



ELDER

Issue 54 Summer
2021

berries

News, views and info for older
people in Horowhenua District



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

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

We know there are a lot of positive stories out there that we might never hear about, and a lot of people quietly making a difference to the lives of others with their selflessness, kindness and generosity. If you know of someone who deserves recognition or you hear a positive story that would interest older people in our community, please let us know. And, if you've never shared your own story with us before, why not make 2021 the year you do? We'd love to keep telling the great stories of the difference older people are making in our community – and we need your help to do it.

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

Elderberries is published on a seasonal timetable; with a new issue each Winter, Spring, Summer and Autumn. Copies are free and available to collect from stands located throughout Horowhenua.

If you are a community group, rest home or business that requires bulk copies for your members, residents, or customers, let us know and we can provide these for you to collect from Horowhenua District Council's main office in Levin.

-  ***Elderberries is available to view and download online at www.horowhenua.govt.nz/News/Elderberries***
-  ***If you would like a PDF copy emailed to you, please email comms@horowhenua.govt.nz or phone 06 366 0999.***

Make Summer Unstoppable

Although the kids are back at school and the summer holidays are over, it is still more important than ever to make sure we all do our bit to keep each other safe so we can enjoy the freedom that we have here in Aotearoa!

Whether it's a trip to the supermarket, a game of bowls – or a day trip out to Palmerston North or Wellington always make sure that;

- You regularly wash your hands with soap and water or hand sanitiser
- Each time you visit somewhere, use your smartphone to scan the QR code. If you don't have a phone or haven't got it with you, fill in the paper forms with your details
- If you do have a smartphone, log into the COVID tracer app and enable the Bluetooth setting
- Most importantly if you are unwell, stay at home and get medical advice from 111 if you have any major concerns.

Contact tracing is one of our best forms of defence from the virus. If you aren't able to use the app to track your movements on your smartphone, you can print off a contact tracing booklet online, or pop into the Council building and pick up a paper copy to help do your part!

We hope you continue to enjoy the good weather we have on the lead up to Autumn!



Keep New Zealand Beautiful – Lifetime Membership

Levin locals Dan Brizzle and Judy Curtis were recently awarded Lifetime Memberships to the Keep New Zealand Beautiful organisation for their fantastic work they have done in our local parks and green spaces with Keep Levin Beautiful.

Dan and Judy both volunteered many hours over the years to help improve and maintain some of the popular parks and gardens in Levin, most notable is their hard work at Thompson House Park Gardens contributed to the park being awarded the international 'Green Flag Award'. In 2021 there are just 24 parks and green spaces in Aotearoa with this award - 3 of those are found right here in Horowhenua!

'It has been a pleasure to work on the gardens of Horowhenua' Dan said. 'It's a really lovely place for the people of Levin and we're proud of it!'



Quiet Hour offers a more peaceful grocery shopping experience

Doing the grocery shopping is a pleasure for Levin resident Daphne Barret these days.

Daphne does her shopping during Countdown's Quiet Hour, when the supermarket reduces noise, lighting and other distractions in-store. Lighting throughout the store is reduced, in-store radio is turned off, checkout volumes are lowered, trolley collection and shelf-stocking is kept to a bare minimum, and there are no PA announcements except in emergencies.

'It's wonderful. It's a lot quieter and it's nice to go shopping at that time. I always try to get there during Quiet Hour if I need to do my shopping. Having Quiet Hour creates a more relaxed atmosphere. People have more relaxed body language and seem to communicate better,' Daphne says.

Countdown Levin Store Manager Natasha Everson says staff have had positive feedback from customers.

'Older people and people with different sensory needs especially appreciate our Quiet Hours,' she says.

'We look forward to continuing to offer Quiet Hour for our customers to enjoy shopping in a way that's easy on the eyes and ears. It's important for our store to be welcoming and inclusive for everyone and Quiet Hour is another way we can achieve this.'

Countdown stores across the country rolled out the low sensory Quiet Hour in October. It takes place every Wednesday from 2:30pm to 3:30pm at most stores, including Countdown Levin.

Fix it, don't toss it! Repair Café gets off the ground at Te Whare Mahana

Thanks to Te Whare Mahana Coordinator Victoria Gregory for contributing this story.

