

CHRISTCHURCH

New Zealand
Permit No. 3285



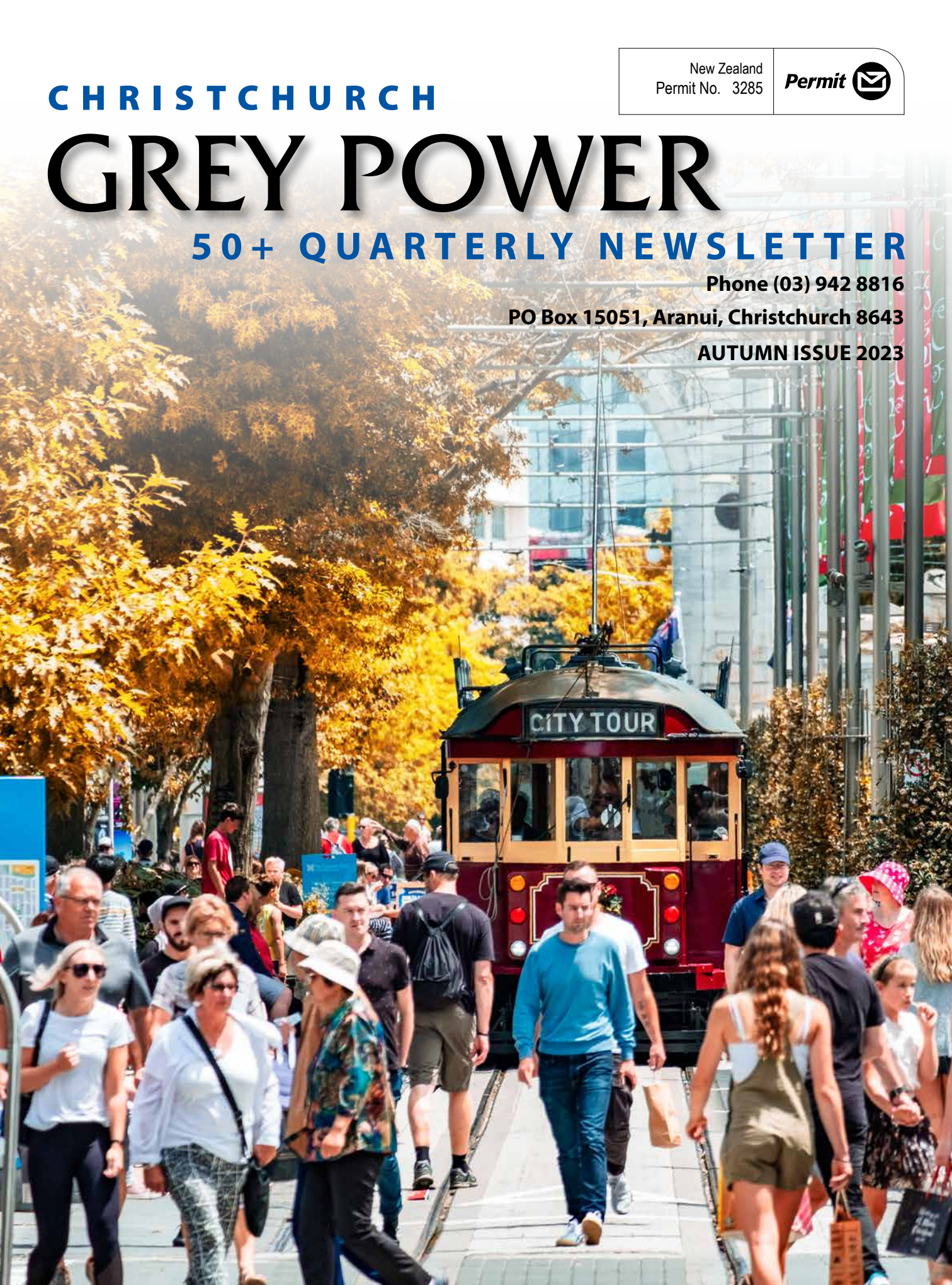
GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

PO Box 15051, Aranui, Christchurch 8643

AUTUMN ISSUE 2023



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

Please Note: All Committee members are volunteers. If you wish to contact them and the answer machine comes on please leave a message. We will endeavour to contact you asap.

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

This publication is designed and printed by Kiwi Publications Limited.

For advertising phone Dave on 027 652 5220

or email: dave@kiwipublications.nz

www.kiwipublications.co.nz

Please refer to our website for disclaimer.

Foot Care Service



IN YOUR OWN HOME

Single: \$45 | Couple: \$75

Ana Troon
20 years' experience with the elderly

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

Ph: 021 231 1577

Presidents Word

Firstly, a belated Happy New Year.



A big thank you to all the people at our first social in February, I was running late with the key and everyone helped set up the chairs for a great first meeting. We Had St John on C.P.R and the Defib later. We were accommodated with one dummy on the table and on the floor, as several of us are not keen on kneeling. I learnt not to be afraid to have a go. Myra & Ray entertained after with a few clever jokes and songs, so a good start.

We have a few different speakers over the next few months.

We are all feeling for the areas who are suffering of Cyclone Gabrielle and the devastation it has caused.

