



Grey Power

CHRISTCHURCH ASSOCIATION INC

Phone (03) 383 6589

PO Box 15051,
Aranui, Christchurch 8643

SUMMER ISSUE 2025



*The Christchurch Grey Power Association wishes all members
a very Merry Christmas and a Happy restful New Year.*

GREYPOWER CHRISTCHURCH

PO Box 15051, Aranui, Christchurch 8643



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Please Note: All Committee members are volunteers. If you wish to contact them and the answer machine comes on please leave a message. We will endeavour to contact you asap.

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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.

Presidents Word



It has been a busy year, especially for our new Membership Secretary, changing to a new accounting format and sorting out the new Constitution which each club or society has to complete. Catharine has spent many hours getting it to fruition, much appreciated by us all, especially me.

There will be a Special General Meeting on 19th November 2025 at St Martins Church 50 Lincoln Road Christchurch at 1pm to pass the new Constitution by the Members. After the meeting we will have our usual Christmas Social.

2026 there will be changes to the Social with a chat before the Speaker and Entertainer, so all monthly news from the Federation will be passed onto our members. We are also considering holding a set day at the Halswell Library in March for members to pay their subscriptions, nothing has been decided as yet. However, any subscriptions can be paid at our Socials through from February to November. The subscription payment ends on the 31st March each year. On line payments are the main way of payment.

All the Committee wish you all a great Christmas season, and the best of health and happiness for the coming year. Hope to see you at the Socials held the 3rd Wednesday of months February to November.

Keep safe in the coming months and enjoy the summer.

Ann Ferrari | President

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 027 201 9920 or email: nanachooksboyz@gmail.com

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

SPECIAL GENERAL MEETING

19 NOVEMBER 2025

**St Martins Church
50 Lincoln Road**

at 1pm

Special General Meeting is to pass the new Constitution by the Members.

CHRISTMAS SOCIAL

to follow Special General Meeting

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

IT'S GOOD TO BE A KIWI

"Hello, is this the police?"

"Yes it is. How can we help you?" "I'm calling to report my neighbour, Rangi. He's hiding cocaine inside his firewood!"

"Thank you very much for the call".

Early next morning, police officers descend on Rangi's house in great numbers. They search the house and then go out to the shed where the firewood is stacked. Using axes, they bust open every piece of firewood but they find no cocaine. They swear at Rangi and leave. The phone rings at Rangi's house.

"Hey Rangi did the cops come?" "Yeah"

"Did they chop your firewood?" "Yeah"

"Happy birthday bro".

105 and Non - Emergency

Always call 111 in an emergency such as:

- When a crime is happening now – and the offenders are still there or just left
- Someone's in danger or badly injured
- There's a serious risk to human life or property
- You see a major public hazard, like trees blocking a road

If you need to talk about something else then you can call 105.

The number is available from both mobile and landline phones.

It's a free nationwide service available day and night for New Zealanders and overseas visitors.



TRAVEL OUTINGS

Bus Trip 27 August 2025

Have you ever been to the 'Air Force Museum' at Wigram? Well ... today's trip started at the Show Grounds in Addington as usual for most of us, just after 10am, and headed indirectly to that Museum.

To get there, we travelled out to Sumner, over the top to Lyttleton, round through Governor's Bay, Teddington and then through Gebbes pass to Gebbes Valley. It was a beautifully fine day and the scenery was amazing. Then we headed north through Tai Tapu and Halswell, and before we knew it, we were at the Racecourse Hotel. That is always a great place to have a meal, and we all enjoyed the usual wonderful lunch.

After lunch our new bus driver delivered us to 'The Air Force Museum of New Zealand ... at Wigram.

I personally have been there before ... but today's trip was simply amazing. After the official welcome we were divided into four groups and we were taken by talented people who 'knew their stuff.' The group I was in was lead by a gentleman whose father was involved in the war as a pilot and was also involved with 'The Museum.'

The Museum was set up by a man called 'Henry Wigam' who was born in the UK [1857 – 1934] who came out to NZ with his Parents while still quite young. He eventually became Mayor of Christchurch from 1902–04. He established a school for training pilots for the Royal Flying Corp. in Sockburn. He tried to get help from the Government ... alas ... ended up putting huge amounts of his own time and

money into the project. 'The Airforce Museum' is now a huge feature of the Wigram Airport.

During our visit we went behind the scenes and saw countless aircraft from yesteryear. Here are some of them: Helicopters [Iroquois, Wasp, Sioux] Tiger Moths, Bristol Freighter, Hercules, Orion, Sky Hawks, Hercules, Spitfires, Kitty Hawks, Harvards, Lancasters and part of a wonderful seaplane [Catalina] that was too big to have the wings etc ... just to mention a few.

There was also the rebuilding of a 'Sopwith Pup' ... where the only guidance was from a photograph and a dilapidated bit of wreckage.

What I enjoyed was the Boeing that opened at the front to accommodate the cargo. Apparently, there were only four people on the flight ... and usually Male. Hence, down the back of the aircraft was a room that had a urinal, a basic funnel, but not as attractive as the stand-up ones we have today in the flash places. There was a hose that went from there towards the back of the aircraft, and when we went outside we could see where the effluent was dispersed! Ka mau te wehi ... Awesome!!

After thanking the staff, we headed back to Addington ... to complete a wonderful day.

Paul Carlsen



Tui's Health News

In the last six months there have been numerous Greypower members I've come in contact with at Burwood Hospital and with the hospital's excellent nursing care had the pleasure of seeing the members return to their own homes, into nursing home facilities or rest home units. They came and enjoyed the music mornings which over the years have proven world wide to be a great asset in assisting recovery, especially to mental health patients.

Everyone speaks of the older persons health wards at Burwood as being in a five star hotel – their rooms are bright and comfortable with a tv and the meals are nicely presented. They are fortunate to have such wonderful older staff members: Andrew who was Charge Nurse at P.M.H. and now Charge Nurse Burwood B1, giving him a total of 30 plus years in that position - then Sue assistant O/T, she does music and also was previously at P.M.H having done 30 years providing happy bingo and music mornings for the patients - Don is a wonderful pianist who does other good work in the community [Nov 1st Vocal Collective (St MargeretsCollege), Nov 8th CSO Orchestra Beethoven Choral Symphony (CHCH TOWN HALL), 7th Dec SB Choir Soloist at (THE HUB South Brighton)]. We were also fortunate that Sue, Volunteer Co Ordinator, was able to redo our music books which were falling to pieces with age.

