



ELDER

Issue 43
Autumn 2018

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
- Horowhenua Culture and Community Centre - Te Takeretanga o Kura-hau-pō
- 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
- Te Awahou Nieuwe Stroom
- 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.***

Morning tea commemorates Jack Allen House

More than 35 people gathered for a morning tea to farewell Jack Allen House in February.

The morning tea was held at Jack Allen House in Durham Street. It was organised by Horowhenua District Council and Contact Inc., which manages the Jack Allen Community Centre.

Horowhenua District Councillor Victoria Kaye-Simmons said the morning tea was an opportunity for the community groups and clients who had been part of the fabric of Jack Allen House over the years to reflect before they moved into a new, purpose-built Community Hub at the Levin RSA.

The gathering was attended by Contact Inc. chairperson Eleanor Gully, Horowhenua District Council Mayor Michael Feyen, Councillor Jo Mason, and representatives and clients of the community groups who used Jack Allen House.

Guests signed a remembrance book and local kaumātua Matt Matamau performed a blessing.

Following the blessing, Eleanor reflected on the history of Contact Inc. and shared some of the plans for the Community Hub's new premises.

"Before Contact Inc. moved into Jack Allen House, we were located in an Oxford Street building called Te Whare Mahana, 'The House of Warmth'. That name will be carried into the future as the name of the new Community Hub," she said.

Contact Inc. and the community groups that use Jack Allen House moved into the new Community Hub at the Levin RSA on Thursday 1 March.

New Community Hub opens at Levin RSA

The new Community Hub offers a spacious, open and welcoming facility for community service organisations and their clients.

The Community Hub is located at the Levin RSA and Community Club in Bristol Street. The Community Club has been separated from the RSA, renovated and refitted to create a fit-for-purpose space for the Community Hub. It features an accessibility ramp, a disabled-access bathroom, a kitchen, and a separate entrance and reception from the RSA. The facility has office space for the community service organisations that moved across from Jack Allen House, as well as bookable meeting rooms and 'hot desk' space for community groups to use.

A range of community service groups and services are already using the new Community Hub, including counsellors, Citizens Advice Bureau, Stroke Foundation, Breathe Easy, Arthritis Foundation, Pasifika, Tumatani, Alcoholics Anonymous, and Former

Horowhenua Prisoners Aid and Rehabilitation Society. In addition to those that moved across from Jack Allen House, the benefits offered by the Community Hub are attracting interest from new services, such as IHC.

Horowhenua District Councillor Victoria Kaye-Simmons is delighted with the interest the new facility is attracting.

"This is exactly what we hoped the new space would do. In the past, many services have been available only in Palmerston North, but the flexibility of hiring an office or a hot desk part-time is bringing them to Horowhenua. The Community Hub will become the local centre people can go to for support," she said.

Development of the facility will continue with the conversion of the former pool room into meeting rooms with concertinaed walls that can open up into a single large space when needed.



A warm welcome awaits at the new Community Hub.



Susanne Downes of IHC discusses offering new services at the Community Hub with Contact Inc. chairperson Eleanor Gully.



The Older Persons Network visits the new Community Hub.

'Service Above Self' for good sorts at Levin Rotary



If you're looking for good sorts, the Rotary Club of Levin has plenty. In line with the Rotary motto, 'Service Above Self', the club's 50 members devote their time, skills and energy to making a positive difference in the community.

For the past two years, the club has been working on its biggest-ever project: building a charity house. The Rotarians aimed to raise \$100,000 for the Horowhenua-based Te Hinaki Education Trust by selling the house at auction but achieved almost double that figure, selling the house for \$191,000. The Trust works to give every Horowhenua primary or secondary school student equitable access to the digital environment by making Chromebooks affordable for families.

The project was run by a committee of seven Rotarians, with joiner Murray Forward effectively coordinating and managing the building. Committee member Barry Rollinson said it was a true community effort.

"We've had amazing support from suppliers, tradesmen, decorators, the council and many others. All sorts of people and organisations have donated goods or services, or generously given their time to work on the house at no charge," said Barry.

The Trust is far from the only good cause to benefit from the support of the Rotarians. The club gave \$30,000 to build and develop the community centre Te Takeretanga o Kura-hau-pō, erected the bronze statue of a market gardener near the entrance to the Levin Mall to mark the millennium, collects products for food banks, helps deliver Meals on Wheels, and sends emergency response kits to Pacific islands struck by natural disasters.

In addition, the club raises funds to support many other charities, including Women's Refuge, Outward Bound and Hinemoa House, which provides help for distressed families.

