

Puāwai

(Noun: To blossom or come to fruition)

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

Your local Horowhenua community guide



Our Darling Daffodils

How Horowhenua daffodils and growers are shining around the world | Page 4

Don't forget about Dementia

Learn about life with dementia and where to find support | Page 12

Harriers' healthy habits

Embrace the outdoors, walking and running with the Levin Harriers | Page 18



Hello Spring!

One of the first flowers we see in springtime, daffodils signify resilience as strong survivors who have weathered winter storms. We welcome the warmer weather in this edition of Puāwai as we learn how locally bred daffodils are shining brightly locally and overseas.

Try Waitārere Beach's The Spiced Tart's go-to lemon pound cake, help your garden thrive with Simon's Spring gardening tips and keep yourself and your property safe with advice from Acting Senior Sergeant Bernie O'Brien.

We meet the Levin Harriers who are making strides to embrace good health and our beautiful outdoors, and we share one of our brave reader's experiences with dementia.

We love hearing and telling stories about our local community. Send in your ideas, news, photos and feedback to

📧 @communications@horowhenua.govt.nz or write to

✉ Private Bag 4002, Levin 5540.

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Daffodil Growers Standing Tall

Horowhenua daffodil growers are shining as brightly as the flowers themselves.

There are several active award-winning daffodil growers in Horowhenua, known nationally and internationally.

Three of these growers are in the Central Daffodil Group which is affiliated to the National Daffodil Society of New Zealand. They have named and registered daffodils on the international stage, impressing their peers with their enthusiasm and beautiful blooms.

Central Daffodil Group Secretary Diane Irwin is one of these growers; she's been growing exhibition daffodils since 1984. Inspired by her passion, her husband Peter also took up the challenge of hybridising daffodils for exhibition. Their daffodils have won local, national and international awards. Their secret? Hard work and good Horowhenua soil.

"Ōhau in particular is a great place to grow daffodils. The climate and soil suit them" Diane says. "There are even registered varieties which feature its name such as Ōhau Magic and Ōhau Brilliance."

"We are fortunate here in the Horowhenua to have hybridisers that have had the ability to produce a number of new daffodils. The flowering season has now been extended from having the first daffodils in June/July to having the first daffodils flowering in late April/early May."

Growing daffodils for exhibition can be a challenging and slow feat. Daffodils produce seeds which take five years to grow into a bulb. When breeding daffodils, pollen is collected

from one variety and used to fertilise another. Only a small number of seeds collected produce long term variable bulbs. It can take up to 20 years to grow and assess the progeny from each seed and only a small number make it through the selection process. It can take years to produce enough bulbs for new varieties to enter the flower market.

"Daffodils might be difficult and hard to grow, but it is so rewarding to see them flower," Diane continues.

Daffodils are considered to be a spring flowering plant but they can bloom for a much longer period of time. There are autumn flowering varieties that flower and sustain their blooms right through winter. However, it is spring when the main flowering occurs and daffodil enthusiasts gather to present their creations.

On 9 August the Central Daffodil Group, which has members from Wellington to Tūrangi and many places in-between, gathered at Levin's Freemasons Centre to share their daffodils with other members. The Ōtaki Horticultural Society Daffodil Show was held on 2 September and the North Island National Daffodil Show was held at the Palmerston North Community Leisure Centre on 10 to 11 September.



Champion daffodil grower John Hollever has been growing and breeding daffodils in Horowhenua since 1991 and is drawn to the competitive nature of daffodil growing and seeing new hybrids emerging.

“The standard of flowers continues to improve,” he says. “I’m enjoying spending more time in my retirement developing seedlings. There are more people coming to the shows and it’s getting harder to win. It’s great to see so many new and improved varieties – there’s now around 60,000 named and registered varieties on the online database daffnet.org.”

The National Daffodil Society is open to everyone from professionals to amateurs, experienced botanists and beginning gardeners, adults and children. It was founded in 1926 and has members nationally and internationally who share the same passion and enthusiasm for daffodils. Their website daffodil.org.nz provides growing tips and information on how to join the society.



Daffodil Days

Life member of the National Daffodil Society and foundation member of the Central Daffodil Group, local legend Reg Cull brightened lives with his daffodils.

