



Issue 37
November 2016

ELDER

berries

News, views and info for older people in Horowhenua District



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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 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 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 and short stories
- 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:

Any other feedback?

Allen's a star!

There are few people more deserving of Good Sort recognition than Allen Little.

Horowhenua has benefited from Allen's voluntary service for 32 years. Many people would have experienced his genuinely friendly, caring nature.

Allen moved to Levin in early 1984 after graduating from Bible College in Auckland. Prior to that he was in Whanganui where he trained as a registered community nurse. In Levin he worked as a community nurse for the old Horowhenua Hospital, and later as a recreation officer at the Kimberley Centre for the intellectually-disabled.

"One of my passions has been helping people develop their capacity and live life to the full. My mantra has always been that people should feel valued and included. I get real satisfaction in playing second fiddle, but encouraging and helping others to fully participate in life, whilst making use of the services, resources and facilities available in the community."

Allen has never let his own disability stop him. He is legally-blind, with his low vision a result of him being albino. He is a founding trustee of New Zealand's Albinism Trust, which helps people with Albinism realise their full potential at all ages and stages of life. This work has him involved with the Blind Foundation also.

To benefit low vision people locally, Allen established the Radio Reading Service, a not-for-profit community organisation that delivers news, information and entertainment for print-disabled people. With studios in Levin, the service operates 24 hours a day, 7 days a week, broadcasting on 107.3FM to Levin and 1602AM to wider Horowhenua and Manawatu.

"The station is now in the hands of an excellent team of volunteers. I now enjoy being a listener."

However, Allen is still the driver behind another radio station, dedicated to Levin's Chinese community. Broadcasting at 88FM, its programming and content is all Allen's work.

Allen is also a key member of the Levin Uniting Church, for which he is the Parish Clerk and



also Lay Minister – both roles that are "quite full-on, but very satisfying".

He is also Vice President of a "great team" at the Levin and District Senior Citizens Association.

Allen's other passion is astronomy. He is a committee member of the Horowhenua Astronomical Society and also publishes its monthly magazine Te Ikaroa.

"Whilst I cannot see the imagery without amplifying it, I can study, research, understand and enjoy astronomy. We have a reconditioned observatory at Foxton Beach and are very proud of this facility, as we are in the club itself."

Allen also serves as an elected member on the Horowhenua Liquor Licensing Committee and has also been appointed to the new Horowhenua District Council Community Services Reference Group. And, on top of all this, Allen is also a Justice of the Peace.


So, where does he find the time to do all this?

"There are 24 hours a day and I sleep for only five to six of them, which leaves plenty of time. It's just a matter of being organised."

Allen is married with adult children and four grandchildren.

He says something most people do not know about is his collection of Disney character Goofy.

"I've been collecting them – or been given them – for years. Don't ask me how many I have, because I haven't counted, but it's quite the collection. You could say it's my goofy side."

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



If you are growing onions or shallots, you should really have them in by now as they have such a long growing season (six months or longer). When they break the soil and start to form, don't cover them at all. You will know when they are ready to harvest when they bend right over from the middle. Always dig out, never pull out, so that the stems

don't break off and damage the onion itself causing rot. You can then dry them out on a table, or hang in a dark breezy shed.

Likewise, if you have grown garlic it should be now fed on a regular basis (every 2-3 weeks) with a good quality, or homemade liquid 'tea'. Watering is vital for garlic at this stage if you want big bulbs. You will still have a while before the harvesting though, but keep up the feeding and watering. I make and sell my own 'garden tea'. One is a normal tea made out of comfrey and horse manure, then left to cure for 3-6 months. It smells to high heaven, but it does work. The other tea I make is my 'seaweed and fish bones tea'. It is very similar to the Seasol you can buy, but with no additives; just pure and simple. The smell is absolutely putrid. At the time of writing, I have not bottled it, but old clothes and gloves will be used.

For any enquiries or advice, contact me at any of the following:

Simon Broad

 **62 Avenue Road, Foxton 4814**

 **06 363 8855**

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

Gardening with Simon

Spring is my favourite time of the gardening calendar. The soil is warm, more sunshine, and the plants are booming. On the downside though is that the Equinox winds give everything a hiding. But personally I can handle that, apart from the blossoms getting blown off my peach tree. But it is a small price to pay.

