

CHRISTCHURCH

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GREY POWER

50+ QUARTERLY NEWSLETTER

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Punting on the Avon, Christchurch

GREY POWER CHRISTCHURCH

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Presidents Word

Hello again,

Just got home from our Christmas Social a great afternoon, we had David Petrie playing the organ plus a couple of poems he had written. We had our Christmas Raffle with hams, 2 Christmas cakes and 4 bags of chocolates, unfortunately my number wasn't called out perhaps next time. Everyone received a new Calendar note pad, plus drinks and a piece of Christmas cake in the first section. City People followed after the Raffle a great group and I am hoping we can get them back next Christmas Social they were excellent. Half way through the session we were treated to a Cinnamon Oyster complement of Bev Hartley to finish off the afternoon. We have been at St Martins Church a year it has worked out well, and plenty of parking. Bev & Gary Hartley have been great setting up the venue which is much appreciated.

I would like to thank the Committee for all their work and support given. Neville has a new title Master of Ceremonies. Hope to see you next year.

The Committee and I wish you a Happy Christmas and a Great New Year. Stay safe and well.

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.



Having just attended Elder Care Canterbury's 25th Anniversary, it was amazing how much they have achieved in the last 25 years. The photo below is of the longest serving Members, the taller lady is Tui who has represented Greypower all those years. In the next News Letter there will be an article including photographs of all the important people who have made this an important part of Canterbury's history.

Ann Ferrari



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Safe medication practices vital to ensure safety and wellbeing of older people



The Aged Care Commissioner Carolyn Cooper is calling for patients, families, whānau, caregivers, communities, healthcare workers, and providers to show their commitment to safe medication practices for older people.

"Older people are significant users of high-risk medications. Many medications have associated risks that need to be managed and mitigated with good medication management policy and staff training," says Ms Cooper.

The World Health Organization's call for action to KNOW, CHECK, and ASK to ensure medication safety is simple. Before giving medication, healthcare workers and providers should KNOW the medication, CHECK for the right patient, medicine, route, dose, and time, and ASK the patient if they understand.

Ms Cooper says it is critically important that aged residential care facilities have appropriate systems in place to ensure nursing staff administer all medications correctly, and for medication errors to be identified and followed up quickly.

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Thank you for having us and for allowing us to deliver our home fire safety presentation to the group. Mitch and I both enjoyed listening to shared experiences, we appreciated the great questions and liked the wee giggle here and there! We have a list below of essential fire safety advice to remember.

Regards, **Emma** and **Mitch** – Canterbury Community Readiness and Recovery Advisors

- ☑ Check your smoke alarms. They will save your life.
- ☑ Don't assume smoke alarms are working, press the button to check.
- ☑ Make a household escape plan and practice it. A house fire can kill in less than five minutes. If you live in an apartment make sure your entry and exit points are clear and free.
- ☑ Don't overload plugs. One appliance to each wall plug or multi-board socket. We regularly attend fires caused by overloaded electrical outlets. So, if you're working from home, please check your work space is set up to ensure plugs aren't overloaded.
- ☑ Keep EVERYTHING and EVERYONE at least a metre away from the heater.
- ☑ Never leave electric blankets on while you sleep.
- ☑ Dispose of fireplace ashes in a steel bucket with water. Ashes can stay hot enough to ignite for five days.
- ☑ If you must use candles, use them safely and never leave them unattended.
- ☑ Keep matches and lighters out of reach of children.
- ☑ Keep looking while you're cooking. Turn off if you leave the kitchen. Keep your cooking surfaces free from grease and please - never, ever leave pans unattended on the stoke top.
- ☑ Don't drink and fry.
- ☑ Please don't light outdoor fires - for example rubbish fires - during the lockdown.

TUI'S TRIP 2022

This year has gone so quickly and the outings we have enjoyed monthly with our popular and excellent driver Bob from Clarks Coachlines is sadly at an end for the year.

Through the year we have visited Culverden, Ashburton, Timaru, Tour Lyttelton, Tour Amberley Area and Beaches, Alpacas West Melton, Chinese Church Christchurch, 3 Boys Brewery Christchurch, and received excellent hot meals at all hotels example Lyttelton Club, Chateau Hotel and Golden Mile Tavern, where we had singer Aroha entertain.

