



Issue 36
Winter 2016

ELDER

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
- 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
- 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.**

Let us know what you want to see in *Elderberries*?

Hello readers! We want *Elderberries* to provide an enjoyable, interesting and educational read. To ensure we keep doing this, we thought it was about time we asked what you thought. So, we'd really appreciate if you'd take a few minutes to complete this small questionnaire and return to:

👤 ***Elderberries, Horowhenua District Council (deliver to 126 Oxford Street, Levin, or post to Private Bag 4002, Levin 5540).***

@ ***Or, feel free to email us the info or your feedback to: comms@horowhenua.govt.nz***

Thank you!

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

- Club and organisation profiles
- Good Sort
- Health information
- Gardening with Simon
- Poems by Margaret Jeune
- Crossword
- Colouring-in activity
- 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
- Other puzzles, such as Sudoku.
- Community organisation directory
- Other? Please indicate:

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

Provide feedback and go in the draw to win a Movie and Meal voucher for two from Focal Point.

Many good sorts make up Friends of Horowhenua Libraries and fellow volunteers

An invaluable group of volunteers provide practical support for the community libraries at Te Takere in Levin, as well as Foxton, Shannon and Tokomaru.

There are currently around 160 people who are Friends of Horowhenua Libraries members or other volunteers, and all avid library supporters. Some work alongside library staff or work quietly but steadily in the background, while others are fundraisers to help purchase 'library extras'.

Last year volunteers shelved and tidied 346,000 books. They also help process books, mend books, manage the distribution of stock among the library branches, and deliver books to housebound readers through the Homelink service. They help with events, including children's holiday programmes, and activities in the Contact Youth Space and the Heritage area.

Friends of Horowhenua Libraries (FOHL) is the group that fundraises to help purchase 'library extras'. Events include book sales and quiz nights, as well as bridge tournaments, drama nights, cooking demonstrations, and the memorable Liars' Night Out events.

However, it's not all work and no play. At Te Takere on the first Wednesday of every month the Friends also hold morning teas for members to socialise in an informal setting.

New members are always welcome and anyone who would like to volunteer can call into their local library at Te Takere in Levin, at 5 Clyde Street in Foxton, Plimmer Terrace in Shannon, and Tokomaru School.



Volunteer Heather Easton prepares books for the shelves.



Annual morning tea social for library volunteers.

📞 **For more info, phone 06 368 1953,**
@ **email enquiries@tetakere.org.nz, or**
➤ **visit www.tetakere.org.nz**

@ **To nominate someone for the Good Sort feature, please email comms@horowhenua.govt.nz**



Day Out in Town Bus timetable change

Horowhenua's popular Day Out in Town Bus now begins its loop of the District earlier in the day each Friday.

From Friday 1 July the bus's scheduled stops have been brought forward by 15 minutes, now departing from Te Takere in Levin at 9.15am. The bus will continue to travel via Shannon, Foxton Beach, Foxton and Waitarere Beach, before arriving back in Levin at 10.45am. It then departs from Te Takere for the return loop at 1.45pm.

New timetables are available from Council's Levin office and service centres at the Foxton and Shannon community libraries, as well as from the visitor information centre at Te Takere and online at www.tetakere.org.nz

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

The Day Out in Town Bus service is now operated by Horizons Regional Council from July. Since 2014 it had been operated through Te Horowhenua Trust, funded by third party sources including New Zealand Lotteries, Infinity Foundation and Pub Charity.

For further information, to make enquiries or provide feedback, contact Te Takere on

-  **06 368 1953 or**
-  **enquiries@tetakere.org.nz, or**
-  **Horizons on 0508 800 800 or**
-  **help@horizons.govt.nz**



9:15am	Levin	Service begins at Bath St bus stop by Te Takere
9:30am	Shannon	Ballance St bus stop
10:00am	Foxton Beach	Community Centre, Seabury Ave
10:10am	Foxton	Main St bus stop by De Molen Windmill
10:25am	Waitarere Beach	Outside Four Square
10:45am	Levin	Service arrives at Bath St bus stop by Te Takere
1:45pm	Levin	Return service departs from Bath St bus stop by Te Takere
2:00pm	Shannon	Ballance St bus stop
2:30pm	Foxton Beach	Community Centre, Seabury Ave
2:40pm	Foxton	Main St bus stop by De Molen Windmill
2:55pm	Waitarere Beach	Outside Four Square
3:15pm	Levin	Service ends at Bath St bus stop by Te Takere

Caring Caller only a phone call away

Everybody needs someone to talk to.

