



ELDER

Issue 57 Spring
2021

berries

News, views and info for older
people in Horowhenua



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Kia ora, welcome to the Spring issue of Elderberries

Elderberries is Council's seasonal magazine for older people. It 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.

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 HDC's main office in Levin.

@ **If you have a story you want to share please feel free to contact us by emailing comms@horowhenua.govt.nz, or by phoning 06 366 0999.**

📍 **Elderberries is available to view and download online 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**

Exhibition Celebrates 70 Year Contribution by Kuia, to Whānau Wellbeing



From left: Sissiel Henderson, Anne Watson, Pikiongamaunga Mcfadyen and Tracey Robinson

At a time when a pandemic creates struggles and issues for whānau across the nation, it seems more important than ever to commemorate the help and support that the Māori Women's Welfare League has provided to families in need, for 70 years.

The exhibition Te Rōpū Wāhine Māori Toko i Te Ora o Te Awahou – 70th Anniversary Celebrations Exhibition opened in Te Awahou Nieuwe Stroom, Foxton, on Saturday 9 October. It tells stories of quiet achievement in the local area – by generations of wāhine who have made countless efforts to support whānau, across the decades.

The exhibition will be on display in the Māpuna Cabinet art gallery, until Friday 10 December. "With this exhibition, we aim to highlight the calibre of the women who contributed all their love in humble ways – for many years, and always in private – to support whānau and do the mahi," says Tracey Robinson, president of the Te Awahou Māori Women's Welfare League branch.

"We want to pay homage to those kuia, who guided us to uphold our values and respond to the needs of hapū, tamariki and mokopuna," says Tracey. "These days we are of course involved in the kaupapa of our response to COVID-19 and the need for immunisation. Back in the day, we supported the development of wellbeing of tamariki and the women who needed help. The mahi by these wāhine was never really in the public eye, so it is time to shine the spotlight on this wonderful piece of history."

The exhibition will include taonga from throughout the decades, including League uniforms, a pūreke (traditional Māori cape), trophies and tāniko woven items, plus lots of photos.



"We want to tell the stories of the birth and growth of the local branch, and how it fits into the national body," says curator Pip Devonshire.

"There are many intimate connections shared by League members and whānau with various taonga on exhibit, and we want to highlight those," says Pip.

"The Te Awahou branch of the League carry the kaupapa of the political development of the movement, throughout the decades. Today, immunisation is important. But all our past presidents have played their part in the political development of Aotearoa New Zealand. That's how they upheld the mana of the organisation."

To put the stories together, Whaea Ani Watson and Pip have had a number of conversations with those who have loaned taonga. "We could write a book about the Te Awahou branch, and hopefully one day someone will come forward to collect and document all that history," says Pip.

"There is all the ground work that was done, and the connections that were made and the care that was provided by the League. To give just one example, there was a house in Jenks Street that supported many whānau over the years. But there is also the bigger historical picture, of mana whenua leaving their traditional homes to join the urban Māori migration. And there are the links with Whina Cooper, who was instrumental in creating the League. These are big stories to tell."

In celebrating 70 years, acknowledgement needs to be given to all those who have contributed to the Te Awahou Māori Welfare Women's League over the years: Zena Falks QSM (1993), Phyl Lash QSM (1993) and Rita Lilo Secretary (30 years) Life Member, Dame Whina Cooper, Rangimahora Mete, Nita Te Tau, Sharon Mehana, Ettie Carmont, Ruth Putaka, Terry and Tilly Putaka Pa, Tiaki Peta.

And thanks need to be given to those who continue its legacy: Tracey Robinson (President), Sissiel Henderson, Life Membership (1993) (Treasurer), Anne Watson (Secretary), Hinewai Katene (Delegate); Members: Community Archdeacon, Robin Hapi QSM Honorary member, Puhiwahine Tibble, Maria Rahui, Kerry Metcalf, Claire Matena, Puna Chambers, Ann Remihana; and Moutoa Māori Wardens: Alister Thorby, Nancy Roos, Ropata Remihana, Haumaru Rooou, Josie Srafford, Chase Pikiongamaunga McFadyen, Stacey Packer, Mere Woon, Pat Te Au, Lorraine Haenga, Haley Bell, Desiree Paul and Emma Katene.

