

CHRISTCHURCH

GREY POWER

50+ QUARTERLY NEWSLETTER

New Zealand
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Permit 

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The Tannery, Christchurch

GREY POWER CHRISTCHURCH

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GREY POWER ELECTRICITY

We know a lot of you use Pulse Energy and a lot of you pay online when your Pulse account is due. Unfortunately a lot of our members are paying their accounts into their Grey Power Membership. Then we have to try and get hold of you to tell you what has happened as this payment shows up on our membership bank statement. We can sort this out but it can sometimes take a wee while to process Thanks

JUST A FRIENDLY REMINDER

Presidents Word



The first report for this year and we have already had two Socials with great speakers St Johns and Josh from Christchurch City Mission outreach group, both great and interesting.

Our A.G.M. is in June and I would like a couple of new members for the Committee. I am hoping that there would be some new thoughts on where to go this year regarding Greypower. It would only mean 1 hour of your time for a meeting on the 2nd Wednesday of the month. It would be good to get some ideas and perhaps vision. There is a form to complete for nominations in this newsletter, we would appreciate some help.

Don't forget if you have any speakers or entertainers you may like then contact me as I have a couple of spaces later in the year.

There is a good article regarding the Federation movements to improve life for our members. We attended Ashburton Social to hear the Federation President Gayle give us the up dates on what is in the pipe line, and the changes happening to Greypower.

Keep warm in the coming months, although we have had a taste of weather to expect. Wish you all a good winter health wise.

Ann Ferrari | President

Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

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.

GREY POWER
CHRISTCHURCH
SUPERANNUATANTS
ASSOCIATION INC

AGM

Wednesday
18 June 2025
at 1pm

St Martins Church Hall
50 Lincoln Road

Please ensure
nominations arrive at the
Grey Power Christchurch
office at least one week
prior to the AGM

15% off
use promo code
GP at checkout

Socks
too tight?

soft topped
bamboo and
cotton socks

3 pairs \$36

diabeticsocks.co.nz

Grey Power Christchurch
Superannuatants
Association Inc

Committee 2025 / 2026
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 18 June 2025



A meeting between Grey Power delegates and Deputy Prime Minister, Winston Peters last month was a revelation.

Mr Peters quickly revealed he had researched issues Grey Power president, Gayle Chambers and myself had indicated would be raised with him. Pleasingly, his comments and questions were far from dismissive; they aimed at beating the odds to find successful solutions.

In particular, Mr Peters said he wanted to know the percentage of home support for older people by family members. As a result, Grey Power is prepared to do this research and report back to him.

Other issues discussed including:

- Concern that discounts available with the SuperGold Card have not been as plentiful as in the past.
- A request for removal of the \$2.50 fee on invoices paid at NZ Post or Kiwibank. With the removal of cheques in New Zealand, and the fact that some people are unable to access internet banking, this fee is seen as an unfair penalty.
- Concern that the accommodation supplement had not been adjusted for some years to meet the current cost of living. It has fallen well behind current accommodation costs and Grey Power would like this anomaly addressed.
- The need to reconsider the threshold for rates rebates. With the current threshold close to a double pension, many people have become ineligible for a rebate, making it hard for those relying only on superannuation for income.

Grey Power believes predicted rate increases countrywide will impact adversely on many citizens whereas a review of the threshold would most likely benefit those people in need.

- That consideration be given to the removal of tax on the first \$10,000 of superannuation income or, alternatively a lowering of the tax rate on superannuation to help superannuants meet their living costs.
- Concern that the Aged Care Review was still in Phase 2 after six months with no updates to keep aged care Non-Governmental Organisations (NGOs) informed of review progress.
- Concern that long wait times for geriatric surgeries, including cataracts, has not been resolved with little evidence to show this issue has been properly addressed.

Grey Power is hopeful Mr Peters will raise these concerns with the appropriate Ministers, and, importantly, we will see action not just words. In particular, we appealed for renewed commitment to the Aged Care Review launched in 2023 by Health NZ to review funding and service models for aged care services.

Its purpose is to provide recommendations that will ensure equity of access and outcomes for older people across New Zealand, while balancing the need for a cost-effective system.

Understanding eligibility for Shingrix



Shingles can be a serious and painful condition, so it is important that you know how and when you are eligible for your free vaccinations. The shingles vaccination is free for 12 months following your 65th birthday. To be effective, you will need two doses received between two to six months apart. Your second dose will be free, even if you've turned 66.

If you're eligible for a free vaccination, you may get it from your nurse, doctor, or healthcare provider. It is also available at some pharmacies.

If you are not 65 years old but still wish to be vaccinated, you will need to pay. The price will vary depending on the provider, but you can expect it to cost between \$600 to \$800 for both doses.

What is shingles: Everyone who has had chickenpox is at risk of developing shingles later in life. One in every three people will get shingles during their lifetime.

Shingles is a painful rash that develops on one side of the face, body or head. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. The most serious complications are nerve pain that can last for months or years, and eye problems that can result in loss of vision.

The best protection you can have against shingles is to make sure you get vaccinated.

SENIOR LICENCE RENEWAL NOW AVAILABLE 6 MONTHS BEFORE BIRTHDAY *by David Marshall*

To help reduce pressure on senior drivers needing to renew their driving licence, NZTA have extended the time frame to allow seniors to renew their licence up to 6 months prior to their qualifying birthday. Renewing early won't affect the new licence expiry date, which will be the date of your birthday.

Grey Power raised several concerns with NZTA regarding the stress many 75+ drivers are experiencing when applying for licence renewals through their GPs. While the major concern amongst our members nationally is the compulsory cognitive test implemented by some doctors, other issues related to long waiting times to see GPs, delays in completing On Road Safety Tests (ORST), and costs of referral to Occupational Therapists.

NZTA have taken these concerns seriously, and while their revised guidelines for medical practitioners have not resolved the controversy around compulsory cognitive tests for seniors without cognitive symptoms, they have acted on other concerns. Extending the time frame for licence renewal will provide greater flexibility for those required to be assessed for licence renewals.

In addition, VTNZ is now better staffed with ORST assessors so that waiting times have reduced. These tests are free of charge for all those aged 75 or more. Grey Power believes that many patients being referred to an Occupational Therapist for further cognitive tests and an ORST, could instead be referred for an ORST, potentially saving the patient \$700-\$1200.

A meeting to discuss the use of compulsory cognitive tests is being hosted by NZTA in mid-March to encourage dialogue between Police, GP Association, Health NZ, Occupational Therapists and Grey Power. We are hoping that the group can come to a consensus on a better more consistent way forward for seniors licence renewal assessments.

KIWISAVER FUND for children

Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old.

That's a great start for when they have part time work and beyond.

