

Issue 35
Autumn 2016

ELDER

berries

50+ connection magazine
News and views for active seniors
in the Horowhenua District



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Welcome to Elderberries, Horowhenua District Council's magazine tailored for people aged 50 and over.

Elderberries is published on a seasonal timetable; with a new issue each Winter, Spring, Summer and Autumn. Copies are free and available to collect from stands located throughout the District. These can be found at:

- Levin Mall
- Te Takere Horowhenua Culture and Community Centre
- Levin New World
- Horowhenua District Council main office in Levin
- Focal Point and Whispers cafes in Levin
- Work and Income's Senior Services in Levin and Foxton
- Waitarere Beach Four Square
- Foxton Library
- deMolen Foxton
- Foxton New World
- Foxton Beach Community Centre
- Foxton Beach Four Square
- Shannon Library
- Horsemans Cafe, Shannon
- Tokomaru Store

If you are a community group, rest home or business that requires bulk copies for your members, residents, or customers, let us know and we can provide these for you to collect from Horowhenua District Council's main office in Levin.

And, if you know of someone, a group, event or activity that would make for a good story in Elderberries, please let us know.

➔ **Elderberries is also available to view and download online at www.horowhenua.govt.nz/News/Elderberries**

@ **If you would like a PDF copy emailed to you, please email comms@horowhenua.govt.nz or phone 06 366 0999.**



Have your rates invoice emailed and be in to win a smartphone

One ratepayer signed up to receive their rates invoices via email will win a smartphone in a Horowhenua District Council promotion to encourage people to use the online service.

All ratepayers registered to receive their rates invoices by email by Friday 29 April will go into a draw to win a Samsung Galaxy S6 phone, donated by Spark.

Council's Chief Executive David Clapperton says emailing rates invoices has benefits for ratepayers as well as Council.

"The more rates invoices that are emailed, the more ratepayers' money we will save - reducing the amount of printing costs, paper and envelopes used, as well as money spent on postage. If all ratepayers received their rates invoices by email, we would save at least \$40,000 per year."

Mr Clapperton says that registering is simple and takes only a couple of minutes. Visit Council's website www.horowhenua.govt.nz and look under the 'Do it online' tab for the 'Rates Invoice by e-mail' link.

"In fact, the whole rates payment process can be completed online. You can receive your invoice by email and pay online using your credit card or debit card. You can also pay via an internet banking direct credit. Or, arrange a direct debit and we'll do all the work for you. It is quick and simple and saves time."

➔ **For more info, visit the Rating Information page on Council's website www.horowhenua.govt.nz.**



Neill McKenzie speaking after winning the NZ Blind Foundation's Volunteer Recognition Award.

Neill is an NZ Blind Foundation star!

Levin man Neill McKenzie does not think he deserves any recognition for his voluntary work, but the New Zealand Blind Foundation believes otherwise.

The national organisation has awarded Neill the Volunteer Recognition Award at the Blind Foundation's 2016 STAR Awards.

Held in February at the Parnell Blind Foundation Recreation Centre in Auckland, the 2016 STAR Awards celebrated Blind Foundation 'star' staff and volunteers.

Chief Executive Officer Sandra Budd says each of the finalists epitomise what being a STAR means; "contributing in an extraordinary way to the success and culture of the Blind Foundation".

"Neill has provided exemplary support to countless people in the blind community since

the early 1980s. The support Neil has provided has made a huge difference to the lives of many people over the years. He always goes above and beyond to provide outstanding service to our clients. The Blind Foundation is proud to present him the Volunteer Recognition Award."

Neill has been a volunteer for the Blind Foundation's Horowhenua support group for nearly 20 years.

"A friend asked if I'd like to get involved, so I went along and just carried on, year after year."

He meets each month with the others in the support group, which generally numbers no more than six people. Among other tasks they plan and organise social gatherings for the visually-impaired people on their contact list.

Neill was one of three nominees nationwide for

the Volunteer Recognition Award. The Blind Foundation flew him up for the awards ceremony, which he attended with his daughter who lives in Auckland.

In addition to his voluntary service for the Blind Foundation, Neill has also been a Meals on Wheels driver for the past 10 years. He is just as humble about this voluntary service. He is also an active member of the Levin and Districts Senior Citizens Association and the Horowhenua Arts Society.

"We should all make ourselves available and do something to help somebody else. In doing so, I've made some good friends along the way."

