

CHRISTCHURCH

New Zealand
Permit No. 3285



GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

PO Box 15051, Aranui, Christchurch 8643

WINTER ISSUE 2023



**Hooker Valley Track
winter snow**

GREY POWER CHRISTCHURCH

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Presidents Word

Hello everyone, we are now getting ready for the Winter to arrive.

We have had some good speakers and Socials, more to come. A reminder, if you would like to see an Entertainer or Speaker contact Maureen or Ann so they might be available next year.

Hope you are all managing to keep clear of the new bout of Covid, some nasty germs going around.

Over the last few months we have had a few people paying their Electric Account into our account by mistake. Unfortunately, your full bank account number does not show on our statement so unless you contact us, we are unable to refund you.

Some Members believe we send out invoices, to remind you of Subscription time, it is always due by 1st April each year.

Keep warm and safe over the next few months.

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

Just a little reminder to say subs are due. You may get a message from pulse energy to say that your subscription has not been paid. If this should happen please give me a call and I will be able to sort this out for you Phone 942 8816 or 027 201 9920.

Also we still have people paying their electricity accounts into our membership banking account please make sure that you have the right account set up for these two separate payments.

By the time you get this newsletter your winter energy payments will have been paid to you.

In April we had speakers from the Council and Waste Management telling us about what we can and cannot do with our rubbish bins and what can be placed into them. If you would like further intimation about this I can get stickers to put on the inside of your bins to help you with sorting rubbish. I did not know that the centre of the toilet roll goes into the green bin. Surprise.

Stay Safe and warm during the winter

Maureen Price | Secretary / Data base

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**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 on 21 June 2023**

Winter Energy Payment



The Winter Energy payment starts soon. This is an extra payment to help with the cost of heating your home over winter.

If you're single or widowed, you'll get an extra \$20.46 a week. Couples and people with dependent children will get an extra \$31.82 a week. Couples are paid \$63.64 a fortnight and the combined payment is made to one person in the couple – unfortunately we can't split it, but we can switch it to the other person's account. Payments will start from 1 May and continue until 1 October 2023.

If you're getting Foster Care Allowance, please get in touch. We may be able to pay you at a higher rate.

When the Winter Energy Payment starts part way through the pay period, your first payment due on the 9 May will be less than the full amount (this includes 9 days of Winter Energy Payment). You'll be paid the full amount in the following payment due on the 23 May.

The Winter Energy Payment won't affect other payments you get from us and isn't considered income (for tax purposes).

If you'd prefer not to get this payment, just let us know and we'll stop it for you.

Travelling overseas while getting the Winter Energy Payment

If you're heading away from New Zealand over the winter months, we can keep paying your Winter Energy Payment for up to 28 days. Tell us if you plan to leave New Zealand for more than 28 days, otherwise we might pay you too much and have to ask for some money back. The easiest way to let us know is to either:

- fill out and submit the overseas travel dates online form
- call us on our Seniors line, 0800 552 002

Building Back Better

In the wake of Cyclone Gabrielle, New Zealand is again talking about "building back better". But how do we build back better when we don't necessarily understand what "better" means? Or how to achieve this across a country with significantly different risk profiles?

At its most basic level, build back better is an opportunity to rebuild homes and other buildings in a way that is responsive to future risks and sustainability needs. To achieve this, we need to use the circular economy approach. A circular economy is one that swaps the typical cycle of make, use, dispose in favour of re-using and recycling as much as possible. A sustainable building in the circular economy model will minimise emissions and its impact on climate and natural resources across its entire life cycle. This life cycle includes the manufacturing of materials and construction, passive lifetime emissions, maintenance, as well as end-of-life requirements (deconstruction).

The New Zealand government has committed to the circular economy model in its plans to deal with waste.

Presently, we're building sustainable homes on the premise of being carbon neutral by 2050, but they also need to be built on the premise of being carbon neutral at the end-of-life in 50 years. We are not even close to achieving that. The solution to this issue may lie in modular homes and the development of new materials.

Quick and easy to make, modular homes provide fast options to house displaced people. They are also valuable for community wellbeing after the trauma of natural disasters. Finally, modular homes offer exciting opportunities for sustainability. They can be easily reconfigured to adapt to changing needs, for example, with the addition or removal of modules.