Money saving tips

Feeling tight around your wallet and purse? Consumer NZ has a lot of useful tips about how to save money, whether it's through shopping, paying power bills, insurances or using the internet. You can find them at <https://tinyurl.com/3ufsnpm>

Breast cancer is the most common cancer for women

Breast cancer affects one in nine New Zealand women over their lifetime.

Nine New Zealand women, on average, will hear the news today that they have breast cancer.

Some women are at greater risk of breast cancer because there is a history of close family members having the disease. However, most women who develop breast cancer have no relatives with the disease. Even among women who do have relatives with breast cancer, most will never develop it. (Ministry of Health 2015)

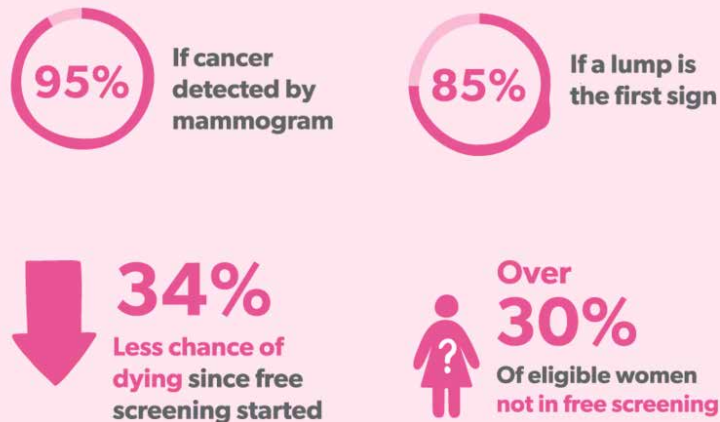
Although it is uncommon, men also get breast cancer. About 25 men are diagnosed in New Zealand each year.

Overall, 85% of people with breast cancer survive 10 years or more (95% if detected on a screening mammogram) but tragically, more than 650 women die of the disease every year.

A woman's chance of developing breast cancer increases with age. Some 70 - 75% of women who are diagnosed with breast cancer and about 80% of women who die from it are aged 50 years or older. While breast cancer is less common in women under the age of 40, women in their 20s and 30s can get it too (approximately 6% of cases).

Information from the Breast Cancer Foundation of New Zealand is at: <https://www.breastcancerfoundation.org.nz/breast-awareness>

THE 10 YEAR SURVIVAL RATE



Men urged to check their pecs

Oncologists reckon the average woman's risk of developing breast cancer is about one in seven. But what's less commonly known is about one in 600 men will develop breast cancer. Unlike women, regular breast screening is not recommended but men should still check their bodies, particularly as they get older. If you've got a lump, skin or nipple changes always let your doctor know. With the treatments available today most men diagnosed are going to be cured.

The Breast Cancer Foundation of New Zealand has resources tailored to men at <https://tinyurl.com/3ecu93n7>

5 Steps to Wellbeing

1. **Connect.** Talk and listen. Be there. Feel connected.
2. **Take notice.** Remember the simple things that give you joy.
3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
4. **Give.** Your tie. Your words. Your presence.
5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

Good advice from the Mental Health Foundation.

Prostate Cancer in New Zealand men

From an article by Dr Warren Nicholls, GP Liaison and Primary Care Advisor, MidCentral DHB

Life expectancy of New Zealanders continues to increase, and between 1985 and 2006 it rose by nearly seven years for men. One consequence of living longer is an increase in the risk of contracting cancer, particularly prostate cancer, which is the most diagnosed cancer in men in New Zealand. **One in five men over 50 will develop prostate cancer.**

Although most people have heard of the prostate, many have little understanding of what it does or even where it is. So first a short biology lesson. The prostate is a walnut-sized gland located beneath the bladder and wrapped around the urethra. The prostate's function is to make a fluid that liquefies sperm as they are being ejaculated. It provides nourishment to the sperm and induces them to 'swim'.

There are three main problems that can affect the prostate and cause it to enlarge:

1. **Prostatitis** – Inflammation of the prostate.
2. **Benign Prostatic Hypertrophy** – A non-cancerous overgrowth of the prostate.
3. **Prostate Cancer** – While most prostate cancers are slow-growing, some are aggressive, more commonly in younger men.

Prostatitis is treated with antibiotics and other drugs. Benign prostatic hypertrophy can be treated with drugs or with surgery (but only necessary if problems with passing urine occur). If prostate cancer is diagnosed, there are a number of treatment options including surveillance (watchful waiting), surgery, chemotherapy and radiotherapy. **The earlier the diagnosis, the more likely the treatment is to be successful.**

An enlarged prostate can cause symptoms such as a decreased stream of urine, feeling like your bladder never empties, dribbling before and/or after urinating and getting up during the night to pass urine. Unfortunately, there are often no symptoms with prostate cancer, which is why regular screening is essential. **All men over 50 should discuss prostate screening options with their doctor.**



Due to its location directly in front of the rectum, your doctor can feel your prostate through the rectum – a DRE or digital rectal examination. Using this technique, your doctor can determine the size and texture of the prostate. This procedure is a bit uncomfortable rather than painful. Unfortunately, only a small part of the gland can be felt and a definitive diagnosis requires a tissue sample.

The prostate produces a protein called Prostate Specific Antigen or PSA that can be measured with a blood test. Many doctors believe the PSA test can help in the differential diagnosis of prostate cancer. However, PSA can be raised in benign prostatic hypertrophy or infection, and can also be normal when cancer is present. Research is ongoing, but some of the current guidelines in New Zealand do not support the PSA test as part of a screening programme. This test is available free of charge and has received considerable media attention. Thus, there is considerable confusion, both among GPs and the public, as to what the best method of screening is.

One approach to this issue in Australia has been to develop a Patient Show Card which GPs use to demonstrate to men the various options available and assist them in making a choice about prostate cancer screening. This is known as 'supporting patient choice'. Dr Nicholls is an advocate of introducing this system in New Zealand, but cultural and other differences between New Zealand and Australia means that changes to the programme may need to be made.

Helping hand for managing money in retirement



The Retirement Commission has brought together hundreds of financial service providers to help New Zealanders grow their money and build resilience. It has launched a new National Strategy for Financial Capability that sets out goals and projects to be taken on by banks, financial services and community organisations.

The strategy builds upon the scheme put in place in 2021. Its four goals are:

- Supporting people to grow their money
- Helping build resilience for the unexpected
- Lifting financial capability through education and training
- Leveraging collective impact.

Retirement Commissioner Jane Wrightson said projects in the pipeline include a special women's project thinking about how businesses might serve their women employees and women customers better; a focus on increasing contributions and participation in KiwiSaver for young people. The strategy is at <https://nationalstrategy.retirement.govt.nz/national-strategy>.

