

ELDER

berries

50+ magazine with news and views for active seniors in the Horowhenua District



Sunday dinners
with Jack
Pg. 3

Horowhenua

you want a great place to retire

Welcome to Elderberries, Horowhenua District Council's magazine tailored for people aged 50 and over.

Elderberries is published on a seasonal timetable; with a new issue each Winter, Spring, Summer and Autumn. Copies are free and available to collect from stands located throughout the District. These can be found at:

- Levin Mall
- Te Takere Horowhenua Culture and Community Centre
- Levin New World
- Horowhenua District Council main office in Levin
- Focal Point and Whispers cafes in Levin
- Work and Income's Senior Services in Levin and Foxton
- Waitarere Beach Four Square
- Foxton Library
- deMolen Foxton
- Foxton New World
- Foxton Beach Community Centre
- Foxton Beach Four Square

- Shannon Library
- Horsmans Cafe, Shannon
- Tokomaru Store

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.

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.



Sunday dinners WITH JACK

For the past decade Jack Gibson has been instrumental in providing a hearty and healthy Sunday evening dinner for people in need.

What started off just over 10 years ago as a "friendly get-together of a few church folk" soon developed into a weekly community meal, now attended by between 40 and 50 people each Sunday evening in the hall at the Levin Uniting Church on Oxford Street near the Adventure Park.

While Jack leads it, he stresses that he is helped and supported by a "wonderful and harmonious team" of other volunteers.

Each Sunday around 2pm Jack makes a start preparing the meat and making sauce. Around 3pm others arrive to prepare vegetables and salads. Dinner is served at 6pm, after which everyone is invited to attend a "spiritual therapy" service in the church, followed by dessert at 8pm. A \$2 donation per person is invited, but certainly not demanded.

Jack says the meals are attended by a variety of people, some in need of food and sustenance and others looking for company.

"Some won't have eaten for two or three days, while others have spent their days and nights alone. We welcome them all in," he said.

"Sometimes people have a crash in life. It can be the result of a family break-up. It can be a



businessperson gone broke - they'll have been eating porridge for breakfast, lunch and dinner, but will come along for a few weeks and then we won't see them again because they're back on their feet having found a job."

Jack says that while providing the Sunday meals is a rewarding experience, so is getting to know the people who attend.

Levin Uniting Church Parish Clerk Allen Little says that as a Presbyterian elder Jack espouses Christian love and compassion, where everyone is welcome and no one should be turned away.

"Jack has worked conscientiously, not only to help provide the meals but also to marshal helpers to make this weekly event happen. This is something Jack does because he knows many people face difficulties and struggles with daily living and are stretched to make ends meet.

"Jack's heart is for the people and he is often heard to say that no one should be hungry."

TE TAKERE BNZ HOPE AND WONDER

Te Takere is set to host the 'Hope and Wonder' BNZ Art Exhibition between February 26 and March 26 2016.

Widely regarded as one of New Zealand's best private art collections, it is a must see for locals and art lovers from throughout New Zealand.

The exhibition will celebrate New Zealand's rural lifestyle so it is

only fitting it is displayed in the Horowhenua which offers the best rural lifestyle!

The exhibition contains works by icons of New Zealand art history that were created during the 1970s

and 1980s including Patrick Hanly, Robin White, Michael Smither, Michael Illingsworth and Don Binney.

To find out more about the exhibition and other Events at Te Takere in 2016 head to www.tetakere.org.nz

The BNZ Hope and Wonder Exhibition is proudly supported by BNZ, Colbert Cooper Accountants, Harcourts Real Estate, Horowhenua District Council, Ohau Wines and Todd Whitehouse Lawyers.



Horowhenua rest home SCORES 10 OUT OF 10

Life is for living - that's why Levin Home for War Veterans is doing things differently. The Horowhenua home, operated by Presbyterian Support Central's Enliven service, has become the only home in the region to obtain full Eden Alternative registration.

The Eden Alternative (Eden) is a unique elder-directed model of care that alleviates loneliness, helplessness and boredom amongst elders.

Enliven regional manager Kevin Petersen says loneliness, helplessness and boredom are recognised as the main reasons elders may experience an unfulfilled life. But he says Eden enhances the aged care experience by putting the decision making back into the hands of the elders.

"Feeling helpless, bored or lonely can affect anyone's life negatively. Having meaning, empowerment and growth in our lives are essential parts of living, and that's what Eden provides," Kevin says.