Our last trip for the year is special and hopefully Colin Taylor will write up the visit for our magazine. We are going for a talk and tour of Claremont Castle by Rob, which is 15km inland from Timaru, then we are fortunate that the caterer who does the weddings for these premises is going to provide us with our hot meal etc.

Now it is time to wish everyone a Merry Christmas and hopefully good health till we meet again in the New Year.

Cheers **Tui**


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How many days to Christmas?

A simple question like that creates a strong reaction in people. Many are excited – especially children – and they can't wait for the fun and eating to begin. But many others in our city feel dread and this is not because they 'don't like shopping'.

The dread comes because they know they can't afford to shop for presents, or host family members, or have a celebration feast. They might already be deep in debt or at best only just getting by and have nothing for expensive celebrations. Christmas to them can mean just more worry and humiliation.

Naturally here at the City Mission we think Christmas is a very special time, not just because of what it represents, but also because it's when we do the most work for people in our city. Every Christmas we put

our heart and soul into trying to even things up and lift those families who are struggling so they too can celebrate.

This year we will provide more than 1500 food parcels in the week before Christmas Day. Each one will feed all the people in the family for several days and has extra treats so they can have a celebration meal.

We will directly serve a Christmas meal to up to 100 people who are either in our day programmes or living with us on the special day in our emergency shelters, transitional housing or our residential detox facility. On Christmas morning we will give presents to 250 children from our chapel who would have missed out otherwise. These have all been donated by our supporters.

And our counsellors, budget advisors and social workers will help individuals and families who are stressed and/or facing mental health and addiction problems right across the period.

When we say "Happy Christmas" at the City Mission we are not just using words. We get stuck in and work hard to make it possible for as many Christchurch people as possible.

Ewan Sargent | Christchurch City Mission



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Originally established as an undertaker's firm in 1881, John Rhind Funeral Directors occupies the same Richmond premises today, making it one of the oldest businesses in Christchurch.

Serving our community - General Manager Tony Garing explains that working as a funeral director is a calling. "Our team come from many backgrounds, but we all have one thing in common. We care deeply about the families we support."

"Because we see life coming to its end every day, it reminds us how important it is to live life to the full. So, we're very proud to support many wonderful community organisations that help people get out and enjoy life. It's our way of saying thank you to this community for trusting us to care for your loved ones for over 140 years."

We've updated our website with helpful resources to help you personalise your loved one's funeral or pre-plan a funeral as unique as you are. Visit www.johnrhind.co.nz.

If you'd like help planning 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



Discounted and free insulation in spring

The weather may be warmer now, but there has never been a better time to install more insulation. CEA Charitable Trust is offering free ceiling and underfloor insulation for owner-occupiers with a CSC-endorsed SuperGold card or living in an eligible low income area. For those without a CSC endorsement CEA has a 40% discount for quotes accepted by the end of November.

Did you know that insulation does not just keep the cold in but also keeps the heat out? That means an extra layer of insulation could keep your house a whole lot more comfortable during hot summer days as well as cold winter nights. And if your insulation has not been installed or checked in the last few years, there is a good chance you could benefit from an extra layer. A quick insulation check by one of CEA's energy assessors will tell you whether it is worthwhile to look at more insulation. Checks are free for everyone! Insulation requirements have increased over the years

and old insulation may have compacted. If you have had contractors working in the roof space or under the floor, they may have disturbed the insulation. You may not see the insulation in your house, so it is easy to forget it but it makes a huge difference to your comfort levels.

Installation of insulation is easy. CEA assures an easy process and no-mess insulation. Around half CEA's customers are over 65 and improving the warmth (and coolness!) of their homes can help to keep them healthier, out of hospital and more comfortable.

Many of the charitable trust's customers email, write and call to comment on the insulation work done in their homes:

Glenda and Norman from Rangiora wrote: *"We want to say thanks to CEA for the way this project was dealt with to provide us with greater warmth in our home for the later years of our lives."*



Jess from Shirley emailed during some cold weather saying: *"Our home feels a lot warmer and couldn't have come at a better time with the weather that we are having at the moment. My partner was also very happy with the workers efficiency and professionalism during the install."*

"Thank you to the CEA installers for the great work they did for us. They made the insulation so easy for us. We are looking forward to a warmer house," Jenny and Steve from Halswell emailed.

