



Issue 40  
Winter 2017

# ELDER

## berries

News, views and info for older people in Horowhenua District



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volunteers**  
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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 Takeretanga o Kura-hau-pō - 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](http://www.horowhenua.govt.nz/News/Elderberries)***

 ***If you would like a PDF copy emailed to you, please email [comms@horowhenua.govt.nz](mailto: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](mailto:comms@horowhenua.govt.nz)***

*Thank you!*

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

- Club and organisation profiles
- Good Sort
- Health information
- Gardening information
- Creative writing
- 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
- Crossword
- Colouring-in activity
- Other puzzles, such as Sudoku
- Other? Please indicate:

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



# Golden Girls 'live, laugh, share' through volunteering

The Levin St John Opportunity Shop's 'Golden Girls' epitomise the recent National Volunteer Week's 2017 theme 'Live, Laugh, Share - Volunteer'.

Held late June, Volunteer Week recognises and celebrates the vital and invaluable contribution that volunteers make, and helping build stronger, more vibrant communities.

Levin friends Dawn Sollitt, Gloy Deadman and Marjorie Empson have volunteered at the St John Opportunity Shop in Oxford Street-south for the past two years. In store, the trio are known as the 'Golden Girls', affectionately named by shop manager Jenny Stokes, after the 1985-1992 American sitcom.

"They're our Golden Girls, not only because they're in their golden years, but because they're lovely, fun ladies," Jenny said.

Jenny says that Dawn, Gloy and Marjorie are three of 29 "dedicated and hard-working" volunteers at the Levin shop.

"We wouldn't exist without our volunteers and totally rely on them to get us through the amount of work to keep the shop a success. We're also very thankful for the generosity of local people donating goods to us, and why we make the effort to present the items as best as possible, so that someone else wants to buy and take them home."

Jenny says there is always a need for more volunteers, especially at the new St John Opportunity Shop in Otaki where there are only four volunteers and a manager.

"We offer a friendly atmosphere and a wonderful opportunity to meet people, make friends, enjoy team social activities, all while being productive and making a worthwhile contribution to our community," she says.

Gloy adds "and it beats sitting at home in front of a TV or computer screen".



*Dawn Sollitt, Gloy Deadman and Marjorie Empson*


Gloy, Dawn and Marjorie spend every Thursday afternoon working out the back, unpacking boxes of donated second-hand items, sorting and preparing them for display in the shop front.

"Dawn is an expert at polishing silver, so she gets all the silver jobs," Gloy said. "I particularly enjoy fine china, so I always enjoy finding that whenever. We're back room girls, whereas Marj will happily work out the front also. She's a go-between girl."

Marjorie says volunteering in the opportunity shop provides a lot of satisfaction.

"I also wanted to thank St John for the service's support and help for my late-husband Bert when we needed them. St John was always there for us."

The local St John Opportunity Shops are located at 39 Oxford Street, Levin, and at 4 Arthur Street, Otaki. Proceeds from items sold are used to support local St John ambulance services and community health initiatives such as health shuttles, Caring Caller and youth programmes.

 **Visit in-store to shop, donate, or volunteer! For opening hours and contact details, visit [www.stjohn.org.nz/shop/opportunity-shops](http://www.stjohn.org.nz/shop/opportunity-shops) or phone 06 368 0429.**

# What is the Adult Day Centre?

by Neil Walton, committee chairperson, Adult Day Centre

What is the Adult Day Centre? Some 28 years ago a group of concerned citizens established that there was an urgent need in Levin for a day care centre to provide respite for full time family carers who were looking after loved ones 24/7. This challenge was taken up by the Levin Baptist church, which set up a working committee and with the aid of a Government grant altered their premises to provide a functional, warm and safe facility in the church lounge.

Over time we have broadened our horizons and welcomed the lonely, the socially isolated and the disadvantaged into the centre.

Originally the centre was run completely by volunteers but as numbers increased the load became too much and so a centre co-ordinator was employed to organise the daily programme and oversee the transport arrangements of getting the guests to and from the centre. A cook was also employed to prepare a two-course hot meal, along with morning and afternoon teas. The centre operates two days per week on Mondays



and Wednesdays from 9.00am to 3.00pm. Transport is provided to and from the Centre for the guests as required.



