

CHRISTCHURCH

New Zealand
Permit No. 3285



GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816
WINTER ISSUE 2022



THE VOLUNTEER

A rare breed they, the volunteers - opposite of the profiteers. They give their time, seek no return; of gratitude they little earn. They give their cash and talent too, their gifts are known by very few. They rarely hear the accolades, or ride in front of big parades. Day after day they help mankind, a better lot in life to find; They lead the young, assist the old, and yet their story's rarely told. Unlike the greedy of this earth, who count their gold to fix their worth, the volunteers with hearts of gold can count their wealth a million-fold

- anonymous.

GREY POWER CHRISTCHURCH

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Presidents Word

Hello again, St Martins Church seems to be acceptable to most of our members. We have had good Speakers the Butterfly Lady was enthralling and Nish our last Speaker so knowledgeable she has kindly put information in the News Letter for those who were unable to see her. It has been a busy time with the renewal of memberships. Our annual Audit has been completed but shows we have monies from members who have paid their Electric Accounts into our bank by mistake, Greypower has been contacted but were unable to assist us to get the money back to the person. If your account has been paid into our account, please contact us and we will refund your money, as sometimes we are unable to trace your name or contact details. On page 3 is a Nomination Form should you wish to use it. Our A.G.M is on June 15th at 1 p.m. Then we will be entertained by Aroaha.

We have enjoyed some nice weather but Autumn is fast approaching. Take care all of you.

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.



Winter Energy Payment

The Winter Energy Payment will be paid from 1 May to 1 October. This payment helps people keep their homes and families warmer and healthier over winter. People don't need to apply for the Winter Energy Payment. If they're eligible, they'll get it automatically with their other payments.

Winter Energy Payment rates

Couples and people with dependent children will get \$31.82 a week and single people will get \$20.46 a week. If someone is getting Foster Care Allowance, we encourage them to contact us. We may be able to pay them at a higher rate. As 1 May is part-way through the pay period, people won't get the full amount in their first May payment - their second payment will be for the full amount. If people want to opt out - or they've opted out and now want to start getting it - they can complete the 'Stop or restart Winter Energy Payment' online form, or call us.

NZ Super or Veteran's Pension: For couples getting NZ Super or Veteran's Pension the Winter Energy Payment is paid to one person, because the payment system can't split it across two accounts. People can switch the payment to the other person's account by calling our Seniors line on 0800 552 002.

Seniors heading overseas over the winter months can keep getting Winter Energy Payment for up to 28 days while they're away. People should tell us if they plan to be away for more than four weeks, otherwise we might pay them too much and have to ask for the money back. There's more information about the Winter Energy Payment on the Work and Income website <http://www.workandincome.govt.nz/winterenergypayment>

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Grey Power Christchurch
Superannuatants
Association Inc

Committee 2022 / 2023
Nomination for Office

I Nominate

Print name of person you have chosen here
Must be Financial member

For Position of

Any one of President, Secretary, Treasurer,
Membership Secretary or Committee Member
Only one nomination Per Sheet

Signature of nominator

Membership No _____
Must be Financial Member

Signature of Seconder

Membership No _____
Must be financial Member

I Hereby accept nomination for the above Position

Signature _____

Membership No _____

Please return to The President Grey Power
PO Box 31-010 Ilam
Christchurch 8444

To arrive one Week before Annual
General meeting 17 June 2020

As people in Aotearoa emerge from their bubbles, there's a much bigger chance of catching the flu. Pandemic measures like mask wearing and hand hygiene mean we've had very little influenza circulating in New Zealand for the past two years, so our community immunity is lower than usual. And, with international borders opening, we'll see more and new strains of the flu spreading in our communities.

Getting a flu jab is your best defence and it's free for those most likely to get very sick. That's why it's more important than ever to protect yourself from the flu by getting your yearly flu jab as soon as you can.

What's the flu (influenza)?

The flu isn't just a common cold. It can be serious and make people very sick. In severe cases it can mean a hospital stay – particularly if you're 65+, or 55 and over and Māori or Pacific, are a young child, are pregnant, or have an ongoing medical condition, such as heart disease or diabetes.

How can I protect myself from the flu?

