

**CHRISTCHURCH**

New Zealand  
Permit No. 3285



# GREY POWER

**50+ QUARTERLY NEWSLETTER**

Phone (03) 942 8816

SPRING ISSUE 2019



GREY POWER CHRISTCHURCH

PO Box 31010, Ilam, Christchurch 8444

General Enquiries contact:

Maureen Price (03) 942 8816



COMMITTEE 2018 - 2019:

**PRESIDENT: Brian Christian**

**Ph:** (03) 338 6565 | **Email:** brianlouise@xtra.co.nz

**VICE PRESIDENT: Neville Wootton**

**Ph:** (03) 942 5453

**SECRETARY/REGISTRATIONS: Maureen Price**

**Ph:** (03) 942 8816 | **Email:** nanahooksboyz@gmail.com

**TREASURER: Ann Ferrari**

**Ph:** (03) 383 6589 | **Email:** joeannferrari@gmail.com

**TELEPHONE TREE/BUS TRIPS: Tui Brown**

**Ph:** (03) 385 3392

**COMMITTEE:** Brian McNicholl (03) 338 4488,  
Joe Ferrari (03) 383 6589, Julie Ede 027 245 8877 and  
Trevor Dyre (03) 965 2907

**MEMBERS ONLY - EMAIL COORDINATOR: Julie Shepherd**

**Email:** justewshep@gmail.com

**DISCLAIMER:** The information contained in this publication is given on good faith and has been derived from sources believed to be reliable and accurate. Neither Grey Power Christchurch Inc. nor any person involved in the presentation of this publication accept any liability whatsoever for its contents including advertisements, editorials, opinions, or for any consequences or from its use.

**This publication is designed and printed by  
Kiwi Publications Limited.**

For advertising phone Dave on 027 652 5220  
or email: dave@kiwipublications.nz

**www.kiwipublications.co.nz**

Please refer to our website for disclaimer.

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

Mobile Foot Care Service

IN YOUR OWN HOME

**Single: \$40 | Couple: \$70**



**Ana Troon**  
20 years'  
experience  
with the elderly

- Feet soaked
- Nails clipped and filed
- Callouses and corns treated
- Feet checked for any problems
- Cream applied with massage

**Ph: 021 231 1577**

Presidents Word



Hi you would think that after the number of reports I have written I would not find them very difficult to do, but that's not the case with me. But never the less write them I must, It seems a long time since the last one I wrote. The July social was of course cancelled because the club was fully booked so I got of the hook there. We did how ever have a meeting at Samuel St

But I confess I took the opportunity and as a consequence it was quite informal, which helped in that it made it more comfortable for our two new members to get to know the committee. Well that's my excuse for my own inefficiency.

Enough about me, the time has come I feel to talk about Grey Power Issues and the future our committee faces in particular our socials. I am concerned about the lack of parking for our clientele many who have mobility problems for our socials sound system etc.

Should we consider a change of accommodation within our present location, which would leave us with parking difficulties or a total change of venue?

This I feel is an issue that can only get more difficult with time so perhaps we need to discuss it as a group and then we will be in a position to make a binding decision re our future home Any Decision will of course be in the hands of our total membership and would involve a General meeting so of course we will be open to any feedback re future moves we may consider Making

Take Care,

*Brian Christian* (President)

Please take note that registrations are due on the 1st April 2019 to cover you until 31st March 2020.  
If you pay in November or December of this year it still only covers you until 31-3-2020.

**BARNETT'S Wairakei ROAD PHARMACY**  
4/501 Wairakei Road, Christchurch P: 03 360 3178 F: 03 351 3099

Hay fever (A.K.A seasonal rhinitis)

It's getting to that time of year, the daffodils are blooming the lambs are gamboling, you're sneezing, your nose is running, eyes are red and itchy, that's spring and the joys of seasonal allergies that go with it.

What is hay fever?

Seasonal allergies occur when your immune system overreacts in response to environmental factors. In spring it's usually mould spores or pollens from trees, plants and grasses.

How do I know if I have hay fever?

The most common signs and symptoms of seasonal allergy are

- Runny nose
- Nasal congestion
- Sneezing
- Red, itchy watery eyes
- Dark rings under eyes
- Itchy throat, roof on the mouth or ear canals
- Sinus discomfort/pressure
- Coughing

What causes hay fever?

Allergic reactions are caused by the allergen (usually pollen or mould spores in hay fever) triggering mast cells causing then to release histamine which binds to receptors causing the triggering of symptoms. Hay fever medications usually work by either stabilising the mast cell stopping the release of histamine, this group of medications are called mast cell stabilisers e.g. Rexacrom™ and Lomide™ eye drops. To work well these medications, need to be started at least 2 weeks before the hay fever season starts. The other way allergy medications work is by blocking the region that histamine binds to. This group of medications are termed antihistamines e.g. fexofenadine, loratadine and cetirizine (brand names Telfast™, Claratyne™ and Zyrtec™)

What can I use to treat my hay fever?

