



A new home for minerals



Everyone has rocks, crystals and minerals in their daily lives – underfoot, in our homes and gardens, as jewellery, in technology, as grand monuments and even inside our bodies. Founded in 2025 by Amanda Sears, Solaria is a mineral museum and experiential community project taking shape in Richmond. Its vision is to remind people of their deep connection to one another, the Earth and the cosmos through the tangible world of minerals, while recognising science and soul as a unified field, using different languages to describe the same observed and felt experiences. Solaria is currently in its first phase, connecting with people, collecting specimens and cataloguing its growing collection. The project is being developed slowly and steadily from Amanda's family home, with long-term sustainability in mind. At the same time, Amanda is searching for a new home where phase two can begin with an on-site public space. For now, Solaria hosts private visits and shares its journey through social media, with plans also taking shape for gatherings, workshops and a monthly Rock Appreciation Club. Thanks to donated specimens and personal purchases, Solaria already has a diverse and growing collection. It includes minerals ranging from world-class microminerals to teaching specimens, tile offcuts and personal travel treasures. Solaria has also connected with avid rock collectors in the region who are looking to rehome some or all of their collections but cannot find somewhere that will love and care for them. That is where Solaria comes in. Through its stewardship programme, donated collections become part of the permanent museum, displays or educational exhibitions. While Solaria currently accepts donations only, there are hopes to purchase collections in the future. Every specimen is carefully cleaned, safely stored and catalogued in a database, ready for the day Solaria opens its doors to the public.



Days Plumbing

SOLID FUEL HEATING SPECIALISTS



Days Plumbing is available for all your plumbing requirements.

11 Salisbury Road, Richmond.
03 544 1989
WWW.DAYS.CO.NZ



SENIOR LAW

NELSON LIMITED

Wills | Estates
Powers of Attorney | House sales
Retirement Villages
Ring for a no obligation discussion

KRISTY RUSHER
SPECIALISING IN SENIOR LAW

03 547 3366 | krusher@seniorlaw.co.nz
Stoke Central Mall, 530 Main Road, Stoke

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

More Stable More Able

Have you felt a bit wobbly on your feet?
Concerned about your balance?

Learn about the do's and don'ts, the why and why not's associated with "Falls Prevention"

Learn about Nymbi - A FREE ACC app to keep you on your feet so you can keep doing the things you love!

Contact Angela.Baker@nbph.org.nz or call 021 790415



Nelson Bays Primary Health
Hauora Matua ki Te Tai Aorere

Harcourts

Nelson & Richmond

Talk to us today to discover how we can help you sell your *Home*

Grey Power Discount Available



Nelson
P 03 548 3034

Richmond
P 03 544 4441

Platinum Blue Limited Licensed Agent REAA 2008



Presidents Report

Sue Sara

Hello to one and all. As usual we have been kept busy at Nelson Grey Power Office.

We have lots of exciting talks coming up for you. If on the internet, make sure to keep an eye on our Facebook page.

Current membership is now up to 5204 and climbing steady.

Sadly, Nelson area once again drew headlines with a tragic event on the 4th September. This upset many of our seniors. I attended the Blessing of the site arranged by our local Police.

Don't forget we are always here to talk to.

On a happier note, it is great to welcome the news that Cognitive testing has been shown to be unwarranted in the testing of the elderly for their driving licence.

Grey Power have fought this for so long now and to have it come into play is great news.

Our new vice president has been very busy working on the next edition of our discount book. It appears there maybe a few extra pages of offers to our members.

Coming up in the beginning of next year we are heading to Motueka for a local business presentation on online safety and more.

This will enable our members over there as well as those interested in joining a chance to come along for a chat and see what Grey Power is all about.

Our committee continues to attend meetings we feel maybe of interest to you. If you are holding a meeting and would like attendance from us, please just give us a call.

That's all for now.