"We provide homes where people's clinical needs are taken care of but they're not treated as 'patients'. They are assisted to live each and every day to the fullest, and the Eden Alternative gives us a fantastic framework for that."

The Eden Alternative (Eden) follows ten principles to create a home where everyday life involves variety and spontaneity, companionship, contact with children and the community, animals and

meaningful activity.

"Levin Home for War Veterans is now one of three aged care facilities in New Zealand with full Eden Alternative registration, and of those homes it is the only one offering a full continuum of care, including rest home, dementia, and hospital level care services," Kevin says.

"Gaining and maintaining the Eden registration is acknowledgement that we are doing the best possible for our residents. It means Levin Home for War Veterans is a home, not a facility, and the residents call the shots."

Levin Home for War Veterans is operated by Enliven, part of the not-for-profit organisation Presbyterian Support Central, and provides rest home, hospital, dementia care, respite and health recovery care from its location on the corner of Prouse and Matai Streets in Levin.

For more information about Levin Home for War Veterans or the Eden Alternative, phone 06 366 0052 or visit www.enlivencentral.org.nz.

Keeping the Community HEALTH SHUTTLE WHEELS ROLLING

The Horowhenua Community Health Shuttle service will clock up its eight-year anniversary in February.

Each weekday it provides five return trips to Palmerston North and allows users of all ages and without transport, or who cannot drive themselves, to attend medical appointments at the hospital or nearby clinics. Plus, on Saturdays it transports dialysis patients for treatments.

Health Shuttle Trust Board chairperson Adrian Kealey says the service is "for the community, by the community".

"To provide an effective community service we need several key ingredients: an identified need, community support, a team of trained



Secretary Marta Buchanan, left, and service coordinator Raewyn Woolrich

and dedicated volunteers, and financial security. We have all these elements. The result is a safe, effective and efficient shuttle service to be proud of - and ultimately the reward of providing transport to locals who would otherwise find it difficult to get to Palmerston North," he said.

Secretary Marta Buchanan says the service has 54 volunteers including drivers and support crew members, office workers managing the administration, and people who clean and maintain the four shuttles.

"And, most of us are pensioners ourselves, but we are all passionate about the service, she said.

"We travelled approximately 158,000 kilometres again last year and we worked out it takes 226 man-hours per week to run the service. It's a big job."

Marta says the service always welcomes people wanting to volunteer.

"We may not be able to take on someone immediately - it may even take several months, but a spot will always open up at some time."

It costs around \$170,000 per year to run the shuttles, with the service's funding comes from user donations and payment for transporting dialysis patients; grants and donations; and the annual health shuttle subsidy from Horizons Regional Council and grant from MidCentral Health.

Trustee Ian Knighting says the Community Health Shuttle is a charity and certainly appreciates donations made by users of the service, as well as the "wonderful support" from organisations throughout the district.



Trustee Ian Knighting



Simon Broad

GARDENING WITH SIMON

Summer gardening jobs keep coming, and determined to keep us gardeners busy.

There is the normal harvesting of the garlic, tomatoes, cucumbers, xmas potatoes and the salad greens. My highlight has to be the harvesting of my 161 garlic. It is a 'chore' I look forward to every year as I never know from one year to the next the size of the bulbs. if you have put in garlic, the best time to harvest it is when the tops have died off. but remember prior to harvesting they need to be regularly watered. When you decide to harvest them, carefully have a feel around the base of the plant to determine the size of the bulb. You should be able to feel the size of the cloves. And use a fork to finally lift them. Never lift them by the stems, as 9 times out of 10 you will cause damage. So, don't tempt fate.

You could always try to plant brassicas where the garlic was harvested from, as the dreaded white butterfly hates the smell

left behind from the garlic - just another tip.

You can always "bandicoot" your spuds to determine the size of the spuds. To "bandicoot" carefully scrape some of the soil away from around the base of the plant, and then put you hand right underneath and then you will/ should get an idea of the size of the spuds. To harvest, I always lift the plant out, give it a shake to let the spuds go onto the soil and then with a fork go as deep as you can to remove the remaining spuds. Try to get all of them out, or they will re root and grow again. This is especially annoying if you want to prepare your Autumn garden.

Harvesting your vegetables means preserving, jam making, bottling, the making of chutneys, pickles & relishes, and in my case, the making of all of the above, and my minced garlic and of course my pesto. All for sale here, I might add!