And Steve and Jane from Bryndwr called to say: *"Best most professional group of people we've ever dealt with."*

To make an appointment for an insulation check, call 0800 4389276, email info@cea.co.nz or apply online at www.cea.co.nz.

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Viking funerals

One question we get asked a lot is if you can have a 'Viking funeral' referring to the idea that your body be placed on a ship and set alight. Although this is often suggested in jest it does come up frequently. The short answer is no you cannot have a 'Viking funeral'. In fact, there is little evidence that Vikings actually did burn their dead in boats, most Vikings were simply buried.

Although you cannot have today's idea of a 'Viking funeral' there are alternatives that incorporate some of the aspects.

Burials at sea

The first option is burial at sea. Burials at sea can occur within five designated sites around New Zealand. The closest to Christchurch is 55 nautical miles northeast of Lyttelton.

Burials at sea must meet specific guidelines including:

- obtaining a compliance certificate for the burial from Maritime NZ.
- You must be in a sealed casket that will stay intact.
- The casket must sink quickly to ensure it does not drift from the recorded burial location and it must not resurface.

The person undertaking the burial must provide evidence to show that the requirements were met. Including evidence, the casket sunk and the exact coordinates of where the body entered the water.

Scattering Ashes

The second option is getting cremated and then having a family member either scatter you at sea or place your ashes in a raft and letting it drift out to sea.

There are generally no restrictions on the placement or scattering of ashes as long as you do not cause offence to anyone else in the process. This gives family members substantial flexibility to try to accommodate your burial wishes or a variation of them.

Godfreys Law can help you

If you want any unusual after-death or funeral requests, get in touch with the Life Law team at Godfreys Law to update your will and have these reflected in your will.

**You can call Maddy, Gina or Phil,
our solicitors, on 03 366 7469**

editorial supplied by Godfreys Law



*The Christchurch Grey Power Association wishes all members
a very Merry Christmas and a Happy New Year.*



Castle Claremont



CASTLE CLAREMONTS GRANDEUR HAS INCREASED OVER THE PAST CENTURY, WITH NEW BUILDINGS, A NEW DRIVEWAY AND IMPRECCABLE LANDSCAPING.

The wealthy Rhodes family commissioned the castle as a wedding present for pioneer settler George Rhodes and his French bride Henrietta. It was later leased to the Crown, and was once home to Lord Ranfurly, a former Governor of New Zealand.

Not surprisingly, the castle has a Historic Place Category 2 listing with Heritage New Zealand.

THE GRANITE FOR THE CASTLE WAS DUG FROM THE ROCK THE HOUSE SITS UPON. IT IS TEAMED WITH OAMARU STONE.

Young brought the property 15 years ago. He says he saw it advertised in Auckland and came down to see it: “I came up the driveway in a taxi and by the time I climbed out I said, ‘I’m having this’.”

And he did buy it, and he spent many years commuting to and from Auckland for work. Until, one day, someone asked if they could get married at the castle, and that was the start of an events business.

Young has researched a lot about the history of the property, but he hasn’t traded on any ghost stories like the former owner, Mr West, who in 2001, offered \$100 to anyone who could spend two consecutive nights in the castle’s supposedly haunted shower block.

THE CASTLE SITS ON MORE THAN 11.6HA, BUT THAT IS JUST A FRACTION OF THE LAND OWNED BY THE RHODES FAMILY WHEN THEY FIRST MOVED INTO THE HOUSE.

No-one completed the challenge prompting Young to say, in 2013, that he thought the owner put a possum in the shower block to scare them off.

The ghost story is believed to have followed the decades in the mid 20th Century when the castle was bought by the Catholic Church to accommodate St Joseph’s Noviate. It was a silent order that was entirely self sufficient, growing all its own food in the grounds. The chapel was built and there were old graves on the property, but these were subsequently moved off.

“I still get some of the old brothers, who are now in their ‘90s, coming up to the house,” Young says. “I give them a cup of tea and a scone and we have a lovely time. They tell me stories - one of them had an illicit radio.”

THE LONG VERANDA WAS REPAIRED BY THE NEW OWNER. IT IS WREATHED IN WISTERIA.