That said, modular homes are also not the cure all for the entire building industry. The global need for sustainable and resilient buildings is a driver for the development of new construction materials, such as the plasterboard substitutes saveBOARD and Neocrete, a low-emission concrete. These products offer low-emission building options, which use recycled materials in manufacturing and provide an alternative to high-emission materials. But, due to a lack of strict regulations around adopting new materials and a lack of awareness in the industry, adoption has been slow.

The adaptation of the circular economy approach to the "build back better" strategy for buildings will be essential in reducing the risk of future catastrophes, as well as the impacts on climate and natural resources.

Source: *The Conversation*

It's always a good sign when you look out the window and see people queued up outside your shop before it opens ... so you can imagine how happy we were in April when our new Central City Op Shop opened at 250 Barbadoes Street. Opening hours 9 - 5 p.m. Mon - Fri Phone 03 365 0633

This op shop used to call our Hereford Street site home, but we moved it to Tuam Street for 18 months while we built a new foodbank, transitional housing facility and café.

We wanted it back as close as possible and we were thrilled to find a site just 100m from our base.

We need plenty of donations to keep our op shops stocked (we have others at Sydenham, Bryndwr and Rangiora) and many people don't realise how much good they do beyond raising money to help us care for people.

For a start, there is the re-using, recycling side of things. Quality goods and clothes get a second life instead of just being unused, or worse, sent to the rubbish tip and we know many shoppers appreciate that.

Our op shops are also vital for many people who simply can't afford to shop anywhere else. They can include elderly people trying to survive on the pension, families trying to clothe their kids when they only have \$50 a week for food, and on it goes – for all these people our affordable clothes and goods are incredibly important. We provide things like linen and clothing to families who have been seen by our social workers and have vouchers, plus we help people make a new start in life with care packs such as linen and kitchenware after we



Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi



have brought them in from the streets. We do the same for people from other agencies.

Our op shops can be cluttered, quirky places, but they are always kind places. Our wonderful volunteers make them possible, and they are where a community looks after its most vulnerable people. Thank you for any support you are able to give our op shops.

Ewan Sargent

Christchurch City Mission

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As we head into the cooler days there has been a couple of reminders that Jack Frost is ready to swing into action.

Now is the time to move frost tender plants undercover if you are lucky enough to grow them in pots. That includes all citrus plants. If not in pots that you can move you need to start covering sensitive plants with frost cloth. Citrus in the ground will also stop taking up nutrients when the ground cools down, however a bit of liquid feeding every now and then doesn't hurt.

Portstone's **2023 Rose list** is available either by collecting a copy at the counter, or going online to portstone.co.nz.

Our **Dragonstone** arrived from the UK recently, beautiful stoneware range of statues and urns, lovely birdbaths, plus animals and other creatures. Come view the range on display throughout the garden centre.

In Store

Good selection of vege seedlings at a fantastic price of **\$2.99 a punnet**.

We often get asked what can be planted in our edible garden now, if you see it available on our vegetable punnet shelves then you can plant it in your garden. You may wish to plant under frost cloth for extra warmth and protection.

Also plenty of **winter flowering punnets** at \$2.99 – Fabulous winter savings at half price.

Garlic is here ready to be planted out now or next month. Plenty of herbs for that nice freshness in your cooking. Great selection of Citrus. Looking ready for some action. Bulbs – still a good selection of spring bulbs.

In our **gift area** we have beautiful candles in glass jars, Emma Bridgewater designed tins of all shapes and sizes and our popular Michel Design Works range of soaps and serviettes.

Autumn Pruning

Autumn is a busy season in the pruning calendar, the perfect time to remove old growth, cut back hedges, and tidy up shrubs.

Nectarines, Peaches, Apricots and Plums – we recommend pruning stone fruit trees in late summer after fruiting has finished. However, it can be done

in early-mid Autumn if necessary. If you do prune in Autumn protect cut wounds with a waterbased paint or pruning paste (that we stock) to seal the wound and prevent disease entering.

