

OTAGO

# GREY POWER

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AUTUMN ISSUE 2025



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THE LION  
FOUNDATION

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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

Welcome to the first GREY POWER OTAGO newsletter for 2025. We hope you and yours have had a happy festive and holiday time.

Wow we've achieved a quarter of a century in this new millennium. For those who made New Year's resolutions. How are they holding up? I have no problem keeping the resolution I made a few years ago. Namely to never make New Year resolutions.

Globally and nationally 2025 is shaping to be challenging. Global issues aside the latest research from the "Salvation Army State of the Nation" and the Retirement Commission's research entitled "Older Peoples Voices," make sobering reading. According to these reports, the stark reality is that many New Zealanders are struggling to make ends meet, with the main areas of concern being food, security and affordable accommodation.

According to the Retirement Commission, 20% of over sixty-fives pay rent. In some cases pensioners are spending up to 95% of their superannuation on rent. While 20% of this demographic are in private rentals. Reports from MBIE, NZTA and Health New Zealand identify access to affordable, energy, transport, health care and food security as barriers to health and well-being for a considerable number of older adults.

There is no denying times are tough economically and we are not alone in struggling with rising inflation and living costs. Indeed it is a worldwide problem. Solutions will require a collective effort from policy makers, businesses, and individuals to work together to address the root causes of poverty, such as inadequate pensions, rising food, service and accommodation costs. Working together we can create a more equitable society where seniors are valued, respected and able to enjoy their retirement free from the burden of financial worry.

On a happier note, despite our disappointing summer, Dunedin is still a great place to live according to the "Quality of Life Survey," carried out between April and August 2024. On walks around the city and outer suburbs autumn's immanent arrival was evident in the glorious leaf colours displayed in parks and gardens. Autumn brings varietal changes, a sense of coziness, an enjoyment of the simpler things of life.

Looking ahead there are some fantastic events and activities to look forward to. The Dunedin Arts Festival March 15 -22 offering, a range of performances, exhibitions and workshops, there's something for everyone to enjoy. The Otago Seniors Exhibition is happening March 20th, 10 – 3pm, at Balclutha, offering a chance to learn about local services, meet new people, and pick up some useful tips and advice. If enough people wish to go but lack transport, Grey Power Otago is considering hiring a van. If you would like to go, please contact the office 03-456 1685 or

e-mail greypowerotago@gmail.com by Thursday 13th March. Other events are ID Dunedin Fashion Week, 1st – 6th April, Sunday Sounds at the Botanic Gardens, the Museums are holding events and workshops, South Dunedin Street Festival 8th March starting 10:30 and of course not forgetting the Highlanders V Hurricanes 14th March 7:05 p.m.

Just a reminder March – April is membership renewal time, subs have been held at \$30 single and \$45 a double. Please remember to fill in the white renewal form and this year's label is blue. Unfortunately those of us wanting a hard copy, rather than the digital version of the Federation newsletter, will need to pay a fee of \$10 for the year's postage. Details for payment are in the National Magazine due out shortly. If you encounter problems contact our office and we will assist.

Cheers *Helen Begbie*

## From the President

Welcome to the start of 2025 and I hope you all had the opportunity to take advantage of the festive season and holiday break.

This year looks to be a very busy one with the Long-Term Plan submissions, trying to get the broken promise about community access in the new South Dunedin Library rectified, the safety issues at Cargills Corner, the accountability of council employees and the changes to bus fares and hopefully improved routes and services. Then we have the Local Body elections later this year.

It would be very helpful if any member has a matter, they wished raised at the submissions to be held in May. I would also welcome any comments or thoughts you may have on the other matters that have been raised. Your comments or thoughts can be emailed to greypowerotago@gmail.com or given in writing to the office between 11am and 2pm, Monday, Tuesday and Thursday. They may also be dropped into the letter box on the door if the office is closed. Your input is essential to enable a good case regarding the Long-Term plan is to have any impact on changes or reviews.

