

**OTAGO**

# **GREY POWER**

Phone: 03 456 1685 | Email: [greypowerotago@gmail.com](mailto:greypowerotago@gmail.com)

**WINTER ISSUE 2025**





OFFICE  
211A King Edward Street  
South Dunedin  
DUNEDIN 9012

Phone: 03 456 1685

Email:  
greypowerotago@gmail.com

OFFICE HOURS  
Monday - Thursday  
11am to 2pm

## Our Owl is our symbol

The wise old owl sat on the oak  
The more he listened the less  
he spoke. The less he spoke the  
more he heard.  
Who of us is like this wise  
old bird.

Grey Power  
loves our owl it  
is our  
official  
symbol and  
is used in all  
correspondece.



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Please refer to our website for disclaimer.

## From the Editor

Welcome to this edition of the GREY POWER OTAGO INC newsletter.

It appears winter has arrived early this year for Dunedin. I hope the season has been better in wider Otago.

To be fair we did experience some gloriously warm sunny days. However it seemed as if my poor garden blinked and snap, summer and autumn gone. Our fruit trees took a battering from the fierce winds that stripped the plums, pears and apples. So there will be no plum sauce this year. The season has not been good for bees either. Our hive produced 16kg of honey last year, but will be lucky to produce half that this year.

Meanwhile starting earlier, the neighborhood has been busy with vehicles towing trailers loaded with wood for those who enjoy the ambience of wood burners. Neither have we had the aromas, and the buzz of conversations from barbequing floating around.

The office has been steady with members renewing their membership, enrolling new members, and fielding enquiries about the benefits of joining. Sadly office volunteers and committee members have been reduced due to personal circumstances.

I feel there is a sense of unease in the community due to the destabilizing events internationally and to a lesser extent nationally. Therefore, I believe now, more than ever we need to strengthen organisations such as ours, to play a watchful role and be available to advocate and speak up for those lacking the confidence and indeed the knowledge of how to proceed with their concerns.

The time is here again to think about our upcoming AGM on the 27th May. Remember to be eligible to vote you must be a financial member and bring your membership card to the meeting. Please think about asking people you believe would be valuable committee or volunteer members to consider coming on board.

I look forward to seeing you at the AGM.

Cheers *Helen Begbie*

## 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.

## From the President

It is very pleasing to report despite all the lack of volunteers and setbacks we have had this year we have managed to keep doing all the advocacy work which is such a vital part of our aims and objectives.

It was disappointing that we had to abort our AGM last year due to a lack of a quorum and hold another Special meeting to be able to conduct the business that needed to be held under our constitution.

We only need 21 people to hold the AGM so I earnestly plead with you to come on 27 May. There are a number of serious items we need to discuss and the impact on the possible outcome could well mean you will not have a Grey Power Association to belong to if you wish to retain your current Grey Power Electricity supplier.

I wish to extend my sincere appreciation to all the current volunteers, on the committee, assisting with the newsletters and AGM lunch, in the office and doing the applications for grants and setting up the website. These volunteers do all the back room work which enables me to attend meetings with Councils and be part of the Federation Board. Words cannot express the huge value you are and the invaluable help you have been to Grey Power Otago members in enabling the concerns they express being able to be addressed.

If anyone can assist in any way it would be appreciated. For anyone considering being on the committee we meet every 2 months or as need be and we endeavour to keep them to a maximum of 1 1/2 hours.

I also wish to give notice that the local magazine we produce every three months needs to be looked at. The cost is now getting prohibitive, and we must look at whether it continues with lesser editions or we cease to publish.

I would like to thank you for your continued support and even though I have stated some negatives we have had a lot of positive outcomes from our advocacy over the year. We just need to look at the realities of how we can effectively continue to reward your loyalty.

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

## Riding the Bus in Otago

There are changes coming to how you pay for public transport. New Zealand is getting a national ticketing and payment system for public transport called Motu Move.

Otago will transition in 2026 and ORC will still provide the public transport services, set the routes, fares and rules of travel, and Orbus will still be on the side of all your buses. SuperGold peak (paid) and off peak (free) hours will still apply as they do today.

There are some key things to know about the new ticketing and payment system we can share with you now.