Getting a flu jab every year is the best way to protect yourself and your whānau and it's free if you're 65+, or 55 and over and Māori or Pacific. Regardless of your health or living situation the flu vaccine can protect you from catching or spreading the flu. Although having the vaccination doesn't guarantee you won't catch the flu, it will give you more protection if you do catch it. And you can't catch the flu from the vaccine – the vaccine used in New Zealand doesn't contain any live flu virus.

What side effects might I get after the flu jab?

Having side effects after your flu jab is a sign that your body's immune system is working well. After your vaccination you might experience pain, itching, redness at the vaccination site, aches and pains, fever and feeling generally unwell and tired. Most side effects shouldn't last long.

To find a place near you to get your flu jab or to get more information visit health.govt.nz/flu or call Healthline on 0800 611 116

It can sometimes be fatal, around 500 people die from the flu every year.

Can I get my free flu jab and COVID-19 vaccine or booster at the same time? Yes, you can. There's no need to leave a gap between these vaccines. If you haven't already had it, it's a good idea to ask if you can get your COVID-19 vaccine or booster at the same time as your flu jab. Being up-to-date with all your vaccinations gives you the best possible protection.

Eligibility: In 2022, all people 65+, or 55 and over and Māori or Pacific, are eligible for the free flu jab. The flu jab is also free if you're pregnant or have a long-term medical condition like diabetes or a heart condition and for children 4 years old or younger who have been in hospital with a respiratory illness, such as asthma.

Where can I get my free flu jab? You can get your free flu vaccine at your family doctor. Some pharmacies also offer the free flu vaccine. For the best protection get your flu jab as soon as it's available.

Protect yourself and your whānau this winter

If you're 65+, or 55 and over and Māori or Pacific, it's time to get your **FREE** flu jab



MINISTRY OF HEALTH
MANATŪ HAUORA

The Joys of Present Day Banking

This old lady handed her bank card to the teller and said, "I would like to withdraw \$10." The teller told her "For withdrawals less than \$100, please use the ATM." The old lady wanted to know why.... The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you."

The old lady remained silent for a few seconds and handed her card back to the teller and said, "please help me withdraw all the money I have." The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her "you have \$1,300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"

The old lady then asked how much she could withdraw immediately. The teller told her any amount up to \$3000. "Well please let me have \$3000 now." The teller kindly handed \$3000 very friendly and with a smile to her.

The old lady put \$10 in her purse and asked the teller to deposit \$2,990 back into her account.

The moral of the story is Don't be difficult with old people, they spent a lifetime learning the skills of how things should be done!



DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).

What's it like to pre-plan your funeral?

Planning your funeral can be part of a gentle process of putting your affairs in order. It can create peace of mind for you, and certainty for those you love, because they know how you wish them to celebrate your life after you are gone.

The team at John Rhind Funeral Directors offer a free funeral planning service. We can visit your home for a relaxed conversation, and help you plan a ceremony that reflects your life, your values, and the people you love. Your plans can be as simple or as detailed as you like, and we record your wishes so you can change your arrangements any time you wish.

Paying for your funeral in advance can help spare your family worry about arrangements and costs. Your prepayment will be held safe in the Funeral Trust administered by The Funeral Directors Association of New Zealand.

If you'd like to plan your funeral, the team at John Rhind are here to guide you through your choices.

Call 03 379 9920 or email staff@johnrhind.co.nz.



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Gina Dobson
Life Law Specialist
(03) 366 7469

Did you know your Will can be overturned?

Editorial supplied by Godfreys Law

After you pass away, there is potential for your Will to be challenged and a claim made for further entitlement. There are five main grounds in which this can happen, making it important that your Will is written properly to avoid this.

If you have children and you do not provide for them in your Will (regardless of their age) they are able to bring a claim under section 4 of the Family Protection Act. When assessing claims the Courts focus on the idea of a moral duty to provide for your children and the importance of recognition of belonging to the family

It is important to make your Will sooner rather than later. If you lose capacity, you are unable to execute a valid will. If you have executed a will and family or friends have concerns about your capacity at the time of signing, they can question the validity of the Will.

Undue influence is where a will maker has had an influence on them to such an extent that they could not exercise their free will in making their will. Where possible we recommend you make your own appointments and engage with your lawyer directly, not through a partner or friend. Attend the appointment by yourself. Think about what you want to happen to your belongings.

