In order to provide a better service to members, we have:

• Introduced EFTPOS to the Coastlands Office and it is working well for members.

• The office in Otaki based in the Library is working well and getting a number of visitors.

Health

We have been strongly involved in the Kapiti Health Advocacy Group (KHAG) which has been restructured and we nominated a representative to its executive.

Some of the issues being discussed by the KHAG are:

• Local health needs assessment and analysis.

• Need for DHBs to work better together.

• The need for better communication from the DBHs.

• The development of a local health plan for Kapiti.

• People with disabilities have difficulties accessing and being transported to health services.

• Secondary care is being delegated to primary care.

Our involvement in the petition for a community hospital and a plan to deliver better health services to Kapiti resulted in the presentation of the petition to parliament in July last year. A written submission was also delivered to the Health Select Committee on 1 January this year and we are hoping to meet with the Select Committee in the near future.

The DHB is now listening to the Kapiti community and has run a couple of workshops to provide input into a local plan for Urgent and After Hours Care, one of which was held on Thursday, 7 February and was especially for Grey Power members. It is worth recalling that it was Grey Power that ran a successful campaign regarding the potential closure of After Hours Care at Kenepuru, after which the DHB reconsidered its position. This led to the petition for a hospital with a wider community group. Because of this, the DHB is more willing to discuss what improvements they could make in regard to health care in Kapiti and it is something Grey Power can take some credit for.

The DHB is not rolling over Access’ sole contract for Home Care and from April there will be two companies delivering home care services. This is mostly down to Kapiti Grey Power’s persistence in pursuing the issue of Home Care for the elderly in Kapiti. While having two companies delivering Home Care will go some way to fixing the problems in the service, it will not fix them all. The whole sector needs to be looked at and reviewed. This may be addressed in the major review of the health system presently taking place.

Kapiti Coast District Council

We have suggested to the council some amendments to the forms council uses for rates rebate so they comply with the Privacy Act.

It is estimated about a third of people who have an entitlement to a rates rebate, apply for the rebate. This means two thirds are not applying.

Local Body Elections are being held this year and Grey Power will be arranging candidates’ meetings. We will put the dates on the website when they are confirmed.

We are also disappointed in the lack of progress in the Age Friendly initiative.

Housing

Housing is still a major issue for Grey Power. We participated in a Housing Taskforce last year which made submissions to the Long-Term Plan. Sadly, Council seems to have done little to progress the recommendations of the Taskforce. As a result, we now have:

• A shortage of rentals. The median rent for all houses has increased dramatically. The average rent is now $412 per week.

• The number of houses available for rent have over the years remained constant at about 140 – 160 at any one time and there are 95 applications for state housing in the district.

All this has resulted in a number of Grey Power members being shut out of the market.
National
In July the Government extended the Rates Rebate Scheme to include retirement villages which will improve the opportunities for those seeking the Council Rates Assistance. Residents of retirement villages will now be treated exactly the same as other rate payers. This is a long overdue amendment to the rating act and something we have lobbied hard for and made submissions to the Select Committee on the issue.
We ran meetings for candidates for the General Election in September. We also have ongoing meetings with the local MP to discuss a number of issues.

Grey Power Review
You will recall that a review of Grey Power took place last year and at the 2018 AGM, the Committee was asked to report on progress at the 2019 AGM.
A full report will be given at the AGM.

Elections for a New Grey Power Management Committee
At the AGM we will elect a Management Committee for the 2019 - 2020 year.
I will not be standing as President this year. After 5 years I believe it is time for me to stand aside and let some new blood into the organisation. For any organisation to survive, it is important that new people get involved. This revitalises the organisation, ensuring new ideas and new methods are brought into the organisation.
Unfortunately, Grey Power is sadly lacking in people volunteering to work on the Management Committee. We have been without a Vice President for the year and Trevor Daniell has done a great job in filling the gap. We have been advertising for a Magazine Coordinator for a year with no success. Chris Robertson has done a great job in filling this position as well as Treasurer, a big workload for a volunteer person.
Not everyone needs to be on the Management Committee, positions such as the Magazine Coordinator could be filled by a person off the committee. There are a number of other roles which can easily be filled by volunteers working 3 to 4 hours per week. These roles are vital to the success of the organisation and without them the organisation will end up in serious trouble.
Anyone interested in standing for the President or Vice president, or any other position should contact me or any member of the committee. If there is a new President, I have undertaken to work with the person concerned if they require it. Members need to give this issue some serious consideration.
Finally, I would like to thank all the present volunteers, office workers, magazine deliverers and the rest of the people who do some great work for Grey Power.
While it is always difficult to name individuals (you always miss someone) special thanks needs to go to the following. Trevor Daniell has been a great support over the years and does a great job in Local Government. Chris Robertson does a marvellous job as the Treasurer, Diana Pierce in her role as the Membership Secretary/Office Coordinator, Marilyn Williamson, Magazine Editor and Derek Townsend as Secretary.

Thank you to all the members who have given support and advice over the years.

Kevin Burrows

President and Vice President Required
Kapiti Coast Grey Power is seeking nominations for election to the management committee. In particular nominations for President and Vice President. If required, the present president will help and assist anyone who gets elected to these positions. If you are interested, please contact Kevin Burrows or anyone on the committee to discuss further.

Toxic Algae
http://www.gw.govt.nz/safeswim
When the weather is dry, our rivers can produce toxic algal blooms, especially where the water is already shallow. We monitor the toxic algae in rivers in the region, and work with councils across the region to keep river and stream users informed.
The algae grows on submerged river stones in a shiny brown/dark green coating. When it dies, it floats to the surface and forms small brown mats at the water’s edge. It is important to keep an eye on babies and toddlers who are inclined to put objects in their mouths. Seek emergency medical attention if anyone in your group swallows toxic algae. It can also be fatal to dogs.
If you have been swimming in a river or lake and you have any of the following symptoms: nausea, vomiting, numbness, tingling, muscle twitches, shaking, weakness, breathing difficulties and potentially convulsions and loss of consciousness see your doctor immediately.
Home Help Arrangements

Last year, Kapiti Grey Power participated in an ‘Evaluation Panel’ concerning Home and Community Services. The following is the response from the Hutt Valley DHB received in December 2018:

“Following a decision by both the CCDHB and HVDBH Boards this month, home support services in our districts will be provided by two providers from 1 April 2019. The two providers will be Access Community Health and Nurse Maude. Both these organisations are well established and respected home care providers and we are very pleased to be able to provide an alternative home support service for clients.