Exhibition: Te Rōpū Wāhine Māori Toko i Te Ora o Te Awahou – 70th Anniversary Celebrations

Location: Māpuna Cabinet art gallery, Te Awahou Nieuwe Stroom, 92 Main Street, Foxton

Opened: Saturday 9 October

Timeframe: 9 October to Friday 10 December



Importance of Human Connection

Story written by Jennifer Walton.

We've all just experienced another lockdown at the hands of Covid-19 and I cringe while saying "we're getting good at this". But really, while it might be feeling familiar, I don't think anyone enjoys the feeling of isolation for long.

Some would say that human connection is a basic human need and that being socially connected is as important as food and shelter.

Loneliness and social isolation in New Zealand are on the rise and recent studies have shown that Covid-19 has played a part in the increase of loneliness amongst our adult population.

Social isolation and loneliness can impact wellbeing and pose serious health risks. Chronic loneliness is associated with low physical activity, a lack of sleep and weakened immunity. Therefore, loneliness can put people at risk of health issues such as high blood pressure, heart disease, type 2 diabetes, arthritis, Alzheimer's disease and stroke.

But the outlook needn't be so grim! If you recognise feelings of loneliness in yourself, just starting with a few small steps can lead to life changing positive effects. Short walks, more veggies and better sleep routines can all be steps in the right direction, and what's great is that these can all be worked on during Covid restrictions! The better your body feels, the more energy you'll have to tackle your feelings of loneliness. If you're feeling out of your depth,

seeking professional help could make all the difference – a counsellor, psychologist or your doctor may be a place to start. You can also free call or text 1737 any time to talk to a trained counsellor.

Here at Libraries Horowhenua we do our part to help reduce loneliness and isolation in our community. After the last lockdown we are all eager to bring our get-togethers back to you. It's such a joy to see people utilising our space with crochet group, cards and chess clubs, learn to sew programmes, Tea & Tales, Teen book club, regular youth and reading programmes and more.

Our latest social initiative started up recently with the 'Library Meet Street'. Meet Street is open to all, it offers a chance to share, chat and make connections. Take a small step, come along to our Main Space on Mondays at 10am and meet someone new (when restrictions allow!)



The Meet Street Group

Water tanks to increase firefighting capacity in rural communities

Horowhenua District Council is improving firefighting capacity for local communities who aren't on mains water supply.

This investment will see the installation of nine water tanks, distributed to Hōkio Beach, Manakau, Waikawa Beach and Waitārere Beach.

Eight of the nine tanks are additional resources for firefighters when needing water.

The remaining tanks will replace existing infrastructure.

Michael Talebi, Three Waters Asset Management Engineer, says "the new tanks will be a great addition to our rural communities.

More tanks will help support these growing communities and improve the firefighting service. We worked with several departments

to establish the best locations for these” he said. “The tanks are fitted with a standard NZ Fire Service coupling. This allows firefighters to connect to the water supply easily if required.”

Council will receive over \$4million of funding to help support the investment into Three Waters assets in the community. A portion of this has been allocated to increase firefighting capacity in rural communities.

The money comes from Tranche 1 of the Three Waters Reform funding, which is unbinding and enables councils to continue investing in Three Waters services, while navigating the reform process.

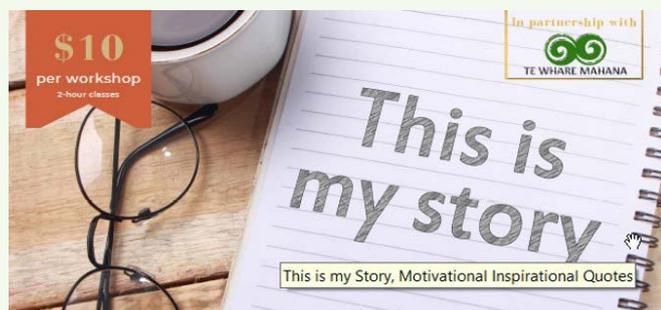
As part of Tranche 1, Council also shared data which enabled the formation of a local dashboard, providing a better understanding of our Three Waters Infrastructure. Councils continue to consider the Three Waters Reform

Programme, understanding the data and information provided and how that will impact the community. Councils have been asked to provide their initial thoughts on the programme by October 2021.