If you have been in a relationship for over three years, then your partner or spouse can decide under section 61 of the Property (Relationships) Act ("PRA") if they want to make an application under the PRA or receive what you have left them under the Will. Unless you have entered into a contracting out agreement the presumption is your partner will receive 50% of the estate under the PRA.

The executors of your Estate must act in the best interest of the beneficiaries and execute the instructions in your Will. If they don't, they can open your Estate up to potential claims, cause disruption among your family and hold up the process of administration.

If you have concerns that you do not have an adequate executor you can appoint an independent executor, for example your lawyer, an accountant or other trusted professional to ensure that your wishes are fulfilled.

A will is an important document that you need to ensure it is thoroughly drafted to protect and ensure your wishes are carried out and your estate is not open to claims. The Life Law team at Godfreys law can help you through the process of creating your Will and protecting your Estate. For more information contact Gina Dobson on 03 366 7469.



TRANSITION NAVIGATORS Discover how we can help you
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Transition Navigators helps enhance older people's well-being. As your needs change, we work with you to find the most appropriate living arrangements and help you to make these happen.

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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.

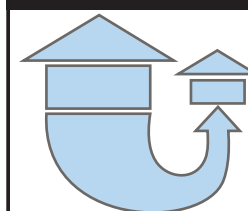
Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

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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| ■ Unpack | ■ Selling & gifting items |
| ■ Storage | ■ Estate Clearance |

Phone Mike
0800 777 214
Mobile 021 0837 8251

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

editorial supplied by Mature Moves

We all know how it feels to be a happy customer, and how we feel if services don't meet our expectations. Feeling happy with the care you have been given is even more important when receiving a health service or support from a disability service. If you are unhappy about a disability or health service you are or have been getting, advocates from the Nationwide Health and Disability Advocacy Service are available to provide free support to help you resolve those concerns.

In New Zealand, we have the Code of Health and Disability Services Consumers' Rights, or the 'Code' for short. Under the Code you have rights and providers have duties.

Among other things, the Code states that service providers must treat you with respect, fairly and without discrimination or pressure, and provide enough information to allow you to make an informed choice about the services you receive. You must always be able to ask questions, seek support, and tell someone if you don't feel comfortable with something.

Many people don't know that disability services come under the Code Rights. The Code covers a broad range of services that people with disabling conditions use for their care or support. This includes services that promote independence, as well as goods, services and facilities. If you are not sure if a service comes under the Code, please contact an advocate to talk.

Most of the time you will be happy with how you have been treated, but when you're not, you have the right to complain to the person or place providing the service, or you can ask for help from the free advocacy service to make your complaint. Complaints help providers to identify where they can improve services and most welcome feedback.

If you ask an advocate for help you will be provided with information about the Code and how the advocacy service can help you with your complaint. Advocates working in this service are employed by a Trust and are independent from health and disability service providers, the Ministry of Health, and the Health and Disability Commissioner.

In the 2020-21 year, 90% of people who provided feedback on working with the advocacy service reported that they were happy or very happy with the help they got from an advocate.

If you belong to a group, organisation, or network, and

are interested in finding out more about the Code and the Advocacy Service please contact us to arrange a free education session.

You can reach a member of our team by calling

**0800 555 050 or emailing
advocacy@advocacy.org.nz**

More information about the advocacy service can be found by visiting the website:

<https://www.advocacy.org.nz>

- A wedding ring is the smallest handcuff ever made - choose your prison mate wisely.
- If you think people are smarter than the previous generation ... 50 years ago the owner's manual of a car showed you how to adjust the valves. Today it warns you not to drink the contents of a battery.
- No matter how big a hammer you use, you can not pound common sense into stupid people.
- If you get a loan at a bank, you will be paying it back for 30 years. If you rob a bank, you will be out in 10 years. Follow me for more financial advice.
- Doctors have just identified a food that can cause grief and suffering years after it has been eaten. It is called Wedding Cake.
- Chocolate comes from Coco, which is a tree, that makes it a plant. Chocolate is salad.
- Getting older is just one body part after another saying, "Ha-ha, you think that is bad? Watch this."
- Not to get technical... but according to Chemistry alcohol is a Solution.

