



ELDER

Issue 39
May 2017

berries

News, views and info for older people in Horowhenua District



Celebrate Stories

of New Zealand in the Horowhenua

Festival of Stories

page 4-5

Welcome to *Elderberries*, Horowhenua District Council's magazine tailored for older people.


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 Takeretanga o Kura-hau-pō (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.***

Let us know what you want to see in *Elderberries*?

Hello readers! We want *Elderberries* to provide an enjoyable, interesting and educational read. To ensure we keep doing this, we thought it was about time we asked what you thought. So, we'd really appreciate if you'd take a few minutes to complete this small questionnaire and return to:

 ***Elderberries, Horowhenua District Council (deliver to 126 Oxford Street, Levin, or post to Private Bag 4002, Levin 5540).***

 ***Or, feel free to email us the info or your feedback to: comms@horowhenua.govt.nz***

Thank you!

What do you enjoy most (tick any that apply):

- Club and organisation profiles
- Good Sort
- Health information
- Gardening with Simon
- Poems by Margaret Jeune
- Crossword
- Colouring-in activity
- Event listings

What would you like to see included?

- More event coverage
- More reader contributions
- Profiles of issues that affect older people
- Advertising
- Fun facts or hints/tips
- Recipe/s of the season
- Other puzzles, such as Sudoku.
- Community organisation directory
- Other? Please indicate:

Feel free to send us any other feedback, ideas or suggestions.

Provide feedback and go in the draw to win a Movie and Meal voucher for two from Focal Point.

Rosemary McKay QSM is a really Good Sort

Rosemary McKay's 34 years of voluntary community service is described as tireless and reliable; always willing to help, giving lots of her time, yet never asking for anything in return.

Her service has been to Girls Brigade; to athletics at local, regional and national level; as well as to the Levin Uniting Church (and previously St John's Methodist) activities.

Rosemary joined the 3rd Levin Girls Brigade Company in 1983 and served as a junior leader until the company closed in 2002. She then joined the 2nd Levin Company and later became a regional committee member and also the training coordinator for a time.

Rosemary carried on her service long-after her four daughters had left the Brigade. She currently serves as an Officer, working mainly with the older girls, and providing advice, encouragement and general support. "I enjoy seeing the girls grow and develop; achieving things they previously didn't think they could do. It's the same in athletics," she said.

For athletics, her involvement has also surpassed three decades, as an athlete, coach, administrator, manager and official. This includes being the Levin Athletics Club president since the mid-1980s. "I only intended to be president for one year, and that was 30-odd years ago. But athletics is a great sport – in fact, it's the basis for all other sports," she said.

Even after her daughters, and later grandchildren, moved on from athletics, Rosemary stayed with the club, serving as a coach, organiser, official, selector, and mentor for other parent organisers. She also supports local primary schools to develop athletic programmes and run their school athletic events

Rosemary grasped the spirit of Levin's early years of athletics, and in her own special style she fostered the sport's development in the District and the Region over the decades.



She has also been Manawatu-Whanganui Children's Athletics chairperson for two decades, as well as the regional delegate to NZ Children's Athletics Association. She is an interprovincial teams selector and manager, and was the organising committee chairperson for the 2009 Colgate Games in Whanganui and the 2016 Colgate Games in Palmerston North. In recognition, Rosemary was made a life member of Athletics Manawatu Wanganui in 2006.

For the Levin Uniting Church (and previously St John's Methodist), Rosemary is a valued member. She has coordinated and been a driver for Meals on Wheels for 17 years when the church is rostered to provide the service fortnightly. She has organised and run the annual Church Fair and the Monthly Markets, including running the church stall, for 18 years. Rosemary also organises the monthly Women's Fellowship meeting.

Rosemary says that Girls Brigade, the athletics and church communities are each like families to her - in addition to her own which includes nine grandchildren and six great-grandchildren.

On Thursday 25 May, Rosemary will be presented with her NZ Royal Honour, the Queens Service Medal. "It's very humbling," she says, ever modestly.

Celebrating stories of NZ in Horowhenua

There is word on the street of an exciting week-long event to celebrate stories of New Zealand in Horowhenua at Te Takeretanga o Kura-hau-pō (Te Takere) in Levin.

Launching with a powhiri traditional Maori welcome at 9am on Monday 8 May, the Festival of Stories will run until Sunday 14 May, with more than 60 events and activities on offer.

Horowhenua District Council Community Learning Lead Joanne Dillon (JD) says there will be something of interest for everyone.