These fruits don't need pruning every season and it's important NOT to prune in winter as it can spread the spores of silver leaf which stone fruit is prone too. Cherries and Blueberries do not require a lot of pruning, other than to shape and remove dead or diseased wood. Both fruit on the same wood for years. The best time to prune is after fruit appears in summer or autumn.

How to Prune

Research your tree variety and the best growing shape for fruit trees.



Open vase, Central Leader, Trellis, Fan, Espalier or Bush Prune on a dry day, to limit the spread of fungal spores and diseases. Use sharp secateurs to make clean cuts on an angle above the bud or branch. Prune lightly rather than excessively cuts should always be on a 45 degree sloping angle so water doesn't pool and allow fungal disease to enter the wound. When removing entire shoots cut close to the main branch, rather than leaving a stub.

Remove all clipping and prunings and dispose of dead and diseased material.

Remember our fruit trees start coming in, in July so put your name down so you don't miss out. As we sold out last year.

Happy Pruning.

Remember our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products.

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

Portstone, 465 Ferry Road
(under the big gum tree)
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www.portstone.co.nz



Your Personal Driving Service for Christchurch

Getting out and about and doing the things you have always done are important parts of keeping independent. Freedom Drivers offer a safe, trustworthy and caring service that is about much more than just transport.

While we are well-known in the North Island, we have expanded into the South Island and Dean Stewart has been very busy running the Christchurch North franchise for 3 years now.

He provides a friendly, reliable service offering standard transport as well as a Wheelchair Accessible Vehicle capable of transporting both manual and larger power wheelchairs.

He also employs 2 drivers who are much loved by our customers and are always a pleasure to be with.

"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two.

Our wheelchair accessible vehicle is a larger hoist model with plenty of headroom for taller passengers to travel in comfort," says local owner Dean.

"Travelling with Freedom is like riding with trusted friends or family. You can enjoy building a relationship with a very small team of drivers who you will get to know and trust," adds Dean.

Freedom prices are competitive and comparable to, and often less than, other options or standard taxi services.

Our service is highly personalised to your needs with a convenient pick up and drop off at your front door. We always escort you to the car and to your destination and we always go 'the extra mile'.

We take Total Mobility cards (TM) and we are ACC Registered Vendors. All our drivers are fully licensed and NZ Police checked for your protection.

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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

Disability Allowance - medical alarm service changes.

The Ministry of Social Development (MSD) has introduced 'anywhere' medical alarm services included in the Disability Allowance. Previously, only 'in-home' medical alarm costs were included. If you currently get or need a medical alarm, you may have the option to get a medical alarm that works outside of the home as well as in-home.

You can find out more on the Work and Income website <https://bit.ly/3DqhKhD>.

Retirement village residents sign open letter in support of villages

Representatives of New Zealand's retirement village residents have signed an open letter in metropolitan newspapers fighting back against criticism of the sector.

The open letter in Saturday's Dominion Post and The Press (15th April) and Herald on Sunday (16th April) responds to negative commentary and mis-information about retirement village living.

AN OPEN LETTER TO THE NEW ZEALAND PUBLIC

Older New Zealanders are voting with their feet. So why do people think we've lost our heads?

Over 50,000 New Zealanders live in a retirement village, with an average of 100 new residents joining every week.

We make this choice for many reasons - attractive unit prices, the subsidised cost of village living compared to home ownership, and the enjoyment and security of close, well-designed and safe communities.

But if you believe some people, all of us (and all of our lawyers) are completely stupid!

We're writing this letter on behalf of nearly 90%* of retirement village residents who are either very satisfied or satisfied with their experiences of living in a retirement village. We are happy with our fully-informed choice - and reject ill-informed commentary that risks undermining the way of life that we have chosen, and that we love.

We come from all walks of life. We are educated and informed. And we're capable of making our own decisions about how, and where, we spend our golden years.

We can choose to trade capital gains for financial certainty, provision of ongoing maintenance, and peace of mind. And we can choose to pay management fees in return for the facilities that enrich our lives, and the deeply-appreciated support of village staff.

We can also choose to sign contracts, with open eyes - and with mandatory legal advice ensuring we fully and explicitly understand the terms we are agreeing to, and the long-term financial decisions we are making.

