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CHRISTCHURCH

GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

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GREY POWER CHRISTCHURCH

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Grey Power Christchurch donate each year to two charities this year they are donating to St John's and the Men's Prostrate Society.

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Presidents Word



Well the year is fast coming to a close I have to admit it has not been an easy run for a new President what with falling numbers to contend with and various other factors, still its all good experience. I wonder what next year will bring?

If you are reading this you will have your latest copy of our newsletter what do you think of it, are we on the right track?

We would love to get your feedback and of course not only about the new look newsletter but anything you think we should be taking notice of. I cannot guarantee that we can fix what ever the perceived problem is, but I will guarantee it will be brought to the committees attention.

Well if you are travelling over the break travel safely, enjoy the catch up with family. Remember a day without a laugh is a day wasted.
DON'T FORGET YOUR SEAT BELTS.

Have a great break see you all in February.

Take Care,
Brian Christian (President)

Zone Meeting

Two delegates attended the last Zone Meeting of the year on 8th October.

On arrival we had a cuppa and meet and greet. Each zone members had submitted a written report except Christchurch who gave a verbal report. This was regarding the first issue of our newsletter which in the most was received well, due to the colour and presentation, it was a small issue but we are working on expanding it.

The outlying members have had some difficulty with fibre network. One place had a smart meter fitted but connection was not checked, hence the readings were not being received.

It was mentioned also that the outlying districts had long waits for an Ambulance - 3 hours or more. Apparently now they have to have 3 on board, one security person as some crews have been attacked.

Telecommunications was a major topic discussed in great detail and length. One of the delegates presently knew of a lady connected with "Spark" and had been a real help with customers with issues regarding 'the fibre network being forced onto people', Copper network etc.

The contact for the Spark "fix it" lady - Glenda Barnes 0274 203 888. She works out of Spark HQ in Christchurch. Not exactly sure of her title but she can sort out problems with copper versus fibre optic installation, wrangles, dramas over changing.

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Petrol is far to dear



We are all finding the petrol far too dear to do anything this summer.

Don't let it stop you from getting out and about on the nice warm days.

Use your Gold Card. Get on a bus. If it is easier drive your car to the nearest bus stop and lock it securely close by and wait for the bus to come.

You can get a bus from New Brighton to Rolleston, from Northlands to Rangiora and from the crossing to Lincoln. You can even go to Kaiapoi and into Waikuku.

Get a few friends together and make a good trip of it, have morning tea together some where or maybe a lunch. Remember this trip is not going to cost you petrol use your gold card between 9am and 3pm and sit back and relax.

Believe me it is a good way too spend a day with friends I have done it myself.

If you are going too wander around take a hat and sun screen with you just as a precaution.

And don't forget the Oriter bus as well. This is the green bus or the Bug as some have nick named it. It goes to every Mall in Christchurch and it is another free trip as well with your Gold Card.



Christmas Hours

**Our office will be closed from
21 December 2018 till
26 January 2019**

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Social Afternoons Superannuitants' and Friends

Meetings will be held at the Cashmere Club starting at 1.30pm

20 FEBRUARY 2019

Talk by St Johns followed with entertainment from the Sunshine People.

20 MARCH 2019

Yvonne Palmer from Age Concern. Entertainment by David Petrie on Keyboard.

17 APRIL 2019

A talk about Winz followed by entertainment from Grant Windsor.

If you pay your membership fees over the Christmas holidays we will not be able to process these till the end of January when Head Office opens again.

Our Owl is our symbol

The wise old owl sat on the oak
The more he listened the less he spoke
The less he spoke the more he heard
Who of us is like this wise old bird

Grey Power loves our owl it is our official symbol and is used in all correspondence.



What have we been doing this year at our Social Afternoons

FEBRUARY

We had the Charity Hospital give us a talk - very interesting

MARCH

We had a talk about Diabetes, another interesting talk

APRIL

As always we have WINZ come to give us an update

MAY

A talk by a forensic police officer - very good.