“It will bring us together to enjoy and create stories. You will be able to explore not only the stories you can find around you, in a range of media, but also give you the skills to help free your own stories,” JD said.

Speakers and storytellers:

Tamati Waaka - Te Reo storyteller
Monday 8 May, 1.30pm-2.30pm

Pasifika Storytelling
Tuesday 9 May, 10.00am-10.30am

Sign Language storytelling, rhymes and songs Deaf Aotearoa NZ
Tuesday 9 May, 11.00am-11.30am

Sign Language Bingo
Deaf Aotearoa NZ
Tuesday 9 May, 1.00pm-1.30pm

Sarah Laing - Author talk and Q&A
Tuesday 9 May, 2.00pm-3.00pm

Trevor Morley - pop-up books
Wednesday 10 May, 10.00am-10.30am
(Shannon Library)

Trevor Morley - pop-up books
Wednesday 10 May, 11.15am-11.45am
(Foxton Library)

Mona Williams: Caribbean Queen introduces Stories of New Zealand
Thursday 11 May, 1.30pm-2.30pm

Festival highlights include storytellers and speakers, singer-songwriters, workshops, displays and conversations. There will be screenings of documentaries and movies based on books at Te Takere at 10.30am and 3.30pm most days.

Children’s movies based on books will also play at Foxton and Shannon Libraries at 3.30pm weekdays.

A full programme of storytelling, TED Talks and other documentaries will also be offered on the big screen at Te Takere.

There will also be a Family Fun Evening on Thursday 11 May starting at 4pm. People are encouraged to bring a picnic meal, or purchase from the food trucks on site, to enjoy as they are entertained.

For more info, visit:

 www.tetakere.org.nz/festivalofstories

Trevor Morley - pop-up books
Thursday 11 May, 10.00am-10.30am

Ross Kinnaird illustrator
Friday 12 May, 10.30am-11.30am
Friday 12 May, 1.30pm-2.30pm

Fireside Stories
Friday 12 May, 6.30pm-8.00pm (Foxton Library)
Friday 12 May, 6.30pm-8.00pm (Shannon Library)

Taaniko Nordstrom : an exploration of cultural identity
Friday 12 May, 7.00pm-8.30pm

DK: Storytelling in Social Media
Sunday 14 May, 1.30pm-2.30pm

Mary Kippenberger storyteller
Sunday 14 May, 2.00pm-3.00pm

Karl du Fresne: author
Sunday 14 May, 3.00pm-4.00pm

Nancy Pearl: librarian and author of Book Lust - Skype interview
Sunday 14 May, 4.15pm-4.45pm

Family fun evening, with food trucks:

HYPE Narration in Action

Thursday 11 May, 4.00pm-5.00pm

Dingleberry the Librarian

Thursday 11 May, 5.45pm-6.30pm

Mona Williams: Caribbean Queen introduces Stories of New Zealand

Thursday 11 May, 6.30pm-7.30pm

Workshops:

Creative Writing workshop

Helen Lehndorf - writer

Tuesday 9 May, 6.30pm-8.30pm

Journaling workshop

Helen Lehndorf - writer

Thursday 11 May, 10.00am-12pm

Ko Wai Au / Who am I?

Friday 12 May, 3.30-5.00pm

Illustrating workshop

Ross Kinnaird – picture book illustrator

Saturday 13 May, 10.00am-12.00pm

Songwriting workshop

Charlotte Yates aka the Song Doctor

Saturday 13 May, 10.30am-12.30pm

Displays and conversations:

Family history stories

Tuesday 9 May, 2.00pm-3.00pm

Papers Past

Wednesday 10 May, 2.00pm-4.00pm

Crafting your stories

Wednesday 10 May, 3.00pm-4.00pm

Record your story in our Studio

10.00am-11.30am weekdays

Singer-Songwriters:

Kerehi Wi Warena

Monday 8 May, 12.00pm-1.00pm

Andrew London

Tuesday 9 May, 12.00pm-1.00pm

Glenn Colquhoun

Wednesday 10 May, 12.00pm-1.00pm

Steve McDonald

Thursday 11 May, 12.00pm-1.00pm

Radha Sahar

Friday 12 May, 12.00pm-1.00pm

Charlotte Yates

Saturday 13 May, 2.00pm-3.00pm



Rates Rebates payments to ratepayers pass \$1 million mark

Horowhenua
DISTRICT COUNCIL

Eligible for a rates rebate?

