

Puāwai

(Noun: To blossom or come to fruition)

"Poipoia te kakano, kia puawai - Nurture the seed and it will blossom"

Your local Horowhenua community guide

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Celebrate Matariki with us in this edition of Puāwai. Learn about the significance of the cluster of stars that rise in midwinter and the events around the district to celebrate the Māori New Year. The theme of coming together echoes through this edition of Puāwai as we read about Hope Kete, and SeniorNet. We also commemorate 100 years since the Mangahao Works Tragedy, have more gardening tips from Simon Broad and a delicious recipe to try for Matariki.

Puāwai is available online, with the option to receive your copy in your inbox by signing up to our mailing list.

We hope you enjoy reading it as much as we enjoy creating it for you.

Ngā mihi

If you have an idea, a story, recipes, photos or a local legend who deserves to be recognised, please send them through to

@ communications@horowhenua.govt.nz or write to

✉ Private Bag 4002, Levin 5540.

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Puanga Matariki

24 JUNE TO 10 JULY 2022

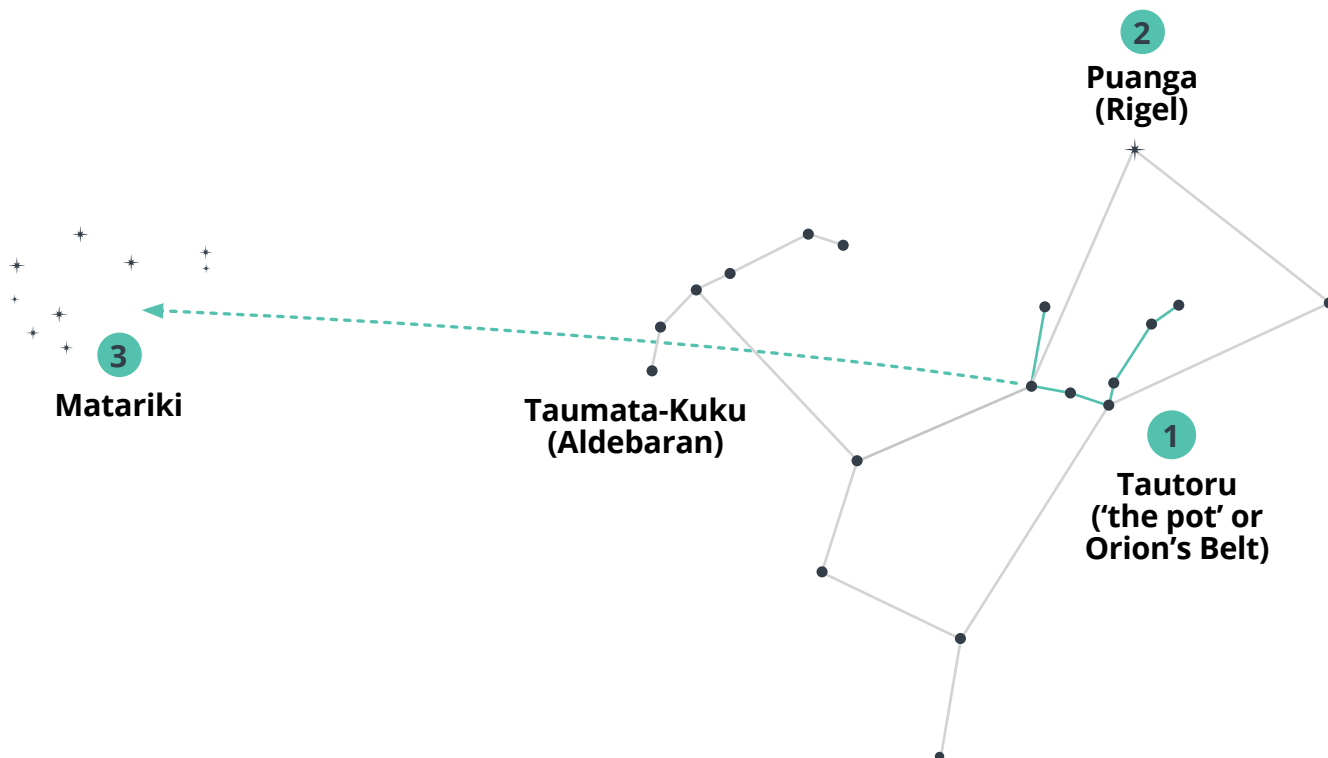
**Nau mai, haere mai ki te whakanui i a
Puanga rāua ko Matariki.**

**Celebrate with us the rising of Matariki and
the beginning of the Māori New Year.**

Matariki is the Māori name given to the cluster of stars that rise at dawn in midwinter, signifying the start of a new year. During this time Māori mourn loved ones lost during the year, forecast the bounty of the new year and send their deepest dreams and desires to the heavens. There are an estimated 500 stars in total in the Matariki cluster, and a small number can be seen without a telescope. The cluster is often referred to as the mother and daughters – Matariki being the mother with her daughters.

Join us to learn about the Māori New Year, and gather with family and friends to reflect on the past, celebrate the present, and plan for the future.

This year's Puanga Matariki events will take place between 24 June – 10 July. Organised by Horowhenua District Council in partnership with Iwi, a variety of fantastic events will be on offer, focusing on each of the stars of Matariki.



How to locate Matariki

Matariki is found low on the horizon in the north east of the sky. Try looking here between 5.30am and 6.30am.