In a few weeks you will see the nurses putting up Xmas decorations in their wards to create a glorious atmosphere for the patients. Each ward has a lighted xmas tree and when the tree lights up for music in the lounge it is a beautiful sight and the patients glory in it.

After my time in hospital last year, the Physios who got me mobile again and followed up at home, came to an exercise class with me to see if I could benefit by it. The class was held at McFadden's Road Baptist Church, run by the Neighbour Trust weekly, for the paltry sum of \$2, and believe me it's well worth attending as I came off the walker frame to a walking stick and unaided around the house. The young instructor, Sarah, deserves recognition for her excellent work in the community keeping the elderly mobile. It is also an easy exercise class to help regain balance and reuse of the muscle – plus it's good for the brain, as sitting at home you don't usually use all your muscles. There were also no funny

gym clothing or high payments to keep you active! There was a nice atmosphere for anyone lonely to make friends via a cup of tea at finish time. No one should sit at home and lose it when so much help is available out there.

Cheers, **Tui**

THE REWARDS OF ENTERPRISE

With the prospect of beneficiaries having to find jobs in a tight market, an excellent example of initiative was provided in the London Times:

Outside the Bristol Zoo there is a parking lot for 150 cars and eight coaches. It was manned by a very pleasant attendant with a ticketing machine, charging cars one pound. (a bit over \$2) and buses five pounds. He worked solidly for 25 years. Then one day he failed to turn up for work.

"Oh well," said Bristol management, "we'd better ring the City Council and get them to send a new parking attendant," "Err, no," said the Council, "that parking lot is your responsibility." "Err, no," replied the Zoo management, "The attendant was employed by the City Council, wasn't he?" "Err, No," insisted the Council.

Sitting in his villa somewhere on the coast of Spain is a fellow who had been taking the parking lot fees, estimated at about \$1000 a day, at Bristol Zoo for 25 years. At seven days a week, this comes to almost \$7 million. And no one even knows his name.

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PEOPLE ARE PUTTING SECOND-HAND BOOKS IN THE FREEZER— AND THE REASON WHY IS GENIUS *By Lauren Bengtson*

This surprisingly smart practice can save your second hand reads from pests, germs, and mould.

Buying from Op-shops and anything second hand has become very popular particularly for those who love books. But there could be something more than words hiding in the pages of that novel: bugs, larvae, and they can all be living happily ever after in the middle of that leather-bound hardback.

Eliminate Insects (and Their Eggs!)

Used books can contain unwelcome pests like booklice, silverfish, and beetle larvae, which feed on mould, glue, and paper. Freezing books for at least 48 hours in sealed plastic bags can effectively kill these insects and their eggs. Freezing is a non-toxic, chemical-free way to kill pests at all life stages (eggs, larvae, and adults), by causing ice crystals to form inside insect cells, which ruptures them and kills the insect.

In fact, museums and archival institutions sometimes use deep freezing techniques (often for a week or longer at very low temps) to disinfect historical documents and rare books without using harsh chemicals.

Stop Mold Growth

Even if no pests are visible, freezing also halts mould growth, which is often what attracts bugs like booklice. So, it's a two-for-one benefit: pest control and mould inhibition. Mould thrives in warm, humid environments and can be super damaging. Books are especially susceptible, as the paper is organic and porous, and the glue and bindings can provide more nutrients for mould to grow and spread. Common signs of mouldy books include a musty or earthy smell, discoloration (especially black, white, green, or orange spots), soft or fuzzy patches on the cover or pages, and warped or wavy pages due to moisture.

So how does freezing solve the problem? Mold spores become dormant at temperatures below freezing. Freezing also stops mould from producing enzymes and spreading across the pages or bindings. Like museums, Freezing is a non-invasive, preservation-friendly option used by libraries and archives to stabilize mouldy books until they can be properly cleaned.

How to Freeze Books Safely

and there's a right way to do it. First, place the books in a zip-lock bag to prevent moisture from entering, and to keep everything (pages and pests) contained. Put the book in the freezer and keep it sealed for at least 48 hours, but preferably a week. When you're ready to take it out, let it thaw slowly. Allow the book to come back to room temperature while still sealed to prevent condensation.

Public Libraries are the Cornerstone of kiwi Communities:



Public Libraries New Zealand (PLNZ) has released the results of a landmark national survey, revealing the far-reaching impact of public libraries on community wellbeing, learning and digital inclusion across Aoteroa.

Conducted in November 2024, the Community Impact Survey gathered insights from over 10,000 library users nationwide. The findings affirm that libraries are not only vital hubs for literacy and learning but also key contributors to community resilience and social connection. "This survey gives Councillors and local government leaders powerful evidence-based insights into how libraries improve lives in their communities" said PLNZ chair Joann Ransom.

Key Findings:

Widespread usage: 90% of respondents borrow physical items from their local library. One third also access digital collections such as eBooks and audiobooks.

Technology Access: 24% use in-library tech services like Wi-Fi, printers and scanners – highlighting libraries' role in bridging the digital divide.

Wellbeing and belonging: 85% said the library increases their sense of happiness and wellbeing. 70% reported a stronger sense of community belonging through their library.

Literacy and lifelong learning: 85% credited the library with encouraging their love of reading. 38% said it directly helped improve their literacy skills. 21% improved their computer skills at the library. Nearly 48% said the library supported their study and learning goals.

Unexpected use cases: Surprisingly 43% of respondents reported using the library for purposes other than the 21 common options surveyed – underscoring the library's role as a flexible, inclusive community space. "this wide ranging use shows libraries are far more than book depositories - they are thriving, evolving community anchors," said Bernie Hawke PLNZ Executive Director.

Full Report at: www.loveyourlibrary.org.nz

NEW SOLAR CELLS CAN HARVEST INDOOR LIGHT

Speaking of technological breakthroughs, scientists in the UK claim to have created indoor solar cells that can harvest enough energy to power everyday electronic devices.