It is also time for members to keep a watch on what is happening in the Dunedin City Council and the Otago Regional Council. We must take notice of decisions etc made at both councils if we are to fully judge how councillors are meeting our requirements and also thoroughly follow up any potential candidates standing for election. The time to tick names we know is long past and there is no use spending the next three years complaining about the Councillors and their performances when we are the ones responsible for their election. Learn about who you are voting for.

In closing may I extend a big thank you to my office volunteers who have willingly returned to carry out the duties required to keep Grey Power Otago continuing to service our members.

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

## GREY POWER ELECTRICITY MEMBERS

Grey Power Electricity members are reminded that to retain their current rates the following conditions are required:

- Members must be financial with their local Grey Power Association
- Change of address needs to be notified to their local association.

Grey Power Association is constantly receiving mail being returned marked "gone no address" and from the end of May we will be notifying Grey Power Electricity of any mail returned especially if the member is not financial.

We also again request that when paying your power bill online that you check before confirming payment that you are paying it into the correct bank account number. These may seem incidental but to the volunteers they can be very time consuming and, in many cases, unnecessary.

Thank you in advance for checking.

# Office of the Mayor

13 February 2025

## Think Tank Group Save Our Southern Hospital Campaign



Dear Think Tank Group members

I am writing on behalf of the Dunedin City Council to thank you all for your hard work and dedication to ensure that the Southern region's new hospital will provide for the health needs of our region now and for decades to come.

The input of the regional Think Tank Group has been critical in moving the development of the new hospital forward.

The Government's decision to build the complete structure on the preferred site is critical and will allow for the expansion of services and facilities as patient needs increase.

While a completely fitted out hospital on opening day may be the preferred outcome, it is our belief this compromise will provide a satisfactory result as models of care and needs change, as well as the mix of amenities required.

We will all be watching the build closely and continue to lobby relevant parties to ensure that good decisions continue to be made for the new southern region tertiary hospital and the people of the region.

Thank you again for your significant contribution to the Save Our Southern Hospital campaign, and for your advocacy for the people of the South.

Yours sincerely

  
Jules Radich  
MAYOR OF DUNEDIN  
TE KOROMATUA O OTEPOTI

## ARE YOU REALLY WHO YOU SAY YOU ARE?

Recently while on duty in the office, I've encountered members, concerned about the need to provide photographic evidence, but lack either a drivers licence or passport.

In today's digital age, photographic evidence has become the standard form of identity for many of our transactions, e.g. banking or travel. The lack of photographic identity evidence can have far reaching consequences, affecting not only an individual's daily life but also their sense of self and belonging.

For some there's, a feeling of being invisible, in a world where visual recognition is paramount.

**THERE IS A SOLUTION.** A 'Kiwi Access' card. A secure government issued photo identification card, available to anyone over the age of 18, living in New Zealand.



Application forms are available at participating New Zealand Post shops and AA centres, or apply on line.

- You will need two identical colour passport sized photographs of yourself taken within the last twelve months.
- Proof of a valid, New Zealand address e.g. a statement, letter, or bill from a business organisation.

The card costs \$60 and has the potential to make a wide range of transactions, a lot easier.

For further information  
Phone 0800-357-583,  
or on line,  
[kiwiaccessinfo@eslltd.zendesk.com](mailto:kiwiaccessinfo@eslltd.zendesk.com)

## REGIONAL ROUND UP

The Grey Power Otago, ZONE 7 meeting was held at Balclutha, Friday 21st 2025. Fifteen people attended and the reports from each association are as follows:

**GREY POWER SOUTH OTAGO** – busy preparing for 'A SENIOR EXPO' to be held in Balclutha on March the 20th, 10am – 3pm at Te Pou O Mato Au, with sponsorship provided, from the Council development fund and the local community. Forty registered groups are involved.

They are getting ready for their A.G.M. with 8 on their committee, and a membership of 78. Their aim is to increase this during 2025

**GREY POWER CENTRAL OTAGO** – has a current membership of 220. Secretary and Treasurer have recently been replaced and a decision made to replace computer hardware, to assist with correspondence, to reduce the cost of mailing out Newsletters. An inquiry has been initiated into Rating and Districtisation in this region.