- 1 First find Tautoru (well known as the bottom three stars of 'the pot', Orion's Belt).
- 2 To find Puanga (Rigel) look above the pot until you see the bright star – that is Puanga.
- 3 To find Matariki, look to the left of Tautoru (the pot), find the bright orange star, Taumata-kuku (Aldebaran). Follow an imaginary line from Tautoru, across to Taumata-kuku and keep going until you hit a cluster of stars. That cluster is Matariki. If you have good eyes, you should be able to pick out individual stars. If it looks fuzzy, look just above or just below and the stars will be clearer.

Matariki is not visible in all areas of Aotearoa. This is due to the mountain ranges blocking the view in some areas, so some Iwi use a different star, Puanga as the sign for their Māori New Year, as this can be seen clearly from their location.



The Stars of Matariki

In Te Ao Māori each star in the Matariki cluster is associated with aspects of wellbeing and the environment.



Pōhutukawa

Remembers those who have passed on in the last year.



Hiwa-i-te-rangi

Attainment of goals, dreams and aspirations.



Waitī

Represents freshwater bodies and foods from these waters.



Tupu-ā-rangi

Connects to the harvesting of food from the trees, including fruits, berries and birds.





Waitā

The ocean and foods that come from it.



Waipunarangi

Honours rainfall. It translates to 'water that pools in the sky'.



Matariki

Signifies reflection, hope, connection to the environment, and health & wellbeing.



Tupu-ā-nuku

Food that is gathered or harvested from the soil.



Ururangi

'Winds of the sky' determines the nature of the winds for the year.

Around the world

Matariki is known throughout the world and has many names. Here are some other cultures that acknowledge Matariki.

Marquesas - The star cluster is known as Mata'i'i or Mata'iki.

Tuamotu archipelago - Mata-ariki meaning "eyes of the god" or "eyes of the chief".

Hawai'i – the rising of Makali'i in November ushers in the four-month season Makahiki, which honours Lono, the god of agriculture and fertility.

Tonga – as in Hawai'i, the year is divided into two seasons, which are named according to whether the cluster is visible after sunset: Matali'i i nia (Matali'i above) and Matali'i i raro (Matali'i below).

Rapa Nui (Easter Island) – Matariki heralds the New Year and its disappearance in mid-April ended the fishing season.


Ancient Greece - the Pleiades contained nine stars: the parents Atlas and Pleione, positioned to one side of the cluster, and their seven daughters Alcyone, Maia, Taygeta, Electra, Merope, Celaeno and Sterope.

Japan – Subaru meaning 'gathered together'.

Events and Activities

Celebrating Matariki together after periods of isolation is a great way to reconnect with friends from all walks of life within the community. It brings all generations together to share understanding and personal experiences and learn about the meaning of Matariki in Aotearoa New Zealand. All activities are free, and all are welcome.

To find out more information about Matariki events visit

 horowhenua.govt.nz/matariki



Puanga – Night Lights over Foxton

Saturday 25 June 2022,
from 4.30pm - 8.30pm
Te Awahou Riverside Cultural
Park, 92 Main Street, Foxton



Kapahaka and Community Kai

Friday 1 July 2022, from 5pm
onwards, Te Takeretanga o
Kura-hau-pō



Taitoko Matariki Night Market

Friday 8 July, 4pm - 8.30pm
The Mall Carpark
(Te Takeretanga o
Kura-hau-pō)

Matariki Photo Competition

Finalists will be on display at Te Takeretanga o Kura-hau-pō between 23 June – 28 July 2022



Swim the Takutai

(Virtual swim challenge)
24 June - 24 July,
Levin Aquatic Centre

Matariki Children's Activities

There will be a range of themed activities for tamariki at Horowhenua Libraries throughout Matariki



Te Putanga mai o Matariki – Karakia at Punahau with Muaūpoko

Friday 24 June, meet at 5.30am
Punahau (Lake Horowhenua)



Te Ahunga mai o te Paki o Matariki – Karakia at Foxton Beach with Ngāti Raukawa ki te Tonga

Thursday 16 June, meet at 5am
Foxton Beach (Pinewood Rd
entry, Estuary Flats and beach
access)



Puna Kaukau Swim

Sunday 26 June
6.45am – 7.30am
Gladstone River (swing bridge)



Tree planting in Shannon

Friday 17 & Saturday 18 June,
from 9am, Te Maire Park,
Shannon



Matariki for Littlies

Tuesday 28 June, 10.30am
Te Takeretanga o Kura-hau-pō



Rongoā Display

Tuesday 28 June, 1pm - 3pm
Te Takeretanga o Kura-hau-pō



Matariki Day Out





Wednesday 29 June

10am, Te Takeretanga o Kura-hau-pō

A fun day designed with our kaumātua and older people in mind. The Matariki Day Out treats you to an educational tour around the district. The day begins at 10am at Te Takeretanga o Kura-hau-pō with a visual presentation and morning tea.

You can then either make your own way or board free chartered buses to Shannon Memorial Hall. There will be performances from Shannon School, a history of the Shannon Flax Mill, and a light lunch.