Preventing Tooth Decay



Tooth decay is one of the biggest oral health issues we face, especially for people as they get older and less diligent with their teeth-brushing routine. Emeritus Professor Murray Thomson CNZM FRSNZ has provided tips and reminders to keep your mouth healthy.

More and more New Zealanders are holding on to most of their teeth as they reach their 60s and beyond. The bad old days of having teeth removed for complete dentures are well in the past for most of us. However, this means the greater retention of teeth does pose some challenges.

Tooth decay occurs when mouth bacteria produce acids that soften the outer covering (enamel) of the tooth. Progression of decay can lead to pain, infection, and tooth loss. It may also lead to difficulty eating and sleeping.

You can prevent tooth decay by doing three simple things:

First, gently brush your teeth twice daily with a soft toothbrush and fluoride toothpaste. After breakfast and last thing at night are the best times. Once you've finished brushing, spit but don't rinse your mouth with water. This way, the fluoride in the toothpaste will continue to help reverse early decay while you sleep.

Second, clean gently between the teeth at least twice a week (daily if you can manage it). Small, soft interdental brushes are ideal for this. Dental floss or toothpicks are also useful (but less effective).

Third, avoid adding sugar to tea and coffee, and

avoid sugary or sticky snacks between meals. Those mid-morning and mid-afternoon sweet treats mean that your teeth do not get a chance to recover from sugar in your main meals. All the sugar we eat helps to feed the bacteria in the mouth. This produces weak acids that then attack the tooth surface.

If you have been a life-long user of sugar in your hot drinks, you can reduce your intake gradually reducing the amount you add over a number of weeks, or going "cold turkey" and stopping immediately. The latter is quicker but more difficult – but it takes only 3-4 days to get used to the real taste of tea and coffee (I know this because I did it myself over 40 years ago, and I have not had a new cavity in that time).

Work and Income may pay for immediate and essential dental treatment if you're below a certain asset limit. See <https://www.workandincome.govt.nz/eligibility/health-and-disability/dental-treatment.html> for more information

Use your SuperGold card to get deals at some dental clinics.

Emeritus Professor Murray Thomson CNZM FRSNZ is an experienced researcher in dental epidemiology and health services. He has made important contributions to understanding of oral health in the older population, and his work on oral health through life in the renowned Dunedin Study has enabled new insights into oral health in older age.

Learn more at <https://info.health.nz/keeping-healthy/activity-diet/teeth-gums/tooth-decay>

Whooping cough epidemic declared

Health agencies have confirmed that New Zealand is now in the early stages of a whooping cough epidemic, with a nationally coordinated response now in place.

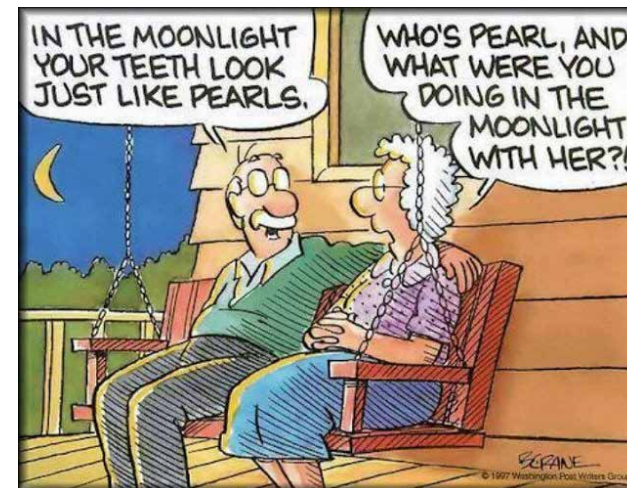


Director of Public Health, Dr Nicholas Jones, says New Zealand should be ready to see high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific children will be most affected.

Dr Susan Jack, National Clinical Director, Protection, at Health New Zealand | Te Whatu Ora, says whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65.

For more information, call the Vaccination Healthline free on 0800 28 29 26 (8.30am-5.00pm Monday to Friday) or visit the website <https://tinyurl.com/4245b2ts>



Your PIN might give you a shock

Whether it's to unlock your smartphone, access online banking, go shopping or get cash out of the ATM, a four-digit personal identification number (PIN) is often there to keep your secrets and your money safe.

It's an important little code, but not all choices are equally secure.

The Australian Broadcasting Corporation's Story Lab team analysed 29 million of them from Have I Been Pwned? – an Australian-run site that helps people all over the world find out if they've been affected by data breaches. While it isn't a perfect data set, it aligns with likely usage patterns, even if it's just because people repeat their PIN codes on their computers.

There are 10,000 possible combinations on a pinpad, but when humans get involved that equation changes dramatically.

The most commonly used PINs turned out to be staggeringly popular, meaning they're particularly easy to guess when phones and bank cards fall into the wrong hands. The top ten codes are:

1234	1111	0000	1342	1212
2222	4444	1122	1986	2020

It makes sense why some four-digit codes are chosen again and again, but this phenomenon brings with it a serious security risk.

If someone wants to unlock a stolen phone – or retrieve money from an ATM – and only have five guesses, this data suggests they still have a one-in-eight chance of guessing correctly.

And, while it's harder to visualise, there is a similar weakness to be found in regular passwords too. 1234 was as high as fourth on a list of common passwords compiled by NordPass VPN.

Even when people have the entire keyboard to choose from, the only choices that were more popular were 123456, "admin" and "password". All in all, it paints a worrying picture of the last line of defence for our digital lives. If you're one of the millions of people using an ill-advised PIN, it's never too late to change to something more secure.

You can find the full story and the 50 most popular PIN codes in order of popularity at <https://tinyurl.com/2s444mcy>

Home equity could help make ends meet



New research delving into home equity release products shows they could be a better alternative for older New Zealanders struggling to make ends meet instead of taking on higher-cost consumer debt.

Te Ara Ahunga Ora Retirement Commission research highlighted that for approximately 25% of older households who have low retirement income and savings but high levels of equity in their home, equity release products could be more beneficial for them rather than high-cost personal loans or credit cards.

In New Zealand the two main home equity release products are reverse mortgages and home reversion.

Reverse mortgages are more suited to people who do not need to preserve the equity in their home for future uses, including bequests. The key cost of a reverse mortgage is the interest cost which is higher than that of a normal mortgage loan.

In a home reversion scheme you are selling a stake in your house for a discounted amount in exchange for income. Home reversion avoids the compounding of interest and provides certainty to the homeowner that they will retain a specific percentage of equity in their home, so it might be more suitable for people who have a specific bequest motive.

Policy Lead, Dr Michelle Reyers says “It’s important to understand that home equity release products have relatively high costs.”