The wellbeing and development of young people is an important part of the club's commitment to community service. Working with local schools, it sponsors young people to attend Rotary youth development programmes such as Rotary Youth Leadership Awards, Rotary National Science and Technology Forum, and Rotary Youth Driver Awareness. In addition, the club runs a local youth development programme – the annual Kids' Day Out, which teaches children aged between 10 and 12 years about water safety, sheep shearing and developing confidence.

"We try to take a proactive approach to encourage people and promote success, rather than being an ambulance at the bottom of the cliff," Barry said.

For members, being part of the club brings fun and friendship, as well as personal satisfaction from doing good in the community.

"It's a good way to get out and meet people, make business contacts, and stay active and focussed."

@ ***The club meets weekly on Tuesday evenings at Western House in Tiro Tiro Road. Guests are always welcome. If you're interested in going along, please contact Barry Rollinson at barry.rollinson@gmail.com or 027 277 5619.***



The charity house ready for auction.

Communication - what can go wrong?



Gillian Bell is a speech-language therapist with over 40 years' experience. She has worked in the United Kingdom, in hospitals around New Zealand, and is now working in private practice in Levin. In 1980, she co-founded the Stroke Foundation. She is particularly interested in communication problems caused by neurological damage.

Communication in its most sophisticated form is unique to human beings. Animals also communicate, but not in quite the same way! The larynx, or voice box, first evolved to prevent food and liquid from entering the airway. At some time later in evolution, *Homo sapiens* developed the ability to speak, read and write.

People used to think speech therapists were speech and drama teachers, or gave elocution lessons, but now there is a better understanding of the difference in our roles.

Speech-language therapists (SLTs) work with people of all ages and cover communication disorders such as: speech and language delay in children; stuttering; voice disorders; specific problems that children on the autistic spectrum experience; Down syndrome; cerebral palsy; cleft lip and palate. SLTs help adults with problems including swallowing difficulties, hearing loss, impaired articulation and trouble with finding the right words, stuttering, voice disorders and anything else which interferes with communication. As New Zealand welcomes more people to live and work from other countries there is an increasing demand for accent reduction therapy.

When our ability to communicate is impaired by a stroke, head injury, Parkinson's disease or hearing loss, to name but a few conditions, our lives and relationships can be seriously affected.

Imagine how frustrating it must be to know what you want to say but be unable to get the words out clearly so people can understand you. Following a stroke or head injury people often find they cannot speak, write or read. They become trapped in their minds, able to understand others but not respond. Sometimes people can speak but what comes out of their mouths doesn't make sense, which is very embarrassing for them and their caregivers. Swear words may come out unexpectedly and inappropriately, and words like 'yes' and 'no' can be mixed up, causing confusion all round.

People with neurological damage may find it hard to understand what is being said to them, and written words and numbers can make no sense. People whose speech has returned say it was as if they were being spoken to in a foreign language. Another curious thing that can happen, albeit rarely, is for a person to wake up after a stroke talking in a different accent to the one they had before. This is known as foreign accent syndrome. In most cases it is likely the person will revert to their native tongue, but a lot depends on which part of the brain has been damaged.

Before something like this happens we take our ability to speak, understand, read and write very much for granted. Our abilities to chew and swallow food and drink without any difficulty are also things we do without thinking. Some people are not safe to eat a normal diet and may need pureed food, thickened liquids and, in the most serious cases, need to be fed via a tube going into their stomach.

These disorders, and many more, make the life of a speech-language therapist challenging, interesting and rewarding.

Happy 102nd birthday, Lucy

Long-time Levin resident Mrs Lucy Baines celebrated her 102nd birthday on Saturday 3 March. The occasion was marked with a bouquet from Councillor Bernie Wanden and a birthday party with friends and family at the Bupa Gardenview Rest Home, where Lucy lives.

Lucy is among Horowhenua's eldest residents, and her family have lived in the district for generations. She was born in Ōtaki in 1916, as one of seven children. Her younger sister Jessie, now 98, is also still alive. Lucy herself had six children – three sons and three daughters – and many grandchildren, two of whom continue to live in the district.

Lucy loves horses and used to be a keen rider. Once, she won a race on her horse, Queen of the Orient. She would have loved to be a jockey, but women were barred from the sport in Lucy's younger days.

Women's rights are only one of the many changes to New Zealand society Lucy has seen in her long life. She has lived through 19 census counts. The first occurred in October 1916, when Lucy was only seven months old, and covered topics such as 'conjugal condition', 'infirmary' and 'race aliens'. The most recent was held in March this year and was conducted via the modern marvel of the internet. And, of course, there are four times as many people to count now!