Bookings are essential. Register online at
 tetakere.org.nz/MatarikiDayOut or email
 jenniferw@horowhenua.govt.nz



Movie night

(AstroKid in Te Reo Māori)
 Wednesday 29 June, 6.30pm
 Te Takeretanga o Kura-hau-pō



Matariki for Tamariki

Thursday 30 June, 3:30pm - 5pm
 Te Awahou Nieuwe Stroom



Harakeke Star Workshop

Thursday 30 June, 1-3pm
 Te Takeretanga o Kura-hau-pō



Movie night

(AstroKid in Te Reo Māori)
 Friday 1 July, 6pm
 Te Whare Oranga – 13 Venn Street, Shannon



Matariki ki Otāuru

Sunday 3 July, 10:30am - 3pm
 Te Maire Park, Shannon



Movie night

(Cousins)
 Wednesday 6 July, 6.30pm
 Te Takeretanga o Kura-hau-pō



Matariki for Tamariki

Thursday 7 July, 3.30pm - 5pm
 Te Takeretanga o Kura-hau-pō



Matariki for Tamariki

Friday 8 July, 3.30pm - 5pm
 Shannon Library

SeniorNet

Connecting older people in person and online

The last few years has taught us the importance of connecting with others. In a COVID-19 world, making these connections can be challenging as we maintain social distancing, but SeniorNet is here to help.

The community training network equips our older people with the necessary skills and confidence to use technology to text, chat, video call, email and share photos with friends and family around the globe.

Learning about new technology can be daunting, but SeniorNet aims to make learning fun and easy, whether you want to find your way around a smartphone, laptop, PC or tablet.

You may be wanting to navigate the internet, understand the basics of sending and receiving emails, or discover new ways to communicate with loved ones, and SeniorNet are up for the task.

Originally a research project at the University of San Francisco in 1986, SeniorNet's aim was to determine if computers and telecommunications could enhance the lives of older adults. Their findings highlight the benefits technology can provide.

It was brought to New Zealand shores in Wellington during 1992, and evolved to provide small, friendly stress-free computer classes for like-minded individuals to make information technology more accessible.

There are now more than 80 SeniorNet learning centres nationwide.

The Horowhenua group was founded in 1999. A meeting was held at Freyberg Lounge in Levin during March and 40 people were expected to attend. To the organiser's delight, more than 100 people filled the space with many signing up on the spot. The first class commenced on 17 May that year.

SeniorNet has been busy in the Horowhenua since then. Students have become teachers, and classes have been held around the district. The content of each session has remained flexible with classes created for areas of interest.

Learning alongside your peers, confidence and skills will increase as you learn how to get the most out of digital technology.

SeniorNet have hosted technology help sessions at Speldhurst Country Estate, St. John's Methodist Church, and more recently have scheduled regular Friday drop-in sessions at Te Awahou Nieuwe Stroom, Levin Uniting Church and Te Takeretanga o Kura-hau-pō.

SeniorNet Tutor and Foxton local Alan Maxwell has been involved with SeniorNet for around a decade, sharing his knowledge after attending a two-year technology course at UCOL in his early 60s.

"SeniorNet is older people who know a little bit helping other older people with their digital devices" he says.

Often well-meaning family members help older people with their IT queries by solving an issue, but SeniorNet empowers learners by familiarising them with their devices and offering tips and tricks.

"SeniorNet has more patience and can explain the 'how-tos'. We are older people so we can relate to older people."



Alan Maxwell at Te Awahou Nieuwe Stroom

Mr Maxwell urges those who are nervous about technology, or anyone wanting to enhance their skills to take the opportunity SeniorNet provides. He has assisted with a range of queries – from using devices, to word processing and creating festive table crafts. Mr Maxwell enjoys the concept of “older people helping older people”, where student and teacher both get value.

There are around ten SeniorNet volunteers in the Horowhenua and the format continues to evolve with recorded zoom meetings acting like “YouTube for older people” as SeniorNet builds a library of recorded content of commonly asked questions.

Mr Maxwell welcomes anyone to attend a drop-in session to discuss how SeniorNet can assist, and although targeted at an older demographic, SeniorNet volunteers also welcome younger people who also need some digital assistance.

SeniorNet Horowhenua sessions run every Friday (except public holidays):

10am-12 noon

Te Awahou Nieuwe Stroom

1pm-3pm

In a room at the rear of the Levin Uniting Church

2pm-4pm

Te Takeretanga o Kura-hau-pō.

To learn more about what SeniorNet Horowhenua offers, or how you can get involved, you can check out their website -

📍 seniornethorowhenua.weebly.com

or get in touch with Alan Maxwell on

@ alanfoxton@hotmail.com

Mangahao Works Tragedy

This year marks 100 years since the Mangahao Tunnel tragedy. Seven men lost their lives to carbon monoxide poisoning when ventilation systems failed during the construction of Arapeti in July 1922. Digitised in Kete Horowhenua, Bob Ayson's Book 'Power in the Hills' describes how the disaster unfolded.

