

CHRISTCHURCH

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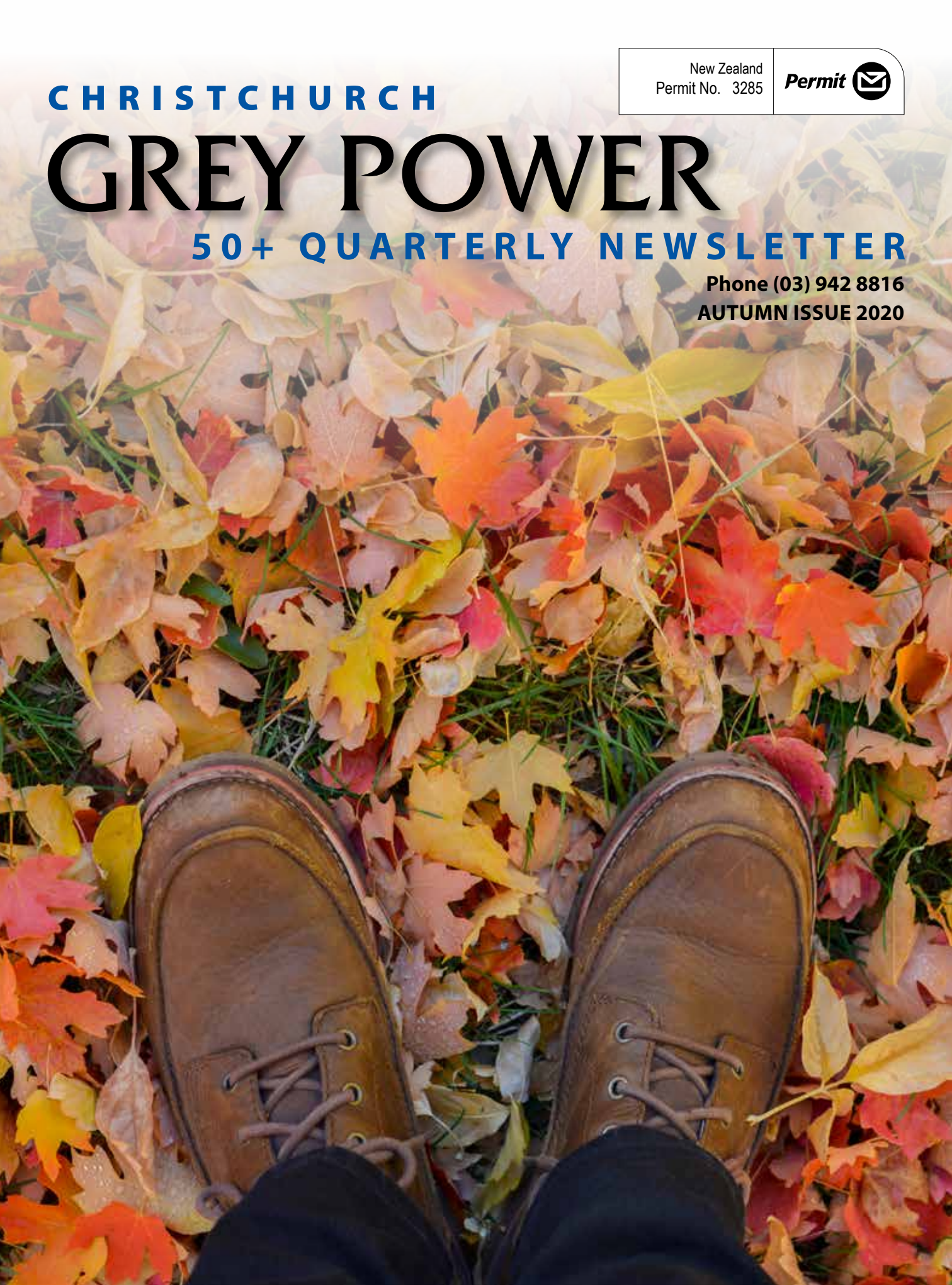


GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

AUTUMN ISSUE 2020



GREY POWER CHRISTCHURCH

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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.

Foot Care Service

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Presidents Word

Hi it's that time again, seems like it was just last week when I was sitting here writing a report for the newsletter but the secretary tells me to get on with it and stop mucking about so here goes.



The year started with a social on the 19th February at the Cashmere club where all our meetings are held. Heat could be a problem for a couple of meetings but we will overcome that.