Do not forget if there is a topic you would like to see in the News Letter contact us. Also if there is entertainment let us know and we will check it out. Stay safe and cool.

Ann Ferrari | President



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

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.

HI EVERYONE AND WELCOME TO OUR FIRST NEWSLETTER FOR 2023

Hope your holiday season went well for you. It has been terrible about those people that have been hit by the cyclone. We can feel for them after what we went through with the earthquakes we had.

If there is anything you would like to see or put in the Newsletter please let me know as it is your Newsletter so feel free to contact me with anything that you think may interest the rest of our readers. We distribute each volume to Hospitals, Doctors rooms, Age Care Facilities and RSA rooms. If you know anyone or any place that would like the newsletter once again get in touch.

Also if you would like a digital copy we can arrange that as well as long as we have your up to date email address. Some of our older folk still like getting theirs in the post as they either don't have access to a computer or cannot see it.

Our afternoon social is held on the 3rd Wednesday of each month at St Martins Church Hall 50 Lincoln Road. It Is well worth coming along to Speakers Entertainment and tea & coffee.

If you are renewing your subscription by internet please send in the renewal form found in the news letter with updated information.

Hope this finds everyone safe and well

Maureen Price | Secretary
03 9428816 / 0272019920
nanachooksboyz@gmail.com

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

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

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

Why balance could be a matter of life and death – and how to improve yours

Studies have shown poor balance can be associated with serious health problems – as well as increased risks of falls as we get older.

Until we start to lose our balance, we barely notice that it's there at all. "It starts for a lot of people with simple stuff," says Dr Anna Lowe, an expert on healthy ageing and physical activity. "Maybe you used to be able to quickly stand on one leg to put something on, and now you have to hold on to something."

The World Health Organization estimates that 684,000 fatal falls occur each year, making falling the second leading cause of unintentional injury death, with a further 37 million falls severe enough to require medical attention.

If you experience a sudden, noticeable change in your ability to balance you should consult a professional. But a slow, barely noticeable decline will be the thing most people should worry about.

The loss of balance starts at 45, and it's very clear," says author George Locker. "So you have to start prevention in midlife." "You've got to stay active," agrees Lowe, who is also a physiotherapist. She says general activity, just moving around and doing stuff, affects balance a lot. Yoga, tai chi or gym work are exercises where you can manage that unsteady feeling. Whatever activity you choose – and whatever stage of life you're at – the take-home lesson is to work on your balance before you need to not after it becomes an issue.



A busy night at Stone Henge as workers move all the stones back one hour...



Te Ara Ahunga Ora Retirement Commission Director, Policy

Dr Suzy Morrissey
*[article courtesy of Seniors
Newsletter]*

Since I began my role as Director, Policy for the Retirement Commission two years ago, one thing that has stood out for me is the incredible pace at which the way we live can change.

In 1986, 87% of New Zealanders in their 60s were homeowners, with mortgages paid off, and for the most part were not in paid work. In 2018, 80% of those in their early 60s were homeowners, but 1 in 5 were still paying off mortgages, 20% were paying rent, and many were still in paid work. In many ways, these changes are rewriting the script of how New Zealanders head into retirement.

In December the Commission released the 2022 Review of Retirement Income Policies – something they do every three years.

The Review told us three stories of retirement in New Zealand that show retirement does not look the same for everyone.

The first is the story that you may be familiar with – life in a home owned outright, with expectations of a long and healthy retirement. While this was the case for many in the past, it's not the case for everyone now (about half of retirees), and it will be true for even fewer in the future.

The second is a story struggling to get by in retirement, even where a home is owned outright, generally living just on NZ Super and possibly owning assets but being 'cash poor'. It is also the story of a short or missed retirement, particularly for Māori and Pacific Peoples, whose life expectancy is shorter than Pākehā.

The third story is an emerging one. It is that of an increasing number of people paying rent – 100% more by 2048 compared to 2018. While this was always the reality for many Māori and Pacific Peoples, it is now the case for a growing number of demographics. It is also the story of continuing to pay a mortgage after age 65 – currently the case for 1 in 5. Around a third of people over 65 are paying rent or a mortgage.

Many of the reasons for this are deep-rooted and naturally require complex solutions. The Retirement Commissioner has recommended a set of actions for the Government and the financial services industry (along with some for employers and ourselves on other topics), which will help to create better retirement outcomes for New Zealanders.

The Retirement Commissioner's key recommendation is to maintain NZ Superannuation at its current settings. The recommendations are a starting point to ensure our retirement income system, and elements of society at large that impact it, are fit for the 21st century.

My hope is that, if actioned, these recommendations will help to ensure older New Zealanders live with the dignity and mana they deserve after many years of hard work and contributing to society.

The Government is expected to respond to the recommendations in the coming year.

I am pleased to announce that we have launched the new Christchurch Health Shuttle this week. This Shuttle service is available throughout Christchurch to assist members of the community in getting to their medical appointments in the Christchurch Area, this includes all hospital and doctors' appointments as well as midwife, dental and rehabilitation appointments.