From: Bob Ayson's book Power in the Hills – digitised in Kete Horowhenua:

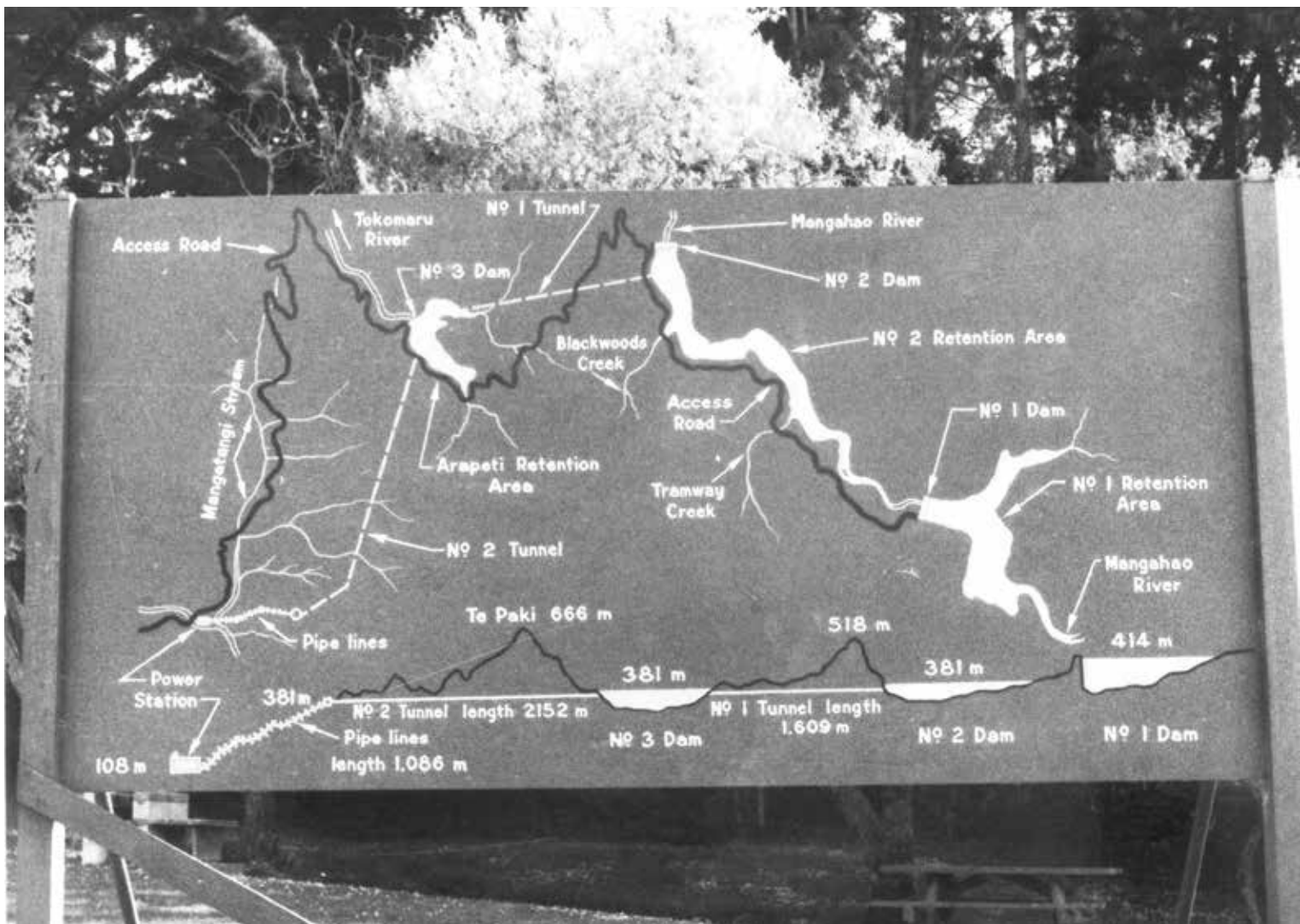
STRIKE!

1922. The year kicked off with a major problem at Mangahao. It was caused by a Government national retrenchment programme with a reduction in the rate of pay for all PWD employees. Although the outside workers' accepted a cut of from 15s to 14s a day, the tunnellers, who had received 32s to 38s per day, refused to accept a proportionate reduction, downed tools and went on strike. This was on February 4. Those who had fixed contracts were being reduced by 1s per day per man. Coates, the Minister of PWD, said he was willing to listen to their side of the case which he described as a 'temporary disagreement'.

But the tunnellers' didn't see it that way. A contract was a contract and it shouldn't be altered at the whim of the department. Besides, the tunnels they were driving was through very hard country and it took an average of drilling

20 to 23 holes to bring out the face. As the explosives were paid for out of their contract money, and the sharpening of the drill bits, this was already a costly reduction. Despite this, the tunnels were being put through cheaper than any other tunnels ever driven in New Zealand.

In addition, the men found it totally unacceptable to be told to go back to work, without offering their own proposals. This was not what they wanted to hear and many packed up and left the works. Their 16 points proposal was submitted to the Minister when he attended a meeting at Mangahao on February 15. They told him they were prepared to accept the reduction provided the department considered their proposals which included reducing the price of explosives from £6 to £4 a box and to halve the charge for sharpening the drill bits.



But the Minister said he could not accept that arrangement as it would be too costly to dig the tunnels. He offered instead, a straight contract instead of a cooperative contract. This caused a dead-lock in negotiations and the men were adamant that unless their 'reasonable demands' were met 'the work will be at a standstill for a hundred years'.

The tunnels were at a standstill until April. Then in desperation the PWD offered the men contracts by tender to complete the tunnels. Six parties of tunnellers took up separate contracts at less than the price per foot than under the old contract. But if they increased their pace, they could make more money under the new contract. Work started on both tunnels again and good progress was being made, until disaster struck.

