

OTAGO

GREY POWER

Phone: 03 456 1685 | Email: greypowerotago@gmail.com

WINTER ISSUE 2024



OFFICE
211A King Edward Street
South Dunedin
DUNEDIN 9012

Phone: 03 456 1685

Email:
greypowerotago@gmail.com

OFFICE HOURS
Monday - Thursday
11am to 2pm

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
correspondece.



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From the Editor

Nau mai haere mai. Welcome to this winter edition of the Grey Power Otago newsletter.

Time to get your personal warrant of fitness sorted, book in with your health provider for vaccinations to mitigate the severity of seasonal ailments and get prescription renewals. Talk to your pharmacist about cold relief or supplements you might think necessary that they are compatible with your medications.

Pay attention to the condition of your skin (this includes the male of the species). Sun protection is advised even in winter. However remember to allow 10 -15 minutes skin exposure for that essential vitamin D boost for bone health. Remember a pinch of protection is better than a fix up so apply lip balm, to avoid sore cracked lips. Give your feet some TLC to avoid painfully cracked heels.

Get a check of electric blankets. Inspect hot water bottles for signs of perishing, check they are still water tight. If buying new look for the daisy safety emblem. Check fire alarms; contact the local fire service for advice and help. Clean the filters of your heat pump, but remember when using ladders have someone with you.

Property maintenance, have your spouting cleaned and remove debris. Remove moss from steps and paths. I have found a strong solution of white vinegar, common salt and a tablespoon of dish wash to be effective. Then remove with a strong broom or water pressure.

Remember May is AGM time so keep the last Tuesday, 28th of May, free for our meeting. We would love to see you there.

Cheers *Helen Begbie*

OFFICE HOURS - Please note that until further notice our office in South Dunedin is only open Monday, Tuesday and Thursday from 11am to 2pm.

We have insufficient volunteers to open everyday and apologise for any inconvenience. However it is well known that volunteers are becoming a rare breed with the modern pressures on people. If anyone is interested in assisting we would be very grateful but unfortunately we do need people with computer and or office experience. Should you wish to make further inquiries please contact the office either by email greypowerotago@gmail.com or leave a message on the answerphone 03 456 1685.

REMINDER OF SUBSCRIPTION FEE INCREASE

Just a reminder that the subscription fee has been increased this year to \$30 single and \$45 double. It is apparent that many have the amount automatically entered in their computer. Will you please check you are lodging the correct amount before you confirm payment. Short payments cannot be actioned until fully paid and we do value your membership so we would like to action payments as soon as possible.

From the President

The last year has been a very trying one with a shortage of volunteers and trying to keep up with escalating costs.

However out of everything bad a little good comes and that has been in your generosity in assisting with the postage cost and those who have taken up the offer to have the magazine online. It may not seem to be much individually but added all together it has helped considerably.

I must also commend two members who whilst not wishing to be on the committee have been kind enough to assist on a personal basis. One is checking on discounts for us and the other has been successful in obtaining some grants for us. The committee thanks you with utmost gratitude for your efforts.

On the subject of discounts the committee has agreed to put them into the newsletters each time which means we can keep them current. The last time we published them in booklet form they cost \$1300 to print and within a few months needed alteration. This caused some members when told the discount was no longer available to take their anger out on the volunteer who answered the phone. To prevent this happening again there will no longer be discount booklets printed and changes and updates will be included in the list printed in the newsletter.

We continue to advocate on local matters as they are brought to our attention. Two instances were members advising the disabled parking in the first new section of George St had been changed to 60 mins from the previous 120 mins. An email to Council effected a re-instatement of the 120 mins. The second is having got the seat replaced on the south side of King Edward Street it was enclosed by the partition covering the area where the new library and community hub is being built. I have been advised by Council that the seat will be removed and I have recommended they place it outside the unused shop next to the Japanese Café so at least it is out of the weather. These may be small but in many cases irritating situations but can often be easily rectified if they are drawn to our attention. If they can't be fixed at least we can get an explanation why.

Unfortunately we are still encountering members paying their electricity bills into the association bank account. Please list your electricity bill under **Pulse Energy** not **Grey Power** and this should alleviate the problem. From the AGM onwards there will be a check

done at the end of the month and any electricity accounts will then be refunded. It is quite a process as we cannot pay directly to Grey Power Electricity so we need to get your bank account and then any refund has to be authorised by two people. Hence it will be done in future at the end of every month.

We will be entering discussions with the Dunedin City Council regarding changing our premises to either the new library/community hub or else the old hub on the corner of Macandrew Road. We are extremely happy where we are but we need to look to the future as it is possible present circumstances may change.

Many of you will be aware of the Sapere review of aged card and home community support services which has just released its decision on how it is working and what is required to remedy the lack of services we currently have. The document is 116 pages long but it is good to see consumer input is being asked for. It is essential for the wellbeing of current and future clients that a comprehensive overhaul is the final outcome.

We are still in discussions with the Dunedin City Council on the lack of parking and whether we can get a Barnes Dance crossing re-instated at Cargills Corner. It will be interesting to see what the impact of the opening of Kmart will have on the traffic and parking system currently available.