The mainstay of treatments are eyedrops, steroid nasal sprays and antihistamine tablets.

Tablets

Antihistamine tablets are classified as either sedating or non-sedating. Sedating antihistamines include promethazine (Phenergan™) and dextrochlorpheniramine (Polaramine™). Sedating antihistamines tend to have more side effects and drug interactions than non-sedating. They may worsen urinary problems in men with an enlarged prostate, cause dry mouth, make people sleepy, impair motor skills and increase the risk of falling. They intensify the effects of other sedating medications e.g. sleeping tablets and a group of medications called "anticholinergic's" e.g. some antidepressants and some

bladder medications. The non-sedating antihistamine family includes loratadine, desloratadine, fexofenadine, cetirizine and levocetirizine. They tend to be much better tolerated, have fewer drug interactions and are preferred for long term use as they infrequently cause drowsiness or affect coordination and motor skills.

Nasal sprays

There are 2 types of nasal sprays, decongestant and steroid. Decongestant nasal sprays e.g. Otrivin™, Sudafed™ and Dimetapp™ help reduce the swelling of the nasal lining by constricting the blood vessels in the nose. They are only for short term use (3 consecutive days). They may not be suitable for people on some medications e.g. tranylcypromine and selegiline or with some medical conditions some heart problems, high blood pressure, and prostate problems. Discuss with your pharmacist to check if it is suitable for you. Steroid nasal sprays e.g. Flixonase™, Alanase and Steroclear reduce nasal inflammation helping treat and prevent runny noses and congestion. They take a few days to work so they need to be used every day to be the most effective preferably starting just before the beginning of the hay fever season. They should not be used if you have a current nasal infection and can occasionally irritate the nose and throat causing dryness or affecting smell and taste. If there are any changes in vision while using steroid nasal sprays contact your doctor immediately.

Eye drops

Eye symptoms often don't respond to tablets and eye drops may be required in addition to tablets and/or nasal sprays. Decongestant eye drops e.g. Naphcon™, Albalon™, Clear Eyes™ may be used short term (5 days at a time) to help with redness and irritation but like decongestant nasal sprays may make the problem worse if used for a prolonged period and may not be suitable for people with existing eye conditions. Mast cell stabilising eye drops e.g. Rexcrom™ or Lomide™ eyedrops can be used safely long term for the hay fever season but can take up to several weeks to reach full effect so need to be started 2 to 3 weeks before the hay fever season starts and used every day for the duration of the season. Antihistamine eyedrops e.g. Livostin™ tend to work quickly and can be used only when you have symptoms or regularly for up to 8 weeks if your eyes are continually affected during the hay fever season. Most eye drops are not compatible with contact lenses and potential side effects can include temporary eye irritation and blurred vision. You can reduce the amount of eye drops taken into the body by pressing on the tear ducts (squeeze the bridge of the nose just inside and below the eyes)

For some people, using tablets or nasal sprays will be enough to control their symptoms but some people may need to use tablets, nasal spray and eyedrops to obtain relief. Talk to your pharmacist about your symptoms, current medications and other health issues so they can help pick the best treatment for you.





## Social Afternoons

### Superannuitants' and Friends

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

#### SEPTEMBER 18th

Speakers from the City Council re elections  
Allens Men to entertain.

#### OCTOBER 16th

Community Energy action.  
Harmony singers to entertain.

#### NOVEMBER 20th

Our end of year breakup.  
David Petrie and the Showmen to entertain.  
Lots of raffles and lots of fun.

Our AGM was held in June and all of our standing committee was re-elected with the addition of two new committee members  
Julie Ede - telephone 027 245 8877  
Trevor Dyre - 965 2907.

Brian Christian welcomed these 2 new people onto our committee and hoped they enjoy what we do.

## 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.



## TUI'S OUTINGS

Goodness where is this year going? In April we visited the Westpac Rescue Helicopters who do an amazing job, then May we saw the Egg Industry at Charing Cross, which surprisingly was of great interest to all. June came quickly and we first enjoyed a fantastic meal at The Green Man Restaurant before our visit to the Peel Forest Estate. This proved very popular and no complaints. As it is cold in July and August months, and no-one likes getting out their beds early, we had our hot meal first. In July we were inside Drury's Organ Theatre being entertained and also look around at the cars etc. And then in August after our meal we were again inside at Ferrymead to see the old fire engines and have a commentary.

Everyone learns something on our trips so that's a bonus.

Till the next issue.

Cheers *Tui*

### INTERNATIONAL DAY OF THE OLDER PERSON

30TH SEPTEMBER 2019

PAPANUI HIGH SCHOOL LANGDONS ROAD

This expo starts at 9-00am and goes till 2-30pm. All the stalls are under cover and it is warm inside tea and coffee can be purchased and there are lots of interesting stalls to be seen at this expo. There is plenty of parking off road in the school grounds. Greypower will be there so come along and say hello.