If you are planting potatoes remember that they will need to be chitted first. I always put my new season seed potatoes in a cool dark place to let the shoots get to about half-an-inch high before planting. Dig a trench one spade depth, put in a layer of compost, a bit of blood and bone, then a layer of rotted down grass clippings, then a layer of soil on top, then carefully place your seed potatoes on top, about nine inches apart.

Some gardeners say that Labour Weekend is the time to plant out tomatoes. But with the seasons being all "Cock Eyed" this year, you can use your own judgment. I will be growing eight tomatoes in my new glasshouse, as well as some outside. The capsicums will also be grown in the glasshouse, along with my chillies in large black plastic containers. I had a bad season last year for my tomatoes, capsicums, and chillies, so this year fingers crossed.

All other salad veges can be grown outside, apart from the capsicums and chillies, in the designated salad garden bed, such as lettuces, celery and spring onions.

Quilting so much more than patchwork

Town and Country Quilters' growing membership reflects the growing interest in the craft throughout New Zealand.

Gearing up to celebrate its 30th anniversary next year, the club now has nearly 70 members but is still keen to welcome in new people.

Club president Lynne Burnham says the club's mission is to develop, promote and foster patchwork, quilting and textile art, through gatherings, practice, tutored workshops, exhibitions, and a resource library.

"Quilting has changed over time. Traditional quilters cut-up fabric and stitched the pieces into new patterns and shapes, making blocks that were then joined together to make quilts, hence the name 'patchworkers'," she said.

"Nowadays there is much more variety. As well as the traditionalists, who use fabric to stitch beautiful bed covers, quiltmakers use photographs, paint, thread painting, art work, building materials, new fusible materials and almost anything else to make two and three dimensional art quilts. Quilting is increasingly being seen worldwide as an art form.

"Many use traditional or commercial patterns, but there is a growing trend toward designing and making up quilts, which is very exciting. A quilt is defined as having three layers and may use new or recycled fabrics. There is also a trend to cut-up grandma's crocheted or embroidered doilies and tray cloths to stitch into new art quilts."

The club holds workshops throughout the year where invited experts and tutors teach new ideas and techniques to members.

Club members also make quilts for charity and donate them to Ronald McDonald House, to people in the community who are suffering or in need, and to hospitals for neo-natal



Madalyn Brewer



Club members Madalyn Brewer, Lynne Burnham and Sandra Collins at the recent Quilt Fest

babies. Heart cushions have recently been made for the Pink Ladies to give to breast cancer patients.

The club meets on the second Wednesday of every month at Life Changers Church, 87 Oxford Street, Levin. All welcome.

For more info, contact Lynne on

 **townandcountryquilters@gmail.com**

 **or phone 06 368 5970 or 0272 308 138.**

All go at Age on the Go

This year's Age on the Go attracted nearly 700 visitors from throughout Horowhenua and Kapiti. Exhibiting at the expo, held at the Horowhenua Events Centre in Levin, were 60 stall holders including community organisations, sports clubs, support and service agencies and businesses.

The annual expo provides information, education and entertainment, promoting positive ageing by showcasing activities and services that focus on good health, fun and support for older people in Horowhenua. Over and above this, it offers an enjoyable, social outing.

This was the sixth year the expo had been held, organised by Horowhenua District Council with funding support from MidCentral District Health Board, and coincided with International Day of Older Persons on 1 October.



Jan Philpott, left, chats with Disability Information and Equipment Centre volunteer Lorraine McGregor



Isobel Askew, 10, delivers a bowl under the guidance of Levin RSA Indoor Bowling Club president Dean Berry



Noeline Dalton, left, fills out a prize hamper entry form with Gemma Hill of Harvey Bowler Funeral Services



