



Issue 50 Summer  
2019-2020

# ELDER

## berries

News, views and info for older  
people in Horowhenua District



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## Welcome to the summer issue of Elderberries, Horowhenua District Council's magazine for older people.

*We wish you all a safe and happy festive season, and we look forward to hearing more positive stories about the wonderful things our readers are doing in the community next year.*

Elderberries aims to celebrate positive stories of the good that older people contribute to our community, as well as informing older people about news, issues, events and services relevant to them.

We know there are a lot of positive stories out there that we might never hear about, and a lot of people quietly making a difference to the lives of others with their selflessness, kindness and generosity. If you know of someone who deserves recognition or you hear a positive story that would interest older people in our community, please let us know. And, if you've never shared your own story with us before, why not make 2020 the year you do? We'd love to keep telling the great stories of the difference older people are making in our community – and we need your help to do it.

-  **You can contact us by email to [comms@horowhenua.govt.nz](mailto:comms@horowhenua.govt.nz), or by**
-  **telephone on 06 366 0999. Alternatively, drop by Horowhenua District Council's main office and tell us your story in person.**

*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 Horowhenua.

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.

-  ***Elderberries* is 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.**

## New deputy mayor champions access and inclusion



**Deputy Mayor Jo Mason**

Horowhenua welcomed its first female deputy mayor after the elections in October, and she will be familiar face to many older people in our

district as a champion for better access and inclusion.

Deputy Mayor Jo Mason is now in her second term as chair of Horowhenua District Council's Access and Inclusion Forum, which works to improve access and inclusion for all people in the district, regardless of age or ability.

"I'm proud of the role the Forum plays as a voice for older people and people with disabilities in Council decision-making. We developed Council's Access and Inclusion Plan, and we provide feedback on issues important to people with impaired mobility, such as footpaths and accessible design in housing," she said.

"It's great to see Council becoming more aware of accessibility issues – for example, this year's Community Christmas Carnival included accessibility zones with nearby parking, accessible seating and toilet facilities, and a comfortable area for assistance dogs."

Now in her third term as an elected representative, Jo has also served as deputy chair of the Community Wellbeing Committee and chair of

the Hearings Committee, as well as volunteering on the management committee of Skills for Living (formerly Supergrans).

“I’ve always wanted to be of service and I’ve had the opportunity to be part of so many worthwhile projects. One that’s particularly close to my heart is putting in public benches around the town as ‘bumping points’ for people to rest and chat to each other. I had a bench installed on the corner of Cambridge and Tyne Streets in memory of my late husband,” she said.

Jo is keen to continue her commitment to

championing inclusion during her term as deputy mayor.

“We have great diversity in our district and I’d like to be an advocate for inclusiveness in Council’s decision-making, and for our responsibility to consider the wellbeing of our community.

“I’m also very aware that older people make up a quarter of our population and I want our district to be a great place for positive ageing. An important part of that is recognising and respecting the huge contribution our older people make.”

## New faces at Te Whare Mahana

The Te Whare Mahana Community Hub, formerly the Jack Allen Community Hub, farewelled long-standing coordinator Eleanor Gully and welcomed two new coordinators, Victoria Gregory and Faalele Puluseu-Pitone lese, this month.

Eleanor has been the heart of the hub since 2011, and played a key role in its move from the old Jack Allen House in Durham Street to new premises at the Levin RSA and Community Club in Bristol Street. The hub brings together a range of community services for those who need health, social, educational or psychological support.

Te Whare Mahana Community Hub Chairperson Jeff Paulin acknowledged Eleanor’s outstanding service at a morning tea held on 4 December.

“Eleanor has worked tirelessly to enhance the hub’s appearance, resources and services, and to create a welcoming environment where people can seek support,” he said.

Eleanor said she will continue to support Te Whare Mahana as a volunteer.

“No one walks alone – Te Whare Mahana has been a collective effort, and I welcome our two new coordinators on board. Their skills complement each other perfectly,” she said.

New coordinator Victoria Gregory brings a

background in human rights and community development to her new role with Te Whare Mahana. Originally from Wellington, she spent the last three years managing the Volunteer Service Abroad programme in Timor Leste. Before that, she worked in South Africa championing children’s rights. She has recently moved to Levin to be part of a smaller town, and is keen to be involved in the community.

Faalele Puluseu-Pitone lese hails from Samoa, where she spent 19 years working with the Ministry of Foreign Affairs and Trade. She looks forward to bringing her skills in administration to Te Whare Mahana as coordinator alongside Victoria.