In conclusion I would like to extend my sincere thanks to the committee/volunteers who have so ably manned the office and assisted where possible any inquiries or requests. Thanks to the dedication and willingness I have been able to continue my Grey Power Federation commitments.

Thank you for your continued support and we look forward to continuing to be of assistance in the next year.

Best wishes *Jo Millar*
President | Grey Power Otago Inc

15% off
use promo code
GP at checkout

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

DO YOU LIVE IN A COSY HOME?

Good news since August 2023 more homes are now eligible for insulation grants.



Keeping warm in winter is not about being staunch and bundling up in jerseys and rugs.

You will be healthier and happier in a warm, dry, comfortable home. Warmer Kiwi Homes EECA provides grants covering up to 90% of the costs to purchase and install insulation and an efficient heater to lower income homeowners. A move aimed at improving health, reducing energy use and emissions, while hopefully reducing power bills. While for Otago and Southland, THE COSY HOMES TRUST will provide a grant of up to 20%, for insulation.

The EECA heating grant covers 80 – 90% of the total cost of ceiling and under floor insulation installed in your home. While heaters such as heat pumps, approved wood, or pellet fires have a grant of 80%. Grants are capped at \$3000.

You are eligible if:

- You own and live in your home
- Your home was built before 2008
- You (the owner) have a community services card or live in an area identified as low income.

FOR FURTHER INFORMATION – eligibility, suppliers and installers, and quotes.

Warmer Kiwi Homes – call 0800 749 782
Warmer Homes website
or e-mail info@cosyhomes.org.nz.

The site has question to ascertain eligibility and an application form.

COSY HOMES OTAGO – info@cosyhomes.org.nz
or call 021 999 395.

Southland – synergy@awarua.org.nz

Further information can be obtained from COSY HOMES, Trusts Facebook page.

Need help reducing the spiralling cost of power.

Presbyterian support suggests you arrange a consultation with an ENERGY MATE. This is an in home coaching service, provided free, by the Electricity Retailers Association. The ENERGY MATE coaches will visit homes and help households get on the plan that best suits their needs, give advice on home heating, using appliances efficiently and check the hot water a shower flow.

Free LED light bulbs will be provided for instant power savings.

The Energy Coaches cover:

- Dunedin
- Oamaru and Waitaki

For further information and to make a booking call 0508-396-678 or e-mail energy.mate@psotago.org.nz

LATEST MEMBERSHIP BENEFITS



In 1962, Des Harrison first began selling carpet and furniture from

his store in Whangarei. In 1983, his three sons John, Patrick and Phil joined the family business. Harrisons were the pioneers of a mobile in-home carpet service, launching nationwide in 1992. Since then, they have overseen the company diversify and grow, adding Harrisons Curtains & Blinds and Harrisons Solar to the company portfolio.

Harrisons are offering all Grey Power members 20% off carpet and hard flooring; 30% off Curtains & Blinds; and 20% off Solar Panels. Plus you can get Flybuys with every purchase. If there are special offer available, you will always receive the lowest price as a Grey Power customer.

When you work with Harrisons, you work with local business owners who live in your area and they bring the showroom to your home – all in one convenient visit to you.

Contact Harrisons on 0800 103 001 – don't forget to say that you are a Grey Power member to receive your discount. Their website is <https://www.harrisons.nz/>



Atopis® Skincare

Atopis® Skin Health have partnered with Grey Power Federation to

provide our membership a 20% discount on their exclusive skincare range. This is a New Zealand product developed by cell biologist and founder Dr Iona Weir.

The Myrecil® Ingredient, has unique benefits for “skin that has lived”, promoting your body's own natural hyaluronic acid production and reversing the Skin Damage Cycle. That's why so many of our loyal customers are 55+, and why Grey Power has chosen to partner with Atopis®.

Access the website at www.atopis.co.nz and use the code GP20 for your discount. Your first order even attracts an additional 15% discount!

Keep up to date with the latest offers from our growing number of partners by referring to the Federation Website. <https://www.greypower.co.nz/the-benefits>

Please support our partners so they know that Grey Power members appreciate the services they offer.

NEW HOME FOR MSD SOUTH DUNEDIN

As from 2 May, the Ministry of Social Development (Work and Income) South Dunedin have a new home at the Te K'aika Service Centre at 25 College Street, Caversham.

The move enables (MSD) to work in partnership with Te K'aika and Health New Zealand (Te Whata Ora) to provide clients with multiple services in one location. MSD will still deliver their core services, housing, income and employment support.

Access to the new site is through the pedestrian entrance on Ranfurly Street, or the car park entrance on Playfair Street.

For those who depend on public transport and think that accessing the new location will be difficult and who want a face to face consultation, the Central Dunedin Office is located at John Wickliffe House in the Exchange 265 Princes Street. Phone contact – 0800 552 002
on line My MSD <https://www.workandincome.govt.nz/south-dunedin>

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**NOTICE OF GREY
POWER OTAGO
ASSN AGM**

**TUESDAY 28 MAY
COMMENCING
11AM**

**ST PETERS CHURCH HALL
57 BAKER ST CAVERSHAM**

This is the formal advice of our annual general meeting. Please endeavour to attend as it is important for us to get officers and committee members if we are to continue to operate.