Talking heat, where I come from a small place in the middle of the Irish sea where the wind seems to want to blow all the time. Anything over 25dg and I am rubbish. However, if you want to complain about the heat I am all ears believe me I have heard it all.

But that is enough about me ahead is all planned and seems to be pretty well thought out by Maureen and Ann. All we have to do is put it all together as they see it.

Vice President Neville has proven to be a gem and has taken on a huge amount of work in speaking at different functions on my behalf, for which I am most grateful.

Thank you to all who have contributed in sending articles for our newsletter, your help really is most appreciated and thanks must of course go to our committee for their untiring work.

Thank you all.

Brian Christian (President)

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.

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.

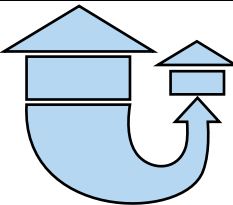
Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

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.

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



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- Selling & gifting items
- Estate Clearance

Phone Gary or Sharon
0800 777 214
Mobile 021 570 702

Email: info@maturemoves.co.nz
www.maturemoves.co.nz

Well we are back into another year and it is election year as well. We get a lot of calls from people who are in their own homes and finding it hard to get odd jobs done. In this magazine you will find people who you can approach to get some sort of help other than that Age Concern have a list of handy men to help out.

It has started off this year with two of the committee going to Ashburton for our Zone meeting. This is where five Grey Power zones get together to see what we can do as a collective to help the older age group. There have been some good ideas come from these meetings which the Zone President can forward onto the National body in Auckland.

We had a first afternoon meeting this week and while not as many people as we thought were there It was nice to have a speaker to tell us how to keep ourselves safe and some simple exercise suggestions The entertainment was by Grant Windsor with a lot of old songs. We would love to see more people there at these afternoon meetings as they are quite enjoyable.

Maureen Price

JOHN RHIND

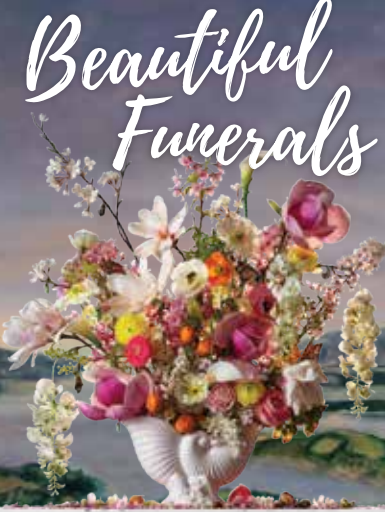
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Happy New Year to you all, welcome to 2020, hope it is Healthy for you. We have had a couple of requests to setup a Buddy system. They come from elderly people especially around the Christmas time, when people and family are away.

I believe Age Concern has a service to phone daily, these people just want a phone call once a week, hence a Buddy. It would be appreciated to receive your comments via email, and any suggestions you have.

Ann Ferrari

SUBS ARE DUE

ON THE 1ST APRIL.

Please pay your subs the notification is in the magazine for payment and please take note we can not accept Kiwi Bank cheques any more. If you have Grey Power Electricity I advise you to pay promptly or else you may hear from them that your subs have not been renewed. Thank you for your continued support in this matter.

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rymanhealthcare.co.nz



PORTSTONE Garden Centre & Café

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www.portstone.co.nz



Time really has flown by and here we are in February again, and February is generally the hottest and driest month

of them all. So it is important to keep the watering up. Water wisely though a good soak, twice a week is better than a bit every day. We want those roots to stay as deep as possible and not start to journey to the surface where they can drive up or burn. Keep liquid feeding and scatter sheep pellets around. Mulch with whatever you have got. And of course harvest!

I must admit this is my favourite month in the garden, there is just so much to pick and eat - tomatoes, courgettes, potatoes, onions, parsley, basil, beans and lettuces. I reckon it is the month to savour and enjoy all those delicious meals straight from your garden, it really is hard to beat, I'm no great cook but I must admit to feeling just a little smug hosting a dinner with most of the ingredients straight from you garden. It really makes all the work worth it in the end.

And then there are the glorious courgettes... and the abundance of them – but there are many ways to cook them I always find them at their best with garlic, tomatoes, olive oil, cheese and basil. Stick them under the grill or make a spaghetti sauce. You can also grate them and freeze in bags to be used to thicken up winter soups and stews. They are also great just chopped up in a fresh salad. And then the beans do the same, produce and produce - I have been trying them in olive oil in a wok with roughly chopped up garlic until they are a bit burnt then I put some Kikkoman Soy Sauce put the lid on and cook until just tender - I think that's how the French cook them and of course you can add other ingredients and well - like chopped courgettes and half small tomatoes. A very nice little side dish.