Today, the ground floor still boasts a magnificent parlour with double French doors that overlook the lawn and gardens. There’s also a library, massive dining room, “master’s study” and central reception area. And there’s not one, but two adjoining kitchens. In keeping with the era, there’s a large wooden staircase leading upstairs where there are 10 bedrooms. Listing agent Dino Curo says three of these are larger than many Auckland apartments and have their own ensuites.

Two separate, self contained two-bedroom units bring the total number of bedrooms to 14.

The main entry retains all the traditional character expected of a castle.

Young has undertaken a lot of renovation and maintenance: “It took two years just to get the garden in order, and I also put in the road - it has been just a gravel track.

“The house has good bones, but it needed a lot of painting and decorating. the veranda had completely collapsed.”

Young tested the market 18 months ago without selling. He recently started an Airbnb business, and says it has been a “remarkable experience”, with people already returning for second visits. “I have enjoyed some very good company,” he says.

BEAUTIFULLY CARVED FIREPLACE SURROUNDS FEATURE IN SERVERAL ROOMS, OWNER ROBERT YOUNG SAYS THE FURNITURE WILL BE SOLD WITH THE HOUSE.

I also decided to replicate the great Claremont picnics that used to be held 100 years ago. Back then, the cooks would cook up for days on end and everyone was invited. So I replicated that with a garden party and 1000 people turned up.”

Young says people sometimes turn up to events and say to him: “I’ve lived here (in Timaru) all my life and didn’t even know this was here.”

But now, it really is time for the owner to consider retirement. “I am of an age when many people consider downsizing, so that’s what I’m doing.” he says.

THE FORMAL DINING ROOM OPENS OUT TO THE VERANDA AND LUSH VIEWS OF THE GARDEN.

“I love this; I love the seasons coming and going; but I really think I need to get a bit more sensible and think about retiring.”

The property spans 11,628ha, and features manicured gardens, lawns, fields for horses and even forested areas. A sweeping driveway makes a dramatic entry for guests.

There’s even a beautiful, ornate pool room.

Young says the furniture is likely to be included. “There’s a guitar on the wall and a few knick-knacks I might take, but that’s about it.”

THE HISTORY OF THE HOUSE ADDS MUCH TO ITS CHARACTER.

Several of the bedroom suites are as large as an Auckland apartment, says listing agent Dino Curo.

Altogether there are 10 bedrooms in the main building, plus four others in the self-contained units. During the 1950s, 40 Catholic novitiates slept in the rooms on the top floor.

THE CHAPEL BUILT IN THE MID 20TH CENTURY BY THE CATHOLIC NOVIATE THAT LIVED HERE.



Neville Wootton

DO NOT KNOCK' STICKERS - FREE

It is now Illegal to ignore "do not knock" stickers.

Changes to the Fair Trading Act mean door-to-door traders who ignore a 'Do Not Knock' sticker risk fines of up to \$30,000.

John Duffy of Consumer NZ says: "Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

Consumer NZ members can request a sticker through the form on Consumer's website. If you're not a Consumer member, you can get a sticker from any Resene ColorShop or store that sells Resene paints. Alternatively, you can make your own sign or download a printable version of the sticker.



Scam Alert from The Financial Services Federation (FSF)

The Financial Services Federation is warning Grey Power members of a scam that is currently operating in their name and which they believe to be targeting older and more vulnerable people.

The Financial Services Federation (FSF) is the industry body representing responsible non-bank lenders operating in New Zealand. Their website is www.fsf.org.nz

There have been a number of instances where older people have been targeted either by phone or email by someone purporting to be from the FSF (in the case of the email instances the FSF logo has been used to add authenticity)The scammers seek money in order that an amount of money may be released to the target that, of course, is never forthcoming.

For information on scamming alerts on phones, texts, emails, and Face Book see: www.netsafe.org.nz – 0508 638 723 or cfc.org.nz or www.scamwatch.govt.nz

THREE BOYS BREWERY

I like to think, I'm a tiny bit responsible for the creation of Three Boys, that it was in part the pain of having to mark my organic chemistry papers that drove Ralph Bungard from lecturing at the University of Canterbury and toward the formation of his future brewery.