1. All customers, including SuperGold customers, will still tag on and tag off. Under Motu Move, this will be consistent across New Zealand for buses, ferries, and trains.
2. You can choose how you pay for public transport in the Motu Move system; payment options include:
  - a. Contactless payment debit or credit cards.
  - b. A prepaid Motu Move card (very much like the Bee Card).
  - c. Devices that have digital payment options loaded.
  - d. Pre-purchased tickets.
3. Otago will not be changing systems until 2026; we have plenty of time to plan and prepare.
4. As we get closer to transitioning to Motu Move, where you can, keep your Bee Card top ups minimal and frequent if possible, so you can use up the balance easily.
5. ORC will work closely with Grey Power and other important partners, to develop a plan to help people get set up with Motu Move, their concessions linked and ready to go.
6. To continue receiving your SuperGold concession and/or Community Connect concession, you'll need to link it to your Motu Move payment method – just as you did with your Bee Card.
7. One payment option can have multiple concessions loaded to it.
8. If you don't use email, don't worry, we can still help you get your concessions like we do with the Bee Card today.
9. Council is still to make decisions whether paying by cash will be provided for. We will communicate any changes to payment options early and clearly.
10. You will still be able to use cash to buy or top up a Motu Move card. The cards will be available from a number of retail outlets across the city, and at the ORC customer service centre.
11. There are no transaction fees for any payment option. You only pay the published fare.
12. Always use the same payment option to tag on and tag off the bus, once you have all your concessions loaded. The system will automatically calculate the best fare for your payment option.

We will continue to keep Grey Power up to date on our timeline to transition to Motu Move and work with them to develop a plan to assist seniors. Keep an eye on your newsletter for updates.

**If you want to read all the details, you can keep an eye on this website: [www.motumove.govt.nz](http://www.motumove.govt.nz)**

# Local government elections are being held on 11 October

It's a chance to have your say by choosing the candidates that best represent your values and what you want to see happen in your region. This year the Otago Regional Council will be changing to Single Transferable Vote for all of Otago. Dunedin voters will be familiar with STV, but it will be new for voters who live in other parts of Otago.

Local government elections are just as important as national elections, as local government affects local issues, and regional councils make decisions that impact the future health of our region's land, air and water. We know that residents in the over-50 age group are the most active voters, that they are people who care about local representation and make an effort to get out there and vote; however, we know some folks aren't too sure what a regional council actually does.

Otago Regional Council's work covers all of Otago, and our focus is on the environment, natural resources and public transport. We do the following things:

- Set policies and rules to protect Otago's water, land and air resources
- Monitor the environment – collect data and knowledge to inform decision making
- Respond to environmental incidents
- Take a lead role in pest management
- Take an active role in minimising risks from natural hazards
- Keep you safe along our coast and on our lakes and rivers through our Harbourmaster function
- Ensure our communities are well prepared when disaster strikes with Civil Defence and Emergency Management services
- Provide public transport in Dunedin and Queenstown (Orbus)
- Provide support to community groups for environmental enhancement
- Take a lead role in responding to issues that affect Otago, such as climate change, biodiversity loss and urban development

It's a big job, but your job is just as important — to choose the people sitting around the Council table. This October, remember, when you're choosing your Otago Regional Council candidates, rank them in order of preference. Your vote will go further this way because if your number one candidate doesn't have enough votes to get in, your vote will transfer to your second or third pick.

For more information visit: [orc.govt.nz/vote25](http://orc.govt.nz/vote25)

So, save the date, and thank you for voting!



## Care about your community?

Local government elections are being held on 11 October.

If you've ever thought about standing for Otago Regional Council, now's your chance!

Make sure you're enrolled to vote and have your say on who will make decisions on Otago's future.

This year, Otago Regional Council moves to Single Transferable Vote (STV).

Find out more: [orc.govt.nz/vote25](http://orc.govt.nz/vote25)



## Rachel Brooking

MP for Dunedin  
03 474 1973  
544 Great King Street, Dunedin  
@ /RachelBrooking4Dunedin

Authorised by Rachel Brooking MP, Parliament Buildings, Wellington



# IS LAUGHTER THE BEST MEDICINE?

According to research published in journals of Psychiatry, Cardiology, and Endocrinology, laughter has many benefits.