The format follows our usual practice of the meeting at 11am followed by lunch and then we will have a guest speaker.
The agenda follows:

**AGENDA FOR
GREY POWER OTAGO
AGM 2024**

1. WELCOME
2. APOLOGIES
3. REMEMBRANCE
4. MINUTES OF 2023 AGM
5. MATTERS ARISING
6. PRESIDENTS REPORT
7. FINANCIAL REPORT
9. ELECTION OF OFFICERS
10. GENERAL BUSINESS
11. LUNCH
12. GUEST SPEAKER

GREY POWER (OTAGO) INC NOMINATION FORM

We the undersigned, being financial members of Grey Power (Otago) Inc hereby nominate:

For the position of

Nominated by Signature

Seconded by Signature

Signature of Nominee as accepting nomination

Please forward to the Secretary, Grey Power Otago, 211a King Edward Street, South Dunedin, leave at office between 11am and 2pm Monday, Tuesday and Thursday or email to greypowerotago@gmail.com - nominations close 5pm Monday 27 May 2024.

PLEASE NOTE:
All persons standing for office must also be financial for the year ending 31 March 2025

AGM ATTENDANCE

Members must be aware that to participate in the business of the Annual General Meeting your membership card must have an expiry date of 31 March 2025.

Please bring your membership card with you as it will be a requirement to hold it up if you are either moving or seconding a motion and for all voting either for officers or motions.

If you wish to attend and are not financial you will have observer status only.

Thank you and we look forward to seeing you on 28th May.

Jo Millar | President Grey Power Otago



**PLEASE SUPPORT
OUR ADVERTISERS**

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

Many thanks

SOMETHING TO PONDER

A fan of all things historical I often wonder how history will represent our post Victorian "civilization". War, exploitation of people and the planet still exist. Narcissists still become leaders. Are we really so civilized?

Therefore I thought you might like this quote found on line.

Bernard Shaw was asked one day.
"What's your idea of civilization?"
"It's a good idea," Replied Shaw.
"Somebody should start it."

Minutes of the Annual General Meeting of GREY POWER OTAGO held on 30th May, 2023 in St Peter’s Church hall, Hillside Road, Dunedin at 11.00am.

Present: Jo Millar (President), Helen Begbie (Vice-President) and 31 members, a total of 33.

Apologies: R. Foster, F. Heads, H. Masterton, C. Grant and A. Wadsworth.
It was moved H. Begbie, seconded J. Bagley these be accepted. All were in favour.

At this stage of the meeting, all present stood in a moment of silence for those members who had passed away over the last year.

Minutes of the last Annual General Meeting have been circulated. It was moved H. Begbie, seconded E. Carville that these be taken as read. All were in favour.

Matters arising: C. Campbell raised the matter of asking members how they wish to receive their Newsletter, by Post or E-mail. This request has, to date, not been actioned. The President replied to this stating that to send by E-mail, permission must be granted. The request by a member re the status of the NZ Suoerannuation – the Reserve Bank states is a Benefit.

PRESIDENT’S Report: J. Millar moved her report be adopted advising the meeting that Grants have been difficult to obtain as any money given, must be used in the public arena. The motion was seconded by H. Begbie. All were in favour. J. Idour then thanked Jo on everyone’s behalf for the work she puts in on our behalf. She does this willingly without remuneration, just the satisfaction of a job well done. Thank you Jo.

Financial Report: All present had a copy of this. It shows a balance at the end of the Financial year of \$ 5384.00. There are some members who are mistakenly paying their Electricity account into our bank account which creates a problem and extra work. Please make sure you press the right button on your computer to avoid this. There being no questions, J. Millar moved this be adopted,

seconded F. Duigan-McKay. All agreed.
As an addition to this, Jo Millar stated that our Affiliation fee for each member needs to increase as the Federation have just increased theirs from \$5,00 to \$7.50 with an imminent rise to \$10.00. All agreed to pay a larger subscription.

Mr N. Grant moved we raise our Annual fee by \$2.50 per person to cover this increase making it \$27.50 for a single person and \$40.00 for a couple. Barbara Cameron stated that other costs are rising. eg Printing, Stationary, telephone etc, and moved that Mr Grant’s motion be amended to “That we raise our Annual Fee to \$30.00 per single person and \$45.00 per couple. This Motion was seconded by M. Flockton. It was put to the vote and only two votes against, the Motion was carried.

Election of Officers then took place with the following results:
President – Jo Millar - moved J. Idour, seconded K. Moen
Vice-President – Helen Begbie – moved E. Carville, seconded K. Moen
Secretary/Treasurer – Jan Idour - moved F. Heads, seconded R. Foster
Committee – E. Carville, K. Moen, J. Blackie, R. Orlowski, Rose Hinds, Jenny Chapman and F. Duigan-McKay(the latter two volunteering from thew floor). J. Millar moved, seconded H. Begbie that these be accepted.

GENERAL BUSINESS: Our president informed us that the DCC were reducing the time of Disability Parking from 2 hours to 1 hour. Jo has spoken to them of behalf of Grey Power Otago , stating that 1 hour is not logical or fair. The DCC have now returned them to a 2 hour park. (Thanks Jo).

Helen Begbie then gave a vote of thanks to the Chair for a well run meeting despite criticisms from the floor.

The meeting closed at 12 noon.