Fast forward a number of years and Three Boys the champion exhibitor of this years N.Z Beer Awards – are part of the bedrock of Christchurch craft brewing. They are the 2nd oldest brewery in the City and some of the earliest and most formative craft beer moments have been through their output years before the I.P.A. explosion. Three Boys Golden Ale and Oyster Stout stunned the young unrefined palate. The reason for that might be the unique trajectory that Three Boys has taken as they've grown. You won't find them on many Supermarket shelves anymore but visit almost any bar or restaurant in the city and you'll reliably find them on top.

Another thing with their super local profile is the size of the brewery, which is bewilderingly for their local first approach. I have to take a second to remind myself just how much beer flows out of here in a year. Visitors are often surprised at how large Three Boys is from outside. That is because they are so locally focused.

On the environmental side they are 100% electric – including the boiler – which is very unusual for a brewery of their size. They have been plastic container free since 2017 and now they are swapping most of their gas process away from carbon dioxide to nitrogen gas and installing solar to help boost our electric capacity. Social responsibility is often less visible than environmental measures but for Three Boys it's just as important, they are living accredited and a sponsor of many music and art programmes and galleries around the city. Three Boys is in a sweet spot in some ways being just big enough where their opinion can be heard and small enough to know their customers understand their ethos.

Neville Wootton

Do something today that might just save your life!

Free bowel screening now available across New Zealand.

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

Supporting people who go missing

Are you, or someone you know, concerned about getting lost or going missing when out and about in the community?

The good news is you are not alone, and there are lots of things you can do to reduce the risk of going missing, while still maintaining your freedom to live a healthy active life in the community.

The Safer Walking Framework, an initiative delivered by Land Search & Rescue New Zealand, aims to support, educate and reduce the risk of people getting lost or going missing due to cognitive impairment.

The Safer Walking website has a wealth of information, including different tools, ideas and strategies that can be tried to reduce this risk, from completing



a Safer Walking Profile to things you can try in the home environment. The website also includes links to relevant websites and organisations that you may find helpful to contact for support and advice.

Land Search & Rescue has also produced a video series of New Zealanders telling their own stories of going missing. The stories show how having plans and making use of technology, like Global Positioning System (GPS) location devices, can enable people at risk to be out and about, while providing peace of mind for their whānau if they go missing.

Have you thought about arranging your funeral details in advance and spare your family unnecessary worry about the funeral arrangements and costs?

Whether you wish to **preplan for the future** or **explore prepayment options towards your funeral**, we are happy to give you all the information and advice you need.

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And just like that the year end has rolled around, we do hope you have had time to enjoy your garden. Maybe you have planted some vege plants and are reaping the rewards already.

If you love your salads make sure you plant salad seedlings every couple of weeks so you receive a good supply. Include loose leaf lettuce, Mesclun can be snipped as early as three weeks, Spinach leaves and rocket adds good flavours, Italian parsley makes a tasty garnish.

Tomatoes and Basil, plant these together. Not only are these a classic culinary pair, as companion plants they are said to enhance each other's vigour and taste.

Pots can be planted with potted colour which adds instant wow. Good options to plant for lasting flowers are Petunias, Marigold, Lobelia and Geraniums. Same goes for hanging or wall baskets, mass planted these are extremely eye catching and are easy to take care of with good watering and a liquid feed from time to time.

Roses are looking spectacular, keep de heading to encourage flowering. Deep watering is best, watch out for any aphids, we recommend Groventive an insecticide/fungicide spray from Grosafe which will take care of these unwanted critters.

Pots at Portstone – we have had another shipment of pots arrive. Some lovely styles, these add colour and interest to your garden and can be used as planters. There are a couple of new water features also. There is a great range of Corten steel wall art and garden art which make lovely gift. These are mainly animals and birds.

Back for Christmas gift giving are the rainbow krystal resin ornaments. These include butterflies, hummingbirds, angels and even hot air balloons. They make wonderful gifts for all ages, and it doesn't hurt to treat yourself as well! When the sunlight shines on them, the colours look brilliant. Our Convino range of serviettes and soaps has also being restocked this month. Look out for their Christmas range, makes any dining table look stunning as well as making lovely gifts.

If you have been a loyal Portstone customer thank you for the past year, we have just celebrated 40 years under the same family ownership and we have been told by some customers that they have been enjoying coming to Portstone for many years including one or two for 40!

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.