So if you want to know about retirement villages, talk to all of us who live in them because we love our way of life, and we want to ensure it remains a viable choice for us, and for other older New Zealanders who may become our friendly neighbours in the future.

Come and visit ... and see why we made our choice. We think you will agree we got it right.

Signed by the following Residents Committee (RC) Representatives, on behalf of New Zealand's 40 retirement village communities:

Cheryl Easton Smith, RC Chair, Te Hono, Auckland	Brenda Hayward, RC Chair, Onehunga, Waikato	Christine Pitts-Baill, RC Chair, Hibernia, Auckland	Bonnie Williamson, RC Chair, Te Hono, Auckland	Bill Smith, RC Chair, Te Hono, Auckland
John Matthews, RC Chair, Te Hono, Auckland	William Thomas, RC Chair, Te Hono, Auckland	Melanie Walsh, RC Chair, Te Hono, Auckland	Tracy O'Connor, RC Chair, Te Hono, Auckland	Alan Bellard, RC Chair, Te Hono, Auckland
Bill Fink, RC Chair, Te Hono, Auckland	Heather Kinkaid, RC Chair, Te Hono, Auckland	Linda Tuckey, RC Chair, Te Hono, Auckland	Mary Campbell, RC Chair, Te Hono, Auckland	Christine Kelly, RC Chair, Te Hono, Auckland
Pat Corbett, RC Chair, Te Hono, Auckland	Peter Corbett, RC Chair, Te Hono, Auckland	Mary Corbett, RC Chair, Te Hono, Auckland	Jim Walker, RC Chair, Te Hono, Auckland	Janet Bellard, RC Chair, Te Hono, Auckland
Pauline Hooper, RC Chair, Te Hono, Auckland	Tracy Hooper, RC Chair, Te Hono, Auckland	Angela Crawford, RC Chair, Te Hono, Auckland	Julie Edwards, RC Chair, Te Hono, Auckland	Debra Wood, RC Chair, Te Hono, Auckland
Patricia Mack, RC Chair, Te Hono, Auckland	Sally Miles, RC Chair, Te Hono, Auckland	Pauline Bennett, RC Chair, Te Hono, Auckland	Novella Corbett, RC Chair, Te Hono, Auckland	Carry Smith, RC Chair, Te Hono, Auckland
Brenda Smith, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	Laura Edwards, RC Chair, Te Hono, Auckland	Brenda Eggle, RC Chair, Te Hono, Auckland	John Smith, RC Chair, Te Hono, Auckland
Paul Woodman, RC Chair, Te Hono, Auckland	Shirley Smith, RC Chair, Te Hono, Auckland	Tracy Smith, RC Chair, Te Hono, Auckland	Paul Smith, RC Chair, Te Hono, Auckland	Novella Corbett, RC Chair, Te Hono, Auckland
Bill Crispin, RC Chair, Te Hono, Auckland	Debra Wood, RC Chair, Te Hono, Auckland	Patricia Smith, RC Chair, Te Hono, Auckland	Terrence Smith, RC Chair, Te Hono, Auckland	Carry Smith, RC Chair, Te Hono, Auckland
Sally Smith, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland
Alan Bellard, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland	John Thomas, RC Chair, Te Hono, Auckland
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* 2018 Insight Survey

Facilitated and placed by: Retirement Villages Association, PO Box 25-022, Featherston St, Wellington 6146 | 04 499-7090 | info@retirementvillages.org.nz

Sixty representatives of retirement village Residents Committees across the country have signed the letter while hundreds of residents have also backed the letter in emails to the Retirement Villages Association (RVA). Collectively, the committee chairs and residents represent more than 10,000 village residents.

"The retirement villages sector and our residents have been concerned for some time about the inaccurate and sometimes damaging demeaning comments about retirement village living," says John Collins, executive director of the RVA, which facilitated and placed the letter.

"That's fuelled a massive response from retirement village residents who jumped at the opportunity to support this open letter.

"The residents I talk to are angry and frustrated at the suggestion they have been somehow hoodwinked into moving into a village.

