

OTAGO

GREY POWER

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SUMMER ISSUE 2024



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THE LION
FOUNDATION

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OFFICE HOURS
Monday - Thursday
11am to 2pm

Our Owl is our symbol

The wise old owl sat on the oak
The more he listened the less
he spoke. The less he spoke the
more he heard.

Who of us is like this wise
old bird.

Grey Power
loves our owl it
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From the Editor

Welcome to this edition of the GREY POWER OTAGO newsletter.

When planning this newsletter DUNEDIN looked stunning decked out in spring finery, Blossoms, Magnolia, and Kowhai giving way to Rhododendrons'..

Little did I suspect what Nature had in store for us especially South Dunedin and wider Otago and Southland. Once again inundated and flooded. The rain so thick it affected visibility, houses, except immediate next door neighbours were grey smudges in the misty blanket of rain. The way the community pulled together and stepped up to help those evacuated and others trying to ensure the water didn't enter their dwelling was heartwarming and something Dunedin can be proud of.

While Otago can be proud of the thirty-five thousand who turned out to challenge and protest the Governments cuts, to our much needed new hospital. There was an uplifting sense of camaraderie; the debunking of the governments inflated cost assessment, by experts in on the planning from the outset was enlightening. Many of the placards and banners, showed just how enraged and disappointed the people of Otago are.

While preparing for this publication I have been researching the prevalence and prevention of falls and how concussion is often overlooked in the senior age groups. When scrolling through possible topics of interest I came across a concerning article about plastics.

The OPEN meetings I have attended, recently discussed how isolation experienced by many elderly in the community was of concern.

Social connections are vital for our mental and physical wellbeing regardless of age. Yet many senior citizens, especially the recently retired, risk social isolation, especially if they have limited mobility or no family living locally.

To combat feelings of loneliness, consider joining clubs or organisations, taking classes that align with your interest. Not only will you meet likeminded people, you'll stay engaged and mentally stimulated. This is a perfect opportunity to rediscover old hobbies and explore new ones. Pursuing your passions can bring fulfillment and a renewed sense of purpose. On the other hand if you are housebound and would like support and contact there are organisations such as St. John Caring Caller Service 0800-422-5537 / 0800-785-646 or contact, Citizens Advice Bureau, 03-471-6166. Other contact organisations to volunteer or find out about activities that may suit are: 60 plus club 03 477-0082, Eldernet 03 473-0809, Age Concern 03 477-1040, Presbyterian Support 03 477-7115. For members outside of Dunedin, many of the above organisations will be able to put you in touch with local organisations. Local councils and libraries may have contact details and numbers.

Whatever your interests are, painting, gardening, writing, sports spectator or participant, being an active and supportive grandparent, May it bring you joy and a sense of fulfillment.

As this is the last newsletter for 2024 I wish you and yours a wonderful summer and festive season.

Cheers *Helen Begbie*

From the President

We have not been able to put out a newsletter since May due to costs but fortunately Lion Foundation has given us a grant so we are able to produce this one and the one in February.

There has been a lot of activity since our last newsletter which I wonder if many of you read. The last newsletter contained the information for our AGM and for the first time since 2005 when I became President we did not get a quorum. My sincere thanks to those who came to the Special General Meeting, some who turned up for the organised AGM, and enabled us to carry out our responsibilities to the Charities Commission. It seems incredible with a membership of over 900 members we cannot get 21 to an AGM.

The reality of this situation is that if we are not able to meet our duties to the Charities Commission we will have to cease to exist. It is obvious that so many of you only want the Grey Power Electricity and are not interested in the vast amount of work the association committee does on a day-to-day basis. Remember no association no Grey Power Electricity access.

We are now listing our business discounts in the newsletter to keep them current when businesses change hands or no longer give the discount. It was not helpful to receive a letter from a member which was how it was signed pointing errors. The comment would have been more favourably received if you had offered to proofread the magazine before print.