The DHBs, Access Community Health and Nurse Maude transition teams are working together to plan for a smooth transition for almost 4,000 clients who currently receive home support services in our districts.

All support workers will be protected under Part 6A of the Employment Relations Act 2000. Access Community Health and Nurse Maude are working closely with their respective workforces and unions to support them during the transition and minimise disruption to the staff supporting clients across Access Community health currently.

Clients and support workers will be informed in the coming days, and clients can call 0800 662 225 or visit www.huttvalleydhb.org.nz/homecommunitysupport for more information. Clients will have an idea of which provider will be providing services to them from 1 April by the end of February 2019.

Until 1 April 2019, all assessment and delivery of services will operate as they currently do.”

Helene Carbonatto
Hutt Valley District Health Board
Private Bag 31-907
www.huttvalleydhb.org.nz

Rates Assistance for those Renting Properties

Tenants, if they meet the criteria, may receive rates assistance of up to $300 a year. Their rates must exceed 5% of their gross income.

The Kapiti Coast District Council has revised the application forms for applicants so that private information is not disclosed to landlords.

The difficulty is of course that the renter does not know what the landlord is paying in rates.

The renter will have to make a judgement on whether or not to approach the landlord, but if he/she is struggling, then there is nothing to lose by doing so.

The form comes in two parts, one to be filled in by the landlord in which he/she/they disclose the rates paid. The second form is completed by the renter which the renter discloses the income information required by the Council.

The Council has advised us that they have notified those landlords that they know of, that this relief is available to tenants.

Last year only one person applied.

Trevor Daniell
902 3669
For more information, go to the Council website: https://www.kapiticoast.govt.nz/services/A---Z-Council-Services-and-Facilities/rates/rates-remissions

Tummy Tuck

A lady noticed her husband standing on the bathroom scale, sucking in his stomach. Thinking he was trying to weigh less with this manoeuvre, she commented, “I don’t think that’s going to help.”

“Sure it does,” he said. “It’s the only way I can see the numbers.”
# Hospital and Local Medical Appointment Transport Options for Kapiti and Otaki Residents

<table>
<thead>
<tr>
<th>KAPITI</th>
<th>Details</th>
<th>Contact</th>
<th>Cost</th>
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<tbody>
<tr>
<td><strong>ASK Kapiti Health Shuttle</strong></td>
<td>Door to door 10-person shuttle service to Wellington and Kenepuru operating once daily from Monday to Thursday for morning appointments only from 10am Wellington/9.30am Kenepuru (the Outpatient Clinic booking nurse can ensure your appointment falls within this timeframe if you ask early). Vehicle currently walker, but not wheelchair capable. <strong>NB: Discharged patients will be collected from the Wellington Hospital Transit Lounge up until midday Monday to Thursday.</strong></td>
<td>0800 502 066 extension 0</td>
<td>Suggested koha $20</td>
</tr>
<tr>
<td><strong>Kapiti Carers</strong></td>
<td>Volunteer driver door to door return weekday service for hospital, specialist or local medical appointments. Vehicles walker capable, but not wheelchair capable. <strong>NB: Kapiti Carers no longer collects discharged patients. The Kapiti Health Shuttle will collect discharged patients from the Wellington Hospital Transit Lounge up until midday Monday to Thursday.</strong></td>
<td>Paraparaumu: 04 902 0759 04 298 8627 Waikanae: 04 293 8590 04 293 6349</td>
<td>Suggested koha Wellington &amp; Lower Hutt $50 Kenepuru $30 Local Appointment s $10</td>
</tr>
<tr>
<td><strong>Cancer Society</strong></td>
<td>Volunteer driver door to door service to all treatments and appointments at Wellington and Kenepuru Hospitals for those undergoing cancer treatment. A hospital referral is recommended. Walker capable, but not wheelchair capable.</td>
<td>04 389 0088 ask for Driving Service</td>
<td>Koha appreciated</td>
</tr>
<tr>
<td><strong>CCDH Shuttle Services</strong></td>
<td>Kenepuru Hospital / Porirua Station shuttle connection: Free upon demand weekday shuttle service between Porirua Station and Kenepuru Hospital timed to coordinate with Kapiti line train services. Booking essential (allow a day in advance). Vehicle walker capable, but not wheelchair capable. Kenepuru / Wellington Hospital shuttle connection: Free shuttle weekday hourly service from 7 am to 6 pm. Does not operate on weekends or public holidays. Reduced schedule over Christmas/New Year peak holiday period. Bookings essential, preferably one hour before travel. Vehicle walker capable, but not wheelchair capable.</td>
<td>04 806 2708 <a href="mailto:Shuttle.booking@ccdhb.org.nz">Shuttle.booking@ccdhb.org.nz</a> 04 385 5999 ext 7088</td>
<td>Free service</td>
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Transport Options continued......

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<thead>
<tr>
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<th>Contact</th>
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<tbody>
<tr>
<td><strong>Driving with Miss Daisy</strong></td>
<td><strong>Waikanae &amp; Otaki:</strong> Personal door to door service for all local and Wellington, Kenepuru, Lower Hutt Hospital appointments. Walker and collapsible wheelchair capable upon request. <strong>Paraparaumu, Raumati &amp; Paekakariki:</strong> As above including wheelchair capable vehicle.</td>
<td>Waikanae: 04 293 3042 Or 021 503 945</td>
<td>Price upon application</td>
</tr>
<tr>
<td><strong>Otaki RSA Coach</strong></td>
<td>Coach service for financial RSA members to medical appointments locally or between Wellington and Palmerston North. Bookings essential. Vehicle walker, but not wheelchair capable.</td>
<td>Peter Clareburt 06 364 6221</td>
<td>Koha appreciated</td>
</tr>
<tr>
<td><strong>Otaki Health Shuttle</strong></td>
<td>Weekday service timed to coincide with patient appointments. Vehicles wheelchair capable with hoist.</td>
<td>06 368 6369</td>
<td>Koha appreciated</td>
</tr>
</tbody>
</table>

“I’m selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle. But if you can’t handle me at my worst, then you sure as hell don’t deserve me at my best.”- Marilyn Monroe

Our approachable, experienced lawyers, legal executives & staff will carry out your instructions whilst ensuring the legal advice we provide is clear, concise & easy to understand.