The service is free, however any donation is gratefully accepted to assist with running costs. Currently the Shuttle only takes clients who are able to onboard and offboard independently, but wheelchair accessibility was scheduled to be available by mid-February.



In many ways connection is the opposite of addiction. Good connections, having strong positive relationships with family and friends, and feeling like you belong with others, are all important to helping us feel like life is worth living.

That's why when people are suffering from overusing alcohol and/or drugs loneliness and isolation will be walking along hand in hand. Addiction and loneliness feed off each other and make each other worse. Our addiction services at the Christchurch City Mission are used by many over-50s who are trying to break free of alcohol or drug overuse. Some have been battling their addiction for decades, while others have slipped into the problem in later life. Everyone has their own pathway into this misery and despair.

A number of our services offer free help. You can find details on them on our website at citymission.org.nz. But one in particular I'd like to highlight is our Wahine Whai Ora women's recovery service day programme because of the emphasis it has on connection. This is a free day programme in a private place at our Hereford Street premises for women dealing with alcohol and drug overuse and who want to change how they are living. We have about 130 women registered who come to take part and we have three main parts to the programme. One is it is simply a safe space to be during the day if women are feeling vulnerable or if they need someone to talk to.



We also have groups in the mornings and afternoons. All our morning groups are educational therapy type groups around addiction, but also around life as well. Afternoon groups are more activity based. They teach new things to do and enjoy that can replace drinking and drugs. We also offer one-to-one case management sessions where that helps.

But something magic also happens when we see the women talking to each other, supporting each other and building relationships of mutual trust. These positive connections help them so much in the battle against addiction.

Ewan Sargent | Christchurch City Mission



NEED A PLUMBER?

Our team of dedicated professionals can look after all your plumbing, gas fitting, drainage, electrical and heating requirements. We have specialised teams in the Christchurch and North Canterbury area.

Call now to talk with our friendly team.

0800 37 47 37

No job too big, too small or too ugly!



www.clyne-bennie.co.nz



**Winner
TRUSTED
BRAND
2021
Reader's Digest
Charities**

*Thank you
New Zealand*

**We're proud to step
forward as your most
trusted charity again.**

**To make a booking please call:
0800 103 046**

Census is coming. Be counted

Census Day is Tuesday, 7 March 2023.

Census is a nationwide survey of everyone and every dwelling (places where people live or stay) in Aotearoa New Zealand. The information is used by community, iwi, councils, businesses and government to make decisions that affect you, your family, and your community. The census is so important that your response is required by law.

For help or to ask for information in different formats please visit the census website www.census.govt.nz or call the census helpline free, on 0800 CENSUS (0800 236 787). You can call us 7 days a week from 8am to 10pm.

If you speak a language that is not English, then you can ask for someone who speaks te reo Māori, Samoan, Tongan, Mandarin, Cantonese, Korean, Hindi, or Punjabi. You can also contact the helpline using the NZ Relay service which is also free. Find out more about the NZ Relay service by visiting www.nzrelay.co.nz.

What formats do you have available?

We have copies of the census questions available in:

- Braille
- Audio
- Large Print
- New Zealand Sign Language (NZSL).

An Easy Read guide to the census is available in an A4 booklet, in English or Māori. A copy of the Easy Read booklet can be sent to you, or you can download this from the census website www.census.govt.nz.

Audio files can be listened to on the census website in MP3 file or sent to you on a CD or USB stick.

When should I complete my census forms?

You can complete your census forms as soon as you get them. Please fill them out either on or before Census Day, Tuesday 7 March 2023.

You can still fill out your census forms after Census Day. Whenever you fill out your census forms, you do this for where you are staying on the night of Tuesday, 7 March 2023.

How can I complete the census?

You can complete your census forms online or on

paper. Please write your answers in either English or te reo Māori. You can ask for support to fill in your census forms.

To complete the census online you will need a private access code that is located on a letter that your household will receive in the mail or from a census collector delivering census packs in your area in February

If you would prefer to receive an access code by text (SMS), please call 0800 CENSUS (0800 236 787) to ask for a new one to be texted to you, or complete an online form at www.census.govt.nz.

Not everyone will receive paper forms in the mail but you can order them if you prefer to complete the census on paper. We have Large Print forms available in English, and standard print forms in English, as well as bilingual forms that have Māori and English side by side. Please order paper forms by phoning the helpline 0800 CENSUS (0800 236 787) or complete an online order form at www.census.govt.nz.

Your privacy

Your information is protected by the Data and Statistics Act 2022 and the Privacy Act 2020. Stats NZ keeps your information safe and secure. We do not share your personal information with other agencies, and you cannot be identified in any of the data that is published after the census.

New Zealand Disability Survey

After the census, a sample of disabled and non-disabled people will be chosen to take part in the 2023 New Zealand Disability Survey (the last Disability Survey was held in 2013). You will be contacted by Stats NZ in August 2023 if you have been chosen to take part.

Getting help to complete census

Locations in your local area may be able to provide support to you and provide internet access so that you can complete the census online.

Visit your local Citizens Advice Bureau, Library, Age Concern or Senior Net office, Deaf Aotearoa office or Disability Information Centre for help to complete your census online. (Note: These locations will not have paper forms available)

In addition, there will be specific events that are run by census staff along with a community host, such as a marae or community centre. (Note: These events will have paper forms available.)