**Care On Call**  
Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



south@careoncall.co.nz  
**03 384 8484**  
www.careoncall.co.nz



Myra and her daughter Brenda



## Experience the Ryman difference you and your family can trust

Ryman Healthcare has been named the Most Trusted Brand as voted by New Zealanders in the retirement and aged care sector for the fifth time. We are humbled to receive this accolade again for 2019.

*"She is in a lovely place, is healthy and enjoying life"*

When Ryman was founded more than 30 years ago, our co-founder Kevin Hickman set one simple standard: it's got to be good enough for Mum – or Dad.

Today, Ryman's belief in this standard hasn't changed. We put our residents first, ensuring they

are connected to caring and vibrant communities. Ultimately, that's what makes the Ryman difference.

When Myra started looking at retirement options, Brenda and her family knew it had to be the best. Myra is a very special Mum, so Brenda needed somewhere she could trust for her to move into.

Brenda says she has noticed a massive change in her Mum Myra since she has been living in Ryman's Evelyn Page village in Orewa. "She knows everyone, has become really social and tries new things like table tennis. She is in a lovely place, is healthy and enjoying life."

Ryman delight residents through experience, by providing *Delicious* meals made fresh on-site, by employing staff who really care, and by creating communities where friendships grow.

Our villages have a range of care options to suit residents' needs. From independent and assisted living, to resthome and, in most villages, hospital and specialist dementia care – all within one village community.

Winning the Most Trusted Brand for the fifth time is an achievement that everyone at Ryman is proud of. Chief Executive Gordon MacLeod says, "There's nothing more important than trust."

Where community shapes the heart of your retirement  
0800 779 626 | rymanhealthcare.co.nz



VOLUNTEERS

The unpaid backbone of New Zealand are the Volunteers. In June there is a special week where many organizations provide volunteers with a morning or afternoon tea in recognition of the good work they do, and for having given up their own valuable time to assist performing many types of work in the community.

There are 27000 plus charities operating in NZ. For example: The City Mission have an extremely busy food bank, a men's and women's night shelter, charity stores etc, the total number of hours given in 2018 from them was 30000 hours.

Then Aged Concern Cnty from 221 accredited visitors plus hostesses who supply morning and afternoon tea venues for the lonely, their mini bus tours for elderly, and steady as you go classes, have provided over 16500 hrs in 2018, not forgetting. Burwood Hospital Helping Hands :- who gave 10000 hours without all the other organizations.

The value of the hours contributed for 2018 by these stalwart citizens in NZ was \$10billion and 6% GDP This we can be proud of, and these wonderful volunteers are from the young to those in their 90's.

Let us all acknowledge and appreciate the valuable services provided by VOLUNTEERS.

Cheers Tui

● Red dot time

If you find a red dot on the front of your magazine it means you are not a paid up member. If this is the case you will be taken off the data base and will not receive any more magazines.



City HandyMan

Providing professional handyman services

✓ Bathroom shower replacements

✓ All building and property maintenance

✓ L.B.P. Licensed Builder

Christchurch

HANDYMAN

one call does it all from the front gate to the back fence

P: 03 387 0770 | 0272 455 226

www.handymanchristchurch.nz



An opportunity to hear a world expert talk about managing osteoarthritis

If you have been told you have arthritis usually it is osteoarthritis. You may have been told “just learn to live with it” or “come back when it is worse and we will look at surgery”. That is what we often hear from clients with osteoarthritis and we think they are not always getting the best management of their condition.

Osteoarthritis is the most common form of arthritis in New Zealand - and can cause pain and stiffness that can reduce your mobility and make it difficult to do everyday tasks. It most commonly affects weight bearing joints such as knees and hips and is associated with ageing.

We are learning more and more about osteoarthritis and how best to manage it. Arthritis New Zealand is arguing that New Zealand needs a national plan for managing osteoarthritis- a plan that does not just focus on joint replacement surgery but looks at a range of ways that can improve the lives of people with osteoarthritis such as learning about joint protection and pain management and the impact of exercise and reducing weight.

In September Arthritis New Zealand is hosting Professor David Hunter, a world expert in the management of arthritis, in a tour of New Zealand. Of relevance to the management of osteoarthritis in New Zealand will be his experience in New South Wales developing a project that achieved reduction in surgical waitlists for knee and hip joint replacement surgery.

This programme targeted patients on the surgical wait list - well before they needed to see an orthopaedic surgeon - and could be of real significance in improving the treatment of osteoarthritis in this country.

Professor Hunter will be speaking in Christchurch on Saturday September 14th at a meeting for people who have osteoarthritis. He will outline how the condition can be well managed and discuss how the programme in New South Wales was developed and implemented.

If you have osteoarthritis or are caring for someone with it this meeting will be informative and eye opening as to how much we can improve management of osteoarthritis in New Zealand.

Professor David Hunter - meeting in Christchurch Saturday 14th September 10am-12noon at Russley Golf Course 428 Memorial Ave Christchurch.

To register please call 0800 34 63.