However, used strategically, home equity release can provide an option for those that have no income beyond New Zealand Superannuation and struggle to pay larger bills but wish to remain in their homes while they can manage independently.

For the full report: <https://tinyurl.com/55u3ej6u>

Retirement village law review a bit slow

Lengthy delays to reviewing the Retirement Villages Act have the Retirement Commissioner developing its own disputes system and offering to do other work for Government.

Newsroom reports the Ministry of Housing and Urban Development began consulting on the review in August 2023, then in October, the Government said any amendment Bill wouldn’t be introduced in the current parliamentary term.

Addressing Parliament’s economic development select committee in early December, Retirement Commissioner Jane Wrightson said there were contentious issues being tackled by the review that would require political interventions – in particular repayments and exit fees.

But she said some aspects, such as the complaints and disputes system, could be dealt with sooner.

A summary of the 11,114 submissions on the Retirement Villages Act review, published on the ministry’s website <https://tinyurl.com/54mss2jy>, showed strong support for establishment of an independent dispute resolution scheme.

The New Zealand Law Society noted the current scheme ignored the need for independence, with Age Concern, Grey Power, the Residents’ Council and the Retirement Commission supporting a new scheme, noting some residents’ lack of confidence in the current scheme.

The association representing village owners said the current scheme should be retained in whole or in part, with most operators who commented on the issue saying the current scheme was effective (although there were a few exceptions).

The next step of the review will involve ministers receiving advice on maintenance and repairs of operator-owned chattels and fixtures, managing complaints and disputes and options for incentivising or requiring earlier capital repayments when residents move out of a village.

The Bill hasn’t been meaningfully reviewed since it was introduced in 2003.

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

Call for a unified approach to New Zealand’s retirement system



As New Zealand grapples with the fiscal and societal challenges posed by an ageing population, Retirement Commissioner Jane Wrightson says the need for policies that transcend political cycles is more pressing than ever.

She calls for a cross-political party agreement on the retirement income system to provide certainty for future generations of retirees and to encourage evidence-led decision-making.

Her call came after the Minister for Finance, Nicola Willis, invited Labour’s Finance spokesperson, Barbara Edmunds, to have a discussion about NZ Super.

NZ Super is a taonga that protects New Zealanders from poverty in old age. Around two out of every five people over 65 rely on NZ Super with little or no other income.

While, she says, it would be difficult to change NZ Super settings without risking a sizeable increase in pensioner poverty it doesn’t mean we shouldn’t be thinking about what the next generation of retirement income policies for New Zealand should look like.

UK introduces eVisa for NZ travellers

New Zealanders wanting to travel to the UK will now need to apply for an electronic travel authorisation (ETA) as the country digitises its border and immigration system. Everyone wishing to travel to the UK - except British and Irish citizens - will need permission to travel in advance. This can be either through an ETA or an eVisa. The cost is £10 (NZ\$21). The ETA will last two years for multiple entries.

The UK Home Office says ETAs are digitally linked to a traveller’s passport, so they ensured more robust security checks were carried out before people began their journey to the UK. The scheme is for “short” visits of less than six months for tourism and business. There are other categories of ETA, including for short-term study and permitted paid engagements. Full details are on the UK government website <https://tinyurl.com/5n8ayuuv>.

Be sure to apply through official channels, rather than through third-party websites, which may charge extra fees, and are less likely to handle your data securely. You can apply directly online. <https://tinyurl.com/ycysxadh> or via the apps for iPhone and Android. It is expected to take around three days for UK officials to make a decision. (If you need to visit UK urgently; you are allowed to travel. However you must have made the application before you travel.)

NOTE: To travel to the United States you’ll need an ESTA — a mandatory, paid-for authorization to travel, with security clearance done in advance. To enter Europe, you’ll soon need an ETIAS— the EU travel waiver, which has been much delayed but is currently slated to start some time in 2025.

To encourage a focus on the right solutions she suggests:

- A first step is to focus on the long game. People are more likely to cooperate with a reform process if they know where it is heading ... and they think it is fair.
- Secondly, look at all options, not just the seemingly easy ones. Identify the strengths and weaknesses of each.
- The third step is to not view NZ Super in isolation. The retirement system relies on both NZ Super and private savings. The Commissioner is also arguing for a review of KiwiSaver (see <https://tinyurl.com/yc5cv4mc>)

While the KiwiSaver scheme has become instrumental in encouraging retirement savings, New Zealanders - and their employers - are simply not contributing enough, Wrightson argues. She says we could improve this with a higher default contribution rate and look at increasing the government contribution for those who do not benefit from employer matching, like the self-employed.

Reform is hard. There isn’t a silver bullet. What is critical is that any major changes need to be signalled well in advance. People can’t prepare for retirement overnight.

Wrightson says, we need hard thinking on a wide range of options – including the thorny issues such as income testing – and public engagement on the trade-offs inevitably involved in reform.

Are you drinking enough?



Causes of: Mental CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: *What are the causes of mental confusion in the elderly?* Some offer: "Tumours in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

1. Uncontrolled diabetes
2. Urinary infection
3. Dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1. **Get into the habit of drinking liquids.**

Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple. Orange and tangerine also work. The important thing is that, every two hours, you must drink some liquid. Remember this!

2. **Alert for family members:** Constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Supporting our seniors

Your Christchurch Labour team



Duncan Webb

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MP for Christchurch Central

[f /DuncanWebbLabour](#)



Megan Woods

03 338 6347

MP for Wigram

[f /MeganWoodsWigram](#)



Reuben Davidson

03 382 0288

MP for Christchurch East

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Tracey McLellan

03 376 4512

List MP based in Banks Peninsula

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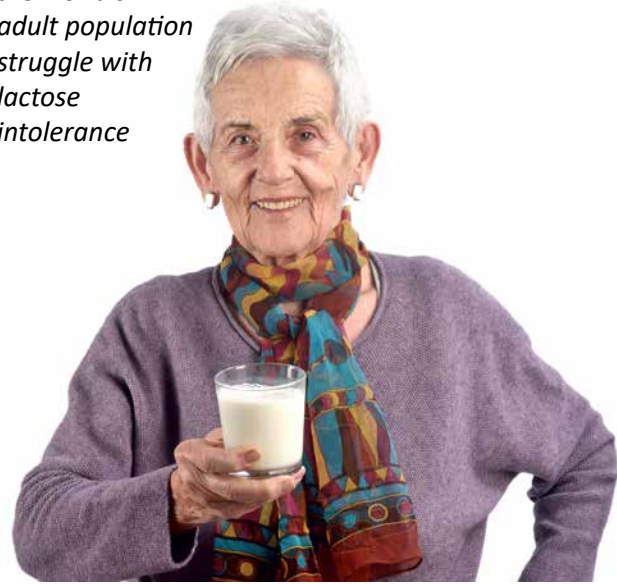
Authorised by Duncan Webb MP, Parliament Buildings, Wellington



Labour

IS MILK ACTUALLY GOOD FOR YOU?

