



Issue 46
Summer 2018-19

ELDER

berries

News, views and info for older people in Horowhenua District



Inside this issue:

**Staying
healthy
and active**
page 3

**Outstanding
citizens
honoured**
page 4

**Thompson
House
Gardens**
page 6

Mayor's Christmas Message

On behalf of Elected Members I want to thank all of our volunteers and community groups for their ongoing dedication to supporting the older people in our community.

Our district has seen a big increase of retirees moving permanently to the Horowhenua.

More people in Horowhenua are members of groups and organisations than in the big cities – they are the fabric of our community as they help to bring us all together and make us feel included.

There are many groups that you can be part of and I encourage you all to get out and about if you can to help others, share hobbies and stay fit. And, if you are unable to get out then there are a variety of organisations that are happy to come to you.

All the very best and I trust you have a merry and safe Christmas and New Year.

Your Mayor.



Contact us

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 available at www.horowhenua.govt.nz/Elderberries***

 ***If you would like a PDF copy emailed to you, please email comms@horowhenua.govt.nz or phone 06 366 0999.***

Horowhenua commemorates Armistice Day

People of all ages gathered at the cenotaphs in Remembrance Park, Levin, and Main Street, Foxton, on Sunday 11 November to commemorate Armistice Day.

The 2018 commemorations marked 100 years since the Armistice was announced. To mark the occasion, attendees at the Levin service raised a 'roaring chorus' of sound with horns, clackers, party blowers and clapping.

Council's Civic and Community Events Coordinator, Melissa Steedman, said the roaring chorus aimed to re-create the celebrations which greeted the end of the war.

In his commemorative address, Mayor Michael Feyen reflected on the loss of a generation and the sacrifice of those who gave their lives. About 100,000 New Zealanders served overseas in World War One, with around 18,500 killed and many more wounded. At a time when the young Dominion had only 1.1 million people, the impact on communities was catastrophic.

The Levin Fire Station lent their siren to signal two minutes' silence, followed by the laying of wreaths.



Mayor Michael Feyen gives the commemorative address.

Staying healthy and active with Aquatics Horowhenua

Water-based exercise is a low-impact way to stay healthy and active. Aquatics Horowhenua offers plenty of options to help older people get the benefits of aquatic exercise.

Levin Aquatic Centre has a warm hydrotherapy pool with jets, which is ideal for gentle movement and relaxing, as well as a main pool, deep lane and shallow play and teaching pools.

Aquatics Horowhenua centres in Levin and Foxton are fully accessible, with parking nearby and shower and changing facilities for people with disabilities. Mobility hoists are available if you have limited mobility. The hoists hold up to 135kg and five different size slings are available.

Aquatics Horowhenua offers a variety of land- and aqua-based classes. While all classes can be adapted to suit people at all levels of fitness and ability, some are particularly well-suited for older people.

MoveWell MW

A land-based class where you can do low-impact exercises at your own pace, under the direction of a qualified instructor. The many benefits of MoveWell include increased muscle and joint strength to help prevent falls and improve fitness.

AquaCise AC

Based in the shallow water of the main pool, this class uses equipment, controlled movements and the resistance of the water to help you tone up and keep fit.

AquaRehab AR

Based in the hydrotherapy pool, AquaRehab is a low-impact class that helps to increase mobility, strength and flexibility. This class is specially designed for those with arthritis, joint and circulation problems or who have limited mobility.

AquaMove AM

A low-impact workout class designed to increase confidence in deeper water through exercises to help improve strength, stamina and joint mobility. This class acts as a transition from the AquaRehab class.

AquaDeep AD

Based in deep water, this class uses a buoyancy belt to offer a weightless workout. A fun, high-energy class to improve strength, core stability and cardio-vascular fitness, while offering the benefit of no impact to joints.

All classes are offered at Levin Aquatic Centre, and Foxton Heated Pools offers AquaCise and AquaRehab.

Classes take a break between 24 December and 2 January and run a limited timetable on 3 and 4 January, with normal classes resuming from 5 January. Information on the full range of classes, summer opening hours and class timetable is available from:

Levin Aquatic Centre, Cnr Queen and Salisbury Streets, Levin

 **06 368 0070**

Foxton Heated Pools, Main Street, Foxton

 **06 363 5078**

 **aquatics.horowhenua.govt.nz**

 **[AquaticsHorowhenua](https://www.facebook.com/AquaticsHorowhenua)**



AquaRehab class in session at Levin Aquatic Centre.

Outstanding citizens recognised at Civic Honours Awards

Outstanding voluntary service to the community saw 12 people and two organisations officially acknowledged at the Horowhenua Civic Honours Awards at Te Takeretanga o Kura-hau-pō on 29 November.