Once you have emptied a bed, or a piece of ground give it sprinkle

of lime, and on top of that some rotted horse/cow manure, well rotted grass clippings and compost. You can leave this for about a month prior to planting your Autumn garden. Then a weekly forking/dig over is needed to create a pliable piece of ground/ bed to plant into. Plants will not do their best if the ground/bed is not prepared properly.

Now, a request. Has anyone got any suitable worms that I could beg, steal, or trade produce for, so that I can restart my worm farm. You can contact me at any of the following at the bottom of this edition of "Gardening Foxton Style". Also, any feedback - good or bad - is most welcome.

On behalf of myself, and my gardening mentors, Mike & Jackie we would like to wish everyone a happy 2016. See you all in the Autumn.

Remember, you can contact me for any tips, advice or just to say a hello, or to purchase well-grown plants.

Simon Broad
62 Avenue Road, Foxton 4814.
Phone: 06 363 8855
Email: sf.broad@xtra.co.nz



Janine Kelly

IF YOU HAVE EVER

A poem by Janine Kelly

If you have ever
caressed a thatch of moss,
stroked swaying meadow grasses,
or hugged a tree,
then you have touched Nature

If you have ever
smelt the air's freshness after rain,
felt the smite of sea-spray on your face,
or caught your breath in misty
bush-clad hills,
then you have also touched Nature

And if you have ever
been fascinated by the elasticity of
a dewdrop,
been awed into silence before a
shaft of sunlight through a forest
canopy,
or been riveted by the thought
that a millennium may have
passed since the death of that star
you now see
then Nature has touched you.



Margaret Jeune

HISTORY IN THE MAKING

A poem by
Levin writer
Margaret Jeune

In the modern world
There is a difference between living
In a place such as Italy
Which has ancient ruins setting the scene
For documented historic events
And a land such as New Zealand
Where history is more recent
The result of migrations from distant shores
The original occupants-plants, trees and birdlife
Under threat from pest invasions and deforestation
The landscape vastly changed as settlers made their mark
Carving up the landscape to earn a living
Today new history is being made
Parts of Europe are under siege
Refugees are surging through Europe
Escaping from war torn Syria
Their migration is urgent by boat and on foot
As leaders talk and European nations fence off their borders
To stem the human flood
New Zealanders watch the drama unfold on television
They offer to increase our refugee quota
And welcome some Syrian refugees to our shores
While our own citizen's travel to Europe as tourists
Secure in the knowledge that they have a homeland to return to
They cross the paths of the refugees.

SUPER SENIORS website

There is a new online resource for older people offering information, news, features and events; all aimed to be useful, relevant and enjoyable.

The SuperSeniors website has categories including getting out and about, health and wellbeing, finances and planning, age-friendly communities, as well as information about NZ Super and the SuperGold card.

There is also a section listing local, regional and national events.

The SuperSeniors website was launched in September by Prime Minister John Key and Minister for Senior Citizens Maggie Barry.

Visit www.superseniors.msd.govt.nz or the associated Facebook page www.facebook.com/officeforseniorcitizens



Calling all wordsmiths!

Would you like to see your writing on this page?
We'd love to publish your poems or short short-stories for our readers to enjoy?
If so, please contact us at comms@horowhenua.govt.nz Thanks!

APPLY FOR A RATES REBATE for the 2015/16 year

Residential ratepayers with a household income up to \$24,440 may be eligible for a rates rebate up to \$610.

Those earning above the maximum threshold may still qualify for a rebate, depending on income, level of rates and number of dependants. The rebate is based on total income for the year ending 31 March 2015 and the amount of rates for both Horowhenua District Council and Horizons Regional Council.

In the 2014/2015 financial year Horowhenua District Council processed 2078 applications and paid out \$1,128,315 to ratepayers.

Finance Manager Jeff Paulin encourages ratepayers to enquire to see if they may be eligible to take advantage of the Rates Rebate scheme.

"If you're a superannuitant, a Work and Income client, or a family on a low income, we really encourage you to enquire about your eligibility for a rates rebate. It's such a worthwhile opportunity to take advantage of," he said.

Mr Paulin says the process is not complicated and Council staff can meet with ratepayers and help them complete their applications. To make

Further information can be found on the Department of Internal Affairs website www.ratesrebates.govt.nz



Are you entitled to a Rates Rebate?



