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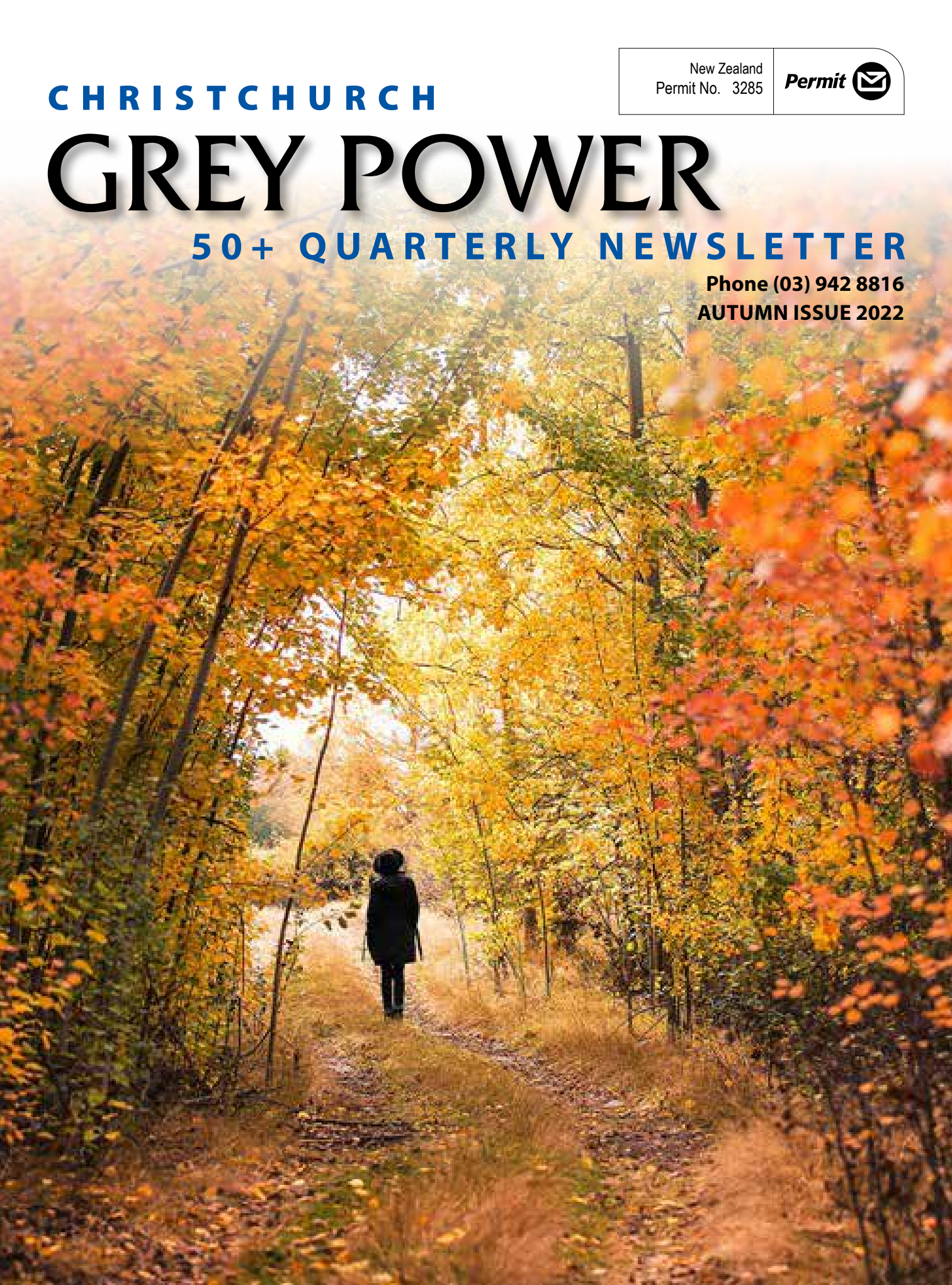


# GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

AUTUMN ISSUE 2022



GREY POWER CHRISTCHURCH

PO Box 15-010, Aranui, Christchurch 8043

General Enquiries contact:

Maureen Price (03) 942 8816



COMMITTEE 2021 - 2022:

PRESIDENT/TREASURER: Ann Ferrari

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

VICE PRESIDENT: Neville Wootton

Ph: (03) 942 5453

SECRETARY/REGISTRATIONS: Maureen Price

Ph: (03) 942 8816 |

Email: nanachooksboyz@gmail.com

EMAIL COORDINATOR: Julie Ede

Ph: 027 245 8877 | Email: juliegreypower@gmail.com

COMMITTEE:

Tui Brown - (03) 385 3392,

Brian McNicholl - (03) 338 4488,

Joe Ferrari - (03) 383 6589,

Geoff Ede - 027 543 0381,

Vanessa Rogers - 0211 601 782

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Presidents Word

A belated Happy New Year to you all, hope everyone is coping with the current Covid problem.

We had our first Social at St Martins Church with a great turn out, we had Gary from the council, always a good session and takes away problems to have to follow up, he has offered to come back again. Alan's Men were our Entertainers, singing our era of songs. Bev Hartley had done some biscuits and Marshmallow slice as a treat for our first Social, sorry guys no more biscuits until November when it is our Christmas Social. The present Committee are great turning up early to organise the room, hope to see some more along. If the parking is full at the back we are allowed to park on the grass at the front. Just remember if you have any Entertainers you would like to see we have one spot available in October so let me know.

Take care and stay healthy.

*Ann Ferrari* | President



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*Many thanks*

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.



Life at Red

It's important to remember that Red is not a lockdown. Workplaces are open but can choose to ask employees to work from home. Schools remain open and children year 4 and above must wear a mask.

The intention is to slow the spread of COVID, and in particular, Omicron. We know from overseas experiences that large gatherings act as super spreader events so events are limited to 100 people with vaccine passes. We expect COVID will become endemic in our communities but slowing the spread protects our hospitals, economy and supply chains. We have had the advantage of using overseas experiences and time to consult experts in how viruses spread when forming our response.

People calling for "open up and let it in" have possibly not considered the reality of bare shelves due to drivers being off sick, or their hospital appointments being cancelled because all the skilled health workers are off with COVID. So we are choosing to protect us all, not just those who can work from home, don't have any health issues, or who don't live with other people. There are some very vulnerable communities out there.

Booster doses

Boosters are our best protection against the coming wave of Omicron. Anyone aged 18 or over who has had two doses of the vaccine more than four months ago is eligible for a booster.

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Great work 99

This week's DHB update contained some fantastic news about Canterbury's vaccine rates. More than 1 million doses have been given across Canterbury, 99% of eligible people have now had their first dose, 97% are fully vaccinated, 94% of Māori have had their first dose and 90% of Māori are fully vaccinated.

We've also delivered nearly 125,000 boosters! And children are well on their way with nearly 12,000 Canterbury 5-11 year olds receiving their first doses of the children's vaccine. Demand is very high for the youth vaccine so parents are encouraged to make a booking via <https://bookmyvaccine.covid19.health.nz> or asking their usual health provider if they are offering it.

COVID care in coming months

We expect that more people will be infected with COVID in coming months. If you are fully vaccinated, you may still be infected, but are more likely to experience only mild symptoms. Most people will require monitoring but not treatment. We will rapidly test, trace and isolate cases in order to slow the spread and protect our systems but we know we will see more cases than in the previous two years of the pandemic. The difference is vaccination and preparation.

Visiting someone in hospital

Remember if you want to visit someone in hospital, or attend an outpatients appointment, it is business as usual but you must now wear a surgical mask, not a cloth one. The disposable paper ones are more effective and will better protect vulnerable patients. Visitors are also asked to be mindful of physical distancing.

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# Visit to The Brothers Green Hemp Farm

On the 23rd of February local hemp growers and producers The Brothers Green hosted Grey Power at their farm for a tour of where they grow their hemp, process their hemp and an explanation of how they get our plants to products.

The tour began with a walk into the fields, a brief talk

with questions then down to the processing area to explain what is done with the seed once it has been harvested. To finish up, there was a presentation of products and what their main role is with regard to reducing inflammation and being a complete protein source which is easily digestible.