No charge to attend but donations are welcome.

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 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”***



SENIOR MOVE MANAGERS LTD

Making your next move your best move

0800 667 558

www.seniormovemanagers.co.nz







# POLITICAL FORUM

## Nicky Wagner National Party List MP views



### The Government's Review of Vocational Education has finally come out, and Canterbury will suffer as a result.

The decision to strip Ara, formerly CPIT, of its assets and place it under the thumb of a national, centralised polytechnic is devastating for our region. Ara is continually a star performer among our training institutes, and its performance during the earthquakes was both commendable and vital to our central city rebuild.

But the Government has announced that all polytechnics and Industry Training Organisations (ITOs) will be dissolved. The Industry Training Organisations connect apprentices with employers, and help to manage and fill skills gaps. It is a relationship that works between the two groups who directly benefit from apprenticeships. This approach is being dissolved in place of a bureaucracy in Wellington.

That takes away employers ability to make sure our students and trainees are studying in courses that lead to jobs. And at a regional level, it reduces our local polytechs from being able to create courses and curriculum that suits the needs of their community. All of this is being outsourced to bureaucrats in Wellington.

And the worst thing about this is that less people are predicted to receive training – in fact predictions are that there will be over 20000 less apprentices, polytech enrolments and people in industry training. That is according to the Treasury predictions made. And while the number of New Zealanders in training

falls, the government is going for a cash grab as well. Ara has just under \$13 million in cash assets. Under this proposal, that cash will be handed over to bureaucrats in Wellington who will decide how it is spent, including appropriating some to cover the administration of this restructure. This is significant because out of the 16 polytechnics in New Zealand, Ara has saved up over 20% of the total cash assets held among ALL 16 polytechs.

The Government's 'we know best' attitude will mean the organising of apprentices will be taken from our local trainers and employers who know what skills they are looking to employ, and instead it will be given to a bureaucracy in Wellington. The employers I have spoken with have told me that this will mean they will take on less apprentices. This is a big step backwards especially when our construction sector is crying out for apprentices.

Our institutions and businesses are best placed to assess and deliver for the needs of Canterbury, but Education Minister Chris Hipkins is blatantly ignoring them.

The Government's reforms will dissolve Ara into a hollow 'legacy' campus, clipping the wings of such a successful, adaptive and local provider in favour of the whims of Wellington's bureaucrats. All in the name of creating a mediocre model to flatter the Minister's ambitions.

National supports regional education and regional autonomy. We will return polytechnic assets and decision-making back to communities and the region. And we will return apprentices to industry.

This upheaval is the latest ideological policy shifted from a government beholden to a vocal minority of union members, and it will come at a cost to Canterbury and other regions in the years to come.

## Megan Woods Minister of Energy and Resources



As the weather turns cold, we know that more and more New Zealanders are struggling to heat their homes.

A major priority for our Government is getting New Zealanders into warm, dry homes. As part of this, in our first budget in office we announced the Warmer Kiwi Homes programme. This provides subsidised insulation to low income homeowners to help make old homes warm, safe and dry.

A lack of insulation is a key driver of illnesses like rheumatic fever, which end up costing our health system millions, and impacting the lives of people forced to live in cold damp homes. Uninsulated homes also cost more to heat, so families have to spend more of their money just keeping warm.

As a local MP, I know first-hand how hard it can be for some people to keep their homes warm on a cold Canterbury winters night. So many of the people I see coming through my office are those for whom the family budget has been stretched to breaking point by the cost of keeping warm.

Through Warmer Kiwi Homes we are turning that around.

And recently, I was able to announce that we have expanded the programme to also include funding for efficient heat sources. The programme will cover two-thirds of the cost of efficient wood burners and heat pumps, up to a maximum grant of \$2,500.

To be eligible for insulation and heater grants, homeowners must have a Community Services Card or

live in a lower-income area. I met recently with Ali'itasi Stewart, a woman in Philipstown who has benefitted from the scheme. She told me it has been an immense help. It helps bring down her power bill and it helps her keep her kids warm at night.

Eligible homeowners will now not only be able to keep their homes warmer and themselves healthier, they will also be able to enjoy lower power bills through more efficient heating. It's the kind of win-win outcomes that sit at the heart of this Government's wellbeing approach.

By investing smartly, we can deliver big improvements in New Zealander's lives, save money in our health system and help Kiwis be financially better off as well.

This new programme sits along our plans to help New Zealander's manage the cost of their power. We've already introduced the Winter Energy Payment, which gives over 1 million Kiwis extra support to pay their bills. This is especially helpful for older people on a fixed income as it is paid in the same payment as their superannuation.

We've also launched the Electricity Price Review, a panel of experts looking closely into the structures of our electricity market to make sure it's fit for the future and that Kiwis are getting a fair deal.

Alongside this, we're also getting the settings right to encourage more renewable electricity. Renewable sources like hydro, wind and solar are much cheaper than fossil fuels, they create more jobs and they don't contribute to climate change. In the coming year, we've seen over half a billion dollars of new investment in renewable generation committed.