Have a safe and happy Christmas. We are closed Christmas day – open Boxing Day 10am-4pm.

**Portstone, 465 Ferry Road
(under the big gum tree)
389 4352**

Thinking of returning to the workforce? You're not alone

Probably besides success, employees at some point in their career have daydreamed about the day when they can finally retire - a beautiful post-work period where chilling with family and friends won't feel as bad and unproductive, and finding a new hobby is easier with a lot of time in their hands.

However, a gerontologist and caregiving advocate from Home Instead said that retirement may not look the same for everyone.

"It's not uncommon for retirees to express a sense of regret or boredom and long for companionship and social connections formed at the workplace," said gerontologist Lakelyn Hogan Eichenberger, Ph.D.

If you're thinking of making a workforce comeback, Eichenberger suggests considering four reasons for "unretirement":

- **Finding your true passion.** Unretiring provides opportunity to pursue passions and try something new maybe in other industries.
- **Fighting off boredom.** Retiring could be extremely boring after leaving the workforce. Returning to daily activities may help fight the feeling off and add a sense of purpose to a retiree's day.
- **Social connections.** Establishing social connections in the workplace can help improve the quality of life.
- **Getting back to a daily routine.** Having a work schedule or routine can help establish a framework and eliminate endless days that may lead to feelings of restlessness.

Read more: Teasing over 55s out of retirement may help plug the talent gap <https://bit.ly/3Nrtkgm>

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120 Coffins Launches Funeral Debt Campaign

120 cardboard coffins were delivered to Parliament in September in a call for the Government to stop delaying action on funeral debt.

The coffins are a reminder that every single day New Zealanders are thrown into poverty because government paperwork requirements leave them open to commercial exploitation.

Death Without Debt is a working group of New Zealanders from social work, poverty and medical professions and is supported by the Salvation Army and Spokesman, Fergus Wheeler, says the average cost of a funeral is \$10,000 – far more than many households can afford and blames the cost on the government's dysfunctional death paperwork system.

The silent protest – each coffin contained briefing papers for each MP - is designed to speed up the Government's Review of Burial and Cremation.

Death Without Debt has also set out for the Government a further eight steps they need to take reduce or eliminate funeral-driven poverty.

Strawberry Santas

Makes: 20

Time to make: 15 minutes

Ingredients:

- 20 medium-large strawberries, hulled for a flat base
- 100g Philadelphia Light cream cheese (Note: other brands of cream cheese can be too runny for this recipe; this is the one we've found works best.)
- 4 - 6 tsp icing sugar, to taste
- 40 mini dark-choc bits or chocolate chips

Method:

Cut the top third off each berry and reserve. Stand berry bases on a serving platter. Mix cream cheese and icing sugar until smooth and creamy. Pipe or spoon 1 tsp cream onto flat berry tops. Place reserved berry tops on top. Use the smallest piping nozzle to pipe mixture onto the tip of each strawberry "hat" (pompom) and onto "chest" (button). Use tweezers to place 2 chocolate pieces onto each cream "face" (eyes). Refrigerate until ready to serve.



From the Secretary

Hi everyone I hope you have all had a good year and that next year will be even better.

After being sick for a couple of months, thank goodness not covid, we have been able to keep up with our work enrolling quite a few new members and also welcoming some old members back.

We are still having trouble with people paying their power bills into our bank account. If you have done this you will need to get hold of us to reimburse you, we cannot forward it to pulse energy for you.

I hope you all have a good holiday season and stay safe.

Cheers *Maureen*
Secretary

Aphorism:

A good time to keep your mouth shut is when you're in deep water.

Life is'nt tied with a bow but it's still a gift.

A daily Inspiration:

If we ever have a golden age, it will be because golden hearts are beating in it.

[From Wings of Silver.]



Social Afternoons Superannuitants' and Friends

Meetings will be held at St Martins
Church Hall, 50 Halswell Road.
Start Time: 1.00pm

February 15th - St Johns to do demo of defibrillator. Myra to entertain

March 15th - Trish from the council to talk what we can put in our bins. Allen's Men to entertain

April 19th - Talk by Graeme Anderson from WINZ. David Petrie to entertain

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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Email:.....