*Photo above: Mangahao Plan of Scheme
This plan of the entire layout of the scheme is displayed on a sign in front of the Mangaore Village Hall. It was erected in 1974 to mark the occasion of the station's 50th anniversary.*

NIGHT OF TRAGEDY

One hour before midnight on Sunday July 2, the No 2 tunnel mouth, at the Arapeti end, loomed, dark, forbidding and silent as the grave. The tunnel had been driven in 30 chains, and near the face, about 27 chains, a petrol engine pumped out the water which poured through the tops and sides of the tunnel, in a never ending stream.

The pump's fumes were removed by an electrically operated fan, at the tunnel mouth which sucked the foul air out through a ventilation pipe at 4000 cubic ft a minute. The foul air was replaced by a draft of fresh air, enabling work to continue at the face.

At 8pm on Saturday evening, shift work finished as usual until Sunday at midnight. The electric fan was turned off and the pump at the face was turned on. This ran until 5pm on Sunday afternoon, when a problem occurred and the engine stopped. As there was no ventilation the tunnel began to fill with deadly carbon monoxide and dioxide gas.

This caused little concern, however, as work was not due to begin at the tunnel until Sunday midnight, and the electric fan was due back on at 7pm on Saturday, to suck out the deadly fumes. The fan did start as expected but stopped 40 minutes later due to a breakdown at the Arapeti sub-station. The scene was set for tragedy.

At 8pm on Saturday, Bernard Butler of Shannon, relieved the pump attendant. He had changed shifts so that he could spend Monday in Shannon with his parents. The attendant told Butler that the fumes were very thick in the tunnel and 'a man would not last five minutes in it'. At 9.50 pm the foreman of the shift to start at midnight, Alfred E Maxwell, came to the tunnel to make his customary preliminary inspection. On the way, he stopped to chat with Arthur C Trigg at the sub-station. He informed Maxwell of the power failure, but Maxwell continued up to the tunnel.

Sometime later, Trigg, who was aware that both Butler and Maxwell had gone to the tunnel, became concerned as neither man had returned. At 10.40 pm he went to the tunnel mouth and met three tunnellers of the midnight shift, brothers Frank and Philip Graham and William Birss, and told them of his fears.

Trigg should not have left his post at the sub-station and the tunnellers said that he better go back in case the power came back on. The three tunnellers went 20 chains into the tunnel. They called out and banged on the pipes, but there was no reply. The fumes were overpowering. As they were not certain that Butler and Maxwell had entered the tunnel, they returned to the camp to see if they could find them. As the search proved fruitless, the terrible alternative dawned - they must be still in the tunnel.

Photo captions (from left to right):

Mangahao Tunnellers working at the face. Photo from NZED collection.

This photo, taken with the glow of a tunneller's carbide lamp, shows two of the men resting in a layby. These laybys were constructed every five chains in both tunnels. The fat ventilation pipe on the roof provided air to the face and transferred from the Otira Tunnel project.

Tunnel Tragedy - Coffins being loaded onto a lorry at Arapeti, 1922.

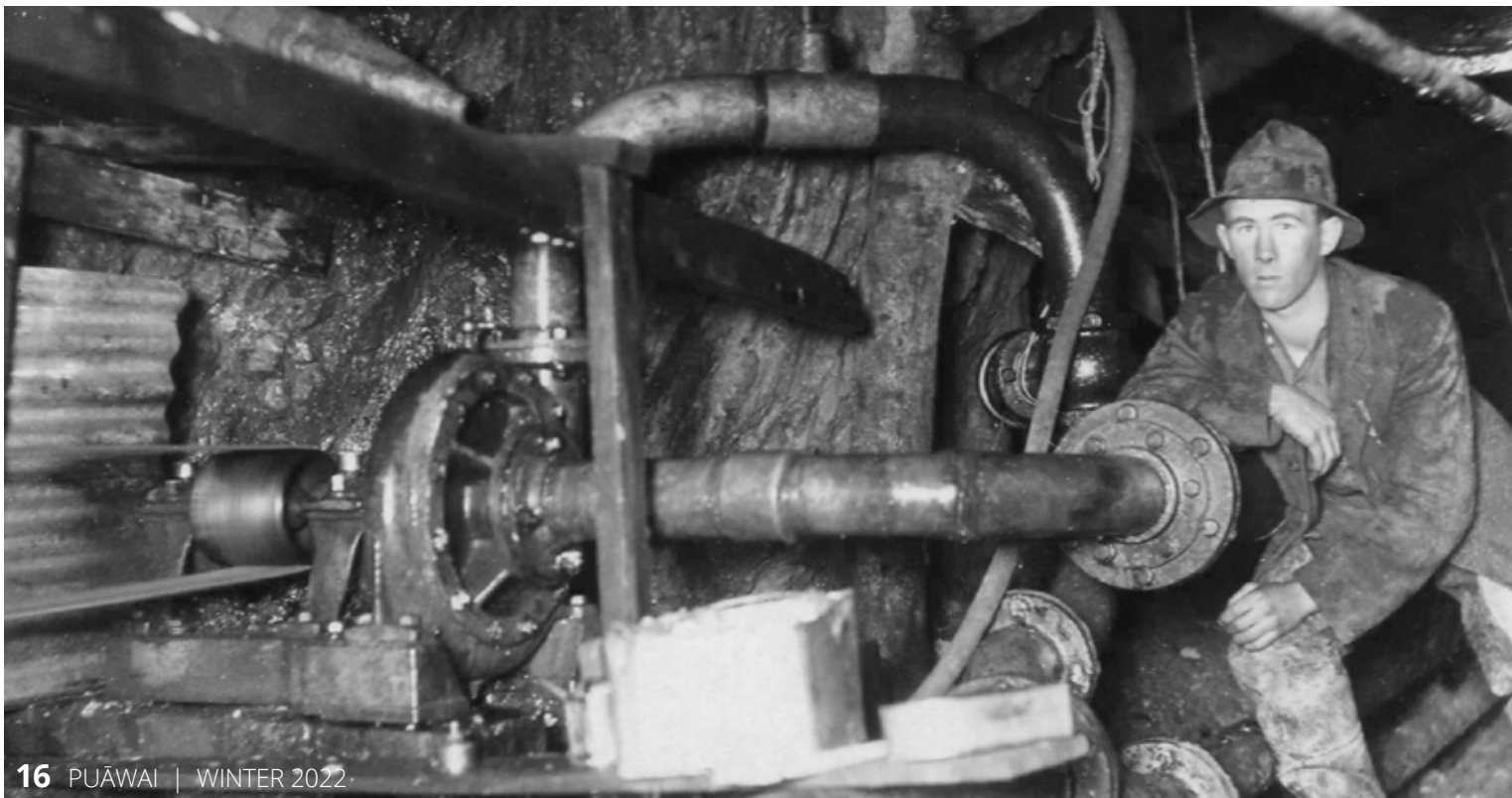
Mr J.B. ('Bernie') Butler (pump attendant), first tunnel victim, 1922.