The research proposes laughter as a powerful tool that can transform our lives in many ways. Not only does it make us feel good, it has numerous physical and mental health benefits. When we laugh our body releases endorphins, known as the "feel good" hormones, which can help to reduce stress and anxiety.

## Some of the benefits of laughing include:

- **Reducing stress and anxiety:** Laughter has been shown to decrease the levels of stress hormones like cortisol and adrenaline in our body.
- **Boosting the immune system:** Laughter has been found to increase the levels of immunoglobulin, an antibody that plays a key role in our immune system.
- **Improving mental health:** Laughter can help reduce symptoms of depression and anxiety by releasing endorphins and promoting a sense of wellbeing.
- **Improving relationships:** Laughter can bring people together by creating a sense of bonding and connection.
- **Improving physical health:** Laughter has been found to lower blood pressure, improve cardiovascular health and even help with chronic pain.

In addition to these benefits, laughter can also have a positive impact on our daily lives. It can

help us be more productive, creative and resilient. When we laugh, we are more likely to approach challenges with a positive attitude, and more readily find solutions to problems. So how can we incorporate more laughter in our lives? Here are a few suggestions.

- Watch a funny movie or a rerun of your favourite comedy programmes. My favourite is you tube reruns of Dave Allen, the Two Ronnies and best of all "Are You Being Served" which was so like the department store I worked in as a student.
- Read a humorous book, article, comic, or something created by your favourite cartoonist. Face Book has a number of humorous sites. I enjoy the amusing road signs posts.
- Spend time with people who make you laugh. Especially children.
- Try laughter yoga or therapy.
- Find the humor in everyday situations and learn to laugh at yourself.

Overall it seems laughter is the best medicine. It is a powerful tool that can have a significant impact on our lives. By incorporating more laughter into our daily routines we can improve our physical and mental health, strengthen our relationships and live happier more fulfilling lives. So go ahead and have a good laugh. Your body and mind will thank-you.



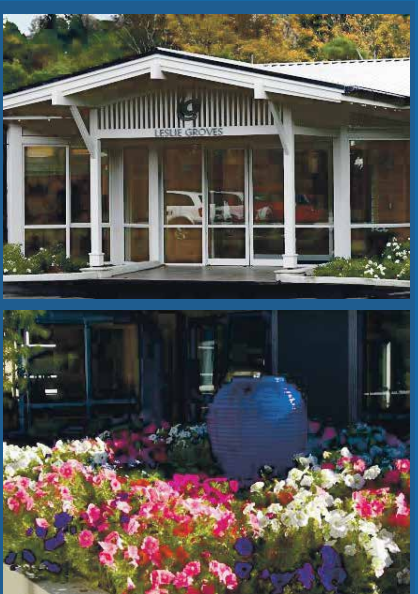
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Website: [www.lesliegroves.co.nz](http://www.lesliegroves.co.nz)





## NOTICE OF GREY POWER OTAGO ASSN AGM

**TUESDAY 27 MAY 2025  
COMMENCING  
11AM**

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

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

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

The agenda follows:

## AGENDA FOR GREY POWER OTAGO AGM 2025

1. WELCOME
2. APOLOGIES
3. REMEMBRANCE
4. MINUTES OF 2024 AGM
5. MATTERS ARISING
6. PRESIDENTS REPORT
7. FINANCIAL REPORT
9. ELECTION OF OFFICERS
10. GENERAL BUSINESS
11. LUNCH
12. *GUEST SPEAKER*  
Carolyn Cooper  
Age Care Commissioner

## GREY POWER (OTAGO) INC NOMINATION FORM

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

For the position of .....

Nominated by ..... Signature .....

Seconded by ..... Signature .....

Signature of Nominee as accepting nomination .....

Please forward to the Secretary, Grey Power Otago, 211a King Edward Street, South Dunedin, leave at office between 11am and 2pm Monday, Tuesday and Thursday or email to greypowerotago@gmail.com - nominations close 5pm Monday 26 May 2025.

### PLEASE NOTE:

All persons standing for office must also be financial for the year ending 31 March 2026

## AGM ATTENDANCE

To enable the AGM to proceed we need 21 financial members present. Please endeavour to attend so we will also have a good audience to hear our guest speaker Carolyn Cooper, Age Care Commissioner.