**For more information,  
phone 06 368 3032 or 020 4107 8612.**





# Horowhenua helps NZSG celebrate its 50th anniversary

by Merv Judge

Genealogy has been one of the fastest growing hobbies in recent years, with thousands of people up and down the country bitten by the bug.

It wasn't always so. When the founders of organised genealogy research in Levin joined NZSG they became members number 1932, 1950 and 1959. But a new member nowadays will have a membership number somewhere over 26,000.

The New Zealand Society of Genealogists celebrates its 50th birthday this year.

Local genealogists are marking the occasion with an event being held in TeTakere on Tuesday 15th August.

All current and past members of NZSG or the former Levin Branch of NZSG\* are invited to attend.

The event will kick off at midday with a Welcome (Carole Smith) sharing of memories by some of the foundation members of the Levin Branch (led by Gloy Deadman and Tom Hayes), followed by lunch, and then live-streaming of speeches from the national event in Auckland.

Genealogists here in Levin played a central role in the early days of NZSG as the national centre for research of cemetery, international and other microfiche records held in their homes.

After working out of a succession of shops, church halls and houses over the years, since



*Local celebration organisers Noeline Lyons, Tom Hayes and Merv Judge*

2012 our local genealogists have found a permanent home in Te Takere, and have assisted hundreds of people at the Help Desk in the Heritage Room, a service which is available Monday to Friday.

The organisers of the local 50th celebration have looked through old minutes, albums and other records to contact as many former members as possible.

“Sometimes it’s easier to find ancestors from 200 years ago than it is to track down living people!” said Gloy.

“Sadly, about 60 of our former members are known to have deceased, but we have sent out over 120 invitations. There are still a few dozen former members that we would love to have come but haven’t been able to track down”.

\*Since 2010 the local genealogy group has been Horowhenua Family History Group.

**@ Anyone wanting to find out more can email the organisers at [levinnzsg50@gmail.com](mailto:levinnzsg50@gmail.com)**

# Taha Wairua

## Spiritual health

Are you taking care of more than just your physical wellbeing?

What about your spiritual wellbeing?

**Spirituality is knowing** who you are, connecting with others and the environment, and doing things that enrich your life.

Spiritual health means knowing your own identity and being content with who you are. This strong sense of self-identity helps you be **your own pillar of strength** in hard times.

Never have a moment to stop and breathe? **Having our own time** to sit, reflect, and process life events is crucial.

### What you can do for spiritual wellbeing

- **Spend time in nature** – walking by the river, paddling at the beach, hiking through bush.
- **Take the opportunity to reflect** – mindfulness is a great way to do this.
- **Attend places that nurture your soul** – this can be anything – a marae, library, musical group, or church.
- **Set aside 'you' time** – even if it's only ten minutes while you have a morning cup of tea.
- **Talk with others** – positive relationships with whānau and friends can build you up, and help strengthen your spiritual reserves when they are getting low.





# Petals for Peace charity auction

Peace in 10,000 Hands is the creation of New Zealand-born photographic artist Stu Robertson. The project involves documenting a single white rose, an ancient symbol of peace held in the hands of 10,000 people from every country and walk of life.

“It is a concept that speaks profoundly to our similarities in the human condition and explores the essence of peace,” Stu said.

On Friday 25 August, some of Stu’s photographic masterpieces from the exhibition will go under the hammer at Te Takeretanga o Kura-hau-pō in Levin.

The Petals for Peace charity auction will include four first edition 900mm by 900mm

originals that have travelled with the exhibition, as well as 10 custom-made one-of-a-kind artworks over two metres tall each and produced exclusively for the exhibition at Te Takeretanga o Kura-hau-pō.

Proceeds from the auction will go to Horowhenua charities working in the prevention, recovery and rehabilitation of victims, perpetrators and families affected by domestic violence.

 **Tickets for this ‘black-tie evening, with silver service and fine food and drink’ cost \$50 and will be available soon from Te Takeretanga o Kura-hau-pō or online at [www.tetakere.org.nz](http://www.tetakere.org.nz)**



# Gardening with Simon

## Update From My Gardens and What To Plant

It has been a funny season for gardeners, Rain, Floods, Wind, and a bit of warm weather thrown in just to keep us interested.