- Wills
- Trusts
- Powers of Attorney
- Property and Retirement Issues

19 Raumati Road, Raumati Beach – phone 04 - 299 3192
and 5 Ngaio Road, Waikanae – phone 04 - 902 5020

email: thefirm@lawconnect.co.nz
web: www.thelawconnection.co.nz
Scammers searching for medication target Waikato retirement village residents

Taken from: https://www.stuff.co.nz/national/109964974/scammers-searching-for-medication-target-waikato-retirement-village-residents

Kelley Tantau 14:13, Jan 17 2019

A Matamata medical centre has been targeted by a scam sweeping Waikato, in which strangers knock on doors requesting to check resident's medication.

The door-knockers are claiming to be from Pohlen Hospital, and ask to inspect all medication stored in the resident's home.

If the medication is old, or near-expiry, the scammers then take the medication away.

But Pohlen Hospital general manager Suzanne Lawes said Pohlen was in no way affiliated with the scam. "We don't have any assisted living or retirement villages.. and Pohlen has no community supports at all, so we would never have a community worker out there. It has nothing to do with us," she said. They've obviously seen the name 'hospital' and picked it up."

This did not sit well with Lawes, who said Pohlen had received around five calls from concerned residents and relatives.

"I feel really quite anxious for the people whose homes they are going into and it does make me anxious they are using our name, because people trust us. I'd hate to think that anyone thought it was a Pohlen employee," she said.

Matamata Country Lodge, a retirement community on Elizabeth St, have also been targeted, but declined to comment.

Reports have also been made in retirement villages in Hamilton, where scammers are claiming to be from the Waikato DHB, but the Retirement Villages Association suspects the practice is spreading to other areas.

It has also heard of scammers calling residents by phone to discuss their medication, asking what kinds of medication they have in their unit, and requesting a time to visit.

"I just don't know why anyone would target those in our community that are so vulnerable," Lawes said.

“They have to accept people into their homes almost every day of their lives; they have carers, they have district nurses, they have Meals on Wheels... They accept these people into their home and someone comes along and makes them, I imagine, quite fearful."

CFFC's Fraud Education Manager Bronwyn Groot said that if anyone receives a door-knock, they should ask for proof of identity and then ask the person to come back later after calling the organisation the person claims to represent to check if they are legitimate.

The same applies to phone calls - take the person's details but don't divulge any information until you have checked on them independently.

"In regards to residents of retirement villages, all visitors working in professional capacity should register at the village office. Check whether they have, Groot said. If you hear of suspicious visitors, report them to the office and let the village's security service follow up."

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Advertorial

Angela has spent 9 years caring for the hands and feet of her loyal clients, so make 2019 your year to be pampered by Margarida from Angela’s Footcare.

You can make an appointment to visit the studio in Waikanae or use the friendly home service which covers the areas of Otaki, Waikanae, Paraparaumu, Raumati and Paekakariki.

Angela’s Footcare also offers Reflexology (special foot massage) which works on the pressure points, helping reduce stress, increase circulation and balance your energy levels. And ladies, if you need your eyebrows tidied and coloured, she will do that too!

Ph: (04) 293 5611
The one word the royal nanny is banned from saying


Maria Borrallo has a very strong working relationship with the children she works with. After all, they just so happen to be Prince George, Princess Charlotte and Prince Louis. Doesn't sound like a bad job, especially when you come to realise that she gets to live in Kensington Palace.

However, there is one word that the royal nanny is banned from saying. Maria Borrallo has trained at the famous Norland College in Bath. This is one of the country's top child training facilities available.

As a part of Borrallo's education and subsequent duties as a royal nanny, she must never utter the word 'kids'.

According to a documentary maker who studied at the college that Borrallo attended, it's meant as a "mark of respect towards the children as individuals". The documentary maker, Louise Herren, studied the college intensely for a year.

"Given what we have seen of Catherine when she is out in public, she's very hands on," Herren explained to The Mirror.

"I imagine her relationship with Maria is very close and they collaborate greatly on the care of the children.

"I've spoken to nannies who have worked with other royal families and life is pretty normal. "You get up, have breakfast, you go to school and you wear your school uniform whether you like it or not."

"It would be quite like the average British school children."

Although it might be difficult to imagine Princess Charlotte chucking a tantrum because she doesn't want to wear her uniform, apparently it happens!

Are you surprised by the word the royal nanny isn't allowed to use?

Kapiti Hearing Ltd
Independent Audiology and Hearing Aid Clinic
9A Ngaio Road, Waikanae & 4 Margaret Road, Raumati Beach.
Ear Wax Suction now available Tuesdays and Thursdays
Ring 04-293-4693 or email: admin@kapitihearing.co.nz
Audiologist: Jeanie Morrison-Low MNZAS.
ACC, MOH and War Pensions registered clinic.
OTAKI & TE HORO MEMBERS – A Date to note in your diary...

You are invited to a MORNING TEA on Wednesday 6 March 2019, 10.00am -12.00pm in Otaki at the Otaki Memorial Hall - Supper Room, next to the Otaki Library.

You will have the opportunity of meeting your Kapiti Grey Power Committee and friends. So bring along a friend or family member with you and enjoy a lovely morning tea.

You will also be able to renew your subscription for the 2019/2020 year.

If you would like to attend, please contact June Simpson on 06 364 7673 or 021 109 2583 or email the Grey Power Office: kapitigreypower@outlook.com

We look forward to seeing you.

Joke … An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus flight, boring flight isn't it? Take care, and have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, only to swoop down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks, "Well, how was that?"

The Airbus pilot answers: "Very impressive, but now have a look here!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly stubbornly straight, at the same speed. After five minutes, the Airbus pilot radioed, "Well, what do you say now?"

The jet pilot, confused, asks: "What did you do?"

The other laughs and says, "I got up, stretched my legs, went to the back of the aircraft to the bathroom, got a cup of coffee and a cinnamon cake and made an appointment with a stewardess for the next three nights -- in a 5-Star hotel, which is paid for by my employer."

The moral of the story is when you are young, speed and adrenaline seem to be great. But as you get older and wiser, comfort and peace are not to be despised either.

This is called SOS : Slower, Older, Smarter.

Magazine Co-Ordinator Assistant

We are looking for a person to share the voluntary role of Magazine Co-Ordinator. This involves helping the current Co-ordinator once a quarter for some hours on a Wednesday morning at Scot's Hall, Raumati, to ensure the magazine distribution runs smoothly.

If you are friendly, reliable and a great team player, we would really like to hear from you.

For further information, please contact: Diana Pierce at the office or leave a message for her.

(04) 902-5680 or Email: kapitigreypower@outlook.com
Discount Book Corner...