@ **To nominate someone for the Good Sort feature, please email comms@horowhenua.govt.nz**



Palmerston North City Mayor Grant Smith tries out a mobility scooter after he officially opened the EASIE Living and Demonstration Centre.



Shona Bendixsen and Avis Holder.

EASIE Living and Demonstration Centre a 'one stop shop'

New Zealand's first EASIE Living and Demonstration Centre offers a one-stop-shop of living technology options for older people and people with disabilities.

For the first time customers, and those working in the health and disability sector, will have a range of EASIE (Equipment, Advice, Services, Information, Education) Living services under one roof - in the former RSA building at 585 Main Street, Palmerston North.

The centre is the latest innovation from Palmerston North-based Enable New Zealand and is the largest provider of support services across the health, rehabilitation and disability sector for the provision of equipment, housing and vehicle modifications.

Enable New Zealand's governance group chairperson Diane Anderson says the EASIE Living Centre reflects MidCentral DHB's strategic direction to improve the health and wellbeing of its communities through partnership, innovation and excellence.

"This is a gathering place for people with a disability and the elderly - it is their centre.

They have helped shape its development, and they will shape its future. Here they can gather to share and seek information, test products and supports to help them do what they want to do and have control of their lives," she said.

Enable New Zealand general manager Scott Ambridge says centre staff will work with people to assist them to find the best outcomes possible.

"The real strength of the centre is you can find everything under one roof from information and advice about community services through to specialist advice on equipment and housing modifications," he said.

"Our demonstration centre offers the opportunity for people to see, touch and try out different gadgets and equipment in a real-life environment to see how these supports might work at their home."

The EASIE Living and Demonstration Centre is open Monday to Friday from 8.30am to 5pm, and Saturdays 10am to 3pm, at 585 Main Street, Palmerston North.

Residents reunited

Life-time friends Avis Holder and Shona Bendixsen, once apart on other sides of the world for 32 years, are neighbours again.

They have gone from young mothers chatting over the fence as they hung washing on their clotheslines, to enjoying each other's company once more while living in opposite townhouses at Levin's Summerset by the Ranges.

Avis, 86, and Shona, 90, were originally neighbours in north-east Levin while raising families during 1960s and 1970s. They were parted in 1983 when Shona moved to Utah to reunite with an old flame, Kay, a former American marine. They had met in 1942 while Kay was based in New Zealand for a year during World War II.

"It was 1982 and my kids had all left home and my marriage had ended. As it turned out, my son was going to the USA, so he took me with him and we met up with Kay," Shona said.

They later married and lived in Salt Lake City for 32 years. Throughout that time Shona and

Avis remained firm friends and would always catch up during Shona and Kay's occasional trips back to New Zealand. While Avis had travelled the world, she never did make it to Salt Lake City.

When Kay passed away in 2014, Shona said she didn't want to live there without him, so she moved back to Levin.

"I knew Avis was at Summerset and decided it would be lovely to live near each other again, so here I am, and here we are."

"I knew Avis was at Summerset and decided it would be lovely to live near each other again, so here I am, and here we are."

Avis has been a Summerset resident for the past 10 years, while Shona has now lived there for one year.

They are both happy to live in a community where they have their own space, their families can visit and with plenty of activities on offer.

"There's something on every day if you want to join in, such as cards, croquet, bowls. Of course, occasionally, Shona and I will fit in an afternoon glass of wine together too," Avis said.



Gardening with Simon

I recently read that the “art of preserving” is a thing of the past for a lot of gardeners.

But I disagree with that statement. Preserving comes in many forms, from saving something in a brine to the simple task of freezing.

Maybe due to technology, the seven day working week and both parents often needing to work, preserving and even gardening has been put on the back burner.

The argument is ‘why grow your own beetroot, say; then go to the trouble and effort of bottling it, when you can buy four tins for \$5.00 at the supermarket?’. My response is that ‘my bottled beetroot has no additives or preservatives in it, and was grown with none of the harmful sprays that the tinned beetroot has’.

My freezer is full of vegetables, and tomato and chicken soup, and savoury tomato. The only supermarket-bought product in my freezer is packets of peas. The rest comes from my garden, and my pantry is full of the bottling and relishes.

I have made strawberry jam, plum jam, bottled beetroot, bottled peaches, green tomato pickle, tomato relish, minced garlic, basil pesto, tomato soup, and savoury tomato.

The savings from the above on my grocery bill is enormous. Added to that I sell, or barter with, any excess. So, it’s a win/win situation.

Prepare your gardens for Winter harvest

Now is the time to think about the Winter casseroles, stews and roasts. But you will need to plant accordingly.