"Our residents may be older but they are certainly not stupid. Independent research shows overwhelming satisfaction rates among residents and 100 Kiwis are moving to a village every week.

"Many residents are puzzled at the picture some commentators paint about retirement village living, which is at odds with the experiences of most village residents.

"The residents I talk to are really happy with their decision to move into a village. They did their homework, they talked with family and friends, engaged a solicitor to review the contract as is required under the law and visited a range of villages – they made an informed decision so let's give our residents some credit.

"Our research shows most people move into a village for the lifestyle. They don't want to worry about ongoing maintenance or insurance, they want a greater sense of security, companionship, a community and the convenience of on-site healthcare services.

"However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"We have already announced significant changes to the way we operate including addressing unfair clauses in Occupation Rights Agreements and best practice disclosure guidelines regarding residents' transfer to care."

"The majority of operators have already stopped charging fees after termination and many other villages are following."

"The RVA's Blueprint for Improvement has a target of all villages to institute some best practices and later this year these currently voluntary provisions will be voted on by RVA members to become mandatory."

"We are also working constructively with the Ministry of Housing and Urban Development through a review of the Retirement Villages Act."

For more information, please contact:
John Collins, RVA Executive Director,
021 952 945 | john@retirementvillages.org.nz

Editorial supplied by Retirement Villages Assn

A milestone anniversary for Elder Care Canterbury

We recently celebrated 25 years since the inception of Elder Care Canterbury (ECC).

The celebratory event was held in November at the Te Korowai office in Christchurch where new and familiar faces gathered to connect and reflect on the last 25 years.

Dr Nigel Millar, former Chief Medical Officer, CDHB provided a wonderful presentation and many others shared stories of ECC from over the years. A highlight was the story of an early driver of the project - Sarah Byers. She shared the experience of a much older person's healthcare journey and the positive impact ECC had at each stage of the journey.

For more information on Elder Care Canterbury, visit <https://bit.ly/eldercarecanterbury>

The Presumption of Amino Revocandi

Applying for probate of a will can be more complex than expected. An issue that arises, from time to time, in our applications is where something has happened to the will while it was the care of the deceased.

If an original will is lost and only a copy can be located then the court can grant probate of the copy, but only if they can be certain that the original has not been destroyed by the deceased prior to death. This is an example of where the court would apply the presumption of amino revocandi. The basis of this presumption is that if the last place the will was known to be was in the possession of the willmaker and after their death the original cannot be found, then the court presumes the willmaker destroyed the will with the intention to revoke it unless it can be proved

otherwise. To protect yourself from this situation, we recommend leaving your original will with your lawyers for safekeeping in their deeds system. Our deeds system is very well organised and very carefully administered.

If you have any questions about storing your will (or if you would like us to store your will for you – a service we provide free of charge) then please get in contact with us.

editorial supplied by Tavendale and Partners

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COMMUNICATION FOR THE FUTURE

Cyclone Gabrielle broke vital communication links when people needed them most – what happened and how do we fix it?

Modern communication systems need two main things: power, and what engineers call “backhaul”, the connections that link cell towers and exchanges to the national network. When Cyclone Gabrielle struck, both were badly compromised. Many sites lost power not long after the mains went down. They were only designed to run on battery for a few hours (or days at most) – enough for routine faults, not for disasters.

Much of the backhaul – usually fibre optic cables running along main roads, often parallel to power lines – was also knocked out by landslips and flooding. Because of this, even where cell sites still had power, they couldn’t connect anyone to anywhere. This disconnected large numbers of cell sites, including those run by the Rural Connectivity Group (RCG) – the government appointed provider of broadband and mobile services in sparsely populated areas.

New Zealand’s three big telecommunications operators (Spark, Vodafone and 2degrees) use the RCG service in rural regions, causing all three (along with wireless internet) to lose coverage in affected areas. Emergency services have also increasingly abandoned their own radio-based communication networks for cheaper cell phones, which offer more privacy and coverage. Imagine calling 111 after the cyclone – if you could – only to find the emergency services themselves were incommunicado. Furthermore, disaster responses by citizens and emergency services alike require fuel for vehicles, as well as food and other supplies. But electronic payment systems like eftpos and fuel cards need an internet connection.