The development, they say, paves the way for electronics, such as keyboards, remote controls and alarms, to be powered by ambient light instead of batteries.

The team at University College London (UCL) engineered a material called perovskite, which is used in outdoor solar panels, to create indoor panels that capture up to six times more indoor light than the best existing alternative.

"Billions of devices that require small amounts of energy rely on battery replacements – an unsustainable practice" said UCL's Dr Mojtaba Abdi Jalebi. "[This development] paves the way for electronics powered by the ambient light already present in our lives."

The perovskite solar cells, he added, are low-cost and use materials "that are abundant on Earth and require only simple processing". They can be printed in the same way as a newspaper," he said. His team are now looking to scale the technology.

Ref: Positive News

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How Daily Living Aids Can Help Make Life Easier for Active Seniors

Remaining independent is a top priority for many seniors. Staying active, whether through hobbies, volunteering, travel, or family time, contributes to a sense of purpose and wellbeing. Yet everyday tasks can gradually become more challenging due to reduced strength, flexibility, soreness or balance. This is where daily living aids make a significant difference. These tools are designed not only to help with specific tasks but also to support safety, conserve energy, and enhance overall quality of life.



Practical Support for Everyday Tasks

Daily living aids cover a wide spectrum of simple yet effective solutions. These items help with routine tasks and reduce the risk of strain or injury. For example:

- Ergonomic larger handled utensils making eating and food preparation easier.
- Jar and bottle openers minimise hand and wrist strain.
- Non-slip mats provide stability on counters and tables.
- Lightweight reachers allow access to items on the floor or high shelves without awkward bending or climbing. They're even handy to reach over a sofa to close curtains!

Mobility and Safety

For many active seniors, mobility is central to independence. Walking aids and home safety products provide the reassurance needed to move with confidence:

- Walking aids such as canes, walkers, and walking poles reduce fatigue and extend outings.
- Grab rails in bathrooms and kitchens give extra stability where it's needed most.
- Raised toilet seats and shower chairs reduce strain and prevent falls.

- Non-slip flooring and mats create safer living spaces.

Conserving Energy for the Things That Matter

By making everyday tasks less physically demanding, seniors can conserve energy and minimize pain for the activities they enjoy most. Consider:

- Reachers and trolleys to minimise bending or lifting.
- Bathroom and kitchen aids to ease grooming, cooking, and cleaning.
- Supportive seating to reduce fatigue during longer activities.
- Minimizing discomfort by having aids reduce the strain and improve comfort while doing activities.

Promoting Independence, Not Dependence

Far from signalling dependence, daily living aids enhance independence. They:

- Reduce reliance on others.
- Build confidence in daily routines.
- Provide reassurance that life can be managed comfortably and safely.

Conclusion

Daily living aids are not just conveniences; they are enablers of independence, safety, and dignity. For active seniors, they represent the difference between struggling with daily routines and thriving with confidence. By integrating these simple yet powerful tools, seniors can maintain the freedom to live fully, actively, and independently.

Sidebar Feature:

Top 10 Daily Living Aids for Active Seniors

(Find these and more at mobilitycentre.co.nz)

1. Ergonomic kitchen utensils
2. Jar and bottle openers
3. Non-slip mats
4. Reachers and grabbers
5. Walking sticks and poles
6. Car transfer aids – car bar handle and/or swivel seat
7. Grab rails for bathroom and hallways
8. Raised toilet seats
9. Shower chairs and stools
10. Supportive seating cushions

WHY SOME MEN HAVE DOGS AND NOT WIVES

1. The later you are, the more excited your dogs are to see you.
2. Dogs don't notice if you call them by another dog's name.
3. Dogs like it if you leave a lot of things on the floor.
4. A dog's parents never visit.
5. Dogs agree that you have to raise your voice to get your point across.
6. You never have to wait for a dog; they're ready to go 24 hours a day.
7. Dogs find you amusing when you're drunk.
8. Dogs like to go hunting and fishing.
9. A dog will not wake you up at night to ask, "If I died would you get another dog?"
10. If a dog has babies, you can put an ad. in the paper and give them away.
11. A dog will let you put a studded collar on it without calling you a pervert.
12. If a dog smells another dog on you, they don't get angry. They just think it's interesting.
13. Dogs like to ride in the back of a pickup truck.

And last but certainly not least:

14. If a dog leaves, it won't take half your possessions.

Ultimate True Test: Lock your wife and your dog in the boot of your car for an hour. Then open the boot and see who's the happiest to see you.

GNN has reported previously on how versatile bamboo is for construction and craft, so it maybe shouldn't be a surprise that researchers in China have found a way to turn this miracle plant into plastic.



While many biodegradable materials have already been developed for replacing lighter, flexible plastic, durable or rigid plastic replacements are few. The kinds of plastic used for tools, car interiors, and appliance exteriors have few if any biodegradable replacements.

Enter Dawei Zhao at Shenyang University of Chemical Technology in China's far northeast, who has developed a method for turning cellulose from bamboo into a rigid yet biodegradable plastic that outperforms not only alternative biodegradable options, but plastic itself for mechanical strength and thermo-mechanical properties.

"Bamboo's rapid growth makes it a highly renewable resource, providing a sustainable alternative to traditional timber sources, but its current applications are still largely limited to more traditional woven products," Zhao told *New Scientist*.

His method takes cellulose from bamboo and subjects it to zinc chloride and a simple acid to break up the complex polysaccharide bonds that hold this plant fiber together. Next they add ethanol into the soup of smaller molecules, and from that derive a plastic for use in injection, molding, and machining manufacturing techniques.

One major drawback is the bamboo plastic's inflexibility, which limits its incorporation into the full gamut of products that petroleum-based plastics can fulfil. On the other hand, however, these are often the plastics that remain in the ecosystem longest, and are the hardest to recycle. Therefore replacing them still represents a valuable contribution to reducing the overall plastic burden in the environment and waste streams.

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Oliver Hunt, the chief executive of MedSalv

Medsalv's business model, of remanufacturing single-use medical devices that would otherwise be discarded, can divert tonnes of waste from landfill and save hospitals real money, writes Ruth Spearing CNZM.