“It’s taken two people to replace one,” Victoria said. “Working together, and with Eleanor’s support, we’ll keep the aroha going.”



*From left: Victoria Gregory, Eleanor Gully and Faalele Puluseu-Pitone lese*



# STAY SAFE IN OUR COMMUNITY

*Thanks to Neighbourhood Support for providing these personal safety tips.*

We all want to feel safe and be safe in our community, especially in our own home. Here are a few tips for you to follow.

Firstly, get to know your neighbours. Support them and encourage contact, especially when there are new residents in your neighbourhood. Slip a note into a new resident's letterbox welcoming them to the neighbourhood with your name and address on it or knock on the door and introduce yourself. Remember your neighbour is your closest help if you need it.

## Plan ahead

- Make a list of the phone numbers of people you can call in an emergency and keep a phone by your bed. You may be able to pre-programme these numbers for speed dial.
- Arrange for a trusted neighbour to look out for you. For example, arrange for a neighbour to phone or call on you if you haven't drawn your curtains by 8am.
- Consider getting a medical or personal alarm that you can activate in an emergency.

## Don't be tricked

- Don't open the door to strangers. If someone knocks on your door, look through a peephole or window, and always ask who it is. If you don't know them keep the door closed.
- If someone you don't know asks to use your phone or toilet don't let them in.
- Don't do business with strangers who come to your door or call by phone.
- Don't discuss your finances with strangers or give out details of your bank account or credit cards over the phone.

- Talk to friends and get a few quotes before you employ tradespeople. Age Concern may be able to help by recommending someone. If you think someone – whether it be family, friends or strangers – is trying to cheat you, contact the Police. You may be able to prevent someone else from being tricked.

## General safety tips

- Never admit to being alone.
- Keep another pair of boots by the door.
- If you can, install a security screen door and make sure it is always locked.
- If you wish to have a nap in the afternoon make sure you lock your windows and doors first.
- If you think someone is walking around your property during the night, call Police on 111.
- Having security lights around your home is an advantage, as people who shouldn't be walking around your home never want to be seen.

## Christmas season

- If you are expecting a Christmas delivery by courier make sure you are home. Parcels left on door steps are a great invitation for thieves.
- Don't leave Christmas lights on when you go out as they can catch fire.
- Don't leave presents in plain sight in your vehicle. Put them in your boot.
- Don't leave keys under doormats etc. for visitors.
- If you are going out at night it is a good idea to have your lights on timers, so burglars think someone is home.



***Joining Neighbourhood Support is free and will keep you informed of criminal activity in your area, scams and civil defence information. For more information or to join, contact District Coordinator Deborah Campbell at Levin Police Station, phone 366 0574 or email [horowhenua.nsg@gmail.com](mailto:horowhenua.nsg@gmail.com) with your details.***

# Outstanding volunteer contributions recognised at Civic Honours



The annual Horowhenua Civic Honours Awards recognise members of our community whose outstanding volunteer service has made our district a better place. This year the awards were held at Te Takeretanga o Kura-hau-pō on 19 November.

## Civic Honours

Five Civic Honours awards were presented.

**Jack Shailer** – Recognised for his contribution to St John.

**Judith Sayer** – Recognised for many years of service to the Shannon community through Plunket, Girl Guides and Scouts, Shannon Play Centre, Shannon Progressive Association, Meals and Wheels and the Shannon Railway Station Museum and Visitor Centre.

**Judith Hunt** – Recognised for her contribution to the community through Foxton Little Theatre, Levin Croquet Club, Foxton Garden Club, All Saints Church, and many other organisations.

**Jennifer McGrath** – Recognised for a lifetime of commitment to the community, particularly through her volunteer work for the Levin RSA.

**Pam Good** – Recognised for decades of commitment as an educator and volunteer contributions through Skills 4 Living, Eastern & Central Community Trust, Levin Adventure Park Trust and the Rotary Club of Levin.



*Civic Honours Awards recipients with Mayor Bernie Wanden. From left: Judith Hunt, Jennifer McGrath, Judith Sayer, Jack Shailer, Pam Good*

## 50 Years' Service to the Community

Jenny Burnell was recognised for 50 Years' Service to the community, particularly through her contributions to the Horowhenua AP&I Association, Ōhau Good Neighbours Group, and Ōhau Underpass Mural Group.



*50 Years' Service Award recipient Jenny Burnell with Mayor Bernie Wanden*

## Certificates of Recognition

Certificates of Recognition were presented to Shannon Railway Station Museum & Visitor Information Centre Volunteer Group, Gary Fraser, Pamela Brooking, Karen Morow-Griffin, and Phillena Paki.