Information Research and Local History Librarian Kiri Pepene reflects on his life and love of the springtime flower.

As a child, my favourite time of the year was spring. On the farm, there was cuteness in abundance with all the lambs frolicking around. If we were lucky, we would get to look after any orphan lambs. It was a magic time. However, the best bit was the random splashes of sunshine in the top paddock. It was my happy space and I would spend hours sitting with the buttery, bright daffodils. When I got married, the only thing that I really wanted were daffodils in my bouquet, which was not an easy task when you marry in late October. Thanks to Reg Cull of 'Hokorawa Daffodils' I had a beautiful bunch of daffodils in my bouquet.

Reg's lifetime work with daffodils started when he was just 13 years old. His Father and Aunt Sybil both grew them, and quickly it became his passion. Many years later, he was still growing bulbs that had strains from his Father and Aunt's daffodils.

Reg was a dairy farmer for many years and during that time grew daffodils as a hobby on their Newth Road Farm, Foxton. In the early 80s Reg decided to become a full time grower and the 100 acre farm was split with three acres dedicated to growing more than a million daffodil bulbs.

After each Christmas, one third of the bulbs were lifted. Reg did a lot of the work himself but at busy times he got help from Student Job Search and other members of the family. The bulbs were sorted and dried in onion bags and stored in one of the old cowsheds. Some of the bulbs were destined to be replanted; others were sold as part of their mail order business. Reg and wife Rita worked well as a team, Reg working with the daffodils, and Rita working in the office and managing the mail order side of the business.

In spring, visitors from the local old folk's home, classes of schoolchildren and many international daffodil lovers came to see the spectacular paddocks full of sunshine. They were busy times but Reg loved sharing not only his knowledge, but also the joy that the displays brought to people both young and old. The cut flowers were sold at the farm from a roadside stall, a little house that Rita's father built. For a few years, he gave free daffodils to the Cancer Society for their yearly Daffodil Day, hand picking all of them.



Rita and Reg Cull.

Reg loved attending daffodil events. When the family were young, they all enjoyed going to the local shows and he was always successful with the flowers that he had bred. Prize daffodils were picked and saved in the chiller until show day. It was an important part of their lives and they made some great friends from the circuit. Reg and Rita hosted many visits to their home for growers from around New Zealand and the world. He was in great demand to talk to garden clubs around the region, and his great knowledge and sense of humour meant his visits were always a success.

Slowly over the years, the business became a hobby once more. Growing was his joy and passion. The last show he went to, he won every prize. His winning bloom 'Crystal Gem' was described as a truly superb bloom by The Daffodil Society.

Reg really enjoyed breeding daffodils. It's a long process, but he relished in the excitement of not knowing what you would get as the end result. He worked hard on the breeding side and throughout his life registered 28 new varieties of daffodils. The process could take up to ten years. Reg bred many more but only the best made it to being named. The Cull family helped to come up with the names, which included 'Spring Fling', 'Twelve Gauge', 'Whippersnapper' and 'Tooth Fairy.'

I like to think that every spring all over the world, Reg's 'host of golden daffodils' and splashes of Foxton sunshine 'flutter and dance in the breeze'.

References: Rita Cull, Colleen Hayes (nee Cull) , New Zealand Gardener Jan/Feb, 'The Daffodils' by William Wordsworth.

Bernie on the Beat

Vehicle Safety

In his first Puāwai column, Acting Senior Sergeant/Prevention Manager Bernie O'Brien shares vehicle safety tips.

Having spent most of his life in Levin, Acting Senior Sergeant Bernard (Bernie) O'Brien has policed in the Horowhenua since he graduated from Police College 14 years ago.

He's worked in the Police Safety Team, Criminal Investigation Branch (CIB) and Family Harm and Prevention Manager roles.

In his spare time he enjoys darts, cricket, theatre, supporting the Crusaders, and spending time with his lovely wife and three daughters.

Being safe is important to Bernie and in the first of a series of Puāwai columns, he shares with us tips on keeping yourself and your vehicle safe:

Police take car crime seriously, but need your help to keep crime numbers low. Ring 111 if you see anyone acting suspiciously around vehicles or if something doesn't seem right. If you return to your car and find you have been a victim of a car break-in, call 105. Report all the details to Police and they will do what they can to help you.