A new University of Auckland research, explains how a 5000-8000-year-old gene mutation means some of us can happily digest milk while almost 70 percent of the world's adult population struggle with lactose intolerance



If you were born in New Zealand, you probably grew up thinking of milk as a superfood, a view likely promoted by everyone from your mum to the advertising pumped out by New Zealand's dairy food giants.

But if you are a Kiwi of non-Pākehā heritage, you might have noticed something else – drinking milk, particularly a lot of milk, doesn't make you feel great.

The symptoms of lactose intolerance vary between people, but can include gas, bloating, pain, nausea and diarrhoea. And research into the gut shows that's the normal human reaction to a lot of dairy products.

But what about babies? Surely pretty much all of us start life drinking milk – mum's milk or formula? "Babies have no problem digesting lactose because they produce enough of the enzyme lactase to be able to break it down so it can be absorbed and utilised in the body," says Professor Clare Wall.

What traditionally happened with humans (and other mammals) was that as babies started to eat solid food and became less dependent on human milk, the requirement for lactase diminished and so their bodies produced less and less of the enzyme.

"In that case, when you start drinking milk with

lactose in it, you can't break down that lactose and absorb it, so it goes into the large bowel undigested. And the lactose starts to ferment and produces a lot of gas," Wall says. For these lactose-intolerant people, that means a distended tummy, abdominal pain, wind and sometimes diarrhoea and even vomiting.

Thousands of years ago that didn't matter – humans didn't drink milk; they ate meat and plants. But somewhere around 8000 to 5000 years ago some people in northwestern Europe and a few African, Middle Eastern and Southern Asian communities developed a genetic mutation.

Instead of lactase production switching off after babies were weaned, the children developed a 'lactase-persistent gene' which allowed them to continue to produce lactase into adulthood.

And because milk is actually pretty good for you (if it doesn't make you sick), particularly in times of famine, scientists speculate this lactase-persistent gene was useful to the humans that had it. So natural selection meant the genetic mutation became more widespread.

"I have seen some other quite interesting evolutionary aspects, where scientists feel it was advantageous to be able to drink cow's milk, because it also protected people from some diseases," Clare Wall says. "Cows got things like anthrax, or cryptosporidium and some other diseases as well, so drinking cows' milk provided humans with a little bit of immunity against those diseases."

It was mostly white Northern Europeans who ended up with that cunning milk-friendly gene and so were able to happily consume dairy products.

And these white people were colonisers. They went to the US and Australia and New Zealand and brought their lactase-persistent tummies – and their love of dairy – with them. Farmers built up herds of cows, and milk was promoted as a superfood.

But experts estimate almost 70 percent of the world's population has what's known as lactose malabsorption, a reduced ability to absorb lactose. That includes most New Zealanders of Māori, Pacific, Asian, South American and African heritage.

Listen to the 'Ingenious' podcast to find out more about lactose intolerance.

Ref: Newsroom Nikki Mandow

SIT-TO-STAND TEST

Try this to see how healthy your heart is.

Longevity isn't just about how long you live – it's also about staying healthy for as much of that time as possible. The "sit to stand" test can be a good way to figure out how healthy you are, and it can even predict how long you'll live, research shows.

"It's actually a standing to sitting to standing test," says Dr. Natalie Azar. That's a bit of a tongue twister, though, so a lot of people refer to it as the "sit-rise test," or the "sit to stand test." Basically, you begin the test standing, sit down cross-legged on the ground, and then stand up again. **Warning** – do not try this if you have hip or knee problems or replacements.

However, it's great fun getting your grandchildren to do this!!

You need to go from standing to sitting and back again without using your hands or any part of your body besides your legs and core to help you up or down.



This simple test is an effective indicator of health because you must have strong cardiovascular health, good balance, agility, flexibility, and core and leg strength to be able to complete it.

A 2012 study found that the sitting to rising test (SRT) was a significant predictor of mortality in participants between ages 51 and 80. "The study found that the lower the score, you were seven times more likely to die in the next six years," says Azar.

SO – to cheer yourself up there is another perfectly safe and easy exercise with the same name. Using a dining or other upright chair, sit with the knees and legs shoulder width apart and feet flat on the ground. Cross your arms over your chest and stand and sit. The object of the exercise is to see how many you can do in 30 seconds.

WOMEN

Age group (years) Figures represent:

Less than or more than as an average.

60 – 64: < 12 or >17

65 – 69: < 11 or >16

70 – 74: < 10 or >15

75 – 79: < 10 or >15

80 – 84: < 9 or >14

85 – 89: < 8 or >13

90 – 94: < 4 or >11

MEN

60 – 64: < 14 or >19

65 – 69: < 12 or >18

70 – 74: < 12 or >17

75 – 79: < 11 or >17

80 – 84: < 10 or >15

85 – 89: < 8 or >14

90 – 94: < 7 or >12

It's just **SO** important to strengthen the leg muscles to reduce the risk of falling if you happen to trip. Strong legs can help save yourself from serious injury. This exercise also helps the heart and mind.



CHAIR YOGA

This is ideal for everyone but particularly for those who have a job sitting down for long periods. It can also be very beneficial for retired people who sit for too long at home and are perhaps unable to go outside for a good walk. Research has shown that chair yoga effectively improves flexibility, strength and balance. It is therefore very good for those with cardiovascular disease and those less able.

EXAMPLE

Turn off the TV and radio – sit down in a comfortable but upright chair - look around you, taking in familiar and forgotten items in the room. Turning your head uses the muscles in the neck and shoulders. Next concentrate on your breathing – in and out – feel your lungs expand and contract. Feel any tension in the shoulders – lift and relax. Next, lift your arms out in front but a little to the side and not too elevated. Extend and stretch, palms up wriggle your fingers, turn palms down, wriggle your fingers. Do as many or as few as you are comfortable with – then just relax. There are more exercises so go to www.kanukayoga.co.nz and watch a 15 min YouTube session. After watching an interview on TV I tried it and found it very beneficial.



As we head into the Autumn months, we are reminded how the seasonal changes in the gardens are rather magical, as the cycle of the deciduous trees takes another change. They have provided shade on those hot summer days, and now these trees begin their colour change and leaf shed.

Spring bulbs have arrived instore. We have daffodils, hyacinths, ranunculus, anemones, tulips, freesias. If you get them planted at the start of Autumn it helps the roots to grow strong before the really cold weather kicks in. If you plant your bulbs over a period of time, then you will get continuous flowering throughout spring. And we all love seeing those delights as winter moves to spring.



