



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the president's desk

I was reading the Grey Power Auckland newsletter the other day and thought I would share the following excerpts from an article with you.

Grey Power story in short...

Widespread dissatisfaction by retirees over an income surcharge and the means testing of assets saw thousands signing up for this new movement, regardless if they were Labour or National voters, Union or league rugby fans. All were united in a resolve to get rid of this policy targeted against retirees.

Raymond Cody, the popular rugby league commentator at that time, got the Grey Power movement formally organised and was elected as the first President. Initially the Labour, National and Green parties were all in opposition to the movement until the

emergence of the NZ First party saw resistance broken in Parliament. The surtax was abolished in 1997. This was a powerful victory for Grey Power 25 years ago.

Support remains strong for a firm stand against a surtax and means testing targeted specifically against superannuitants. Grey Power keeps a watching brief in this area.

Though NZ First acted on some of the important policies, Grey Power is not affiliated to any political party. It liaises with all parties to advance the interests of those aged 50+ on pertinent issues.

Grey Power Marlborough reacts to local issues that affect our over 50's population including access & mobility on our roads and pathways, and health & welfare.



Gayle Chambers President, Grey Power Marlborough.

On a national level, the Grey Power Federation lobbies Government with issues that surround the wider over 50's population in New Zealand. One of those issues at present is the proposed cuts to home care.

Grey Power are taken seriously at local and national government levels. We are a voice for our seniors.

Gayle Chambers
President, Grey Power Marlborough Inc.

Office notes

Scams: Jan Pentecost, President of Grey Power Federation Inc. says, "I have just been notified that some members are receiving emails which appear to come from me asking you to send money or to contact me because I need to talk to you. These are scams so please do not respond to them - if you are suspicious please check the sender's email address carefully to ensure it is mine as below. If you are in doubt, please contact Federation Office 09 299 2113 or fed-office@greypower.co.nz or myself at 03 312 9331 or jan.pentecost@gmail.com.

Power Meters: We have been alerted to instances of un-uniformed contractors, with no ID or logos on vehicles, turning up to work on household power meters. If you are unsure of the legitimacy, please phone your power retailer to confirm. Grey Power Electricity say, "We are not aware of anything like that. The meter belongs to the metering company and they might send a contractor to do the work. However, they will inform the retailer first so the retailer can notify the customer."

RATS: The Ministry of Health have advised that anyone requiring a Rapid Antigen Test (RAT) if they are symptomatic or are considered a close contact can obtain them free of charge.

There are two ways for access:

1. Via a website – <https://requestrats.covid19.health.nz> or

2. Via phone – 0800 222 478 Please note that unless you have a valid reason for having a RAT test or wish to do a "surveillance test" then you would need to get it privately and would be required to pay for it.

Marlborough Foodbank have been thrilled with the donated bags and bottles. They have enough bags for now, but would appreciate more bottles, and any donations of shampoo and conditioner, please.

Online Payments: Thank you to all those who have paid subscriptions already! Please be aware that if you have paid your subscription online, it may take approximately two weeks to process your payment. Huge numbers of members have chosen to pay online this year due to the circumstances.

Facebook: We try to keep our Facebook page, Grey Power Marlborough, updated with all sorts of information of what is happening in the community. Come and join us!

Apologies if you have cancelled your membership, we will be updating our email database shortly.

AGM news

The Annual General Meeting was held on Monday, March 21 attended by 40 members. The usual business was conducted and was followed by a very interesting talk from Rhys Welbourn, CEO of the Ports of Marlborough, who explained what was involved in its operation.

The following members were elect-

ed onto the committee.

President: Gayle Chambers

Vice President: Annie Percy

Secretary: Graeme Faulkner

Treasurer: Murray South

Publicity Officer:

Brian McNamara

Committee:

Russell Hopkins, Sharon Blount

These were the only nominations for the committee which leaves a vacancy for four other members.