JUNE

Our AGM Committee stayed the same

JULY

The SPCA came and gave a talk about the work that they do

AUGUST

An informative talk by the Fire Brigade

SEPTEMBER

A talk about the old Edmonds factory and garden

OCTOBER

We had the Male Quartet entertain us, it was very good

NOVEMBER

Our Christmas Break up with entertainment by the City People

I took my Grandson with me to the July meeting and he was intrigued over so many elderly people in one place. He wont give me an interview but he was intrigued with Cupcake the big white rabbit that the SPCA bought along. I suppose a bit daunting for a 10 year old as he was then.

Maureen

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Their support enables the production of this newsletter, so please support them.

Keeping well in Summer

Summer is a time to enjoy longer, warmer days and push any memories of winter to one side. However, staying well in summer has its own challenges. I hope to bring some of these to your attention, and give you some tips that enable you to enjoy the warmer months.

Sun-smart

It is well known that New Zealand tops the world for melanoma rates. Be smart in the sun this summer. Avoid being outside in the hottest part of the day. Cover up with clothing and apply a good quality sunscreen to exposed areas. Although it is well recognised that a lot of sun-related skin damage occurs in childhood, sunburn can ruin a nice day out for any age. Be sun smart - slip, slop, slap and wrap.



Hydration

Drink water regularly. Yes, I know our water supply has its challenges at the moment, but dehydration can have unwanted effects. If you spend time outside or in air-conditioning, then dehydration can lead to headaches. It can also leave you feeling 'heady' or dizzy, and pre-dispose the older person to falls. (I can remember when my father was having trouble with cramps. I asked him how much water he drank. He thought for a moment, then replied: "Well...I use it to shave with!"). Imagine the telling off he got...now go and get a glass of water!

Medicine

A lot of the older population rely on regular medication to stay well. Please remember that during the Christmas period and into the New Year, some doctor's surgeries and pharmacies may have altered hours. If you use a blister pack for your medicine, or have a holiday planned, please give your pharmacist

an early warning if you need extra medicine. And please be patient. The lead-up to Christmas is the busiest time of the year for community pharmacies, and your prescription may take a little longer than normal. Likewise, please check with your medical centre when they will be open (or closed) over the holiday period.

Diet

Now, I don't mean you have to go on a diet. What I am referring to is being aware that food over the summer/silly season can be a little different to normal. Be careful not to over-eat. Look out for rich foods. Be wary of extra alcohol consumption. What seems like a great meal can leave you feeling a little 'off' if you are not used to it. Alcohol can also interact with some medications and leave you exposed to medication side-effects or at a higher risk of a fall.

Stomach Upsets

Summer is a season that seems to bring an increase in stomach upsets. Diarrhoea can sometimes occur after poor food hygiene. Constipation can occur following a bout of diarrhoea, or due to dehydration. Both conditions can be distressing, and can lead to complications with other medicine you may be taking. Don't suffer in silence - your pharmacist can help with over the counter measures, and will refer you to your GP if they think it is necessary.

Remember, summer is a season to be enjoyed, not endured. Be sensible with what you eat and drink, and your community pharmacist is willing and able to help with advice and products if needed. Happy Summer everyone!

Simon Murphy

Pharmacist Hillmorton Pharmacy

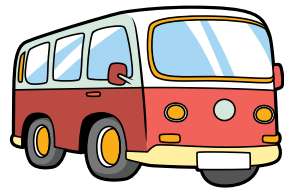
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Tui's Outings - Grey Power Bus Trips



October arrived and at the last minute the homestead and gardens out Longbeach Road, Ashburton had a family crisis, but they very were very helpful by arranging for us to visit Trotts Gardens in Ashburton and still have our usual hot meal.

Trotts Gardens are now run by a Charitable Trust and Volunteers and we were fortunate that these lady volunteers arranged to provide our Coach, and serve the meal in the large Wedding Marquee on the grounds. Everyone admired the beautiful mazes in the grounds and we were lucky it was a lovely sunny day and no wind.

Homeward bound once again where the bus friends of many years said their goodbyes for another month.

Our final trip of the year in November is to the Model Engineers Society in Halswell Domain where our members will view the workshop and have a ride on the model steam engines made by the members. From there we will go to Hoofbeats where we will enjoy their wonderful prepared Christmas Luncheon plus surprises. On leaving there we will be visiting the magnificent grounds (rose gardens) to Piory and of course the beautiful Thai Buddhist Temple in Marshlands Road, as some of our newer bus companions have not had the pleasure of having

visited there before.

