



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

The local body elections are over and I hope you all took the opportunity to vote for your preferred candidates. With many of the outgoing councillors deciding not to stand again, we now have a good mix of wisdom of those re-elected and new, keen, first-timers.

Nadine Taylor has been elected as mayor by a huge margin and our first Grey Power meeting with her will be in 2023.

I would also like to acknowledge all those seniors who put their lives on hold to look after grandchildren in the school holidays, which can sometimes be a daunting task. You do an amazing job entertaining and keeping them safe, while also enabling your children to continue in their workplace.

I started planting out my plot at the community garden this week and with the sun on my back I thought 'Isn't life great'.

Gayle Chambers
President



Abbeyfield

Abbeyfield is a housing concept already in place throughout New Zealand. A dozen or so individual ensuite studio units with common living areas and supplied meals daily enable older renters to live wholesomely in a community not needing the extent of help such as rest homes provide. It is affordable basically on superannuation with accommodation supplements. <https://www.abbeyfield.co.nz/>

Grey Power Marlborough initiated and supports the local Abbeyfield Trust committee. We are keen to see such Abbeyfield homes built in Marlborough. They work well as a not for profit charity option providing less expensive and suitable living to senior renters.

If we get some land, (2000 square metres would do it), we can build an Abbeyfield home, finding the necessary funding from charitable sources

and by borrowing. But we need the land close enough to facilities like shops and services.

It would be wonderful to be able to find a philanthropic donor or donors to help find the land to begin the building of an Abbeyfield Home in Marlborough. Can you help?

Brian McNamara
Chairperson, Abbeyfield Marlborough. Phone 928 4479

Office Snippets – November 2022

If you have an overdue Grey Power Marlborough membership, it is not too late to renew your subscription, but outstanding accounts will be archived shortly.

'Why Keep It Secret' booklets to record matters pertaining to your estate are available for \$6 from the office.

Work has started on the Discount Book for 2023. Contracts and advertisements for the 2023 Discount Book are due by 9 November. Please get in touch

with the office office@greypowermarlborough.co.nz or phone 03 578 4950 if your business would like to advertise, or if you need a short extension.

Hearing aid batteries, sizes A10, A13 and A312, are available for \$6 for a card of six batteries from the office.

PersolKelly are recruiting for Census Collectors. The advertisement is on our Facebook page. <https://m.facebook.com/greypowermarlborough/>

We have some members looking for

accommodation. We know the rental market is very tough at present, so if you have a spare house or self-contained space, please consider getting in touch with one of our friendly real estate firms. If you would like a boarder, Citizens Advice Bureau have a formal agreement that can be used, and will talk you through all the pros and cons. <Rent and board in Marlborough NZ > on Facebook is a popular page for finding and offering accommodation.

Blenheim Riverside Railway

With longer days and holidays coming, it's time to again highlight the Blenheim Railway, a great way to spend time with family, friends, and children especially, on the Taylor River and surrounds.

This river winding its way through town is a popular local attraction for walkers and cyclists with open spaces and plantings to enjoy, views of hills and mountains, and the sound of running water.

The railway is also a way to see it. On Sunday November 6 the steam locomotive, "Donald", hauls its sight-seeing passengers and on Sunday 20 November and Sunday 4 December a vintage diesel engine locomotive performs that happy task.

At 1.45 pm travel on the Beaver line from Brayshaw Park Station to Beaver Station at Riverside Park in central Blenheim and then return on its 10.2 km journey of an hour's duration.

At 1.15 and 3.15 pm, the Omaka line takes passengers from Brayshaw Park Station close to the car and aviation museums and returns from Omaka on an all-up 2.8 km 25 minute journey.

Fares range between \$5 to \$10 for children and \$8 to \$18 for adults, Special combination fares can suit families and individuals. Eftpos available.

Visit www.riversiderailway.nz and Facebook for more details.



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More ideas for holidays and breaks

My wife and I were fortunate to drive with friends to the Cobb River in the Takaka region and stay in a \$80 per night hostel with bunks and bed for 10 people- at that rate, \$8 a night per person is a great deal. The hostel had electricity, a stove and a fireplace, shower and flush toilet so is much more than a mountain hut.

Huts could be visited from there on day walks into beautiful beech forest or out onto the tops in glacially-formed mountains to lunch by rivers and lakes.

Our group of seven, aged in our sixties and seventies, had a most enjoyable time in a little known part of the beautiful and botanically special Kahurangi National Park. Information is easily obtained on line.

Of course, you don't have to travel a couple of hundred kilometres to have a very good

holiday break. Within Marlborough itself there are numerous camping grounds, motels, huts, hotels and hostels in the Sounds, inland in our very scenic province or on the coast down to Kaikoura and beyond.

Not so far to go, with plenty of exercise and outdoor opportunities- why not stay local and yet take a spell away from home?

And more....

Don't forget the opportunities in the towns, too, with drama theatre productions in Havelock and Blenheim. with wineries, breweries, hotels, cafés and restaurants, cinema, museum and parks. Some have discounts for seniors. All are enjoyable. Try the library, the art galleries, take a bus ride around town.

There are walks in town and in the country, on the Wither Hills, in the parks, lagoons and river sides, with walking groups or

with a friend; there's cycling and many many clubs and societies to join and enjoy. Try U3A for intellectual stimulation.

Grow vegetables, flowers and fruit at home. You can use cheaply made plant boxes and pots for growing at home. In late October, I harvested new potatoes grown at the community plot and also at home in half-barrels. Plant a hop for home-brewing, plant trees for shade and harvesting, plant an idea that others can use.

Marlborough has much to offer. It's why we live here, after all. So, go on, get out there and live a (hopefully) post-Covid and rewarding life. Ask your friends what they might do, for there is far more than has been mentioned that can be done, all at reasonable cost and in an environmentally friendly way.

Brian McNamara
Publicity officer



Heading up the Cobb River on a day walk to Chaffey Hut.



Chaffey Hut, clad in split wood and perched on rock for piles.

The Grey Power Newsletter:

Our monthly newsletter is published in The Sun on the first Wednesday of every month except January. This newspaper format makes it affordable and easier to publish our newsletter and distribute to our large membership here in Marlborough. It is also available to a wider readership than members only, which is good for potential new members to learn about our organisation.

Being published monthly makes our

news more timely and up to date than a three monthly magazine type format which you get anyway as a Grey Power member from the national Federation. Both are valuable in their own way.

You can always get copies of The Sun at your local supermarket if it has not been delivered.

You can also get it online from our website. <https://www.greypowermarlborough.co.nz/>

Get Paid as a Deliverer!

The Sun would like to employ delivery people who can spend a couple of hours on a Wednesday to earn some money by walking the local neighbourhood and posting The Sun Newspaper into letter boxes. Riversdale and Dillons Point Road areas are currently in need of delivery people.

Grey Power wants to ensure that its newsletter is delivered to every home. You can help by being a deliverer. If you can't make a commitment to

deliver every Wednesday, then The Sun is happy for one deliverer as their main contact to then enlist the help of back-up people to ensure weekly delivery.

Les Whiteside of The Sun advises payment is fortnightly, papers are delivered to the deliverer's home address for delivery on Wednesdays, unless extreme weather prevents. Contact The Sun for more information. Phone 03 577 7868.

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