Gold Band Finance - What we do and opinions sought

10.30am on the 4th November - Nelson Grey Power Office -Morning tea. Opinions on an equity release mortgage product. What do think of what's out there and is there anything you would like to see in the market (before we develop our own product)

Gold Band Finance is a privately-owned NZ company which is dedicated to the financial and investment sector. While the financial environment has changed considerably during our 40-year history, our focus remains on prudent growth, strong customer relationships and clear communication.

A new/old way of doing banking in the Top of the South.

Why? Because we believe local businesses and the community deserve the support of a highly experienced team on the ground, that have lived and worked here for decades and know the region well. We are fully mobile, able to come to you at your place or meet in our Richmond office at 12 John

Wesley Lane, Richmond whichever is convenient.

We aim to offer competitive term deposit interest rates while maintaining a prudent approach to managing GBF's business.

Eligible deposits with GBF are protected by New Zealand's Depositor Compensation Scheme up to the applicable limit of \$100,000 per eligible depositor, per licensed deposit taker. Eligibility criteria and exclusions apply.

We offer 3 options for the interest on our Term Deposits:

- 1) Interest can be paid out to a nominated Bank Account each month
- 2) Interest can be paid out to a nominated Bank Account each

quarter

3) Interest can be compounded quarterly back onto the term deposit

This article is general information only and is not financial advice. GBF's secured term deposits are investments and involve risk. Before investing, please read GBF's current Product Disclosure Statement, available at www.goldbandfinance.nz and on the Disclosure Register. You may also wish to seek independent financial advice.

Tony Cadigan General Manager
027 243 4184

Brent Williams Manager Top of the South 027 302 3338
www.goldbandfinance.nz

Connecting women through home sharing

Four years ago, an idea began with a simple question: what if we could connect women who have a room available in their home with women who are looking for somewhere to live?

That idea became HomeShare for Her, a home sharing website connecting women across the Nelson Tasman region.

The idea grew from a series of "What is a Home?" workshops, talks and an exhibition organised by Community Action Nelson in 2022. The project explored housing challenges in the region and encouraged people to think differently about what a home means, and how we might make better use of the homes and spaces

we already have. With support from Community Action Nelson and Nelson Women's Centre, the HomeShare for Her Trust was created.

Since then, the website has continued to enable women to connect and share homes. It is a simple idea: women looking for a home can share what they are looking for, while women with a spare room can share what they have available. From there, women can connect and explore whether they are compatible and if home sharing could be a good fit for them.

Home sharing can provide an affordable housing option and financial option, while also creating opportunities for companionship and

social connection. For someone with a spare room, it can be a way to make better use of their home and welcome another woman into their household.

HomeShare for Her supports women to connect and explore whether a potential match could work for both people. Conversations about lifestyle, expectations, privacy and what each person needs are an important part of finding an arrangement that works.

Whether you are looking for a home or have a room available, find out more at homeshareforher.nz. Alana - coordinator, Phone: 022 438 9072 Email: hello@homeshareforher.nz



Seniors invited to rock up and sing

Off Your Rockers Nelson is a lively community choir giving older singers the chance to tackle pop and rock classics without the formality of a traditional choir.

Loosely inspired by the 2008 film Young at Heart, the group formed in February 2009 to give older adults a fun space to sing and socialise. There are no auditions and no previous singing experience is required. The choir sings from lyric sheets, with a mix of new and older pop and rock songs, and performs at local venues and

festivals.

The group currently has 40 members and welcomes newcomers to its weekly rehearsals at 2pm on Thursdays at Bridge Street Baptist Hall, 193 Bridge Street, Nelson.

Members arrive at 1.50pm for breathing exercises and warm-ups led by musical director Philippa Beckman. Singers are divided into low, mid and high sections and can choose the one they are most comfortable with. A three-piece band accompanies the choir.

Songs in the repertoire include Walk of Life, Crazy Little Thing Called Love, Runaway, Crocodile Rock, Rock and Roll Medleys, Count on Me, Ex's & Oh's, Nga Iwi E and You've Got to Move.