**Stave off loneliness:
make an effort
to make friends**

**The Aged Care Commissioner
is urging elderly New Zealanders
to get out and about.**



Carolyn Cooper said social isolation and loneliness had a range of mental and physical impacts – such as a substantial increase in the likelihood of dementia, coronary artery disease, and strokes. She said loneliness was particularly common in the older population and urged elderly people to take initiative and make new connections. "It's useful to be aware of what's happening in your community. There'll be a number of opportunities for social activities." Organisations such as Age Concern, libraries, Volunteer groups, and Grey Power had social connection programmes for people who did not know where to start. Try new hobbies and make friends. "I know it's hard to do as you age, but it's really worth it for your health to find something you enjoy with people you get on with.

ACCESSIBILITY FOR NEW ZEALANDERS

Since its inception Grey Power Federation has been an active supporter of Access Alliance and Access Matters Aotearoa and we actively support their efforts to have effective accessibility legislation so that every New Zealander is able to participate fully in their daily lives, regardless of age and whether or not they have a disability. On a daily basis a quarter of New Zealand’s population struggles with basic activities due to access barriers even in the workplace.

The Accessibility for New Zealanders Bill was passed in 2022. However, because of defects in the legislation the Access Matters’ campaign to amend it received over 15,000 signatures on its previous petition. As a result of that and everyone else’s efforts the Accessibility for New Zealanders Bill was put on hold until after the 2023 election so it could be reviewed and rewritten.

The Bill is currently on pause indefinitely. The new Government needs to know that a redraft is urgent and important to their constituents and that the nation wants strong and effective accessibility legislation for all its citizens.

A petition is a great way to get improved accessibility legislation in front of a cross-party Parliamentary Committee, and to gain the attention of all our politicians. A new petition is available online, asking for the withdrawal of the current Accessibility for New Zealanders Bill, and for a new Bill to be drafted that includes minimum standards, a regulator and an enforcement mechanism. We ask you to sign the online petition and also encourage your family and friends to sign it too.

The link for the online petition is:
<https://www.change.org/p/petition-for-drafting-a-new-accessibility-for-new-zealanders-bill>

Sandy Feringa | Fed board

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Grey Power Otago Discount Book

DISCLAIMER

Grey Power (Otago) Inc does not guarantee in any way the goods, services, discounts, prices and/or the viability of suppliers referred to in our booklet or newsletters. Members should always satisfy themselves on these and any other concerns relating to the transaction prior to purchase.

ENQUIRIES TO OFFICE: PO Box 2473, Dunedin 9044
Phone 456-1685. Email: gp.otago@xtra.co.nz

PLEASE NOTE: DISCOUNTS DO NOT APPLY
TO QUOTES, SALE ITEMS or SPECIAL
PROMOTIONS UNLESS SPECIFIED

YOUR CURRENT MEMBERSHIP CARD SHOULD BE PRESENTED WHEN UTILISING ANY DISCOUNTS FROM THIS BOOKLET.

BOOKS, STATIONERY, TOYS AND OFFICE SUPPLIES

Citywide Stationery: 179 Princes St Dunedin.
Phone 477-4992. 15% discount on all general stationery, excluding magazines, postage stamps and phone cards.

CLOTHING AND ALTERATIONS

Ace Alteration: Great King St Dunedin,
Phone 477-0921. 10% discount on all alterations, except sales goods

Alex Campbell Ltd: Menswear Specialists
187 King Edward St South Dunedin. Phone 455-3280.
10% discount over the whole range, excluding specials and reduced price goods.

Kathmandu: 144 Great King Street, Dunedin, Phone 474-5178. Clothing and equipment for leisure and adventure travel. 10-25% on non-sale items.

DRY CLEANERS

Brocklebanks Dry Cleaners: 191 King Edward Street, South Dunedin Phone 455-4065. 10% discount over the whole range. Available only at South Dunedin premises. Does not apply to special offers.

NEWTONE DRY CLEANERS: Drive in Cnr Filluel St & York Place. Phone 477-5169. Cnr King Edward St & Macandrew Rd South Dunedin. Phone 455-2315. 49 Irk St Gore Phone 03/208-5927. 10% off all services. Not applicable to specials or 5 shirts deal for \$20.

PREENS DRY CLEANERS: Drive in Cnr Wharf & Kitchener St South Dunedin. Phone 477-2140
Drive in Cnr Castle & Frederick St North Dunedin
Phone 477-6691. 10% discount off all services. Not

applicable to specials and 5 shirt deal

ELECTRICAL

Serviceman Ltd: 42 Prince Albert Road South Dunedin. Phone 455-3333. 10% on TV's, aerials, washing machines refrigerators and all electrical appliances. Does not apply to specials already discounted. Discount book and Grey Power card to be presented when item lodged for service.

FLORISTS AND GARDEN CENTRES

Hereweka Garden and Nursery: 10 Hooper's Inlet Rd, RD2 Dunedin. Phone 478-0165 or 478-0880
15% discount on all purchases.

FUNERAL DIRECTORS

Gillion and Sons Ltd: 407 Hillside Road South Dunedin. Phone 455-2128 (All hours). Discount applies if account is paid by due date. We welcome all enquiries and offer pre-arrangement and pre-payment schemes at today's prices.

