

CHRISTCHURCH

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GREY POWER

50+ QUARTERLY NEWSLETTER

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GREY POWER ELECTRICITY

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

JUST A FRIENDLY REMINDER

Presidents Word



Just one more newsletter to come for 2024, well where has the year gone, supposedly as we get on in years, the years flash by. We have had some vey cold days, but saying that when we have a frost it normally turns out to be a beautiful day. Hope you have managed to miss the various bugs going around, and keeping well.

Another reminder that if you pay your Electric account into our Greypower account we can do a refund. However, you need to email joeannferrari@gmail.com with the bank account name and number for us to initiate the refund. The full bank account number does not show on our statement so we have to wait and hear from you.

There are still some subscriptions coming through at \$20 and \$30, these were the subscriptions over 2 years ago. This will not be acceptable for the year 24/25 and the correct amount needs to be paid, so if you are getting your Greypower Electric, there may be a problem.

Just a reminder if you have any medical appointments and need assistance remember St. John Health Shuttle phone 0800 785 646, giving them 24 hours' notice and you will be able to get to the appointment and taken home.

Any worries or if you have ideas of entertainers or speakers contact me or Maureen and we will see what we can do.

Don't forget our Christmas November Social, a special Raffle, Christmas cake and a nice get together.

Take care and keep well.

Ann Ferrari | President

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.

Updating your details (including email)

If you get payments from Work and Income (including NZ Super) and your contact details have changed, you need to let them know straight away.

Contact details include your:

- mobile phone number
- home and work phone numbers
- email address
- residential/postal address

It is important to keep your details up to date in case Work and Income need to contact you.

You can update your details online, using MyMSD which is available 24/7. To login or register, visit <https://my.msd.govt.nz/>

MyMSD is a great option for services such as:

- checking upcoming payments
- updating contact information
- viewing letters
- requesting help with one-off costs

You can get more information about MyMSD on the Work and Income website.

Senior Services

If you can't use MyMSD, you can call the Seniors Services team. Contact them by calling 0800 552 002 (Mon-Fri 7am-6pm and Saturday 8am-1pm).

Wait times can be variable throughout the day. You may see a shorter wait time by calling at the beginning or end of the day, or on Saturday.

Whooping Cough vaccine



If you are 65 or over and around babies and young children, it is important to get a booster for Whooping Cough.

The booster is free at ages 45 and 65. If you missed your booster at age 65 you can still catch up for free. If you're unsure of how many doses you've had, check with your health provider.

The whooping cough vaccine also protects you against tetanus and diphtheria - if you've had a tetanus booster recently, you may already be protected against whooping cough.

Immunity reduces over time, so it's important to get the booster.

A free whooping cough vaccine is available from your healthcare provider and from many pharmacies.

Boostrix is a vaccine used for booster vaccination against diphtheria, tetanus and whooping cough.

Certain people are recommended to have a whooping cough vaccine at least every 10 years – but there may be a cost. This is to boost protection against whooping cough.

This group includes people who:

- work with young children and vulnerable people
- live with a newborn baby
- are at higher risk of severe illness from whooping cough (for example those with chronic respiratory disease).



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TUI'S OUTINGS

MAY:

Please see report on the May bus trip to the Kate Valley Landfill on page 14 and 15.

JUNE:

We were escorted from the bus to a Chapel at St. Andrew's College. The Chapel is a re-build due to Earth Quake damage. A special Chapel incorporating the stained-glass windows and Roll of Honour from the old one, these were complete no damage. Also, some of the bricks are placed around, so a special place. Christine Leighton greeted us and we were shown films, of the original school which opened in 1917. St Andrew's became co-education in 2001. The school is a boarding school, and in 2011 had 160 boarders accommodated in motels for some time.

St Andrew's College is in a unique position being the only co-educational independent school in the South Island. They offer education from pre-school to year 13, which is supportive, inspiring, natural and real.



We were privileged to see the old way and then we saw a promo video of the updated school ways, with showing some of the sports and the Scottish pipe band. I believe some students were involved in creating the video. We were entertained by an amazing pianist, Andy, accompanied by two girl violinist who were so professional. Andy then played a couple of other pieces; we were later informed he has won a scholarship to an American Musical college. What an achievement for him and the school. The next item was the mid-school choir, performing a few pieces. The last one was a fun one for us and the choir.

All sports are available, too numerous to mention, what surprised me was even bowls for years 7-10. There is the Scottish Pipe Band which competes in competitions, even in Scotland, where they



have been recognised for their talents. There is ballet, theatre, technical media crew in the TV studio, music Polyfest and numerous more cultural activities. Outdoor Adventures at the Mountain Lodge of year 7-10.

A Spirit of Giving; Special efforts driven by students and staff result in a range of support going to both Christchurch charities and international organisations. St. Andrew's College is closely aligned so they can, Big Brother - Big Sister, Hagar International, the Cancer Society, World Vision, Youthline and the Christchurch City Mission are a few of the organisations supported.

What an uplifting day we had, great achievements and there will be many wellrounded adults entering into the world. May be a Prime minister or two!

Ann Ferrari

JULY:

STAVELEY TRIP

On Wednesday 24th July, a lovely fine but cold morning, Bob picked the bulk of us up at Addington ... as usual... and we headed off down South. Neville welcomed us and told us about why Tui was not with us for this trip as she had injured her hip. Also that Colin Taylor ... one of us ... had passed on. Then on a brighter note we congratulated those who had birthdays. Our first destination was a brief comfort stop at Rakaia before moving on to Methvyn where we were booked in for lunch. We were there at the huge Blue Hotel ... across the road from the huge Brown Hotel ... at about 11:30am but went in anyway. The most memorable thing about our visit there was the amazing Polish waitress who served us all and cleared everything away ... all on her own.