We will give you more news in the next newsletter of November's trip but unfortunately this article has to go to print prior to our outing.

We have been fortunate that unlike many other outing groups they do not get the numbers to fill their bus, but as I look around the faces on the bus each outing many have been supporting our outings loyally for over fifteen years in all weathers, and to them I owe a great many thanks.

May everyone keep good health till we resume trips in the New Year.

Cheers,
Tui Brown

TUAAHIWI SCHOOL VISIT

Our bus trip destinations are purposely not advertised as we have become accustomed to being surprised by the variety of venues we go to. This gets round the problem of participants prejudging and also to ensure we get full patronage as there is nothing worse than having empty seats - payment for the bus is a set sum regardless of how many seats are occupied.



And so in August we were most surprised to finish up at Tuahiwi School again. We had been there only a matter of a couple of years or so before - an occasion we had thoroughly enjoyed. Never the less we were in for some surprises.

Tuahiwi, as might be expected, is a well established rural Maori settlement just north of Christchurch, its two main attributes being the Marae and the school each with a catchment area virtually extending to the whole of North Canterbury. Traditionally, there would have been only Maori children at the school and so on this occasion we were surprised to see quite a number of pakeha children in attendance. But that was not to be the only surprise.

As mentioned above our visit was in August, whereas our previous visit had been in October which will account for the difference in, or should I say the stage at which the pupils were through the academic year. But the big surprise was that there had been a change of head teacher, Melanie Taite-Pitama, who had not only just arrived so to speak but also had started her teaching profession at this very school not so many years ago. There just so happened to be also in attendance this day the Head master, now retired, who had been her boss at that time. The reverse in roles was appropriately acknowledged.

We were first met by Melanie who explained to us the new attitudes prevailing towards children's learning and the importance of their capacity to learn at certain times in the day. Also, and most importantly was the emphasis given at this school to a child's ability to become bi-lingual, hence the number of Pakeha children now in attendance, some of whom had come some distance especially to learn a second language. There seemed to be a new approach to how children best achieve in other spheres of activity outside the classroom and this was easily apparent to us by their behavior when we first arrived and when we departed.

Our having arrived in August it was explained that the usual presentation by the children might not be quite up to the level of expectation and we were to take that into account when they came along to perform for us. Well, if what we experienced was yet to be improved, their singing and actions left us in no doubt that they could hold their heads high in any competition with similar groups elsewhere be they North Island or otherwise. We came away most impressed by our whole experience.

MeloYelo Electric Bikes

MeloYelo electric bikes is a kiwi owned company with a huge difference. We sell through a network of retired engineers and cycling enthusiasts working from their garages at home. The team collaborates to define the specifications for each and every bike. Those bikes are then built to our requirements under the watchful eye of Holger, our German engineer living in China. But that's not all. MeloYelo supports the EVelocity electric vehicle programme in New Zealand high schools, in which teams of students design, build and compete in electric vehicles. So, when you buy from MeloYelo, you GO WELL AND DO GOOD. And you won't find a more reliable ebike for under \$3000. Our team of engineers can assure you of that.

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POLITICAL FORUM

Megan Woods Minister of Energy and Resources



It's been a busy few months for me and it's been great to be able to make some exciting announcements that I know are making a difference for Cantabrians.

We recently announced the establishment of the Greater Christchurch Claims Resolution Service (GCCRS). After the release of the report of my Independent Ministerial Advisor into EQC earlier in the year, it was clear to me that more needed to be done to help people who have been stranded for years waiting for their claims to be resolved. We've set this up in order to give homeowners a free to access, impartial pathway to settle their claims. It will provide independent case management to bring together fast tracked claims handling, specialist engineering support, psychosocial support and legal expertise to help resolve claims.

GCCRS is operating on a 'no wrong door' basis. Anyone with an unresolved claim can call or come to the new office on Cashel Street and settlement support brokers will tailor the approach to suit each individual situation. Claimants will have one person in charge of their claim who will drive it along for them - they won't need to call up and speak to a different person all the time. They will know who is responsible for settling their claim. I've also asked EQC

and Southern Response to develop new processes to ensure a streamlined, cross-agency resolution process and I'm inviting private insurers to join this scheme too. In the first two days of the service, 50 people had already been in touch which was great to see. We know there are so many people out there who want to have their houses fixed and get on with their lives and GCCRS will allow them to do just that.