The remaining committee vacancies were unfilled by the AGM so they will need to be filled by willing volunteers.

Members who feel they might have a role to play can notify our President

of their willingness ph 578 0715. You can also phone the office ph 578 4950.

The four members who resigned from the committee were Barbara Hutchinson, Eleanor Kietzmann, Brian Ross and John Leader. We thank them for their services.

Brian McNamara
Publicity Officer

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We are delighted to be bringing you the

GREY POWER MARLBOROUGH

monthly newsletter.

Wednesday Sun

Marlborough's largest circulating newspaper



GREY POWER MARLBOROUGH

Advocating for people 50 +

Senior Chef ... cooking for one or two

Do you feel that you have lost confidence in the kitchen, do you feel helpless in the kitchen or do you just wish your partner would, sometimes, take a turn at cooking.

Senior Chef is an 8 week cooking class for people aged 50+ who want to improve their cooking skills, confidence or motivation around cooking for one or two.

The classes are three hours long and run once a week during the day time. There are usually 10-12 people in a class.

Classes include:

- Nutrition education, eg, eating well for older people, menu planning.
- Shopping tips.
- Preparing and cooking a meal in pairs.

• Sharing the meal with the group. The next Senior Chef course in Blenheim (which starts on May 5 at 10am) is free to all participants, due to the generosity of the Nelson Marlborough District Health Board. Numbers are limited and this course is nearly full.

There is also a Senior Chef Course in Havelock (starting on May 6 at 10am). This course is free to all participants due to the generosity of Pelorus Area Health Trust and Havelock Vision.

There are still a few places available on this course. (Further courses are planned.)

Carol Boswell is the person to contact for more information.

Phone or message her on 021 0656789, or email Carol at seniorchefmarlborough@gmail.com.



Senior Chef is an 8 week cooking class for people aged 50+.

Subscriptions

2022 subscription invoices have been sent out and we would appreciate prompt payment.

If you are a member then you will appreciate why you joined, whether it be for access to local business discounts, to join Grey Power Electricity, or to support our efforts to talk with local and central government in advocating for seniors aged over 50+.

You might want to help build our membership to make us even stronger by talking to your friends. Some have found irresistible the idea of giving someone turning 50 a birthday present of a Grey Power membership. It can be done partly as a wee joke but members joined up even in this way appreciate the move, and we find they continue paying their subs.

Did you know Marlborough Grey Power is the second largest GP association in New Zealand? We have regular meetings with both our local Mayor and MP, who are incidentally both members, and with the local District Health Board when possible, and also liaise with various local body committees and organisations.

When I joined Grey Power Electricity I moved over from a provider who had pretty good rates with a discount for low users. Even so, I found that I would save \$400 per annum, or \$8 per week. Figures will have changed since then. I am now producing part of my power from solar panels and GP Electricity buy my excess production.

Brian McNamara
Publicity Officer

The discount book

Our discount book has been published for this year. It lists over 70 businesses which offer discounts to our members.

Each month we will highlight some of them in this newsletter.

• New Heritage Bakery and Cafe 5 Mills and Ford Road East ph 570 5598 10% off any retail purchase including online at www.newheritagebakery.co.nz.

• Chantilly Cafe 77 Queen Street Blenheim 10% off any purchase.

• The Cleghorn and Dolce 81 Cleghorn Street, Redwoodtown ph

972 2796 and Upstairs at The Forum, Market Street ph 579 3182 10% off from 10-11am Monday to Friday.

• Clubs of Marlborough 42 Alfred Street ph 578 1059 Bistro, Café and Bar.

• McRae's Fashions 53 Market Street ph 5785886 for 10% discount excluding sales and gift vouchers.

• Red Hot Fashions 7 Charles Street ph 578 6865 10% discount excluding sales and gift vouchers.

• Cycle World 2 Main Street ph 579 4111 10% discount on bikes, parts, accessories and servicing.

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