Photo credit: Horowhenua Historical Society Inc.





A TERRIBLE TUNNEL TRAGEDY AT MANGAHAO HYDROELECTRIC WORKS WHICH RESULTED IN SEVEN MEN DYING



Knowing full well the dangers, the three men set off to rescue their mates. As they were putting on their gumboots at the tunnel mouth they were joined by 28-year-old William Robert Miller, assistant engineer. Miller wanted to go in alone, but before he could rush in, Frederick Birss arrived, father of William Birss. They decided to all enter the tunnel.

They entered the tunnel at 11.20pm. Trigg remained at the sub-station, hoping for the power to be restored and anxious for the safety of the men. At midnight when he was relieved he ran to the tunnel and entered it alone. He re-appeared sickened at his discovery and gasping from the fumes. 'They are down', he shouted. 'Raise the camp', and fell unconscious. Before the relief attendant had aroused the men in the camp, Trigg recovered and gallantly ran back into the tunnel. He was picked up later by a rescue party - alive, but in a bad way.

The news of the disaster spread like wildfire through the works and men rushed to help. The fumes were very dense, and only the most experienced men were chosen to carry out the rescue. Two separate rescue parties

were formed. The first had a terrible ordeal, having been affected by the fumes, and some of its members were rescued by the second party. The bodies of four of the victims were found about 20 chains from the entrance and brought out on trucks. At 1.45am the electric fan was restarted and at 2.10am the third rescue party went in. They found Philip Graham, and three chains further in, the bodies of Maxwell and Butler.

The only man who appeared to show signs of life after the rescue attempt was Frederick Birss, but although artificial respiration was tried for an hour and a half on all the men, it was too late. Seven good men had been taken by the fumes.

The official inquiry held in Shannon a week later, ruled that the disaster was caused by a chain of tragic circumstances and nobody was to blame. The inquiry did note, however, that the heroism and gallantry shown on that fateful Sunday night, was of the highest order.

Photo captions (from left to right):

Tunnellers No 2 Tunnel Mangahao 1920s.

Tunnel Tragedy – procession escorting lorries with coffins into Shannon, 1922.

Locomotive used in main tunnel excavation work, Mangahao, 1920s.

Man (unidentified) at waterpump in No 2 Tunnel, 3 May 1923

Photo credit: Horowhenua Historical Society Inc.

Hope Kete

Feeding mouths and hearts in Horowhenua

Born out of need amplified by the COVID-19 outbreak, Hope Kete has been feeding mouths in Horowhenua since 2020 and continues to grow. The idea of a free food store in Levin is based on a similar Palmerston North initiative Just Zilch.

Horowhenua residents had been travelling to Manawatū to receive free food parcels, but with rising petrol costs, this service is becoming out of reach for some.

Hope Kete Store Manager Tania Turipa describes Hope Kete's vision as distributing edible food, which would otherwise be wasted or thrown out, to anyone within the community struggling financially.

The food is sourced mostly from New Zealand Food Network. It is distributed to Shannon Kai Club, Te Awahou Kai, Hinemoa House, Society of St Vincent de Paul, Life to the Max and Taitoko Kindergarten, and is used for isolation packs for people homebound by COVID-19.

At the heart of Hope Kete is the popular weekly drop-in store at their Kent Street site.

"Our regulars become whānau; Hope Kete is its own community. People come and help each other and form new friendships," Ms Turipa says. "Helping people humbles me. I've been in that position before."

About 130 families come to the store each week and select what they need from the goods available. Everyone is welcome to use Hope Kete with no questions asked and no names are taken. The only information recorded are statistics around how many people use the service and how many food items they provide each week.

"It's important not to judge. You don't know what people's stories are."

The amount of grocery items given in the community continues to grow.

More than a tonne of food and grocery items are gifted each week, and leftover meals prepared by Lunch by Libelle for the Ka Ora, Ka Ako healthy school lunches programme are often left outside on days when Hope Kete aren't open, for people to come and collect.