Power and telecommunications infrastructure often runs parallel with roads, so is vulnerable to slips and landslides.

About 80% of cell site outages after Cyclone Gabrielle were related to power loss, and around 20% to loss of backhaul connectivity (the responsibility of telecommunications infrastructure provider Chorus). Failed operator-owned urban cell sites can often be covered by nearby neighbouring cells. If mains power stays off, they are generally easily reached and supplied with generators. After the cyclone, much of the initial reconnection progress was made in this way. To be economically viable and cover enough customers, however, rural sites are often on hard-to-reach hills with precarious power supplies. Without power and road access, helicopters need to fly in generators and fuel – a task Vodafone described as “challenging” in the aftermath of Gabrielle.

Backhaul internet service provider Kordia fared much better. Its core sites (mostly on hilltops) were inherited from the former Broadcasting Corporation and were designed for resiliency. Big battery banks and significant on-site generation let them operate autonomously for weeks. After the cyclone, Kordia provided microwave

backhaul links, replacing broken fibres.

Cyclones and storms are not the only risk. Tairāwhiti and Hawke’s Bay, for example, are vulnerable to earthquakes from the offshore Hikurangi subduction zone, which could cause tsunami inundations and slips. For any other potential disasters, we need to look at two key technical concepts: site resilience and diversity. Resilience could mean equipping cell sites with solar or wind generation, larger batteries and “redundant” equipment for operation over long periods without any need for external power or access.

It could mean requiring cell sites to have an independent, alternative backhaul path: a second cable along a different route, a microwave or satellite link or trying to connect a cable to the wider internet at both ends, rather than just at one. This would mean both sides of a break could be supplied from one end or the other. It could also mean having more sites, and making more use of alternative cable corridors such as railway lines and overhead high-voltage power line pylons and more interconnections between these corridors for use in emergencies.

International connectivity also matters. New Zealand currently connects to the world via five undersea fibre-optic cables. A significant volcanic eruption on

Auckland’s North Shore, for instance, could cut the country off from three or possibly four of these.

A satellite internet service such as Starlink definitely has a role to play. It helped Wairoa reconnect with the world after hours of complete blackout, and has since brought numerous banks and retailers back online. It is easy to deploy, doesn’t depend on local infrastructure, and only needs a small generator for power. Starlink and other satellite backup can’t provide the amount of international capacity needed in a major disaster but they are still a valuable option. The terminals aren’t expensive, so kitting out every Civil Defence post with one shouldn’t break the bank.

And in coastal communities, marine VHF radios are also abundant – something that could also be used onshore when other systems fail. It’s ironic that boaties are told to have two different means of communication, but emergency services are expected to make do with one. Disaster risk assessment and mitigation must now be a vital component of all communication projects. Other options put forward – should we bury more of our cables? And ‘Build back better’ sounds great in theory, but what does it really mean in practice? There is much to be considered for a more reliable future.

Ref: The Conversation

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New booster plan in time for winter

HON DR AYESHA VERRALL

All New Zealanders aged 30 and over will be able to access the new COVID bivalent booster from April as part of the Government's plan to keep Kiwis safe and take pressure off our health system, says Minister of Health Dr Ayesha Verrall.

The new bivalent vaccine will replace the existing Pfizer booster and is considered likely to be more effective against Omicron subvariants. Bivalent vaccines work by combining two strains of a virus, which prompts the body to create antibodies against both strains, providing a greater level of protection.

"From 1 April, anyone 30+ will be eligible to receive the bivalent vaccine, as long as it's been at least 6 months since their last COVID-19 booster or positive COVID-19 test," Dr Verrall said.

"People at higher risk of severe illness from COVID-19 will also be able to receive an additional booster, regardless of how many doses they've previously had.

"As well as broadening the criteria from April, from 1 March anyone currently eligible for a COVID-19 booster will be able to get the new bivalent vaccine.

"Getting boosted is important for your health and keeping out of hospital this winter," Ayesha Verrall said.

"We know vaccination is the best protection against the virus, and these actions will provide added protection to a larger number of adult New Zealanders. Latest reporting from the Ministry of Health indicated 8,220 cases over the previous week so the virus is definitely still circulating out there.