A huge thank you to members who turned out for the march on the hospital build. It was gratifying to see the support from right around the Southern region. We must keep the pressure on to ensure we get a hospital that is available for everyone down south and not as is being suggested a part private part public hospital. We all know who will get preferential treatment. This hospital is for all who need its services.

A couple of updates since our newsletter on the issues we have raised.

- The bus seat was re-instated at the stop next to the new library build.
- I have been asked to join a Safer CBD group and would be very grateful if anyone has issues with being in the centre city they contact the office and give the volunteer or leave on the

answerphone your name and contact and I will discuss the issues with you. Our next meeting is 5 November.

- I recently spoke at a forum prior to the Council meeting about Cargills Corner. There is a reluctance to putting a Barnes Dance on that intersection but it can be quite dangerous to pedestrians especially with turning cars. The Infrastructure Committee has agreed to consider what can be done so this is an ongoing situation at present.

ANOTHER REMINDER RE PAYMENT OF GREY POWER ELECTRICITY ACCOUNTS

During the course of the year we have continued to receive Grey Power Electricity payments into our bank account. We have to refund these to you as we are unable to forward them to Grey Power Electricity. Please check before you make payment that it is going to the correct bank account. Thank you.

As this is the last issue before Christmas may I express my sincere thanks to the committee and volunteers for the very underappreciated work they do and the time they give up helping the association.

Thank you all for your continued support and our very best wishes for a most enjoyable festive season. We look forward to continuing to work toward maintaining a comfortable standard of living during retirement in 2025.

Best wishes *Jo Millar*

President | Grey Power Otago Inc



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Many thanks



Dear Grey Power members

I apologise for the time it has taken to send you my first update of what the Federation Board has been working on since the June Federation AGM, but there has been a lot going on behind the scenes.

First of all, National Advisory Groups have now become Portfolio Holders with chairs that head those portfolios. The thought that board members were deemed NAG's did not sit well with me.

On top of the board's very long to do list was going back through remits from 2022 and 2023 and identifying whether these had been actioned. I am pleased to say that we have now actioned remits that we could, lobbied government ministers on remits presented, and in some cases have not been able to find enough evidence to corroborate the remit. All association and zone endorsed remit providers have been notified of the outcomes. We are still working on the 2024 remits.

I have had the opportunity to visit some of the associations and zones, at their request. So far, I have been to a Hokitika association meeting, a Zone 3 meeting and a Zone 7 meeting and will be attending a Zone 2 meeting in November. It is so amazing meeting delegates from all these areas who are working so hard in the name of Grey Power and it has been an absolute privilege.

One of the biggest concerns that was heard at board level was the lack of communication funnelling down to associations. The board are working diligently to ensure that associations are now kept up to date by us having monthly zoom meetings between our face-to-face meetings to make sure board minutes are available to you monthly, encouraging associations to participate in surveys and taking on board your suggestions and concerns.

We have a planned lobby trip to Parliament later this month where we will be focusing on the issues below:

- Disparities in Home Community Care services
- Long waiting lists for geriatric surgeries
- Cognitive driving tests for seniors 80 years and over, with some being tested at 75+.
- Rates rebates and accommodation supplements needing to be raised
- Shingles Vaccine
- Integration of all-purpose sirens for Emergency Management

A report on our lobby visit will be in the next Grey Power magazine.

I have been advised by the board that the 50+ has been dropped for those that want to become members. Please be advised if people under 50 now want to join Grey Power they certainly can.

I would like to end by thanking all our Grey Power members for supporting the Federation to work on your behalf. You all make a difference to what we can achieve

Gayle Chambers

Grey Power Federation National President

REPORT ON ATTENDANCE AT GREY POWER NZ FEDERATION AGM

I had the privilege and pleasure to attend the 2024 Grey Power AGM held at the Brentwood hotel Wellington in June, as your Otago delegate.

The meeting was chaired by acting president David Marshal and was conducted in good humour.

Remits were passed after some discussion, and I voted as instructed by the Grey Power Otago Committee. Those remits passed will become the policy that the Grey Power NZ Federation Board will use for their advocacy work throughout next year.