Members must be aware that to participate in the business of the Annual General Meeting your membership card must have an expiry date of 31 March 2026. Please bring your membership card with you as it will be a requirement to hold it up if you are either moving or seconding a motion and for all voting either for officers or motions.

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

Thank you and we look forward to seeing you on 27th May.

Jo Millar  
President Grey Power Otago

Please RSVP to phone 03 456 1685 or email  
greypowerotago@gmail.com for catering purposes



### 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





## OUCH! WHY AM I SO SORE?

Have you ever wondered why sometimes after certain physical activities you experience painful muscles and joints?

Activities such as, an enjoyable day working in the garden, or playing with the grand-kids, can turn into a week-long reminder of your mortality. Your muscles have been transformed into, tender, throbbing liabilities that have you wobbling around like a geriatric stork. It's as if your body has declared war on your joints and all you desire is a warm bath, and a comfy couch.

Fear not, we're about to delve into the mysterious world of DOMS.

What is DOMS? – DOMS or to give it its proper label (DELAYED ONSET MUSCLE SORENESS), is a type of muscle soreness after engaging in unfamiliar or strenuous physical activity. It typically develops 24 – 48 hours after exercise and can last for several days. DOMS is characterised by muscle stiffness, soreness and reduced range of motions.

As we age our muscles undergo natural changes that increase the risks of DOMS. These changes include:

- Loss of muscles mass and strength.
- Decreased flexibility and range of motion.
- Reduced blood flow and oxygen delivery to the muscles.
- Increased inflammation and oxidative stress.

All these factors can contribute to the development of DOMS, especially after engaging in new or unfamiliar physical activities.

While it is impossible to eliminate DOMS, there are several strategies that can help reduce the severity and frequency.

- When starting a new exercise programme or before strenuous activity, it is essential to start gradually and avoid sudden increase in intensity and duration.
- Warm-ups and cool-downs are essential routines that can reduce muscle strain and inflammation.
- Regular stretching and flexibility exercises can help improve range and motion and reduce muscle stiffness.
- Low impact activities such as walking, swimming, or cycling can be easier on the joints and muscles.

If you do experience DOMS, there are several ways to manage symptoms. Rest and relaxation allow your muscles to recover. Avoid strenuous activities for a few days to give your muscles a chance to heal. Gentle exercises such as yoga or tai chi, can help promote blood flow and reduce muscle stiffness. While applying heat or cold to the affected areas can help reduce pain and inflammation.

DOMS is a common issue that can affect those of us in our "Golden Years," but it is not reason to avoid physical activity. Understanding the causes of DOMS and taking steps to prevent and to manage the symptoms, older adults can continue to enjoy the many benefits of regular exercise and maintain physical health and well-being.

## 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.



We specialise in a range of health care services throughout New Zealand. Our team of Registered Nurses, Regional Coordinators, Complex Care Specialists, Rehabilitation Support Staff and Support Workers are dedicated to delivering the highest level of care.

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- 100% NZ owned and operated
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- Nursing Services
- Physiotherapy & Occupation Therapy
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- Child Care

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# Grey Power Otago Discount Book

## DISCLAIMER

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

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

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

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

## BOOKS, STATIONERY, TOYS AND OFFICE SUPPLIES

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

## CLOTHING AND ALTERATIONS

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

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

**Kathmandu:** Meridian Centre, George 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  
Phone 455-6139. 5% discount over whole range.

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

**Guthrie Bowron:** 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.  
Phone 455-1029  
420 Cumberland Street Dunedin. Phone 4740920  
Cnr Jervois and Cumberland Street Dunedin.  
Phone 477-7245  
5% discount. Not available on specials.

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**Some Facebook posts  
that tickled my fancy:**

The secret of living  
well and longer is:  
eat half, walk double,  
laugh triple and  
love without measure.