FURNITURE & FLOORING

Carpet Court: 225 Hillside Road South Dunedin
Phone 455-4285. 115 Cumberland St Dunedin. Phone 477-2211. 10% off entire range. Not applicable to specials

HARDWARE, BUILDING

Carters: 9 Orari St Dunedin. Phone 455-6139
5-10% discount over whole range, cash purchases only. Quotes given on house lots or major alterations.

D W Hasler Builders: 25 Burns Street Dunedin
Phone 455-6139. 5% discount over whole range.

Eastern Hammer Hardware: 179 Main Rd Waikouaiti. Phone 465-7398. 10% discount over whole range. Excludes in store specials

Guthrie Bowron: 96 Cumberland St Dunedin. Phone 477-6094. 10% off paint, curtains and sundries. 5% off specials. 20% off retail prices on wallpapers. 5% off wallpaper in store and specials

Mitre 10 Mega: 350 Andersons Bay Rd South Dunedin. Phone 455-3344. Discount on presentation of current Grey Power membership card.

NZ Glass: 35a Fox Street South Dunedin
Phone 0800 230 330. 10% off all products and services. Free measure and quote.

Placemakers: 86 Portsmouth Drive, Dunedin. Phone 455-0559. Trade discount on timber, wallboards, building materials, builders' hardware. Specials excluded.

Precast Concrete Ltd: 78 Maclaggan Street, Dunedin. Phone 477-2254. 10% discount.

Resene Paints: Crawford St or Princes St entry Dunedin
Phone 477-6566 (and all NZ shops). Premium paints up to 4 litres less 20%, pails less 10% sundries less 10%.

Timeless Tiles & Stazio Casa: 738 Princes St Dunedin. Phone 479-2773. 10% on floor and wall tiles.

JEWELLERS

Stewart Dawson Ltd: 19 Golden Centre, Dunedin. Phone 477-8852. 15% discount on jewellery and watches. 10% off repairs and remakes, excluding sale doors.

MOBILITY SERVICES

Cargills Enterprises: (Disabled Citizen Society) 199 Hillside Rd Dunedin Phone 455-5119. 15% on hospital aids for disabled.

Mobility Solutions Centre Dunedin: 245 King Edward St South Dunedin. Phone 455-1201. 10% off whole range. Dunedin store only.

Southern International: 319 King Edward St South Dunedin. Phone 456-2950
Shoprider mobility scooter – Melrose wheelchair and walkers. 10% discount on wheelchairs and walkers, \$200 discount on scooters.

MOTOR VEHICLES, REPAIRS, PARTS

Beaurepaires: 330 Andersons Bay Road, Dunedin. Phone 455-1029
420 Cumberland Street Dunedin. Phone 4740920
Cnr Jervois and Cumberland Street Dunedin. Phone 477-7245
5% discount. Not available on specials.

Tonys Tyre Service: 97 St Andrews St Dunedin 477-8850
430 Andersons Bay Rd South Dunedin. Phone 455-2049
25% over the whole range. Not applicable on specials

Carter Car Services: 45 Dowling Street Dunedin. Phone 477-5818
10% discount off all cash sales, including auto electrical and mechanical services, battery servicing, oil and lube services, excluding already discounted parts.

Pit Stop: 363 Hillside Rd Dunedin Phone 456- 2102
Automotive repairs, servicing and WOFs
10% on parts & 10% on Warrant of Fitness
Does not include some special O.E. parts

Harex Downing & Little (2005) Ltd: 27 McBride St South Dunedin. Phone 455-2142
10% over the whole range.

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Scam-proofing toolkit

Netsafe has launched a new free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.

The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at

www.netsafe.org.nz/olderpeople

Printed pamphlets will be available over the coming months, at public libraries, Citizens Advice Bureaus, Chorus community events, Digital Seniors hubs and Age Concern regional offices.

Silverbeet with lemon and walnuts

- 1 bunch silverbeet
- 2 tsp olive oil
- 1 garlic clove, finely chopped
- 1/3 cup chopped walnuts
- 1 tsp finely grated lemon rind
- 1 tbsp lemon juice



Step 1

Remove and discard stems from 1 bunch silverbeet. Roughly chop leaves.

Step 2

Heat 2 tsp olive oil in a large, deep frying pan over medium heat. Add 1 garlic clove, finely chopped and 1/3 cup chopped walnuts. Cook for 3 to 4 minutes or until walnuts are toasted. Add silverbeet. Cook for 2 to 3 minutes or until just wilted. Add 1 tsp finely grated lemon rind and 1 tbsp lemon juice. Season with salt and pepper. Toss to combine. Serve.

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Independent Tyre Specialist: 51 King Edward St. South Dunedin. Discount on application.

Marshall Batteries: Cnr Anzac Ave & St Andrew St Dunedin. Phone 477-793
After hours 0800-800-779, 24 hours per day seven days a week. 10% on auto batteries if at depot or \$10 off standard 'call-out' fee. Does not apply to specials. Branches all over New Zealand.

Mag & Turbo Service Centre: 449 Andersons Bay Road Dunedin Phone 455-1029
10% discount on tyres and repairs.