Civic Honours awards were presented to:

Neil Perfect – Neil has served as the president of the Horowhenua Art Society, coaching children and adults in art. He is a leader for Waitārere Beach Cubs and has worked alongside the Waitārere Beach Progressive & Ratepayers Association to install a basketball court at Waitārere Domain. Neil also provides SeniorNet classes and community drop-in sessions, helping many older people learn to use technology confidently and stay connected.



John Brown – John served as president of the Lions Club and as convenor of the Works Committee for the Levin Uniting Church. He supports the Levin monthly market and church fair, and looks after the Ever Changing Art display outside Te Takeretanga o Kura-hau-pō. John frequently goes out of his way to help others, and his warmth and generosity are well known.



Peter and Vivien Wright – Peter and Vivien have served the Waitārere Beach community for over 30 years. They established a land-yacht club, and are actively involved in the Waitārere Beach Progressive & Ratepayers Association. Peter was a founding member of the Waitārere Beach Warden Group, and both Peter and Vivien help to keep the North and South Forests clean and problem-free. They coordinate volunteers who capture the stories of Waitārere Beach in photos and publications and are Justices of the Peace.



Murray Forward – Murray initiated and organised the Rotary Club of Levin's charity house project, which raised over \$100,000 for the Te Hinaki Trust. He also donated kitchen fittings and spent hundreds of hours working on the house. He is an avid supporter of local sports, mentoring young sportspeople, providing equipment and supporting trips to competitions. Murray also volunteers his time to help older people.



50 Years' Service Award was presented to:

Lindsay Burnell QSM – Lindsay Burnell QSM has dedicated 50 years of service to the Horowhenua AP&I Association. Lindsay has been involved in the dairy side of the Association for over 50 years, playing an invaluable role in numerous events, projects and other activities.



Mayoral Awards were presented to:

Save Our River Trust (SORT) – SORT was formed in 2004 to reintroduce more water from the Manawātū River into the Foxton River Loop. It has dedicated many volunteer hours to consent applications, meetings, submission processes, planting wetlands and flax, establishing and maintaining walkways, dredging sediment and mowing. SORT is an integral member of the Foxton River Loop Working Party.

Anne Hunt – Anne has assisted the Mayor with her knowledge of local government and regulatory organisations. She served as a councillor and has played a leading role in many community organisations, including the Foxton Tourist and Development Association, Tourism Horowhenua, Horowhenua Adult Literacy, Horowhenua District Ratepayers and Residents Association, Foxton Surf Lifesaving Club and Foxton RSA.

Vivienne Taueki – Vivienne has advised and supported the Mayor on many matters. She is a member of the Muaūpoko Cooperative Society, working to maintain ancestral lands and waterways, and researching and identifying sites of significance to Māori, wāhi tapu and Muaūpoko taonga.



Certificates of Recognition were awarded to:

Radio Reading Service – The Radio Reading Service has delivered news, information and entertainment for the sight-impaired in Levin since 1985. Volunteers Kathryn Taylor, Enid Lowe, Sue Eckworth and Hazel Luckstedt were recognised for dedicating 80 years' service to the radio station between them.

Bob and Jan Saunders – Bob and Jan have dedicated countless time and energy to promoting Foxton, volunteering for MAVtech, the Foxton Town and Development Association, the Foxton Horse Drawn Society, the Spring Fling and Christmas parades. Both have also volunteered as tutors at Foxton Primary School.

Linda Sherlock – Linda has been a teacher, mentor and supporter to young people. She has been the driving force behind the Waiopahu College Poly Group, supervising rehearsals on weeknights and weekends, providing transport and food for students, and sewing performance outfits. Linda also helped to establish academic mentoring to help students learn Pacific Island languages and has worked to ensure a culturally responsive approach to education. She has also supported the Pasifika Youth Jandal Jam.

Charles Rudd – Charles Rudd has been a voice for the environment for many years. He has contributed to protecting biodiversity, caring for waterways, managing waste, improving air quality and protecting our coasts.



Taste Trail recipes come to life

The Horowhenua Taste Trail on 24 November attracted foodies from across New Zealand. Participants got a behind-the-scenes glimpse of food production, sampled gourmet food, and stocked up with fresh produce.

To encourage participants to use local produce, the Taste Trail offers a series of free recipe cards each year for participants to take home.

This year, with the assistance of Horowhenua District Council's Vibrant Communities Grant, the recipes were brought to life on film.