Then it was back on the bus and off to Staveley. The Staveley Rink apparently opened way back in the early 1950s and was one of the few natural ice skating rinks in NZ. It relied on nature to produce the frozen surfaces needed for skating and curling. That was until 2021 when the Staveley Hall Society, along with a lot of local support from those who

lived there and businesses, raised \$1.5 million which was spent on setting up an infrastructure to keep the place frozen virtually 24/7. Apparently the debt was cleared in 6 months. Now they have people coming from near and far to skate on the ice and have a go at curling. While we were there loads of people were doing just that and having a great time. They were also able to arrange their own BBQ etc.

Apparently it has an 'opening season' of 3 months ... when it is closed Monday, Tuesday and Thursday. But from Wednesday and Friday it is open in the evenings 6:30 to 8:30pm ... Saturdays virtually 1 to 9:30pm and on Sundays 1pm to 5pm.



Then ... for us ... it was back on the bus and Bob took us on a lovely trip across country before delivering us all safely home.

A note from Tui

Tui has requested that I put a piece in the News Letter. First of all, many thanks for all the cards and recovery wishes which she has received. Unfortunately, Tui had a bad fall and broke her hip. She wishes to say how much she has appreciated the great services received from the Public Hospital and Burwood Hospital, Ward C1 where she is working hard with her Assistant Occupational Therapist, Sue Johnson, with the motivating patients with house and music. She is looking forward to the time she is fully recovered to go home. Christchurch is very lucky to have such wonderful services for the elder care. There are always complaints, but the service Tui has received has equated to a 5-star Hotel, which has been much appreciated.

A few of our Greypower members have been in hospital over the last few months, and the treatment they have received has been exceptional.

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Crochet is more than craft research shows it has therapeutic value



Funny isn't it, how long we've adhered to the stereotype of knitters as dodderly, sweet grandmothers, as though the activity itself was a sign of ageing, dismissed as useless frippery and distraction – not what it actually is, which is useful and mindful. While breath experts and "wellness warriors" throng on social media, the steady click of needles might serve as a reminder that knitters have been on to this stuff for a very long time.

A recent research paper titled "Happy Hookers: findings from an international study exploring the effects of crochet on wellbeing" looked at more than 8,000 people (almost all women) in 87 countries, who crochet. It found nine in 10 felt calmer after doing it, while 82 per cent reported feeling happier and 75 per cent felt more useful. Many crocheted to manage mental health and help process "grief, chronic illness and pain". Psychologist Sahra O'Doherty recently told the Guardian repetitive tasks make "our heart rate and breathing even out" and lower our blood pressure.

Interest in skills like knitting and crochet have rocketed in recent years, with many more young women, and some men, professing a love of the fibre arts — with COVID exacerbating this trend. "These activities are very meditative, repetitive and calming for people and it's no surprise that knitting, crocheting, quilting all have therapeutic benefits," says Scientia Professor Kaarin Anstey, director of the University of NSW Ageing Futures Institute. Knit, purl, cast off pain.

Another study from the University of Gothenburg, published in the Journal of Occupational Science, found knitting brings calm and structure to people suffering mental illness.

Researchers analysed 600 posts collected from the international online fibre arts forum Ravelry <https://www.ravelry.com/about> and found knitting helps people unwind, gives them an identity and social network, and helps structure their days. Some found their mind cleared and thinking became easier whilst knitting.

Everyone can help Advance Global Health

International pharmaceutical companies recognise New Zealand as a leading location for conducting vital research and testing potential new medical treatments prior to their launch worldwide. But they need the public to help in their important work.

All medicines and vaccines must complete a strict regime of testing prior to their public release. New Zealand Clinical Research (NZCR) are the largest clinical research firm in New Zealand, with world-leading facilities across the country – including Christchurch. They regularly test potential drugs for the world's biggest pharmaceutical companies and are always looking for participants to help them test medications and vaccines.

Who can be involved?

Early phase studies typically require younger healthy people, but all medicines must then be proven to be effective for all age groups including older people and for those with the condition the medicine is designed to treat. This includes vaccine and biosimilar medicines for which the side effects are usually better understood.

NZCR is always on the lookout for healthy older people willing to help advance global health, and those with pre-existing conditions, including diabetes, asthma, cardio-vascular diseases and arthritis.

What is involved?

Some studies involve an overnight stay, but many – including vaccine trials – only involve short day stays. Follow-up checks can involve short visits to the NZCR facility or be as simple as a phone call. In all cases you are supervised by doctors and nurses experienced in medical research. Plus, you get reimbursed for your time and travel.

Interested?
Visit www.nzcr.co.nz
or call 0800 862 278
to find out more



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Join a research trial and be reimbursed
for your time

Do you have time available to volunteer and want to help advance global health?

By participating in a clinical trial, you'll be playing an active role in the creation of potential new medicines and vaccines that can help improve the lives of people in New Zealand and around the world. Many of our trials involve no overnight stays.

Clinical trials involve an investigative drug and some study assessments.

New Zealand Clinical Research (NZCR) is New Zealand's leading clinical research provider with over 35 years of combined research excellence, completing over 800 trials.

If this sounds like something you're interested in,
register at nzcr.co.nz or call us on 0800 862 278



AROUND THE WORLD

Pawpaw cure saves London man

A kidney transplant patient at a London hospital who developed a post-operative infection has been treated with an African tribal remedy - and cured. Strips of the paw-paw fruit were laid across the infected wound after antibiotics appeared to have failed, and the 31 year old patient recovered rapidly. The patient is William Scharf, a financial broker of Grosvenor Court Mansions, Edgware Road, London. The kidney was donated by his mother Margaret, 53, who lives in Brighton, Sussex. It was on March 18 that the operation took place. There were some complications but the infection was the most serious and it did not respond to the usual treatment. The dramatic remedy was suggested by a young registrar working with the South East England transplant team who had learned of it while working in South Africa. To find the fruit, out of season until May, relatives of the patient scoured London markets and shops after being briefed by the medical team. The fruit eventually tracked down at Fortnum and Mason in Piccadilly - and then to the Dulwich Hospital. Strips of the fruit were placed on the wound for 48 hours. The smell was so bad that medical staff had to wear masks. But the primitive remedy worked.