OPINION: During some 40 years as a haematologist, I was always aware of the importance of innovation for progressing things in health. During my time at Canterbury DHB, I came across a company that could make a real difference.

Medsalv is doing what clinicians have long called for: lowering costs by recycling very expensive, single-use devices, reducing waste, improving sustainability, and supporting the economy by employing New Zealanders facing barriers to work.

By remanufacturing single-use medical devices that would otherwise be discarded, it diverts tonnes of waste from landfill and saves hospitals real money. It offers hospitals the option to reuse safely, instead of being locked into the single-use model that benefits multinational corporations and entrenches long, one-way supply chains.

I have rarely seen a New Zealand innovation as clear-cut in its value to the health system — and as inexplicably blocked — as Medsalv. Unfortunately, the way Pharmac has responded to that opportunity paints a grim picture of just how difficult it has become to make a difference in New Zealand healthcare.

Medsalv is one of the most decorated health innovation companies in the country — a winner or finalist of major hi-tech, circular economy, and manufacturing awards. It's New Zealand's highest-scoring B-Corp (businesses that have been independently certified for meeting high standards of social and environmental performance, accountability and transparency) and it is the top B-Corp in the world for medical devices.

It saves an average of 41% on the medical devices it remanufactures — money that is desperately needed by Health NZ. Medsalv should be a source of national pride. Australia has already welcomed the company with open arms, with Victoria's Treasurer opening their new facility there last year.

And yet, somehow, Medsalv is still waiting to be approved by Pharmac's systems so it can be an effective part of the healthcare system in this country. It's not for lack of hospital support — that exists. Nor for lack of demand — that's strong. Medsalv is simply waiting for Pharmac to stop blocking it, the reason being is that Pharmac created its list of suppliers in 2016 with open-ended contracts, and no market processes, therefore preventing new companies from joining.

When challenged on this, Pharmac has specifically refused to list Medsalv's products over the last seven years, citing nameless "other priorities".

In any other country, Medsalv would be a flagship example of innovation done right. It aligns with every goal we claim to care about: local manufacturing, environmental responsibility, fiscal discipline, economic development and social impact. It provides jobs. It pays tax here. It helps hospitals deliver better care at lower cost. It solves real problems. And for all these reasons it is reported to grow overseas into Australia by New Zealand Trade and Enterprise - with six figures of funding to date.

We should be paving the way for more innovators like Medsalv, New Zealand companies that help our economy grow — and it is the shame of our politicians if they don't sort out the failing system of Pharmac. Medsalv should be the blueprint for what we reward in our health system. Instead, it's being held back by the very agency that should be enabling it.

Dr Ruth Spearing CNZM is a haematologist at Otago School of Health Sciences.



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COST OF LIVING SURVIVAL GUIDE: IDEAS THAT ACTUALLY WORK

OPINION

Groceries, power bills, rates, insurance - many of the necessities of life are becoming more expensive by the day. Official stats say inflation is under control, but it doesn't feel like it when mince is suddenly 13% more expensive, butter is up 51.2% in a year, and cheese has rocketed 30.1%.



1. Master the art of substitutes

When even basic mince is going up, it's time to get creative. Use grated apple or flax seeds instead of eggs, oil instead of butter, and coconut milk instead of cream.

Pad out mince with dried lentils so you can halve the meat cost without even noticing. It takes a bit of experimentation, but building a mental toolkit of substitutes makes it easier to adapt recipes on the fly when prices spike.

2. Use AI to rescue leftovers

Common AI tools like ChatGPT can be repurposed to stop food waste. Tell it what you've got left from the week and see if it can give you a recipe that works. Taylor says she's tried it and found it useful for turning odds and ends into something edible without another trip to the supermarket.

It can also be used for substitutions, if you run into a recipe you want to try, but want to skip the pricey butter. AI can now suggest those swaps instantly, giving people a starter toolkit for adapting recipes. It won't always be perfect, but if it gets you cooking cheaply with what you already have, that's still a success.

3. Switch big bills to annual payments

You can often save by simply changing how you pay. Insurance, rates, and some utilities charge more if you pay monthly. Paying annually avoids those admin fees. Even subscriptions like Disney+ are often

cheaper when you pay yearly, instead of monthly. If covering a full year in one hit sounds impossible, set up your own mini-instalments: drip-feed a little each month into a separate account so when the bill comes, you're ready to pay it in one go.

4. Create a staple pantry

Taylor compared her pantry to a capsule wardrobe. Instead of buying endless ingredients for one-off recipes, she keeps a small set of staples she knows she'll use.

That means three carbs (bread in the freezer, pasta, rice), one or two proteins (she likes drumsticks as the cheapest cut of chicken), and a couple of core spices.

Everything else can be mixed and matched with whatever's on special at the supermarket that week.

It's a way to avoid the trap of expensive, glossy recipes that demand niche that you'll use once and then watch gather dust.

5. Mildly bully your bank

There's nothing wrong with a bit of gentle bullying when it comes to your bank. If you have a mortgage, you not only want to be hunting down the best interest rate, but also the best mortgage structure.

An interest rate change could save you several thousand, so a change in structure could knock off even more. A mortgage adviser can help you work out offsets, revolving credit, and loan splits tailored to your lifestyle. Even better, a mortgage adviser is usually paid by the banks, not you, so this could be a change that costs you nothing.

6. Test your subscriptions

A clever trick for handling bills like streaming services and subscriptions. Put them on a prepaid card or a credit card you know will expire. When it eventually runs out, and the payment bounces, see how you feel about it. If you don't even notice it's gone, time to cut it and save yourself one more monthly bill. If you do miss it, then you can choose to renew. It's a simple prompt to remind yourself to cut digital clutter.

NB: You need to give change time to stick, otherwise you're likely to hit overwhelm and give up entirely. Ideas won't get rid of a cost-of-living crisis, but they can give you back some control and maybe ease the pressure.

Ref: Frances Cook is a journalist who writes about personal finance.

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03 338 6347

MP for Wigram

[f/MeganWoodsWigram](https://facebook.com/MeganWoodsWigram)



Reuben Davidson

03 382 0288

MP for Christchurch East

[f/ReubenDavidsonLabour](https://facebook.com/ReubenDavidsonLabour)



Tracey McLellan

03 376 4512

List MP based in Banks Peninsula

[f/TraceyMcLellanLabour](https://facebook.com/TraceyMcLellanLabour)



Labour

IF ONLY HUMANS COULD BE MORE LIKE HER!