Anyone who enjoys singing fun songs without the pressure of a more formal choir, along with a laugh and good company, is welcome to come along and join.

Find Off Your Rockers Nelson on Facebook or email davidjohngrant123@gmail.com.

The ability we rarely think about

Sandra Bui
Well By Design Chiropractic

Most of us don't think much about balance until we begin to lose a little of it.

A kerb feels less predictable. You reach for the handrail. Getting dressed while standing becomes something you do more cautiously. Perhaps you put it down to stiffness, distraction, or simply getting older.

But balance is a remarkably complex skill. Your eyes, inner ear, feet, joints, brain and muscles constantly communicate to keep you upright, making tiny corrections without you noticing.

Interestingly, recent research suggests balance may change with age before some abilities commonly associated with aging.

Researchers assessed 40 healthy adults over 50, measuring walking, grip strength, knee strength and balance. Walking changed relatively little with age, while strength declined. The largest age-related change was the ability to stand on one leg, particularly the non-dominant leg.

In practice, one thing I often encourage people to notice is not simply whether they can balance, but whether one side is noticeably different from the other.

That doesn't mean a one-leg test can tell you your "biological age" or predict whether you'll fall. The study was small and looked at people at one point in time. But it highlights something important: balance is an ability worth paying at-



tention to.

Try standing on one leg near a sturdy bench or kitchen counter, with support available if needed. Notice the difference between sides. Are you making lots of corrections? Do you immediately reach for support? Does one side feel considerably less secure?

Don't treat it as a pass or fail. Think of it as information.

Balance can be trained. Con-

trolled weight shifting, heel-to-toe walking, tai chi and supported single-leg standing can challenge the systems that help keep you steady.

Strength gives you the ability to produce force. Balance helps you use that strength when something unexpected happens - and that ability to recover from a wobble may be more valuable than most of us realise.

Fighting back against scammers

Scammers are becoming increasingly sophisticated, but there are simple ways we can protect ourselves.

In 2026, more than \$250 million has been lost to scams, with older Kiwis among those increasingly targeted by overseas scammers and cyber criminals.

But the cost of being scammed isn't always financial.

For many people, being caught by a scam can result in embarrassment, loss of confidence and even a loss of dignity. Some blame themselves, when the reality is that scammers deliberately exploit the trust and good nature of their victims.

Having personally seen the effects scams can have on people in our community, we believe it is time to take the initiative back.

That's why we have created Project Hacker Attack - with the goal of helping people understand how scammers operate and,

most importantly, giving them practical tools to protect themselves.

Our meeting will focus particularly on telephone scams, including what to look out for when an unexpected caller contacts you.

We will also demonstrate how you can check whether your internet credentials may be available to cyber criminals on the dark web, and explain how a simple family keyword can help protect family members if their social media account has been hijacked.

This isn't a technical computer course. There are no complicated instructions or jargon. We'll provide simple, practical demonstrations and show you how to use the tools and cards provided.

Our main tools will be the good old-fashioned pen and paper.

All you need to bring is your email address, if you have one - and a good sense of humour!

Grey Power Members

Come Along and Learn How to Fight Back

Thursday, 22 October 2026

Come along, learn how to protect yourself and your family, and discover how you can fight back when dealing with telephone and online scammers.



HELP US SAVE YOU & FUTURE GENERATIONS

Our Endowment Trust provides a powerful way for our community to help create a reliable and secure revenue stream, ensuring that we can plan for the future with certainty.

The Trust's funds will remain in perpetuity, growing year after year for generations to come. If you would like to make a living gift or a bequest please contact us for a confidential conversation.

03 547 7278 or endowment@helirescue.co.nz

A photograph of a group of people, mostly women, clapping their hands. They are smiling and appear to be at a community event.A stylized owl logo inside a circular frame.