Taken together, our plans are boosting incomes, helping people keep warm and healthy, and helping them meet the costs of power this winter.

### Your country in the city

MALTWORKS VILLAS  
HEATHCOTE 60 PORT HILLS ROAD  
PRICED FROM \$480,000

- Freehold unit title, so you retain 100% ownership.
- Lifestyle village, NOT a retirement home.
- No fees on exit, you recognize the full capital gain.
- 2 and 3 bedroom villas, double garage options.
- 11 different plans to choose from.
- Sizes vary from 102m2 - 200m2.
- Pick your own internal colours prior to construction!
- Body Corporate weekly fees kept to a minimum.
- Onsite caretaker mows your lawns (sell your lawnmower!), maintains roadside gardens and house exterior, house insurance and windows cleaned quarterly.
- Clubhouse facility for social gatherings.

## MALTWORKS VILLAS

LIFESTYLE VILLAGE • HEATHCOTE VALLEY • CHRISTCHURCH

PLCGROUP

Michelle Tail  
M 027 668 6268 P 03 352 4900  
E michelle@plcgroup.co.nz  
W plcgroup.co.nz



## Antlers Galore

Our June Bus trip was to the beautiful area of Peel Forest and who could ask for more with the sun shining bright and warm.

After a very pleasant meal at the village restaurant / bar we boarded our coach with the expectation that as we climbed the hill we were heading into rugged country but no sooner on high and negotiating some tight bends, we found ourselves descending into a wide open valley of excellent farmland either side of the Rangitata river. And to add to the surprise we were on tar sealed roads for the whole of our journey. First point of call was St Stephens Church which is and always had been central to the people engaged in farming although I understand there had been a considerable timber industry in the early days. Be that as it may the immediate area, under the guide of the Acland family, played a prominent part in establishing the church and latterly its repair following earthquake damage. The interior, resplendent in wood and stained glass windows is a sight to behold. Outside, the considerable number of Grave Stones reflect the generations of owners and staff involved over the years.

Geographically one can consider the land ideal farming country and with Mesopotamia Station occupying one side of the headwaters and Erewhon Station on the other side it simply had to be choice locality for filming the "Lord of the Rings".

However, getting back to our trip, just down road from the Church there is a farm of 7000 acres currently devoted to Deer Farming. The land as a whole has

not always been in sole ownership but has been acquired over a period of time as the various owners have decided to sell for a multitude of reasons – size of holding no longer being economic or disinterest by descendants being but two of the many reasons. And it was this enterprise we next visited.

Peel Forest Deer Stud, an enterprise of some 25 year standing, just has to be one of the largest and perhaps the most important within New Zealand. There are seven houses on the estate, some occupied by the 9 staff, one of whom is a full time gardener, so you can well imagine the whole place looks a picture of efficiency. Trees of Matai, Tuatara and Kahikatea still abound and they have a Eucalyptus near the original house said to be the tallest in New Zealand.

Coincidentally, whilst we had been having lunch they had been taking semen from a number of stags for on farm use and for sale. Artificial insemination plays a great part in their operations and their sales command top dollar throughout New Zealand and the world, Europe especially. Thus, and through a heavy investment in research, it has become an important source of world-class red deer genetics. French and German restaurants simply crave choice cuts of venison, and so this aspect is a great export commodity in itself. The Venison, velvet and trophy market are uppermost goals.

Breeding stock especially for appearance aspects, both as to conformation as an animal and for growing a handsome antler for trophy hunters is but another important aspect especially so for American visitors to New Zealand. Again this type of animal has a high

value on the export market. A 3000 acre hill block is devoted to this aspect not only for breeding but also to test their venison genetics in the same, if not worse, country that deer farming is moving into. Sales are periodically held on site for the deer industry as a whole but inevitably it is the export market that has the real dollar value with animals fetching quite often as much as \$12000. Such sales reflect the esteem given to New Zealand and this entity in particular.

Of the 8000 animals on the property we saw some in various age groups but obviously we were not allowed close contact. Of the facilities near at hand we were introduced to the sales accommodation and especially the buildings where stags lose their antlers. Trophy antlers set aside drying off and pending sale were a considerable surprise to us as to size and weight and these were not considered to be as large as those to be gained from a fully mature animal. Our pockets were not quite deep enough!!

A fantastic day out, and to return to Christchurch just as the sun went down beyond the Alps was but the icing on the cake so to speak.

*Colin Taylor*



**THE WOF SHOP**  
thewofshop.co.nz

*Your one stop Automotive service shop*

**WOF-SERVICE-ALIGNMENTS-TYRES**

3 SANDYFORD STREET SYDENHAM

**BOOK ONLINE OR CALL 03 3743559**

**www.thewofshop.co.nz**

A german shepherd , a doberman , and a cat died.  
In heaven all three faced god who wanted to know what they believed in.  
The german shepherd said  
"I believe discipline,training,and loyalty to my master."  
"Good" said god. "Sit at my right side."  
"Doberman what do you believe in?" Asked god.  
The doberman answered, "i believe in the love,care, and protection of my master."  
"Aha" said god. " You may go to my left"  
Then god looked at the cat and asked,"what do you believe in?"  
The cat replied, "i believe you are sitting in my seat."