Portstone's **2025 Rose list** is available either by collecting a copy at the counter, or going online to portstone.co.nz. We are expecting some stunning new roses this season, something for everyone.

Creating Structure in your Garden

Why sitting down with pen and paper and sketching out a rough plan is well worth the effort, when wanting to add structure to your garden.

Hedges and borders act as living walls, providing privacy, shelter and a sense of enclosure. Popular choices include;

Formal hedging, Buxus (box), Corokia, Portuguese Laurel, Holly.

Informal hedging, Griselinia, Muehlenbeckia, Lavender and Forsythia

Trees for height and framework establish the gardens' vertical structure and act as a focal point, consider evergreens like Magnolia grandiflora, Michelias, Thujas and Camellias.

Introduce seasonal variation with deciduous trees like Japanese Maples, Gleditsia, Dogwoods, Crabapple and Spring flowering Cherries.

Architectural plants for impact that are bold, sculptural plants like Topiary balls. Varieties that are easy to clip, Pittosporum Pom Pom, Silver ball and Green Globe. Cloud trees, although a more expensive option offer a living sculpture that creates a dramatic feature. We have some wonderful specimens in stock to choose from Thuja smaragd and Junipers.

Pathways and edging define movement and will create flow between your garden area. Materials like gravel, stone, brick or timber will add texture. Walls, fences and screens provide strong lines and privacy, while trellis and screens offer you a lighter semi-transparent option with climbing plants to soften these harder lines.

Whether you prefer a formal contemporary or natural look, structure is the key to a well-designed garden.

Here at Portstone we are always happy to look at your garden photos and offer advice. Come in and talk to us.

Remember our Gold Card Holders offering of 10% discount on most of our products.

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

The award winning Leeves Café is a lovely place to either begin or finish your visit to the garden centre.



Portstone Garden Centre
465 Ferry Road
(under the gum tree)
389 4352

www.portstone.co.nz



SUGAR FRIEND OR FOE?



Sugar is often viewed as a delicious treat due to its sweet taste and ability to enhance the flavour of various foods and drinks. However, the impact of sugar on our bodies and overall health is a topic of much debate. Hence the question is sugar a friend or foe.

The answer lies in the amount and source of sugar consumed, as well as the presence of hidden sugars in everyday foods.

While sugar can provide a quick source of energy, too much can lead to a number of health issues, including weight gain, diabetes and heart disease.

According to Toi Te Ora Public Health, New Zealanders consume on average about 37 teaspoons of sugar per day (4grams of sugar =1 teaspoon), in the food and drink we consume. Ideally adults should consume no more than 6 -9 teaspoons per day and children no more 3 – 4 teaspoons.

Unfortunately, many people exceed these recommendations, often unknowingly due to hidden sugars in processed foods such as yoghurt, cereals, and even salad dressing. Hidden sugars are sugars added to food and beverages during processing. Manufacturers list sugar by more than 60 different names.

To combat the negative effects of sugar consumption it is important to be mindful of the sources of sugar in our diets and make informed decisions about the food we eat.

Identifying added sugars in the food we buy should be easy, but actually it is very tricky to find on the list of ingredient labels. They are often listed under different names or disguised as natural sweeteners or with scientific sounding names.

Becoming a sugar sleuth requires knowledge of the many hidden sugar names. Reading the list of ingredients and amounts can be confusing. Under New Zealand and Australian food standards code, ingredient quantities are listed in descending order. Therefore if one or more of the names for sugar

are near the beginning of the list, this is a sign the product is high in added sugar. Suspect words often end in "ose", e.g. Dextrose, or words such as syrup or crystalized and concentrate.

We can better protect our health by being aware of hidden sugars and making healthier choices. Checking labels, choosing whole foods over processed and limiting the consumption of sugary snacks and beverages.

Another concerning aspect of sugar is its suspected potential for addiction. Research has indicated that sugar can activate the same reward pathways in the brain as cocaine and alcohol, leading to craving and a desire for more. Eating sugar releases a neurotransmitter dopamine, known as the feel good hormone. Dopamine is associated with addictive behaviours because it activates the opiate receptors in our brains which lead to compulsive behavior. This can make it difficult for individuals to control their sugar intake and lead to a cycle of over consumption and withdrawal symptoms. In some cases, sugar addiction can mimic the symptoms of substance abuse disorders, making it a health concern. However we need to be mindful that much of the research was conducted on animals.

In conclusion, the debate over whether sugar is a friend or foe is complex and multifaceted. While sugar can provide energy and enhance the flavour of foods, too much of it can lead to a host of health issues, and possibly addiction. By being aware of hidden sugars in processed foods and by understanding the potential risks and benefits we can make informed choices about our diets and overall health.

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Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi
by Ewan Sargent

Our City Mission Impact Report for 2024 has been released and you can find it on our website. It's a big deal for us because the stories and statistics we use it try to show what we achieved last year.

When we say "we", of course we mean the whole City Mission family achieving this together. This caring bunch includes our expert staff, volunteers, donors and supporters who make it all possible. As part of preparing the stories and statistics, one interesting idea popped up which made it all the way through to the report as story, even though it was talking about something very hard to measure. It was the impact we have in bringing families back together.

This is not something easily summed up, but it's a common thing. We know when we help people the good can spread much wider in many surprising ways. In hard times, families should be the greatest support, but many of the people we help face it alone and their bad times are worse as a result.

We often see as people start to lift themselves and gain confidence, the family bonds start to heal and the burned bridges of the past begin to be rebuilt. This in turn accelerates their personal recovery. In the Impact Report we talk about a grandfather who came to us for help with a drinking problem which was so bad he would drop into his daughter's place on Christmas morning to leave presents, then go home and drink alone for the rest of the day.

Last year he dropped in on Christmas morning and stayed the whole day. He was sober. Can you even imagine how good that felt for him, his proud daughter and his grandchildren?

Another client we helped get back together with his family had an extraordinary level of estrangement. He told us one day he stepped off a bus when he was 20 and a woman called out to him and told him he was her son. He didn't recognise her, and it was the last time he saw her for three decades.

We helped him find and connect with his family as part of our wrap-around care, including setting up zoom video links. We found phone numbers and gave him the confidence to reach out again and renew his family connections, including with his long-lost mum who was now in a rest home. He was so happy and it was an impact we are very proud of.

Savings needed for retirement, report finds

The transition into retirement is one of life's defining moments. For the many New Zealanders who are at this life stage, the critical question is not so much what they are retiring from, but what they are retiring to. There had been talk that to retire you'd need about \$1 million to live comfortably, but the report has found that you could be comfortable on significantly less. To help inform and guide the decision-making of both financial advisers and their clients, Massey University's Fin-Ed Centre has updated its *New Zealand Retirement Expenditure Guidelines Report*.