**Thank you for taking part in the census
and making sure that everyone counts.**

Gear up for cycling

Let's be clear, the rules on e-bikes in New Zealand are not the same as the USA, Australia, Europe or the United Kingdom. So whatever a distributor of bikes from elsewhere tells you is probably wrong. Even some of the locally designed ranges spread incorrect information.

So, what are the facts?

- there is no speed limit other than the limit posted on the road
- power is limited to 300W
- most places you can ride are considered roads
- electric kick scooters are not bikes
- You can read all about it on the NZTA website <https://bit.ly/2NaOOBj>

You must wear a helmet when riding a bike, and your bike must have good brakes. You must also have the correct lights and reflectors for the conditions you are riding in.

A bike helmet will only protect your head once. If it is dropped or involved in a crash, inspect it for small cracks, inside and out. Damaged helmets should be replaced.

Your helmet must fit properly and be designed for use as a bike helmet. Motorbike, climbing or horse riding helmets are not suitable. If you carry any passengers on your bike on and off-road, they must wear a helmet too.

Lights and reflectors help you be seen. You must use lights between sunset and sunrise, and at any other time when you can't clearly see a person or vehicle about the length of a football field. Point the light slightly downwards so you don't dazzle other road users.

Lights on your bike should be bright enough to be seen from 200 metres away at night. Only one front (white or yellow) light may flash. Any rear (red) light may flash.

All bikes must have a red or yellow reflector facing backwards. You must also have pedal reflectors when riding between sunset and sunrise, and at any other time when you need lights.

Wear reflective material. Reflective bands on your arms can help drivers see your hand signals.



60 to 74-year-olds have most Ebike injury claims

The number of ebike-related ACC claims has risen five-fold in five years and last year cost more than \$4 million.

The latest year with available data, 2021, shows 60 to 64-year-olds had the highest crash rate nationwide, with 161 claims. This was closely followed by 65 to 69-year-olds with 151 and 70 to 74-year-olds with 143 claims.

ACC statistics also show spinal and back injuries are more common for ebike riders than any other type of bike.

ACC injury prevention leader James Whitaker said the best advice for riders new to ebikes was to take a course.

"Ebikes can go pretty quickly so start slowly then ease into it. They're very different to traditional bikes. Practice in a quiet spot without traffic until you're feeling more confident."



Get back your independence.

Regain your independence with your very own TM3 Trike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.

Order yours today and get your very own TM3 Trike for only \$4,500 tested and delivered right to your door. Buy online or call us and get back your independence today!



★★★★★
CALL US
0800 222 249

★★★★★
BUY ONLINE
EVBIKES.CO.NZ

The importance of getting legal advice before moving into a retirement village

[Editorial supplied by Retirement Villages Association]



Anyone planning to enter into an occupation rights agreement (ORA) for a retirement village must receive independent legal advice before signing - and Canterbury-based legal specialist Kate Warren recommends doing so early in the process.

“It’s something you are required to do under the Retirement Villages Act so it makes sense, and is in your best interests, to get good advice early on” says Kate, a senior associate, property and personal law, with legal firm Tavendale and Partners.

“I cannot emphasise strongly enough the importance of fully understanding the terms of an ORA.

“Thinking about selling your family home and moving may be stressful and receiving legal advice can help people to feel more in control and confident in their decision. I love doing ORAs, getting to work with members of our elderly community and ensuring they have the information they need to make the best decisions for their future.”

Kate says the terms in an ORA can vary quite significantly between villages, so it is critical to go through all the terms and conditions and consider what each will mean.

“The village sends the ORA to us and we go through it and send the client a summary of the key points. They can then reflect on that and people will often write notes all over it. Then they come in and we go through all the key terms with them and discuss any questions or concerns they have.

“People generally go away to reflect on that and if they decide to go ahead, they come back and we witness them signing the ORA. They then have a ‘cooling off’ period of 15 days to cancel without any repercussions.

“Some villages also give a 90 day period from moving in, to exit if you decide it is not for you, but that is village-dependant. It is so important to understand the terms of the individual ORA because if you don’t and want to exit after the cooling-off period that can have significant financial implications.”

Kate says the first questions people ask are often about the financial aspects of the ORA.

“People are understandably very cost conscious. They have worked very hard for what they have. We go through all the costs of the individual ORA with them, the initial entry payment, the weekly costs, the deferred management fees and transfer and marketing costs.

Kate says the deferred management fees vary between villages but it’s usually 20 to 30 per cent of the occupancy advance/entry payment that you pay when you move into your unit.

“Some villages have fixed fees but others don’t so people need to be aware about what the policy is in the village they are considering and may need to factor potential for change into their budgeting.

“You also need to be mindful of the continuum of care. For instance if a couple move into a village but one later needs more care. If that isn’t available at that village, they might have to move to a facility in a different village that may not be easy for their partner to visit, especially if they don’t drive. If you then have to move to be near your partner, that can have a financial effect through paying the deferred management fees.

“We make sure people are very well-informed. For instance, what level of care is provided in the village, is there a rest home, hospital or psycho geriatric care, and if they need to transfer to a care facility, will they have priority access to an available bed?