**ARTHUR'S**  
Roof & Property Services

EST. 1979

- Moss Kill & Proof
- Silicone/Water Proof
- Roof Repairs (incl Butynol)
- Spouting Repair/Clean
- Spider/Fly Control

- Bird Proofing
- Colour Coating



**Call 7 days 03-347-2635**  
*Senior Citizen's Discounts Available*

**enquiries@arthursroofandproperty.co.nz**  
**www.arthursroofandproperty.co.nz**

**GET 20% OFF YOUR  
HEAT PUMP SERVICE  
WITH ATL HEAT PUMPS**

During spring have your heat pump serviced within the greater Christchurch area and receive **20% off**, usually \$129.  
**Exclusive to Grey Power members.**  
For any questions about your heat pump, or a **FREE** heat pump consultation, give us a call.

**0800 555 770**

ELECTRICAL - AUTOMATION - HEAT PUMPS - SECURITY



*Imagine it  
... experience it!*

**TRAVEL 2U**

If you're thinking about travelling, join us for one of our no-obligation **FREE Presentation Evenings** where we can introduce you to our 2020 small group experiences

**TUESDAY 17 SEPT, 2019** - England, Scotland, Ireland **plus** Scandinavia, Baltics, Russia & Germany

**THURSDAY 19 SEPT, 2019** - Spain, Portugal & Morocco **plus** Wild Africa

**MONDAY 23 SEPT, 2019** - Southern Belle & Caribbean **plus** Canada & Alaska

**THURSDAY 26 SEPT, 2019** - Greece, Turkey & The Med **plus** Southern India & Sri Lanka

**FRIDAY 27 SEPT, 2019** - Christmas Markets

All Presentations commence at 6pm & will run one after the other as shown, drinks & nibbles supplied.

**EARBIRD OFFER  
SAVE \$300 PP**  
When you book and pay deposit before 30 September 2019

**RING NOW TO  
BOOK YOUR SPACE**

**PH: 03 338 1222**  
**FREEPHONE: 0800 12 12 22**  
**www.travel2u.co.nz**

SINGAPORE AIRLINES



# Save big on fuel with NPD and SuperGold

Present your SuperGold Card at your locally owned NPD service station to receive up to 17 cents per litre discount on fuel purchases.

\*See in store for terms and conditions. Only available at participating NPD sites.



0800 544 6162 • www.npd.co.nz



## The Christchurch Branch of the Heart Foundation have been holding a series of free seminars about heart related matters this year at the Salvation Army building on Colombo street.

These have been very well received with the Atrial Fibrillation sessions being the most popular. Atrial Fibrillation (AF), also called Afib, is a condition which causes an irregular and often rapid heart rate and can potentially lead to stroke and heart failure.

It is one of a group of heart rhythm conditions called arrhythmias, which are caused by changes to the heart's electrical impulses. Murray Hart, nurse specialist from Christchurch hospital presented a very interesting seminar on the condition which was attended by more than 120 people. We hope to hold another AF seminar in November, please e-mail [emmag@heartfoundation.org.nz](mailto:emmag@heartfoundation.org.nz) for more information.

The next seminar being held is about Women and Heart Disease. Heart disease is the leading cause of death in Kiwi women but many people are unaware of this statistic because they believe it to be a 'man's disease'. Latest Ministry of Health figures show that more than 2850 New Zealand women die each year as a result of heart disease and there are currently more than 65,000 living with it.

Women and men share largely the same risk factors for

heart disease. Smoking, being overweight or obese, high blood pressure and diabetes, as well as a family history of heart problems all contribute to an increased risk of heart attack.

However in many cases women are more vulnerable to these risk factors than men. This is because:

- Nicotine is metabolised faster, so smoking creates a bigger risk for women
- Women with diabetes are at a greater risk of heart disease than men with diabetes
- A family history of heart disease can be a stronger predictor in women

Despite sharing similar risk factors, heart disease tends to occur at a later age for women. This is because the risk for women increases significantly once they reach menopause.

Cardiologist Dr Aniket Puri will talk about acute heart attacks in women, how symptoms of heart disease can present differently in women and the latest treatments available.

Details of this free seminar are below:

Topic: Women and Heart Disease

When: Thursday 5 September 2019, 6.30pm – 8.00pm

Where: new Salvation Army Building, 853 Colombo Street (cnr Salisbury St)

Register: contact Helen 03 3662112 or e-mail [helenc@heartfoundation.org.nz](mailto:helenc@heartfoundation.org.nz)

We would love to see you there!