I/We enclose my/our subscription for the year 1/4/2023 to 31/3/2024

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Payable by Cash to Grey Power Christchurch

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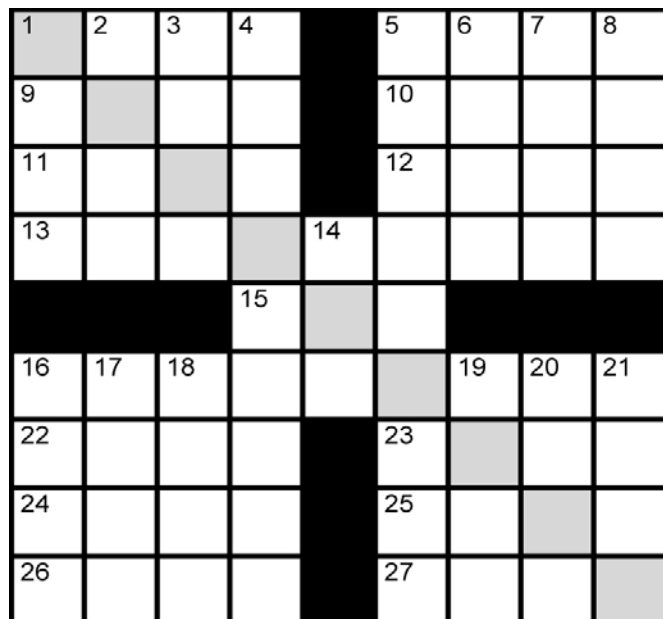
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To Build



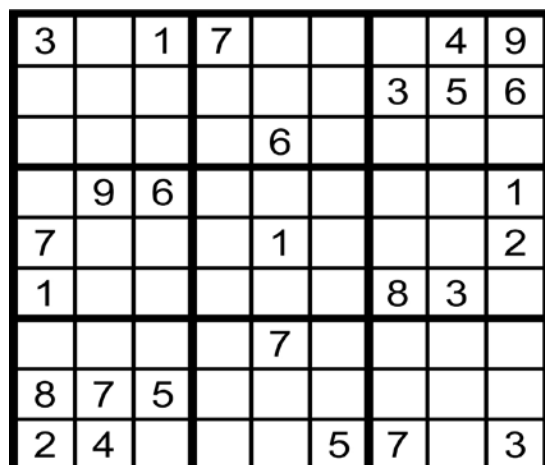
Across

1. Bivouac
5. Hat-tipper's word
9. Frost
10. Clearasil target
11. "Green Gables" girl
12. "Darn it all!"
13. Population statistics
15. Hog's home

Bamboo
Blue vanda
Cinnamon
Cockleshell
Crested snow
Easter
Egret flower
Foul giant

Foxtail
Fried egg
Ghost
Grass pink
Halloween
Holy ghost
Marsh
Masdevallia

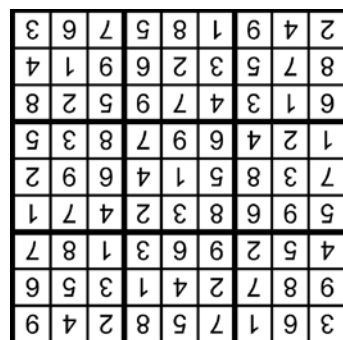
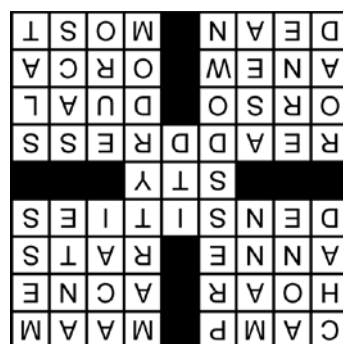
Moth
Noble rock
Nun
Phaius
Showy tiger
Slipper
Spider
Vanilla



26. College bigwig
27. The bulk

Down

1. Neighbor of Libya
2. Top-rated
3. Educator Horace
4. Push, in a way
5. Fate of one with a cause, perhaps
6. Antioxidant berry
7. Poker pot starter
8. Military meal
14. "___ be my pleasure!"
16. Start of many Hope/Crosby film titles
17. Coastal raptor
18. Floating, perhaps
19. Continental currency
20. Pouches
21. Bed board



The crossword headline is a clue to the answer in the shaded diagonal

ORCHIDS



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.*