👉 Visit www.horowhenua.govt.nz/3watersreform for more information on the Three Waters Reform Programme.



This is my story



Got your pen and notebook ready to start or continue your writing project? We all have a rich treasury of memories, experiences and family stories to tell. But sometimes we either don't know where to start, or we may have lost our way with our project. In partnership with Te Whare Mahana Community Hub in Levin, Angela Robertson, an inspirational author, speaker and workshop facilitator has run several community courses to help people document their memories, personal stories and family histories.

Angela believes “everyone’s life is unique and worthwhile, and everyone has a story to tell.” No prior experience is required. All people need is encouragement to find their authentic voice, a supportive environment where they

can build their confidence, share their ideas, stories and poems. And of course, “a notebook and pen”. Angela’s ‘Write Your Story’ series of five, 2-hour weekly workshops, offered on a pay-as-you go basis (\$10 per workshop) have been very popular.

Victoria Gregory said, “It’s a great opportunity for the community to come together in a central location to tap into their creativity, complete writing activities and have fun over afternoon tea”.

People taking part in the workshops have enjoyed the ‘hands on approach’, the ‘infectious enthusiasm’ and the ‘challenging but non-prescriptive format’.

The next series of ‘Write Your Story’ workshops commence on Tuesday 19 October, 1.30-3.30pm. Places are limited.

📍 **To reserve your place phone Te Whare Mahana Community Hub on 06 368 1195**
📧 **(info@Tewharemahana.org), or contact Angela directly on 027 633 2821**
(Kiaora@angelarobertson.nz)

Watch this space as Angela’s third book in the ‘Older and Bolder series’ “Embracing Life On Our Own Terms” is due to be launched soon.

6-Week Fitness Programme

Aquatics Horowhenua hosted the first 6-week fitness challenge during May and June of 2020. The challenge encouraged people to get into a regular fitness routine and attend regular classes. Those who stuck to their routine could win regular prizes throughout the challenge.

The idea behind the 6-week fitness challenge was to encourage people to be 'Horowhenua Healthy'. Aquatics want to get people to try classes they may have not done before, and stick to a workout routine. Each time a participant attended a class, the instructor signed off their card. The first five to complete their cards won prizes.

Anne-Marie was a recipient of one of the prizes. She has been attending classes at Aquatics Horowhenua for several years. We asked her what made her start classes, she said "A friend kept telling me to join when I pulled a tendon. Went to physio and asked if AquaFit would be good. He said he wished all his patients went to Aqua!" She added "Give the classes a go, you won't regret it!"

Anne-Marie has been attending aqua classes five times a week. Recently, she included a land-based fitness class in her regime as well. Another recipient, Robert Young, has been an avid

participant with Aquatics Horowhenua for some years. He attends to help regain and maintain his flexibility and strength.

"I do four classes per week" he says. "I got into fitness to maintain my fitness and flexibility – it helps me put my socks on!" Robert continued, "You must give it a try at least once!"

Aquatics Horowhenua has a diverse range of classes for all ages and abilities. Classes are available in Levin, Foxton, Shannon, and at Speldhurst. There is a range of in-the-water classes and land-based fitness so there is something for everybody.

 **To find out more, head to www.aquatics.horowhenua.govt.nz**



Anne-Marie



Robert Young

Te Awahou Foxton vying for New Zealand's Most Beautiful Small Town accolade



Foxton Te Awahou was recently nominated for the Most Beautiful Small Town in New Zealand. One of two finalists, Foxton Te Awahou was singled out for its dedication to

sustainable tourism and restoring the destinations on the Manawatū River.

Ngāti Raukawa supports efforts to restore the river loop and provide a safe environment for tuna (eels), inanga (whitebait) and hauhau (mudfish). Foxton Te Awahou continues to boast

of its diverse heritage with Whare Manaaki, De Molen, Flax Stripper, Piriharakeke and Oranjehof museums.

Foxton Te Awahou is an increasingly vibrant town with a unique blend of Māori, Pākehā and Dutch Heritage. Showcasing culture at its best, "weaving together" a diverse community, Foxton Te Awahou has a history of flax-harvesting for customary use, such as weaving, and later commercial use on a large scale.