**GREY POWER EASTERN SOUTHLAND** - has been dealing with the Council, about lowering the age for Free Parking from 80 to 75 years.

Acquiring funding for attendance at Federation Conferences is difficult as it is felt that local groups with local spending are preferred.

Southland Savings Bank no longer wishes to hold non-profit accounts. This association has now transferred to Westpac.

Ideas for new clubs for Otago / Southland were also presented

**NORTH OTAGO GREY POWER** – Plans to hold meetings every month and to engage with the community, using Facebook. Community network group "Stronger Waitaki," is useful for advocacy when responding to the District Councils new long Term Plan, encompassing, fluoride, housing, rates rebate, and health-care.

**PRECAST CONCRETE**

- Paving for all budgets
- Stepping stones
- Garden ornaments
- Bird baths
- Dog bowls
- Gas bottle slabs
- Landscaping slabs
- Polished fire hearths

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**GREY POWER OTAGO** – shared a public letter from the Mayor of Dunedin, thanking all who supported rallies, petitions, and public statements, to ensure we get a completion of the new hospital for the South.

There is a demand for accountability from local and regional councils. We need to be notified of rates fees over the next three years.

The South Dunedin Library is due to open in 2025. A key issue is the affordability of office space.

New members have joined up since the start of this year.

**GENERAL BUSINESS – ZONE 7** – Bill Obers is currently the Zone Representative, his term is for two years. He was re-elected to continue in this role unopposed.

Andrew Dunn is Zone Director. This role will end in 2026. Paul Colvin (Southland) is to become his deputy.

Southland Savings Bank is no longer working with community associations after June 2025. Bill Obers looked at Kiwi Bank which needs three signatories for Zone 7 accounts.

The age of eligibility for Grey Power membership is to be queried so that the limit can be removed. Grey Power Electricity membership limit was to be fifty. The aim is to remove this age restriction.

A new Grey Power logo reproduces better in print than the existing one and therefore more practical.

'Kiwi Access,' was discussed briefly and is now available from Post Shop and the AA. It is a valid option for Photo ID, if people do not have a current passport or drivers licence, no older than two years.

A discussion was held about the current structure of Grey Power Federation, led by Bill Obers. The aim is to come up with a fit for purpose and operational model and to up-skill Zone Directors. Associations will be duly informed.

Notes by Esha Carville

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## Socks too tight?

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# 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.

## 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>*

# 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/5n8ayuuu>.

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.

## 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.

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If you are looking for a speaker at your next event, give us a call – we are experienced at presenting to groups and answering your questions.

**You can contact the friendly team at Gillions by phoning us on 03 455 2128, popping into our office at 407 Hillside Road, South Dunedin or emailing [support@gillions.co.nz](mailto:support@gillions.co.nz)**



**We have all your funeral questions covered**  
and because we are family owned and operated we'll always be here when you need us.



Phone: 03 455 2128 (24 hours) Email: [support@gillions.co.nz](mailto:support@gillions.co.nz)  
407 Hillside Road, South Dunedin. [www.gillions.co.nz](http://www.gillions.co.nz)

# A reintroduction of government policy

As Co-Chair of Otago Regional Councils Public and Active Transport Committee (PATC) here are some thoughts.

The New Zealand Transport Agency “private share” requirements has been a topic of discussion and contention as the Government is requiring Regional Councils to increase the private contribution. The move has sparked a range of opinions and debates regarding its potential impact of public transport accessibility, affordability, and the responsibilities of different stakeholders.

Turning the clocks back to prior to 2018-19, a similar policy had existed for a long period of time until the Government of the day rescinded the requirement to meet a target in relation to fare revenue from Public Transport (PT) services to offset operational costs. What this latest change is aimed at achieving is basically a reintroduction of the earlier policy with a slightly broader definition of private share/private revenue. The private share is a measure of cost recovery for PT services funded from passenger fares and commercial advertising on buses and bus shelters.