Brassicas are always needed at that time of year. Cabbage and silverbeet mixed together is an all-time favourite, just as cauliflower gratin, carrots and parsnip mashed together is.

Give your gardens a good forking over, incorporating plenty of compost and animal manure, and allow to “rest” for a week or two before planting.

And, of course, one of my favourite plants to grow, garlic. Get the ground well prepared with compost, animal manure, and chicken poo. Garlic thrives in these types of conditions.

Well, that’s it for the Autumn edition of Elderberries. See you in Winter.

Remember, if you need any advice or a tip or three on gardening, or just want to comment on this article, or to say hi, feel free to contact me.

Simon Broad

 **62 Avenue Road, Foxton 4814**

 **06 363 8855**

 **sf.broad@xtra.co.nz**



“My freezer is full of vegetables, and tomato and chicken soup, and savoury tomato. The only supermarket-bought product in my freezer is packets of peas. The rest comes from my garden, and my pantry is full of the bottling and relishes.”

Supporting local women experiencing breast cancer

A diagnosis of breast cancer is never expected, but every day at least eight New Zealand women will hear the words ‘you have breast cancer’.

The impact of a diagnosis is traumatic, and all areas of a woman’s life - emotional, spiritual, professional, and family - are affected in the most profound way.

Breast cancer shows little discrimination when it comes to ethnic, cultural and social background but the overall risk of breast cancer during a woman’s lifetime increases with age.

Research commissioned by The New Zealand Breast Cancer Foundation (NZBCF) revealed that most older women believe their breast cancer risk is lower after the age of 70. However, Ministry of Health statistics (2014) show that the breast cancer risk for women in their 70s is slightly higher than that of women in their fifties and continues to increase with age. NZBCF has campaigned extensively to extend government funding of mammograms to include women in the older age brackets.

For those volunteer groups providing community breast cancer support, offering services that are appropriate for all age groups can be a challenge but Levin’s Horowhenua Pink Ladies Support Group do this exceptionally well.

The Pink Ladies offer a range of supportive services provided by women who have either experienced breast cancer themselves, have a personal connection with someone who has received a diagnosis, or simply wish to help. Their services are in line with those provided by Auckland-based charity Breast Cancer



Horowhenua Pink Ladies in back row: Carroll Cummings, Janet Duncan, Maria Weinbauer, Diane Brown and Cynthia Wells. Front row: Margaret Martin, Colleen Khull and Marjorie Chisholm.

Support (BCS) and so when the opportunity arose to help the Ladies with their work, BCS was quick to answer the call.

“We know that women value the opportunity to speak with others who have experienced breast cancer, whether that is in a support group, a social situation, or one to one,” BCS National Coordinator Jane Bissell said.

“The Pink Ladies provide a valuable community service which we are proud to support.”

The Pink Ladies offer attendance at monthly meetings featuring a speaker presenting on a topic relevant to breast cancer recovery, social outings, one to one visits, and beautiful gift baskets of products donated by local businesses and given to women they meet for the first time. The gift lets women know they are not alone and that there is support available if they need it.

The Pink Ladies can often be seen around Levin with their bright pink shirts, fundraising and heightening community awareness of breast cancer – and such awareness can only be beneficial for a disease that is estimated to affect over 3000 New Zealand women this year, and, sadly, will take the lives of over 600 (Ministry of Health 2014).

 **To contact The Pink Ladies, phone Margaret Martin on 021 254 3605.**

 **For more on BCS visit www.breastcancersupport.co.nz or**

 **phone 0800 273 222.**

Is it all too much?

Support and participate

If you are feeling down or hopeless, the best thing you can do is talk about it and surround yourself with a support system. Participate in things you enjoy, talk to your family, your friends, colleagues, a spiritual group or one of the many community groups out there that are ready to help you.

Communication is key

Suicide prevention is about taking a healthy approach to life. Part of building resilience against life's challenges is learning good life skills. This includes: setting goals, decision-making, learning how to communicate well with your social peers and your family, being physically healthy, and learning the best ways to manage conflicts you may face.

People face stress and challenges throughout their lives

This can stem from social situations, bullying, broken relationships, financial stress, redundancy, loss of partners, loneliness, isolation, pain and illness.