The young British doctor who stumbled across the paw-paw cure in the South African bush was working at Cape Town's Groote Schuur Hospital where Dr Christian Barnard pioneered heart transplants. Dr. Christopher Rudge, 28, a registrar with South East England transplant team, said that he saw the natives using it on dirty ulcers and wounds. "I just happened to be around and saw it. I had no ambition to learn about tribal medicine", he said. "I have used it for about a year on a handful of patients. I have been very impressed." Dr Rudge said that he only uses it in difficult cases but believes that it could be more useful for doctors treating more routine healing problems such as ulcers on elderly people's legs. The paw-paw, which probably contains an enzyme which speeds the healing process is used by several of the South African tribes.



SLOW DANCE

Have you ever watched kids on a merry-go-round
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight
Or gazed at the sun in the fading light?

You'd better slow down
Don't dance so fast
Time is short
The music won't last.

Do you run through each day on the fly
When you ask "How are you?"

Do you hear the reply?

When the day is done, do you lie in your bed
With the next hundred chores running through your head?

You'd better slow down
Don't dance so fast
Time is short
The music won't last.

Ever told your child, "We'll do it tomorrow"
And in your haste, not seen his sorrow?
Ever lost touch. Let a good friendship die
'Cause you never had time to call and say "Hi"?

You'd better slow down
Don't dance so fast
Time is short
The music won't last.

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day
It's like an unopened gift, thrown away.

Life is not a race
Do take it slower
Hear the music
Before the song is over.

This poem is by a young girl with 6 months to live. She has cancer. As her dying wish, she wanted to send a chain letter across the world by email telling everyone to live their life to the fullest, since she never will.

**Deep thought of today:
When you clean out a vacuum cleaner.
You become a vacuum cleaner.**

Independent advice from local hearing experts

♥ love your hearing

When it comes to hearing aids, one size does not fit all. Some clinics might only offer a single brand or model, but that's like asking a salesperson for advice on what they're paid to sell, not what's best for you. At our independent audiology clinics, we do things differently.

Our highly qualified audiologists are not tied to any brand, giving us the freedom to offer a range of options that best suit your hearing needs, lifestyle, and budget. Whether you need a simple solution or something with the latest technology, the choice is yours.

Hearing aids are designed for different needs – some excel in windy environments, others have motion detectors for noisy settings, and some are ideal for those with high earwax production. We focus on what's important

to you, ensuring your hearing aids are perfectly suited to your needs.

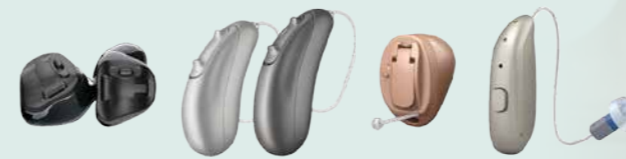
The "latest and greatest" isn't always best for everyone. Modern hearing aids don't need frequent upgrades, as new features can often be added or updated in minutes at the clinic. Warranties typically last 3-5 years, and many devices have a serviceable life of over 8 years.

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ARE CANNED VEGGIES OR FROZEN FRUIT JUST AS GOOD AS FRESH?



The cost-of-living crisis is affecting how we spend our money and for many, this means tightening the budget on the weekly supermarket shop. One victim may be fresh fruit and vegetables. On the whole, we don't eat enough and they are crucial for a healthy, balanced diet, providing a range of vitamins and minerals as well as fibre.

If you can't afford as much fresh produce at the moment, there are other ways to ensure you still get the benefits of these food groups. You might even be able to increase your intake of fruit and vegetables.

Fresh produce is often touted as being the most nutritious (think of the old adage "fresh is best") but this is not necessarily true. Nutrients can decline in transit from the paddock to your kitchen, and while the produce is stored in your fridge.

Frozen vegetables may actually be higher in some nutrients such as vitamin C and E as they are snap frozen very close to the time of harvest. Variations in transport and storage can affect this slightly.

Minerals such as calcium, iron and magnesium stay at similar levels in frozen produce compared to fresh. Another advantage is the potential to reduce food waste, as you can use only what you need at the time.

Canned or tinned vegetables and fruit similarly often offer a cheaper alternative and they're also very convenient to have on hand. The canning process is the preservation technique, so there's no need to add any additional preservatives, including salt. Due to the cooking process, levels of heat-sensitive nutrients such as vitamin C will decline a little compared to fresh produce. When you're using canned vegetables in a hot dish, you can add them later in the cooking process to reduce the amount of nutrient loss. To minimise waste, you can freeze the portion you don't need.

Fermentation has recently come into fashion, but it's actually one of the oldest food processing and preservation techniques. It largely retains the vitamins and minerals in fresh vegetables. But may also enhance the food's nutritional profile by creating new nutrients and allowing existing ones to be absorbed more easily. Also, fermented foods contain probiotics, which are beneficial for our gut microbiome.



Other tips to get your fresh fix: buy in season, don't shun the ugly shaped produce, reduce waste, swap and share and grow your own. Regardless of how small your garden is you can always plant produce in pots and having put the effort in to growing your own produce, you are less likely to waste it.

Ref: The Conversation

Embrace a plant-based meal



Dedicate one day a week to plant-based meals. By reducing meat and dairy consumption, you can lower your carbon footprint, save water, and promote biodiversity.

Try exploring new recipes with seasonal vegetables and grains. Not only is it good for the planet, but it can also be a delicious and healthy change!

Covid 19 Update

COVID-19 vaccines remain free for everyone aged five and over. They are also available to children from six months who are at greater risk of severe illness.

COVID-19 antivirals remain free and available for people with a higher risk of severe illness. Some pharmacies can supply antivirals without a prescription.

However, people will be charged for COVID-19 healthcare consultations/visits.