Port Chalmers Motors Ltd: 53 George St Port Chalmers Phone 472-8766. 10% off parts and labour for service. 20% off Supercat tyres. 10% off car batteries. Supergold discount of 15cents per litre for Supergold card holders on fuel.

Southern Motor Group: 300 Andersons Bay Rd South Dunedin. Phone 455-5500
10% over the whole range.

MOTELS

Alcala Motel: 704 George St Dunedin
Phone 4779073
Loyalty scheme 10 stays \$50 Briscoe Voucher
Ministry of Health accredited accommodation

OPTICAL

Dunedin Optical Lab Ltd: 37 St Andrews Street Dunedin. Phone 03 2621052. 10% discount

PHARMACIES

Baylis The Chemist: 267 King Edward St South Dunedin
Phone 455-1128
10% over whole range. No discount on prescriptions or specials

SECURITY

Begg Security Group: 240 Hanover Street Dunedin.
Phone 477-7711
Deadlock installations, locks repaired, keys cut, locks supplies. Opening houses, cars and safes. Key club prices will apply on presentation of Grey Power membership card.

Dunedin Security Centre: 10 Castle St Dunedin.
Phone 477-2900
10% discount on retail products, excluding safes.

VARIOUS

Bernina Sewing Centre: 271 Hillside Rd South Dunedin
Phone 456-2664
Special - Basic service - clean, oil, needle, sew test and

adjust tension \$39-95.

Dunedin Podiatry: 265 King Edward St South Dunedin
Phone 455-0290
5% off whole range.

H.A.Foote Haulage Ltd: 22 Bridgman Street South Dunedin. Phone 455-1111
5% discount on cash sales only – landscape, firewood, coal, drainage, haulage, earthworks, storage.

I Clean and Repair Spouting: 23 Strathearn Ave Wakari Dunedin. Phone 027 3332946
15% over the whole range.

King Edwards Estate: 330 King Edward Street Dunedin
Phone 455-7090.
Free delivery for purchases over \$100 within Dunedin city excluding Mosgiel, Brighton, Waitati etc.

The Toolshed Dunedin: 17 Hillside Rd South Dunedin
Phone 455-1744
10% off hand tools and power tool accessories not already on promotion.

MOSGIEL

Campbell & Sons, Funeral Services: 95 Gordon Road, P.O.Box 183 Mosgiel. Phone 489-7756
A discount of \$250.00 is offered if the entire account is paid by the due date. Proof of membership is required.

Headway Design: 166 Gordon Rd, Mosgiel.
Phone 489-5210. 10% off all hairdressing services.

Healthworld: 145 Gordon Road Mosgiel
Phone 489-0341. 10% discount over the whole range.

TIPS TO HELP WITH ANXIETY ATTACKS
Look around you.

Find five things you can see
Four things you can touch
Three things you can hear
Two things you can smell
and One thing you can taste

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

AIR-CLEANING PLANTS

Grow the following plants in your home to breathe easier. Rubber plant, Aloe Vera, Peace Lily, Ficus and Spider Plant are good examples.

Spider Plant is native to Africa and removes smog, formaldehyde, benzene and xylene—found in auto exhaust, synthetic perfume and paint. A NASA study found this plant can remove 96 percent of the carbon monoxide and 99 percent of the nitrogen dioxide within a sealed chamber. This resilient plant thrives in a variety of environments but prefers medium to bright light, so avoid extended amounts of direct sun. Spider plant is very easy to grow and care for. It doesn't need a lot of attention, and is terrific for busy people who don't have time for gardening.

Appearance and characteristics of spider plants
Spider plant grows from a fleshy root known as a tuber. Each plant is capable of producing multiple tubers and have white central striping or white margins on each blade.



Spider plant's flowers are small, white-green and in clusters on arching stems that grow 75cm or longer. The tip of each stem produces a small bunch of leaves and these are the 'spiderettes' or 'chickens' of the mother plant. Simply cut off some of the plantlets and pot them up or put them in a glass or bowl of water. They'll grow roots in no time!

Have you been searching for a resolution to your ongoing foot or lower limb issue?



Don't waste your time with home remedies and standardised internet advice.

Our team understand that no two people are the same; this is why we will assess your condition as an individual, provide a diagnosis and recommend a tailored treatment plan specifically for your needs.

From painful heels and ankles, to fungal nail infection, corns, callus, verrucas, ingrown toenails and more; we will work with you to provide results!

Book in with our expert team of five Podiatrists at Knox Podiatry by calling (03) 478 1030 and start your journey to great foot health.



NEW PATIENTS receive 10% off with a copy of this advert

We treat all foot and lower limb conditions
Corns & Hard Skin • Verruca • Nail Cutting
Ingrown Toe Nails • Foot / Heel pain
Diabetic Foot Checks • Orthotics

Clinics in Balclutha, Lawrence, Milton,
Mosgiel and Diabetes Otago (Dunedin)
www.knoxpodiatry.co.nz



SAFETY CHECK FOR WINTER

With winter just around the corner and daylight hours getting shorter, it’s a good time to attend to outdoor safety and security issues so we stay safe when we’re out and about through the cooler months of the year.

Slip hazards outside - Paths and decks can be hazardous when their surfaces become slippery. Water-blast hard surfaces such as wooden decking, and concrete and brick paths.