Suicide is the extreme result of when someone feels they cannot cope with life

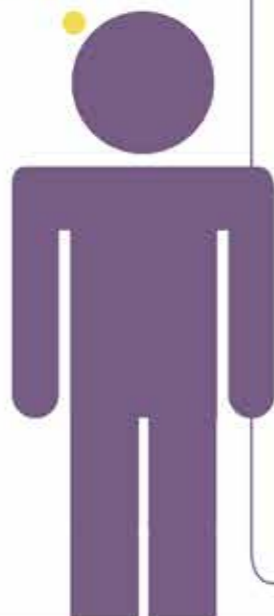
Suicide shouldn't be a taboo topic, especially if talking about it has the potential to save lives, and prevention is most successful when it takes place in the early stages.

If someone reaches out to you, listen to them

So often we get busy and caught up in our lives, we forget to take time out to spend time and talk with the people we care about.

Mauri tū Mauri ora

An active soul is a healthy soul



There are supportive people to talk to...

MidCentral DHB's Mental Health Line | 0800 653 357

Mana o te Tangata Trust
Palmerston North (06) 358 5444
admin@manaotetangata.org.nz

Levin (06) 367 3393 levin@manaotetangata.org.nz

Manawatu Supporting Families
Palmerston North (06) 355 8561
Levin (06) 368 6116
Dannevirke (06) 374 8797

christine@manawatusf.org.nz | www.manawatusf.org.nz

Lifeline | www.lifeline.org.nz | 0800 543 354

Depression Helpline | 0800 111 757 | www.depression.org.nz

Suicide Crisis Helpline | 0508 828 865

Maori Alcohol Helpline | 0800 787 798

ACROSS | (06) 356 7486

Healthline | 0800 611 116

Samaritans | 0800 726 666

Youthline | 0800 376 633 | free text 234
talk@youthline.org.nz

What's Up | 0800 942 8787 (0800 WHATSUP)
(for 5-18 year olds; 1pm to 11pm)

Kidsline | 0800 543 754 (0800 KIDSLINE)

OUTLine NZ | 0800 688 5463 (0800 OUTLINE)

The Low Down | free text 5626 | team@thelowdown.co.nz
www.thelowdown.co.nz (texts and emails will be responded to
between 12 noon and midnight)

www.sparx.org.nz | www.commonground.org.nz

www.mentalhealth.org.nz | Your GP team

WE PROVIDE.

Places for you
to have fun.

We are.
Horowhenua.

Horowhenua
DISTRICT COUNCIL

We are.
Local Government.

horowhenua.govt.nz



Enjoy the heated Foxton Pools

Anyone who has not been in the water at the indoor Foxton Pools should do so this winter - it is sure to be a pleasant surprise.

The water sits around a comfortable 30 degrees, ideal for leisure activities and the fitness classes on offer, as well as lane swimming in the 25 metre-long pool.

The Foxton Pools will remain open this winter season, while the Levin Aquatic Centre is closed for redevelopments until 3 September.

Physical activity is one of the most important requirements to maintain health and quality of life. The Foxton Pools offer tailored activities to help older people remain active, socialise and have fun. These include Aquacise, a

water-based exercise class, and Aquajogging, a low-impact exercise in a deep-water lane.

Many older people who participate say that being active helps lessen their aches and pains and gives them additional movement so they can get out and enjoy life more. Swimming is an ideal workout for everyone because it is low impact and presents a minimal risk of injury. It also offers a complete workout, incorporating the entire body and using all muscles groups.

➔ **For more info about the Foxton Pools, opening hours and activity details, visit www.aquatics.horowhenua.govt.nz or**

☎ **phone 06 368 0070.**

Colour me in

For this issue we have replaced the standard crossword with a colouring-in picture, for a bit of variety and to encourage you to release your artistic creativity. Unfortunately, we cannot supply you with the coloured pencils, so you may need to borrow some from grandchildren.

Please note that the answers to the crossword in the last issue can be found below. Have fun!



Berry tricky crossword answers Solutions for Elderberries issue 34

ACROSS 1. Ask for it 7. Trade 8. Veiling
9. Elevate 10. Cute 12. Tempest 14. Dignity
17. Span 18. Bailiff 21. Fortune 22. Lucky
23. Cellists

DOWN 1. Advice 2. Knitting 3. Omit 4.
Ingest 5. Maya 6. Defect 7. Thermal 11.
Trinity 13. Earplugs 14. Dabble 15. Yaffle
16. Unless 19. Inch 20. Oral 18. Revile 19.
Flew 20. Oast 21. Sole 22. Song

Take grandkids to build with Lego at Te Takere



The Cubic Structural Evolution Project 2004 is a hands-on installation by Danish-Icelandic artist Olafur Eliasson. Comprising 120,000 pieces of white Lego bricks scattered on a nine metre-long table, the work invites visitors to become Lego 'architects' through construction, modification, destruction and

re-construction - all processes inherent to the lifecycle of any metropolis. The project has been touring New Zealand galleries and Te Takere is excited to be able to bring it to Levin with the assistance of local sponsors Crowe Construction and Associates and The Building and Property Centre.