*Tibetan Proverb*

**NO TRESPASSING**

**WE'RE TIRED OF  
HIDING BODIES**

**DO PEOPLE WHO RUN  
MARATHONS KNOW  
THEY DON'T HAVE TO?**

**CAUTION**  
**DO NOT  
BREATHE UNDER  
THE WATER**

**TOILET only for  
DISABLED  
ELDERLY  
PREGNANT  
CHILDREN**

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**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)**



## The Citizens Advice Bureau (CAB) Ōtepoti Dunedin Service

- Provides free, confidential and independent help, information and advice to anyone
- Helps people to know and understand their rights under the law, the steps they need to take to resolve their issues and how to access the services they are entitled to.
- CAB is 'a universal service' - this means we help anyone with any question or issue. For example; employment rights, residential tenancy disputes, returning faulty goods, parenting, separation and relationship property issues, immigration enquiries, applying for a new passport, citizenship, fences and trees and more!
- The service is provided by around 30 skilled, trained, volunteer bureau interviewers supported by a manager

### How to contact CAB Ōtepoti Dunedin

- **Call** Dunedin direct on 03 471 6166 OR
- **Call** the nationwide freephone on 0800 367 222 (maybe answered nationwide)
- **Email** CAB via website online enquiry at <https://www.cab.org.nz/find-a-cab/contact-us/>
- Call in at 155 Princes Street. (phone first at either 10.15 am or 1.15 pm to check availability)
- **CAB hours** Mon - Thurs 10.00 am - 4.00 pm, Fri 10.00 am - 1.00 pm

### How it works when someone contacts CAB

- CAB is friendly, welcoming, empathetic, respectful and non-judgemental.
- The client will be asked what they have done so far and what they would like to happen. All the relevant facts will be gathered that will determine the client's rights and options.
- The bureau interviewer will investigate and research the client's options using the CAB comprehensive online knowledge base. Options will be considered and this researched information will be presented to the client. Educating and empowering people and building resilience.
- Further assistance will be offered to help the client take action if that is appropriate e.g.

Language assistance, writing a letter for someone if literacy is an issue or providing guidance and access to online services in our office if digital exclusion is a factor.

The CAB website is a powerful resource with thousands of articles and information about people's rights under the law. The information is up-to-date and accurate so people can have confidence they are reading quality, credible information about their rights -written in plain English. [www.cab.org.nz](http://www.cab.org.nz).

CAB also has a 'youth' website <https://youth.cab.org.nz/> that highlights many of the key issues for youth embarking on those 'firsts' in adult life.

### CAB has 2 Language support options available to use with clients

- The Language Assistance Service Connecting Now which we can access on demand on the phone if needed by a client (no booking required)
- CAB volunteers around NZ who can offer the CAB service of information and advice in another language

### The other key part of our Service is that CAB helps connect people to the Services, clubs, activities and support organisations they need -connecting people and communities.

CAB has one of the most comprehensive community directories in Aotearoa -providing and maintaining an online community directory of over 35,000 Services and organisations nationwide (500 locally). Also found along yellow ribbon on [www.cab.org.nz](http://www.cab.org.nz)

#### The purpose of the hole in the pot handle

You thought the hole in a pot handle serves the purpose of hanging it somewhere.

Professional cooks know what it was initially meant to do. The hole is there to hold a utensil easily. So, try it the next time you cook something.



## 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 AND THE EXPIRY DATE 31/3/26.

## MEMBERSHIP APPLICATION OR RENEWAL FORM

Office Use:

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

..... Phone: .....

Address: .....

..... Postcode: .....

If renewal, Membership number: .....

Annual Subscription: 01.04.2025 to 31.03.2026 (Please tick appropriate box)

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

Donation: .....

Email Address: .....

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

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

Contact: [greypowerotago@gmail.com](mailto:greypowerotago@gmail.com)