Free rapid antigen tests (RATs) will be available until 30 September. You can find a collection site near you on <https://healthpoint.co.nz/covid-19/>.

People who live rurally, have a disability, are immunocompromised or experience some other difficulty accessing RATs may be eligible for additional help, including delivery if necessary, by calling 0800 222 478.

Europe paperwork

If you are planning a trip to Europe next year, New Zealand citizens will be required to apply for an ETIAS to enter participating countries for general tourism, business, transit or medical purposes under 90 days. The programme (ETIAS stands for the European Travel Information and Authorisation System) is intended to screen travellers as a response to the global increase in terrorist activities.

Any New Zealander that wishes to enter Europe for over 90 days or for other purposes will need to apply for a Schengen visa. Further details can be found at <https://etias.com/>.

Breast screening:

Free breast screening has been extended to women aged 70-74. Previously it was for 45 to 69-year-olds. Breast cancer is the most common cancer among New Zealand women. Finding more cancers early through breast screening means better treatment outcomes.

Around 120,000 additional women will be eligible for screening every two years. The extension will be phased in. More information: <https://tinyurl.com/3p7z7wus>

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Password variety is the spice of life

Online scams are always developing and becoming more clever as the years go on. Always be vigilant with odd links, monetary requests you aren't expecting, and be aware of who you are providing your personal information to.

One action people can take is to review your online passwords.

Using easy passwords to safeguard some of your most important assets can be really dangerous in today's online climate.

Passwords, such as 'password' or 'abc123', can be very easy to guess by hackers or even people you know. PIN numbers, such as 1111 are just as predictable.

Another concerning factor is the number of people who use derivatives of the same passwords. For example, say you decided to make your password named after your cat, Fluffy. You used the same name as the basis for the password, but just added numbers to make it different between the multiple online accounts you have. So your bank account password can end up as 'Fluffy1', or another account is Fluffy followed by the day of your birth, 'Fluffy25'.

A good idea is to mix up your passwords where possible to make your online accounts safer. This means utilising a mixture of letters and numbers and a mixture of capitals or lower case letters.

If you are worried about losing your passwords, start using an online password manager to keep all of your passwords in one place under a strong primary password key.

If you need help changing passwords, the local library can help. So, too, can SeniorNet.

Update from Duncan Webb MP for Christchurch Central

Scammers are cunning and persistent. They have a particular talent for identifying a weakness in a person or system and then exploiting it. It's really important to recognise that smart people get scammed too - and scams are increasingly sophisticated.

Banks and financial institutions are best placed to protect us against scams, but so far they are not doing enough. That is why I recently put my Member's Bill on banks and scams into the famed Parliament biscuit tin. If it gets pulled we will try to change the law to make banks do better.

It would require simple things - like matching the name of a payee to the account number - scammers use this loophole to say money is going into one person's account when it is going to another. We're lagging behind other countries in this regard - these are basic steps and banks that make a very large profit from us should step up.

My Bill also requires that banks which do not take steps to prevent fraud meet the costs of scams they could have prevented.

Some of the most vulnerable people are our seniors. Everyone needs to step up to prevent the loss of people's savings, including the banks themselves.

The Bill is an incentive for banks to use tools they already have at their disposal to protect their customers.

Some other useful tips to avoid being scammed include always being suspicious of unsolicited contact; resisting pressure to act quickly; not opening attachments if you're not sure of the source; keeping virus protection on your computer up to date; seeking second opinions especially on things like investment opportunities; and doing due diligence such as hanging up and phoning your bank on its 0800 number if you receive an unsolicited call from someone claiming to be from your bank.

I would love to know what you think. Email me on chchcentral@parliament.govt.nz or phone 366 5519. My new office is located at 132b Victoria St - appointments are preferred as staff are often out and about.

I'm also available to talk to groups - at the moment I'm doing a lot of talks on justice and law and order. If you'd like to invite me to be a guest speaker, get in touch with my office.

Kind regards *Hon Dr Duncan Webb*

Supporting our seniors

Your Christchurch Labour team



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MP for Christchurch Central

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MP for Wigram

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MP for Christchurch East

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Tracey McLellan

03 376 4512

List MP based in Banks Peninsula

[f /TraceyMcLellanLabour](#)

Authorised by Duncan Webb MP, Parliament Buildings, Wellington



KATE VALLEY LANDFILL



Welcome to the Kate Valley Landfill, the most comprehensively engineered waste management facility in the South Island of New Zealand. The 37-hectare site was designed and operates to the highest international standards, fully compliant with New Zealand landfill guidelines and the US Environmental Protection Agency and European Union standards for municipal waste landfills.



The design and operation of the Kate Valley Landfill addresses all the known environmental risks and concerns. In addition to being built on impermeable siltstone, the Landfill has a multi-layered liner that completely seals the base and sides of the Landfill.

First ... a short history of the Kate Valley Landfill

In 1996 Canterbury councils formed a joint committee to plan for managing the region's waste. The councils recognised that by working together and in partnership with private sector expertise they could develop a modern wellengineered landfill to the highest international standards to provide environmentally responsible waste management for the future.



Transwaste Canterbury Ltd is the name of the joint venture that owns and operates the Landfill. The public sector partners in the joint venture are Christchurch City Council and the District Councils of Ashburton, Hurunui, Selwyn and Waimakariri. The private sector partner is Waste Management NZ Ltd, the largest private waste company in New Zealand.

Constructing the Landfill

Kate Valley was chosen for the Landfill because beneath the topsoil is a layer of a low permeable material called Tokama Siltstone that extends down to depths of 200 metres. With no known aquifers beneath the site the potential for water from within the Landfill mixing with groundwater is non-existent. Even with excellent ground conditions providing natural containment, a multilayered synthetic liner is used in the Landfill. Construction begins with shaping and compacting the siltstone to form a smooth natural liner. The synthetic liner is laid on top of this surface. It consists of upper and lower layers of high-density polyethylene, on either side of a layer of geo-synthetic clay lining. On top of this liner is placed a 10mm thick fabric layer to protect the liner. Then a 500mm permeable gravel leachate drainage blanket is applied on top of the liner to allow the flow of leachate out of the Landfill (see section below). Finally 3 metres of uncompacted waste are laid on top to further cushion the liners. Together these liners and layers provide Kate Valley Landfill with a containment system superior to the standards used in both the European Union and the USA for municipal waste landfills.