Another thing that I'm glad to see progressing is the Electricity Price Review. The release of the first discussion document shone a spotlight on the problems pushing up power prices for New Zealand households, which gave much food for thought and identified issues that need to be addressed. The report was a clear demonstration that the market isn't working for everyone. New Zealanders deserve affordable electricity but too many households are struggling to pay their bills. The next step in this process is a conversation with the public about how we remedy that.

While residential electricity prices have been relatively flat since 2015, they are 79 per cent higher than they were in 1990. Over the same timeframe commercial prices have declined by 24 per cent and industrial prices have increased by 18 per cent. The Review also found that some households struggle to understand the various plans and how to choose the one that's best for them, and low-income consumers miss out more often on prompt-payment discounts - which can be as high as 26 per cent of the bill, and which budgeting and advocacy groups say are really late-payment penalties.

I know our electricity market also needs to be agile enough to adapt to the challenges that technologies like EVs, solar panels and other forms of distributed generation will pose to affordability. It's clear that if we don't manage these changes well the costs will fall on those least able to afford them. We've already taken steps such as our Winter Energy Payment to ensure that help combat the winter chills for some of our most vulnerable New Zealanders. As a Government we're completely committed to affordable power for Kiwi households and this report is an important step towards that goal.

Nicky Wagner



National Party List MP views

Last month was the great festival that is Cup and Show week. The excitement, glamour and events on offer are a fantastic showcase for Christchurch and our community.

Last month also celebrates our heritage and culture. The trotting, gallops and A&P show are all long standing events that started generations ago. As the National Party's spokesperson for Arts, Culture and Heritage, I think of our national culture as recognising our many new ethnicities, celebrating Maori as first settlers of Aotearoa, and acknowledging our European ancestry, all of which makes our country more vibrant and diverse. As new generations of Cantabrians flock to the races and the show, they too celebrate and learn about our local culture and heritage.

Last month I spent a day with my fellow National MPs from Christchurch visiting some of our major agencies. There is fantastic work being done in the city, and new ideas and solutions are getting underway.



The DHB is working through their complex and long term rebuild project, all while delivering some of the highest quality of care and efficiencies in Australasia. We must remember that the DHB lost around 40 buildings and has had to find temporary homes while these are rebuilt. Setting up temporary facilities, and then managing the moves of people and plant between temporary and new facilities is a mammoth task. The CDHB staff around the city have shown incredible strength, focus and determination, and we are all thankful and grateful for the work they are doing and have done over the last few years to rebuild our public health services.

An interesting side note about health when I was Associate Minister were the public surveys showing over 70% of Cantabrians felt they had good or excellent service from the DHB, but the same number, over 70% believing that other Cantabrians had a poor or very bad experience. Quite a contrary result!

One organisation created out of the earthquakes is Otakaro Ltd. This is the Crown company building the Anchor Projects that the Crown is responsible for. One of those is the Convention Centre which is coming along well following the sod-turning by Bill English in August last year. On November 24th, the Avon River Promenade will open, allowing a seamless and scenic walk from the Botanic Gardens to the Margaret Mahy Playground near the old Edmonds Band Rotunda. Another organisation set up by the previous National government is the Police's Integrated Service Response Unit (ISR) for domestic violence. This local agency brings together the different organisations dealing with victims of domestic violence - such as Police, the Ministry for Children (Oranga Tamariki), Ministry of Social Development, and others. This is building on Bill English's model of Social Investment that works to help individuals in the best way for them. It helps give support where needed by linking information so agencies can collaborate more effectively. The ISR has proved to be a highly successful model and we are hopeful that the new government will continue to fund it in the future.

As we head into summer and the Christmas holidays, I hope you have a chance to enjoy the great Canterbury outdoors and spend time with friends and family. If there is anything I can do to help, please do not hesitate to contact my office in St Albans on (03) 365 8297 or email chchoffice@parliament.govt.nz

Christchurch's Future

The man in the street



Christchurch will grow as almost every city in the world will - there has long been a pronounced trend of urbanization. As a First World city it is attractive to global migrants who have the savings and professional skills to work the international job market. Christchurch will also take its share of Pasifika peoples who will move in increasing numbers from their countries.