## Glasshouse Update

I gave my Glasshouse a good tidy up after the Tomatoes had done their thing, only for Mike & Jackie to give me a couple more to put in over the Winter as bit of a trial. I can report that at the time of writing this, they are thriving. If they ripen, a real bonus, if not I have not lost anything, just a bit of my time. I also put in 2 each of Cabbage & Cauliflower. They are also doing well. Mike & Jackie went over to Aussie to their Daughter Pam & her Husband Pedro, and prior to them going Mike put in Cabbages & Cauliflowers about the same time as I did. I will let you know the results in my next edition of Elderberries. I don't want to eat humble pie again this year. They were from my seedlings, so they will be good !!!!!

## My Gardens

I have all of my Garlic in, (201 Cloves). I have put them into 5 different beds this year, hopefully to repel a repeat of last years rust, which I might add affected not just me, but so many people in different regions. Fingers crossed for a good crop. I put in close to 300 Cloves last year, and just my April planting was usable. My target for next year is 500. My main project over the colder months has been to get my gardens into tip top condition ready for Spring planting. I call this period my, "Money Period", as that is when the picked vegetables get made into my Jams, Relishes, Pickles, and bottling. They are loaded up with my homemade Compost, Horse Manure courtesy of Trevor my lawn mowing guy, Grass clippings etc. They are looking really good. Even Mike made a comment. Praise indeed.

## What To Grow

You may think that the vegetables to grow are more Spring vegetables, and you would be right!!!. Your Winter garden should be well

under way by now, so I thought getting ready for Spring is more applicable.

**Beetroot:** One of my most favourite Vegetables to grow. I bottle mine, but equally nice as a Vegetable on it's own.

**Capsicum:** Start off in pots and transplant when about 4-6 inches high into the garden or glasshouse.

**Celery:** A must have for any salad, whether Lettuce, Potato, or a Coleslaw. Nice also on its own with salt sprinkled on.

**Chillies:** I would suggest starting off in a small seed pot and planting in the glasshouse or sheltered part of the garden. 1 or 2 plants will be ample for an average family.

**Lettuce:** A Spring garden without Lettuce growing, is like fish & chips without salt. My favourite is the Cos Lettuce. It looks great and tastes even better. Has a nice crunch to it.

**Potatoes:** New Potatoes for Xmas Day will have to be put in around late September to Early October. Just being on my own, I put in an early variety (Jersey Benne), not worrying about tradition. I can't resist digging a root, cooking with Mint, and drenching it in butter, salt & pepper. Very hard to beat.

**Tomatoes:** I grow just 3 varieties, Beefsteak, Moneymaker, and Italian (or Roma). The Beefsteak and Moneymaker are for my Relishes, and Pickle, and the Italian or Roma are for my "World Famous In Foxton" Tomato Soup, and my Savoury Tomato.

If you require tips, hints, or some gardening advice, just check out the ways to contact me at the bottom of this article.



## Simon Broad

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 06 363 8855

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# The Nesting Tree

by Janine Kelly

The sound of the magpies in the macrocarpa trees bring me sleepily awake. I lie still listening to them as the dimness dissipates and our three beds in the big room are revealed.

Soon breakfast warms our insides, and thick jerseys, jeans and gumboots insulate us as we step out into an autumn day. Dampness rises from the ground and sun is kept from us until we are clear of the house set among the trees and head towards the wild part. As always Kim comes with us, her wagging tail propelling her sturdy pale-gold body over the grass.

Our route is familiar but imagination makes each foray an adventure, especially when we reach the gateway to 'the gully'. We pause here where the ground drops away into a pine-needley gulf that is difficult to descend and even harder to climb out of. It is still and sunless enough to be foreboding. So this time we remain above it, feeling a different kind of awe as our eyes are drawn upwards by the immense height of the pines lining the path before us. The wind pushes against us, roars through the gully and sweeps up through the trees. Transfixed, we stare heavenward.

"It feels like God is going to come down from the sky," says the youngest of us.