The Brothers Green would like to offer a 20% discount code to all Grey Power members for their online website. Please enter GREYPOWER20 at the checkout at <https://thebrothersgreen.co/collections/hemp-products-full-range>

The Brothers Green | 3/193 Montreal Street, Christchurch (Entrance of Acton Street).

## Over 75 Driver Licence Renewals

The Ministry of Health asked for advice from Waka Kotahi NZTA as to the possibility of a temporary suspension for the requirement for driver licence holders over the age of 75 to provide medical certificates when renewing their licences during the predicted peak of Omicron. This is to reduce the burden on GP/Primary Care during this time.

Waka Kotahi have replied accordingly:

- “The issue of requiring a medical certificate to renew at 75 and beyond during the predicted Omicron peak of March 2022, has been addressed through a temporary extension of driver licences and endorsements until 31 May

2022. The extensions are in place to allow people to continue driving while Covid-19 protection framework restrictions limit them from easily renewing their licence or endorsement.

- The extension does not cover licence holders who need a medical certificate to obtain a new class of licence or endorsement or to those with Type 1 diabetes who require an annual medical clearance”.

Further information is available at: [www.nzta.govt.nz/about-us/coronavirus-disease-covid-19-services-update/documents-with-temporary-extensions](http://www.nzta.govt.nz/about-us/coronavirus-disease-covid-19-services-update/documents-with-temporary-extensions).



## BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbour and says, “Please come over here and help me. I have a killer jigsaw puzzle, and I can’t figure out how to get it started.”

Her neighbour asks, “What is it supposed to be when it’s finished?”

The little silver haired lady says, “According to the picture on the box, it’s a rooster.”

Her neighbour decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

“First of all, no matter what we do, we’re not going to be able to assemble these pieces into anything resembling a rooster.”

He takes her hand and says, “Secondly, I want you to relax. Let’s have a nice cup of tea, and then, “he said with a deep sigh .....

“Let’s put all the Corn Flakes back in the box.”

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



## Jenny Craig’s Salad Dressing

1/2 cup plain yoghurt  
1/2 tsp Mustard  
1 tbsp vinegar  
Sweetener to taste

Put into a screw top jar and give a good shake to mix.



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Portstone's recent make over is nearly complete. If you haven't visited lately you should! The building exterior has been painted and the signage is going up.

#### What to do in your garden...

After the heat of summer, autumn is the time to replenish garden beds, sow seeds and plant veges and herbs to ensure you have a continuous supply over the cooler months.

Before you plant, replace nutrient used over the summer months by adding compost and sheep pellets, and a dressing of lime water well before planting.

Autumn is a good time to plant lettuce/mesclun and rocket, beetroot, silverbeet/spinach, spring onions, broccoli, cauliflower, carrots to name a few veges.

Rosemary, coriander and thyme are good herbs to get planted either into pots or in the vege garden.

Spring bulbs are available You can start to plant tulips plus all the other favourites including daffodils, freesias, crocus, hyacinths.

Try growing Hyacinth bulbs in pots or Hyacinth jars. Let them grow outdoors – if you grow them indoors they can get leggy and soft. Once the bulbs start to flower in spring bring them in to enjoy their colour and perfume in the house.

The flower garden can now be replanted with seedlings of Polyanthus, Primulas, Pansies, Stock, Calendula. Remember good preparation is the key to success - dig soil over, add compost and general garden fertiliser before planting.

**Citrus** - give your lemons, limes, oranges, and mandarins a good feed. Sprinkle granulated fertilizer at the drip line and water in. Feeding now will help produce juicier fruit and make you also keep up the watering.

**Sensational Sweet Peas** - for masses of beautiful, fragrant sweet peas in summer, start sowing now.

Prepping and planting: Sow seeds in deep pot, peat pots are ideal as you plant the pot directly into the ground when planting out. Put around 5-7 seeds for a 13cm pot. Sow about 2cm deep and water. Cover with an old plastic bag to keep in the moisture

and put in a warm place. Seed should germinate within 1-2 weeks. Then you can remove the plastic. Leave in greenhouse or on a windowsill in an unheated room. Once the seedlings are around 10cm high, pinch out the top pair of leaves to encourage side shoots.