Council encourages you to **apply now**

Rebates of up to **\$610** may be available to eligible residents

Who is eligible?

Residential ratepayers/couples/joint homeowners with incomes (from all sources) up to \$24,470 in the tax year ending 31 March 2016 may qualify for a maximum rebate of \$610. Those earning over \$24,470 may still qualify for a lower rebate.

Over \$1 million in Rates Rebates has been paid to eligible Horowhenua District ratepayers in the current financial year so far.

Since the current Rates Rebates application period opened last July, there have been 1826 applications and \$1,007,580.76 has been paid out. For the whole of the previous year there were 2117 applications made and \$1,157,350.88 paid out.

Council's Finance Manager Jeff Paulin says "excellent effort Horowhenua; this is really encouraging".

"We urge those who have not yet applied for this rating year to do so, as we would really like to exceed last year's application numbers. There is nothing to lose and, who knows if you are eligible, you could get up to \$610 credited towards your rates," he said.

Residential ratepayers with a household income up to \$24,470 may be eligible for a rates rebate up to \$610. Those earning above the maximum threshold may still qualify for a rebate, depending on income, level of rates and number of dependants. The rebate is based on total income for the year ending 31 March 2016 and the amount of rates for both Horowhenua District Council and Horizons Regional Council.

Mr Paulin says the process is not complicated and Council staff can meet with ratepayers and help them complete their applications. **To make an appointment please email @ ratesrebates@horowhenua.govt.nz or call 06 366 0999**

The only information applicants need to provide is proof of income (before tax) for the tax year ended 31 March 2016, including any interest received, as well as proof of a partner's income or joint income if living together.

Application forms are available from Horowhenua District Council's main office in Levin and its service centres at the Foxton and Shannon community libraries, or online at:

 www.horowhenua.govt.nz/ratesrebates

'Anything goes' musically at the Savage Club

The Levin Savage Club lives up to the 160-year-old international movement's motto. That is 'to provide rational entertainment and good fellowship, to assist any worthwhile cause, whether charitable or private; and to develop and encourage latent talent in any form among its members, be it vocal musical, acting or any other of the liberal arts.'

The Savage Club movement began in 1857 in Drury Lane, London, as a guild comprising mainly out-of-work actors and artists. While several names for the new club were suggested, including Longfellow and Shakespeare, the group eventually settled on the name of an unknown, mediocre poet, Richard Savage.

In Levin, the club was established 52 years ago and currently has about 35 members; some active musically, while others attend for the social side.

Graham Robertson will have been a member for 11 years this May and says he enjoys the companionship and camaraderie, and of course the music and other performing arts.

"There are definitely health benefits too. Playing music, singing, performing all helps keep the brain going. Growing old is hard enough, and I know, being 85; but music and other mind-active activities help you keep your faculties," he said.

"Also, for those who play or sing, our club can offer an opportunity to perform for other people, rather than to just themselves at home."

Levin's Savage Club members meet every Tuesday at 9.30am in the club's Parker Avenue hall for music practice and "play-outs", which see

them entertain at venues such as rest homes and senior citizens clubs between Feilding and Paraparaumu.

"We extend an invitation to them and we're very happy to entertain, anywhere and anytime. All we ask for in exchange is a donation, which goes towards maintaining our hall."

The club also hosts its own concert on the second Saturday of every month from 2pm to 4pm, with afternoon tea provided, and all for just \$3 per person door-charge.

"The entertainment varies, with something different each month. We have guest artists too. In fact, one of the best recitals of The Warsaw Concerto that I've ever heard was played by a visiting musician in our hall. It was fantastic."

Graham says the club's biggest challenge is keeping up its membership, despite the minimal cost of \$25 per person per year, or \$40 per couple.

"So we're very keen to hear from anyone interested in joining. They can be of any age, play any instrument and any style of music, or sing or tell stories or poems. Otherwise, we also welcome those who simply want to be a part of a friendly, social club," he said.

@ **For more information, please contact:**
g.robertson@slingshot.co.nz or
06 368 0059.



let's talk about

health

MidCentral District Health Board

Being physically active everyday helps us greatly, especially as we age. Better sleep, increased muscle strength, and more flexibility, balance and coordination, are all benefits of staying on the move. All this reduces the risk of falls, and helps prevent and manage health conditions.

Let's Talk About Health is a regular column produced by MidCentral District Health Board. If you have any feedback or suggestions for future topics, please phone (06) 350 8945 or email communications@midcentraldhb.govt.nz

MOVE *to* improve



3

Simple actions...