St John Caring Caller can offer just that - a free telephone friendship service puts people in touch with someone on a regular basis.

Caring Caller district manager Pamela Gibbs, of Levin, says there are many types of people who benefit from the service, especially those who feel "aloneness", or are housebound or otherwise socially isolated.

"Everyone needs regular and meaningful contact with other people. A quality 10 minute caring conversation over the phone can be invaluable."

Pamela says that while the service does tend to be used by older people, there are no age restrictions, nor are there for volunteer callers.

She says each client is carefully matched to a Caring Caller with similar interests, and both know each other by first names only.

"Clients can talk knowing that what they say will remain private and confidential and go no further than their Caring Caller. It's like having a friend to confide in."

Calls are made on the days and times that work best for the client. Call frequency can range from once a day to once a week, depending on the wish of the client; likewise for the length of calls and whether they are at the same time of day, or are "surprise" calls.

Pamela says that people from all walks of life can become a volunteer Caring Caller.

"All that is required is a landline phone,

St John Caring Caller district manager Pamela Gibbs.



reliability and the willingness to have a meaningful phone conversation with someone on a regular basis. As well as being able to spend the time on the phone with the client, callers need a genuine desire to bring pleasure into someone's day and make a

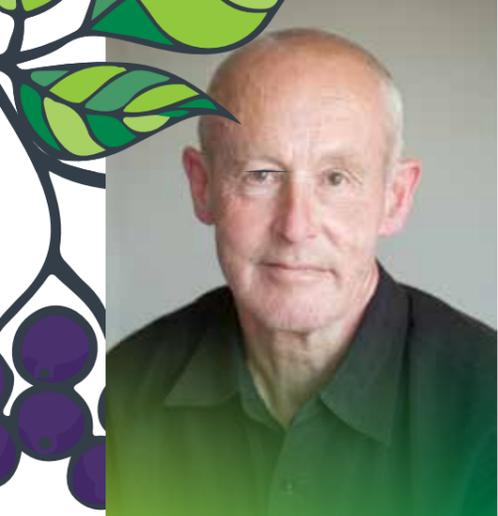
positive difference in someone's life."

Pamela says there are currently looking for more clients, as well as volunteer callers in Horowhenua.

"We know there is a great need out there, and we have the ability to meet it. There would be many local people out there who could really benefit from this service."

 **Anyone interested in the Caring Caller service, either as a client or volunteer caller, should phone 0800 780 780.**

"Everyone needs regular and meaningful contact with other people. A quality 10 minute caring conversation over the phone can be invaluable."



Gardening with Simon

Well, the season a lot of us dread has arrived ... Winter! But just remember, in a couple of months it will be Spring!

I know a lot of people don't put in a Winter garden, but if you want a stew, casserole, or a good old-fashioned roast on these cold nights, and don't want to pay the exorbitant prices for vegetables at this time of year, the planting of a Winter garden is a necessity.

Since my last column I have had a new addition to the "ranch". I was kindly given a 12ft x 8ft glasshouse. I have been wanting one ever since I moved back to Foxton.

My neighbours and good friends Mike and James put it together for me, albeit with a few problems along the way. For this I am eternally grateful. No truer friends could I wish for. It is so hard to find true, loyal friends these days.

As mentioned in the heading, this edition is bit of a mixture of topics. So please read on.

My Gardens

The sprinkler has been made redundant for the Winter due to the excessive rain we have experienced. That is a good thing to a point, as rain water is the best watering we can get.