AB Despatch Technician



About the Role: Reporting to the AB Despatch Lead, these roles involve working in the Deep Freeze or Bank Bay areas preparing and packing our liquid nitrogen banks and frozen semen to be stored and despatched to the field for insemination. No previous experience required, full training provided. Fixed term Aug-Nov with a potential extension to February. 5 days a week rostered which may include some weekends. Opportunities for overtime.

About you: Skills and experience required for the role.

- Strong team player
- Accuracy and attention to detail
- Time management skills
- Neat and tidy handwriting
- Can do attitude
- Passion for Health & Safety

**For more information or to apply please visit our careers site <https://careers.lic.co.nz/home>
Job Code: 42058 | Applications close 22 July 2022
Expected start date 15 August 2022**

Switch Off Your Engine to Save Fuel and Emissions

Transport makes up almost half our energy-related emissions in Aotearoa New Zealand. Choosing to walk or cycle, using public transport, or switching to electric vehicles are some of the ways we can reduce our transport emissions.

But if you do need to use a petrol or diesel car, another way to have an impact is to get in the habit of switching off your engine when your vehicle isn't moving — something known as engine idling. Engine idling is more common than people realise — and with petrol and diesel prices rising quickly, it's a great way to save money on fuel.

Idling isn't good for several reasons, apart from damaging the environment. It can impact your vehicle's useful life, your health, and the health of the other motorists and pedestrians inhaling your fumes.

The emissions and fumes from idling engines have been linked to major health concerns including eye, throat, and bronchial irritation, nausea, coughs, allergies, increased risk for cardiac events, decreased lung function, and even cancer. For people with pre-existing heart disease, asthma or other lung problems, car emissions can be a major contributor to symptoms.

Children are particularly vulnerable because their respiratory systems are still developing, which makes idling a real issue around schools. Think about all the cars outside schools across the country that idle unnecessarily every day, creating pollution hotspots that are damaging to children's health.

Switching off your engine can lower your fuel costs. The amount of fuel a vehicle uses while idling ranges

from between 0.75L/hour to 1.9L/hour for passenger vehicles. At a petrol cost of \$3/L for Unleaded 91, that works out to be between \$2.25 and \$5.70.

A recent Transport Energy/Emission Research report from Australia found that passenger vehicles are likely to idle more than 20 per cent of their drive time. To put that into perspective, removing idling from the journey would be like removing up to 320,000 cars from New Zealand roads.

A lot of newer vehicles have a start-stop system that switches off a car's engine when the vehicle is stopped. According to the AA, this technology delivers between 5 and 10 per cent lower emissions and also leads to a similar improvement in fuel economy.

The myth that switching your engine off and then turning it back on is bad for your vehicle or uses more fuel isn't true. It may have an impact on your battery but it is minimal and no reason not to switch off.

If you idle for 10 seconds or more, then turning off your engine and turning it back on does not burn more fuel than idling. So stick to the 10-second rule. If you're idling for more than 10 seconds, turn off your engine.

If your vehicle doesn't have a start-stop system, try and get in the habit of switching off your engine whenever you're stalled. If you're frustrated by traffic, use it as a trigger to switch off your engine. Who knows, switching off your engine might actually reduce your stress levels too.

Source: genless.govt.nz (shortened)



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Love Food - Hate Waste

Love Food, Hate Waste New Zealand is a national campaign, started in 2016, to help New Zealanders reduce their food waste. Food waste is a massive problem in New Zealand. Not only is wasting food costing us money, it is also bad for the environment. In fact, Kiwi households throw out 86kgs of edible food each year.

How do we know how much Kiwis throw away?

We went through your rubbish. We gathered bags that were left out on the street for rubbish collection, opened them and separated out the food. We then measured it to get a picture of what Kiwis throw out. It was a gross but important thing to do. Only by realising what a problem food waste is, can we begin to solve it.

Food is wasted at all stages of the supply chain, from what is produced on farms and in factories to the excess that supermarkets throw out. However, the largest proportion of food wasted in New Zealand comes from households. New Zealand homes throw away 157,398 tonnes of food per year, all of which could have been eaten. This is enough food to feed the whole of Dunedin for just under three years!