For more useful information and advice visit
greypowernelson.org.nz

The logo for Wakefield Homestead, featuring a stylized owl and the text "WAKEFIELD Homestead Residential Care - Supported Living".An aerial photograph of the Wakefield Homestead facility, showing a large building with a red roof and a parking lot with several cars.

10 Edward Street, Wakefield
Phone 541 8995
wakefieldhomestead.co.nz

Here for you, every step.

The logo for Day's Funeral Services, featuring a stylized owl and the text "DAY'S FUNERAL SERVICES".A photograph of a man and a woman standing together, smiling.

Waimea Richmond Marsden House Golden Bay Motueka HOPE GARDEN OF REMEMBRANCE

DAY'S FUNERAL SERVICES
0800 522 444 daysfuneralservices.co.nz



NELSON GREY POWER ASSN INC.

Membership Form

Office Use Only

Date

Receipt No:

Cards Issued

Actioned By

EMAIL..... MEMBERSHIP NUMBER

SURNAME..... FIRST NAME YEAR OF BIRTH.....

SURNAME..... FIRST NAME YEAR OF BIRTH.....

POSTAL ADDRESS

POST CODE PHONE NUMBER

ANNUAL SUBSCRIPTION \$25 Single or \$40 Double Plus optional donation

Payment methods:

Total Payment \$.....

Visit Nelson Grey Power, 33 Putaitai St, Stoke (Eftpos available).

Internet Banking: 03 1709 0071804 001. Please use surname as reference and mark NEW if a new membership.

Subs can be left at Triton Hearing, 95 Bridge St, Nelson, McGlashen Pharmacy, Richmond or
The Guardian, 19 Wallace St, Motueka.

Your details will not be given to any other organisation for the purpose of sending you promotional material.

All memberships expire 31 March.

Phone 547 2457 | Office hours 10am to 3pm | www.greypowernelson.org.nz

Benefits of joining Nelson Grey Power

* Use of Nelson Grey Power discount book – which gives more than one hundred business discounts and is updated and republished biennially.

* Membership confers automatic free \$2000 accidental death & dismemberment insurance.

* Provides an avenue for bringing concerns and ideas for improving welfare and well-being of older persons.

* Access to a wide range of information brochures and education/learning opportunities.

* Opportunities to volunteer in the work of Nelson Grey Power.

To become a member visit
greypowernelson.org.nz

Have you paid your 2026/2027 Membership?

You need to remain **CURRENT** (Green label) to be able to take advantage of the **MANY** Benefits Grey Power can offer to its members, including the **FREE** Accidental Death and Dismemberment Cover of \$2000 per member as well as being eligible to use Grey Power Electricity.

Committee 2026/2027 members portfolios

The Nelson Grey Power Committee work is undertaken on a voluntary basis by the organisation's officers and committee members via a portfolio system. The member with portfolio responsibility reports on their portfolio to each Committee meeting undertaken.

Current Committee members & portfolios to date are:

President – Sue Sara – NCC & TDC Meetings, Aged Care & Health, Grey Power Zone 5, Superannuation/Welfare

Vice President – David Inglis- Zone 5, Grants

Treasurer – Position Open

Secretary- Pam Crichton – TDC Meetings, Aged Care & Health, Regional Accessibility Forum, Community Housing for Pensioners,

Committee Member – Greta Lindsay – Senior Sports and Welfare

Committee Member – Gwen Bezett – TDC Meetings

Committee Member – Sue Gardener – NCC, Transport

Issues communicated to office volunteers are recorded in the Enquires Log and referred to the member with the relevant portfolio as required.

Nelson Grey Power 33 Putaitai Street, Stoke

Mon-Fri 10am - 3pm

Ph: 03 547 2457

P. O. Box 2190 Stoke 7041

admin@greypowernelson.org.nz

www.greypowernelson.org.nz



For more useful information
and advice visit
greypowernelson.org.nz