My garlic is all through, and I am pleased to report that I got a 100% strike rate on my April, May, and Elephant Garlic. The cloves were not as large as I had hoped for due to the damage caused last September. The elephant garlic especially was cut off at ground level, but still had the inner leaves, so grew to the normal height, but the bulbs

suffered. I was going to pull them out, until I sent Wally Richards, the "Gardening Guru" an email, and he suggested that I don't dig them out due to the fact that they still had their inner leaves. Nothing ventured, nothing gained was his advice. For that I thank him. Always best to ask the experts I think.

I put a Beefsteak tomato plant, courtesy of Mike into my "new" glasshouse, along with six cauliflowers and my seedling trays. The tomato is flowering and showing signs of fruiting. And the cauliflowers haven't looked back.

All my strawberries were divided up, and the "runners" replanted and are all doing well. I even managed to give some to a neighbour who is a very keen gardener, and appreciative.

We had an incredible Autumn weather-wise, as I am sure you all did as well, so the growing conditions were excellent.

I also have cabbages, cauliflower, silverbeet, curly leaf kale, and onion seedlings in my main gardens, and they are growing well. Mike said I may be a bit early for the Onions, as they may go to seed prematurely, so it is a bit of an experiment. Time will tell, but I have more onion seedlings in propagating just in case Mike is right.

So, see you again in Spring. You can contact me at any of the following:

 **62 Avenue Road, Foxton 4814**

 **06 363 8855**

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

Travel bug got you?

Horowhenua's Beth Bolton has caught the travel bug, helped by the ease and convenience of taking advantage of NZ Travel Broker Colleen Tyree.

"I recently had a wonderful holiday in Europe, with highlights being Italy, Greece and the Greek Islands, all organised by Colleen," Beth said.

"She helped me with everything and ensured all that needed to be was covered - flights, tours, insurance, everything. It was such a convenient service and the trip went extremely well. In fact, I enjoyed the experience so much, I've now booked another holiday. So, I'll be off to Vietnam and Cambodia, with a stopover in Singapore. Yep, I've got the travel bug."

Colleen manages the Visitor Information Centre at Te Takere, but realised she missed using her expertise and helping her friends and clients with International travel. She had the opportunity to be a NZ Travel Broker, a service she can offer outside her Visitor Information centre role. The service operates complementary to Te Takere, and as Colleen can make use of the community centre's private meeting rooms and other facilities it means Colleen can add to the services offered and provide help for all local, domestic and international travel planning.

"As a community centre and public space, it offers a familiar and comfortable place for clients to meet. Mind you, I'm also more than happy to meet with people in a café or at their home, if they prefer," she said.



Beth Bolton, left, and Colleen Tyree.

Colleen prides herself on providing high levels of customer service and this coupled with her vast level of knowledge and experience in the travel industry, it means her clients are in very capable hands.

"There are definitely many advantages of using a travel broker. For example, we're not tied to any particular products, so we have access to a wider range of specials and deals," she said.

"Also, we're travel trouble-shooters. If you are an experienced or inexperienced traveller, trying to arrange it on your own, over the internet perhaps can be stressful and a lot of work; I can help you and ensure everything is covered. It's nice to have someone to contact in case anything goes pear-shaped such as missing a connecting flight. You have an expert to contact if needed. So, I can help give you peace of mind so that you can really enjoy your holiday."

"We're travel trouble-shooters. If you are an experienced or inexperienced traveller, trying to arrange it on your own, over the internet perhaps can be stressful and a lot of work; I can help you and ensure everything is covered."

 **For more info, visit www.nztravelbrokers.co.nz/colleen**

 **Email Colleen on colleent@nztravelbrokers.co.nz**

 **Phone 027 341 8678.**

WINTER CHECKLIST

Brought to you by MidCentral DHB

Be ready before winter blows in

■ Warm your home

For tips, both big and small:
www.energywise.govt.nz

■ Quit smoking

Help is available:
0800 778 778

■ Get your flu vaccine

Available at your GP and selected
pharmacies: www.fightflu.co.nz

■ Asthma plan

Check you have one and
it's up-to-date

■ Prescriptions

Check they are up-to-date and
they are still working for you

Things to do every day to keep sickness at bay

Wash your hands

Twice as often as you think you should

Keep up your fluids

Just like your car - you can't run on empty

Keep yourself active

30 minutes or 3 x 10 minutes a day

Keeping your home warm and healthy this winter

Winter is here again and at this time of year it is important to stay warm and healthy.