Robin Hapi of Save Our River Trust comments "What we see today is the culmination of a combined community effort, Māori, and Council

included. It's not the end of our journey but perhaps the end of the beginning of the journey, as far as the restoration of our River Loop at Foxton is concerned."

Keep New Zealand Beautiful Chief Executive Heather Saunderson said the nominations recognised local governments with ambitious goals for environmental improvement.

"This year we've been impressed with the commitment and innovation councils have shown across beautification and waste management initiatives, as well as the way in which they've tackled many of today's environmental issues through their climate change strategies."

Horowhenua District Council's Waste Minimisation Officer Robbie Stillwell says "It's heartening to be recognised for our environmental efforts. We've worked closely with partners like Save Our River Trust, to restore the mauri of the river loop."



BBQ area at Manawatū River Loop

Kindness, ingenuity and sustainability triumph at Community Group Awards



Te Whare Mahana recently secured a finalist spot in the Keep New Zealand Beautiful Community Group Awards.

Te Whare Mahana is the home of Levin's Repair Cafe, which runs on the first Saturday of each month at the Levin RSA. The Repair Cafe was started with support from Horowhenua District Council's Community Development team, and funded through Council's Waste Minimisation Grant.

Levin's Repair Cafe is a regular event where people can bring their broken goods along for volunteers to repair. It is a social space that brings together people with unique skills, alleviates social isolation, assists people living on a tight budget and most importantly promotes environmental awareness and sustainable living.

The Repair Cafe encourages people to repair or upcycle household goods, as opposed to buying new items and disposing of broken goods to landfills. The programme also encourages individuals to learn new repair skills, moving our community towards long-term waste minimisation and behaviour change.

Victoria Gregory, spokesperson for Te Whare Mahana, says "The Repair Cafe has resulted not only in less rubbish being dumped but cost-saving for families and individuals who no longer have to replace household items. The initiative has also created a place for learning skills and building social connectivity."

With seven events since November 2020, the Repair Cafe has now seen over 180 attendees, and almost 200 items successfully repaired.

Horowhenua District Council's Waste Minimisation Officer Robbie Stillwell says "We want to thank the volunteers who are the heart of Te Whare Mahana. They are incredibly skilled and are beyond generous with their time and patience. This initiative fits perfectly with our waste minimisation kaupapa."



Fredrick De Jager - Repair Cafe volunteer

Community Safety Top of Mind for Horowhenua Trust



The safety and wellbeing of Horowhenua's residents and their property is why the Horowhenua Crime Prevention Camera Trust's volunteers give their time and effort to monitoring all their community cameras across the district, raising funds and meeting each month to ensure the Trust fulfills its aims and its charity status.

The Trust is thrilled to announce the recent installation of a new camera system and 14 cameras at Foxton Beach. The Foxton Beach system connects with and adds benefits to Levin's existing camera system, to produce sharper, more concise images for the Trust and the NZ Police to work with. The Foxton Beach installations bring the total number of cameras installed by the Trust in the Horowhenua to 31 units and counting.

Trust members advise the challenge now is to raise funds to purchase cameras for the fast-growing township of Foxton. While they expect this is likely to take around 12 months, they and the community would like to see it happen earlier, so the success of the Trust's fundraising efforts will determine how soon that goal will be reached.

While the community cameras help the Trust and Police to identify suspicious persons and activity, the Trust also appreciates the efforts of the community to keep themselves and their property safe and secure.

Deputy Chairman Ted Melton says, "We do everything we can to keep our people and their property safer and we are also aware and grateful to those residents and visitors who do everything they can do to keep their properties secure as well."

The members of the Trust are grateful to all businesses, services and people who have helped to raise funds for the community camera system along the way. They recognise the support given by the Horowhenua District Council and the ongoing collaboration with the NZ Police in Levin, as well as the help of several community groups and the community itself.

@ If you would like to know more about the Trust please email Brett Gillies, HCPCT Operations Manager, trampkayak@gmail.com or contact Brett directly on 027 443 1392

Te Awahou Nieuwe Stroom – an even sweeter destination

Foxton business Sweet Dreams Bakery has grown from strength to strength and recently opened its sister business, Sweet Dreams Café in Te Awahou Nieuwe Stroom.