Te Whare Mahana wishes to thank Mitre 10 Levin, for their kind donation of repair supplies and Horowhenua District Council for support with start-up funding.

If you have something that needs repairs, don't throw it out, bring it along to the Te Whare Mahana Repair Café and give it a new lease on life.

The Repair Café's aim to encourage environmental awareness, 'don't toss it, fix it', and to offer this community service to a wide and diverse range of people, especially those who are financially struggling, to help them save costs.

Te Whare Mahana, Levin's Community Hub in Bristol Street, ran its first Repair Café in November. The voluntary repairers brought with them a wide range of skills and experience, along with their tools of trade and were eager to start fixing items brought in. Ideally, repairers like to share their skills with each item's owner, so they can gain the knowledge and confidence to do their own repairs.

Judy Webby, one of the key organisers of the Levin Repair Café, said the Repair Café is a vital part of any community.

"Our current 'throw it away and replace it' philosophy is placing an intolerable burden on our planet. Everything we think we have thrown away is still here! By encouraging people to watch and participate in repairs, the skills of the volunteers can be passed on, hopefully to the next generation of repairers," she said.

Visitors to the Repair Cafe were met by four welcoming volunteer hosts, who guided people to the relevant repairer and ran the actual cafe, where people could buy coffee, tea, and baking at reasonable prices. There was even music provided by a local musician,

Paul, which added to the atmosphere.

A curious range of items were brought in and handed to whichever of the 15 repairers had the relevant skills. Most items were fixed, with only some beyond repair. Many of the repairers not only have their specialised areas of expertise, but also have general DIY experience, so sometimes people were spoilt for choice of repairer. It didn't take long before most repairers were busy, as they talked with their 'customers', hearing the story of each item: where it was from, what was wrong with it, why it needed fixing, etc. Sometimes the repairer worked with the owner, showing them how to work on the item themselves – this happened with a 70-year-old leather case that needed to be re-stitched so that its life could be extended. Other items needed expert attention, like the slow cooker that had stopped working and needed a switch repaired.



Other items brought in included, an oil painting that needed its frame secured, a broken doorbell, a china teacup's handle that was delicately glued back into place, a shoe with a loose sole, woollen socks that needed darning, a well-worn but precious woollen jumper from Tibet, where the moth-eaten holes in it were made invisible, a seam in a pair of trousers was re-sewn, eight pieces of jewellery were repaired, a wobbly leg of a small footstool was once again secured and a

woman came in to get her Personal Emergency Alarm chain shortened, as it kept getting in her way.

Visitors said the Repair Café was “a great idea with a nice community feel” and “a good idea for people who have small jobs to do but can’t do them themselves”.

For the repairers, participating in the Repair Café was very satisfying.

“During my working life as an Auto Electrical repairer I evolved into a ‘greenie’ and got a real sense of satisfaction from repairing components that the manufacturers did not design for repair. Now in my retirement I can do the same thing for the good of the community through the Repair Café,” says Graeme Wilks, an electrical and general DIY repairer.

Knitter and crafter Barbara McGowan said, “I joined the Repair Cafe because I believe we waste a lot. I enjoyed our first day and was

kept busy mending various items, and felt there was need for my skills. I’m looking forward to the next Repair Café.”



The Repair Café will be held on the first Saturday of each month from 4 February 2021 at Te Whare Mahana, 32 Bristol Street, Levin. For further information, please phone 021 311 686.



MoveWell this summer

Looking to keep yourself active? Look no further than the MoveWell class with Aquatics Horowhenua!

The class is designed to help build strength and stamina through a group lead exercise class tailored to the older community, but with options to scale exercises up or down to your ability level – there really is something for everybody!

There are classes held at Levin Aquatic Centre, at Te Awahou Nieuwe Stroom in Foxton and Te Whare Oranga, 10 Venn Street in Shannon for everybody and at Speldhurst Country Estate for residents of Speldhurst.

Ambika Rethinavelu, Aquatics Programmes Coordinator says that the class is a fun and very social way to help everybody get active.

‘the participants are able to work at a pace that is comfortable to them – there’s no pressure and we have a laugh whilst we are working out!’ she said.