Wasting this food costs the average household \$644 a year. Food waste ends up in the tip, along with the rest of our rubbish. When food decomposes without oxygen in the landfill it releases methane which is a harmful greenhouse gas. New Zealand's yearly food waste produces 409,234 tonnes of carbon emissions. To offset this we would need to take 150,453 cars off the road for one year or plant 163,693 trees. When we waste food, we are also wasting all of the resources that went into making it of course as well.

There are two main reasons why we throw away food: we don't eat our leftovers and some food goes bad because it is not stored properly. The foods we waste the most are bread, leftovers, citrus, apples, chicken and bananas. The Good News is that 86% of Kiwis believe wasting food is wrong. It is easy to make small but effective changes to reduce the amount of food that you waste. You can learn how to make these changes by going to the website <https://lovefoodhatewaste.co.nz/>

There are plenty of resources available for every person and household to make a difference. Remember, love your food to reduce your waste and save the environment.

Sources: <https://lovefoodhatewaste.co.nz/> and <https://www.consumer.org.nz/>

More money in the pockets of those who need it

From today, a range of changes to support for families, those on superannuation, students and beneficiaries will kick in, meaning more money in the pockets of those who need it most.

Around 885,000 superannuitants will see their payments increase - \$52 per fortnight for a single person and \$80 for a couple. Nearly 60 per cent of families will be better off via an increase in Working for Families averaging \$20 per week, and beneficiaries - among the hardest hit by increased costs - will receive a boost to their payments. The usual annual adjustments to these payments have been boosted this year as we move to support people through this time.

And don't forget our popular Winter Energy Payment begins on May 1. That will also see incomes boosted through the colder months for beneficiaries and those on superannuation so they can stay warm without worrying about the bills.

As an alternative to filling up the tank, half price public transport fares will also begin today for three months. That's as well as the already implemented 25c per litre cut to fuel taxes that had a significant and immediate effect on the cost of running a car.

Minimum wage is also going up today to \$21.20 an hour and student allowances will increase \$25 per week.

It's the Government's response to an international inflation effect caused by COVID, supply chain issues and most recently, the war in Ukraine.

These are events we can't control, but just as we supported families through COVID-19 we will support them now with economic challenges - and that includes not just increasing payments, but continuing work like looking at the lack of competition in our supermarkets. That's on top of already implemented things like free lunches in schools and the removal of donations in most state schools.

From my work in the electorate I know that these programmes make a difference for struggling families, and this Government is committed to continuing to respond to financial challenges.

Dr Duncan Webb
MP for Christchurch Central.

Meet your Christchurch MPs

From left to right

Duncan Webb MP for Christchurch Central
366 5519 | chchcentral@parliament.govt.nz

Megan Woods MP for Wigram
338 6347 | megan.woodsmp@parliament.govt.nz

Tracey McLellan MP for Banks Peninsula
376 4512 | tracey.mclellanmp@parliament.govt.nz

Sarah Pallett MP for Ilam
0800 727 244 | sarah.ilammp@parliament.govt.nz

Poto Williams MP for Christchurch East
382 0288 | poto.williams.mp@parliament.govt.nz



Authorised by Dr Duncan Webb MP, Parliament Buildings, Wellington





With the lovely weather we have been enjoying it is hard to think winter is knocking on the door, hope you have been out getting your vitamin D and pottering in the garden.

Portstone's 2022 Rose list and Fruit tree list are available either by collecting a copy at the counter, or going online to portstone.co.nz.

There are some lovely new varieties of roses and a selection of smaller dwarf fruit trees, perfect for the smaller garden or grown in pots.

Our new container of Dragonstone arrives from the UK this month, beautiful stoneware range of statues and urns as well as smaller pieces, with the animals and gnomes/gremlins being very popular.