The 2019 Kapiti Grey Power Discount Book has now been delivered to our Office and is available for $2; why not pop in for your copy or order online when you renew your membership? We again feature some of our new and previous advertisers.

**Xpress Net Ltd**, based in Paraparaumu Beach, has been “Caring for Kapiti computers since 2003”. A family business initially based in Marine Parade, they quickly required bigger premises and moved to 26 Maclean Street, where they have been ever since. Peter is the Computer Expert who is able to fix most problems which occur on personal computers, laptops, tablets, iphones and ipads, whether you bring your device to them or they come to you. Laurie is the friendly face that greets you at Reception, she handles admin as well as typing, scanning documents to email or USB’s and faxing; computers are also set up for Internet access in the shop. Xpress Net provides support for the computer system in our Kapiti Grey Power office and we have found that Peter is able to tell us, in words we can understand, what the problem has been and how it has been fixed!

Advertising for the first time in the Discount Book (see page 23). Peter and Laurie understand that, when it comes to computer technology, not everyone wants to know HOW they work, they just want them to work first time, every time and Xpress Net endeavours to ensure that is the case. Facing redundancy after 15 years as a Warehouse Manager in Wellington, David Horton decided to set up his own business; “That Trailer Guy” was born 2 years ago. Covering the area from Wellington to Palmerston North, David’s trailer has been used to help people move house, remove rubbish after a clear out, take items to and from Op Shops, dispose of garden waste and generally move anything that needs moving. “Every day is different which makes life exciting and I like to be able to exceed people’s expectations,” David commented. That Trailer Guy’s advert appears on page 65 of the 2019 Discount Book so, if you need something collected from a store or have any items that need moving and you don’t have a trailer, give David at That Trailer Guy a call.

Originally from Australia, Natalie Heenan bought a trailer, give David at That Trailer Guy a call.

**Kapiti Denture Clinic** from Hans Piper some 9 years ago. Having been involved in the dental field since the age of 18, she qualified as a Dental Technician in 2006 and has been offering denture services around New Zealand ever since. From full and partial sets to repairs, mouth guards, bleaching trays, bite splints and snore guards, this family run business offers a free initial consultation to clients to discuss what is required. Natalie and husband Warren, who is from Otaki, are happy to undertake home visits where a patient has serious mobility issues. “As a business offering a friendly, personal and professional service to our clients, we also like to give back to our local community and currently we are sponsors of a number of local Clubs” Natalie adds. “I also go into Kapiti nursing homes to brief staff on the handling of dentures.” For help with your dentures, see Natalie’s advert on page 25 of the Discount Book and contact Kapiti Denture Clinic.

Love brought Kurt Radermacher, who hails from Taupo, to Kapiti more than 12 years ago and he has been here ever since. A licensed Builder Practitioner and Registered Builder, Kurt worked as a contractor for a number of local companies before deciding to set up on his own. **Radical Building Ltd** was established 2 years ago; Kurt is delighted to offer a discount to Grey Power members and is a new advertiser for 2019. “No job is too small or too big for me,” he told us. “I am happy to quote and always endeavour to offer that local touch. I can do building work both inside and outside the home including decks and fencing.” See the Radical Building advert on page 17 of the book and, if you need building work done, contact Kurt.

Businesses offering Grey Power discounts have been given stickers (see photo) to display on their windows or vehicles so keep an eye out for these and present your Grey Power membership card to take advantage. If your favourite business doesn’t offer a Grey Power discount, please ask them if they would like to and pass their details back to the office for us to follow up.

Prior to using their services, please remember to tell our advertisers that you would like your Grey Power Discount and show your valid card. Make 2019 the year you save more than your membership fee via the discounts!

**Rachel Kirsopp**  
Advertiser Liaison, Kapiti Grey Power.
When your kids think they’re your parents

By Bob Levey

Source: Washington Beacon – November 2018

It was a highly ordinary phone call with my 30-something daughter – her plans for the weekend, her struggles with her dog, her need for a new dishwasher.

Then she asked what was new with me. The call suddenly got very bumpy.

I told my daughter that I had just returned the night before from a business meeting in Pennsylvania. It ended at about 10.30pm. Since I’m not made of money, I decided to drive home then and there rather than spring for a hotel.

The drive took about two and a half hours, I made it safely, despite torrential rain, gusty wind, trucks and fatigue.

There was a discernible pause on my daughter’s end of the phone. Then she said: “Daddy, I don’t want you driving by yourself at night anymore.”

I told my daughter – and I will repeat to you, gentle reader – that I am hardly on death’s door.

I am in my mid-70s. My eyesight and my reflexes are as good as ever. Don’t believe me? Squadrons of doctors have said so.

This is not Bob insisting on a membership in Fantasyland. This is Bob who not only knows how to drive, but has known how for a very long time. Neither rain, nor wind, nor anything else will stay Bob from the swift completion of his return home.

Nor does Bob speed. Nor does Bob jump from lane to lane. Nor does Bob forget or refuse to use his directional signals. His last accident was in 1980, and that was a pifflish fender bender.

But my daughter wasn’t buying.

“Daddy,” she said, ‘you are too old to be out there by yourself in the rain in the middle of the night. What would happen if you got sick or had an accident?”

I reached for Reasonable.

“What would happen,” I said, “is the same thing that would happen if I got sick or had an accident at 11 am on a sunny day. I’d call for help. You know that cell phone that you and your mother made me buy? My ace in the hole.”

There was another discernible pause on the other end of the line.

“Daddy,” my daughter said. “I don’t want to take the keys away from you. But we might have to consider that.”

Thus was my family plunged into a drama that has consumed – and fractured – many others.

Continued page 13/...
Here, on the one hand, is Dear Old Dad, for
decades the rock and the chauffeur of the family.
He is a proud old soul – too proud, probably. But
not irrational.
He has always said that he will know when it’s time
to stop driving at night. No one will have to tell him.
“It’s like being an aging baseball player,” he has
told his family. “No one knows better than he when
it’s time to hang up his spikes.”
On the other hand, here are spouses, children,
grandchildren, friends, neighbours, co-workers – all
of whom care and all of whom possess eyes.
Fine, great, old boy, have all the aging baseball
metaphors you like, they say. But truth is truth. On
a rainy Interstate highway at midnight, a 70-
something guy is bucking the odds.
So I reached for Emotional.
Haven’t I been a safety freak all your life, I asked
my daughter? Haven’t I bent down to inspect all
four tyres before setting off even on a trip to the
grocery?
How can you say that I’m suddenly a risk?