Previous visits to Brentwood Hotel had not impressed me with the menu choices and I was pleasantly surprised by the improvement. I was given the responsibility at the formal dinner of being placed in charge of the red wine - not a good choice.

Delegates I spoke with after the meeting agreed it was a productive AGM and was conducted in good spirit especially as the Vice President had had to take over as Acting President at short notice. We look forward to our new President Mrs Gayle Chambers leading us forward into the future.

Don Millar

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BRAIN TEASERS

This is not a test of your mathematical ability. It is one of those quizzes that the answers are so obvious once you know them. Each question below contains the initials of words that will make them correct. EXAMPLE- 16=O in a P. Find the missing words 16 = ounces in a pound.

- | | |
|----------------------------|-------------------------|
| 1. 26 = L of the A | 2. 7 = W of the A W |
| 3. 1001 = AN | 4. 12 = S of the Z |
| 5. 54 = C and D (with 2 J) | 6. 9 = P in the SS |
| 7. 88 = PK | 8. 13 in a BD |
| 9. 32 DF at which WF | 10. 18 = H on a Gc |
| 11. 90 = D in a RA | 12. 200 = D for PG in M |
| 13. 4&20 = BB in a P | 14. 100 = C in a D |
| 15. 1 = Won a U | 16. 24 = H in a D |
| 17. 11 = P in CT | 18. 29 = D in F in a LY |
| 19. 64 = S on a CB | 20. D and N of the GF |

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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ANSWERS – to brain teasers:

1. Letters of the Alphabet
2. Wonders of the Ancient World
3. Arabian Nights
4. Signs of the Zodiac
5. Cards in the deck with 2 Jokers
6. Planets in the Solar System
7. Piano keys
8. In a Baker's dozen
9. Degrees Fahrenheit at which water freezes
10. Holes in a golf course
11. Degrees in a Right Angle
12. Dollars for passing GO in Monopoly
13. Black Birds in a pie
14. Cents in a dollar
15. Wheels on a Unicycle
16. Hours in a day
17. Players in a cricket team
18. Days in February in a Leap Year
19. Squares on a Chess board
20. Days and Nights in the Great Flood

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ARE PLASTICS A THREAT TO HUMAN HEALTH AND SURVIVAL?



The world is facing an unprecedented crisis, one that is as insidious as it is pervasive. Plastic pollution! Ironically plastic was once hailed as a revolutionary material that would save scarce natural resources, wood, stone and protect vulnerable animals destroyed for ivory, tusk, tortoise shell and hides.

In reality plastic has become a ticking time bomb for human health and this planet's very survival. The statistics are staggering, the consequences dire and time for action is now. Global production of plastic has increased from 2 million metric tonnes in 1950 to 380 million tonnes in 2015.

More concerning though is the enemy we can't see. Micro-plastics, those tiny fragments of plastic less than 5mm in size, are invading our air, water, and food supplies. They're finding their way into our bodies, potentially causing irreparable harm to our health and wellbeing. The WORLD HEALTH ORGANISATION (WHO) has sounded the alarm, warning of the long term effect of micro-plastic consumption.

In New Zealand, our environment is not immune to the plastic plague. Our beaches, oceans and waterways are becoming choked with plastic waste, harming our marine life and contaminating our food chain. The once pristine lakes and rivers are now hotspots for plastic pollution.

The health implications are far reaching and devastating. Plastic ingestion has been linked to –

- Inflammation and oxidative stress - commonly called free radical damage, which can exacerbate many conditions
- Cancer and reproductive conditions
- Neurological damage and cognitive impairment
- Weakened immune system and increased susceptibility to disease

At present the evidence is suggestive, not conclusive. However there is enough scientific

evidence to cause concern. Furthermore health worries not only stem from micro-plastics but also the toxic chemicals contained in plastic which can leach out and have been found to alter hormone activity.

The threat is not limited to human health alone.