You may need a box of tissues!

In 2003, police in Warwickshire, England, opened a garden shed and found a whimpering, cowering dog that had been locked in abandoned and was dirty, malnourished and had clearly been abused.

In an act of kindness, the police took the dog, which was a Greyhound female, to the nearby Wildlife Sanctuary, run by Geoff, a man known to run a haven for abandoned, orphaned or animals in need. Staff went to work with two aims, to restore the dog to full health, and win her trust. It took several weeks, but eventually both goals were achieved. They named her Jasmine and started thinking about finding her a new home.

But Jasmine had other ideas. No-one remembers now how it began, but she started welcoming all animal arrivals at the sanctuary. It didn't matter if it was a puppy, a fox cub, a rabbit or, any other lost or hurt animal, Jasmine would peer into the box or cage and where possible, deliver a welcoming lick.



Geoff relates one of the early incidents. "We had two puppies that had been abandoned by a nearby railway line. They were tiny when they arrived at the centre and Jasmine approached them and grabbed one by the scruff of the neck in her mouth and put him on the settee. Then she fetched the other one and sat down with them, cuddling them."

"But she is like that with all our animals, even the rabbits. She takes all the stress out of them, and it helps them to not only feel close to her but to settle into their new surroundings. "She has done the same with fox and badger cubs, she licks the rabbits and guinea pigs and even lets birds perch on the bridge of her nose."

Jasmine, the timid, abused, deserted waif, became the animal sanctuary's resident surrogate mother, a

role for which she might have been born. The list of orphaned and abandoned youngsters she has cared for comprises five fox cubs, four badger cubs, 15 chicks, eight guineapigs, two stray puppies and 15 rabbits.

And one roe deer fawn, tiny Bramble, 11 weeks old, was found semi-conscious in a field. Upon arrival at the sanctuary, Jasmine cuddled up to her to keep her warm and then went into the full foster mum role. Jasmine the greyhound showers Bramble the Roe deer with affection and makes sure nothing is matted. "They are inseparable," says Geoff "Bramble walks between her legs and they keep kissing each other. They walk together round the sanctuary. It's a real treat to see them."

Jasmine will continue to care for Bramble until she is old enough to be returned to woodland life. When that happens, Jasmine will not be lonely. She will be too busy showering love and affection on the next orphan or victim of abuse.



GOOD ADVICE

We must create a society where everyone, regardless of age, can thrive and enjoy the benefits of demographic change. As we navigate this transition, we must embrace the longevity society and economy. This shift requires not just understanding but Action.

European Commission – members of the World Economic Forum



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	1 Death Certificate	Standard Cremation Fee
	Just Funerals Standard Urn	1 Death Certificate
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Another year is coming to an end. As gardeners, we will be heading into the warmer months enjoying the rewards from the effort you have put into your garden. Whether you are harvesting from your vegetable garden or sitting outside with a cool drink admiring your garden in full bloom.



If you planted in September you should be harvesting lettuces, spinach, peas, beetroot. Strawberries will be fruiting and your summer berries, raspberries, blueberries and gooseberries start ripening.

With the warmer months ahead here are Portstone's tips to help your garden survive summer;

Mulch, mulch, mulch to help keep roots healthy and keep moisture in the soil.

Water in the evening. Plants have the night hours to make use of the moisture with less evaporation likely.

Water deeply. It's better to water well every 3-4 days than to water lightly every day.

Keep plants close. Planting densely helps plants to withstand the heat as plants close by will help shade each other's root systems. This also helps keep the soil covered to slow water loss via evaporation.

Portstone has many summer flowering plants that tolerate the heat including perennials like Salvia, Lavenders, Federation Daisies, Gauras, Geraniums, Pelargoniums, Gazanias

Enjoy the build up to Christmas, come enjoy Leeves at Portstone café and then wander through the garden centre, we have some lovely gift ideas.

Remember our great offer at Portstone Garden Centre is 10% discount for Gold Card Holders on many of our products. Please present your card at the beginning of the sale.

We look forward to seeing you at Portstone soon

The following salad was enjoyed many times last summer and we are sure you will too.

Summer garden legumes with asparagus and lemon herb dressing



500g mixed freshly picked beans
100g sugar snap peas
250g asparagus
250g cherry tomatoes
200g of a hard feta cheese, suitable for crumbling into chunky bits (optional)

Cut beans and asparagus in half crossways (or to a similar length to the peas).

Bring a large saucepan of salted water (roughly 1 tsp salt, depending on how big your pot is) to the boil; blanch each type of green vegetable separately before cooling in a large bowl of iced water; drain and dry by laying in a single layer on a tea towel. At this stage these blanched vegetables can be stored in an airtight container in the fridge for up to 24 hours.

Dressing:

½ cup firmly packed Italian or curly parsley
½ cup firmly packed mint leaves
zest and juice of 1 good sized lemon
salt and pepper
½ cup extra virgin olive oil

Blend dressing ingredients in a small food processor or blender, taste and adjust seasoning as needed.

Dressing can be stored in the fridge for 24 hours but is at its best as fresh as possible, to catch the flavours of the fresh herbs at their glory. To assemble, cut cherry tomatoes in half and gently toss with the blanched vegetables, roughly crumbled feta cheese and dressing.

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

www.portstone.co.nz



EV Bikes gone wide

I travelled to China in 2007, loved the trip saw and walked on the Great Wall of China, Tiananmen Square, temples, and many palaces

I saw the way they lived and travelled every day, buses, truck, cars, motor bike and push bikes. 12 years later on my next visit to China there seemed to be a scene of wealth and prosperity in the country never seen before, new upper end vehicles everywhere, no one sleeping on the streets anymore, new motorways and hundreds of people on these electric bikes. I saw 2 push bikes and hundreds of electric bikes while I was there. The economy had definitely changed. We could see the future of transportation there, electric vehicles,



truck, car, passenger vehicles and bikes.