At the end of the path we reach the paddocks and follow the creek, circling back along the fringe of our domain. We skirt the occasional flaccid woollen mounds lying near the water, disturbing in their lifelessness, and arrive back near the gully gate. Off to one side there is a row of macrocarpas. At the nearest end I find one that, just a couple of feet above the ground, has formed a hollow within the surrounding branches. It is shallow enough to provide a place to sit for two of us if we squat with knees almost touching. Dried foliage lines the hollow and rough bark supports my back. It is a place just to be; a lull in the midst of reality where it is just us and the tree.

I perch there dreamily until my nest-mate gets fidgety and we can no longer ignore Kim's wish to keep moving. I climb down from my nook. One day I will leave it for the last time, but forever afterwards the cry of magpies will take me back.



# Moving House

by Margaret Jeune

It's time for real estate agents to sell my home

Time for strangers to fossick about  
Amongst my things

To appraise my life and possessions  
I can honestly say there are some  
selling points

Some positive things to say about this  
location

A Minister next door

An Ambulance station across the road  
The State Highway nearby

A Vehicle Testing Station down the road  
Railway Station a two-minute walk  
BP petrol station and a Z station in  
proximity

Walking distance to the Cosmopolitan  
Club and to Sel's bar

All in all a handy location

The house itself is a designer's delight  
A mixture of traditional and modern

An open plan 1900's cottage  
Pocket size section

Small lawns-easy to mow

Comes with a flagpole, cherry trees

A water tank and a Garador with remote  
controls

A fully fenced  
section and a  
resident stray  
cat

What more  
could you ask  
for?

Come and  
take a look





# WOW

WORLD OF WEARABLEART

**2pm Matinee**

**\$195 per person**

Includes:

Escorted return bus travel,  
Premium ticket



**8 October 2017**

**Depart Levin 11am**

**Return Levin 9pm**

\*Stop at Fishermans Table for dinner (extra cost)



**Horowhenua Culture  
& Community Centre**  
Te Takeretanga o Kura-hau-pō

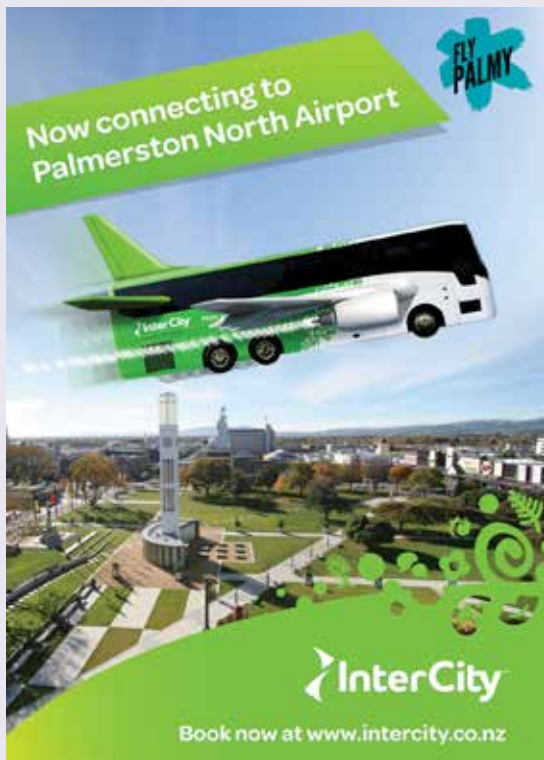


**SITE**

Register your interest at Levin iSITE

☎ 06 366 0848 @ [visitorinfo@tetakere.org.nz](mailto:visitorinfo@tetakere.org.nz)





## Catch a bus to and from the airport

A new InterCity bus service has recently been launched, connecting Horowhenua / Kapiti Coast and Whanganui residents with Palmerston North Airport.

InterCity bus services between Wellington and New Plymouth, are now connected with Palmerston North Airport via The Square in Palmerston North city. The new InterCity shuttle service travels between InterCity's Palmerston North bus stop (next to the i-SITE in the Square) and Palmerston North Airport. Services operate every weekday, providing seamless connections to and from InterCity's regional services.

Passengers can book travel to or from Palmerston North Airport from towns and cities around the North Island, including Wellington, Whanganui, New Plymouth, Napier and Hastings.