IN STORE

The first of the Spring Bulbs have arrived in store - Daffodils, Hyacinth, Ranunculus, Freesias and Gladioli. Don't miss out on your favourites.

Herbs - looking great and healthy. Many varieties.

Veges - A good selection of all your favourite veges. Remember February is the month to plant to your winter brassicas.

The little Market

Remember fresh bread every Friday and now also a variety of the every versatile Bap, great for your summer hamburgers. All natural with vege juice, three to choose from Carrot & Turmeric, Beetroot and Spinach

& Spirulina. All natural colours, they look fab (*and taste great*).

Whats coming in

- More bulbs
- Campanula Spring Bell - compact and with profusion of white or blue flowers.
- Dahlia Dalaya - A range of strong bold single colours and two tone stunners
- More Osteospermum Fortunette - great colours - compact

Check your whole garden frequently for signs of stress, pest and diseases as problems can take hold and spread very rapidly in this warm weather. Clean out all diseased and dead matter. For good strong, healthy vegetable plants apply a solution of a good quality seaweed or fish fertiliser. We use Biopower seaweed flakes throughout the whole nursery. This keeps our plants healthy and green.

Mycorricin Plus is another really good product to spray on plants or drench the soil. It is an organic liquid which promotes beneficial microbes in the soil which improves the uptake of nutrients but also inhibits soil pathogeus that can cause diseases. Mycorrcin is particular good on strawberry plants, and in just 2-3 days you will see your plants standing stronger and looking perkier!

It is now time to prune your raspberries. Cut off at ground level the canes that have fruited this summer and then thin out new growth, especially spindly canes, in order to maintain good airflow through the plants. Poor airflow increases pest and disease problems. Once you have pruned, give them a good deep watering and a spray with seaweed. If you have a twice fruiting variety of raspberry then you should get another good crop of fruit in the autumn.

If you have a problem with white fly (*particularly in the greenhouse*) hang sticky yellow traps, Portstone sells these (*near the affected plants*). White fly can't resist the colour yellow, and once they land they cannot get off.

Frequently asked question about Citrus;

Q: Why is my citrus dry and thick skinned?

A: In cold regions frosts can damage cells in the fruits, resulting in dry thickened skinned fruits. Or it is a case of nutrient imbalance. Citrus require relatively large amounts of nutrients compared to many other fruit trees, nitrogen to encourage leaf and shoot growth and phosphorus for roots, flowers and fruit. Too much nitrogen compared to phosphorus can result in fewer fruits and dry fruit with thick skins. Water is also essential for the production of juicy citrus fruit so

water regularly and mulching with pea straw is also recommended.

If you haven't visited Portstone you will be surprised just what is on offer, we have a large outdoor area featuring shrubs, climbers, natives with good pathways for easy access. Our under cover area has bedding, vegetable punnets, herbs, perennials and more, this leads onto the citrus, berries and other fruiting plants. In the middle our stunning roses are looking fabulous. Our roses are sourced from Matthews Roses so they are high health roses.

Our gift shop and indoor plant area is bursting with an array of interesting pieces for all ages and style.

When you are ready for a sit down Portstone Garden Café offers a quiet environment inside or seating outside looking over the outdoor shrub area. There is great coffee as well as menu and cabinet food, prepared and cooked on site. We have a good gluten free choice.

And another great offering of Portstone Garden Centre is 10% discount for Gold Card Holders.

Our team are experienced and helpful, and look forward to seeing you at Portstone soon. Happy Gardening.

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Social Afternoons Superannuitants' and Friends

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

MAY 20th 2020

Julie Holmes talking on Independent living. Ukulele group to follow.

JUNE 17th 2020

AGM followed by Allens Men.

JULY 15th 2020

David Petrie followed by Gaelic Dancers.

Cheques

As some of you know Kiwi Bank are doing away with cheques from the 23rd February 2020 so we will not be able to process them after this date.

Alternative payments are by internet banking or direct debit we will accept any other cheques just not Kiwi Bank. Also in this is NZ Post are no longer accepting payment by any cheque from the 28th February so if you have a nz post box number you will not be able to pay this account by cheque anymore.