Uneven surfaces - Lumps and bumps in lawns or soft surface paths are a trip hazard. Grab the spade or shovel and chip and level grassed areas.

Access ways - One of the most used after-dark access ways is from your vehicle parking spot to the door of your home if you don’t have internal access. Keep it clear of any objects such as planters, garden ornaments, or foliage. Even in the garage make sure the path to the door is clear.

Lighting - Outdoor lighting illuminates’ paths for you and guests, and is also a deterrent to those you don’t want on your property. Check outdoor lights are operating, and bulbs are clean. If you don’t already have sensor lights, consider getting them installed.

At the door - Your door is a gateway to friends and family, but also to strangers. Don’t open it to those you don’t know and trust. If you don’t already have a security screen door, consider having one fitted. At the very least, have a security chain fitted and check that the front and back door locks are robust.

Tradies - When engaging trades people, stick with a company you have used in the past, ask for the name of the staff member who will be calling, and their approximate arrival time. When they arrive, ask to see their card before you invite them into your house.

Loose items - When you’re done with garden chairs, and any other loose items in your yard, pop them away in the garage or secure them - autumn gales, they can cause them to take flight and damage walls and windows.

Emergency kit - Pop a kit into the boot of your car which includes a neon safety vest (in case you have to check the exterior of the car at night), torch, warm rug, snacks, and water. Also have a phone charger cable plugged into the cigarette lighter.

Ref: Grownups online

A chance to save lives

If you have thought about giving blood or plasma, now is the time to check you are eligible.

The New Zealand Blood Service increased the upper age limit for first-time blood and plasma donors to 71. Existing donors are able to keep donating until the age of 81.

To donate you also need to be
At least 150cm tall
Weigh at least 50kg

More than 5,000 donations are needed every week to meet demand, but less than four percent of the eligible New Zealand population donates. The service often has free appointments during the day, as many people prefer to donate in the evening. If you have flexibility in your day – perhaps you could consider becoming a donor?

When giving blood, approximately 470mL is collected. The entire process, from when you sign in, to the time you leave, takes about an hour. The actual time spent on the bed is five to 10 minutes.

Blood can be donated every 84 days, up to four times a year. Each time you donate, your blood is separated into three components, red cells, platelets and plasma.

Red cells are used during surgery or to treat people with anaemia. Platelets help those with severe bleeding or leukaemia.

Plasma makes up over half the volume of blood and is packed full of proteins and antibodies. It can be used to make up to 11 lifesaving treatments.

Plasma-only donations are also an option. Plasma can be donated every two weeks. The entire process, from signing in, to the time you leave, takes about 90 minutes.

Two to three times more plasma can be collected compared to a blood donation when using this method.

For those of you who were unable to give blood or plasma because you lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996, this restriction will soon be lifted.

If you have questions about your eligibility to donate, call 0800 448 325 and ask to speak with a nurse. To find out more information, including if you’re eligible to donate blood or plasma, visit nzblood.co.nz

SUBSCRIPTION RENEWAL

Grey Power Otago Association subscription of \$30 single and \$45 double are now due.

Please accept this as a reminder that if you have Grey Power Electricity you must keep your annual subscription to the Association current. It is a condition that you must be a member of a Grey Power Association to have Grey Power Electricity and this incurs an annual subscription fee.

THIS YEAR’S CARD HAS A GREEN STICKER SO IF YOU HOLD A MEMBERSHIP CARD WITH A BLUE STICKER YOU ARE NO LONGER A FINANCIAL MEMBER.

MEMBERSHIP
APPLICATION
OR RENEWAL FORM

Office Use:

Name: Dr / Mr / Mrs / Miss / Ms / Other

Phone:

Address:

Postcode:

If renewal, Membership number:

Annual Subscription: 01.04.2024 to 31.03.2025 (Please tick appropriate box)

\$30 Single ☐ \$45 Double ☐ Renewal ☐ New ☐

Donation:

Email Address:

Direct Credit: Westpac **03 0903 0438476 00** with surname and membership number (if renewal). Eftpos not available at office.

Postal address: Grey Power Otago Inc. 211A King Edward Street, South Dunedin, 9012.

Contact: greypowerotago@gmail.com

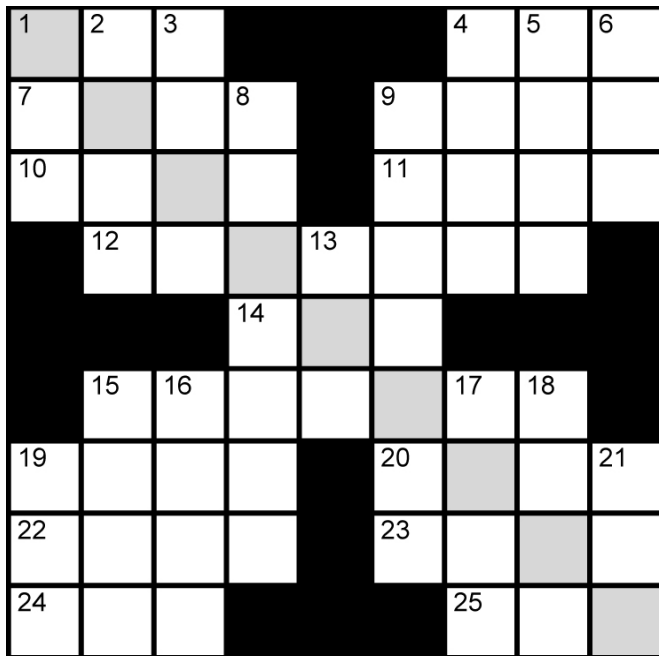
Office Hours: Monday - Thursday 11am - 2pm. Phone: **456 1685**