“Because you are. To yourself and others,” my
daughter said.
So we compromised. I promised never to drive at
night again if the weather is bad, or I am
exhausted, or both. She promised not to hector me
about it.
We ended the conversation as we always do – with
I-love-yous and hope-your-dog-behaves. But then
she landed the final punch.
“Daddy,” she said. “I’m going to tell Mom about
our conversation. Just so she knows about it.”
The kid isn’t a lawyer. But she maneuvered me
into a corner like the best Perry Mason.
If the two women in my life can force me to buy a
cell phone, they might be about to force me off the
road at night, even when the weather is calm.
I may twist and scream and complain (and I will!)
But to stand against the force of these ladies, and
against the ravages of time, would be to buck not
one set of odds, but two.

Bob Levey is a national award-winning columnist.

Where did that word come from?... Evil eye/roving eye
“Curious” by Max Cryer.
A roving eye usually describes a person who has a lively interest in successive members of the opposite
sex. The evil eye is rather more ominous. For many centuries there was a strong belief that certain
powerful people possessed an evil eye that could kill with a glance, blight crops, cause impotence or be
responsible for such disabilities as blindness or deformity. One mythical Celtic king in Ireland had the
gift so powerfully that when his eyelid was lifted in death, those who saw the dead eye, died!

Gentle, effective exercise while sitting reading or watching TV.
The simple exercises aid in the relief and prevention of:
• joint pain and sciatica
• aching legs, swollen feet and ankles
• sore wrists, hands, arms and shoulders
• cramps, restless legs, varicose veins
• diabetes foot-care, ulcers and chilblains
• stroke, MS and Parkinson’s and rehabilitation
• DVT and overuse syndrome (travellers and office workers)

"The Aircycle is even better than the information says. The pain in my knees has gone and although I use a walker I don’t need it
around the house anymore. I can move more freely and have much less pain in both my hands and feet." Gay, Rotorua

By increasing joint flexibility and muscle strength, balance and mobility can be improved to help people
remain strong and independent. For orders ph. Sue 0800 14 14 15 or visit www.aircycle.co.nz
Made in NZ. Available in Mobility Centres and most Pharmacies.
Recipe...

Since there are so many courgettes about at the moment, I thought it only appropriate to include this recipe...

**Courgette/Zucchini Fritters**


Serves: 4  Time to make: 30-45 minutes

**Ingredients**

- 4 courgette
- 1/2 cup wholemeal flour
- 2/3 cup white flour
- 2 tbsp baking power
- 1 tbsp olive oil
- 2 eggs
- 1/2 - 1 cup milk reduced-fat
- 60 g feta reduced-fat, chopped
- 1 - 2 tsp mixed herbs
- pinch paprika

**Method**

1. Grate the courgettes (zucchinis) and place in a mixing bowl. Add flours, baking powder, olive oil and eggs, then mix thoroughly.

2. Add trim milk and mix to pikelet batter consistency.

3. Gently stir in the reduced fat feta, herbs and paprika.

4. Heat a non-stick frying pan and add a little olive oil if necessary. Spoon the batter in to create large pikelets, the mixture should make about 10 fritters.

5. Cook on both sides until lightly brown. Be careful not to let the pan get too hot as the mixture needs time to cook all the way through.

Serve warm with salad.

---

**A new culprit in cognitive decline in Alzheimer’s disease**

Scientists have shown for the first time that a blood-clotting protein called fibrinogen is responsible for a series of molecular and cellular events that can destroy connections between neurons in the brain and result in cognitive decline.

*Taken from 50s Forward 8 Feb 2019*

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**Best Practice - Lawyers making a difference!**
HASKAP BERRIES
Adapted article: https://www.grownups.co.nz/life/gardening/havent-heard-haskaps-read/

A mysterious berry is due to make its appearance in New Zealand before very long. The haskap berry (*Lonicera caerulea*) is a member of the honeysuckle family and is known in the United States as the ‘honeyberry’, and in other parts of the world as ‘blue honeysuckle. A fat, raspberry-sized, elongated berry with a tucked-up tail, the haskap is similar in colour to the blueberry and bears the same waxy blush. Some describe it as having an appealing tartness while others view its flavour as being a cross between a raspberry and a blueberry. When it does eventually make its way into Kiwi nurseries, expect it to be snapped up by those in the south because it is well suited to New Zealand’s cooler regions.

Hailing from Russia and Japan, it is cold hardy (it does best with a winter chill) and early fruiting – once you have an established bush (which can be several years from planting), expect to be picking berries at least 2 weeks before your strawberries are ready to harvest. The fruit will still be on the bushes into early summer. The haskap is also disease-resistant which makes it ideal for growing in organic conditions.

Although the haskap is seldom spoken of in New Zealand gardening circles, it is already being planted here by a handful of adventurous growers. In fact, Kiwi permaculturalists have known about the berry for some time as it is a favoured plant to grow in food forests (gardens which feature predominantly perennial plants). At least one North Island grower is thought to have a commercial interest and to have planted a quantity of seedlings. With chilling hours few and far between in the north, and warm summer temperatures, we await news of how the trials proceed.

When the berries do become available, they are likely to be billed as the latest ‘superfood’, and with good reason. Haskaps are high in vitamin C and richer than most other berries in antioxidants, a substance that may help prevent infection and some types of cancer.

The haskap’s unique flavour and tartness has seen them used in the US as an ingredient in fruit-flavoured ice-cream, pies, jellies and jams. If you’re heading to the Japanese island of Hokkaido, be sure to look out for haskap wine, fruit gums and chocolate! And if you’re out hiking in that part of the world, you may find them growing in the wild.

If the haskap has you excited, our top tip is to contact the following organisations for further information: The New Zealand Tree Crops Association, Waimea Variety Management (enquire after plant breeder Roy Hart), and Permaculture in New Zealand. If you don’t mind waiting, Dunedin permaculturalist Rory Harding may just have the plants you are looking for next year!

REMEMBER WHEN...
- All the girls had ugly gym slips.
- It took five minutes for the TV to warm up.
- Nearly everyone’s Mum was home when the kids got home from school.
- Nobody owned a purebred dog.
- You’d reach into a muddy gutter for a penny.
- Your Mother wore nylons that came in two pieces.
- All male teachers wore ties and female teachers had their hair done every day and wore high heels.
- You got your windscreen cleaned, oil checked and petrol served, without asking, all for free, every time...
- They threatened to keep children back a year if they failed the school year. . . And they did!
- When a Ford Zephyr was everyone’s dream car...
- And people went steady!