It seems that they are changing everything to make it easier for themselves but are not considering the older generation at all. If you find things getting a bit messy for you you are welcome to contact Maureen on 942 8816 or Ann on 383 6589 we are there to help



POLITICAL FORUM

Nicky Wagner National Party List MP views



I hope you have all had a relaxing and enjoyable summer holidays, celebrating Christmas and making the most of this wonderful weather. I am amazed it is already February!

This month started on a sombre note with the passing of former Prime Minister Mike Moore. He was hard working and beloved representative of northern Christchurch for many years, and his leadership on trade has been one of the largest contributions any MP has made to the development of our economy and increasing our prosperity. I know many of us in Christchurch were saddened to hear of his passing. February also marks the return of Parliament on February 11th, and with an election date set for Saturday 19th September – remember to mark it in your calendar now! – the election year is well underway.

In January the Labour government announced it was going to be spending \$12 billion on infrastructure in New Zealand. But as seems to be the norm these days, Christchurch and the South Island was fleeced and forgotten by the government.

How much of this \$12billion came South of Cook Strait? Just 2%!

This government has yet again forgotten there are over a million people living outside of the North Island, remembering us only when they want to increase the petrol tax.

And what is Christchurch getting for the higher petrol taxes? A few more traffic lights on Brougham Street and a bus lane to Halswell.

Congestion in Southwest Christchurch certainly isn't going to be fixed by a dedicated bus lane to Haswell – which will come at the expense of more space for vehicles on existing roads.

And while traffic lights on Brougham Street are a welcome improvement, they are merely putting a glazed cherry on top of a growing congestion problem.

This Labour government is neglecting Christchurch as our country's second largest city by not addressing our transport needs.

With just under eight months until Election Day – remember, mark September 19 in your calendar today! – it will be an interesting election with a real choice for voters about what type of government we want in New Zealand.

It will also be an interesting election for me too – the first in a long time when I am not running. After 15 years in Parliament, and having campaigned in every election since 2002, I have decided to step back from politics and spend more time with family, friends and our two young granddaughters. I have new things to do, places to go and adventures to have. But I have greatly appreciated the support I received over these past 15 years and Christchurch will always continue to be my home.

While I am retiring at the end of this term, I will continue to campaign with our new candidate in Christchurch Central to help regain the seat for National. Christchurch, like the rest of New Zealand, cannot afford this government – and under Simon Bridges strong leadership, National is the Party to get our country back on track in 2020.

I hope that you are able to enjoy these final weeks of Summer, and as always, if there is anything I can do to assist you, please do not hesitate to contact my St Albans office on 03 365 8297.

Best wishes, Nicky

Dr Duncan Webb

MP for Christchurch Central



Focus on the future

Waitangi is always a special experience and this year was particularly impressive.

Serving breakfast alongside the Prime Minister as dawn broke over the treaty grounds I was reminded that New Zealand might be the only country in the world where politicians are so accessible. It also reminded me what a privilege it is to be part of a Government that is committed to a long-term approach.

A lot of our work isn't focused on what is best for us today, but what is best for New Zealand in 10, 20 and even 30 years' time, because it's not just about us, but about our kids and grandkids. As chair of the Environment Committee this is some of the most important work I've undertaken.

We have received a lot of emails from constituents concerned about change to Concert on Radio New Zealand. It's encouraging that so many support our public broadcaster. Radio New Zealand is funded by the Government but has editorial independence which rightly protects its content from political interference.

However I am aware that the Minister is seeking an outcome where both a station of contemporary content aimed at under 35s can exist alongside a high quality FM Concert station which promotes New Zealand classical, orchestral and jazz music. At the moment this particular symphony remains unfinished - *watch this space*.

Nga mihi, Duncan Webb

Megan Woods Minister of Energy and Resources



Helping Kiwis with the rising cost of living is one of the long term challenges our Government is tackling. It's why our Families Package gave hundreds of thousands of families an extra 75 dollars a week and we've given over a million New Zealanders up to \$750 a year to heat their homes through our Winter Energy Payment.

And it's why we are reforming the electricity and fuel markets to level the playing field for consumers, so Kiwis get a fairer deal on the monthly power bill, and at the pump.

We've made it clear to the energy markets that we want to see change, and are planning regulatory moves to make it happen. That's been enough to see some wins for consumers coming through already.

The Electricity Authority is cracking down on win-backs by electricity retailers, who try to lure customers who have switched to another retailer back by offering a sweeter deal.

These win-back deals will be banned for 180 days after a switch because customers should be offered better deals, without having to leave their providers first. The Authority is also moving on another recommendation from the Electricity Pricing Review (EPR), to make it easier for customers to check if they are on the best power deal.