From left: Emily Christensen, Care Home Manager; Lucy Baines; Cr Bernie Wanden.

ANZAC Day Services



All events are on
Wednesday 25 April



Levin Dawn Service

6.05am Parade leaves RSA, Devon Street.

6.15am Cenotaph Service begins.

Levin Civic Ceremony

10am Parade leaves Bath Street, outside Te Takeretanga o Kura-hau-pō.

10.30am Cenotaph Service begins.

Levin Retreat Ceremonies

4.45pm The Avenue Cemetery.

5.15pm Tiro Tiro Road Cemetery.

Foxton Dawn Service

5.45am Parade leaves RSA, Easton Street.

6am Cenotaph Service begins.

Foxton Civic Ceremony

9am Ceremony begins Manawatu College Hall.

9.35am Parade leaves Manawatu College, Lady's Mile.

9.45am Cenotaph Service begins.

Shannon Civic Ceremony

11.25am Parade leaves old Post Office, corner Stout Street and Plimmer Terrace.

11.30am Cenotaph Service begins.

Manakau Special Memorial Service

7.20am Assemble outside Manakau Hall to march to the War Memorial in Honi Taipua Street.

Waitārere Beach Civic Ceremony

8.30am Breakfast at Waitārere Beach Bowling Club, Park Avenue.

9.30am Service begins.

Tokomaru Civic Ceremony

10am RSA and Country Club, Matipo Street.



What's on at Libraries Horowhenua

April and May are full of learning opportunities at Libraries Horowhenua.

Learning Opportunities

Affordable internet for families

Do you have children or grandchildren who need an affordable broadband internet option?

Spark Jump helps families and whānau get home broadband so children can learn online at home. It's a low-cost, pre-pay internet service for families with children under 18, with no current broadband connection. No contract or credit check is needed.

They attend a two-hour workshop and receive a modem and 30GB of data. When this data has run out, or expires in 30 days, they can purchase another 30GB for \$10.

Families who meet the criteria can register at www.steppingup.nz or at their nearest library.

School Holiday Programme

Are you looking after grandchildren during the school holidays?

The Libraries Horowhenua School Holiday Programme begins in mid-April. The theme will be Harry Potter to celebrate the 20th anniversary of J.K. Rowling's popular series. Activities will include watching one of the movies, making butter beer and themed cookies.

Bring your grandchildren along and join in the fun.

The programme runs during Week 1 of the holidays at Te Awahou Nieuwe Stroom and the Shannon Library, and during both weeks of the holidays at Te Takeretanga o Kura-hau-pō.

Stepping Up computer workshops

Register for our free Stepping Up workshops to gain new skills on your computer or using library resources.

 **Thursday 26 April, 10-11am,
Library Catalogue**

 **Tuesday 8 May, 3.30-5pm,
Internet**

 **Tuesday 15 May, 10am-12pm,
eBooks**

 **Tuesday 22 May, 3.30-5pm,
Email**

Did you know?

- If you need a little longer to read your books we're happy to issue them for six weeks. Just bring your books to our service desk.
- You can renew your books on our self-check machines without needing to bring them in.
- We now have over 4000 eBooks, including 53 downloadable audiobooks. If you're not sure how to use audiobooks, our friendly staff are happy to help.

libraries 
HOROWHENUA



Live Stronger for Longer

MidCentral District Health Board is part of a nationwide movement to reduce falls and fractures and support older people to live stronger for longer.

The Live Stronger for Longer movement is a collective effort by the Ministry of Health, ACC, the Health Quality and Safety Commission, and DHBs to help prevent falls and fractures – and to support older people to stay independent and injury-free.

Did you know?

- Falls are the most common and costly cause of injury in older people.
- Falling over is not a normal part of the ageing process.
- Many falls are preventable.
- It is never too late to improve your bone health.

Statistics

- People aged over 65 have a one-in-three chance of falling, and between 10% and 20% of these falls result in an injury such as a hip fracture and often a long recovery after a stay in hospital.
- For people aged over 80, the risk of falling increases to one-in-two.
- Falls cause around 40% of ACC claims for people aged between 65 and 69, and around 60% of claims for those aged over 85.

- Severity of fall-related injury increases with age; an 80-year-old has 15 times the risk of a hip fracture compared with a 65-year-old.
- A hip fracture for someone aged over 80 is associated with a 33% chance of entering residential care.