The city's population will thus become a more cosmopolitan mix than it already is. Christchurch has remained a predominantly European New Zealander place compared with Wellington and Auckland but this ethnic uniformity will be greatly reduced, if only because the Pakeha birthrate will keep on declining, probably below natural replacement rate.

It will also become a 'younger' city as a result of migration. Again a big difference with Wellington and Auckland has been the high proportion of elderly people (the over 60s) in its population.

In its New Zealand setting, Christchurch will more and more become the South Island's metropolis, accounting for over one third of the South's total population, as Auckland does over the country as a whole.

Satellite towns like Rolleston, Darfield and Rangiora will be part of the city's growth. But higher density housing will feature everywhere (not just in inner city areas) as a more affordable option than 'stand alone' houses and rapid urban spread. There will be increasing concern to protect valuable agricultural

land from continued urban expansion and subdivision of farms into life-style blocks. The mismanagement of Auckland's 'invasion' of extremely productive 'food' land will see to this.

The council will increase its social housing portfolio, and other providers will also be active. Property ownership will remain an aspiration beyond the reach of many. Renting will become a more economical option for a large minority of people, if not the majority.

The digital revolution and artificial intelligence as the next stages of technological development can no more be resisted than the appearance of electricity and motor vehicles were at the beginning of the 20th century. With a university that is strongly positioned in engineering, Christchurch can expect to become a New Zealand centre of research and development in the latest technologies. Businesses, too, will cluster here to develop applications in partnership with the university.

The physical connectedness of Christchurch has always surpassed that of Wellington and Auckland because the outer districts have all been much the same distance from the centre - a 'star' configuration as opposed to a 'linear' configuration. Although the eastern parts will now be 'emptier' than the western parts, thanks to the earthquakes and threat of rising ocean levels, it is easy to imagine that the shift westwards will not compromise access into or across the city if proper attention is paid to prioritizing public transport over private, including rail. Christchurch's flat topography is an asset when it comes to transport planning. There is no reason why it won't return to being a city of cyclists (or two-wheelers), as it was until the 1960s.

Food for thought

The most dismal prediction concerns the city as a community. The old colonial, English, Anglican identity will no longer serve a more diverse population. Technological advances in the past have never solved the problem of social inequality and in many cases can be accused of intensifying it. Above all, in many respects, living has become too individualized at the expense of collective effort and enterprise. For example, participation in sport, voluntary service and common politeness have all declined. Social media display our narcissism at its worst. It is a trend that is extremely difficult to arrest, let alone reverse.

Time to think about a will

Have you sorted your will? If not, now is the time. With less than half of the New Zealand population currently holding wills, it's something people need to think about.

Public Trust General Counsel (Retail), Henry Stokes, said September was Wills Month and a reminder for people to think about their future.

"As we go through life, we acquire assets and develop relationships that come with certain responsibilities. Think of these things as the stuff in the 'room of your life' and a will as the way to sort and tidy that room when you die," he said.

"Dying without a will means no clear instructions for how these things are to be sorted. At best, this will mean some second-guessing and deliberating between those left behind. At worst, it can easily lead to squabbling and conflict between family and friends.

"Having an up-to-date will means taking responsibility for the people and things in your life. It means leaving well and doing what's right for those left behind."

There's more to a will than just how you want your house or financial assets to be divided. It's also where you can:

- Name a guardian for your children
- Outline your funeral wishes
- Name who will receive particular valuable items as special gifts
- Provide special instructions around the distribution of particular assets
- Detail your preferences for the ongoing care of your pets.

If you have a SuperGold Card you may be eligible for a discount for any legal services. Check the SuperGold directory to find a provider near you at www.supergold.govt.nz

While setting up a will, it's also important to think about choosing an Enduring Power of Attorney.

Find out more about making a will and what you need to do to set up an Enduring Power of Attorney by visiting the Community Law website at www.communitylaw.org.nz

Source: www.superseniors.msd.govt.nz



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How is Christchurch Developing?

From the Girl in the Street - My Point of View

How is Christchurch developing? Continually, differently, surprisingly - and sometimes in some areas it's predictably not.