How the Kate Valley Landfill operates ... containerised transport is truly innovative

Waste is transported to the Kate Valley landfill in sealed containerised trucks. This has many benefits for the community, safety and the operation of the landfill. Sealed containers prevent waste escaping in transit and littering the roadside. Containers are only collected from partner councils' waste transfer stations when they are full, reducing unnecessary journeys and ensuring efficient use of trucks and containers. Arriving at the Landfill authorised waste haulage vehicles pass over a weighbridge to weigh in and receive acceptance of their load. Vehicle movements are recorded to monitor compliance with resource consent requirements and allocate waste to a location within the Landfill.



From the weighbridge vehicles proceed to a container park located alongside the Landfill. Here trucks unload their sealed full containers and collect empty containers, without having to enter the Landfill or leave the sealed road surface. This keeps vehicles clean and ensures a fast and efficient turn around. Specialised off-road tipper trucks collect the full containers and unload them in the Landfill. The waste is spread out, inspected and compacted using a 55-tonne compacter to ensure minimal space is used. Local soils are spread daily over compacted waste to prevent odours, rainwater infiltration, windblown litter and scavenging from birds and rodents. Regular monitoring reveals few pest problems, and no seagulls despite the close

proximity to the coast.

Separating waste transport from the Landfill operations has many benefits. It ensures transport trucks spend very little time at the Landfill, as there's no waiting to unload waste. With a smaller number of dedicated vehicles unloading waste containers it's much safer and more efficient than every vehicle unloading waste in the Landfill. The system avoids disruptions at transfer stations when the Landfill is closed due to high winds or very wet conditions, as trucks can still collect and deliver full containers to the Landfill. Transport of waste can occur seven days a week, over longer hours than the Landfill operates increasing the efficiency of waste transportation in Canterbury without adverse effects on the operation of the Landfill.

Gas and electricity generation



Decomposing organic material in the Landfill produces gas, predominantly methane. To prevent methane, a

greenhouse gas, escaping into the environment it is collected by a network of pipes and used as fuel to drive generators to produce electricity for the national power grid. At the end of 2014 two generators were installed producing about 2MW of electricity. Two more generators installed in July 2019 doubled the electricity production to 4MW. Any surplus gas is destroyed in a high temperature flare.

We'll continue to manage the Landfill for years to come

The Kate Valley Landfill is consented to operate until 2040, 35 years after it opened in 2005. Thereafter Transwaste will continue a programme of aftercare for a further 30 years, monitoring and managing the site until waste decomposition processes, such as the production of methane gas, have finished. The Landfill will be grassed and planted and used for conservation and recreation.



Spring has sprung

Our gardens will be starting to look spectacular with spring bulbs flowering, blossom bursting with colour and we begin to get excited about spending more time planting, potting and picking.

Growing edibles in small spaces

If you don't have space for an expansive vegetable garden, there are many alternatives to make sure you can enjoy the benefits of picking your own.

Grow in containers; planting in these allows you to move them around to chase the sun, provide shade and grow upwards. Shallow root plants like lettuce, radish and spinach grow well.

Hanging baskets are an ideal way to grow strawberries and herbs and potatoes grow amazingly well in grow bags or tubs.



Here is a list of best crops for pots

Beans, capsicums, carrots, chillis, cucumbers, herbs, lettuce, peas (stake), potatoes, radishes, spinach and silver beet, strawberries and tomatoes.

Grow vertically

There are many advantages to growing vertically. Vertical gardens tend to have better air circulation and fewer pests and diseases. Vine type plants such as climbing beans and peas and cucumbers need support so a fence, trellis or towers. We stock everlasting Heritage corten steel plant supports. These look great with plants climbing up them and if used seasonally they are garden art without plants climbing them. Bamboo poles make great climbing frames, whether you criss-cross them or make a wigwam just make sure the poles are driven deep into the ground so when you have planted the plants are secure from high winds.

Coming soon are 1.5m vine towers, these large pots have supports you add as the plants grow. There is a self-watering reservoir in the base. These will be great for gardeners with limited space.

Our new seasons Daphnes have arrived, looking stunning. Every garden deserves a Daphne, with their exquisite perfume, they make an ideal picking shrub. Start feeding roses with rose fertiliser - water well after feeding or feed after rain.

In the gift shop we have something for everyone whether you are choosing to give away or keep yourself. There are cups and jugs, soaps and cream, skincare, glasses, essential oils, serviettes, tins, greeting cards, woollen blankets and rugs plus a range of garden accessories from The Company Shed.

Leaves at Portstone Café is the ideal place to relax over a cuppa. Their cabinet food is delicious, it's difficult to choose what to have.

Remembering our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products. Please present your gold card at the beginning of your purchase.

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

Portstone

465 Ferry Road (under the big gum tree)
389 4352

www.portstone.co.nz



The Importance of Switzerland

Establishing a Family Trust has long been a common strategy for managing assets and protecting wealth, however, from time-to-time, things go array simply because of a lack of objectivity at the Trustee table. From a legal perspective, having an independent trustee for your Family Trust is hugely important and should be a core consideration at the outset.

An independent trustee plays a critical role in ensuring the integrity and effectiveness of the Family Trust. Unlike family members who may have personal interests or biases, the right independent trustee will bring objectivity, impartiality and professional expertise to the decision-making process and overall trust management.

Having an independent trustee is also very helpful when it comes to mitigating any conflicts of interest among family members – commonly around asset distribution, investment decisions, and the ongoing management of the Family Trust. As a neutral party, they can help ensure decisions are made in accordance with the provisions of the Trust Deed and without favouritism.