You may be eligible for a rebate up to \$610

Residential ratepayers, couples, joint homeowners with combined incomes up to \$24,440 in the tax year ending 31 March 2015 may qualify for a maximum rebate of \$610. Those earning over \$24,440 may still qualify for a lower rebate.

Apply now

To make an appointment phone 06 366 0999 or email your name and phone number to ratesrebates@horowhenua.govt.nz

Horowhenua District Council 126 Oxford Street, Levin Phone 06 366 0999 (24 hours) Fax 06 366 0951 Website www.horowhenua.govt.nz

an appointment phone 06 366 0999 or email ratesrebates@horowhenua.govt.nz.

The only information applicants need to provide is proof of income (before tax) for the tax year ended 31 March 2015, including any interest received, as well as proof of a partner's income or joint income if living together.

Application forms are available from Horowhenua District Council Service Centre in Levin, as well as Council's service centres at the Foxton and Shannon Libraries, or online at www.horowhenua.govt.nz/ratesrebates

ENJOY THE HEATED FOXTON POOLS

By Jessy Ion, Aquatics Education Supervisor

Open throughout summer the Foxton Pools facility offers an indoor heated four-lane 25 metre pool and an indoor heated Play and Toddlers' Pool.

Both pools sit at a toasty 30 degrees so it is a great place to exercise for all ages. Throughout the season the pool will be open from 10:00am to 6:00pm.

Swimming is an ideal workout for everyone because it is low impact and presents a minimal risk of injury. Swimming is a complete workout, incorporating the entire body and utilizing all muscles groups, with Foxton Pool being heated it is a warm place to exercise for everyone.

So, grab your togs and come and try one of our Aqua classes. Aqua classes are water based exercise class with a motivating instructor and great music.

We look forward to seeing you at the pool!



Classes are held:

Tuesdays	10:15am
Wednesdays	6:00pm
Thursdays	10:15am
Saturdays	10:15am

To find out more about the Foxton Pools summer season visit www.aquatics.horowhenua.govt.nz or phone 06 368 0070.

Need a DEFIBRILLATOR?

A directory of locations where Heart Defibrillators are located throughout the Horowhenua has been compiled by St John Levin Area Committee. The information was sourced from a Website aedloctions.co.nz and information gathered from the community.

If you know of any sites not listed below please contact the St John Levin Area Committee Secretary Ann O'Connor on 06 367 8274 or jsndaocconnor@clear.net.nz

Levin

Te Takere - Levin Mall

Levin RSA - Devon Street

NZ Fire Service - Cnr Queen and Salisbury St

Levin Aquatic Centre - Cnr Queen and Salisbury St

Levin Police Station - Bristol Street

Levin Bowling club - Weraroa Road

Arohanui Hospice Shop - Main Road

Levin Baptist Church - Rugby Street

Horowhenua Health Centre - Liverpool Street (Star 4 Ward)