Plastic pollution is also contributing to climate change, as the production and disposal of plastic rely heavily on fossil fuels, which generate massive amounts of greenhouse gas emissions.

Breaking the plastic cycle – what can be done?

- Governments and businesses must assume responsibility for reducing plastic production and waste.
- Individuals can make conscious choices to refuse, reduce, reuse, repurpose, and recycle.
- Education and awareness campaigns can empower communities to take action.
- Alternative biodegradable materials must be developed and implemented.

In New Zealand initiatives like the NZ Plastic Pollution Alliance and the Governments Waste Reduction Act 2008 are steps in the right direction. However, more urgent and collective action is needed to avert this crisis. Reducing personal plastic use is more than swapping a one use plastic bag for a fabric one. It is difficult to change our habits especially because we have taken plastics for granted for so long and to be honest they are in many cases convenient. However, we must continue to drive change. Changes such as buying a new product made from environmentally friendly materials. Swapping cling film for wax wraps. For your own health do not microwave foods in plastic, never use cling wrap with hot food, give damaged nonstick pans a miss. Your health may depend on these simple changes.

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Nobody wants our health system to be the ambulance at the bottom of the cliff. That's why the Dunedin City Council has rolled out Cliff, its campaign ambulance, to spread the word:

Save Our Southern Hospital



Mayor of Dunedin Jules Radich says, "Cliff will be hitting the road to spread the campaign message in Dunedin and across the South. We may even pop up to Wellington to deliver our message in person – so watch this space."

The Government must keep its promise to the people of the South and not cut facilities from the new southern region tertiary hospital in Dunedin, writes Dunedin Mayor Jules Radich.

When Health Minister Dr Shane Reti and Infrastructure Minister Chris Bishop travelled to Dunedin recently, they dropped a bombshell – news that the southern region tertiary hospital might not be delivered as promised.

The ministers attempted to justify yet another rescoping process by claiming the project's costs were heading towards \$3 billion.

However, these claims are contradicted by the ministers' own Independent Expert Readiness Review by Robert Rust, an extensive document that states the approved building budget is \$1.88b.

Other costs such as \$225 million for IT, \$45m for pathology and millions for parking are extraneous to the build cost and it is disingenuous to try to add them in at this stage. Likewise, a figure of \$325m for reuse or decommissioning of the old ward block forms no part of any build budget. Add about \$350m for high contract pricing and there's your extra billion.

However, the extra \$350m over-price is being squeezed downwards by infrastructure experts, and the other figures don't belong with the build so we're really still talking about a \$2 billion build and Prime Minister Luxon used that figure while visiting Dunedin recently. It's certainly an easier number to work with. They just need to get on with it.

This hospital project has been long in the planning – it was mooted 14 years ago in 2007 and finally announced in 2017 by then Prime Minister Bill English. He said a complete rebuild was the economically efficient way to go and it was "a step that needs to be taken to provide the next generation of health services across the South". The price was \$1.2b to \$1.4b. The cost has risen to \$2b in line with inflation, but not \$3b as claimed.

However, it has certainly risen with delays – and delays cost money.

The scope of facilities and services for this new southern region tertiary hospital have been decided and agreed upon by clinicians, health professionals and relevant experts. Expectations and budgets have been tested, tightened, trimmed, value managed and peer reviewed. The hospital is the size it needs to be. To build anything less will put the health and lives of 350,000 people in Otago, Southland and Waitaki at risk.

This hospital will also provide training for our nation's healthcare clinicians who need a cohesive, efficient facility. A high-quality, fully provisioned resource is required to attract and retain the right people.

Prime Minister Luxon stated on the campaign trail: "We're going to build this hospital back to the specification that was originally intended, in terms of giving us the capacity we need, and that we will need for the future with the generations to come".

The voting public of Otago and Southland certainly want him to and 35,000 turned out on the streets of Dunedin in late-September to say so.