Kristy McGregor, Culinary and Community Partnerships Manager for the Horowhenua Taste Trail, says "We were looking for ways that we could make cooking with local produce more accessible. We want to give people confidence to use food grown and made right here in Horowhenua".

The recipes were filmed at Horowhenua Learning Centre (HLC). Eight students from HLC's New Zealand Certificate in Cookery Level 4 took six Levin Menz Shed members through the recipes, teaching them techniques along the way.

"We were delighted to work with HLC and the Levin Menz Shed on this project. The demonstrations were filmed and are now online, so anyone can jump on, watch and learn. We hope this encourages more of our community to use our high quality fresh local produce," says Kristy.

The recipe videos are available at www.tastetrail.co.nz, and a recipe for Japanese Style Turk's Chicken Skewers is in this issue of 'Elderberries' (see p. 11).



Larissa McDonald of HLC and Pat Bennett of Levin Menz Shed prepare smoked eel crackers.

Green Flag flies at Thompson House Gardens

Levin's Thompson House Gardens is now flying a Green Flag after being designated one of only 20 Green Flag parks in New Zealand.

Green Flag Awards recognise and reward well-managed parks and green spaces, and aim to ensure everyone has access to good quality green spaces that meet the needs of the community.

Councillor Victoria Kaye-Simmons said the award was a "wonderful recognition of the hard work, commitment and dedication to the community by Council officers, contractors and volunteers".

Horowhenua District Council Property and

Parks Manager Arthur Nelson said Thompson House Gardens boasts several unusual plants, including *Dracunculus vulgaris* and an enormous Himalayan cedar referred to as the world's tallest bonsai.

"The *Dracunculus vulgaris*, also known as Dracula's flower, has an incredible purple flower which smells of rotting meat. It is pollinated by flies and beetles, and is also unusual in that it can change sex several times during its lifetime," he said.

"Visitors to the park might also be interested to know the large cedar was originally a potted bonsai planted in the 1930s."

Residents celebrate first year with Compassion Housing

Community housing residents in Horowhenua gathered in Council Chambers for morning tea, singing and good company on Tuesday 13 November to celebrate their first year with Compassion Housing.

Compassion Housing took over managing 115 community houses in Levin, Foxton and Shannon when Horowhenua District Council sold the houses in October 2017. The organisation is part of the Sisters of Compassion Group, who have provided services to the elderly for more than 100 years.

Director Alan Woods said Compassion Housing's approach is driven by the mission of the Sisters to bring love and care to those disadvantaged in society and "to do as much as we can rather than as little as we have to".

"We're committed to a long-term partnership with the Horowhenua community. As well as offering good quality, affordable housing, we help our residents participate in the community, maintain a healthy lifestyle and prevent isolation from occurring," he said.

Residents John Gee and Swee Lim are delighted with the benefits.

"We get regular visits from a nurse and two of the sisters, who are great at listening and

checking all is well," said Swee. "And we have good neighbours in our complex. We're very happy."

Horowhenua District Council Community Wellbeing Committee Chair, Barry Judd, said the transfer of the housing has been positive for tenants.

"Compassion Housing has 18 years' experience as a dedicated community housing provider. It offers a higher level of service aimed at decreasing isolation and improving wellbeing than Council could provide – a level of service that is increasingly necessary for our older people," he said.



Residents enjoy singing with Sister Alisi (far left) and Sister Fina (far right).



Dracula's flower in bloom.



Horticulturalists, volunteers and Council officers with the Green Flag award.

MidCentral DHB launches new healthy ageing and rehabilitation services

MidCentral DHB's newly formed Healthy Ageing and Rehabilitation Cluster has exciting plans to develop comprehensive, co-ordinated services for older people and younger people with disability across the district.

In Horowhenua, a number of developments are planned.

From December 2018 there will be an additional advanced trainee in geriatrics based at the Horowhenua Health Centre, working within the Elder Health Department for two days a week. This staff member will enable the centre to offer a Frailty Rapid Access Clinic (FRAC), which will work with older people living with frailty who need to be seen quickly but have no need to be sent to Palmerston North Hospital (PNH).

The aim is to provide rapid, specialist geriatric assessment and intervention that reduces the need for long and unnecessary journeys to hospital and helps keep people with frailty living well at home for longer.

Plans are also underway for a dedicated acute care ward for older people at PNH – the Older People's Acute Assessment & Liaison unit – OPAL. This unit will focus on preventing people from getting worse and getting people back safely to their own environments in the community.

This is a collaborative piece of work that will involve Health of Older People (HOP) teams working with other teams and stakeholders in the community such as home care support workers, who will have a crucial role in providing a smoother transition from hospital to home in a timely manner. The unit should be operational by autumn 2019. To enable this for older people residing in the Horowhenua district, MidCentral DHB plans to build on the good work of the Horowhenua HOP teams.