It is important for your family's health that your house is warm and dry. Cold and damp homes are linked to poor health, especially for babies and small children, people who are ill, and older people.

Here are some ways to keep your home healthy, that won't break the bank:

Heating your home

- Heat only the room that you are in. Try and keep the temperature between 18 and 21 degrees especially if you have children, people with illnesses, or older people in your home.
- Dress warmly for bed and make sure your bedroom is warm enough, as it is very important to stay warm during the night.
- Block-up unused chimneys and stop draughts around doors and windows. You can make your own draught 'snakes' by stuffing rugby socks or pantyhose with newspaper or cushion filling. Up to 20% of heating can be lost through draughts.
- Open windows and curtains on sunny days, and close them when the sun goes down to trap heat in your home. Trim any trees that prevent sun entering your house (but if you are renting, remember to ask your landlord first).

Keeping your home dry

- Try not to dry clothes indoors as this creates moisture in the air. Drying on the outside is free and the sunlight kills bacteria, making your clothes healthier for you and your family. Use a shed or garage if it is raining.
- To reduce moisture caused by steam, always open a window when you are showering and when you are cooking on the stove top. Use pot lids to reduce the amount of steam escaping. Keep doors to bedrooms closed at these times as steam can make beds damp.
- If you must use a clothes dryer, make sure your clothes are properly spun first and leave windows open while you are using it - or even better, vent it outside.

Healthy Eating Tips for Winter

courtesy of the NZ Nutrition Foundation

Eat Plenty of Fruit and Vegetables

Top up your immune system by eating antioxidant-containing fruit and vegetables. Choose fruits and vegetables that are in season such as mandarin, apples, grapefruit, broccoli, brussel sprouts, carrots, cauliflower and potatoes. Make the most of frozen and canned fruits, which are readily available, and cheaper, at this time of year. Get your 5+aday by making at least one fruit or vegetable a part of every meal and snack.

Make a Casserole

With a casserole you are able to use economical cuts of meat (blade steak, chuck steak, chops) with slow cooking methods. Red meat is high in zinc and iron, two minerals which boost the immune system. Legumes (chickpeas, kidney beans, soy beans) are an excellent protein source, low fat, high fibre, low GI and economical. A casserole with meat, vegetables and a can of beans is a great way to boost your ability to fight disease, as well as being real comfort food.

Enjoy Soup

Soup doesn't have to be complicated as there are many good soup mixes available to use as a base. With lots of vegetables, some beans or lentils and maybe some meat, soup is the perfect food to build your immune system. If you do succumb to winter bugs there may be some truth to the reputation of chicken soup's restorative powers.

Watch your Portion Sizes

It is very tempting to snack on foods, eat a large plate of food and seconds, when



you are indoors all evening. To avoid eating too much try to eat your meals at the table with the family, turn off the TV, use smaller plates, and reserve half your dinner plate for vegetables.

Drink Plenty

Even though the temperature outside is chilly, you still need to drink 6-8 glasses of fluid each day. This includes tea, coffee and water.

Include Garlic

Garlic is a great disease fighter as well as adding flavour to meals and food. Garlic will give the most benefit to your immune system when chopped and then left to stand for 10-15 minutes before adding to the pan. If garlic is cooked straight after it's chopped you are not getting the full health benefit.

Choose foods containing Vitamin D

Sometimes called the sunshine vitamin, it has been shown to help support the immune system. In winter when the weather is often bad and the angle of the sun low it is possible many New Zealanders are not getting enough vitamin D from exposure to the sun. In this case food becomes the most important source of vitamin D. Oily fish like salmon, mackerel and sardines are good sources of vitamin D and there are also vitamin D fortified milks and yoghurt available.

 **For more info, visit**
www.nutritionfoundation.org.nz

Colour me in

For this issue we have replaced the standard crossword with a colouring-in picture, for a bit of variety and to encourage you to release your artistic creativity. Unfortunately, we cannot supply you with the coloured pencils, so you may need to borrow some from grandchildren.