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



## Grey Power Otago (Inc)

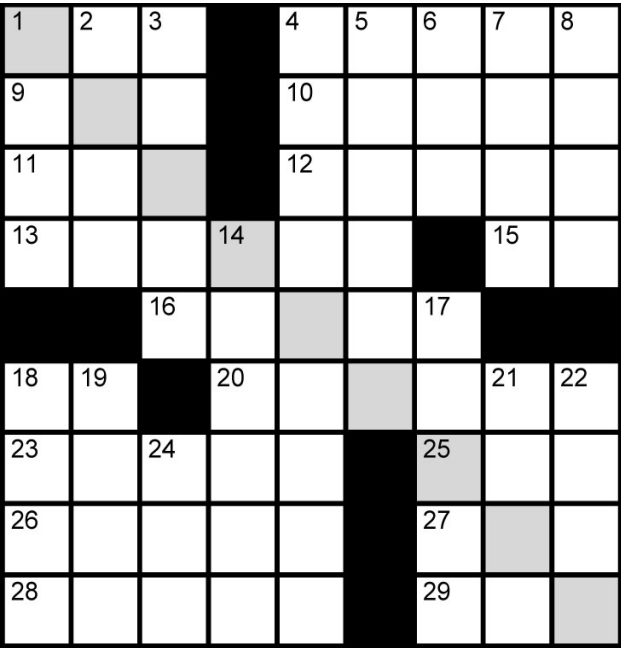
The Active Organisation For Those 50 Plus

211A King Edward Street, Dunedin 9012. Phone 456 1685

Email: [greypowerotago@gmail.com](mailto:greypowerotago@gmail.com)



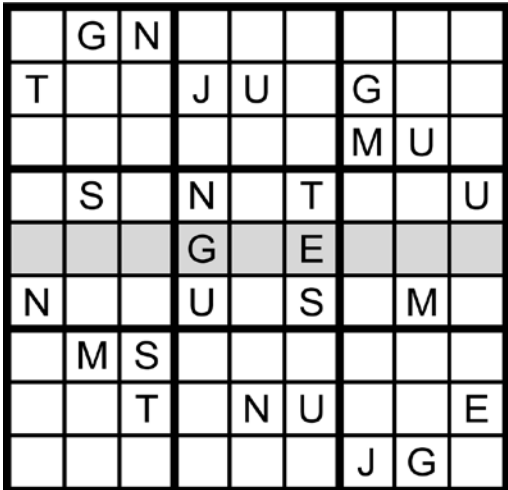
Flying Helicopter Bug



- Across
- 1. Not an orig.
  - 4. Like some renewable energy
  - 9. WWW address
  - 10. Livid
  - 11. Turkish title
  - 12. Mutton or lamb leg
  - 13. Lowers oneself
  - 15. Northeasternmost st.
  - 16. Drivel
  - 18. Radio mode
  - 20. Flowering plant with healing properties

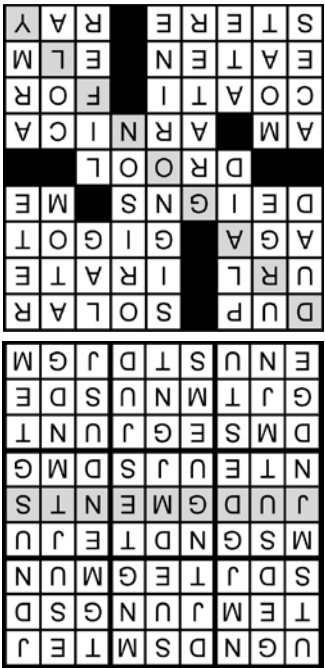
- AIR FRYER  
BLENDER  
CAN OPENER  
COFFEE MAKER  
CUTTING BOARD  
EGG COOKER  
GRIDDLE  
HAND MIXER  
INSTANT POT
- JUICER  
KETTLE  
MICROWAVE  
NINJA  
PASTA MAKER  
POPCORN MAKER  
RICE COOKER  
SCALE  
SCISSORS  
SLOW COOKER  
TOASTER

WORDOKU



- 23. Cousin of a raccoon
- 25. In support of
- 26. Moth-\_\_\_
- 27. Freddy Krueger's street
- 28. Cubic meter
- 29. Beam

- Down
- 1. Couple
  - 2. Exhort
  - 3. Kilt pattern
  - 4. Italian unmarried woman
  - 5. Prayer
  - 6. Hang back
  - 7. Proton's place
  - 8. Neural network
  - 14. Kitchen gadget
  - 17. Inmate who's never getting out
  - 18. Air force heroes
  - 19. Castle defense
  - 21. RC, e.g.
  - 22. \_\_\_ brat
  - 24. Lunched



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

Kitchen Gadgets



How to solve wordoku puzzles: You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word JUDGMENT. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.