Each time I go into the city centre I look forward to seeing what's new and different, how old friends, (and I mean buildings), are coming along, and pray that the parking's better. Having experienced an initial fear that our rebuild was going to result in a series of uninspiring boxes, I remember the delight of seeing the roof of the bus exchange and praying for more slopes and unusual angles.

Creatively designed buildings featuring glass, copper and wood show the new, emerging face of Christchurch. Just don't build those creations too high!

Same height, old friend - Ballantynes. I go there to buy things I could buy closer to home because I admire how they started up again, and continue to keep inspiring others to have that courage and do the same. We've lost so many old friends but have been especially glad to get to know the Arts Centre and the Isaac Theatre Royal again and look forward to another unique Christchurch experience - a concert in the Town Hall.

There are some negatives: forever-rising rates paying for wish lists instead of basics such as better roads, cones that seem to breed and spread faster than rabbits, and our beautiful water chlorinated beyond recognition. Parking remains mostly expensive and the pedestrian/cycle friendly city has, for those not very mobile unless by car, made access to many shops and businesses a challenge.

But I think what I love most about our developing city is what makes it different. We started, I think, with the Container Mall. It gave us something to be proud about as we flocked there for fashion, coffee and food. Another emerging difference was our street art, appearing on munted and broken buildings - street art that sometimes has had to disappear, some that has remained, but it has earned us the title of one of the street art capitals of the world! And let's not forget Gap Filler who nudged us along on our journey as they popped up, inspiring us to do it all differently.

Currently, along with Auckland, we're experiencing an explosion of e-scooters. I have to say that I love the enjoyment they're obviously giving those who use them. I don't think I've yet seen an scooter rider with a sour look on their face - from the grandmother with a look of absolute joy on her face, being dubbed by her grandson, to the group of young men laughing their heads off as they tried to balance cardboard boxes of their purchases on their scooters. Just watch the three P's - people, pace and parking.

I have to finish with what must be one of our happiest places - the Margaret Mahy playground has won the Resene Kiwi's Choice Award for the best public spot in New Zealand.

How is Christchurch developing? I'm enjoying its difference!



Not sure what help you might be eligible for?

Then check out the new online eligibility guide from the Ministry of Social Development.

The 'Check What You Might Get' guide was launched in late June and since then more than 87,000 people have used it to find out if they might be able to get help from MSD.

The guide will take you through a series of simple questions about your circumstances, your family, children, income, health, expenses and living situation.

Once you have answered all the questions you will get a list with details of the services you may be able to get, along with an estimate of how much you might qualify for.

You can then view further information about these services and how to apply.

The guide is very user-friendly and will work on any computer or mobile device. It does not keep any of the information you enter.

Need extra help?

Some people may be eligible for extra help with their NZ Super, like the Accommodation Supplement, Disability Allowance or Temporary Additional Support.

In these situations, the guide is a great first step to understanding what may be available to you, and how to access it.

If you don't have access to a computer, you can contact the Seniors line on 0800 552 002.

For more information or to access the guide go to www.check.msd.govt.nz



Budget Delivers Cheaper Doctor Visits



The cost of visiting the doctor will reduce for people with a Community Services Card under changes announced in the 2018 Budget. This will give up to 540,000 people access to low-cost GP visits - making it around \$20 to \$30 cheaper.

Seniors who have either a combined SuperGold and Community Services Card or a Community Services Card should also see a reduction in the cost of visiting their GP by 1st of December 2018.

General practices can choose whether or not to provide the new low-cost visits so please check with your doctor later this year to see whether they have chosen to opt in.

Under the changes, people receiving the Accommodation Supplement or living in public housing will also get a Community Services Card, giving them access to cheaper doctors visits.

To find out more about these changes, go to www.health.govt.nz and search for 'primary health care subsidies'.



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Breathing New Life Into Old Kitchens

Dream Doors can totally transform your kitchen - either with a complete new designer kitchen, or a stunning facelift.

"We always visit people in their own homes to help them create a new kitchen that is open, spacious and flows well; makes great use of space; and is in keeping with their home's style and design," Dream Doors Christchurch managing director Adrian Kay explains.

Dream Doors can carry out the entire kitchen fitting from design to install, project managing the entire process including plumbing, electrics, lighting, appliances and even the splashback.