Charlotte Birkett – Store Assistant, and Tania Turipa – Store Manager.



Some of food available at Hope Kete.

Partnered with Community Fruit Harvest, there are teams which pick fruit around the region, and local residents also provide home grown produce, to be shared among those who need it.

Local supermarkets have donated items to raffle to support Hope Kete, and using grants from Horowhenua District Council and Horowhenua Trust, a \$20,000 chiller has been installed to store perishable food Hope Kete receives during the week.

Beyond providing food, Hope Kete has evolved to share sanitary items, cleaning products, pet food, nappies and baby wipes. Clothing and bric-a-brac donated by the community is also available.

More than a dozen people volunteer at Hope Kete and support similar initiatives including the Winter Wrap which, calling from donations from the community, distribute warm winter clothing and blankets for local tamariki.

Hope Kete operates from Hope Centre on Kent Street, Levin. They are open to the public on Wednesdays from 1pm-4pm and advertise on Facebook when leftover school lunches are available during the week. There are no criteria to use the service, and new volunteers or donations are always welcome.

***“It’s important not to judge.
You don’t know what people’s stories are.”***

Tania Turipa

Gardening with Simon

Winter Gardening

**Wanting a garden but you don't have a lot of space?
From my experience, container gardening is the way to go.**

If you are mobility impaired, don't have a lot of time and/or you're living in a smaller space (such as a flat), container gardening is for you. I have learned container gardening has the same basics as gardening on a larger scale. Just work the containers as you would an open ground garden.

I had 12 raised vegetable and herb garden beds and a 12x 8ft glasshouse, and recently downsized to 12 42L fish bins for my garden. I must admit, I wish I had done it years ago.

I filled the bins with 12 bags of Vegetable Mix and Sheep & Chicken Pellets and planted them out in stages, and they are flourishing.

What to plant in Winter

Due to the risk of rot or being washed away, I would advise against planting seeds. Stick to seedlings as the colder, wet weather kicks in.

Favourite winter vegetables to plant include:

- Cabbage
- Cauliflower
- Broccoli
- Brussel Sprouts
- Carrots (Seed Tape)
- Beetroot (Seed Tape)
- Spring Onions
- Lettuce
- Leeks
- Silverbeet

In the Spring I will be planting Tomatoes, Capsicums, Chillies, Cucumbers and Zucchini's into 20L buckets.

Garlic Update

I've also downsized my garlic garden from 282 cloves in 2021, to just 45 this year. Nevertheless, from bed preparation to separating bulbs for planting, the final harvest and drying, and worrying about 'dreaded rust', garlic growing still takes a lot of work. To beat the rust, I planted garlic in early March, and they are thriving. Out of the 45 I put in, 43 poked up. A good strike rate in my eyes.

I enjoy sharing my gardening adventures with you. If you have any general gardening queries, or would like to comment on this article, please do not hesitate to get in contact.

Simon Broad

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A close-up photograph of two ears of yellow corn with green husks, resting on a dark wooden surface. The corn cobs are the central focus, with their kernels clearly visible. The husks are partially peeled back, revealing the golden-yellow grains. The background is a rustic, dark wood with visible grain and texture.

Let's cook...

Sweet Az Pai's

Kaanga Waru- Steamed Corn and Kūmara Puddings.

A simple Māori dessert utilising Maize from the summer harvest and freshly dug Kūmara, lending its sweet, soft texture.

Traditionally wrapped in corn husks, easily replaced with tin foil, these puddings are steamed and are best served with fresh cream.



Ingredients

Grated corn maize/or cornmeal	170g
Plain flour	100g
Baking powder	1½ teaspoons
Caster sugar	120g
Butter, melted	70g
Purple skinned Kūmara, finely grated	220g
Milk	2 tablespoons

Method

1. Arrange eight 20cm long rectangle tin foil strips on to a kitchen table or bench.
2. Add all dry ingredients to a large bowl and mix well.
3. Add the grated kūmara and melted butter.
4. Add milk to the bowl and mix until you have a "cookie dough" consistency.
5. Roll mixture into a log and cut into portions.
6. Place 1 portion in the middle of a tin foil strip.
7. Lifting shorter ends of foil, roll ends together leaving room for the puddings to expand slightly.
8. Now fold up the other two open ends to close the parcel and repeat with remaining mixture.
9. Place parcels in a steamer with lid on and steam for 30-35mins.
10. Carefully remove parcels, serving them with custard and cream.
11. He reka rawa!!!

This recipe was given to us by Donna Rawiri from Sweet-Az-Pai

@sweetazpai@gmail.com  Sweet Az Pai  @sweet_az_pai

Look out for Sweet Az Pai at the Taitoko Matariki Night Market on Friday 8 July.