"We're also planning for older New Zealanders and those most at risk of getting sick to get a flu jab at the same time as their COVID-19 booster. This will be part of a 'one and done' approach to help people stay well this winter.

"Because it may be a while since your previous boosters, now is a good time to check your records on www.BookMyVaccine.nz. Vaccination against COVID-19 remains free.

OMA'S RHUBARB CAKE

Something completely different when you want to bake for friends or take a plate. Rhubarb is in season right now, and this South African recipe is easy to make, and can be eaten cold, or hot as a pudding with yoghurt or custard. It takes half an hour to put together, and 45 minutes to cook and is absolutely delicious topped with a streusel layer. From the Internet, but tested and tried at home.

INGREDIENTS

Cake:

2 cups flour 1¼ cups white sugar
1 teasp. Baking soda ½ salt
2 eggs, beaten 1 cup sour cream
3 cups diced rhubarb

Streusel:

1 cup white sugar ¼ cup butter, softened
¼ cup all-purpose flour ¼ cup ground cinnamon

METHOD

Preheat oven to 350°
(175°C. Grease and flour a 9x13" baking dish.

To make cake mixture, stir together flour, sugar, baking soda and salt in a large bowl. Stir in Eggs and sour cream until smooth, then fold in diced rhubarb. Pour into the prepared dish and spread out evenly.

Make the streusel. Stir together sugar and butter in a medium bowl until smooth. Stir in flour until mixture is crumbly. Sprinkle mixture on top of cake and dust lightly with cinnamon.

Bake in the preheated oven for 45 minutes or until a toothpick inserted in the centre comes out clean.



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



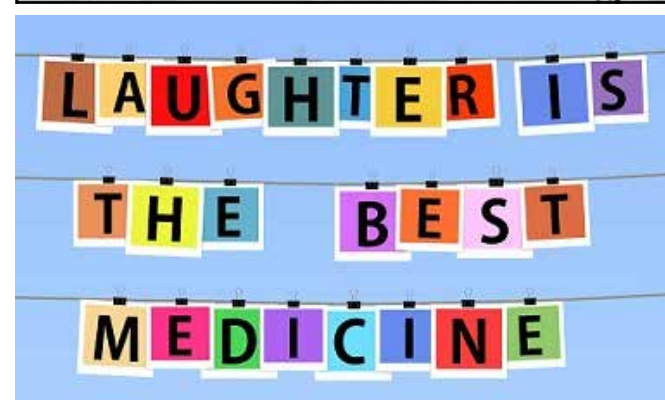
SOMETHING TO LAUGH ABOUT



Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle ... It was an ether/oar situation.

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet ... but the thyme is cumin.

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.



Social Afternoons Superannuitants' and Friends

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

June 21st - AGM followed by Vicki Downs

July 19th - Clinical Nurse Specialist Cushla Aroha to entertain.

August 16th - Wendy to talk about alarms Followed by talks from Different Politicians

If for any reason there are any changes due to covid please listen to the radio zb or ring Maureen 942 8816. **Hope to see you all there.**

Let's face it:



English is a crazy language

There is no **EGG** in **EGGPLANT** nor **HAM** in **HAMBURGER**; neither **APPLE** nor **PINE** in **PINEAPPLE**. **ENGLISH MUFFINS** weren't invented in **ENGLAND**. **QUICKSAND** can work **SLOWLY**, **BOXING RINGS** are **SQUARE**, and a **GUINEA PIG** is neither from **GUINEA** nor is it a **PIG**.

And why is it that **WRITERS WRITE** but **FINGERS DON'T FING**, **GROCERS** don't **GROCE** and **HAMMERS** don't **HAM**? Doesn't it seem crazy that you can make **AMENDS** but not one **AMEND**? If **TEACHERS TAUGHT**, why didn't **PREACHERS PRAUGHT**? If a **VEGETARIAN** eats **VEGETABLES**, what does a **HUMANITARIAN** eat?