The Summerset by the Ranges choir entertains



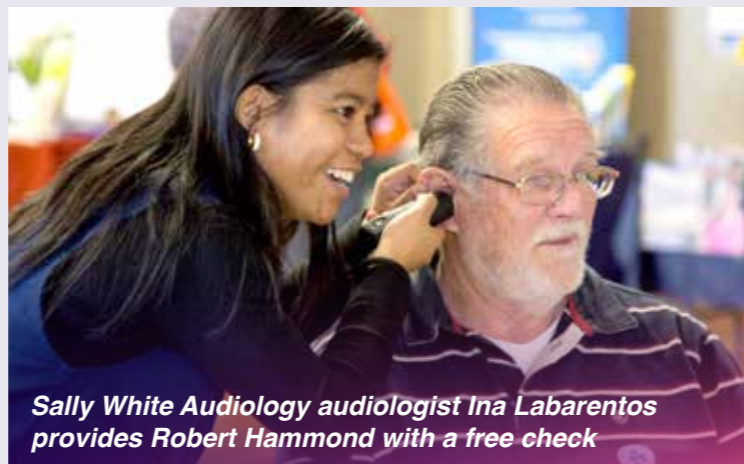
Lisa Horn of Southend Cycles with Trevor Watson trying out a mobility scooter



Ann Collings, left, chats with Arthritis NZ educator Marion Pawson



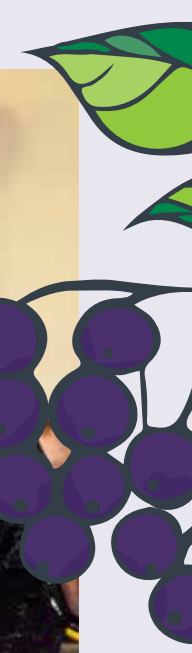
Grace Young and Helen Latham chatting with Gwyneth Harris (obscured)



Sally White Audiology audiologist Ina Labarentos provides Robert Hammond with a free check



Age on the Go Expo annual visitors Bruce and Rose Webby





Get aboard the Levin Adventure Park train

More people are needed to join the team of dedicated volunteers and ensure the “all aboard” calls continue at the Levin Adventure Park children’s train.

It would be fair to say that while volunteers donate their time for the benefit of the park, they do so mainly for the enjoyment of the children. Up to 300 people will ride the train on a typical summer weekend and its popularity provides enough satisfaction and reward for the time and efforts of the volunteers. This is not just for the train drivers, but also the volunteers who guide people onto and off the carriages, and those who like to help out with maintenance of the train and railway track.

The train runs between October and March on Saturdays and Sundays from 1:00pm to 3:00pm, as well as some weekday public holidays, some days during school holidays,

the occasional summer evening, and when private school groups arrange for the train to operate. Each time the train operates it requires two volunteers – one driver and one passenger supervisor.

Levin Adventure Park trustee Glynis Easton said it usually works out that each volunteer would be required about three times during the season, which works out to approximately once every six weeks.

“Our volunteers really enjoy seeing the pleasure the kids get from the train, so if anyone would like to join and help out, we’d really appreciate it.”

For more information, contact Glynis on

☎ **06 368 4455 or**

@ **ratanuifarm@xtra.co.nz**



A short story by Levin writer Janine Kelly

At the Funeral

I’ve noticed something strange about funerals. They seem to make people different. I’ve only been to one but I noticed it at my Gran’s funeral the other day.

Standing in the crowded church hall next to a table full of cakes and sandwiches I was watching everyone moving about making conversation. Mum and Dad were talking to my Aunt Helen and Uncle Dave. My cousin Roger was with them, holding his cap between his hands and looking a lot like our puppy Tiny did when we brought him home. Roger spent most of the time looking at the ground, only moving his head in an occasional sideways glance at his parents when they spoke to each other, which was very seldom. It wasn’t like him. He wasn’t that quiet last summer when we went beach-combing and he got out of his depth in the pool at Bryant’s Cove.

I was thinking about this when Uncle Dave’s voice broke in. He was speaking to me.

“Dreaming again! What’s it about this time, Shirl? Fairies at the bottom of the garden, eh?!” he chortled, causing a general turning of heads in our direction.

“For goodness sake”, Aunt Helen muttered, “don’t embarrass the child – or me”, she added. Uncle Dave stiffened and met her glare with one of his own. Roger shuffled his feet and looked at me, and it was like he was back in the pool reaching out for my hand, but silently this time.

Mum glanced at Aunt Helen and Uncle Dave. She looked as though her sandwich had disagreed with her.

“Shirley, why don’t you and Roger go outside in the sun for a bit?” she said.

I was glad to leave. Gran’s absence was noticeable and I felt my eyes starting to prickle. Roger got to the door then looked backwards at his parents. He seemed to be missing Gran very much too.