It categorised expenditure into two levels: "no frills", reflecting a basic standard of living with minimal luxuries, and "choices", which represents a more comfortable lifestyle.

For a two-person "no frills" household in a metropolitan area the projected lump sum was now estimated at \$120,000, while a similar provincial household would need \$252,000.

For those seeking a "choices" lifestyle, the required savings increased significantly, with metropolitan households needing \$1,142,000, and provincial households needing \$446,000.

All figures significantly exceeded the NZ Super payment of \$799.18 after tax, highlighting that current retirees need to supplement their superannuation with additional income or savings.

The full report is at <https://tinyurl.com/3cfej7t8>

Kiwi Access Card



If you don't have a driver's licence or passport, the Kiwi Access Card is a Government-recognised form of photographic ID that can make a wide range of day-to-day transactions a lot easier.

The card costs \$60. It's valid for 10 years and available to both NZ nationals and international visitors over the age of 18.

Application forms are at a participating NZ Post or AA Centre or apply online at <https://kiwiaccess.co.nz/>



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How to Rescue Yourself from Life-Admin



Do you ever get the feeling you're 'working from home' even though you've officially retired? If so, you're certainly not alone. The everyday tasks of managing your own affairs (aka 'life-admin') are taking up more and more of your day. By the time you've opened up your device and attended to your banking, bill payments, personal appointments, deliveries, online orders, charitable donations, tax, and permits (the list goes on), the better part of a morning or afternoon can disappear. And we're not just talking about a once-a-week session! Yet, the digital world was supposed to have made life easier, not harder, and to have afforded us more leisure time than ever. So what went so terribly wrong?

Part of the problem is our 'service providers' (our bank, the IRD, our insurance company etc) saw the opportunity the digital world offered them, too. Suddenly, by issuing customers with a platform, a login ID and a password, they could halve the number of staff they required, not to mention cut back on physical premises. Now, if we want something actioned, we fill in an online form. If we require information, we have to scroll to find it rather than wandering into a branch and asking a question.

What's more, every app or platform requires us to attend to it. We first have to set up our access to it.

Then we have to store the information needed to log into it – and go through a raft of inconveniences if we can't locate the information. We're required to make updates, check details, troubleshoot glitches of our own or another's making, and go through the whole procedure again when a business changes ownership. And we have to ensure our own online security. Suddenly, any notion of 'convenience' goes out the window.

But perhaps the most frustrating aspect of life-admin today, is it's a monotonous and solitary experience. In the past, it was accompanied by a drive or a walk downtown to visit a few offices, often meeting people we knew on the way. Or we could hope for some sort of social interaction, even if it was just with a staff member on the other end of a phone. Now, we attend to life-admin at home, and at any time of the day (or night). No wonder it seems to be taking over not only our lives, but also our physical space, as our kitchen table, living room, or lap becomes a necessary office!

If you're one of the many people (both young and older) who have woken up to the fact you're now spending far too much time digitally managing 'life', here are some tips to help you break free of the drudgery:

- Use a trustworthy, reliable password manager which will store your passwords so you don't need to remember them.
- Set up automatic payments for everyday bills such as household utilities, club memberships, and subscriptions.
- Use your online calendar to send you digital reminders about annual appointments and events such as your yearly wellness check, dental checkup, family trust meeting, the furnishing of your tax return, and birthdays.
- Pay a one-off bill (such as a dental or car repair account) on the spot so you don't have to deal with an online invoice and bill payment.
- Say 'no' to non-essential notifications. Check notification options and click only on those you know are essential or of interest.
- Designate a specific time each week to deal with life-admin rather than attending to individual tasks each time you open your device.
- Learn how to mark emails as 'unread' or 'important' so you can take a peek at them when they arrive, but still be reminded to attend to

them during your designated life-admin time.

- Organise your device's email inbox and desktop into folders so finding correspondence and digital documents takes less time.
- Separate the physical space for attending to life-admin from your leisure and living space (i.e. don't take the life-admin to bed with you, or attend to it over the breakfast table when you could be enjoying conversing with your partner).

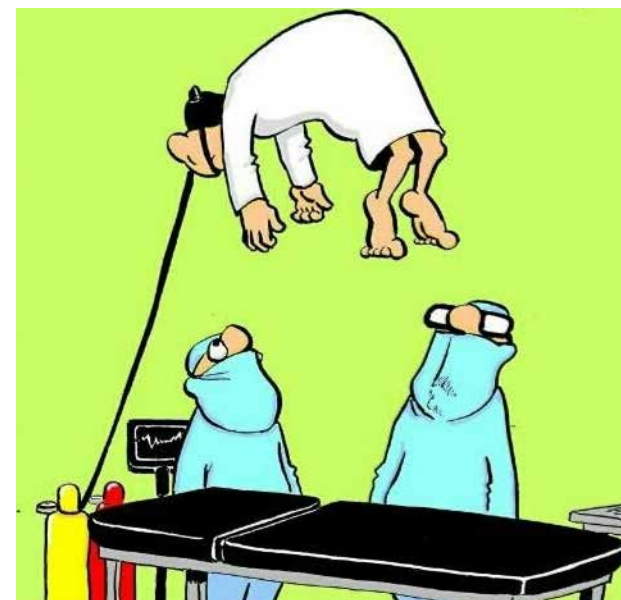
Life-admin is not going to get any easier, so be kind to yourself, and set some limits!

Resolve problems with financial service providers

Financial Services Complaints Limited (FSCL) is an independent not-for-profit dispute resolution service established to resolve complaints about financial service providers.

A financial service is basically anything to do with money - lenders, insurers, banks, credit unions, money transfer services, trustee companies, KiwiSaver, brokers and financial advisers.

The services are free.
Contact them if something doesn't look right.
Phone 0800 347 257 or email complaints@fscl.org.nz



"Mental note, the yellow tank is helium."

The Healing Rythmn



A recent article on Music & Rhythm gives us the evidence that music and rhythm in particular dates back thousands of years in its use in therapy.

From overworked corporates to elderly Alzheimer's patients, and those with Parkinson's disease, the practice of listening to music and in particular the group drumming sessions show significant beneficial results.

People who don't normally speak, suddenly sing an almost forgotten song or spontaneously dance. It goes from non participation to sudden interaction with smiles also, and people who were hyperactive or aggressive become calm.

Music and especially rhythm at its most basic level is the action of being involved in a drumming session or to just listen to music in a controlled manner. It is as effective as medication, yoga and other therapy in reducing stress giving relaxation and calm. It is also community building especially when used in group sessions. It is also used in pain therapy relaxation and personal growth.