1. Spend more time on your feet being active and less time sitting
2. 30 minutes of physical activity, 5 days a week, to assist your breathing and heart rate
3. Do a mix of flexibility and balance activities (three times a week) and resistance activity (twice a week).

Start slow and build up to these activity levels.

Every bit of activity helps. Housework, gardening, carrying the shopping, washing the car, and walking to the mailbox are all good for your health.

If you are not physically active, or have health conditions, it's wise to speak to your health professional before starting or increasing your physical activity.

RESISTANCE ACTIVITIES

- Carrying shopping
- Chair raises
- Cycling
- Golf
- Hill walking
- Knee lifts
- Swimming
- Water aerobics

FLEXIBILITY ACTIVITIES

- Bowls
- Gardening
- Golf
- Housework
- Petanque
- Pilates
- Stretching
- Yoga

BALANCE ACTIVITIES

- Bowls
- Chair raises
- Cycling
- Pilates
- Social dancing
- Standing on one leg
- Waka ama
- Yoga

Sport Manawatu's GRx programme prescribes physical exercise and educates you on healthy lifestyle changes to help you improve your health and wellbeing. For more information on how to get involved do not hesitate to contact the friendly GRx team on (06) 357 5349 or email grx@sportmanawatu.org.nz

Te Awahou Nieuwe Stroom to be a facility like no other

Te Awahou Nieuwe Stroom will be unlike any other facility in New Zealand.

The Foxton Library, local Foxton history stories and community space are the central hub running through the spine of the building. It will be surrounded by and supported by Ngati Raukawa ki te Tonga, the Piriharakeke Generation Inspiration Centre sharing taonga and stories and the Oranjehof Dutch Connection Centre, the national Dutch museum. The theme is the stories of migration of the many cultures that call Te Awahou/ Foxton home.





New Zealand's Dutch migrants are often referred to as the invisible immigrants. It is easy for people to find information about Maori and British settlers in New Zealand in museums throughout the country, so many less stories are told about the Dutch settlers who played a significant role in the history of New Zealand. This is a great opportunity to learn

about our Dutch settlers that are so little talked about, making this museum a one of a kind experience.

Te Awahou Nieuwe Stroom will also be home to a shared gallery for art and exhibitions, within the Foxton Community Hub there will be a fantastic children's area so it will be a great place to take children and grandchildren for a fun and educational visit. There is space for you to sit and enjoy the sun coming in from the west as you look out across the landscape to the river loop.

The building is currently under construction in Foxton's town centre, and is making progress fast, scheduled to open late this year. Te Awahou Nieuwe Stroom and the Foxton Main Street upgrade will transform Foxton into a regional tourism destination, and will help with Council's vision of "working together to take Horowhenua from good to great".

 **For more information on Te Awahou Nieuwe Stroom, visit www.tans.org.nz.**

 **There is also a Facebook page which can be found by searching "Te Awahou Nieuwe Stroom" in the Facebook search bar; as well as a monthly email newsletter which you can subscribe to by providing your email address via a message to the Te Awahou Nieuwe Stroom Facebook page.**



Winter Driving tips

With the change in season it is an even more important time to think about driving to the conditions. Below are some friendly reminders around what you can do to keep yourself, those in your car, and other road users safe.

Regular vehicle checks

Effective brakes, tyres, windscreen wipers, lights and steering are even more crucial in wet weather. Check your vehicle regularly to make sure they are all in good condition.

Reduce speed

On a wet road, driving too fast for the conditions is very dangerous. You can lose control very easily in the wet, especially if you have to brake suddenly, so slow down.

Watch your visibility

Visibility (how far you can see) can be seriously reduced by rain, snow or fog. This can increase the risk of a crash. To improve visibility, keep all windows and mirrors clean.

Brake carefully

Don't brake too hard when it is wet. You may go into a dangerous skid. Instead, pump the brakes gently.

Be aware of spray

Be aware of approaching vehicles (especially large trucks) as these can spray water on your windscreen as they pass. Even if it has stopped raining, if the road is still wet, you may need to turn on your windscreen wipers as the truck approaches.

Adjust your driving

Wet, frosty or icy roads can be very slippery. You need to increase your following distance because it takes longer to stop on a slippery surface.



Levin to Waikanae bus service

The twice-weekly bus service between Levin and Waikanae began in March.

Travelling between the two towns every Tuesday and Thursday, the service is a joint venture between Horizons Regional Council and Greater Wellington Regional Council, and will be operated by Uzabus. See timetable to right.