The interactive installation will be available every day during opening hours at Te Takere, Levin, until Sunday 1 May 2016.

Catch a ride on the Day Out in Town Bus

Do remember that the Day Out In Town Bus runs every Friday. For only a \$2 fare one way you can travel between Levin, Shannon, Foxton Beach, Foxton, Waitarere Beach, and back to Levin in the morning - and returning to your chosen bus stop in the afternoon.

9:30am Levin: Service begins at Bath St bus stop by Te Takere

9:45am Shannon: Ballance St bus stop

10:15am Foxton Beach: Community Centre, Seabury Ave

10:25am Foxton: Main St bus stop by De Molen Windmill

10:40am Waitarere Beach: Outside Four Square

11:00am Levin: Service arrives at Bath St bus stop by Te Takere

2:00pm Levin: Return service departs from Bath St bus stop by Te Takere

2:15pm Shannon: Ballance St bus stop

2:45pm Foxton Beach: Community Centre, Seabury Ave

2:55pm Foxton: Main St bus stop by De Molen Windmill

3:10pm Waitarere Beach: Outside Four Square

3:30pm Levin: Service ends at Bath St bus stop by Te Takere



A poem by Levin writer Margaret Jeune

Flight Paths

Monarch caterpillars crawl
across my deck

Looking for a place to hang their
chrysalis

Once hatched monarch
butterflies flit around

My small backyard

Attracted by my flowering plants

The butterflies pause
momentarily

Resting on flowers with open
wings

Absorbing the sunlight

Before flitting back over my
neighbour's fence

The butterflies dance together

Indistinguishable from one
another

As they flit in and out of view

Margaret Jeune



What's On

In and around Horowhenua

For further details and other events, visit www.horowhenua.govt.nz/events




Saturday 30 April
Katherine Mansfield for Grown-ups
10:00am - 5:00pm
at Te Takere, Levin.

Katherine Mansfield is such an iconic writer that it is easy to take her work for granted. She isn't the writer you might have read in school, and she isn't just a genteel impressionist who writes pleasant stories about children. In this six-week course, you will work your way carefully through Mansfield's most important stories. You will think about Mansfield as a New Zealand writer, critic of sexual relations, satirist and modernist innovator. Leading the course will be John Newton is a poet and cultural historian. He is the author of *The Double Rainbow*: James K Baxter, Ngati Hau and the Jerusalem Commune (VUP, 2009), and three books of poetry, most recently *Family Songbook* (VUP, 2013). He has a PhD from the University of Melbourne, and for many years lectured in

the English Department at the University of Canterbury. He is currently working at the Stout Research Centre, completing a history of New Zealand literature. Tickets cost \$90 (or \$81 for earlybird tickets) and to purchase phone 04 463 6556. Additional fees may apply.


For more info visit
www.victoria.ac.nz/cceshortcourses



Tuesday 3 May
HLC Pink Ribbon High Tea
11:00am and 1:00pm at HLC, 152 Bath Street, Levin.

You will be served a selection of delicious sandwiches, scrolls and sweet treats, accompanied by tea and coffee. Additional treats will also be available for purchase. Two seating times available: 11am and 1pm. Support the HLC students fundraise for the Pink Ribbon Appeal.

Entry is \$18.50 per person and to book phone 0800 368 1095 ext *713.



Thursday 5 May
Quiz Night
7:00pm at Simply Balmy Cafe and Wine Bar, 52 Signal St, Foxton Beach

A quiz night to be held as a fun fundraiser for the Te Awahou Nieuwe Stroom project. Limited to 10 teams of up to four people in each. Entry costs \$50 per team.

To book, please phone Hannah on 0274 529 831 or 06 363 8822.



Saturday 7 May and Saturday 4 June
**Levin Monthly Market**
8:00am - 11.30am at the Levin Uniting Church hall, 87 Oxford Street, next to the Adventure Park.

Held on the first Saturday of each month, this is Levin's original monthly market and includes a selection of crafts, jams, books, paintings, clothing and more. Stalls cost only \$10 and tables are provided.

For more info contact Rosemary on 06 368 6977.