In Store

- There are still some **spring bulbs** available and Christmas lilies bulbs have arrived. There is still time to plant your spring flowering bulbs. Some bulbs namely Tulips need chilling for up to six weeks in the fridge to simulate winter conditions. Keep in a paper bag away from your fruit and veges. Bulbs don't like wet feet. Always plant in a sunny spot where there is good drainage. Dig in some bulb fertilizer then plant them twice as deep as the width of the bulbs. Or plant in pots where you can layer the planting depth of different types of bulbs to extend the flowering time. Liquid feed regularly once the leaves are growing.
- **Herbs** – now is a good time to plant out mint, oregano, parsley, thyme, coriander and sage to name a few. They will sit for a bit over the coldest month then will be ready to run when the weather warms up again.
- **Large grade Lemon Meyer and Bearrs Limes** – chunky and very healthy. If you are thinking of planting one or two it is good to remember that heat is very drying for citrus so keep the watering up. Take care not to apply nitrogen-based fertilizer too late into summer/autumn. You'll risk the resulting flush of new growth getting frosted. Potassium based fertilizers such as sulphate of potash are fine to use in the autumn as this is directed at root growth and future flower bud development so won't promote too much new leafy growth. If indeed your citrus does get frosted, don't be tempted to cut off branches until spring, as the trimming could promote more soft growth.

And as always it is a good idea to cover your citrus with frost cloth in the cooler months.

- **Hellebores** – just arrived. Perfect planted en masse in slightly shaded areas.
- **Berries** – get those berries in the ground now for mouthwatering yum yums next summer, we have plenty of blueberries, cranberries, gooseberries, and blackberries. Raspberries, both Waiau and Heritage, both double croppers. And here is how to prune them;
Prune canes that have borne fruit at ground level; the new canes that grow in spring will fruit in late summer and autumn next year. With summer fruiting raspberries, cut back only canes that have fruited, or wandering canes, not the new ones that will fruit next year. – hope this is helpful.
- And as always, a great selection of **vege seedlings** – beetroot, broccoli, cabbages, kale, lettuce, onions, parsley, bok choy, celery and a few more. Now is a good time to plant these.
- **Flowering bedding for winter:** pansy, viola, polys, primula, primrose, stock, sweet pea, anemone, and bellis daises plus more...

In the Shop

Some gorgeous Cyclamens have come in, two grades – 13cm \$15.99 and 14cm grade for \$19.99. These are bushy plants with lots of flowers and plenty of buds.

We also have some Zygo "Xmas" Cactus with an abundance of buds, really stunning plants in three grades.

Other plants that are new to Portstone are a Peperomia "Moonlight" which has lime green foliage with iridescent variegation resembling the water melon.

We offer Gold Card holders 10% discount on most of our products.

Our team are experienced and helpful, and look forward to seeing you at Portstone soon. If you haven't experienced the Red Eight at Portstone café come enjoy sitting outside on these beautiful days overlooking the outdoor area.

Portstone
Under the big gum tree
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portstone.co.nz



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NZ Post update

The Northwood Post Shop, located at 1 Radcliffe Road, will be temporarily closed from Saturday 30th April. NZ Post were recently advised that the host agency had decided to close their business. NZ Post intend to re-open as a NZ Post operated site. In the meantime customers can access NZ Post services at the following Post Shops and Post Centre.

- **Bishopdale Post Shop** located at 31 Bishopdale Court, Bishopdale
Services: Postal, Courier and Billpay services
- **Papanui Post Shop** located at 5 Restell Street, Papanui
Services: Postal, Courier and Billpay services
- **Redwood Post Centre** located at 284 Main North Road, Redwood
Services: Postal and Courier services only

NZ Post’s Sockburn Box Lobby, located at 136 Main Road, Christchurch, will from Monday 2 May be offering additional NZ Post services. Customers will be able to access full postal, courier and bill pay services.

OUTING

On the 16th March we enjoyed our Social with The Butterfly Lady giving an in depth talk on the Monarch Butterfly. I think most of us got a lot of information that afternoon. There is a decline of the Monarch Butterfly, they only lay eggs on Swan plants. The Butterfly and caterpillars eat the leaves and flowers, which are pollinated by the Butterfly. I was lucky to receive a caterpillar and plant. For more information go to: www.thebutterflymusketeers.com



Myra and her friend entertained us, it was their first time, so a great afternoon was had by all.