“For some people, knowing they can have visitors to stay or if they can take their pets with them to the village is important.

We also ensure people know they can’t make alterations or additions to their village home and cannot rent it out to anyone else, the ORA is personal to the resident.”

Undertaking a lot of ORA work means Kate frequently works with elderly people who are facing major life changes.

“We see a whole range of people and situations. Some people have lost a partner, some have been quite isolated. Some are excited about the social aspects of moving into a community but some people may be reluctant.

“It is beneficial for people to have the support of family and often people will factor proximity to their children into a decision - but it is important for us to make sure it is what that person wants and needs and to ensure the village they choose offers the level of care they will need going forward.

“Often people first come to us because they are considering selling the family home and then come to us for the ORA. It works very well to be handling both because, for instance, if the family home is in a trust most villages do not allow for the purchase of the occupation right through a family trust. So, we can work through what needs to be done around that and also align the settlement dates.

“Moving home is never easy but getting sound advice from a lawyer does help reduce the stress and provides people with trust that they will be looked after properly.”

Tui’s Tours

Today was the first bus trip of the year for Tui’s tours. We went to Fernside to visit Petal & Co. where Marion grows and processes edible flowers.

As it was a wet day we had a lecture on the bus and samples were passed around the Bus. Now I was thinking I don’t think I will be eating edible flowers, but guess what I learnt Broccoli is an edible flower, but I expect you already knew that.

The business was set up 25 years ago, they have 3 acres, including the house. The flowers are non-toxic as no sprays are used, florist flowers can’t be guaranteed to be non- toxic. The flowers usually used as garnish in restaurants hotels are: Nasturtium, Viola and Pansies. Most flowers used in restaurants are not eaten. Roses, Cosmos, Dahlia, are used to decorate cakes. The Dahlia originated in South America, where the tubers were eaten not the flowers.



Marion also dries flowers, these were passed around and the complete rose was dried, plus leaves from flowers are also dried for culinary purpose. There is only a couple of Lavenders used to add to cookies etc. I heard Pacific Blue is one of the edible lavenders. Mainly the taste of other Lavenders is not pleasant.

Marion attends Riverside Market a few times a week, where her flowers are sold in bouquets, together with her other products. The flowers are grown in raised beds, with hoops across the beds and when necessary, shade cloths, and other cloths can be draped across to protect the plants and flowers.

There is a website www.Petal&Co.NZ which you can visit to view Flowers. Petal & Co are also on Instagram and Face book. Phone 027 222 6392.

Then we proceeded to The RSA club in Rangiora to enjoy a great meal and dessert.



Tavendale
and Partners

Lawyers

We provide expert legal advice on a wide variety of legal matters, such as Occupation Right Agreements, Trusts, Wills, Enduring Powers of Attorney, Conveyancing, Reverse Mortgages to name just a few. We do things efficiently, properly, but most of all differently. We connect you with the right person to get the best results and are alongside you every step of the way. *Get in touch today!* We have offices in four convenient Canterbury locations (Christchurch, Darfield, Rolleston & Ashburton) or we can come to you by appointment.



Kate Warren | Level 3, Tavendale and Partners Centre, 329 Durham Street North, Christchurch
T: 03 317 9099 | M: 027 384 3054 | E: kate.warren@tp.co.nz | www.tp.co.nz

Tip For Occasional Lotto Players and Gift Cards

Are you an occasional Lotto player who buys a ticket at the supermarket when the jackpot reaches \$12 million, or gets a Lotto ticket for your birthday or Christmas?

Do you forget that you have it and don't get around to checking the numbers?

You may have won a million dollars and not even realised it.

A recent Herald article highlighted a Lotto player from Ruapehu who went two months unaware he had won \$1 million until Lotto NZ phoned him to deliver the good news.

He normally bought his ticket at his local store but had been working late and didn't have time to get to the shop so he used the My Lotto online option to get into the draw. Clearly with an online Lotto account Lotto NZ know where to find you when your numbers come up.

He did say he preferred to support his local business and usually if you have won the main prize media publicity of the store selling the ticket and associated speculation will drive you to find your ticket and check it – not so easy for smaller prizes.

The article also mentioned he hadn't decided when to tell his wife of the good news. Not smart, he could risk serious damage instead of happy shared joy.

For us oldies, an online Lotto account to buy our tickets might be a good idea.

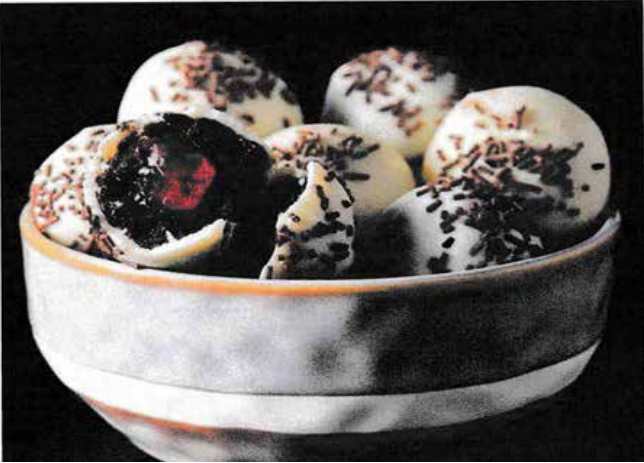
A further thought is always to spend gift cards for birthdays or Christmas you receive quickly. It is very easy to leave them in the card or put them aside and never use them particularly if they are from a store you don't regularly visit.