Janine Kelly



A poem by Levin writer Margaret Jeune

The Modern Traveller

Travel is not what it used to be
 Today it pays to check out terrorism threats
 Before booking one’s travel
 It’s also important to have travel insurance
 In case of unexpected happenings
 Prerequisites for today’s traveller
 are personal fitness
 To enable one to run away from terrorists
 And the ability to second guess their intentions
 There is also room for heroism
 With the ability to intervene and save lives
 The face of popular travel spots is changing
 With military coups in travel destinations
 such as Turkey
 And sudden shifts in government policy
 such as Brexit in the U.K.
 Resulting in the United Kingdom imploding
 And an exodus of professionals
 News reporters flit around the globe’s
 trouble spots
 Interviewing travellers as they get
 caught up in unfolding world events
 Perhaps the safest travel in today’s world
 is virtual travel
 From the safety of one’s own armchair
 With none of the hazards which face
 the modern traveller
 Watching travel programmes on TV
 or travel DVD’s
 Travelling forward and back in time with
 episodes of Doctor Who
 Or Immersing oneself in a book set
 in some exotic location

Margaret Jeune

Crossword or colour-in page

Release your artistic creativity with this colouring-in picture. We cannot supply you with the coloured pencils, so you may need to borrow some from grandchildren.



Horowhenua's tastiest event launched

The District's event calendar just became a bit tastier, with the launch of the inaugural Horowhenua Taste Trail.

To be held on Saturday 12 November, the free Taste Trail will showcase nine local specialist food producers and offer a farm tour.

The Taste Trail will include RJ's Licorice, Woodhaven Gardens, Tendertips Asparagus, Genoese Pesto, Turks Poultry, Ohau Wine, Woodys Free-Range Farm, Levin Eels, and Country Treats.

At each stop, visitors will be taken through an experience which showcases the produce and shows the journey that the

food takes, from paddock to plate, or factory to supermarket.

Event co-organiser Catherine Lewis says the Horowhenua Taste Trail aims to surprise, delight, and inform.

"Horowhenua offers some of the best produce in the country and we want to share it and show it off. Make sure you start the trail with an empty stomach!"

The event is free and family-friendly. More information and updates, visit www.tastetrail.co.nz or the Horowhenua Taste Trail page on Facebook.



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.

Day Out In Town Bus timetable:

9:15am	Levin	Service begins at Bath St bus stop by 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



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Thursdays 17 November and 15 December

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Thursday Night Street Feast

5:00pm – 9:00pm in the Levin Mall carpark in front of Te Takere.

A variety of gourmet dishes available from a selection of high-end food trucks. This monthly pop-up global food village demonstrates the power of food to bring a community together. All welcome.

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Sunday 20 November

Foxton Beach Fun Run and Walk

From 8:30am at Foxton Beach in front of Surf Life Saving Club.

Choose between a 20km run, a 10km run/walk, or a 5km run/walk. Organised by the Foxton Lions Club, with proceeds to the Foxton Surf Life Saving Club, Coastguard Manawatu, and the Palmerston North Rescue Helicopter. Enter online at www.foxtonlions.co.nz or collect an entry form from Hammer Hardware Foxton or Mitre 10 Levin.

For more info, phone 06 363 5368 or email funrun@foxtonlions.co.nz

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Sunday 27 November

Waiopehu College Garden Tour

10.00am to 4.00pm.

A fundraiser for the college's Japanese language students' trip to Japan in 2017. Tickets cost \$20 and are available from the college, 74 Bartholomew Road, Levin, or from Super Minx at 194 Oxford Street, Levin. For more info visit www.waiopehu.ac.nz or phone 06 368 8303.

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

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Saturday 12 November

Horowhenua Taste Trail

10:00am to 4:00pm.

At RJs Licorice, Woodhaven Gardens, Tendertips Asparagus, Genoese Pesto, Turks Poultry, Ohau Wine, Woodys Free Range Farm, Levin Eels, and Country Treats. A free Taste Trail to enjoy and each stop along the trail will offer a different food experience. Go at your own pace and choose how many places you stop at along the way. Food and merchandise will be available for sale at each stop.

For more info, visit www.tastetrail.co.nz, email horowhenuatastetrail@gmail.com or phone 06 366 0999.