Catch the Day Out In Town Bus

Horowhenua's popular Day Out In Town Bus runs each Friday.

The fare is \$2 per passenger, providing affordable and reliable travel between the Horowhenua communities. The service does not operate on public holidays.

Levin – Waikanae TRIAL BUS SERVICE

Runs Tuesdays & Thursdays
Two year trial starting
7 March 2017

DEPARTS LEVIN

Tuesday/Thursday Morning	Time	Location
Depart Levin	9.30am	Te Takere, Bath Street, Levin
Depart Manakau	9.48am	Honi Taipua Street (opposite Manakau Bowling & Sports Club)
Depart Otaki	10.01am	Intercity Bus Shelter, Main Highway Otaki
Arrive Waikanae	10.15am	Train Station, Waikanae

DEPARTS WAIKANAЕ

Tuesday/Thursday Afternoon	Time	Location
Depart Waikanae	2.55pm	Train Station, Waikanae
Depart Otaki	3.21pm	Intercity Bus Shelter, Main Highway Otaki
Depart Manakau	3.34pm	Honi Taipua Street (opposite Manakau Bowling & Sports Club)
Arrive Levin	3.48pm	Te Takere, Bath Street, Levin

Fare Information

	One way cash fare
Adult (Levin/Manakau - Waikanae)	\$6.00
Adult (Otaki - Waikanae)	\$5.50
Under five	FREE
SuperGold Card holder	FREE

- Children under five years of age travel free of charge.
- SuperGold Card holders travel free 9am to 3pm. Travel outside these periods is to be charged at the relevant fare i.e. adult.
- No services to run on Public Holidays.

For more information visit www.horizons.govt.nz or freephone 0508 800 800



Day Out In Town Bus timetable (Fridays):

9:15am	Levin	Bath St bus stop by Te Takeretanga o Kura-hau-pō (Te Takere)
9:30am	Shannon	Ballance St bus stop
10:00am	Foxton Beach	Community Centre, Seabury Ave
10:10am	Foxton	Main St bus stop by De Molen Windmill
10:25am	Waitarere Beach	Outside Four Square
10:45am	Levin	Service arrives at Bath St bus stop by Te Takere
1:45pm	Levin	Return service departs from Bath St bus stop by Te Takere
2:00pm	Shannon	Ballance St bus stop
2:30pm	Foxton Beach	Community Centre, Seabury Ave
2:40pm	Foxton	Main St bus stop by De Molen Windmill
2:55pm	Waitarere Beach	Outside Four Square
3:15pm	Levin	Service ends at Bath St bus stop by Te Takere



What's On

in and around Horowhenua

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

Friday 5 May - Saturday 6 May Artsmash

During opening hours at Te Takeretanga o Kura-hau-pō (Te Takere) Horowhenua Culture and Community Centre, Levin. Artsmash is an art expo where you can see artists at work, stroll the stalls, displays and demonstrations of craft.

To register for a stall, pick up a registration form at Te Takere.

Saturday 6 May Levin Monthly Market

8:00am - 11.30am in the hall at Levin Uniting Church, next to the Adventure Park in Oxford Street. Levin's original monthly market, held on the first Saturday of each month (except January). A selection of crafts, jams, books, paintings, clothing and many more. Stalls \$10 each - you must pre-book your stall. Tables provided. Mostly inside stalls - so no worries about the weather. Outside stalls can also be arranged.

Contact Rosemary on 06 368 6977 for more information or to book your stall.

Monday 8 May - Friday 19 May Te Takere Annual Large Print and Audio Book Appeal

Choose a large print or audio book from the extensive range of new titles to sponsor.

Sunday 28 May Levin and Districts Brass Band concert

2:00pm – 4:00pm at Te Takere, Levin. The band will perform a selection of concert repertoire. Established in 1930 as the Levin Municipal Band, the band is still pumping on all cylinders, performing annually at the Big Dig and in National band grade contests. They are directed by the baton of conductor Colin Honey.

Gold coin donation.

Thursday 8 June Sue Nicholson – Answers from the Other Side

7:00pm – 9:30pm at Te Takere, Levin. Sensing Murder series star Sue Nicholson presents her live show, showcasing her gift of being able to create a communication link between the living and those who have passed over to the spirit world. Through this interaction, she is able to deliver messages to loved ones and help them reach a sense of peace, in her compassionate and uplifting style.

Tickets cost \$64.95, available via Eventfinda. For more info, phone 06 368 1953.