I saw no push bike stores but plenty of electric bike stores, competition was fierce, this is good for us. After visiting dozens of electric bike stores and negotiating with many manufacturers we chose TailG to lead the way in NZ. TailG are in the top 3 manufacturers in China and are leading the way in energy efficient electric bikes.

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Christchurch City Mission

Te Whare Mihana Ki Ōtautahi
by Ewan Sargent

We all get told – well adults anyway – that we need to manage our stress at Christmas to enjoy the wonderful occasion.

It's good advice. And it especially applies to us here at the Christchurch City Mission because Christmas is by far our busiest time of the year.

We need to be rolling along well so we can ease the stress of others who have found themselves facing a Christmas Day that's no different to any other hard day. All our services work towards helping people for Christmas, but our biggest focus is on the foodbank.

We believe one of the biggest positive impacts we can make is to make it possible for people with nothing to at least enjoy a special Christmas meal. Our foodbank launches into overdrive at the end of the year so we can get as many special Christmas food parcels as possible to the families we work with and who we know need this help.

This year we will hand out 1600 of these Christmas food parcels in the three days before Christmas Day.



www.citymission.org.nz | www.facebook.com/ChristchurchCityMission

They will provide nearly 6000 people with three days of meals.

These parcels are bigger than our usual parcels and they include treats like chicken, ham, chocolates. We want our clients to have a feast they could normally never afford.

But this is where the stress for us comes in. We have to find the food and time to fill 1600 special food parcels when our foodbank is normally maxed out at 88 a day.

So that's why our packing begins in October. Corporate volunteer teams swoop in every week and start building the basic parcels which we will add to in December. Other businesses and of course our community of donors help us with the contents. Christmas Day should be a special day for all. We cherish Christmas for everything good it stands for, and we don't want anyone to miss out because poverty has stripped their lives down to a bare-bones, not-enough struggle.

It's heartwarming and beautiful to see clients' joy as they get the food, but it's also heartwarming and beautiful in the way the community rallies around us and supports us to make this gift to so many possible.

Ewan Sargent

Communications Advisor | Christchurch City Mission

WHAT KIWIS GET WRONG ABOUT WILLS

Around 50-60% of people don't have a will and lawyers stress that every adult should have a will to ensure their intentions are met.

Dying without a will can lead to costly legal processes and unintended distribution of assets.

It's something we procrastinate about doing for all kinds of reasons – maybe it's the cost, time and effort; maybe deciding who gets your belongings when you die feels like tempting fate, or it could lead to awkward conversations with family members.

It doesn't matter how many assets you have, whether you own property, if you're single or in a long-term relationship – if you're an adult, you should have a will.

The reason you have to make a will is that you want to put in writing your intentions, so it's best to choose and be flexible as to what goes where. In fact, it could cost your family more if you don't have a will. If you die without a will – "intestate" in legal terms – the law decides how your funds are distributed through an administrator appointed by the High Court, which comes at its own cost. It's highly regulated as to who gets what ... people are going to get less from your estate because there are going to be administrative costs. It takes away your wishes and what you might have wanted. There are a lot of places that will do a free will or for very little money, but they may want to take costs once the administration of the estate is done.

The advice is not to wait for big life changes to happen, such as a death in the family or a sudden illness – it's easier to update an existing will throughout your life.

It might be that the person that is going to administer the estate is unwell or dies, and so that has to be changed. There's a whole raft of possibilities every 10 to 15 years. It's quite common for people to change their will five or six times during their lifetime. It's a living document, so it's a document that can change over time.

It's important that your will is written in a way that makes your intentions as clear as possible.

Whether or not you write it with professional

help, it needs to be signed and dated by yourself and two witnesses. Your will should name at least one executor – someone you trust to make sure your wishes are carried out. That person can be a beneficiary of your will, such as a spouse or close family member; however, the two witnesses cannot.

Finally, at least one person needs to know where to find your will. It's really important that if you make a will, you tell people where it is. Whether it's in your house or with a lawyer or a trustee company, to avoid the cost of having to look around for it.

[There is excellent information at www.moneyhub.co.nz]

Today is the day to write a will or update the existing one!

Ref: Bethany Reitsma NZ Herald



CHANGE TO PROBATE LAWS

From the 24th of September this year, the Government changed the need for some small estates to go to probate. Previously if someone had cash assets of or below \$15,000 then there was no need for probate. The explanation for the change is that more people are dying with a Kiwi Saver account and so much of that would be lost to the beneficiaries by expensive legal fees for probate and a long wait.

It has now been lifted from \$15,000 to \$40,000 before probate is necessary.

Ref: www.justice.govt.nz

WHEN WE ASKED YOU TO TURN OFF ALL ELECTRONIC DEVICES, WE DIDN'T MEAN YOUR HUSBAND'S PACEMAKER...



ANXIETY OR DEPRESSION

IN LATER LIFE:

WHAT YOU SHOULD KNOW

It's often assumed that later life is all relaxation and free time—but the reality can be more complicated. For many older adults, anxiety and depression become unexpected companions during retirement. Whether brought on by health changes, loss, loneliness, or just the natural transitions of ageing, these mental health challenges are more common than we tend to talk about.

While mental health awareness has improved over the years, older adults are still less likely to talk openly about how they're feeling. Some grew up in an era where emotional struggles were brushed aside or seen as a personal weakness rather than a health issue. Others may assume sadness or worry are just part of getting older.

Feeling anxious or depressed isn't a normal part of ageing—and it's certainly not something you just have to "put up with." In fact, recognising the signs early can make a real difference.

According to the Mental Health Foundation, around one in five New Zealanders will experience some form of mood disorder in their lifetime, and the NZ Health Survey reports anxiety and depression contribute significantly to the country's overall health burden. The number may be even higher among those who live alone, have ongoing health conditions, or are navigating big life changes like retirement or bereavement.

Common signs of depression in later life include:

- * Feeling flat, numb, or hopeless
- * Losing interest in hobbies or social activities
- * Sleeping too much—or not enough
- * Changes in appetite or weight
- * Feeling tired all the time
- * Struggling to concentrate or remember things

Signs of anxiety might include:

Constant worrying or nervousness

- * Feeling restless or on edge
- * Muscle tension, headaches, or digestive issues
- * Avoiding certain places or activities out of fear,
- * A racing heart or shallow breathing, especially in new or uncertain situations.