How to Live Stronger for Longer

- Lifestyle changes such as increasing exercise, maintaining a healthy weight, reducing alcohol consumption, and not smoking, can all improve your chances of a fracture-free retirement.
- People who have good lower leg and core strength – thighs, mid-section and back – also have good balance.
- One of the best and easiest ways to avoid falling over is to build your core strength.
- Community-based strength and balance classes are available.
- Look for the Live Stronger for Longer ‘tick’ when selecting a class to know that it meets nationally agreed standards.
- People who cannot get to a class may be able to get support for strength and balance exercises at home.

 **For more information and advice, visit www.livestronger.org.nz. Also, to find your nearest strength and balance class, you can phone 06 357 5349.**





Gardening with Simon

Autumn gardening

Some gardeners say autumn is the most important – and challenging – season on the gardening calendar. Here is a rundown on a few vegetables that can be grown in the autumn.

Brassicas:

As there are so many white butterflies still around it may pay to wait until it cools down before planting brassicas such as cabbage, cauliflower, and broccoli, as caterpillars will devour a seedling overnight. Get your ground composted and dug over in the interim. Good preparation yields good results.

Brussels sprouts:

You either love 'em or hate 'em; personally, I am in the 'love 'em' corner. As with brassicas, keep an eye out for the white butterfly. Before you plant Brussels sprout seedlings give the planting hole a good feed of blood & bone and some fertiliser. Then plant and give the soil around the stem a good firm pounding with your hand, or if you are able-bodied, your foot. I didn't use my foot because I want to plant in the bed, not use it for a 'Simon's Resting Place'. This apparently sweetens the Brussels sprout. You will need to stake them if planted in a windy position.

Leeks:

A staple ingredient for any soup is the leek. Have you tried leek and potato soup? Made properly, it's delicious. Even in a white sauce they are delicious and so good for you, as most fresh vegetables are. Like most vegetables, ground preparation is very important. Leeks like a free-draining soil enriched by compost and animal manure to produce the best results. I have an old broken metal fork handle which I use as a large dibble to poke about 6-9 inches into the prepared soil, and then I pop the leek seedling into the hole with a little soil just to cover the roots. Mother Nature does the rest.

Garlic:

There are two main types of garlic – the Elephant variety, which can grow huge cloves, and the ordinary New Zealand Garlic that you buy from the supermarket. I am growing both this year. Never plant the cloves of a supermarket-bought garlic, as they are treated with a bleach-type chemical to keep them looking white and beautiful. There is nothing wrong with the taste of supermarket-bought garlic, but it is not suitable to plant in the garden. The best 'seed' to grow is from last year's saved, harvested crop, or bought in bulbs. Garlic likes a well-worked, free-draining soil built up with compost, all animal manure and a regular drink of garden tea. Plant in May and then you can hopefully harvest a good crop early next year. Remember to plant just the biggest cloves for the best results. As I have previously mentioned, last year was a miserable season for my garlic, as rust attacked for the third year running. But I was not the only one to experience this, as most people on the 'Garlic Gurus' Facebook page reported the same experience from all parts of the country. If you grew garlic last year and had the same problem I genuinely feel for you. But I have decided to give garlic another go this year, as I am not a quitter, with my disability or in my gardens. Fingers crossed!

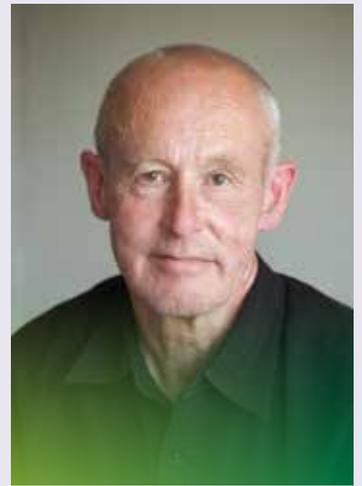
Well folks, that's it for autumn, and I'll see you in winter. Oh, and I love feedback – good, bad or indifferent.

Simon Broad

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 **06 363 8855**

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



Recipe of the season

Vegetarian dishes are more affordable than meat-based dishes, and offer a delicious and nutritious option whether you eat meat or not.

This season's recipe is a vegetarian pasta dish which is delicious for cooler nights. It provides more fibre than traditional macaroni cheese, and a protein and calcium boost. Try it with different combinations of vegetables.