 **For more information, visit [www.intercity.co.nz/palmerston-north-airport](http://www.intercity.co.nz/palmerston-north-airport).**

## 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](http://www.horizons.govt.nz) or freephone 0508 800 800



## Catch the Day Out In Town Bus

Horowhenua's popular Day Out In Town Bus runs each Friday. The bus departs from Te Takeretanga o Kura-hau-pō in Levin at 9.15am and then travels via Shannon, Foxton Beach, Foxton and Waitarere Beach, before arriving back in Levin at 10.45am. It then departs from Te Takerere at 1.45pm for the return loop.

Timetables are available from Council's Levin office and service centres at the Foxton and Shannon community libraries, as well as from the visitor information centre at Te Takeretanga o Kura-hau-pō and online at [www.tetakere.org.nz](http://www.tetakere.org.nz)

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

 **For further info or to provide feedback, contact Te Takeretanga o Kura-hau-pō on 06 368 1953 or [enquiries@tetakere.org.nz](mailto:enquiries@tetakere.org.nz),**  
 **or Horizons on 0508 800 800 or [help@horizons.govt.nz](mailto:help@horizons.govt.nz)**



# What's On

## in and around Horowhenua

For further details and other events, visit [www.horowhenua.govt.nz/events](http://www.horowhenua.govt.nz/events)

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### Wednesday 26 July Pop-Up Eats Horowhenua

5:00pm – 9:00pm at the Levin Mall carpark in front of Te Takeretanga o Kura-hau-pō, Levin. Pop-Up Eats Horowhenua is a new monthly food market offering access to the great food truck food and live entertainment. This will be an iconic foodie event that celebrates Horowhenua's multiculturalism through food. Proudly brought to you by Horowhenua District Council every fourth Wednesday of the month.

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### Saturday 19 August and Sunday 20 August

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### Swimathon

Saturday 4pm start and Sunday 8am start at Levin Aquatic Centre, cnr Salisbury St and Queen St West. Enter one of the three swimathon challenges and support your local aquatics sports clubs in this exciting fundraising event. Choose to take part in the 1.5k Challenge, 2.5k Challenge or 5k Challenge as an individual or in teams of 2-5 swimmers. This event is for all swimmers of all levels over the age of 8. Sign up as a team \$20.00 or \$10.00 for an individual swimmer.

**Register at the Levin Aquatic Centre or online at [aquatics.horowhenua.govt.nz/Events-Activities/Swimathon](http://aquatics.horowhenua.govt.nz/Events-Activities/Swimathon). For more information, visit the website, or phone 06 368 0070 or email [levinaquaticcentre@horowhenua.govt.nz](mailto:levinaquaticcentre@horowhenua.govt.nz).**

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### Saturday 30 September Steam Into Spring

Travel with Steam Incorporated north via Manawatu Gorge to the Spring Fling at Waipukurau in Central Hawkes Bay. This is a rare chance to travel on the rail line east of Woodville which opened 130 years ago.

Includes viewing platform, buffet counter, and souvenir counter selling railway and steam memorabilia. Refreshment stop at Woodville on return. You are welcome to take your own food onboard. New Gold Class option to travel in the latest carriage fitted out as a club car. Sofa seating, some table seating, tinted windows and servery. Limited seating. \$55 surcharge. Includes complimentary welcome drink, morning and afternoon tea or coffee.

Return fares from the Levin Railway Station cost \$139 per adult and \$89 per child.

**For further options while at Waipukurau, other info and to book, visit [www.steaminc.org.nz](http://www.steaminc.org.nz) or phone 0800 783 264.**

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### Sunday 8 October World of WearableArt trip

11:00am to 9:00pm. Levin i-SITE is offering you the chance for an escorted trip to Wellington to experience WOW with premium seats. Depart Levin at 11am. Arrive for 2pm Matinee. Return stop at Fishermans wharf for dinner (extra cost). Arrive back in Levin at approximately 9pm. The cost includes bus transport to/from Levin and a Premium ticket. Costs \$195 per person.

**To book please visit Levin i-SITE at Te Takeretanga o Kura-hau-pō or phone 06 366 0848.**