A retired man, who volunteers to entertain patients in nursing homes and hospitals went to one local hospital and took his portable keyboard along. He told some jokes and sang some funny songs at patients’ bedside. When he finished he said, in farewell, “I hope you get better.” One elderly gentleman replied, “I hope you get better, too.”

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KAPITI COAST GREY POWER ASSOCIATION (Inc)

Minutes of 24th Annual General Meeting held Wednesday 9th May 2018
at 10 am in the Senior Citizens Hall, Ocean Road, Paraparaumu.

1. Present
Kevin Burrows, Fay Doyle, Derek Townsend, Terry McAviney, Christine Robertson, Charles Lloyd, Diana Pierce, Duncan McDonald, Roger Booth, Marilyn Williamson. Plus 48 members.

2. Apologies
Trevor Daniell, Megan Field, Roger Carter, Robyn Severinsen, Josephine Moxon, Ken & Mieke Proudfoot, Kuini Woolcock, Pamela Phillips, Audrey Larsen, Kaye Chappell, Brett Pierce, Richard Robertson, Margaret Cook.

Moved: Duncan McDonald Seconded: Diana Pierce CARRIED

3. Approval of Previous AGM Minutes dated 28th April 2017.
The Annual General Meeting Minutes for 2017 as circulated in the February Super People magazine were accepted as a true and accurate record of proceedings.

Moved: Duncan McDonald Seconded: Diana Pierce CARRIED

4. Matters Arising from Previous AGM Minutes
Margaret Robins asked about the Health Petition outcome.

5. Presidents Report
The Presidents Report was circulated in the February Super People magazine. Additional Reports not in the magazine then presented to the meeting:-

Kapiti Coast Grey Power Review Report by Nigel Heard April 2018 - a copy can be found on the Website. 28 recommendations were made to assist the organisation and make improvements across a wide range of people. Result is a “good news story”. Report is a platform for the committee to work on, from needing -New Skills in Marketing / Public Relations / Recruitment. We have a declining membership – impact could hit in 3-4 years time.

Summary Of Recommendations
a) Functioning of Executive.
b) Planning & Evaluation.
c) Financial Management System – recorded excellent work by the Treasurer, Chris and recommended to set up a sub-committee.
d) Membership – recognised the work done by Membership Secretary Diana.
e) Funding & Financial Maintenance.
f) Public & Community Stakeholder Relationship.
g) Publications.

Questions Asked:- Bob Kirsopp suggested to keep membership up that all members could take part and ask everywhere if they give Grey Power discount. Kevin answered that G/P does need a higher profile and would like volunteers to go out to people. Duncan McDonald suggested with regards to magazine that we get feedback from members, now that we have facebook on the website.

Motion was put:- Management Committee accepted the report and would carry-out over the coming year and will report back at next AGM. Leslie Olsen suggested that G/P report back regularly to members.

Moved: Rachel Kirsopp Seconded: David Scott CARRIED

Nigel stated that the Grey Power Review is the most positive review he has done of the many he has carried out. G/P just needs fine tuning on a positive review.

Federation AGM Report
Kevin and Charles both attended. This was the best meeting that Kapiti have attended. Usually there is a lot of in-fighting. Venue was good. Existing President standing down. Five candidates stood but whittled down to 3 on a straight ballot :- Mac Welsh votes 57 – now President. Lloyd Flauck 43 and Joe Miller 38.
Kevin wanted an Exhaustive Ballot, but this was not done and it was a first pass the post election. Kapiti’s biggest gripe was the voting system.

Each association has 2 votes, should be proportional voting in our view, Marlborough who is the biggest association also want proportional voting.

Each Association is a member of the Federation. Smaller associations and Management Board are against it so this will be an on-going issue.

Capitation Fee is also an ongoing issue.

Roger Booth stated that we are strong in the district and politically, with a large zone. Federation is not leading the way. They are basically an ‘Old Boys Network’.

We need younger people at the top and Grey Power should be leading the way. Aged Concern is a strong organisation, Roger as their Chairman of Age Concern will work on a stronger bond between G/P and A/C.

Locally, people work well, we need better G/P Nationally. The Federation office should be in Wellington as their job is lobbying parliament.

Kevin and Charles asked the Federation what do they do with the capitation fee of $5 per head. They stated they are putting money aside to buy a property in Auckland because IRD have said Not For Profit organisations can’t keep money unless it goes into a building.

Roger said office could be in a Wellington Suburb.

David Scott said he was a G/P Zone Director and this has been a problem for 15 years. We need a fire in our bellies. We are all getting older. We should look at people in their fifties. We need a firmer association with larger G/P associations and all work together.

Rachel Kirsopp said we should form our own association and break away – membership would need to agree.

Charles Lloyd said Federation is not short of funds having $750,000 from strong ties with Electricity and Kiwi Bank. Seems to be a financial organisation not working for seniors.

Duncan McDonald suggested that Marlborough and Blenheim along with ourselves not pay capitation fee until we get what we want with the Federation.

Nigel Heard said he is against the capitation fee. If kept, could provide more services.

Duncan McDonald said capitation does not give us any rights with the Federation.

Rachel Kirsopp asked Nigel: Can Federation be reviewed by him. They did say they will look at being reviewed.

Margaret Robbins said review was done in the past. Ask Federation what happened from that review. Voting system was raised and got buried.

Bob Kirsopp asked would there be a problem with IRD if funds not used.

Christopher Ruthe stated large funds an issue unless proportional voting is carried out.

Nina Hanley who has had her working life in marketing said we must for next 12 months front up to radio and create newspaper articles, use Heating subsidy issue.

Roger Booth – changes need to be made by lobbying Federation to people, need volume of members.

John Gibson put up resolution:

"That Kapiti Grey Power make a case through Zone 4 to look at re-organisation of NZ Grey Power “.

**Moved: John Gibson ** Seconded: Roger Booth ** CARRIED **

**Motion that Presidents Report be accepted:**

**Moved: Duncan McDonald ** Seconded: Lesleigh Olsen ** CARRIED **

**Financial Report – January to December 2017**

Christine Robertson presented the Treasurer’s Report for the year. Prudent management by the committee has resulted in an excess of income over expenditure, compared with the previous year where we ended with a small deficit.
Annual Income $59,078.00  Expenditure $52,947.00  Excess For Year $6,131
Current Assets $44,550 which includes $25,000 in term deposits.