Sometimes these feelings come on gradually, which makes them easy to overlook—or to blame on "just getting older." But if your emotional health has

changed and it's affecting your day-to-day life, it's worth looking closer.

Some of the most common triggers for anxiety or depression include:

- * The death of a spouse or close friend
- * Major life changes, such as retiring or moving house
- * Long-term physical health conditions
- * Chronic pain or reduced mobility
- * Social isolation or loneliness
- * Worries about finances, health, or the future

In many cases, it's a combination of things. And sometimes, there's no obvious cause at all—which can be just as upsetting. The most important thing to know is help is out there, and it works. You don't have to navigate this alone.

Start by talking to your GP. They can check for underlying medical conditions, refer you to a mental health professional, or talk you through options like counselling, medication, or community support groups.

There are also simple things you can do at home to help lift your mood or ease anxious feelings:

- Stay connected** – Reach out to friends, family, or community groups. Even a regular phone call can make a big difference.
- Move your body** – Gentle daily movement, such as walking, gardening, or stretching, can boost mood and ease tension.
- Stick to a routine** – Keeping a regular sleep and meal schedule can provide structure and stability.
- Practice mindfulness** – Deep breathing, meditation, or simply taking a few moments each day to pause and notice your surroundings can help calm the mind.
- Do things you enjoy** – Read, knit, paint, listen to music—**whatever brings you joy**.

If you're struggling, you're not alone—and it's not your fault. Anxiety and depression are real health conditions, not personal failings. With the right support, many people find real relief and even discover a renewed sense of purpose in later life. Asking for help is a strength, not a weakness. So, if something feels off, take that first step. Your mental wellbeing is every bit as important as your physical health—and you deserve to feel good, at every age.

Ref: Grownups online

SPANISH BAKE

Author: HFG staff

A simple, satisfying bake with tuna (or another choice), veg and golden eggs on top. It's a no-fuss weeknight dinner you can feel good about!

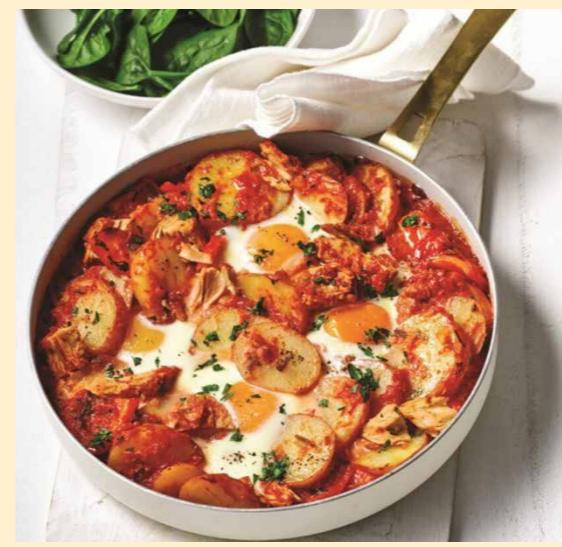
Very easy to reduce size for 1 or 2 people.

Ingredients

- 1 red onion, finely chopped
- 2 spring onions, finely chopped
- 1 red capsicum, diced
- 3 cups cooked potatoes, sliced
- 2x 400g cans chopped tomatoes
- 185g can tuna/salmon in spring water, drained
- 4 eggs
- fresh parsley, chopped, to garnish
- 6 cups baby spinach dressed with balsamic vinaigrette

Instructions

1. Preheat oven to 180°C/160°C fan.
2. Spray a frying pan with oil and place over medium heat. Add red and spring onions and capsicum and cook, stirring occasionally, for 5 minutes until softened.
3. Add potatoes, tomatoes and tuna, or other, to the pan. Cook for a further 2 minutes.
4. Spoon mixture into a large ovenproof dish, then make 4 wells in the mix and break the eggs into them. Bake for 20 minutes. Garnish with parsley and serve immediately with baby spinach salad.



SWEET POTATO BROWNIES

Author: Chrissy Freer for HFG

Why eat brownies when you can eat sweet potato brownies? Bump up the fibre, nutrition and the yum factor!

Serves 16, Takes 45 mins



INGREDIENTS

- 100g reduced-fat spread
- 200g dark chocolate chips
- 200g baked sweet potato/kumara, mashed (orange flesh is best, baked at 180°C for 30 mins, will yield 200g cooked)
- 400g chopped raw sweet potato,
- 1 cup soft brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- ¾ cup flour
- ¼ teaspoon baking powder
- 100g hazelnuts (or other nuts), chopped
- 2 teaspoons icing sugar, sifted (optional)

INSTRUCTIONS

1. Preheat oven to 180°C. Lightly grease a square loose-based cake tin and line with baking paper.
2. In a microwave-proof bowl place spread and ¾ of the chocolate chips. Heat until spread is completely melted. Stir to melt chocolate completely.
3. In a separate mixing bowl combine sweet potato and sugar. Mix until smooth. Stir in chocolate mixture, then add eggs and vanilla. Beat until thick.
4. Stir in flour, baking powder, nuts and the remaining chocolate. Pour into prepared tin and bake for 30 minutes or until firm to touch but still slightly moist. Cool completely in the tin.
5. Cut into 16 even-sized squares and sprinkle with icing sugar, if using.

Variations

Make it gluten free: Use gluten-free flour and baking powder and check chocolate chips and icing sugar are gluten free.

Did you know...