Dr Shane Reti stated when in opposition: "I'm proud to be... in Dunedin this morning, where we announced that the next National government will build the hospital Dunedin needs, with all the beds, operating theatres and radiology services that Labour removed."

The region's message is simple:
IT'S TIME TO KEEP YOUR PROMISES.

Last year, one media headline read: "Trust us": "Luxon says Dunedin's new hospital will be future-proofed if National wins the election."

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continued on page 12

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10% discount on tyres and repairs.

Port Chalmers Motors Ltd: 53 George St Port Chalmers - Phone 472-8766. 10% off parts and labour for service. 20% off Supercat tyres. 10% off car batteries. Supergold discount of 15cents per litre for Supergold card holders on fuel.

Southern Motor Group: 300 Andersons Bay Rd South Dunedin. Phone 455-5500
10% over the whole range.

MOTELS

Alcala Motel: 704 George St Dunedin
Phone 4779073
Loyalty scheme 10 stays \$50 Briscoe Voucher
Ministry of Health accredited accommodation

OPTICAL

Dunedin Optical Lab Ltd: 37 St Andrews Street Dunedin. Phone 03 2621052. 10% discount

PHARMACIES

Baylis The Chemist: 267 King Edward St South Dunedin - Phone 455-1128. 10% over whole range. No discount on prescriptions or specials

SECURITY

Begg Security Group: 240 Hanover Street Dunedin. Phone 477-7711
Deadlock installations, locks repaired, keys cut, locks supplies. Opening houses, cars and safes. Key club prices will apply on presentation of Grey Power membership card.

Dunedin Security Centre: 10 Castle St Dunedin. Phone 477-2900
10% discount on retail products, excluding safes.

VARIOUS

Bernina Sewing Centre: 271 Hillside Rd South Dunedin - Phone 456-2664
Special - Basic service - clean, oil, needle, sew test and adjust tension \$39-95.

Dunedin Podiatry: 265 King Edward St South Dunedin - Phone 455-0290
5% off whole range.

H.A.Foote Haulage Ltd: 22 Bridgman Street South Dunedin. Phone 455-1111
5% discount on cash sales only – landscape, firewood, coal, drainage, haulage, earthworks, storage.

I Clean and Repair Spouting: 23 Strathearn Ave Wakari Dunedin. Phone 027 3332946
15% over the whole range.

King Edwards Estate: 330 King Edward Street Dunedin - Phone 455-7090.
Free delivery for purchases over \$100 within Dunedin city excluding Mosgiel, Brighton, Waitati etc.

The Toolshed Dunedin: 17 Hillside Rd South Dunedin - Phone 455-1744
10% off hand tools and power tool accessories not already on promotion.

MOSGIEL

Campbell & Sons, Funeral Services: 95 Gordon Road, P.O.Box 183 Mosgiel. Phone 489-7756
A discount of \$250.00 is offered if the entire account is paid by the due date. Proof of membership is required.

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

ESTATE SERVICES MADE EASY

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

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

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

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



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

Editorial supplied by Estate of Grace



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

Personalised services include:

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



Phone: 027 465 3222 (Andrew Whiley) | Email: dunedin@estateofgrace.nz

www.estateofgrace.nz

FALLS

Falls are a common occurrence which can have serious consequences, for older adults. According to ACC more than one in three people aged sixty-five plus fall each year. The risk of falling increases with age to one in two over the age of eighty. Falls in this age group are more likely to result in fractures



A simple accident for example tripping on a mat or slipping on a wet floor can change someone's life. Broken bones can be the start of more serious health problems, which can lead to long term disability.

Many older people fear falling, even if they haven't fallen before. Such fear may lead them to avoid activities such as walking, shopping or taking part in social activities. Staying active is important to maintain a healthy body and actually helps lower the risk of falling.

To lower the risk it is important to know the causes of falls and develop strategies to avoid falling.