Cheesy vegetarian pasta

Ingredients	1 Serve	2 Serves
Penne Pasta	100g	200g
Broccoli, chopped into small florets	1/2 cup	1 cup
Oil	2 T	3 T
Flour	1 heaped T	2 heaped T
Trim milk	1/2 cup	1 cup
Grounded nutmeg	1/4 t	1/2 t
Grated Edam cheese	1/2 cup	1 cup
Dijon mustard	1/2 t	1 t
Corn kernels (frozen, fresh or tinned)	1/4 cup	1/2 cup
Wholemeal breadcrumbs	1 T	2 T



Method

1. Cook pasta according to packet directions in plenty of water. Drain and set aside when cooked.
2. Microwave the broccoli in about 2 T water, covered in a microwave-safe bowl for 2 minutes on high. Drain and set aside when cooked.
3. Heat the oil in a medium-sized pan.
4. When heated, quickly mix in the flour with a whisk or fork. Stir until it forms a paste – this should take 1-2 minutes.
5. Add half the milk and the nutmeg to the saucepan, stirring quickly.
6. The sauce will begin to boil and thicken. When this happens, add the remaining milk and continue stirring for 2 minutes.
7. Reduce the heat to low and add half the
8. grated cheese and mustard. Stir until smooth.
8. Stir pasta, cooked broccoli, corn and remaining cheese through the sauce.
9. Remove from heat. Put each serve into a small single-serve oven-proof dish/ramekin. Sprinkle wholemeal breadcrumbs on top and brown under the grill for 3-4 minutes.

Serving suggestion: Serve with a salad or lightly cooked vegetables. Keep in ramekin to serve.

 **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.**

The Flight of the Godwits

By Gillian Bell

At last I get to the Manawatu
To adieu the bar-tailed Godwits
On a balmy autumn day
Around the equinox
(that's how they know it's time to go)
Bird lovers abound
Telescopes perched on river bank
Don't dare make a sound
Then they appear
Golden Godwits spill over the sandspit
All set to fly north to Alaska
Via Korea and China
An uplifting sight
Overexcited ornithologists
send feverish whispers along the bank
On sighting a rare black-fronted tern and
a curlew sandpiper
The beach is dotted with dotterels and
other delights to the eye.
Goodbye Godwits.
I yearn for your return in spring again.



©Andreas Trepte/www.photo-natur.de

What do 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 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.



What's On

in and around Horowhenua

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

3 **Tuesday 3 April to Monday 30 April**
'From Mountains to Sea' art exhibition
by Rae Lamble

Te Takeretanga o Kura-hau-pō. This exhibition showcases the work of local abstract artist Rae Lamble.

22 **Sunday 22 April**
River City Express

Travel with Steam Incorporated from Kāpiti via Palmerston North to the river city of Whanganui in classic red carriages hauled by a steam locomotive. You will then have a two-and-a-half hour stopover to go on one of the pre-booked tours or explore Whanganui yourself. Tour options are: 1) Waimarie Paddle Steamer cruise on Whanganui River; 2) Wairua river-boat cruise to Upokongaro; 3) Whanganui sightseeing tour.

Return fares from Levin are \$139 per adult and \$99 per child. Tour options are extra. For tour costs, bookings and enquiries, contact Steam Incorporated on 0800 783 264 or visit the Steam Incorporated website, www.steaminc.org.nz.

25 **Wednesday 25 April**
ANZAC Day Commemorations

Various ANZAC Day services are being held throughout Horowhenua. See Page 6 for listings.

28 **Saturday 28 April**
Big Dutch Day Out

10am to 2pm at Te Awahou Riverside Cultural Park. Come along and enjoy this celebration

of Dutch culture, food, music and games. Take a tour of the upper levels of de Molen and learn about the flour mill, visit the Oranjehof Dutch Connection Centre, and see winning entries from the children's drawing competition, which asked local children to create a poster advertising Foxton as a tourist destination. Don't forget to dress in orange – there will be prizes for the best-dressed child and adult.

28 **Saturday 28 April to Sunday 22 July**
Abel Tasman Exhibition

Shared Gallery, Te Awahou Nieuwe Stroom. This exhibition tells the story of Abel Tasman's voyage to New Zealand and the Pacific Islands in 1642. Come and learn about this incredible journey into unknown oceans.

13 **Sunday 13 May**
Heartland Flyer

Travel with Steam Incorporated from Kāpiti to Woodville via the spectacular Manawatu Gorge for a special Mother's Day treat. The train will be hauled by a steam locomotive and there will be a one-hour stopover in Woodville, as well as a stop in Shannon for coffee and shopping.

Return fares from Levin or Shannon are \$99 per adult and \$59 per child. For bookings and further enquiries, contact Steam Incorporated on 0800 783 264 or visit the Steam Incorporated website, www.steaminc.org.nz.