Having an independent trustee also strengthens the credibility of the Family Trust. If a claim is made against a Trust, it is common for the Court to analyse the Trust's arrangements to ensure that the Trust has been appropriately managed, and the trustees have acted in accordance with their legal obligations.

If you have an existing Family Trust, take a minute to consider whether your current trustees are

appropriate by reflecting upon the following:

1. Is your trustee familiar with the duties imposed upon them under the legislation and Trust Deed?
2. Has your trustee been acting impartially?
3. Do you have confidence that your trustee will consider your Memorandum of Wishes and their obligations to the beneficiaries?
4. Will your trustee prevent the Trust being operated as if the assets were still personally owned?

If you've answered "No" or 'Unsure' to any of the above, it is time to review your trustee.

Tavendale and Partners has an excellent Trust management programme which brings specialized knowledge and experience to the table, particularly in asset management and trust administration. We work closely with accountants and other professionals to help ensure that your Trust is fit for purpose and compliant with the legislation.

The appointment of an independent trustee is not only a prudent legal decision, but an important step in safeguarding your Trust's integrity. By entrusting the role to an independent professional, you can have confidence in the long-term benefits of successful robust trust arrangements, providing peace of mind for generations to come.

If you'd like to discuss your Family Trust arrangements in confidence, please feel free to get in touch.

Protect your family assets

Trusts are a great option for protecting family assets, but they can be complicated and risky if set up incorrectly or managed improperly.

If you'd like some practical and independent advice, please get in touch. www.tp.co.nz



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Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi

We had a 65-year-old come to us for help at the Christchurch City Mission recently because his money problems were spiraling out of control. He was getting into more and more debt trying to pay his existing debts and the worry of it all was making him ill.

What really stood out from hearing about his experience was how very fine the line was for him between only just coping and losing control.

He had moved onto the superannuation benefit at 65 and because there was a short delay in his payments, he had absolutely no reserves, suddenly he was in trouble paying bills.

He borrowed to get out of trouble and that got him in more trouble. The really sad thing is how he entered retirement with so little else and with no family support behind him. This is far too common. We are seeing more and more elderly people at the City Mission and we know how tough it is out there for many of them. What's worse is, in general, elderly people are among the last to ask for help.

These elderly believe in looking after themselves and think they are doing that long after it is clear to everyone else they are in trouble. It comes from pride that they can cope, and also a feeling that any help available should go to others rather than themselves. They are the ones who will sit at home with no heating on to get by and think that is okay. They can also be very lonely.

The cost-of-living rise that began last year and continues this year has taken a big toll on people with tight finances and our foodbank and financial mentors see many elderly who have run out of options.

It is especially hard for them because they take it so personally. They are used to managing their budgets tightly and they don't spend on alcohol or vapes or gambling. Our financial mentors say all their payments make sense – it's just that things cost much more, and their income hasn't gone up to match that. They simply just do not have enough.

We help however we can with food, comfort and advocacy. Our new energy wellbeing service aims to lower power costs. But whatever help we can do relies on the support we get from others who want to help struggling people in their community.

Ewan Sargent | Communications Advisor



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

Simple steps to avoid listeriosis

Listeria is an ever-present environmental bacterium. It thrives in growing conditions where food is produced and stored, and therefore becomes foodborne. Listeria is one of just two bacteria causing foodborne illness that can grow on refrigerated food.

In healthy adults and children, listeria usually causes few or no symptoms, but young, older, pregnant and immuno-compromised people are at higher risk of the infection caused by the bacteria, Listeria.

As we age, our immune systems and organs are not as able to recognise and rid the body of harmful germs. Some of us live with chronic conditions and are taking medications that can weaken the immune system. Stomach acids, which play an important role in killing germs and reducing the risk of illness, also decrease as we age.

If contracted, listeriosis can be very serious, causing a high rate of hospitalisations. The national database recorded 40 hospitalisations in 2022, 26 of those aged over 70 years. In that year, four deaths were recorded for people in this age group.

Listeriosis is the only reported disease that is fully attributed to consumption of contaminated food.

Higher risk foods include deli meats, soft cheeses, and cold smoked seafood.

Listeriosis can be prevented, and there are some simple steps you can take at home to avoid getting sick. You can reduce your risk of contracting listeriosis by;

- cooking food thoroughly
- only eating fruit and vegetables that have been washed and dried thoroughly
- only eating food that was recently prepared
- refrigerating leftovers quickly
- preheating food to steaming hot (more than 70°C) before eating
- avoiding leftovers that won't be reheated
- washing and drying your hands thoroughly and follow good food hygiene practices.

Listeriosis symptoms usually take 2 to 3 weeks to appear and typically include fever, muscle pain, fatigue, headache, stiff neck, confusion, loss of balance and seizures.

Contact your healthcare professional straight away if you think you're infected.

Read more about listeriosis symptoms and for more advice from the New Zealand Food Safety go to www.mpi.govt.nz/listeria

Save Big on fuel with NPD and SuperGold

Present your SuperGold card at participating manned NPD service stations to receive up to 15 cents per litre discount on fuel purchases. No other discount schemes or promotions needed - get the full discount every time!

Find a site near you at npd.co.nz/supergold-card



Innovative Grey Power housing plan

South Taranaki Grey Power advocates have come up with an audacious plan to house cash-strapped pensioners into villages of tiny homes.

President Fred Kumeroa, a retired project facilitator, said he had fully costed a prototype 100-unit village to be built in Hāwera. After 15 years it would be self-supporting, with the initial investment paid back and rental income from the houses providing cash for maintenance and further developments.

He said Age Sector NZ figures showed more than 61,000 retirement units would be needed within a decade. One in four seniors are entering retirement age without owning the home they live in and the proportion of those 65+ with a mortgage still to retire is rapidly rising.

The vision is for district councils to take on the responsibility for administering housing for the elderly, but central Government would foot the bill.