Levin Cosmopolitan Club - Oxford Street

Levin Golf Club - Moutere Road

Masonic Medical Centre - Queen Street

New World - Bath Street

Horowhenua Community Practice - Horowhenua Health Centre Liverpool Street

Z Service Station - Oxford Street

Ohau

Ohau Automotive - Main Road, Ohau

Waitarere

Waitarere Beach Bowling Club - Park Avenue

Waitarere Beach Fire Service - Forest Road

Hydrabad Motor Camp - Forest Road

Foxton

Foxton Golf Club - State Highway 1

Foxton Marine Boating Club - Foxton Beach

Foxton Life Boat - Foxton Beach

Foxton New World - Cnr Main and Whyte Streets

Foxton Fire Station - Hall Street

Foxton Beach fire Station - Dawick Street

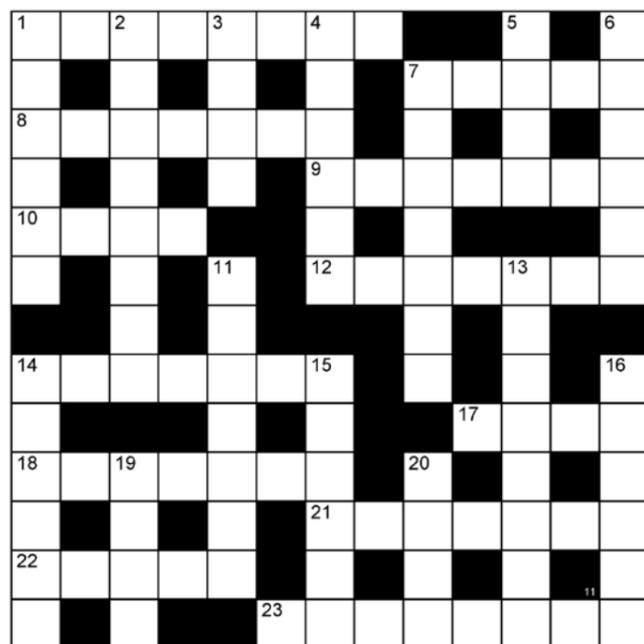
Shannon

Club Hotel - Ballance Street

Fire Station - Vogel Street

Electra Line Trucks and Health Shuttles all have AED's

CROSSWORD it's berry tricky...



CRYPTIC CLUES

CLUES ACROSS

- To tell the waiter one wants sweet vermouth is to court disaster (3,3,2)
- It is the craft of shopkeeping (5)
- It is material for those wishing to hide their face (7)
- One might leave ET to raise one to a higher plane (7)
- Pretty clever not to have begun less than a right angle (4)
- Bad weather brought into play (7)
- It is responsible for tidying one's grandeur of mien (7)
- Stretch across as one leaves country in Europe (4)
- Have something wrong with one in a blow from the sheriff's man (7)
- A lot of money paid in respect of the melody (7)
- Enjoying good 21, is courageous but without a leader (5)
- There are string players who sit around in prison rooms (8)

CLUES DOWN

- Counsel diva may be given by the Church of England (6)
- May be doing some pretty needling work (8)
- If I'm to be around when upset, leave it out (4)
- How to take it into one's system sounds as if it's meant jokingly (6)
- It put a finish to a month of civilisation (4)
- A flaw may make one transfer one's allegiance (6)
- Such underwear as may give one a warm uplift (7)

- A legal term for a college at Cambridge (7)
- They stop listening (8)
- Be bald in the way one will have a go at art (6)
- Fay was up and flew without a tail, like a woodpecker (6)
- If not, give us lens and we'll make it (6)
- Barely move forward a twelfth of a foot (4)
- In April a rookie turned up for the viva voce (4)

QUICK CLUES

CLUES ACROSS

- Lay oneself open to punishment (3,3,2)
- Commerce (5)
- Screening, concealing (7)
- Lift (7)
- Quaintly pleasing (4)
- Violent storm (7)
- Elevation of mind or character (7)

CLUES DOWN

- Formal official intelligence (6)
- Wool-work (8)
- Fail to include (4)
- (Food) take into the body (6)
- S American pre Columbian civilisation (4)
- A blemish, fault (6)
- Warm up-current of air (7)
- Three in one (7)
- Devices to stop external noise (8)
- Shake about in liquid (6)
- The green woodpecker (6)
- If not, except (6)
- 2.54 cm (4)
- By mouth (4)

Answers shown in next edition of elderberries...

Berry tricky crossword answers

SOLUTIONS – Elderberries issue 33

ACROSS 7. Indefatigable 8. Permanently 12. Dotage 14. Thrice 16. Save up 18. Refuse 19. Flower vases 23. Lets well alone

DOWN 1. Snap 2. Peer 3. Damage 4. Direct 5. Vast 6. Play 9. Estival 10. Leisure 11. Cere 12. Dose 13. Gnu 15. Hoe 17. Peeler 18. Revile 19. Flew 20. Oast 21. Sole 22. Song

Victoria University Short Courses COMING TO LEVIN

Te Takere Horowhenua Culture and Community Centre will soon host the first significant series of Victoria University adult education courses held outside Wellington since the 1990s.

Nine courses will be held at Te Takere, starting at the end of January.

Community learning lead Joanne Dillon is delighted the university has chosen Levin for the extension of their adult education offerings to the regions.

"They were initially planning to offer five or six courses here, so it was very exciting to receive a final list of nine courses, covering a wide range of topics," she said.

Most of the courses will be taught over a full day on a Saturday, rather than the night school mode that is used in Wellington.

"The venue and weekend times will make it easier for people in Horowhenua, and even further afield in Wanganui and the Hawkes Bay, to take advantage of the courses Victoria offers," Joanne said.

The first course, Understanding Modern Iran, is on Saturday 30 January.