Save the date for the Age on the Go Expo

The 2016 Age on the Go Expo will be held at the Horowhenua Events Centre in Levin on Friday 30 September.

The annual expo provides information, education and entertainment. Another aim is to promote positive ageing by showcasing activities and services that focus on good health, fun and support for older people. It is also held to mark International Day of Older Persons on 1 October.

The Age on the Go Expo is organised by Horowhenua District Council, with funding support from MidCentral Health.

To register interest as a stall holder, please contact Council's Events Support Officer Emma Childs on 06 366 0999 or emmac@horowhenua.govt.nz



A poem by Levin writer Margaret Jeune



Lost Opportunities

Opportunities have been taken away from us

DVD and video shops have closed down

Only libraries have videos and DVDs to rent out

What's left but to buy or borrow DVD's or videos

Creating a private DVD or video exchange

New technology has paved the way with TV on demand

Movie theatres still exist but for how long?

When movies can be accessed on devices

Likewise, books can be bought and read online

Second hand bookshops are closing down

Is this the future?

Everything contained in our heads?

Nothing tangible to hold and read or view

Until then DVD's and videos come my way from friends

Opportunity shops and store bargain bins

And books follow a similar route

When technology breaks down or falters

My books will remain

Feeding my imagination

Feeding my head with a storehouse

Of dreams and stories and pictures and viewpoints.

Margaret Jeune



What's On

in and around Horowhenua

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

31 **Sunday 31 July**
Sunday Concert Series:
Kevin Clark and Fran Barton
2:00pm - 3:30pm at
Te Takere, Levin.

Pianist, trumpet player and composer Kevin Clark is one of New Zealand's celebrated award-winning jazz musicians, with years of experience as a musical director on television and radio projects. Kevin plays with joyous fire and a ready humour. He has been known to improvise on his trumpet and piano simultaneously. Vocalist Fran Barton is an experienced and popular television and radio recording artist. She has a wide repertoire, including popular jazz standards in the Dianne Krall, Ella Fitzgerald and Carol King styles, humorous and quirky songs, Latin American (in Spanish as well as English), and Classic Hits. Fran and Kevin have worked together since the 1970s as a duo or in band.

Free admission.

20 **Saturday 20 August**
The Hendrix Project
- NZ's Jimi Hendrix
Tribute Show
8:00pm at Levin
Cosmopolitan Club,
47-51 Oxford Street.

Formed in Sept 2015, the Hendrix Project is New Zealand's only Jimi Hendrix Tribute Show. Enjoy the awesome music of the 60s rock legend, authentically recreated and performed by Phil Roberts, Steve Sussex and Glen Child. Celebrate Hendrix's incredible back catalogue with electrifying versions of songs such as Are You Experienced, Axis: Bold As Love, Electric Ladyland and Band of Gypsies.

Tickets cost \$20, available from 0800 289 849 or www.toplineentertainment.co.nz

21 **Sunday 21 August**
The Spiral Snow
Express

Travel with Steam Incorporated up the main trunk line to either Ohakune, National Park or Raurimu. A winter adventure with majestic scenery and many high viaduct crossings. Options include Ohakune, Chateau Tongariro or travel

over the renowned Raurimu Spiral. Steam hauled to Palmerston North where an electric loco will take over. Departs from the Levin Railway Station at 8:40am and returns at 9:30pm

Tickets cost \$139 per adult and \$89 per child, available from 0800 783 264. For more info, visit www.steaminc.org.nz

26 **Friday 26 August**
Quiz Night - Levin
North School
fundraiser
7:00pm - 9:30pm at the
Levin Amateur Athletics
Club, Bartholomew Road.

Help Levin North School raise funds to send pupils to camp. Add to the fun of the quiz and dress-up as campers. Quiz Master will be Beach FM's Dave Key. There will be a mystery bottle auction and raffles. Nibbles and supper provided, and the bar will be open. Tickets cost \$5 per person, available from the Levin North School office, open Monday to Fridays from 8:30am to 3:30pm.

For more info and updates, visit the Levin North School page on Facebook.