The Authority is working with Consumer New Zealand on a plan to create a simplified, single website for electricity consumers.

This will eventually involve merging What's My Number and Powerswitch to make it quicker and easier for consumers to check if they are on the best power deal for them, and switch providers if they want to.

In the meantime the Electricity Authority is picking up another recommendation from the Electricity Pricing Review; to require electricity retailers and distributors to provide clear and prominent information about Utilities Disputes and Powerswitch.

These moves are putting more power in the hands of the people who pay for it. You.

Getting fairer petrol prices for consumers is also on the agenda with the retail fuel sector set for a shake-up, following a Commerce Commission's study.

The Government has accepted the majority of the Commission's recommendations and is moving to pass a new law that will make pricing more competitive and transparent.

A more competitive wholesale market means that lower cost brands, like Waitomo and NPD, would be able to access cheaper fuel and pass these benefits onto consumers. Other retailers would be forced to adjust their prices or risk losing customers.

We're going to make petrol retailers display their premium grade fuel costs on display boards, to better enable consumers to compare available prices. We've written to fuel retailers to encourage them to get on with putting the premium prices on price boards at their sites now, before they're regulated to do it.

We've got a lot of work underway in the electricity and retail fuel sectors to ensure what you pay for electricity, and to full up your vehicle is fair, and so you know if you're getting a good deal or not.

This Government is committed to making sure consumers get a fair deal and these moves in the energy sector will ensure that happens.

After 28 February 2020, NZ Post will no longer be accepting cheques.

Times are changing and fewer and fewer people are using cheques. In part, that's because of alternative, easier and safer ways to pay. But it's also because many organisations, including some banks, are no longer accepting cheques or are working towards going cheque-free.

What does this mean for you? We know this change may be a little unsettling, but remember you will still be able to come in store and pay for your NZ Post products and services - you'll just need to do it a different way.

You can still pay by: EFTPOS | CASH | CREDIT CARD.

What's Changing? After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

What does this mean? After 28 February 2020 you will need to use a different way to pay when you come in store to pay at NZ Post.

What other payment options are available to me? There are plenty of easy ways to make payments when you come in store. We recommend EFTPOS, cash or credit card.*

Why is EFTPOS the best option? Paying by EFTPOS is more secure and convenient than paying by cheque, plus it usually costs you less in terms of bank fees. That's why most people choose EFTPOS these days.

What if I don't have EFTPOS? You can always pay by cash, but most banks can issue an EFTPOS card very easily. Some can do it the same day over the counter at any branch. You'll just need to choose a Personal Identification Number (PIN) so that all of your transactions are secure. You can give your bank a quick call to find out more.

What happens if I bring a cheque in after 28 February 2020? Unfortunately, if you present a cheque after 28 February 2020, we will not be able to accept it.

*Credit card acceptance varies across products services and stores.

Funeral Pre-Planning

Not many people want to think about their own funeral. Bring it up with your 'nearest and dearest' and an initial reaction may be that they do not want to think of you in the past tense or they may not want you to consider your own demise or, a general realisation that one day you won't be there and that will hurt, emotionally. Gone, not here, left us. All of these terms are final.

Writing down what you want at your funeral is having input on how your loved ones will say goodbye. Funerals are for the living, those left behind have for time immemorial gathered to say goodbye to the ones that are loved. Your wishes will be recorded with a funeral pre-plan.

A funeral does not have to be a cast of hundreds, it can be anything from a gathering of close family and friends to say goodbye in an informal setting, to acknowledge that you were loved and will always be loved to having a marching band leading the hearse through the cemetery 'New Orleans Style'. A Funeral can be as simple, or elaborate as you wish.

Just Funerals is offering you a free no obligation information pack that assists you in thinking about and recording what you want at your funeral. Whether it be large or small, simple or not, it is important to record your wishes so that you can be honored by the ones you leave behind.

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Please call for an appointment to visit with
us at 3/243 Blenheim Road, Riccarton.



What a way to end a year of great monthly outings - thanks Tui

Surprise surprise, contrary to our usual practice of not divulging the destination of our monthly coach trip I think everybody discovered that it would involve a boat trip also as a special end of year celebration, so there the speculation started. A trip round the harbour or maybe further afield at Akaroa where the dolphins play and a great place to eat on shore there. Speculation reigned till we were aboard our coach and heading for the motor way going north which automatically brought Kaiapoi into focus. But their river trips came to an end a couple or so years ago when the coastal trader, en route to Lyttleton for repair, got stuck on a sandbank and broke up. Such was our train of thought till we went over the Kaiapoi river bridge and there below was a new boat called the Kaiapoi River Queen.