Further service improvements will take into account the valuable feedback received from Horowhenua residents during the development of the Horowhenua Health and Wellbeing Plan 2018-2023.

 **The plan can be accessed on MidCentral DHB's website, at www.midcentraldhb.govt.nz/Publications/AllPublications/Documents/LP%20Horowhenua%20Complete%20Brochure.pdf**

IT'S OKAY TO GET OUT OF BED!



By getting up, dressed and moving, you can:

- Recover more quickly
- Return home sooner
- Maintain a normal routine
- Gain greater independence

Get UP, Get DRESSED, Get MOVING



Waiopahu Women's Institute celebrates 40 years

This year marks 40 years of friendship and charity at the Waiopahu Women's Institute.

The club's 35 members celebrated the anniversary in July with a display of ballroom dancing and a birthday party.

President Maggie Woodgyer says the Institute has achieved a lot over the years.

"Our members are very active in the community. We collect for Daffodil Day, knit for the maternity ward at the Horowhenua Health Centre, and donate regularly to the Health Shuttle and food banks," she says.

The club is part of a federation of Women's Institutes, and members from different clubs often visit each other and work together to hold special days or charity rallies. In October, clubs worked together to organise a fashion parade in Ōtaki to raise money for St John. Another recent event was the International Day, where clubs each contributed food on a different national theme.

Meetings are held monthly, and there's always entertainment or a speaker, as well as a

competition for members to produce the best flower, craft or plant. Once a month, the club holds a luncheon and a morning tea, and there are special interest groups within the club for members who enjoy gardening, crafts, or meeting for lunch.

"We can give people companionship and friendship. It's a great way for people who might otherwise stay at home, become housebound or socially isolated to get out, enjoy good company and make a difference in our community," says Ms Woodgyer.

 **The club meets at 1:30pm on the first Tuesday of each month at the Masonic Hall, Parker Avenue. New members are welcome. For more information, contact Margaret Woodgyer on 06 367 2388.**



From left: Waiopahu Women's Institute President Margaret Woodgyer and Secretary Jenny Ingham.

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WAKA KOTAHU

Driver & Vehicle Licensing

AA

-  Driver Licensing
-  Motor Vehicle Registration
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-  Road User Charges
-  International Driving Permit
-  AA Membership
-  Road Codes and L-plates
-  IRD Personal Applications
-  SuperGold Applications

Come and visit your friendly AA team at:



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

10 Bath Street, Levin

Gardening with Simon

Watering Your Garden in Summer

Yes, I am back after having the spring off. And I must admit it is good to be back writing 'Gardening with Simon'.

One of a gardener's biggest challenges is the inevitable water restrictions around this time every year. To gardeners these restrictions are part of the struggle to produce good, spray free vegetables to feed your family/whānau in summer.

Fortunately, there are many ways to water your gardens without causing a strain on the reservoirs. One is to save your washing machine water. I have never tried this method, but by all accounts it works. Let me know if you do it. I would be very interested. If you can, take a photo.

Before pulling the plug in the bath, try bucketing it out and using it to water your indoor plants. A lot of us are guilty of only thinking of the outdoor vegetables and neglecting the indoor plants. You could even try catching the shower water.

Rainwater is the best way of watering our gardens, but we don't get regular rain in summer, so we have to find ways of collecting that precious commodity when we do get it. So it is really important to collect and store rainwater.

I have a tub outside under the eaves to catch



Mike and Jackie's water storage system.

rainwater. I then scoop the water out and put it into my watering can and empty buckets. But, one of the best systems I have seen belongs to my friends Mike and Jackie. They have three approximately 40-litre blue containers with a pipe descending from the garage downpipe right next to their gardens. They have also constructed a system to collect more water from the overflow of the drum. It's amazing what can be achieved with a bit of forward thinking and Kiwi ingenuity. Alternatively, you can buy a 200 litre water storage tank from the Council for \$105.

Finally, when you see or hear about the inevitable water restrictions, remember the Council has imposed the restrictions for a reason. Don't go rushing out to wash your car, as a clean car will never go any faster than a dirty unwashed car!

Summer Quote

Don't wait for things to get easier, simpler, or better. Life will always be complicated. Learn to be happy and positive, otherwise you may just run out of time.

The team at 'Gardening with Simon' (Simon, Mike and Jackie, and Sasha the cat) would like to wish you a very merry Christmas and a happy New Year.

See you all in autumn 2019.