**Hardening off:** Acclimatise the seedlings by leaving them outside during the day then move back in at night for shelter. You can plant outside when no sign of frost. Have a support for your sweet peas to climb like a frame or bamboo wigwam. Plant into soil that has had well-rotted manure dug into. Soak well and mulch.

**During flowering:** When flower buds appear give a weekly high-potash feed such as tomato food. Stems can grow 10cm a day so tie them into supports so they won't flop or tangle. Keep up the water, sweet peas do not like drying out. Pick flowers every 7-10 days otherwise they go to seed.

#### New shipment of pots

We have a great range of pots and planters from Vietnam, all shapes and sizes from statement pots to small planters for your seasonal potted colour or herbs. Come in for a wander, the pots are found in our carpark and displayed around the garden centre. Remember our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products. Our team are experienced and helpful, and look forward to seeing you at Portstone soon.

Portstone, 465 Ferry Road (under the big gum tree) 389 4352. [www.portstone.co.nz](http://www.portstone.co.nz)



## 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.**

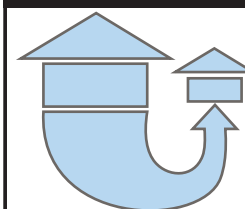
Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

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 the team 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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**[www.maturemoves.co.nz](http://www.maturemoves.co.nz)**



*Article supplied by Retirement Villages Association*

Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, “I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy.” On Sundays Isobel went to church, sitting with Gwyneth in the choirstalls. Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, “Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet.” She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers “They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there.”

Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. “We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself.” Looking back, Isobel says, “Growing up in a retirement village was my normal,



To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals/addresses the subject in a rather reassuring way:

Many people are concerned about these oversights hence the importance of the following statement:  
"Those who are conscious of being forgetful have no serious problem of memory."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

**So, share this with your over-65 friends, if you can remember who they are.**



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For some of us, there may come a time in our lives when we are unable to make or communicate decisions for ourselves.

As we enter this phase of life, it is vital there is someone you trust nominated to handle your life the way you want it to be.

An Enduring Power of Attorney (EPA) is one way to protect yourself when you are unable to do so. Giving a trusted person Enduring Powers of Attorney means they have the authority to look after you and your decisions.



Types of EPAs:

- 1. **An EPA in relation to property** authorises the person (or people) you have appointed to make decisions for affairs relating to your property. This includes what happens to your assets and your bank accounts. An EPA for property can act for you when you have mental capacity and when you do not. This decision is up to you to make when writing your EPA.
- 2. **An EPA in relation to care and welfare** carries out the decision making for you regarding your health. An EPA in relation to health only comes into effect when you have lost mental capacity, so it is important to have this organised when you are mentally capable.

**What does an Enduring Power of Attorney (EPA) do?**  
An EPA is a legal document that allows you to appoint a chosen person as your attorney to make decisions on your behalf if you are unable to do so yourself. This person is usually a family member or close friend who you trust to understand and respect you., and to always act in your best interest.

**When do I appoint an attorney?**  
You can appoint a person to be your attorney when you still have the capacity to make decisions for yourself. The key legal term here is a person “of sound mind.” This requires an assessment of your capacity. Capacity in the legal sense considers your ability to comprehend and understand the information given to you and communicate a decision based on this. Preparing your EPA when you still have the capacity to make these decisions gives you more input and control into your plans and ensures your EPA has guidance when your attorney steps in to make decisions for you. Additionally, many retirement villages require you to have an EPA in place before you move in.

It is important to have an EPA before you lose capacity as otherwise, someone will have to apply, on your behalf to the Family Court to appoint a Property Manager or Welfare Guardian, which can be expensive and time-consuming.