**Death is an uncomfortable certainty in life, unfortunately we don't know when it's going to happen. Having an up to date Will can save your family and loved ones a lot of trouble and stress at an already difficult time.**



When you die without a Will (also called dying "intestate") you do not get to choose who inherits your property, or who is responsible for administering your estate. Instead, the law will dictate who gets what, depending on your family circumstances. These rules are set out in the Administration Act 1969, which says:

- If you have a spouse or partner, and no children or other descendants, your spouse or partner will receive your entire estate.
- If you have a spouse or partner, and children, your spouse or partner will receive all of your personal chattels (which includes vehicles, jewellery, furniture, household items, clothing, and pets), the first \$155,000 of your money (which may be from the sale of property that you owned), and one-third of anything else that is left. Your children will receive the remaining two-thirds of anything that is left. If any of your children have died, their children (your grandchildren) will receive their parent's share.
- If you have children or other descendants, and no spouse or partner, your children will receive your estate equally (e.g. if you have two children, they will receive half each). If any of your children have died, their children will receive their parent's share.

There are also rules for when none of the above situations apply, such as if you have no children and no spouse or partner. Chances are these rules will not match your wishes, or provide for the people (or charities) that you want to leave something to when you die.

Without a will your family will face a long and stressful process including High court applications, searching for your information, expensive meetings with lawyers, conflict within the family and many other complex, stressful and unnecessary issues. By simply being prepared and having a will you can help your family avoid all of this during an already difficult time.

We strongly recommend that everyone over the age of 18 has a Will. Not only does this give you freedom to decide who gets your things after you die, you can set out your wishes around your funeral, who raises your children, and who looks after your pets. The administration of your estate is also a lot easier, more cost effective, and less stressful for your family.

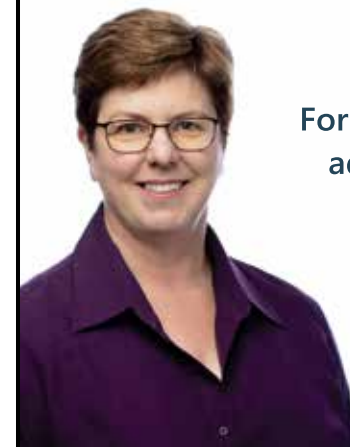
It is important that your Will is done correctly, as otherwise it may not be valid. Fees for preparing Wills start at \$350.00 plus GST for a simple Will, while fees for more complex wills can be discussed. When preparing a Will other options can be looked at that might suit your circumstances, such as protecting property for children or people with special needs, or structuring your assets to help avoid claims from difficult family members and creditors.

If you do not have a Will, or would like to update your current Will, please get in touch with us. You can call us on (03) 366 7469, or email [shona@godfreys-law.co.nz](mailto:shona@godfreys-law.co.nz)

*editorial supplied by Godfreys Law*

## Godfreys | Law

**REAL FAMILIES. REAL SOLUTIONS.**



**For expert planning and advice in your twilight years.**

**Shona Senior  
Elder Law Specialist  
(03) 366 7469**

**Nothing is particularly hard if you divide it into small jobs.**

## Mature Moves is about helping people

If you are considering moving into a smaller home, perhaps a retirement village or residential care and you feel you could use some help Mature Moves could be your answer. They are a Christchurch based company with local people helping older people to downsize and move, when the need arises. They understand that sometimes your family are not positioned to help as they might like to or have time restraints. True to their motto 'to treat you like they treat their own families', the team at Mature Moves can pack up, declutter and move all of your belongings and furniture to your new home.

**Then they unpack and set up your new home to the very last detail, setting up the home just the way you like it.**

Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

Along with this wonderful service, they can also organise selling things you no longer require, or gifting them if you desire to family or charities. They can also clean homes inside and out, and complete the gardening to get houses ready for sale. Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration.

You can call Mature Moves on 0800 777 214 to talk about your move. We are sure Sharon and Gary can help you to lighten the load and make your move a smooth transition.

## Grey Power Electricity



**When you turn your TV off and the screen fades to black, that's the exact moment your TV stops using electricity.... right?**

Check out our latest blog post to find out more!  
<https://www.greypowerelectricity.co.nz/our-blog/does-turning-everything-off-actually-save-power/>

### Grey Power Electricity blog

The blog offers insightful articles with power saving tips, how to understand your bill and much more.

### Where to find the Grey Power Electricity blog?

Simply visit [greypowerelectricity.co.nz/our-blog](https://www.greypowerelectricity.co.nz/our-blog)

This is a great way to find tips and tricks to keep your power bill down, what to do if there is a power outage and provides interesting articles generally focused on electricity.