Now Kaiapoi began developing in the 1850s on what was called the Kaiapoi Island between the north and south braches of the Waimakariri River. It became a busy port in 1860, some 4 to 5 Kilometres from the sea, which remained in intermittent use till 1967. Ideally suited to the flat bottomed coastal trader mentioned above, one of which was retained in Kaiapoi and in latter days used for sightseeing trips. The ‘River Queen’ had operated for more than a decade in Blenheim being virtually regarded as a fixture on the river Taylor. It was especially suited to the shallow river, highly manoeuvrable, being powered by 2 outboard motors. However, about a year ago it was purchased by Dennis and Judith Andreassend who had previously ran a resort on d’Urville Island in the Marlborough Sounds and who saw a viable need for such a vessel on the Kaiapoi river.

After a yearlong of refurbishment, new paint and fittings, this mock paddle boat is but part of the reinvigoration of Kaiapoi’s new marine precinct. It is still powered by two outboard motors which, during the trip, were hardly discernible and for the most part silent. And what better way to test the whole venture than by having a bunch of pensioners (their language) as their first clients.

Our compliments of 53 plus our driver were welcomed aboard and given a short explanation of the facilities available. We quickly found our seating gave us ample scope to take in the surrounding environment though we did have to ask which was front or back as the expected ‘sharp end’ was not in evidence. That said we found the accommodation, tables and chairs, comfortable and not overly squashed together. Refreshing drinks of water or wine were quickly available and so the journey down river began.

While we were aware of earthquake damage to low lying parts of Kaiapoi the river banks bore testament to

flood damage only. And then again we were not aware of tide times and just how this aspect affected up stream locations. There was much to take in, the changing vegetation, much reflecting the activities of people over the years though evidence of white bait fishing was spasmodic until we entered the Waimakariri river.

A short distance downstream we came to what is generally called the Waimakariri basin, a large wide open stretch of water with a smaller connecting portion to the sea. One can well imagine the fine time limits of navigating at low tide even though for much of the time the strength of the river would have ensured an open channel.

At this point lunch was being readied and delivered to those who were a little constrained while the rest of us assembled in orderly file to go to the stern where a fantastic array of food was available on a self help basis according to our appetite. This was complimented by tea and coffee.

For the most part we were stationary during our meal with the engines purring along in keeping with the strength of the flow of the river and influence of an incoming tide. On shore the white baiters were in evidence as if in a regulated distance between each but we did not see any sign of record catches all nets being in the water throughout.

Our meal over we slowly turned upstream and eventually returned to the wharf well satisfied with our experience. Suitable expressions of thanks were extended to our hosts who in turn gave us the impression that our being their first clients all had gone well.

On leaving Kaiapoi we called in to Heller’s factory shop where many of our members took advantage to purchase goods. Our day, perfect weather, ended with a great raffle and group photo.

Colin Taylor



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Gifting Assets To Family

Later in life, having accumulated some assets, more people are wanting to make sure their family and loved ones are looked after. You might be considering giving some money to your children or family to help them get into the housing market. You may want to reward or acknowledge a family member by giving them a significant asset, or maybe just a lump sum of money.

Personal Risks Around Gifting Assets

Only people who are well-enough placed should be considering this. You may live to be 90 years old and you may need that money later. Another risk we often see is that the money given to the children is poorly spent, or in the event of a relationship ending the ex-partner can walk away with half of the money you gave to your child, so there are some real risks involved when gifting assets.

Also, later in life if you’re considering moving into a rest-home or retirement village, having given away money earlier in life can create big problems with eligibility for a Residential Care Subsidy. The government can look to see how much money you have gifted, and there is no limit as to how far back they can go. If your gifting has exceeded certain limits you could be denied access to Residential Care Subsidies, which are important if you’re looking at moving into a rest home.

With family, it’s generally best to lend money instead of gifting it. That way if your child’s relationship fails, you can recall the loan so the ex-partner doesn’t walk away with half. If the bank won’t allow that because they don’t want other loans in the system, an elegant solution is a simple contracting out agreement. The younger couple agrees that in the event they split up, the money you gave them towards that house deposit belongs to your child, and that way the ex-partner doesn’t walk away with half. It’s a fairly easy solution and will protect both parties.