Editorial supplied by Godfreys law

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# Meet your Christchurch MPs

From left to right

**Duncan Webb** MP for Christchurch Central  
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**Megan Woods** MP for Wigram  
338 6347 | [megan.woodsmp@parliament.govt.nz](mailto:megan.woodsmp@parliament.govt.nz)

**Tracey McLellan** MP for Banks Peninsula  
376 4512 | [tracey.mclellanmp@parliament.govt.nz](mailto:tracey.mclellanmp@parliament.govt.nz)

**Sarah Pallett** MP for Ilam  
0800 727 244 | [sarah.ilammp@parliament.govt.nz](mailto:sarah.ilammp@parliament.govt.nz)

**Poto Williams** MP for Christchurch East  
382 0288 | [poto.williams.mp@parliament.govt.nz](mailto:poto.williams.mp@parliament.govt.nz)

Authorised by Dr Duncan Webb MP, Parliament Buildings, Wellington



**You know what - I think I'm lucky because I've got a mother who takes me and my brother to really neat places tramping.**

Lake Sumner Forest Park is one of our favourite areas to go because we can go all year round.

We have to go along a twisty dirt road to get to the start of the track and leave the car near a wire swing bridge called the sisters across the Hurunui River.

With our tramping gear on, woolly socks, boots and most important, mum's scroggin mix in our pockets, we cross the swing bridge and start the 26km tramp. My brother knows the way really well, and like a little Steve Gurney, skips and hops over the prickly matagouri to get to the bridge first.

From the bridge we head across open farming country in the general direction of Lake Sumner. As we climb the terraces we get great views of the valley we have walked up. We follow the pole markers to a manuka and beech forest to find the Gabriel hut by a stream. where we get our water.

The hut is like an old shed you might find down the bottom of the garden but a bit bigger. It has four bunks and my brother and I like the ones on top. There's lots of dry firewood so it's not long before we have a roaring fire going - great for toasting marshmallows on. After a yummy dinner and a good nights sleep we're ready for the second day.



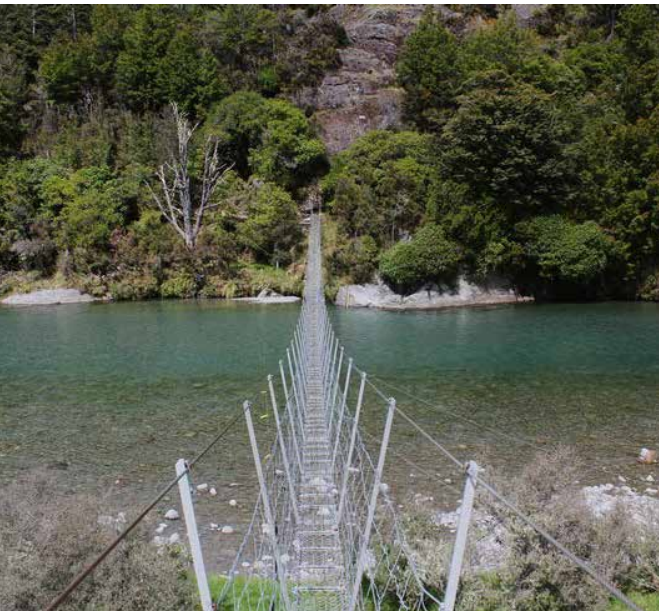
From the Bagriel hut we walk uphill through mountain beech till we reach the Gabriel Saddle and then follow a stream down till we get to the Jollie Brook River. We have to cross the stream quite often but we don't get our feet wet. On the way the birds are singing loud and Black Robins come up to us if we stand still. We then follow the Jollie Brook till we come to a bridge and cross over - the hut is in a clearing near the bridge.

The Jollie Brook hut has two bunk rooms and can sleep seven people and has a stove instead of an open fire but is nice and snug because there is plenty of wood to burn.

From the hut the next morning we set off on the last day of our tramp. The track goes down the valley crossing the Jollie Brook so many times I lose count, but Pop says 50, and so we get our feet wet and sometimes even our shorts. We are very careful walking through the water but it's good fun and our woolly socks keep our feet warm even when the water is cold.

The Jollie Brook valley is quite narrow and has a mixture of bush and open spaces. The landscape changes all the way down so there is always something different to see.

The whole track makes us feel good and we forget the city until at last we see the car parked where we left it. Then it's back over the swing bridge, take off our wet gear and change into dry clothing ready for the drive home. And do you know what else, the fresh air, the great views and the bush are all free. All you have to do is get up and go.



*Pictured above left; Gabriel Hut, above right; wire swing bridge Lake Sumner Forest Park*

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Phone Jules Rainey: 03 351 0974 or 021 241 9979



# Don't delay – get your Booster shot!

"I think we need to stop thinking of the Covid-19 vaccine booster as a booster. That makes it sound like an optional extra – good to get but not crucial."