Sweet Dreams Café is a welcome addition to the already humming Te Awahou Riverside Cultural Park. Open five days a week, Tuesday to Saturday, from 9am to 2.30pm and looking to extend those hours in the summer season, the café will serve their renowned artisan pies and cakes, alongside other freshly baked goods, paninis and toasted sandwiches.

Jenny Ball, founder of Sweet Dreams says “I had always dreamed of running a pretty cake shop, where locals would come and indulge in something a little special.”

“When retirement arrived, my husband Alan and I decided to just go for it. Take the plunge and see what happens. Today we’re opening our second outlet, to cope with the growth. We have to watch out that our sweet little dream doesn’t turn into one big sweet sticky nightmare!”

Jenny has worked in the food business all her life, so she knows what she’s up for. And when you get her talking about her philosophy of

cooking and baking, it’s all about fresh ingredients, free-range eggs, and small batches – so that everything on the shelves keeps that special home-cooked taste.

“Our pies and cakes can taste slightly different from one day to the next. That’s the way it works when you’re not a big factory, and everything is done by hand,” says Jenny. “It’s the time-honoured artisan ways that we stick to. One of our key ingredients is love. And that creates the quality that keeps our customers coming back.”

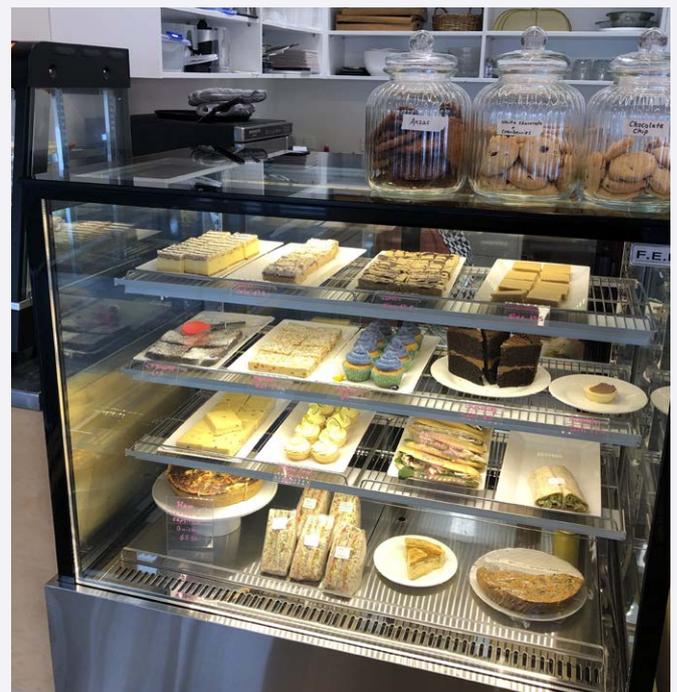
Horowhenua District Council’s Community Facilities and Events Manager - Brent Harvey says “Te Awahou Riverside Cultural Park is a fantastic facility, home to a multitude of attractions. We’re excited that the café at Te Awahou Nieuwe Stroom is once again an inviting and thriving space for everyone to enjoy.”

 **Sweet Dreams offers a wide range of catering options for meetings, events and conferences in Te Awahou Nieuwe Stroom. Contact Jenny Ball on 022 070 6370, or visit their Facebook page www.facebook.com/SweetDreamsFoxton for more information.**

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Pictured (from right to left): Barista Haylee Richards, owners Alan and Jenny Ball, and three happy customers on opening day: Joan Tinsley, Jude Batten and Les Oxnam.



Gardening with Simon

Spring is in the air

Spring bulbs are gracing us with their beauty and after a rather wet winter, I think we all are hoping for a change in the weather and some nice warm sunshine. Sure, as gardeners there is nothing like a nice light evening rain to give our plants a real boost. But we also need the daytime warmth in the soil.

Spring Planting Guide

With Spring comes the planting of tomatoes, cucumbers, capsicums, chillies, pumpkins and of course my all-time favourite, new potatoes. The traditional time of year to put in your tomatoes, cucumbers, capsicums, chillies and pumpkins is Labour Weekend, but with seasons changing getting these plants in the ground sooner isn't a bad idea.