Miss Rethinavelu continued ‘the classes are popular, but know that we can still get the word out and get even more people involved. It’s so important to stay active to keep people mobile’



To find out more, give one of the team a call on 06 368 0070 or pop into Levin Aquatic Centre or Te Awahou Nieuwe Stroom in Foxton. You can also have a look at our website aquatics.horowhenua.govt.nz and click on fitness classes!



Messages from MidCentral DHB

In these hotter months, please remember to take care of yourself and your whānau by protecting your skin and eyes if you are spending time out in the sun (slip, slop, slap and wrap). It's also important to keep hydrated by drinking plenty of water. As you age, your body forgets to tell you you're thirsty, so you need to drink at regular intervals to combat this.



Covid-19 preparedness

We have been fortunate over the past few months to have had COVID-19 under control in New Zealand, however, there is still a risk of the virus returning to the community. We encourage you to protect yourself and others by continuing to follow the simple steps listed below, and to also have a plan of how you would manage should we go back to Alert Levels 3 or 4.

- Keep track of where you've been – use the NZ Covid Tracer app or record where you visit
- If you're sick, stay home
- If you have cold or flu-like symptoms, isolate wherever you are and call Healthline about a free COVID-19 test
- Wash and sanitize your hands
- Sneeze or cough into your elbow and regularly clean shared surfaces
- Maintain physical distancing, where possible, when out and about
- Be kind to others and to yourself.



My Health Myself Programme – Self management course for people with long term conditions

My Health Myself is a free self-management course for adults who have a long-term condition or who live with, care for, or support a person with a long-term condition.

Led by two trained facilitators and set in a friendly, group environment, the course consists of one two and a half hour session each week for six weeks. The interactive classes focus on developing effective self-management skills, including: Problem solving, action planning, managing symptoms, healthy sleep, emotions, relationships, exercise and healthy food choices.

Previous participants have said they: *“Would highly recommend for anyone with a long-term condition.”*



Programmes are run throughout the year in Levin and Foxton. If you would like to know more about this course, contact THINK Hauora on (06) 354 9107 and choose 0 for general enquiries or email: mhm@thinkhauora.nz



◀ INDICATE OUT ▶

WHEN YOU LEAVE A **ROUNDABOUT**



If you are **travelling straight through** a roundabout, give way to your right, drive through when it is safe to do so and then indicate left as you leave.



If you are **turning left** at a roundabout, signal left as you approach, give way to your right and then continue left when it is safe to do so.



If you are **turning right** at a roundabout, indicate right when you approach, give way to the right and then indicate left as you leave.



When using a roundabout to **change direction**, indicate right as you approach, give way to the right, continue around the roundabout ensuring that you are indicating right throughout the navigation, and then indicate left as you leave.

At small roundabouts it is not always possible to give a 3 second warning but it is courteous to give as much indication as you can.

What's your Story?

Thanks to Te Whare Mahana Coordinator Victoria Gregory for contributing this story.

Be inspired! Get started on your New Year writing project. Capture your memories in a supportive environment.

Everyone's life is unique and worthwhile. Everyone has a story to tell. Writing our personal story evokes memories of the important people in our lives, our experiences, achievements, our hopes, and dreams. The process is enjoyable and liberating. Don't wait until it is too late, start planning now for 2021.

Women and men from different backgrounds attended the first 'What's Your Story' workshop in November. It was a great success, with very positive feedback. The first workshop participants built such a rapport with each other and with the facilitator Dr Angela Robertson, that they asked for a follow up workshop and said that their friends wanted to do the introductory one. We are now offering another 10-week introductory opportunity workshop, along with a 10 week follow up writing project course for the first participants.

Participant Phylis said the course gave her an opportunity to write and share about what matters most to her.

"It gave me the opportunity to write about fulfilling a dream that I am now a childcare worker even though I stutter. Sharing this story might help others with a disability to follow their dreams," she said.

Some participants wanted to write their stories for their own reflections, others wanted to share their memoirs with their grandchildren

and future generations.

"I gained the confidence to start and write about family in a form that people would be able to understand," said another participant, Des.

Facilitator Angela said writing can be quite lonely.

"It's about showing people how to overcome those hurdles. It's important we capture those defining moments in our lives," she said.

Participants agreed the workshop was a very motivating and enjoyable experience.