In what other language do people **RECITE** at a **PLAY** and **PLAY** at a **RECITAL**? We **SHIP BY TRUCK** but **SEND CARGO BY SHIP**. We have **NOSES** that **RUN** and **FEET** that **SMELL**. We **PARK** in a **DRIVEWAY** and **DRIVE** in a **PARKWAY**. And how can a **SLIM CHANCE** and a **FAT CHANCE** be the same, while a **WISE MAN** and a **WISE GUY** are opposites?

You have to marvel at the unique lunacy of a language in which your **HOUSE** can **BURN UP** as it **BURNS DOWN**, in which you **FILL IN** a form by **FILLING IT OUT**, and in which an **ALARM** goes **OFF** by going **ON**. And, in closing, if Father is **POP**, how come Mother's not **MOP**?

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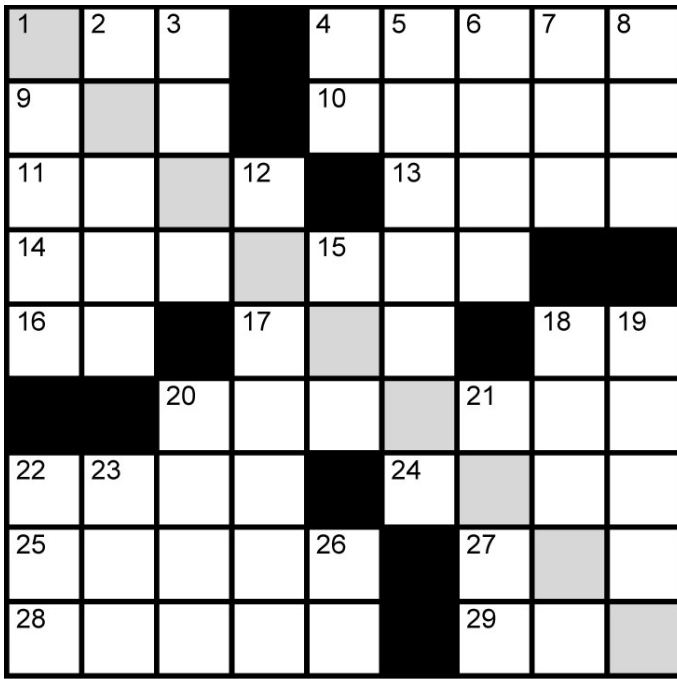
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Zoom Lens



Across

- 1. Wharton degree
- 4. Captain's superior
- 9. Mr. Potato Head piece
- 10. Solo
- 11. Pad
- 13. Feudal estate

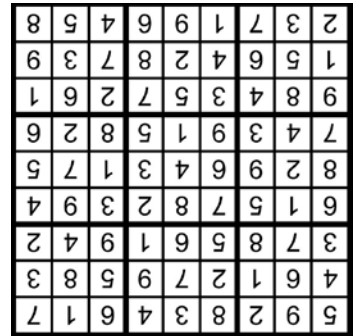
14. Marvel Comics

- superhero
- 16. Indefinite article
- 17. Furnace fuel
- 18. First word of the Constitution
- 20. Tungsten alias

- 22. "___ Louise"
- 24. White House staffer
- 25. French farewell
- 27. Service charge
- 28. Lyricist's writings
- 29. Slip up

Down

- 1. The press
- 2. Wee one
- 3. Cornstarch brand
- 4. Cellist Yo-Yo --
- 5. Little rascal
- 6. Enlist in
- 7. Start of long-distance dialing
- 8. Gridiron official, for short
- 12. Napped
- 15. Bag thickness
- 18. Angler's boot
- 19. Arab leader
- 20. Small dam
- 21. Abounding
- 22. Moose ___, Saskatchewan
- 23. Tokyo, once
- 26. You and I



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

- AUGUSTA NATIONAL
- CARNOUSTIE
- CHICAGO
- ELLERSTON
- HIRONO
- MERION
- MUIRFIELD
- MUIRFIELD VILLAGE
- OAK HILL

- OAKMONT
- PEBBLE BEACH
- PINE VALLEY
- SAND HILLS
- SEMINOLE
- SHANQIN BAY
- THE OCEAN COURSE
- WINGED FOOT
- YAS LINKS



TOP GOLF COURSES



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 medium.*