On the contrary, the evidence shows that at least three doses are needed to protect most people against Omicron. In other words, we should be thinking of the current booster as just the next dose in the course. No-one should be left vulnerable to this awful disease when we have safe and effective vaccines."

*Dr Siouxsie Wiles, microbiologist and associate professor at the University of Auckland.*



## 3 April 2022 - Daylight Saving Time Ends

**Sunday, 3 April 2022**, 3am clocks are turned backward 1 hour to **Sunday, 3 April 2022**, 2am local standard time instead.

Sunrise and sunset will be about 1 hour earlier on 3 April 2022 than the day before.

There will be more light in the morning.

**Also called Fall Back and Winter Time.**

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## TIM TAM TRUFFLES

Makes about 30



Two (2) packets Tim Tam Biscuits (original are best)

250g Anchor Cream Cheese – (original important) or 250g Philadelphia (original - the packet keeps longer in the fridge)

1 Tablespoon Icing Sugar Coconut - (to roll in)

### METHOD

Place Tim Tams in food processor (one packet at a time) and process until like breadcrumbs. Put into a bowl and mix in the icing sugar and then the cream cheese and mix all together.

Take out teaspoon lots and roll into balls, and then roll in coconut. Place in a container and freeze in freezer until ready to use. These keep for a long time in the deep freeze – and you can use either a few at a time or as many as you want as the rest keep well. Can eat straight out of freezer.



## Social Afternoons

Superannuitants' and Friends

Meetings will be held at St Martins Church Hall, 50 Lincoln Road. **PLEASE NOTE NEW VENUE.** Start Time: 1.00pm

**March 16th** - The Butterfly Lady. Ray & Myra to entertain

**April 20th** - Talk by Winz. Libby to entertain

**May 18th** - St John Community Engagement Coordinator. Jackie Foulkes, Neerlandia choir to entertain.

If for any reason there are any changes due to covid please listen to the radio zb or ring Maureen 942 8816

## MEMBERSHIP APPLICATION / RENEWAL FORM

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5. Use a keyboard  
9. Madison  
Avenue award

10. In the center of  
11. Kind of market  
12. Like some drinks  
13. Relating to bone marrow

1. Missile
2. Swing around
3. Gentle
4. Answers
5. Vents on cars
6. Village People hit
7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase

S	A	S		S	M	L	A	S	
S	E	S							
E	R	N		N	A	W	E	A	
Y	P	O		O	R	O			
L	C	A		D	I	J	U	R	
				P	T				
Y	A	R		L	U	D	M	E	
D	I	C			L	L	B	U	
D	A	M			I	O	C	L	
E	T	Y			S	M	I	S	

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

19. Reactor part  
20. Writer Quindlen  
21. Cleaning cabinet  
supplies

PORTE SAINT  
 DENIS  
 ROOSEVELT  
 RUA AUGUSTA  
 VICTORY GATE  
 WASHINGTON  
 SQUARE  
 WELLINGTON

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

A	C	K	E	B	T	E	T	T	B	G	E	U
T	S	E	T	M	N	R	L	W	R	P	R	T
S	Y	T	A	A	O	A	E	Y	A	O	A	A
U	U	S	G	R	T	U	V	F	N	R	U	R
G	N	I	Y	B	G	Q	E	M	D	T	Q	C
U	E	N	R	L	N	S	S	O	E	E	S	D
A	U	D	O	E	I	E	O	I	N	S	N	E
A	T	I	T	A	L	C	O	R	B	A	O	T
U	R	A	C	R	L	A	R	T	U	I	T	R
R	A	G	I	C	E	L	G	E	R	N	G	I
A	L	A	V	H	W	A	E	D	G	T	N	O
G	I	T	G	C	T	P	Z	C	G	D	I	M
K	T	E	S	Y	G	G	M	R	A	E	H	P
A	Y	A	W	E	T	A	G	A	T	N	S	H
S	X	M	W	I	Z	X	T	K	E	I	A	E
A	R	C	H	O	F	T	I	T	U	S	W	Q

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