The other courses are Setting Goals and Making them Happen, the How and Why of Modern Art, Behind the Scenes of Vatican Art and Architecture, King Arthur: Swords and Sorcery, Truth and Legend, China: Religion and Politics, Creative Ageing, Katherine Mansfield for Grown-ups, Peeling Away the Layers: An Exploration of Environmental History (two and-a-half hours on three Saturdays).

Fees are \$90 (\$81 early bird) for the eight one-day courses and \$110 (\$99 early bird) for the three-day course. The 10 per cent early bird discount is for courses booked two weeks before they start.

Bookings are now open on the Victoria University website: www.victoria.ac.nz/conted, or visit the service desk at Te Takere.

For more information on the courses visit the university website or pick up a brochure at any Horowhenua community library.



CATCH A RIDE ON the day out in town bus

Do remember that the Day Out In Town Bus runs every Friday. For only a \$2 fare one way you can travel between Levin, Shannon, Foxton Beach, Foxton, Waitarere Beach, and back to Levin in the morning - and returning to your chosen bus stop in the afternoon.

9:30am Levin: Service begins at Bath St bus stop by Te Takere

9:45am Shannon: Ballance St bus stop

10:15am Foxton Beach: Community Centre, Seabury Ave

10:25am Foxton: Main St bus stop by De Molen Windmill

10:40am Waitarere Beach: Outside Four Square

11:00am Levin: Service arrives at Bath St bus stop by Te Takere

2:00pm Levin: Return service departs from Bath St bus stop by Te Takere

2:15pm Shannon: Ballance St bus stop

2:45pm Foxton Beach: Community Centre, Seabury Ave

2:55pm Foxton: Main St bus stop by De Molen Windmill

3:10pm Waitarere Beach: Outside Four Square

3:30pm Levin: Service ends at Bath St bus stop by Te Takere

WHAT'S ON IN AND AROUND HOROWHENUA

It's a berry busy world out there... Activities and events:

Saturday 13 February

Medieval Market

9:00am - 4:00pm at Horowhenua Event Centre and Showgrounds, Victoria Street, Levin. With around 200 craft and food stalls as well as entertainment and activities, the Medieval Market is one of Horowhenua District's, nay the Manawatu-Wanganui region's most popular events, attracting thousands of people. There will be plenty to see including knight and foot soldier skirmishes, rat bashing, pillow jousting, stocks, tarot readings, maypole dancing, morris dancers and good old-fashioned tug of wars. Wandering about will be fiddlers, merry maidens, troubadours, wicked wenches, minstrels and men-in-tights. Dress in medieval garb and be in to win spot prizes. Whatever the weather, the market will be on. Entry is \$5 for adults. Urchins and rascals accompanied by an adult can enter free of charge. For more info, visit www.horowhenua.govt.nz/events

Saturday 20 February

Deco Delights Express

7:00am - 9:00pm. A great way to experience Art Deco. Ride the rails in heritage carriages and hauled by an immaculately-restored diesel locomotive on a special day adventure from the Kapiti Coast to Napier. Marvel at the construction of the spectacular Manawatu Gorge and travel over many high viaducts on the journey to Napier. Join at Paekakariki, Paraparaumu, Otaki, Levin, Palmerston North and Woodville Railway Stations. Departs Levin Railway Station, Oxford Street South, at 7:10am and returns at 9:00pm. Tickets cost \$159 per adult and \$109 per child and available from 0800 793 264.

Sunday 21 February

'Super Cheap Auto' Spectacular Car Show

10:00am - 2:00pm at Shannon Domain. The Shannon Progressive Association presents the annual community fundraiser where last year over 400 vehicles were on display. Bring your own special vehicle to display or just come on in and enjoy the day.

There is always a great variety of cars, bikes and other machinery to see as well as food stalls and local groups fundraising. Just \$2 entry.

Sunday 28 February

Jazz in the Park

12:30pm - 2:30pm at the Levin Adventure Park, Oxford Street. This free concert by Levin and Districts Brass is a popular event each summer. Bring a picnic. Free entry. For more information, visit www.facebook.com/levinbrass

Sunday 13 March

Heritage House Trail

10:00am - 4:00pm. Enjoy a tour of historical homes and buildings in Levin, Shannon and Foxton, with music, food and stalls.

Save the date for a fascinating day out visiting beautiful old homes and learning about the people who built and lived in them.

For more information and tickets contact Te Takere Horowhenua Culture and Community Centre on 06 368 1953 or enquiries@tetakere.org.nz or visit www.tetakere.org.nz



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