The number never redeemed is quite high. Some years ago the operator of the long gone Music Man vouchers for records or CD's advised that 25% of the vouchers were never claimed and written back each year.

Many gift cards have expiry dates, usually twelve months. Never accept this as gospel and challenge the retailer involved if you have overlooked redeeming them in time, and they will invariably be re-issued or accepted.



Dessert | 15 mins Serves 16 Black Forest Chocolate Truffles



This dessert recipe is super simple and also simply delicious! Using a classic chocolate mudcake as the base, these Black Forest Chocolate Truffles are sure to be a favourite with friends, family and whānau.

Ingredients

Chocolate mud cake (approx. 320g) - 1/2
Cream cheese, soft - 2 Tbsp
Glacé cherries - 200g
White chocolate melts - 200g
Chocolate sprinkles, to decorate - 2Tbsp

Method

Step 1: Line a baking tray with baking paper.
Step 2: Crumble the cake into a bowl. Add cream cheese and stir well to combine until the mix holds together, adding more if necessary.
Step 3: Roll into walnut-sized balls. Press a cherry into the centre of each and re-roll to cover. Place onto the prepared tray and freeze for 30 minutes.
Step 4: Melt the chocolate melts in a small bowl. Dip each ball into the chocolate to coat, allowing excess to drip off. Decorate with sprinkles and place back onto the tray to set.

Tabs On Cling Wrap and Foil

Taking aluminium foil or cling film out of the box can be a total pain. Well, you don't have to feel that way ever again as there are little tabs on every box that you can push. The tabs help grip the roll and it stays in place as you pull.



Need a photo ID?



You can add a photo to your SuperGold Card with the help of your local AA. This could be useful

if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your SuperGold Card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with three forms of identification that verify your name and date of birth, plus evidence of your address (e.g., your rates form, power bill, or bank statement).

The AA will send your photo to the SuperGold Card head office who will print the photo on the back of a new SuperGold Card. It will then be posted back to you.

All for FREE. No appointment necessary.

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.
But now that I am older,
I've set my body free:
There's the comfort of elastic
where once my waist would be.
Inventor of those high-heeled shoes
my feet have not forgiven:
I have to wear a nine now,
but used to wear a seven.
And how about those pantyhose -
They're sized by weight, you see,
so how come when I put them on
the crotch is at my knee?
I need to wear these glasses
as the print's been getting smaller:
And it wasn't very long ago
I know that I was taller.
Though my hair has turned to gray
And my skin no longer fits;
On the inside, I'm the same old me,
It's the outside's changed a bit.



Love doesn't end when you die

Pre-plan. Pre-pay.
Your last gift.



academyfunerals.co.nz

Visit our website or call
us on **03 343 0919**

A proud member of
the Funeral Directors
Association of NZ.

ACADEMY
FUNERAL SERVICES

the good companion

YOUR CARE. YOUR CHOICE.

New Zealand Elderly, Disability Companionship
& Care Support, Home Care Support, Live-In Care
Family Respite, Chronic illness, Disability support,
Dementia and Palliative Care Support

For all enquiries,
phone **0800 457 044** or go to
www.thegoodcompanion.co.nz





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.

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.

Before you plant, replace nutrients used over the summer months by adding compost and sheep pellets, water well before planting.

Sweet Peas - For masses of beautiful, fragrant sweet peas in summer, start sowing now. Sweet Peas are very easy to grow and look magnificent growing up supports. They are a lovely “picking” flower, lasting a long time in vases.

Prepping and planting

- Sow seeds in a 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.
- Seeds should germinate within 1-2 weeks. Then you can remove the plastic. Leave in greenhouse or on a window sill 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.

Spring flowering bulbs are available; after the cold winter months the emerging of colourful and often fragrant bulbs is a welcome sign. Planting now will ensure a charming display whether you plant in pots and containers or into your garden borders.

Trees. To some a tree is a thing that stands in the way. But what is often overlooked, is the time trees take to mature into a specimen. Able to provide shelter, shade and homes for wildlife. Trees also slow the flow of rainfall, limiting flooding. They capture pollutants and provide food, they are the lungs of our planet providing the very air we breathe. Absorbing carbon from the atmosphere and returning life-giving oxygen. No wonder people have worshipped trees as gods. In our over-populated world where nature is bent to the will of globalization and the depredations of many developers, we must cherish and preserve every tree. I despair at the number of bleak boxes sprouting over so much of the land. Small, trees for small spaces include many Maples the smaller Dogwoods and petite blossom trees. No urban plot is so small that it can't support a compact, fit-for-purpose little tree or if all else fails, a potted specimen on the porch. Small growing deciduous trees are the best choice for such spaces as their size many be contained, letting in the sun in winter and providing summer shade.