## Youth Excellence Scholarships

In addition to the Civic Honours Awards, the Council's 2019 Horowhenua Youth Excellence Scholarships were presented to 11 young people.

The \$250 scholarships acknowledge excellence in academic subjects, art/culture, community service, and sport, by young people aged between 12 and 24.

This year's scholarships were awarded to: George Edwards, Maia Chambers, Christina Cameron, Oliver Parrant, Carter MacLean, Kate Rowan, Josh Madgwick, Abbey Smale, Samantha Heyward, Ilisoni Rauhihi, and Caitlin O'Sullivan.



**Full citations are available on the News page of Council's website, [www.horowhenua.govt.nz](http://www.horowhenua.govt.nz)**

# Community BBQ at Waikawa Beach

A BBQ is a great way to get the community together.

More than 50 people gathered to enjoy a community BBQ on Labour Weekend for the residents of Strathnaver Drive and the surrounding area.

“The Strathnaver area has about 100 properties spread out along four kilometres of road, so it can be hard for neighbours to meet casually. What’s more, it is a growing area and there are quite a few new homes with new families,” said Miraz Jordan, one of the organisers of the BBQ.

“We wanted to hold a gathering for people to say hello and get to know each other.”

An Events Grant of \$250 from Horowhenua District Council provided food at the event, and others from the community chipped in with drinks, spreading the word, cooking, buying groceries, supplying BBQs, setting

up and clearing up.

Miraz said the event was a hit, with plenty of good food and everyone enjoying the chance to connect.

“It went really well. Everyone I spoke to said such good things about being able to meet their neighbours. I hope it will lead to folks connecting more with the people around them,” Miraz said.



## Living Well Counselling: Bringing Hope Since 1990



*Contributed by Carol Parkinson, Manager, Living Well Counselling Centre.*

In mid-2020, Living Well Counselling will be celebrating 30 years of service to our Horowhenua community.

Since 1990, we’ve provided counselling support to 6810 clients!

In the past four years, we have seen an increase in clients over the age of 60 accessing our service. This year 16% of our clients are over the age of 60.

Some of our clients are dealing with many layers of complicated grief and loss. Some want to mend broken relationships with family or friends. Some are lonely. Some are dealing with the stress of raising grandchildren. Some are depressed. Some are facing difficult end-of-life decisions. Some are suicidal. Many are feeling hurt, disappointed, aggrieved, confused or angry.

Whatever they are facing, all our clients are asking someone to listen, someone to help them improve their life situation and give them hope. All find a safe place here at Living Well to share their stories. All want to alleviate their pain and to live positively and purposefully in their community.

Improving a client’s spiritual and emotional wellbeing improves their physical and social wellbeing. Those who attend counselling are courageous and motivated. Some look for practical ways to do things differently, most are prepared to put in the hard yards to navigate the bold and sometimes-unknown changes needed to achieve their wellness and life goals.

Clients take on new ways of thinking, find a new perspective or try new behaviours, all to ensure their futures are better; more fulfilling, more lived in, more creative, more grounded, more included.

Clients build on their strengths. To quieten down their souls and minds, they find time for things like breathing exercises, volunteering, bush walks, mindfulness; they build on what matters most to achieve their wellness goals.

Tips for healthy living: Practise gratitude; be aware of your breathing; connect with others;

walk in nature; learn something new regularly.

 **For an appointment with a Living Well counsellor or to learn more about our services, please visit**  
 **livingwellcounselling.co.nz, email**  
**info@livingwellcounselling.co.nz or**  
**telephone 06 368 2070.**

# Christmas pudding and custard in a cup

Here's a tasty Christmas dessert that's quick and easy to make and is suitable for one or two people.

## Christmas pudding in a cup

Ingredients	One generous serve or two modest serves
Dried mixed fruit (currants, raisins, mixed citrus peel, cranberries, glacé cherries, dates, apricots)	1/2 cup
Brandy or sherry	1 tablespoon (or 1 teaspoon brandy essence)
Egg	1
Brown sugar	1 tablespoon
Table spread or butter	1/2 tablespoon
Cocoa	1 teaspoon
Mixed spice	1 teaspoon
Milk	1 tablespoon
Canola oil	1 tablespoon
Molasses or golden syrup	2 tablespoons
Fresh cherries, raspberries or strawberries	To garnish

### Method

1. Mix fruit and brandy in a cup and set aside for 10 minutes while you make the custard.
2. Mix in all remaining ingredients until a smooth batter is formed.
3. Microwave on high for two minutes.
4. Run a knife around the inside of the cup to loosen sides of pudding.
5. Tip upside down onto serving plate.
6. Serve with hot custard and garnish with fresh cherries, raspberries or strawberries.