He indicated that one model was the Palmerston North City Council built Papaioea Place housing complex consisting of 51 units for \$7.6 million, albeit before rampant construction inflation.

To read the full story:
<https://tinyurl.com/y2frcmef>

Personal Income Tax thresholds | NZ Super and Veteran's Pension

From 31 July changes to the Personal Income Tax thresholds mean some people getting NZ Super and Veteran's Pension will get more in the hand if they're on 'M' tax code. This means the NZ Super and Veteran's Pension after-tax rate may increase by up to \$4.30 a fortnight if you are on 'M' tax code.

There are no changes if you are on the 'S' tax code. This change will happen automatically – you don't need to do anything. Your first payment with the new amount will be paid on 13 August.

KiwiSaver default contribution rate should rise - Retirement Commissioner

The default rate for KiwiSaver contributions needs to rise, according to the Retirement Commissioner, Jane Wrightson.

It's one of a series of 15 proposed changes to improve the scheme.

"KiwiSaver balances across all the age groups are lower than we would have expected after almost 18 years of the scheme," she said. "The reality is we all need to be saving more for our retirement."

Wrightson would like to see a higher default contribution of at least 4 per cent, with employers required to match that level or higher. The current default rate is 3 per cent.

Other changes posed by the Commissioner include:

- increasing the government contribution for those who do not benefit from employer matching, such as self-employed workers
- making employer contributions mandatory for workers aged over 65 and under 18
- removing total remuneration approaches, and
- extending Government contributions to those on paid parental leave to include those who cannot continue to make their own contributions.

The Commissioner's *KiwiSaver Opportunities for Improvement* paper also suggested retaining many of KiwiSaver's current settings.

"We believe the existing soft compulsion setting of auto-enrolment with opt out, and the ability to opt-in directly is working. However, improvements could be made to incentivise the self-employed to contribute to the scheme."

She also said the pre-65 withdrawal settings were working as intended and that existing settings limiting membership to one KiwiSaver provider should be retained

The report can be read at
<https://tinyurl.com/3pbxndn8>

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.

Things to do before you die

When someone dies it can be very difficult for the family to find all the documents they need to settle the deceased's affairs.



Tell your family where you have stored your important documents and other important information. It could be:

- with a lawyer
- at a secure document storage facility
- in a secure location on your computer, or
- in a safe place in the house

You can record online where the documents are via the Department of Internal Affairs' Te Hokinga ā Wairua End of Life Services website <https://tinyurl.com/mttheabf>.

Examples of important documents and information are:

- where to find a copy of your will
- your birth certificate
- information your family will need if they have to apply for a death certificate (e.g. they will need your full name and your parents' full names)
- a list of people and organisations they need to contact, along with their contact details (Here's a checklist: <https://www.cab.org.nz/article/KB00000594>)
- Instructions about how you want personal belongings to be distributed
- details of all your property and investments (including your KiwiSaver), and who to contact about them

- any land titles and mortgage agreements
- your insurance policies
- Any firearms you own, including their serial numbers and your firearms licence number. Check the Te Tari Pūreke – Firearms Safety Authority website <https://tinyurl.com/ykd5a2ka>
- any online accounts that you will want shut down, e.g. email and social media accounts
 - any documents you own (e.g. the original manuscript of a book or music you have written; research you have done on your family history.)

State what you want for your funeral (and after the funeral)

NB: Your family will not be able to arrange a funeral if you have nominated to donate your body - or a part of it - to science.

- people you want to attend, and their contact details
- letters to individuals, or a recorded message for the funeral
- whether you have a funeral pre-payment plan. It should also say whether you want to be buried, cremated or something else.

Lots more information on the Citizen's Advice Bureau's site <https://www.cab.org.nz/article/KB00000593>

Landline alert

The Commerce Commission has updated its 111 Contact Code, to ensure vulnerable consumers of a residential landline service are made aware, and are regularly reminded:

- that the service will not operate in a power outage;
- of alternative ways to contact the 111 emergency service in such situations; and
- additional protections are made available (such as a mobile phone).

To be classified as vulnerable, a consumer must be more likely to need to contact 111 (due to health, safety, or disability reasons), rely on a non-copper home phone (e.g. fibre or fixed wireless), and have no other way to call 111 (such as a mobile phone).

Review of the End of Life Choice Act

New Zealanders can share their views on the End of Life Choice Act 2019 as part of a review of the Act. Online consultation at <https://tinyurl.com/44bx7es5> ends at 5pm on 26 September. The Ministry of Health is required to review the Act's operation within three years of it coming into force, and every five years after that.

The Government will not make changes to the Act following the review. However, individual political parties can decide whether they wish to progress changes through Members' bills.

Tech Tip

Here's a tip about an easier way to snap photos with your phone: If you take a lot of photos with your smartphone you've probably noticed how difficult it can be to tap the shutter release button. There's a very simple solution: when you're ready, simply press either one of your phone's volume buttons to snap the picture. **Give it a try.**

Perky SUPERGOLD



The full range of benefits and discounts available with the SuperGold Card are on the SuperGold website <https://supergold.govt.nz/>.

There's also a useful summary of all the perks, discounts and benefits provided by MoneyHub at <https://tinyurl.com/42sc7v9t> together with a look at the various additional perks available beyond the card's primary offerings and list of non-financial support services.

Healthy Eating guide for seniors

Eating for Healthy Older People is a free booklet with information on nutrition, food groups, fluids, foods low in fat, salt and sugar, healthy weight, exercise, important vitamins and minerals, and food safety.

The booklet can be downloaded or physical copies ordered from HealthEd <https://tinyurl.com/2s4et9ak>

Arthritis costs NZ more than \$1 billion a year

Arthritis is causing more than \$1 billion in lost potential income in New Zealand each year.

Arthritis New Zealand CEO, Philip Kearney, told Newsable the number of arthritis sufferers was predicted to increase from about 700,000 now to 1 million by 2040.