Recommendations for trees for small gardens, patio and pots are;
Maples – including Bloodgoods, Orangelola, Emerald Lace and Viridus

Dogwoods – Eddies White Wonder, Cherokee Chief
Cercis – Forest Pansy (for its lovely red foliage and heart shaped leaves) and Hearts of Gold

Michelia - Lemon Fragrant

If you read the The Star newspaper that comes out Thursday, you will see Chris in the Super Rugby competition trying the pick the winners each week. Wish him luck!

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. If you haven't experienced Leees at Portstone café come enjoy sitting outside on beautiful days overlooking the outdoor area.

Portstone
Under the big gum tree
465 Ferry Road
389 4253
portstone.co.nz



Meet your Canterbury 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

Dan Rosewarne Labour List MP

daniel.rosewarne@parliament.govt.nz

Rino Tirikatene MP for Te Tai Tonga

0800 838 2486 | mptetaitonga@parliament.govt.nz



WHAT IS GREY POWER?

Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament and local Councils to try to get a better deal for all Superannuitants. As such we will speak to any political group or politician who is likely to make a difference on our behalf. We also seek to keep all our members informed on what Grey Power has been doing on their behalf.

New search functions simplify choosing a retirement village

If you're looking to make the move to a retirement village, the Eldernet Group has made the process easier by adding new search functions to its website.

The free online service showcases every retirement village in New Zealand, hosting the country's largest selection of available properties in every region.

Each property is listed with 'starting-from' prices, allowing users to filter within their specific price range.

The Eldernet website is retirementvillages.co.nz

The purpose of the hole in the pot handle

You thought the hole in a pot handle serves the purpose of hanging it somewhere. Professional cooks know what it was initially meant to do.

The hole is there to hold a utensil easily. So, try it the next time you cook something.



FREE TO AIR TV PLUS 1

For those of us who choose to only have Free to Air channels it makes the choices a bit limited but it helps if you utilise 'Plus 1' or '3 Now' or delayed TV. This means that if there are two programs that you want to watch but both start at the same time, you can watch one at the advertised time and the other an hour later. Example – The Project and Seven Sharp both start at the same time, so you could watch one at 7pm and the other at 8pm. If your TV has different settings just have a play until you find what you want.

TV 1 – Plus 1 = channel 11

TV 2 – Plus 1 = channel 7

TV 3 – Plus 1 or 3 Now = channel 13

Bravo (4) = Channel 9

Duke (6) = Channel 12

Eden (8) = Channel 18

Prime (10) = Not available

HGTV 19 = Not available

Realized I had to use the bathroom. Got up and walked across the house, to the pantry. Couldn't remember why I was in the pantry. Remembered I had to use the bathroom. Walked across the house to the bathroom. Sitting on the throne I remembered why I went to the pantry ... Toilet paper.



Social Afternoons Superannuitants' and Friends

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

May 17th - Toni from the Library. Ian Mac to entertain.

June 21st - AGM. Vicki Downs to entertain.

July - Clinical Nurse Specialist Cushla Aroha to entertain.

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

Save Big on fuel with NPD and SuperGold

Present your SuperGold card at participating NPD service stations to receive up to 15 cents per litre discount on fuel purchases. No other discount schemes or promotions needed - get the full discount every time!



MEMBERSHIP APPLICATION / RENEWAL FORM

PLEASE PRINT CLEARLY

Name: Membership Number:

Address:

Post Code: Phone Number:

Email:

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

Single (\$25) ☐ Double (\$35) ☐ Renewal ☐ New ☐ Donation ☐

Payable by Cash to Grey Power Christchurch

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

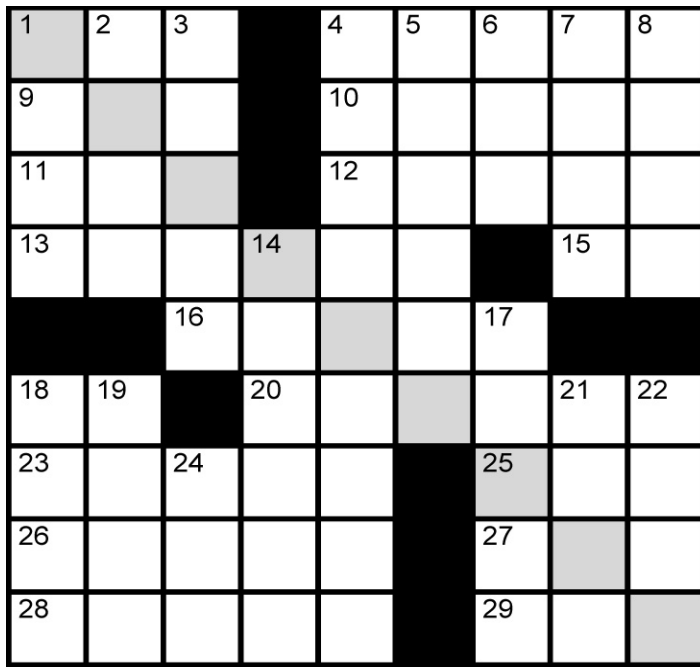
Please use *Name* and *Membership Number* or post completed *Membership Form* to the