On one hand some agree that increasing the private share helps to ensure the user or the person who benefits pays their fair share, on the other hand requiring the Regional Council to increase the private share of fare revenue could inadvertently place a heavier financial burden on commuters, particularly those who rely on PT as their primary mode of transportation. Affordability and accessibility are crucial factors in encouraging people to choose PT over private vehicles, and any increase in fares needs to be carefully considered as an increase could disproportionately affect vulnerable and low-income communities.

Adding to the challenge is that operational costs have risen significantly because of higher inflation particularly in recent years plus cost-of-living increases have impacted passengers ability to pay.

The Otago Regional Council will be consulting on a draft Regional Public Transport Plan once its been approved at the Council meeting on the 19th March. This is the forum to bring forward the concerns that Grey Power members may have on the reintroduction of this Government policy.

Andrew Noone | Otago Regional Councillor

## COMPUTER HINTS

Plan restarting your computer on a regular basis around natural breaks in your work schedule. This allows automated security and software updates to install and may help with overall computer performance.

Think about a time when you are away from your computer for a period of time. Some like to restart at the end of the day or the end of a work week.

Set a reminder on your phone app to give you the nudge you need. Then shut down your programs, click Restart, walk away and enjoy your time off! Let your computer enjoy some time off, too!

## 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.



## 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>



**Ingrid Leary**  
MP for Taieri  
Spokesperson for Seniors  
03 455 5299  
Shop 1, South City Mall,  
132 Hillside Road, South Dunedin  
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Have your say!

Coming soon ...

**Otago Regional Council's Annual Plan 2025/26**



Find out more and have your say from  
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**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.

## FURNISHING & 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

**In Fashion Blinds and Shutters.** 25% off blinds and shutters. Phone Arthur 027 477 3218

## HARDWARE, BUILDING

**Barry Dell Plumbing 2001 Ltd,** 104 South Road The Glen. 10% off on time and material work only  
No discounts on quoted work. Current financial Grey Power Otago membership card must be shown.

**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.

**Clark Drainage.** 45 Roy Crescent Concord, Dunedin. Drainlayer, unblock and repair drains. 10% off whole range. Prepared to discuss payment arrangements

**D W Hasler Builders:** 25 Burns Street Dunedin  
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**Eastern Hammer Hardware:** 179 Main Rd Waikouaiti.  
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**Guthrie Bowron:** 116 Crawford St, Central 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:** 50 Burns St, South Dunedin.  
Phone 466-4617. 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.  
5% on Mobility Scooters, Electric Chairs, Liftout Chairs. 10% on all small items.

**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.  
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Cnr Jervois and Cumberland Street Dunedin.  
Phone 477-7245  
5% discount. Not available on specials.

*continued on page 12*

## CHANGE OF ADDRESS

This is a reminder that if you are moving from your current address to another area, please ensure that you let Grey Power Otago office know. This can be done by either email to greypowerotago@gmail.com by a note to 211a King Edward St South Dunedin 9012, or by phone 03 456 1685 between the hours of 11am to 2pm Monday, Tuesday and Thursday.

If you have Grey Power Electricity is imperative that you keep the association up to date with your contact details.

**For Grey Power Electricity  
complaints or questions,  
contact details are:**

0800 473 976

customer.care@greypowerelectricity.co.nz

or website:

**www.greypowerelectricity.co.nz**

## 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/3uufsnpn>



## 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*

continued from page 11

**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.

**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.

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

# ESTATE SERVICES MADE EASY

Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. They are focused on doing the best for the client, family and their estate by maximising value and making a difference to the community with options to support local charities and non-profit organisations whenever possible.

Andrew Whiley, and his wife Jackie, established the business seeing the many issues facing the elderly down-sizing and families dealing with estates. Today, families often don't live locally; distance can make it difficult to balance the physical tasks required when dealing with an estate. This includes the challenge of transitioning elderly parents to a retirement facility. **Estate of Grace** simplifies the process!