Changes through the year were changing Westpac bank to Kiwi Bank. Having Eftpos installed in the office to make payments by members easier, was on a years trial but being successful, we will continue with it when the contract comes up in September. Chris asked if there were any questions:-

Russell Tether questioned Super People Expense, suggested using e-mail instead of printed magazine. This has been asked of members and found that 1500 out of 4,000 members are not open to that.
Term Deposit Term – Last year 9mths this year 1 year, why do we have Term Deposits. Kevin answered it is 6mths backstop.
Why 4 Current Accounts – Chris answered that 00 is for Expenses
02 is to receive subs by internet
03 Zone 4 Account
06 Eftpos Receipts Account

$18,000 in these accounts would need to be short term, Christmas period when there is no income need to have access to funds.

It was moved that the members present accept and approve the 2017 End of Year Financial Statement.

Colin Payne our auditor/reviewer has agreed to continue in this role, so I would like to move that Colin be approved as our reviewer for the 2018 financial year.

Moved: Christine Robertson  Seconded: Fay Doyle  CARRIED

Robert Mills said thanks to Christine for her excellent work

Christine then moved that the Kapiti Grey Power Association’s Annual Subscription Fees for 2019 - 2020 be set at Single $15.00 and Joint $25.00.

Moved: Christine Robertson  Seconded: Duncan McDonald  CARRIED

Chris then thanked Committee Members for their support throughout the year, and special thanks to the office volunteers who have had a significant number of changes made to their office routines over the year and have been wonderfully supportive in taking these on.

Constitution
Duncan McDonald put forward changes that need to be made to the Constitution.

“Legislative requirement to make a change from Auditor to Reviewer“

Moved: Duncan McDonald  Seconded: Diana Pierce  CARRIED

“Life Membership may be conferred by resolution of an Annual General Meeting as recognition of the time and effort that a person has contributed to the work and operation of the Society. A life member shall have all the rights, privileges and obligations of membership of the Society including the right to stand for any position on the Management Committee. A life member is exempt from paying a membership fee“

Moved as read: Duncan McDonald  Seconded Charles Lloyd  CARRIED

Roger Booth stated, remember we are a voluntary organisation.

Life Membership Granted to Roger Carter. With meetings permission, he will be given his Life Membership when he is better.

Election Of Officers
The Returning Officer will call for nominations for the vacant positions on the Grey Power Committee.

Kevin proposed that the following to be elected:-
President - Kevin Burrows
Vice President - Vacant
Secretary – Derek Townsend
Treasurer – Chris Robertson
Membership Secretary – Diana Pierce  
Committee - Trevor Daniell, Duncan McDonald, Fay Doyle, Charles Lloyd, Terry McAviney, Age Concern representative, Roger Booth.

Moved: Kevin Burrows  Seconded: Roger Booth  CARRIED

Speaker - Jane Presto - Localities Manager for Capital & Coast District Health Board.

Jane spoke about her role within the CCDHB which is primarily about listening to the community. CCDHB are adopting a localities approach to strengthen their work with communities and families so that they can better understand the community’s health and wellbeing priorities and support them to manage their own health.

It is new as the DHB Health System is under strain, they are planning ahead to 2030 as to where they hope to be.

DHB is more than hospitals. It is about keeping home people well, avoiding hospitalisation, providing the right care. People managing themselves. Health Care into their homes or primary health organisation.

Health Care Home ie. G/P

By end 2019/2020 they aim that 90% of Kapiti is in “Health Care Home“.

Health Care Home will open longer with Health Portal to communicate with Health Care Home to limit demand on hospitals. Access to services from Kapiti to specialists will be using technology so residents do not need to travel.

Hospitals and specialists will only be used when only really needed, so most services will be in local community.

Her role is to work with Kapiti/Porirua/Wellington.

Purpose of her role is engagement with:- Community / WINZ / MSD / Ministry For Children. At all levels for their priorities.

She said that the Health Advocacy Group set up by Council will meet with them every month as well as other people. She told people to get in touch with her with any questions. Kevin was communicating this to members.

Petition to Parliament is on 12th June.

General Business - None

Meeting closed at 12 midday

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Paraparaumu Pop-In Centre
Pop in for a chat and a cuppa. Meet & make new friends, come and go as you please.
Where: Murray Jenson Room, Paraparaumu Community Centre. Every Friday 1pm-3pm.

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Why keep it secret?
(A booklet published by Grey Power Rotorua Inc 2003)

This booklet is a personal record of matters pertaining to your estate. It covers issues, for example, your will, life insurance, health insurance, pension plans, bank account details, safe deposits etc, including special information regarding organ donation and funeral requests. All for you to fill in and keep in a safe place!

To purchase a copy, please contact the Kapiti Grey Power office on 902 5680 to place your order. Cost: $5 each + $2 postage (if required).
Kapiti Coast Grey Power Association
Annual General Meeting

This is to advise that the Kapiti Coast Grey Power Association's 24th Annual General Meeting will be held on Wednesday 3 April 2019 at 10.00 am at the Senior Citizen's Hall, Ocean Road, Paraparaumu. All welcome.

AGENDA

- Present
- Apologies
- Approval of previous AGM Minutes
- Matters Arising
- President's Report
- Treasurer's Report - Auditor's Report
- Election of Officers
- General Business

KAPITI GREY POWER ASSOCIATION Inc.

NOMINATION FORM FOR
ANNUAL GENERAL MEETING
Wednesday, 3 April for 2019/2020 Year

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<th>Position</th>
<th>Name</th>
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<tr>
<td>President</td>
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<td>Vice President</td>
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<td>Secretary</td>
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<td>Treasurer</td>
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<td>Membership Secretary</td>
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<td>Committee</td>
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Nominated by: ___________________________ Date: _________________________
Seconded by: ____________________________ Date: _________________________

Nominated person’s signature agreeing to accept nomination:
_______________________________________ Date: __________________________

Forms must be returned to The Secretary, Kapiti Grey Power Inc., P O Box 479, Paraparaumu or dropped into the office before Thursday, 28 March 2019.
**RATES QUOTED FOR GREY POWER 2019**

Group Booking Reference: **FA5477**

The below rates are based on prices to date, inclusive of GST and subject to availability.