Possible causes of falls are:

- As we age our skeleton, muscles and senses weaken
- Reflexes might not be as sharp
- Weaker legs/poor balance
- Eyesight /hearing problems
- Nutritional deficiencies
- Environmental hazards in the home or outside
- Medications –side effects
- Certain conditions , diabetes , heart, thyroid, and neurological, incontinence or blood pressure
- Foot problems and unsafe foot wear

There are many personal and environmental, practical steps you can take to reduce your risk of falling. First your mindset, falling isn't a natural part of ageing. Take care of your overall health. To prevent falls it is essential to discuss with your G.P. or practice nurse, your potential risk factors and how and what you may need to do to prevent falls. Ask your health centre or pharmacist if any of your

medications have side effects that could possibly be risk factors. Would changing the time of day they are taken help especially if you enjoy a tippie or would like to take supplements. Stay physically active, regular exercise improves muscles, strength, flexibility, and can help reduce bone loss.

Fortunately, there are programmes and resources available to help older adults stay on their feet for longer, and maintain their independence. For example there is a programme, "LIVE STRONGER FOR LONGER," A collaborative initiative designed and supported by ACC, Ministry of Health and Health Quality and Safety organisations. Age concern run, STEADY AS YOU GO exercise classes. Green Prescription can give you the chance to try different activities and meet new people.

Risks assess your environment; go through each room checking for hazards. Have a friend or family member help, as a fresh pair of eyes can identify things you might overlook. Simple at home changes you can make to reduce environmental risks are, reduce clutter at floor level, keep electric cords close to skirting boards, and away from walking areas. Wear well-fitting shoes and slippers. To reduce the risk of tripping when walking put your heel down first and lift your toes. Ensure rugs have skid proof backing, and are not frayed or remove them. Have grab rails installed, in the bathroom, toilet, and at least one of your outside doors especially if you have steps. Be sure when carrying large items that the load is below eye level. Make sure your lighting is bright enough. It's a good idea to have sensor lights installed both inside and out. Don't stand on chairs or tables to reach high items; if you have a step stool or ladder make sure it has a handrail or that you have someone with you, better still ask for help. ACC have an at home safety check list (ACC5218). You can request the list by ringing 0800-101-996 or online <https://www.acc.co.nz> or from Te Whatu Ora Wananga 0800-855-066 customerservice@health.govt.nz.

If you have experienced a fall or falls and are reluctant to get out and about, or want to be proactive about reducing your risks get in touch with WELL SOUTH falls and fracture prevention service team who have excellent resources and can put you in touch with groups designed to help you. Well South can be contacted; DUNEDIN 0800-477-115, INVERCARGILL 0800-800-249, or online fallsandfractureprevention@wellsouth.org.nz

SUBSCRIPTION RENEWAL

Grey Power Otago Association subscription of \$30 single and \$45 double are now due.

Please accept this as a reminder that if you have Grey Power Electricity you must keep your annual subscription to the Association current. It is a condition that you must be a member of a Grey Power Association to have Grey Power Electricity and this incurs an annual subscription fee.

THIS YEAR'S CARD HAS A GREEN STICKER SO IF YOU HOLD A MEMBERSHIP CARD WITH A BLUE STICKER YOU ARE NO LONGER A FINANCIAL MEMBER.

MEMBERSHIP APPLICATION OR RENEWAL FORM

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

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

Contact: greypowerotago@gmail.com

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



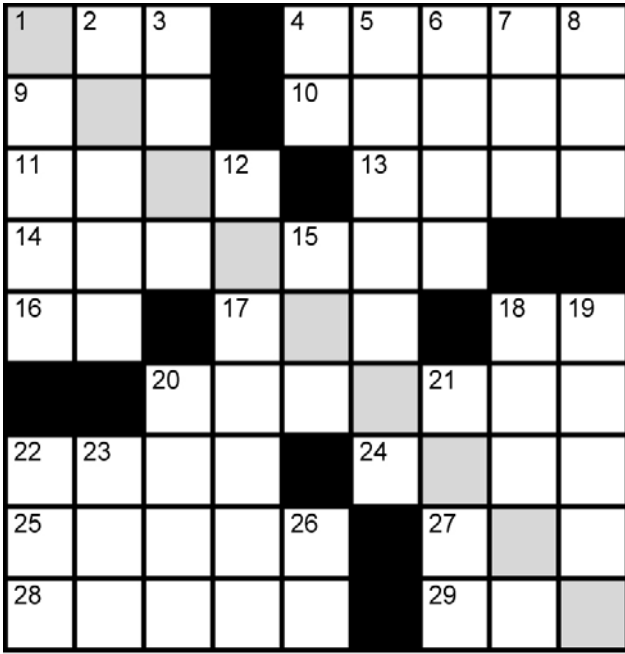
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The Active Organisation For Those 50 Plus