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

- 15th June - AGM. Aroha to entertain
- 20th July - Ester from Elder Health, John Clark to entertain
- 18th August - Hopefully talks about up coming elections

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

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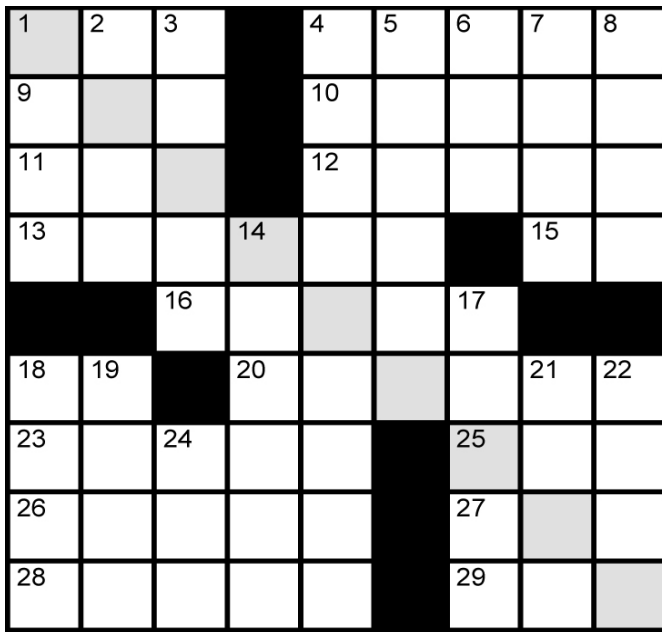
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Investors Delight



Across

1. Netflix rental
4. More artful
9. "Rocky ____"
10. Minor

11. Gun, as an engine

12. It's debatable
13. Mark and Shania
15. Exists
16. Bumps

18. Atop

20. Imagined

23. Arm bones

25. "____ what?"

26. Backgammon piece

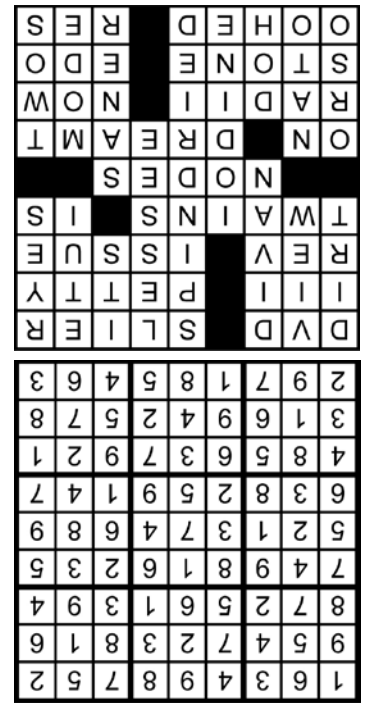
27. Old name for Tokyo

28. ____ and aahed

29. ____ publica

Down

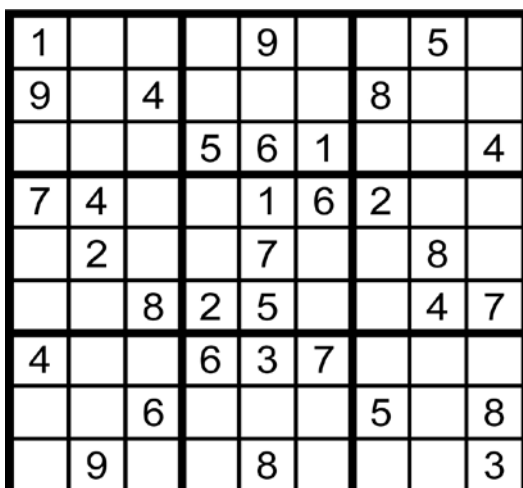
1. Gossip
2. Penthouse feature
3. Couch
4. Like clothes in a washer
5. Rent payer
6. "____ alive!"
7. Needle case
8. Bakery selections
14. First-aid item
17. More rational
18. Approximately
19. Alliance acronym
21. Fashion
22. Deuces
24. Play-____



The title is a clue to the word in the shaded diagonal.

SANDWICHES

- | | | |
|-------------|---------|----------|
| BAHN MI | FISH | PO BOY |
| BARBECUE | GATSBY | POCKET |
| BLT | GYRO | RACHEL |
| CLUB | HERO | REUBEN |
| CORNED BEEF | HOAGIE | SAUSAGE |
| CRISP | HOT DOG | SLIDER |
| CUBAN | ITALIAN | SOUVLAKI |
| DELI | MARMITE | SUB |
| DENVER | MELT | TAVERN |
| EGG SALAD | PANINI | TEA |
| ELVIS | PIMENTO | WRAP |
| FINGER | CHEESE | |



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*