<table>
<thead>
<tr>
<th>Fares:</th>
<th>Peak Each Way</th>
<th>Off Peak Each Way</th>
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<tr>
<td>Adult</td>
<td>$52.00</td>
<td>$47.00</td>
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<td>Child</td>
<td>$25.00</td>
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<tr>
<td>Motorcycle</td>
<td>$50.00</td>
<td>$40.00</td>
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<tr>
<td>Campervan/Motorhome up to 5.5mt</td>
<td>$170.00</td>
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<tr>
<td>Additional half metre</td>
<td>$42.00</td>
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<td>Car/Ute/Van/4WD/trailer up to 5.5mt</td>
<td>$137.00 each</td>
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<td>Additional half Metre</td>
<td>$22.00</td>
<td>$20.00</td>
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<tr>
<td>Premium Lounge</td>
<td>$55.00 18yrs plus</td>
<td>$55.00 18yrs plus</td>
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**Peak Dates:**
01-28 February 2019
18-23 April 2019

**Off Peak Dates:**
01 March – 17 April 2019
24 April – 15 December 2019

**PLEASE BOOK BEST AVAILABLE ONLINE FARE.**

**Group Booking conditions and instructions for members are:**

Reservations to be made direct with Interislander online at [http://www.interislander.co.nz/Booking/Group-Bookings.aspx](http://www.interislander.co.nz/Booking/Group-Bookings.aspx) by entering FA5477 into the group discount code box.

- Space is subject to availability at the time of the booking request.
- Bookings are 90% refundable if cancelled up to 1 hour before departure.
- Date and time changes allowed up to 1 hour before departure without penalty, subject to availability.
- **Greypower membership card to be shown at check-in or full retail fare will be charged.**
- Fares subject to change with notification.

If booking from outside NZ you will need to request your booking be made via email to groups@interislander.co.nz

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Reservations can be made direct with Scenic Journeys online at [http://www.greatjourneysofnz.co.nz](http://www.greatjourneysofnz.co.nz)

- **Grey Power Federation INC. ID to be shown at check-in or full retail fare will be charged. Membership card must be in the name of the person travelling.**
- Valid for travel 01 February through to 15 December 2019.
**Book Review...**

**The Single Ladies of Jacaranda Retirement Village**

By Joanna Nell. Publisher Hachette. RRP $34.99

Seventy-nine-year-old Peggy’s life at the Jacaranda Retirement Village was as drab as her wardrobe. But she did rather fancy Brian, a handsome widower who was the Treasurer of the Residents Committee and still had all his own teeth. A wave and a smile from him as he walked past her window raised her hopes fleetingly. But Peggy thought her chances of seducing him with one of her sticky date puddings were negligible as women become invisible to men at a certain age, even to men in their eighties. She turned to the sugar bowl for consolation, swirling another spoonful of comfort into her tea.

So begins the story of *The Single Ladies of Jacaranda Retirement Village* a witty Seniors rom-com by Joanna Nell filled with tears and laughter. Fortuitously Peggy’s glamorous old school friend Angie Valentine, a fashionista and international jet setter, takes up residence at the Jacaranda Retirement Village. Angie may have a pacemaker but that does not stop her from living life to the full and wanting to party. She makes it her mission to show Peggy the way to a life as attractive as her appearance.

Peggy agrees that she let herself age disgracefully. She turns to the sugar bowl for consolation, swirling another spoonful of comfort into her tea. By Joanna Nell filled with tears and laughter. Fortuitously Peggy’s glamorous old school friend Angie Valentine, a fashionista and international jet setter, takes up residence at the Jacaranda Retirement Village. Angie may have a pacemaker but that does not stop her from living life to the full and wanting to party. She makes it her mission to show Peggy the way to a life as attractive as her appearance.

Peggy agrees that she let herself age disgracefully. She turns to the sugar bowl for consolation, swirling another spoonful of comfort into her tea. *The Single Ladies of Jacaranda Retirement Village* was written by an Australian doctor and was inspired by her interactions with her elderly patients. She has a lot of empathy for them and greatly admires their courage. She has a lot of empathy for them and greatly admires their courage but does not sugar-coat the way they have to battle with their health problems.

Peggy’s journey of self-discovery is at the heart of this story but it is Angie whose character I most admire as feisty attractive old women like her are as scarce as hen’s teeth in literature. I found it refreshing too to read a story about old people which is not just full of doom and gloom but full of fun. *The Single Ladies of Jacaranda Retirement Village* is a welcome reminder for those of us for whom the end of the journey is closer than the beginning that life doesn’t have to stop at eighty. People can still grow and develop, form new relationships, and have fun.

Peggy must deal with insensitive children who don’t value her need for independence as much as she does. And Peggy and her friends struggle with some serious health issues, not surprising considering their advanced age. Peggy’s journey of self-discovery is at the heart of this story but it is Angie whose character I most admire as feisty attractive old women like her are as scarce as hen’s teeth in literature. I found it refreshing too to read a story about old people which is not just full of doom and gloom but full of fun. *The Single Ladies of Jacaranda Retirement Village* was written by an Australian doctor and was inspired by her interactions with her elderly patients. She has a lot of empathy for them and greatly admires their courage but does not sugar-coat the way they have to battle with their health problems.

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People can still grow and develop, form new relationships, and have fun. *The Single Ladies of Jacaranda Retirement Village* was written by Joanna Nell. Publisher Hachette. RRP $34.99

**Review by Lyn Potter**


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**Etiquette for inexperienced cats**

- If you have to throw up, get into a chair quickly. If you can’t manage this in time, get to an oriental rug. Shag is good.
- Always accompany guests to the bathroom. It’s not necessary to do anything. Just sit and stare.
- Do not allow closed doors in any room. To get one open, stand on hind legs and hammer doorknob with forepaws. Once the door is opened for you, it is not necessary to use it. You can change your mind. When you have ordered an outside door opened, stand half in and half out and think about several things. This is important during very cold weather or mosquito season.
- If one person is busy and the other is idle, sit with the busy one. For book readers, get in close under the chin, unless you can lie across the book itself.
- For ladies knitting, curl quietly into lap and pretend to doze. Then reach out and slap knitting needles sharply. This is what she calls a dropped stitch. She will try to distract you. Ignore it. *Grapevine, Issue 4/2018*
ANNUAL SUBSCRIPTIONS ARE DUE ON 1 APRIL 2019

If the Expiry date on your card reads Valid to March 2019 your Subscription is now due for Renewal

MEMBERSHIP NUMBER_________________________________________ DATE…………………………
Title (please circle) Mr Mrs Miss Ms Dr
Last Name: ____________________________ Birth Year: ______________
First Name: ____________________________
Address: ______________________________________________________ Post Code: __________

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Second Person (at same address)
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