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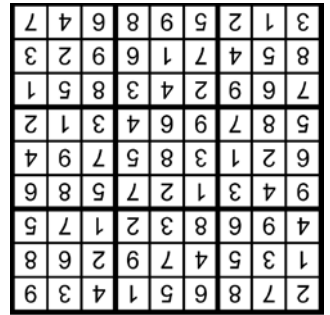
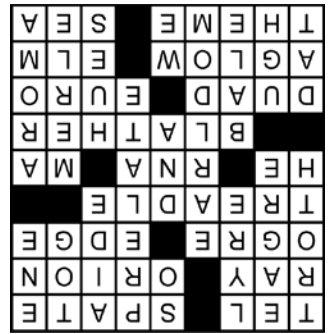
Big and Creepy



- Across**
- 1. ___ Aviv
 - 4. Sudden outpouring
 - 9. Sunbeam
 - 10. Betelgeuse's constellation
 - 11. Shrek, e.g.
 - 13. Halftime lead, e.g.
 - 14. Sewing machine part
 - 16. Element #2's symbol
 - 17. Genetic stuff
 - 18. Bell or Barker
 - 20. Nonsense
 - 22. Pair

- 24. Continental currency
- 25. Radiant
- 27. "A Nightmare on ___ Street"
- 28. Motif
- 29. Ocean

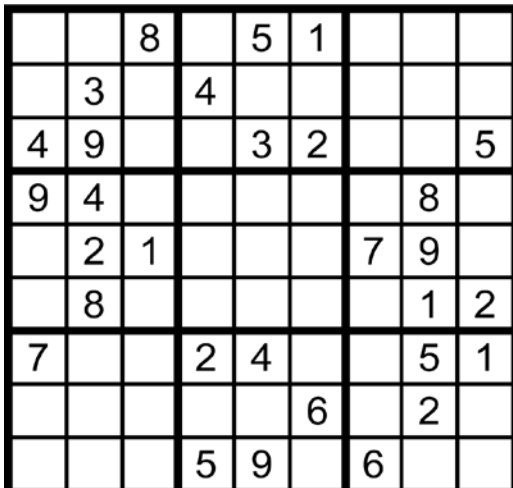
- Down**
- 1. Promise
 - 2. Tidal flood
 - 3. Orpheus' instrument
 - 4. Therefore
 - 5. Bishop, e.g.
 - 6. Campaign worker
 - 7. Deck (out)
 - 8. Compass heading
 - 12. Nobleman's domain
 - 15. Some trial evidence
 - 18. Actress Oberon
 - 19. Fragrance
 - 20. Cotton unit
 - 21. Colors
 - 22. "Who ___?" (slangy query)
 - 23. "That's terrible!"
 - 26. First word of the Constitution



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

- | | | |
|----------------|------------|---------|
| BAMS | DISCARD | PUNG |
| BETTING | DOTS | QUINTS |
| CALL | DRAGONS | RACK |
| CARD | FLOWERS | RUNS |
| CHARLESTON | GOING DEAD | SINGLES |
| CHOW | HAND | SOAP |
| CONCEALED HAND | JOKERS | SUITS |
| CRAKS | KONG | TILES |
| DEAL | MELD | WALL |
| DICE | PAIRS | WINDS |
| | | YEAR |

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.*

Mah Jong