Protecting Assets In Future

The simple contracting out agreement does require specialist legal advice. Both parties also need independent legal advice for the contracting out agreement to be binding. Even if you want to consider the ‘loaning idea’, the documenting of the loan is something a lawyer needs to help with. It’s all about getting the details, getting the details right and written up in such a way that the loan stands up if it is challenged in future.

Our team at Godfreys Law has dealt with issues like contracting out agreements, property conveyancing, and documenting loans for many families over many years. We have many solutions because all families are

different and this is definitely not a case of one size fits all. We’ll go through all the options and find what’s best for you.

If you’re looking to gift money or assets and want to make sure you and your children are taken care of long into the future, come in and chat with Sona Senior at Godfreys Law. Simply call on 03 366 7469. We’re here to help.

editorial supplied by Godfreys Law

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Preparing for Winter: Cold and Flu

by Avis Kao (pharmacy manager & pharmacist at Countdown Pharmacy Eastgate)

As the weather cools and the leaves start to change colour, it is time to think about preparing for winter. It is very common for people to catch a cold or the flu around this time of year. Here are some things you should know to help prepare for this winter!

1. What is a cold? What is the flu?

A cold is an infection in the head and chest and is caused by a virus. The symptoms of a cold develop slowly and often times you may feel unwell but you may still feel well enough to be out and about. With plenty of rest and fluids you will recover from a cold.

The flu is also a viral infection in the head and chest, but it is caused by a different type of virus and the symptoms are often much more sudden and severe than a cold. People who catch the flu will often feel weak and tired and have to rest in bed. Catching the flu can also be dangerous for the elderly, young children, pregnant women, and people with certain medical conditions or those taking certain medications. The flu can also spread easily and quickly from person to person.

Both types of infection usually last one to two weeks. However, both can be followed by a bacterial infection that can prolong and worsen your condition. If your cold or flu does not get better or lasts longer than two weeks, you could have a bacterial infection that requires antibiotics from the doctor. Remember antibiotics only work on bacteria and not viruses, so they will not help to treat colds and flus. Only take antibiotics when you have been directed to do so by your doctor and remember to complete the course.

2. How to prevent the spread of cold or the flu?

It is very important to follow the four C's:

- C - Cover your cough or sneeze using a tissue or the crook of your arm.
- C - Cover your mouth and nose with a surgical mask.
- C - Chuck the used tissue as soon as you can.
- C - Clean your hands thoroughly by washing them with soap and water or a sanitiser gel. Avoid touching your face until you have cleaned your hands.

You can also maintain a healthy immune system by exercising regularly, having a healthy diet and sleeping well. There are also supplements available over the counter to support your immune system. Consult your pharmacist to find the most suitable one for you.

In saying all that, the best defence you have against the flu is the flu vaccine.

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Differences between a cold and the flu

Symptoms Cold: Mild / Slow onset

Can include:

- | | |
|----------------|---|
| - Sore throat | - Sneezing |
| - Running nose | - Mild fever (37-38°C) |
| - Cough | - Mild headache due to congestion in the sinuses |
| - Tired | - Snot becomes thicker and may become yellow or greenish after a few days |
| - Mild aches | |

Symptoms Flu: Moderate to severe / Sudden onset

Mostly includes:

- | | |
|----------------------------------|------------------------------------|
| - High fever (38-40°C) | - Shivering |
| - Muscle aches | - Tiredness that requires bed rest |
| - Headaches that could be severe | - Cough |

Prevention Cold: The 4 C's / Good Lifestyle habits

Prevention Flu: The 4 C's / Good lifestyle habits / The influenza vaccine.

3. What treatments are there for a cold or the flu?

There are a multitude of over the counter cold and flu preparations as well as home remedies you can try. They help to control the symptoms of a cold or the flu to make it a bit easier for you. It is best to consult a pharmacist to help in your selection so you can find the best one to suit your symptoms and prevent possible interactions with your medications or interfere with your medical conditions. Your pharmacist can also tell you when you need to see your doctor.

See a doctor straight away if:

The infection becomes more painful. You experience wheezing, shortness of breath or difficulty breathing. You develop a temperature of 38.6°C or higher that lasts for more than 2 days. You develop a skin rash. You have swollen and tender glands in the neck. You have seizures or convulsions. You develop a dislike to bright lights. You turn a blue or purple colour in the lips, fingers, toes or skin.