Grey Power Otago (Inc)
The Active Organisation For Those 50 Plus

211A King Edward Street, Dunedin 9012. Phone 456 1685
Email: greypowerotago@gmail.com

Holiday Goal



Across

1. Movie SFX
4. Short snooze

7. Neural network

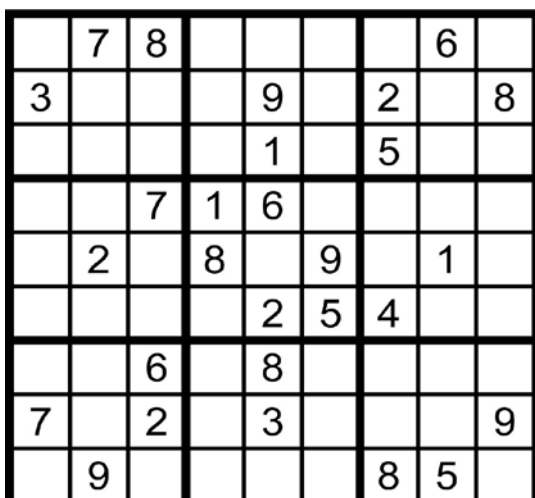
9. Cheek
10. Scream

ANTS
ASH
ASPHALT
BEANS
BEAR
CAT
COAL
CORMORANT
CROW
DRESS
EBONY

GARLIC
GORILLA
HAIR
INK
LABRADOR
MASCARA
NIGHTTIME
ONYX
PANDA
PANTHER
PENGUIN
PIRATE FLAG
PUG

QUINOA
RICE
SKUNK
SNAKE
SOOT
SWAN
TAR
TARMAC
TEA
TOP HAT
TUXEDO
VAMPIRE
WITCH

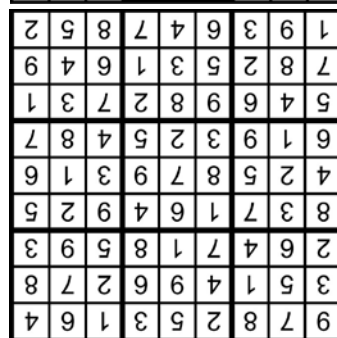
SUDOKU



11. Eagle's nest
12. In a smooth manner
14. Wharton degree
15. Facial feature
19. Reach across
20. Peacock's pride
22. Bridge, in Bretagne
23. ____ Spumante
24. Inquire
25. Café alternative

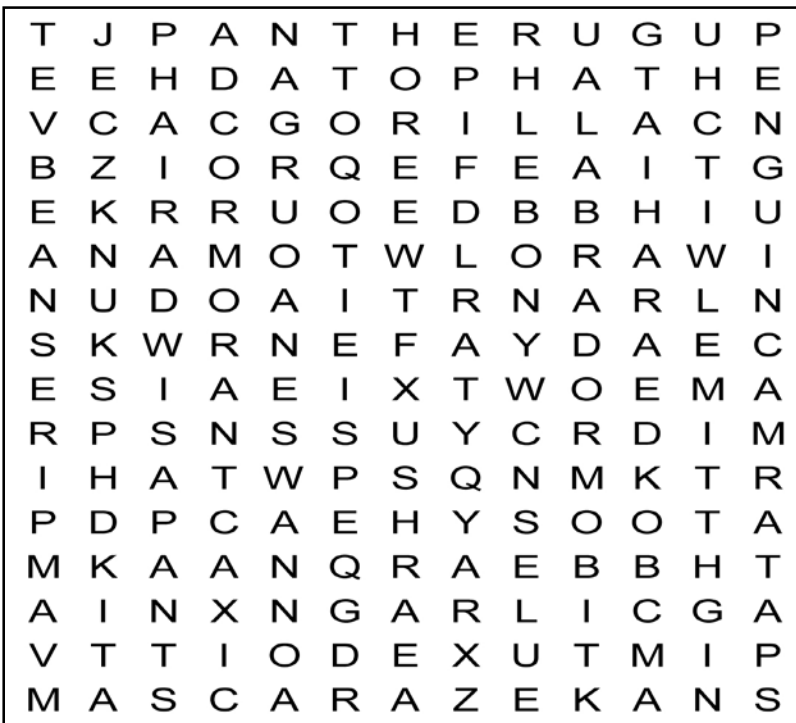
Down

1. Weep
2. The Bee ____
3. "____ have to do"
4. Christmas carol
5. Not straight
6. Thickness
8. Periodic table listing
9. Capital of Indonesia
13. "Chicago" lyricist
15. Heroic poem
16. Tug sharply
17. Brewer's equipment
18. Accompanying
19. Hot springs
21. Fanciful story



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

PAINT IT BLACK



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.*