A recent client engaged the company to look after the estate of his late Mother. Household goods were assessed with valuable items sold and the balance of goods shared across six local charitable organisations. The house was then

fully cleaned and staged, including the garden, to ensure that the client was able to maximise the selling price. His quote says it all. *"In view of what the place looked like before they went in, I think they've worked a miracle. The place inside and out looks fantastic".*



**Estate of Grace can also assist those that wish to pre-plan how their estate is handled. Feel free to contact Andrew to discuss how Estate of Grace can assist you!**

*Editorial supplied by Estate of Grace*



Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. The company works with families, lawyers, executors and trustees to provide services to simplify the estate management process.

### Personalised services include:

- Assistance with Downsizing & Relocating to Retirement Facilities
- Professional Estate Clean-up
- Asset Inventories - including video-graphic and photographic
- Estate Liquidation
- Packing & Moving
- Storage Arrangements - Short and Long-term
- Shipping Services for Local and International Items
- Rubbish Removal
- Home Staging and Property Preparation for Sale
- Rest-Home Pack-Up Services
- Options for asset liquidation including Garage Sale, Trade Me and Auction Services to Maximise Return
- Working with non-profit, community and charitable organisations for donations of unwanted goods



**Phone: 027 465 3222 (Andrew Whiley) | Email: [dunedin@estateofgrace.nz](mailto:dunedin@estateofgrace.nz)**  
**[www.estateofgrace.nz](http://www.estateofgrace.nz)**

# 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.

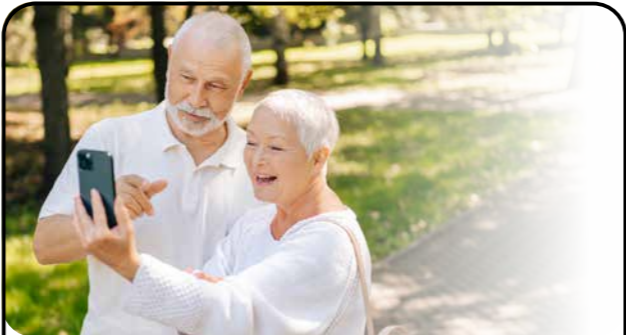
### Conclusion:

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).*



## 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 time. 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.*

## 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 BLUE STICKER SO IF YOU HOLD A MEMBERSHIP CARD WITH A YELLOW STICKER YOU ARE NO LONGER A FINANCIAL MEMBER.

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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

Point for dramatic shot

|    |    |    |    |    |   |    |    |    |
|----|----|----|----|----|---|----|----|----|
| 1  | 2  | 3  |    | 4  | 5 | 6  | 7  | 8  |
| 9  |    |    |    | 10 |   |    |    |    |
| 11 |    |    |    | 12 |   |    |    |    |
| 13 |    |    | 14 |    |   |    | 15 |    |
|    |    | 16 |    |    |   | 17 |    |    |
| 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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 |   | 3 |   | 8 |   |   | 1 | 5 |
| 6 |   |   | 2 |   |   |   |   |   |
|   | 1 |   |   | 6 |   |   |   |   |
| 5 |   |   | 3 | 2 |   |   |   | 8 |
|   |   | 1 |   |   |   | 7 |   |   |
| 8 |   |   |   | 9 | 7 |   |   | 6 |
|   |   |   |   | 7 |   |   | 3 |   |
|   |   |   |   |   | 2 |   |   | 4 |
| 3 | 8 |   |   | 5 |   | 2 |   | 7 |

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 |
| O | F | U |   | N | O | R | C | O |
| L | A | N | O | A | T |   | S | A |
|   |   | S | T | I | C | P |   |   |
| N | O |   | R | E | F | E | E | R |
| O | S | T | F | A | T | L | L | I |
| Y | L | L | F | U | L | H | A | V |
| L | A | L | E | Q | U | A | R | S |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 9 | 2 | 1 | 5 | 4 | 6 | 8 | 3 |
| 5 | 6 | 2 | 3 | 8 | 9 | 7 | 1 | 4 |
| 1 | 3 | 8 | 6 | 7 | 9 | 2 | 5 | 4 |
| 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 |
| I | L | O | V | D | E | T | L | I | U | Q | V | U |
| 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.