Music can also trigger memories such as past even forgotten adventures and episodes in life. At this point it can be a transportation to previous times which brings great united joy for families and associates of those who usually are locked out of conversations and participation.

What a great gift music and rhythm is. Surely then we can use this gift in our daily lives to promote healthy living and stimulate our brains cells, keep them active and alive .



Quick Roast Chicken and Vegetables



This recipe is a great idea for two people who love roast chicken but who just don't have the need or inclination to roast a whole bird. Put the seasoned chicken, then the vegetables in a very hot oven then sit down and relax while the whole of the dinner cooks! For 2 Servings.

Fresh rosemary sprigs, if available

2 Tbsp olive oil 2 cloves garlic, chopped
2 tsp lemon juice 1 tsp ground cumin, optional
½ tsp crumbled oregano, optional

2 chicken legs
3-4 cups prepared seasonal vegetables (suitable vegetables include: kumara, pumpkin, potatoes and parsnip, peeled and cut into 1cm slices, red or brown onions, red, green or yellow peppers, green and yellow zucchini, halved lengthways, whole mushrooms)

1. Heat the oven to 230°C, or 220°C for fan-bake.
2. Line a roasting pan with liner, baking paper or lightly buttered or oiled foil. If you have them, spread fresh rosemary sprigs in the pan.
3. Mix the oil, garlic and lemon juice in a large plastic bag. If you have them on hand, add the cumin and oregano too.
4. Add the chicken pieces to the bag, turn to coat them lightly, then arrange in the pan, and put in the oven to start cooking.
5. Prepare the vegetables without delay, starting with those needing longest cooking (root vegetables). As each is ready, coat with mixture in bag and place them in pan in oven. (Peel and quarter the onion, leaving the root end intact to hold onion together. Quarter peppers and remove the seeds and pith). Add zucchini and mushrooms last, allowing 15-20 minutes cooking time for these.
6. When chicken has cooked for about 30 minutes, test by piercing with a skewer in the thickest part. It is ready when the juices run clear, not pink. Vegetables should be tender and browned in some places (remove them from the pan if cooked before chicken).
7. Remove from the oven, season with salt and pepper then arrange on plates and serve.

Note: The cumin and oregano aren't essential but do add extra flavour if you have them. It's worth using these quantities even if cooking for one. Leftovers may be covered and refrigerated for a day or so, then reheated when required, or the extra chicken may be used in sandwiches, salads etc later.

Pikelets

What's better than a fresh pikelet with jam and cream?
Sandwich these together with jam or honey for lunch.

25 g butter, melted
1 Tbsp golden syrup
½ cup milk
1 large egg
1 cup self-raising flour

1. Heat a frypan. (Use a high heat setting if frypan is electric).
2. Put the melted butter in a fairly large bowl, add the golden syrup and stir to mix everything together. Beat in the sugar, milk and egg. Add the flour then mix with a beater just until smooth.
3. Cook in spoonfuls in an oiled, heated frypan. When first bubbles burst on each pikelet, flip over. Second side is cooked when centre springs back when pressed.
4. Place the cooked pikelets on a clean dry teatowel, and cover to keep warm while you cook the remaining mixture.
5. For a treat, spread some raspberry jam on each pikelet then put a spoonful of whipped cream onto the jam. Delicious!

Note: This will make more than a single serving, but pikelets keep quite well. Store leftover or extra pikelets in a sealed, plastic bag, in a cool place.

Warm the cold pikelets in the plastic bag in a microwave oven for a few seconds before serving.



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Many thanks

If you have any thing you would like to put in the magazine maybe a joke or a recipe or something that concerns you please get hold of Maureen on 942 8816

or email: nanachooksboyz@gmail.com

Other peoples opinions do help us so feel free to contact us *Thanks*



Social Afternoons Superannuitants' and Friends

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

21st May: Speaker - Brent Ruru Funerals

18th June: AGM. Speaker - Vicki Downs

16th July: Speaker - Bianca, ANZAC story

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

Hope to see you all there.

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Point for dramatic shot

1	2	3		4	5	6	7	8
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11				12				
13			14				15	
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18	19		20				21	22
23		24				25		
26						27		
28						29		

- Across

1. "48__"

4. Peer

9. "Nice!"

10. 100%

11. Down with the flu
12. Skinny's opposite

13. Joint

15. Atop

16. Ancient Britons

18. Symbol for arsenic

20. Discordant

QUACKED	QUELLED	QUINTET
QUAKERS	QUERIED	QUIPPED
QUALIFY	QUESTED	QUITTER
QUARREL	QUIBBLE	QUIVERS
QUARTER	QUICHES	QUIXOTE
QUARTET	QUIETED	QUIZZED
QUASHED	QUILTED	QUORUMS
QUEENLY	QUININE	QUOTING
QUEERER	QUINOAS	

SUDOKU

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5			3	2				8
		1				7		
8				9	7			6
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23. Object shaped like a horn
25. ET's ride
26. "All My Children" vixen
27. Buddy
28. Nonconformist
29. Boozer

- Down
1. "Aquarius" musical
2. Rough breathing sound
3. Lug
4. Useful
5. Book size, in printing
6. Last: Abbr.
7. Additionally
8. Capital of Rhône
14. Spouse-to-be
17. Ignores in a snooty way
18. Maple genus
19. In pain
21. 60's hairdo
22. Plunder
24. Barbecue offering

T	O	S		L	E	B	E	R
O	R	B		A	C	I	E	R
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6	2	5	7	6	1	4	3	8
3	6	7	8	4	5	1	9	2
8	4	1	9	2	3	7	6	5
2	8	4	3	6	5	1	7	9
9	7	3	5	1	2	8	4	6
5	1	6	4	8	7	3	2	9

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

All powerful Q

Q	U	E	E	N	L	Y	W	F	D	T	J	S
U	Q	U	I	V	E	R	S	E	V	O	G	M
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Z	X	R	Y	F	I	L	A	U	Q	N	Z	R
Z	Q	Q	E	X	E	T	O	X	I	U	Q	O
E	U	U	G	U	P	D	E	Y	X	F	Q	U
D	I	I	Q	S	Q	T	E	T	R	A	U	Q
E	N	N	S	G	D	Q	Q	P	N	I	Q	K
K	I	O	K	G	U	U	L	X	P	I	Y	R
C	N	A	D	A	I	E	L	B	B	I	U	Q
A	E	S	R	E	R	E	E	U	Q	B	U	Q
U	L	T	T	R	Q	U	I	T	T	E	R	Q
Q	E	E	A	Q	U	A	K	E	R	S	O	I
R	D	U	M	Q	U	O	T	I	N	G	A	H
Z	Q	Q	U	I	C	H	E	S	S	L	Q	J
Q	U	E	S	T	E	D	E	H	S	A	U	Q

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.*