And because the time from quote to installation is typically just six weeks, you don't have to wait months for your new kitchen.

All of their joinery is made right here in Christchurch from NZ materials, and fitted with top of the line European fittings.

Call 03-338 1081, or visit www.dreamdoors.co.nz to start the process for your new or renovated kitchen.

Editorial supplied by Dream Doors Christchurch



Amazing Kitchen Facelifts!

Replacement Doors, Drawer Fronts, Panels and Bench Tops.
Or a complete brand new kitchen, all made to measure.

Ph 03 388 1081
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Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

8			9	3				2
		9					4	
7		2	1			9	6	
2							9	
	6						7	
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

Logic will get you from A to B.
Imagination will take you everywhere.

I'm on a committee

Oh give me pity I'm on a committee
Which means from morning till night
We attend and amend and contend and defend
Without a conclusion in sight.

We confer and concur, defer and demur
And reiterate all of our thoughts
We revise the agenda with frequent addenda
And consider a lot of reports.

We compose and propose, we support and oppose
And the points of procedure are fun
But though various notions are bought up as motions
There's terrible little gets done.

We resolve and absolve but never dissolve
Since it's out of the question for us
What a shattering pity to end our committee
Where else could we make such a fuss.

Have a laugh



A man in a hurry to get his eight year old son to school made a turn at a red light which is prohibited.

'Uh Oh I just made an illegal turn' the man said.

"Ah Dad it's okay" the son said. "The Police car right behind us did the same thing".

Paddy say's to Mick

"I found this pen, is it yours?"

Mick replied, " Don't know give it here"

He then tries it and says, " yes it is mine"

Paddy ask's " how do you know that?"

Mick replies " That's my handwriting"

The Irish you have to love them!

Mick opens Paddy's fridge and says "Why do you have an empty bottle of milk in here?"

Paddy replies "In case anyone wants a black coffee you muppitt".

Spreydon School

Spreydon School pupils enjoy a reputation for education that commenced with the opening of the first classrooms 26 March 1872. The school was located at 2 Halswell Road and was then known as the Upper Heathcote School. The rich heritage and history of that site has been an advantage enjoyed by all of the pupils from that date through to July 2018.

The Halswell Road site has an avenue of trees which were planted along the banks of the Heathcote River at an early anniversary. The swimming pool, which was such an institution, was a part of the school for most of the school's history, having opened we believe, early in the 20th century.

On 26th July all our students walked from the Halswell Road site to our new home at 50 Hoon Hay Road (formerly Manning Intermediate). This move to all new classrooms marks the start of a new phase in the history of Spreydon School.

Regards

Karen McElhinney
Principal's Secretary

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Post Code: Phone Number:

Email:.....

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Senior Move Managers

Senior Move Managers specialise in assisting older adults during the transition of moving home; either downsizing, or moving into a retirement village.

The process of moving home can be very stressful and overwhelming. The team at Senior Move Managers effectively manages and undertakes this move removing all of the burden on you and your family. Everything from decluttering and organising, to packing your belongings and relocating them, right through to selling items on your behalf and professionally cleaning your home.

If you or a loved one are thinking about moving and you're unsure where to start, we can help. Give us a call for a no obligation quote on 0800 667 558.

What our previous clients have said:

We expected a move which would normally have difficulties and stress. With SMM we had no difficulties whatsoever. Great staff who handled everything with a smile. Highly recommended!

I had all stress taken from me and was in good hands. They helped to move me, and helped me to unpack at the new address.

Being based in out of town, both my sister and I appreciated having Senior Move Managers' team on the ground when we couldn't be there for Mum.

Mum's mental well being has also improved significantly since you started helping her! I was afraid this move might be the death of her but I don't feel that way at all now. Thank you!

"Making your next move your best move"

Editorial supplied by Senior Move Managers

Getting exhausted at the thought of downsizing?

SENIOR MOVE MANAGERS CAN HELP

Senior Move Managers specialise in assisting older adults and their families with the emotional and physical aspects of relocating home. We plan, advise, organise and monitor all aspects of the moving process to reduce the burden on and ease the stress of the move.



SENIOR MOVE MANAGERS LTD

Phone us on 0800 667 558
to see how we can plan and manage
your move from start to finish
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