## SECURITY

- Door Locks
- Home Safes
- Alarm Sales & Servicing
- Digital Locks
- Window Locks
- Car Locks
- Security Cameras
- Free Quotes

**ROSS GALT**  
**LOCK & ALARM LTD**

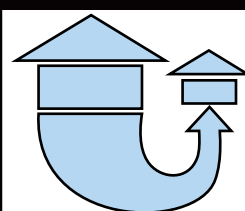
Phone (03) 365 0298

## Recipe

### Nana's fruit cake no eggs

3 cups mixed fruit  
1cup of either water, cold tea, or fruit juice  
Leave to soak for about 2 hours then put into a pot with:  
1 teaspoon soda  
1 teaspoon spice  
1/4 pound butter  
1 cup sugar  
Boil together for 3 minutes then cool but not cold  
Add 2 cups flour  
1 teaspoon baking powder  
Bake 1 and a half hours at 350 this can be iced and keeps well - sometimes I add almond or brandy essence as well.

## Are you thinking of moving? Could you use some help?



**MATURE MOVES**  
With Care

**OBLIGATION FREE CONSULTATIONS**

*We can help you ....*

- Downsize
- Declutter
- Pack Up
- Relocate
- Unpack
- Storage
- Setting up your new home
- Preparing your house for sale
- Cleaning: inside & out
- Rubbish removal/gardening
- Selling & gifting items
- Estate Clearance



**Phone Gary or Sharon**  
**0800 777 214**  
**Mobile 021 570 702**

**Email: [info@maturemoves.co.nz](mailto:info@maturemoves.co.nz)**  
**[www.maturemoves.co.nz](http://www.maturemoves.co.nz)**

## MEMBERSHIP APPLICATION / RENEWAL FORM

Name:..... Membership Number:.....

Address: .....

.....

Post Code: ..... Phone Number: .....

Email:.....

**I/We enclose my/our subscription for the year 1/4/2019 to 31/3/2020**

Single (\$20) ☐ Double (\$25) ☐ Renewal ☐ New ☐ Donation ☐

**Payable by Cash ☐ or cheque ☐ to Grey Power Christchurch**

**or pay by Internet Banking ☐ to Westpac A/C 03-0854-0652512-00**

*Use Name and Membership Number or post completed Membership Form to the Membership Secretary*

I am prepared to:

- Help with phoning members reminding them of meetings ☐

**Send subscription to: Membership Secretary, PO Box 31010, Ilam, Christchurch 8444**



# Plan ahead today, for peace of mind tomorrow

Planning your funeral in advance can make a difficult time easier for your family

**Thinking about your own funeral plans may seem odd to some, but by planning ahead, you can help ensure that your family will not experience extra distress at an already difficult time, knowing your wishes are being fulfilled.**

Keeping a record of what you'd like when it comes to your service and burial or cremation, can take a lot of pressure off family members at a time when they're likely to be very stressed.

Grief can affect our ability to make considered decisions and it can be overwhelming to think of all the things that need to be done. Even though talking about death can be difficult, planning ahead is such a helpful thing to do.

"Planning ahead not only makes things much easier for the family but can also offer peace of mind," says Tony Garing, the manager of John Rhind Funeral Directors. Tony says his team of funeral directors are happy to meet with people to talk them through what they'd like, so there is no uncertainty after they've passed away.

It's a particularly good idea if you'd like some personal touches as part of your funeral, or if there are certain things you definitely don't want.

John Rhind Funeral Directors can supply you with a free preplanning pack which enables you to record your information as required by the Registrar-General of Births, Deaths and Marriages, as well as including details of who needs to be notified of your passing and also your preferences for your funeral.

***"People do find it is a useful thing to do. Straight away you can see that it's like a weight has been lifted off their shoulders. Similar to writing a will, there is satisfaction in knowing that everything is taken care of."***

This recorded information is also greatly appreciated by families. "We have a lot of people saying it gives them peace of mind and a sense of direction in the planning of a funeral because the person who has died was able to have their input into the music or the readings or the casket.

It is gratifying to see that their wishes are then carried out," Tony says.

The other thing you can talk to a funeral director about in advance is the cost. This can help to avoid a financial burden on your family, who may otherwise have to pay for the funeral themselves. The FDANZ Funeral Trust allows people to pay for part, or all of their funeral. The money is paid into the trust and released to the funeral director at the relevant time.

While a major life change like going into a rest home or being diagnosed with a serious illness may prompt you to begin planning your funeral, it's never too soon to start thinking about what you may want.



**Families now have the option to transport their loved one to their final resting place in one of our new prestigious Jaguar hearses. They are exclusive to John Rhind and available now at no extra cost.**

# JOHN RHIND

## Funeral Directors

CONTINUING A FAMILY TRADITION

- EST.1881 -

Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with a free funeral pack which contains material about John Rhind Funeral Directors and important information with regards to planning a funeral. We are also happy to come out to you and discuss your needs, and can provide a free, no obligation estimate if you wish.

Alternatively, please visit [johnrhind.co.nz/preplanning-your-funeral](http://johnrhind.co.nz/preplanning-your-funeral) to find out more or to simply record your choices online for free.

**Ph: 379 9920 | [www.johnrhind.co.nz](http://www.johnrhind.co.nz)**

**Christchurch 15-19 London Street | Kaiapoi 118 Williams Street**