Additional plants that can go in the ground now

Beans (*dwarf or climbing*), Beetroot (*seed*), Broccoli (*seedlings*), Cabbage (*seedlings*), Carrots (*seed or seed tape*), Celery (*seedlings*), Eggplant (*seedlings*), Leeks (*seedlings - towards the end of Spring*), Lettuce (*seedlings or seed*), Spinach (*seedlings*), Parsnip (*seeds*), Peas (*seeds*), Silverbeet (*seedlings or seed*), Spring Onion (*seed*) Zucchini (*seedlings*).

I have put in brackets, seedlings or seeds. The reason for that is because by the time we are hopefully safe from a frost the seedlings can be planted risk free. These are just my own suggestions and a lot of you will have your own favourites to plant, so just go with what "rocks ya boat".



Spring garden jobs

- If you mulch, keep up the practice and add nutrients to your soil before planting
- Mulch and feed roses and perennials
- Feed fruit trees to keep them thriving
- Now is the time to plant trees and shrubs
- Prune deciduous flowering shrubs as soon as they finish flowering
- Plant gladioli and dahlias if you're a fan.

Spring Quote

"In the Spring you should come inside from the garden, smelling like the soil you have just finished working in."

Well, that is it for the Spring of 2021, and I will catch you all in the Summer. If you would like to make a comment on this article, or even just a hello, I can be contacted at any of the following:

Simon Broad (*The Green Scene*)

☎ 06 363 8855

☎ 027 769 0674

@ sf.broad@xtra.co.nz



Avid Gardener - Simon Broad

Are you eligible for a Rates Rebate?

Apply Now

Who is eligible?

The Rates Rebate Scheme provides a rebate of up to \$665 for low income earners who are paying rates for the home in which they were living in, on 1 July 2021.

Rebates will be calculated based on your income, the number of dependents living with you and the total amount of rates for the year 2021/2022, including Horowhenua District Council and Horizons Regional Council.



What do I need to apply?

To apply you will need accurate information about your income (and that of any spouse/partner and/or joint home owner who lives with you) for the tax year ended 31 March 2021.

Rebates of up to **\$665** may be available to eligible residents.



Visit horowhenua.govt.nz/ratesrebates for more information

-  Call us on **06 366 0999** to make an appointment
-  Email ratesrebates@horowhenua.govt.nz

Seasonal Recipe

Chicken and Kumara Lasagne

Preparation time: 15 minutes

Cooking time: 1 hour 30 minutes

Serves: 6

Ingredients:

- Kumara, peeled and sliced thinly - 400g
- Olive oil - 2 Tbsp
- Salt, to season
- Pepper, to season
- Medium onion, finely chopped - 1
- Cloves garlic, crushed - 2
- Chicken mince - 500g
- Tomato pasta sauce - 700g
- Chicken stock - 1/2 cup
- Fresh lasagne sheets (or use dried) - 400g
- Spinach - 100g
- Grated mozzarella - 1 1/2 cups
- Side salad, to serve

Method:

1. Preheat oven to 200°C (180°C fan-forced). Grease a 20 x 25cm ovenproof dish.
2. Spread the kumara onto two baking trays lined with baking paper. Drizzle with 1 tablespoon of the oil, season with salt and pepper. Place into the oven for 15 minutes.
3. In a large frying pan, heat the remaining oil. Add the onion and garlic, and cook, stirring for 3 minutes, or until tender. Add the mince and cook, stirring, for a further 5 minutes, or until browned. Mix through the sauce and stock. Simmer for 5 minutes.
4. In a medium sized baking dish, spread 2 tablespoons of the sauce into the base. Cover with a layer of lasagne sheets. Top with half the sauce, a layer of kumara, a layer of spinach, then a lasagne sheet. Repeat the process until all ingredients are used up, finishing with lasagne sheet on top.
5. Sprinkle the top with mozzarella and place into the oven for 50 minutes, or until golden and cooked through. Serve with a side salad.

Tips:

Instead of chicken mince, you could also make this recipe using beef mince.

PER SERVE Energy 1738Kj • Protein 33g • Total Fat 9g • Saturated Fat 4g • Carbohydrates 47g • Sugars 19g • Sodium 973mg

Dietary and nutritional info by NZ Nutrition Foundation.

A huge thank you to Countdown for providing this recipe for us. To view this recipe online, or to view Countdown's full range of tasty and healthy recipes, visit shop.countdown.co.nz/recipes

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