"Angela was very motivational in encouraging everyone to continue to be inspired with their writing in lots of different forms," says participant Margaret.

If you are interested in writing your life story, bits of memoirs or your family history but don't know where to start, or need more guidance, come along to this fun interactive introductory workshop and get your project off the ground.

We have limited numbers so book early; we are open for bookings from 11 January 2021.

10 - week introductory workshop

When: Starting Thursday 28 January 2021

Time: 1pm to 3pm

Where: Te Whare Mahana Community Hub
32 Bristol Street (behind RSA carpark)

 **To book a place email**
info@tewharemahana.org.nz or
 **phone 021 311 686.**



Crossword

Elderberries Crossword Issue 1

Across

2. Bulb used in cooking
4. The largest town in Horowhenua in Māori
6. Better than good
7. Something of enormous size
9. Meringue Desert
11. Duly Sanctioned
12. Māori name of Mount Cook
13. Planet, Song by Bananarama
14. _____ and Lightning

Down

1. Traditional Māori greeting where people press noses together
3. Concealing someone's true identity
5. Italian pasta type
8. Very puzzled, completely baffled
10. Orange, loose skinned citrus fruit

Popular expo for older people rescheduled

Mark your calendar – the Age on the Go Expo has been rescheduled for Friday 16 April.

Horowhenua District Council's popular annual expo attracts hundreds of older people every year.

Normally held in October, it had to be postponed in 2020 due to COVID-19.

The expo provides information, education and entertainment for older people in Horowhenua, with a focus on health, fun and support. It attracts up to 60 businesses and community organisations every year.

Age on the Go will be held from 10am to 3pm in the Horowhenua Events Centre in Victoria Street, Levin.



Gardening with Simon

Summer in your gardens

2020 has gone. and some would say, 'Thank goodness for that'. And I have to admit I am one of them. The upheaval in the world is something I would never like to see again. And it may not be over yet. But on a more positive note, during the lockdown we experienced an upsurge in home gardening. That has to be an absolute positive, as in the long run it will not only save you money, but it gets you outside and getting a bit of that Vitamin D. Get your grandchildren involved as well as it will get them off those horrible devices. I have been a strong advocate on getting the young ones out into the garden for years now, and I have to admit I have had my fair share of opposition. After all, there are 2 sides to every story.

Summer is the month where gardeners always have the hose or sprinklers handy at all times. It is also the season where a close eye has to be kept on your plants so that they do not bolt to seed or get attacked by the White Butterfly.

You can also plant a few vegetables, such as beetroot, carrots, lettuce, silverbeet, and start off from seed your brussel sprouts, and onions for planting out at a later date. I would suggest that after you plant out, give a really deep watering and then mulch with something like pea straw. Doing this will prevent the weeds from coming through as well as letting the soil retain moisture. The above vegetables will benefit from a well worked garden and homemade or store brought compost, sheep pellets, blood & bone and a general all purpose fertiliser dug in and left for a week or so for it to do it's thing.

Garlic Results

All the Garlic (262 Cloves) have been harvested and are hanging in the old woodshed drying. This season has been the most successful season I have had for the last 5 or so years. Sure, I got a bit of rust, but only in the last 3 weeks. I put this success down to 3 years ago putting in the Garlic Bulbils (Seeds) and re-planting each year until

the results I have achieved. Also last year I trialed planting in Mid March and not watering, just relying on what falls out of the sky and a monthly feed of my Comfrey and Horse Manure "Garden Tea". I also gave the bed as soon as I planted the cloves a good deep water followed by a good mulch of pea straw. But for whatever reason, it worked and a repeat is on the cards for 2021. The photo I have attached is going to be my planting stock for 2021. The rest to be used for my Minced Garlic, and a trial for Dried Garlic in my new dehydrator is at the back and out of sight. Thank you to my sister Penny for taking the photo when she and her family visited just after Xmas.



Well, that is it for the Summer of 2021, and I look forward to catching up with you all in the Autumn for another issue of "Gardening With Simon". I can be contacted at any of the following means if you wish to make a comment, have a chat, or buy me a present!

Simon Broad

 **62 Avenue Road, Foxton 4814**

 **06 363 8855**

 **027 769 0674**

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

Summer Recipe – Baked Falafel

A simple way to prepare delicious falafel. Make more than you need as falafel is great to eat the next day.