4. Busting the myths of the flu vaccine.

The best protection against the flu is the flu vaccine. There is a lot of misinformation surrounding the vaccine so always discuss it with your doctor or pharmacist if you are unsure. In the meantime here are some questions and answers to help you get started:

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What is the flu vaccine?

The flu vaccines used in New Zealand contain three or four strains of inactivated influenza viruses. The strains are carefully selected to offer the best cover against the flu each year.

What does the flu vaccine do?

The inactivated viruses in the vaccine prompt a mild immune response in the body. Your body then remembers the encounter so that next time when it encounters the real viruses it can react much more quickly to protect you.

Can I catch the flu from the flu vaccine?

No, you will not catch the flu from the flu vaccine. The viruses selected for the vaccine have been carefully treated to inactivate them and then broken down to provide fragments to go into the vaccine. After the vaccination you may feel slightly ill but this is the body doing its job to create the memory it needs to fight off the real viruses. However, you can still catch a cold as the flu vaccine does not provide cover for colds as they are caused by completely different viruses.

What sort of side effects can I expect from the flu vaccine?

Most often people may experience a bit of discomfort in the region of the vaccination such as pain, redness and swelling. Some people may become a bit tired and may develop a slight fever. These are normal responses to a vaccine as they are signs that your body is doing its job. The effects usually only last a few days and can be easily relieved.

However, some people can develop a severe allergic reaction to the vaccine. These usually only happen to people who have a history of such allergic reactions. If you do not have a history of allergic reactions, it is unlikely you will develop one after receiving the vaccine. There are always trained health professionals on hand to deal with these emergencies in case they arise.

How often do you need to have the flu vaccination?

The trend of the prevailing flu viruses can change quickly so you will need to have a flu vaccination yearly to give yourself the best protection against the flu. The Ministry of Health determines when the vaccination period starts, this is usually the beginning

of April each year.

How is the vaccine given?

For an adult, the flu vaccine goes into the upper arm muscle. It is done with a very thin needle, most do not feel the injection at all!

How much does it cost for me to be vaccinated?

The New Zealand government has a great scheme to provide funding for people who are at greater risk of complications from the flu. The flu vaccine is free for the following people:

- 65 years and over.
- Pregnant women.
- Under 65 who have certain medical conditions.
- Children aged 4 years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness.

For non-funded people, the vaccination will be the standard cost as charged by the medical centre or pharmacy. You can call ahead to check if you will be funded and how much it will cost.

Where can I go to have my vaccination?

GPs, some nurses and pharmacists are trained to give the flu vaccination. You can call ahead to check if you are unsure if your pharmacy provides the vaccination service or not.

***Countdown Pharmacy is New Zealand's first supermarket pharmacy. We have pharmacies within 30 different Countdown stores across the nation and growing! Being inside a supermarket we offer convenience and easy access to our customers. Apart from prescriptions we also offer a range of pharmacy services, medical and general health advice like any other pharmacies. Each pharmacy is also equipped with a private consultation room to suit your needs. We are open seven days a week so come in and see us for your health needs. ***



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AIRPORT FIRE SERVICE

Christchurch Airport's fire service responds to approximately 500 calls per year, comprising primarily of aircraft, medical, general fire and hazardous substance emergencies. A wide range of airfield services is also performed to ensure ongoing compliance with Civil Aviation Rules, including runway inspections, assessing runway surface and visibility conditions, wildlife management, perimeter security and foreign object management.

The Airport Fire Service employs 46 staff and operates 24/7, 365 days a year, with a minimum of 9 firefighters on duty at any one time. The airport's fire station is strategically located to enable full emergency response to any airside location within three minutes of an alarm.



Interested in a career as an airport fire fighter?

You'll need:

- * Ability to pass a medical and physical competency assessment
- * Ability to pass a CAA screening security check
- * Ability to relate to a wide range of people and adapt and maintain composure in all situations
- * Minimum class 2 learner driver's licence

Fire Safety

Christchurch International Airport is rated Category 9 for rescue and firefighting purposes according

to International Civil Aviation Organisation (ICAO) classification.

This means being suitably resourced to respond with a minimum of 3 vehicles, with a total capacity of 26,900 litres with foam solution at a rate of 12,900 litres per minute, along with 450kg dry chemical powder (DCP) at 4.5kg per second.

The Airport Fire Service operates specialised, state-of-the-art, all-wheel drive aircraft rescue and firefighting vehicles manufactured by Rosenbauer, with the major foam vehicles being the Panther model, including a High Reach Extending Turret (HRET), and a smaller first response vehicle, the Airwolf Model