He said a 2019 survey showed the illness was causing about \$1.2 billion annually in "productivity loss", split into about \$600 million due to reduced employment: \$250 million for time off from work: and about \$300 million for "presenteeism" - the inability to work to the highest level.

Read more: <https://tinyurl.com/bduwf4t6>

Vaccines for older adults update

A new vaccine against RSV for older adults is now available in New Zealand (private market only at this stage). Funding for the shingles vaccine was widened on 1st July to include a group of immunocompromised individuals.



Senior Expo

23rd October

St Faiths Church New Brighton

10am - 1pm

This is a smaller version to the Age Concern Expos that ran at Papanui High.

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

18th September: Nation wide Health & Disability. Entertainment: Myra.

16th October: Edmonds Factory and Gardens. Entertainment: Brian Clarke.

20th November: Entertainers: Wendy and Aruha. Raffle.

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

MEMBERSHIP APPLICATION / RENEWAL FORM

PLEASE PRINT CLEARLY

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Email:.....

I/We enclose my/our subscription for the year 1/4/2024 to 31/3/2025

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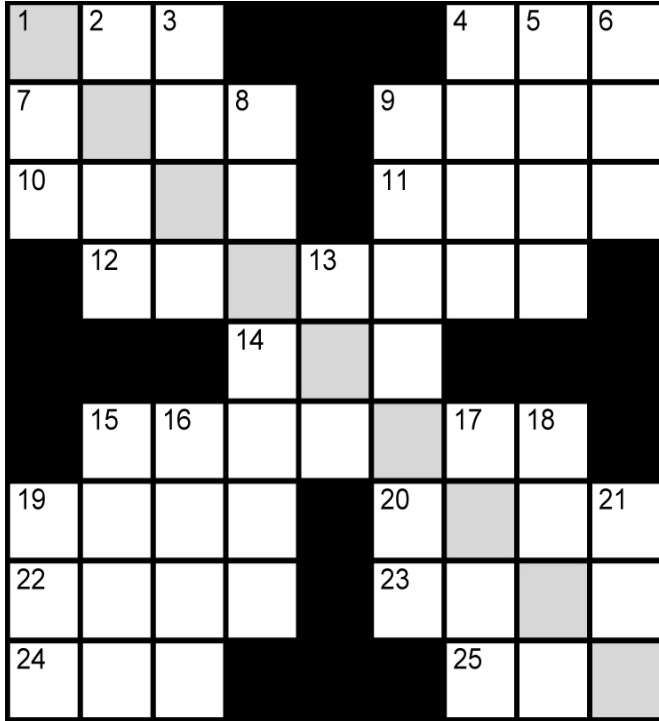
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I agree the information provided herewith may be used by Grey Power Federation and/or their commercial agreement partners. Yes No

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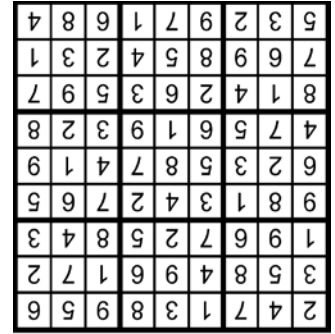
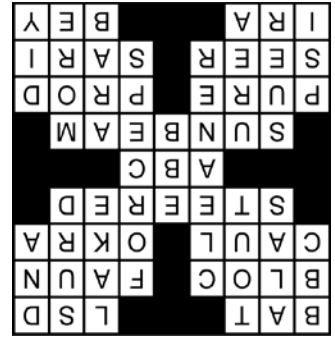
Tiny Purple Fruit



- Across
- 1. Louisville Slugger
 - 4. Hallucinogen
 - 7. Coalition
 - 9. Woodland deity
 - 10. Women's hat lining
 - 11. Gumbo ingredient
 - 12. Guided
 - 14. Agatha Christie's "The ___ Murders"

- 15. Solar beam
- 19. Unadulterated
- 20. Egg on
- 22. Oracle
- 23. Indian wear
- 24. 401(k) alternative
- 25. Ottoman governor

- Down
- 1. No Clue
 - 2. "C'est la vie"
 - 3. Praise highly
 - 4. Vacation destination
 - 5. Irrational, in math
 - 6. Some forensic evidence
 - 8. Grime fighter
 - 9. Delivery aid
 - 13. "Chicago" lyricist
 - 15. Litigant
 - 16. Fertilizer chemical
 - 17. Riyadh resident
 - 18. Oliver's request
 - 19. Tire meas.
 - 21. Home improvement letters

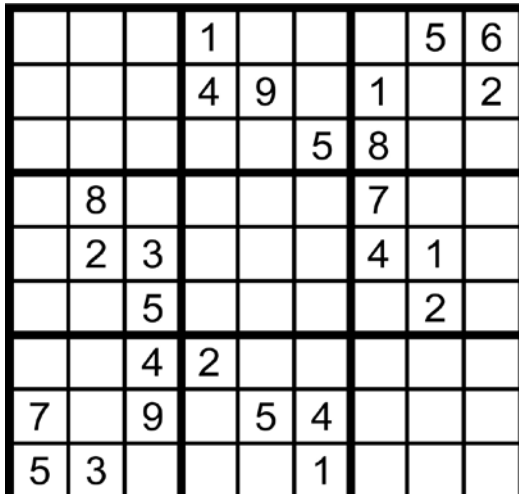


The crossword headline is a clue to the answer in the shaded diagonal

FROM THE DELI

- | | | |
|---------------|--------------|----------|
| BAGELS | GEFILTE FISH | NOVA LOX |
| BOLOGNA | HAM | PASTRAMI |
| BRISKET | HERRING | PICKLES |
| CHALLAH | HOT DOGS | SABLE |
| CHEDDAR | KAISER | SALAMI |
| CHOPPED LIVER | LIVERWURST | SALMON |
| CORNED BEEF | MOZZARELLA | TURKEY |
| CREAM CHEESE | MUENSTER | |

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 medium.*