Ingredients	One generous serve or two modest serves
Chickpeas, drained	1 can
Red onion, chopped	1/4
Fresh coriander leaves (optional)	1/2 cup
Olive oil	2 T
Minced garlic	3 t
Ground cumin (optional)	1/4 t
Cinnamon (optional)	1/8 t
Salt and pepper	To taste



Method

1. Preheat oven to 180° C.
2. Line a large rimmed baking tray with baking paper or coat with olive oil.
3. In a food processor, or with a hand held blender, combine the chickpeas, red onion, coriander, olive oil, garlic, cumin, cinnamon, salt and pepper. Process until smooth, about 1 minute.
4. Using your hands or a spoon, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled baking tray.
5. Bake for 15 minutes, then remove the falafel from the oven and carefully flip each one. Return to the oven for another 13 to 15 minutes, until the falafels are lightly browned on both sides.

Serving Suggestion:

- Fill fresh pita bread pockets with 2-3 falafels, and your favourite vegetables and salad dressing.
- Use the falafels to bulk up a summer salad.
- Serve on a platter as an appetiser.
- Freeze leftover falafel or refrigerate and eat the next day.

Variations:

- Substitute the canned chickpeas for 1 cup dried chickpeas. These need to be rinsed and soaked for at least one hour or overnight.
- Add your favourite spices to the mixture.
- These can be cooked in a fry pan in a layer until browned on each side.



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



What's On

in and around Horowhenua

Event details are correct at the time of publication. For further details and other events, visit www.horowhenua.govt.nz/events

Sunday 28 March **Brass in the Park**

11.30am to 3.30pm at Levin Adventure Park.
Free.

Saturday 24 April **Big Dutch Day Out' Festivities** **(including Ice Skating Rink)**

10am to 2pm at Te Awahou Riverside Cultural Park. Come and join us for a fun family day. Try some Yummie Dutch traditional foods – Patat! Watch De Molen grind flour the way they did it 400 years ago. Let your kids buy toys 'n goodies on the FreeMarket – from other kids on the Vrijmarkt. Play 'medieval' Castle Games – Kasteel Spelen. **Free.**

Saturday 24 April **Giant Art Mural Reveal** **(Dutch Ambassador)**

11am at Te Awahou Nieuwe Stroom: Wharf Street Wall. In April 2021, a long blank wall in Wharf Street will be turned into yet another exciting art work for Te Awahou Riverside Cultural Park. A brightly coloured Mural will brighten up a plain boring space, and add an impressive monumental visual.
Free.



Saturday 24 April to Sunday 25 July **Leon van den Eijkel Retrospective: 'A Colourful Nation – Kleur Bekennen'**

Open daily at Mapuna-Kabinet Gallery in Te Awahou Nieuwe Stroom. **Free.**



3 May to 7 May **\$1 Fitness Week**

Time: as per timetable. Location: Levin, Foxton, Speldhurst, Shannon. Come and check out the fitness classes at Aquatics Horowhenua, including the popular MoveWell class that

focuses on improving strength and mobility of the older community.

\$1 entry cost.

Saturday 10 June **Waste Free Living Workshop – Kate Meads**

6.30pm to 8.40pm at Horowhenua District Council Chambers, 126 Oxford Street.

Weekly on Fridays

Friday Concert

12pm at Te Takeretanga o Kura-hau-pō.
Free.

Weekly on Wednesdays

Quiz Night

7pm at Te Takeretanga o Kura-hau-pō.
\$5 entry cost.

First Thursday Monthly

Tea and Tales

10.30am – 11.30am at Te Takeretanga o Kura-hau-pō.
Free.

First Thursday Monthly

Tea and Tales

10.30am – 11.30am at Te Awahou Nieuwe Stroom.
Free.

3rd Sunday Each Month

Jazz Jamboree

2pm at Te Takeretanga o Kura-hau-pō.
Free.

Last Sunday Each Month

Sunday Concert

2pm at Te Takeretanga o Kura-hau-pō.
Free.

Sunday 9 May **Mother's Day**

Te Takeretanga o Kura-hau-pō, Te Awahou Nieuwe Stroom and Shannon.
Free.