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- GOfuel Fuelcards: A way in which members can obtain a discount off fuel at virtually all major service stations throughout New Zealand
- Bluebridge Cook Strait Ferries: Senior discounted fares available all year round to customers who are 60+ OR who hold a Super Gold Card OR a GreyPower Card. Present your card at check in.
- Inter-islander Cook Strait Ferry: Use the GreyPower booking code (FA5477) in the discount code box when booking online. Present your card at check in.
- Harrisons: 20% off carpet and hard flooring, 30% off curtains & blinds and 20% off solar panels. If there are special offers available at the time you will always receive the lowest price as a GreyPower customer.
- HRV: 10% off HRV AirSense home ventilation, 5% off heat pumps/air conditioning, 10% off water filtration products
- Resonate Health: members have access to their EAR 360 assessment for just \$49 (50% discount)
- More <https://www.greypower.co.nz/the-benefits>

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Catharine Elliott
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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

19th Nov: Brian Clarke / The Christmas wind-up

18th Feb: Pip from IRD / Aroha

If for any reason there are any changes please phone Maureen 027 201 9920

Hope to see you all there



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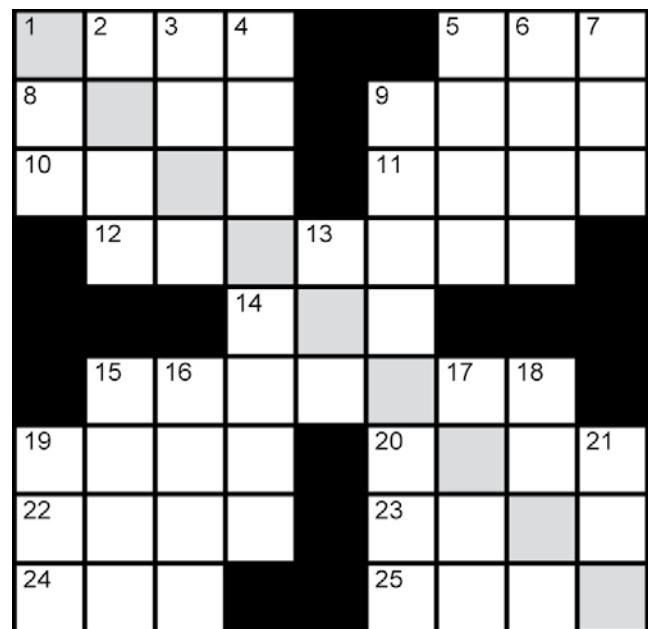
Please use Name and Membership Number or post completed Membership Form to the Membership Secretary

I agree the information provided herewith may be used by Grey Power Federation and/or their commercial agreement partners. Yes No

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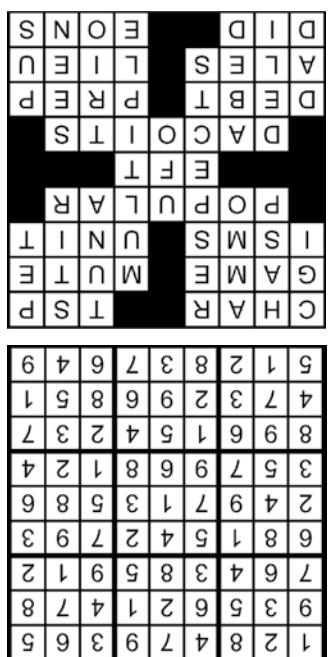
Across
1. Blacken
5. Cooking meas.
8. Charades, e.g.
9. Quiet
10. Doctrines

11. Condo, e.g.
12. Funny song from Wicked
14. Lizard, old-style
15. Wordnik
19. Balance sheet item
20. Get ready, for short

22. Brews
23. In place of
24. "___ not!"
25. A long, long time

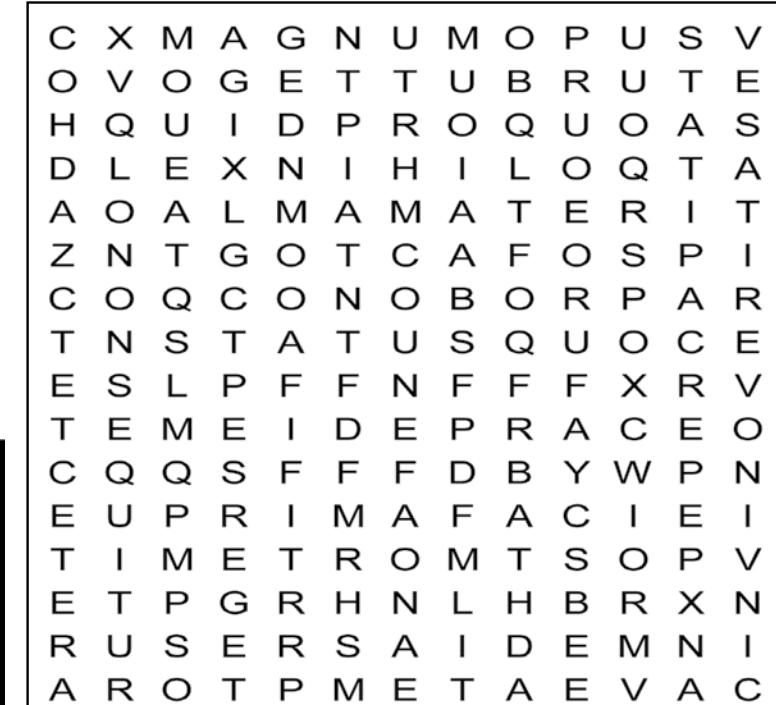
Down

1. Special effects letters
2. Door fastener
3. BBs, e.g.
4. Shows consideration and high regard.
5. Charlie, for one
6. Mix
7. Darling
9. Number divisible by another number.
13. Amateur video subject, maybe
15. Kosher ___
16. Lying, maybe
17. Beethoven's "Archduke ___"
18. Caught in the act
19. "Dear old" guy
21. Sign of infections

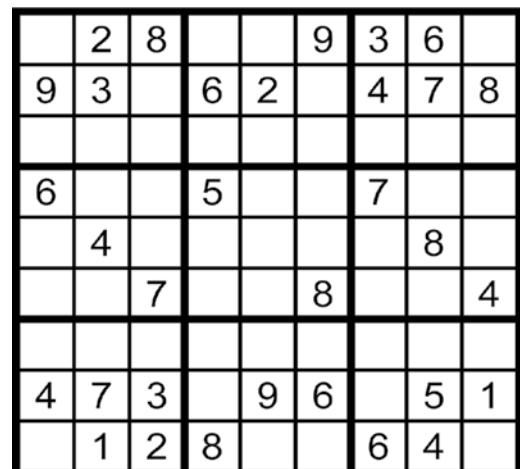


The crossword headline is a clue to the answer in the shaded diagonal

Latin Lingo



SUDOKU



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.

Shingles: Potential protection with less side effects

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Shingles

Potential protection with less side effects

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