Membership Secretary

I agree the information provided herewith may be used by Grey Power Federation and/or their commercial agreement partners. Yes ☐ No ☐

Send subscription to: Membership Secretary, PO Box 15051, Aranui, Christchurch 8643

Spaghetti Addition



Across

1. "___ Doubtfire"
4. Oven emanation
9. Sushi offering
10. Having three dimensions
11. Massage locale

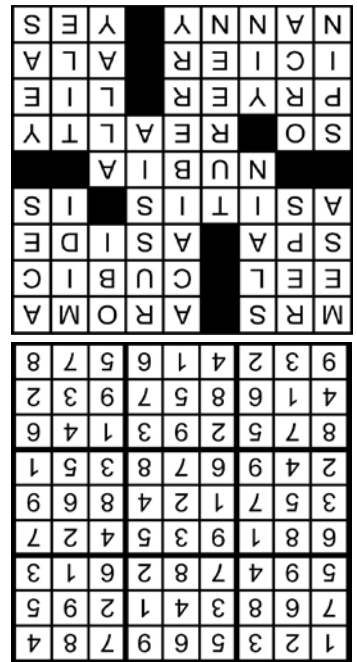
Down

12. Parenthetical comment
13. Unchanged
15. Exists
16. Nile Valley region
18. Therefore

20. Property
23. Nosy one
25. Fish story
26. More aloof
27. In the style of
28. Tot watcher
29. "Indeed"

Down

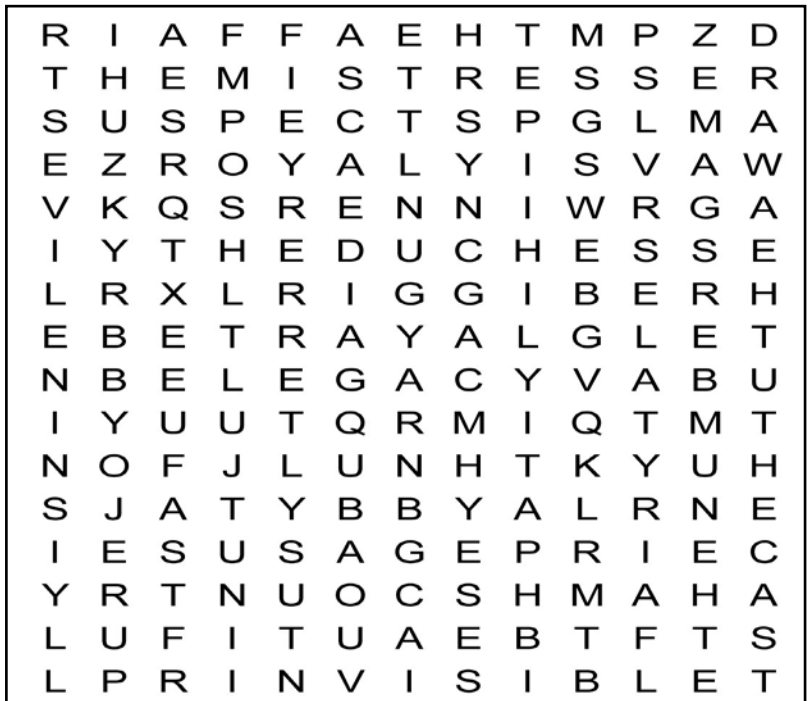
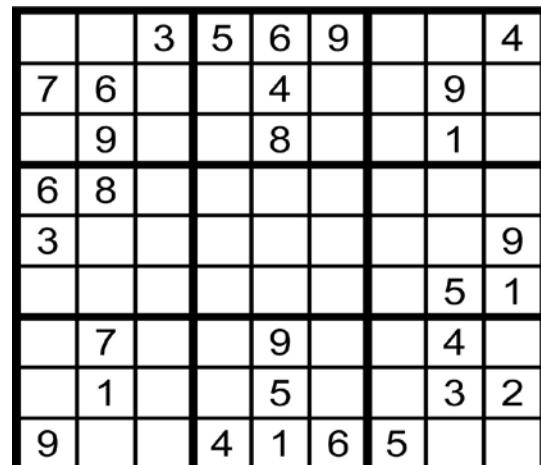
1. ___ Verde National Park
2. Gym set
3. Assassinated
4. Trendy "superfood"
5. "From ___ with Love"
6. Sapporo sash
7. Calf-length skirt
8. Top guns
14. Soup holder
17. Put to rest, as fears
18. Whirl
19. Boat in "Jaws"
21. Game piece
22. Nay opposers
24. Yang's counterpart



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

DANIELLE STEEL

- | | | |
|-----------|------------|--------------|
| BEAUTIFUL | NINE LIVES | THE CAST |
| BETRAYAL | PEGASUS | THE DUCHESS |
| BIG GIRL | PURE JOY | THE MISTRESS |
| BLUE | ROYAL | THE NUMBERS |
| COUNTRY | SPY | GAME |
| FAIRYTALE | SUSPECTS | WINNERS |
| INVISIBLE | THE AFFAIR | |
| LEGACY | THE AWARD | |
| MAGIC | THE BUTLER | |



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.*