Puzzle corner

WORDFIND

Matariki

U	A	N	N	E	U	I	T	I	A	W	U	A	P	U	A	C	O	M	M	U	N	I	T	Y
N	A	I	P	T	U	N	I	A	U	N	E	N	I	W	I	W	M	I	I	I	R	K	R	P
I	E	A	T	G	K	E	A	U	R	N	S	I	K	P	S	I	I	R	P	U	S	A	E	W
I	E	I	K	A	S	P	T	O	M	T	E	K	W	G	U	T	L	T	E	T	E	N	W	W
A	A	K	A	I	I	I	A	P	O	W	V	U	E	N	R	A	I	A	D	A	P	I	A	R
I	E	W	T	H	P	L	E	I	A	D	E	S	W	S	D	K	R	L	U	A	I	N	G	D
H	I	A	E	I	O	R	P	K	J	U	N	E	A	S	E	S	E	P	I	R	T	R	R	N
A	A	I	A	A	H	I	A	A	T	A	S	U	G	U	K	U	A	U	P	U	T	G	I	I
E	E	P	A	K	U	N	K	I	R	P	I	I	A	I	N	B	I	R	A	R	U	S	R	I
O	H	U	G	L	T	M	H	G	T	A	S	A	R	M	I	A	K	A	H	A	P	A	K	A
D	B	N	E	N	U	A	E	P	R	W	T	N	T	I	L	R	I	W	S	A	U	S	M	T
A	R	A	H	A	K	U	V	K	W	W	E	U	I	U	T	U	G	W	U	I	A	W	P	I
S	A	R	H	H	A	T	T	A	E	G	R	E	O	H	I	M	N	A	P	U	R	U	A	A
I	R	A	E	Y	W	E	N	R	A	O	S	L	I	G	N	A	R	E	T	I	A	W	I	H
I	A	N	E	W	A	I	T	A	N	A	A	I	R	R	I	T	U	A	R	I	N	T	L	M
A	S	G	U	A	E	A	U	K	A	U	I	W	U	E	I	A	A	M	N	A	G	S	E	U
T	A	I	A	T	A	B	S	I	R	K	J	O	D	A	S	R	A	T	S	R	I	E	A	A
G	U	A	A	A	A	Y	C	A	U	A	R	R	N	S	R	I	G	N	A	R	U	R	U	E
G	U	A	R	A	I	L	H	T	A	A	U	P	W	I	W	K	P	T	R	I	R	A	U	R
E	A	H	A	A	A	E	E	R	B	A	M	D	A	G	R	I	A	W	U	A	A	N	S	A
K	E	U	U	I	W	A	I	A	L	P	J	N	I	M	K	U	R	A	M	U	M	J	S	G
N	A	D	U	E	I	I	T	G	A	U	A	P	A	U	R	T	A	N	R	T	S	U	A	T
U	V	P	E	E	R	E	R	U	E	E	A	A	Y	U	T	U	U	P	G	N	U	O	P	M
P	A	E	A	E	S	O	A	A	I	K	E	A	K	P	U	A	N	G	A	I	U	I	M	G
R	S	A	A	I	T	A	U	O	O	R	A	E	N	E	M	A	O	R	I	A	A	I	A	I

Matariki
Stars
Māori
New Year
Pōhutukawa

Waitī
Hiwa-i-te-rangi
Tupu-ā-rangi
Waipunarangi
Tupu-ā-nuku

Waitā
Ururangi
Subaru
Pleiades
Seven Sisters

Puanga
Karakia
Community
Kapahaka

SUDOKU

6						5	8	4
						3		
							7	
2	3				8		1	
			6	7		2		
	6	4	1					5
8							3	
			3		5	1		
		1	7	4		6		

			3	1	7	8		
2			5			3		
			2					4
		8		5		1	6	3
	4		6		3		8	
		7			2			5
								8
4						5		
						2	4	7

								4
9			8					
					3		7	
	7			9				8
2	8		6		7			9
4							3	
3	4			7	8		5	2
			2				9	
	2			4			6	

5							8	
				1				
4	8	6		9				
8			6					1
			9		2			5
	2		1	7				
	6					7	9	
		7	2			1		
						8	4	

Volunteer Horowhenua



A list of volunteer opportunities to get involved in our community.

Front of house and general helper

Foxton

Role #2136

Are you interested in supporting a local conservation centre?

We are looking for volunteers to help with providing information about the centre and EFTPOS handling.

- ✓ **Sundays** - can be every Sunday or rostered every few weeks
- ✓ 11am - 3:30pm
- ✓ Full training given

Health Shuttle Driver

Commence and finish in Ōtaki

Role #2139

This organisation needs either a driver or driver support to deliver people for health appointments. Clean drivers license, clean bill of health and physical ability to support people into and out of a range of vehicles needed.

- ✓ Monday – Friday
- ✓ 2 hours between 6am and 6pm

Caring Caller

Horowhenua

Role #1071

Phoning someone on a regular basis to have a friendly chat. A high level of clearly spoken English is necessary, as well as a commitment to building a relationship via phone.

- ✓ Landline phone needed

Friendship Volunteer

Levin

Role #616

Form friendship with a person with a disability.

Life Skill Mentor

Levin

Role #1091

To help clients develop their life skills in a group or one-on-one settings.

Morning tea maker for rest home

Levin

Role #2036

If you are interested in any of these roles, please contact Volunteer Central.

☎ (06) 354 6027

✉ info@volunteercentral.nz

🌐 volunteercentral.nz/horowhenua



BreastScreen
Aotearoa



Once is not enough

**Regular screening
saves lives**

timetoscreen.nz
0800 924 432



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāroa



National
Bowel
Screening
Programme



Protect your whakapapa

Free Bowel Cancer Screening

for 60-74 year olds

timetoscreen.nz
0800 924 432



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāroa



Horowhenua
DISTRICT COUNCIL

 horowhenua.govt.nz  communications@horowhenua.govt.nz  06 366 0999