## Custard in a cup

Ingredients	One generous serve or two modest serves
Egg yolk	1
White sugar	2 teaspoons
Cornflour	1 tablespoon
Vanilla extract	1/2 teaspoon
Milk	1 cup

### Method

1. Mix the first four ingredients into a smooth paste.
2. Add quarter of a cup of milk and mix into smooth paste, ensuring no lumps remain.
3. Add remaining milk and stir to combine.
4. Microwave on high for 30 seconds and then stir.
5. Microwave for a further 90 to 120 seconds, stirring every 30 seconds until thickened but not solid (aim for a pouring consistency).
6. Set aside until pudding is ready. Pour gently over hot Christmas pudding.

 **Thanks to Senior Chef for providing this recipe. For further delicious and nutritious recipe ideas for one or two people that are quick and easy to prepare and use readily available ingredients, visit the Senior Chef website, [www.seniorchef.co.nz](http://www.seniorchef.co.nz)**



# What's On

## in and around Horowhenua

Event details are correct at the time of publication. For further details and other events, visit [www.horowhenua.govt.nz/events](http://www.horowhenua.govt.nz/events)

1 to 2

Friday 1 November 2019 to  
Monday 2 March 2020

**Anne Frank, NZ - Let Me Be Myself**  
– Exhibition

Te Awahou Nieuwe Stroom. The Diary of Anne Frank captures the real-life story of a young girl hiding from the Nazis in an attic in Amsterdam during World War II.

**Students free entry; Libraries Horowhenua cardholders \$2; adult general admission \$5.**

2 to 24

Monday 2 December to Tuesday 24 December  
**Harvey Bowler Festival of Lights**

8:30pm to 11pm daily. Various business and residential addresses in Horowhenua light up with beautiful displays of Christmas lights. A map of participating addresses is available from the Harvey Bowler Festival of Lights Facebook page, [www.facebook.com/festivaloflightshorowhenua](http://www.facebook.com/festivaloflightshorowhenua); the website [festivaloflightshorowhenua.co.nz](http://festivaloflightshorowhenua.co.nz); or in print in the Horowhenua Chronicle or from Harvey Bowler Funeral Services at 284 Oxford Street, Levin. **Free. Own transport needed.**

2

Thursday 2 January  
**Foxton Beach New Year Fair**

9am to 3pm, Dawick Street Reserve, Foxton Beach. This popular annual event offers food, stalls and activities.

13 to 24

Monday 13 January to Friday 24 January  
**Annual Summer Used Book Sale**

Te Takeretanga o Kura-hau-pō. About 10,000 good quality fiction, non-fiction and children's books, as well as puzzles and DVDs, on sale at bargain prices.

23

Thursday 23 January  
**Healthy Ageing Workshop**

2pm at Te Takeretanga o Kura-hau-pō. An interactive workshop facilitated by wellness industry trainer and speaker Murray Crawford, covering staying healthy, the importance of a healthy gut, maintaining a healthy immune system, nutrition and hydration, and heart health. **To register, contact Neil Hirini, Community Development Advisor, on [neilhi@horowhenua.govt.nz](mailto:neilhi@horowhenua.govt.nz) or 09 366 0999.**

16

Sunday 16 February  
**Supercheap Auto Spectacular Car Show**

Shannon Golf Club, Engles Road, Shannon. With over 500 vehicles on display last year, this huge annual Shannon event has outgrown the Domain. **Entry \$2 per person, with funds raised going to the Shannon Progressive Association.**

### January

**The Divine Alchemist – Exhibition**

Te Takeretanga o Kura-hau-pō. Paintings by local artist Ramila Parbhu. **Free.**

### Pop-Up Eats

22

4pm to 8pm, Sunday 22 December  
**Waitārere Beach**

29

4pm to 8pm, Sunday 29 December  
**Foxton Beach**

5

4pm to 8pm, Sunday 5 January  
**Waitārere Beach**

12

4pm to 8pm, Sunday 12 January  
**Foxton Beach**

19

4pm to 8pm, Sunday 19 January  
**Tokomaru**

Enjoy an afternoon in the sun with good music and great food. **Free entry.**

### February

**Bird Song – Exhibition**

An exhibition of paintings by local artist Iris Reesby. **Free.**