Simon Broad

 62 Avenue Road, Foxton 4814

 06 363 8855

 sf.broad@xtra.co.nz





Ingredients

Sauce

- ¼ cup light soy sauce
- ¼ cup mirin
- ¼ cup cooking sake
- 2 tbsp soft brown sugar

Chicken skewers

- 8 wooden skewers, soaked in cold water for at least 20 minutes
- 4 Turk's Free Range Chicken thigh fillets, skinless
- 1 bunch spring onions, trimmed and cut into 2.5cm lengths
- Baby cress to scatter, optional

Japanese-style Turk's Chicken Skewers

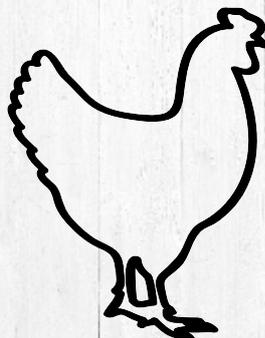
Method

Sauce:

1. Combine all sauce ingredients in a small heavy-based saucepan and place over low heat. Gently bring to the boil then reduce heat and simmer until syrupy.

Chicken:

1. Heat a char grill until hot.
2. Cut the chicken into even-sized pieces (about 3cm) and thread on to the soaked skewers, alternating with the spring onion pieces.
3. Place on the hot grill in batches and grill for 5 minutes, turning once or until the chicken is cooked through.
4. Place chicken skewers on a serving plate and drizzle over enough sauce to moisten. Scatter over cress if using.



Foxton's Flax Stripper Museum needs your help

The flax industry helped Foxton, so now can you help the flax industry? The Flax Stripper Museum is devoted to letting the public of today know about that industry and the vital part Foxton played in it. But it needs volunteers to help keep it operating. All of the present three volunteers have doubts about their future availability.

The task is not a very difficult one and can be adapted for each volunteer in the way that best suits them. There is an introductory video to play for visitors. This gives an explanation of the development and demise of the flax industry. Visitors can then view the photograph display and the various items made at the Woolpack and Textiles factory. There are two machines that are easy to operate if the volunteer wishes to.



Museum curator Tony Hunt shows visitors stripped flax fibre.



If you want to know more or visit the museum, contact Tony Hunt on 363 6846 so a visit can be organised that will give you a better idea of the tasks that volunteers do.



What's On

in and around Horowhenua

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

3 Monday 3 December to Monday
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 website, <https://festivaloflightshorowhenua.co.nz>; the Festival of Lights, New World or Horowhenua Chronicle Facebook pages; or in print in the Horowhenua Chronicle or from Harvey Bowler Funeral Services at 284 Oxford Street, Levin. **Free. Own transport needed.**

14 Friday 14 December to Sunday
16 December
Christmas Avenue of Trees

6:30pm to 8:30pm daily at Salvation Army, 11 Durham Street, Levin. Come and see over 50 Christmas trees decorated by individuals, businesses and community groups. Jointly organised by Harvey Bowler and the Salvation Army, this event aims to bring the Christmas spirit to the community and help those in need. Organisers request a donation of a gold coin or non-perishable food or household item per person. All donations will go to the Levin Inter-Church Food Bank.

15 Saturday 15 December
Christmas in the Park

4pm to 9pm at Levin Adventure Park. Free family event with a performance by Ben Lummis from 7pm to 8pm and carols from 8pm to 9pm. There will also be bouncy castles, an inflatable soccer field, dance performance, face painting, Pasifika performance, nativity photobooth, sausage sizzle, and – of course – Santa!

21 Friday 21 December to Sunday
3 February
Ngā Hau Ngākau exhibition

Te Awahou Nieuwe Stroom. Touring exhibition of paintings, kete, whariki, carvings, soundscape and video.

2 Wednesday 2 January
Big Dig

2pm at Waitārere Beach. More than 300 prizes available. Tickets \$3.

2 Saturday 2 February to Sunday 3 February
**Horowhenua Vintage Machinery Club
Harvest Weekend**

9am to 4pm at 307 Heatherlea East Road, Levin. See vintage tractors, engines and machinery with demonstrations. **Entry \$10 per adult, children 12 and under free.**

16 Saturday 16 February
Pasifika Celebration Day

3pm to 7pm, Levin Adventure Park. Pacific Island culture, dance, music and food. Free entry.

17 Sunday 17 February
Super Cheap Auto Spectacular Car Show

9am to 2pm at Shannon Domain. Over 500 vehicles, food stalls and activities. Entry \$2 per person.

24 Sunday 24 February
Jazz in the Park

11:30am at Levin Adventure Park. Concert featuring four bands, including Classic Jazz, Levin & Districts Brass, Liberty Swing Band, Brasso. Free.