There are some good ways to prevent yourself being the victim of a car break-in:

- Whenever you leave your car it's important that you lock it and put the keys in your pocket (or somewhere else safe on you)
- Park your car in a well-lit area - under a streetlight or security light where possible
- When at home, park your car in the garage, behind a gate or a secure fence
- Do not leave valuables in your car
- Install/use car alarms and/or a steering lock. You can get these from an automotive parts and accessories retailer. The small cost upfront can save you a much larger one if your car is broken into.

Following these tips will make your car less tempting and more difficult to break into, deterring potential thieves. Help us help you and others by reporting any suspicious activity you notice in your neighbourhood and around town. Together we can make our communities safer.

Stay safe.

Bernie







Capture Your Horowhenua

Capture Your Horowhenua is a seasonal photo competition, where we ask residents to submit photographs they have taken in our district, set to the season's theme.

The theme for the Winter season was 'Matariki - our connection to the environment'. These impressive shots were displayed at Te Takeretanga o Kura-hau-pō during July for a public vote. The winner, Clair Schulp, took home a goodie bag for her beautiful Waitārere Beach shot.

① by Joanne Clausen

② by Kris Adams

③ by Megan McKenzie

④ by Rebecca Dodds

⑤ by Kris Adams

⑥ by Rebecca Dodds

⑦ by Diane Wilkins

⑧ by Kris Adams

⑨ by Clair Schulp

⑩ by Kris Adams

Bringing Awareness to Dementia

Each September, people from around the globe unite to challenge the stigma around Alzheimer's disease and all types of dementia.

World Alzheimer's Month raises awareness, helping to create more dementia-friendly communities and gives a voice to people living with dementia.

Dementia is an umbrella term used to describe a group of symptoms that affect how well our brains work. As people age the chances of developing dementia increases.

The most common form of dementia is Alzheimer's disease – which around two thirds of people with dementia suffer.

The symptoms each person experiences depends on the parts of the brain that are affected. These can include changes in memory, thinking, behaviour, personality and emotions. These changes affect a person's ability to perform everyday tasks and interfere with their everyday lives.

Dementia is progressive, which means that for most people the changes gradually spread through the brain and lead to the symptoms getting worse. Dementia is different for everyone – what people experience, and how quickly they are affected is unique to them. What they can do, remember and understand may change from day to day.

Whānau, friends and carers have been showing their support to dementia sufferers in Levin since 2015 with an annual Memory Walk. Around 200 people gather for the walk which concludes with shared refreshments and entertainment. The 2022 Memory Walk was held on Wednesday 7 September and was the first time since 2019 it has been able to go ahead, as the 2020 and 2021 events were cancelled due to the pandemic.

Top three photo's opposite: Levin's first Alzheimers Memory Walk in 2019.



Looking after yourself

It's normal to feel a wide range of emotions after being diagnosed with dementia. You might feel shock, sadness, frustration, relief, embarrassment, anger and loss. Living with dementia is a big adjustment.

Here are some ways to look after yourself:

- Be patient and kind to yourself; dementia can happen to anybody.
- If you're finding it hard to remember something, don't worry – focus on something else.
- Continue doing the things you can still do and enjoy and focus on how good that makes you feel.
- Allow yourself to feel the way you're feeling - good or bad. Tears can make you feel better, and laughter releases 'feel-good' chemicals in your body.
- Share your feelings with trusted family/whānau members, or friends.
- Try something new: whatever it is, finding a new activity you enjoy may make you feel better – and it will stimulate your brain.
- Write it down - some people find it helps to record their feelings and experiences.

Caring for someone with Dementia

As symptoms vary among Dementia sufferers and everyone's journey is different, it can be difficult to prescribe a list of activities to do to support your loved one. But you can try the following to prevent and ease stress:

- Try to maintain a familiar and consistent daily routine, but simplify or remove tasks that are becoming difficult.
- Make changes to the immediate environment to make it more manageable. Limit noise and activity if that's causing a problem.
- Include them in activities and conversation so they feel part of the family or group.
- Ensure they eat healthy meals with lots of fresh fruit and vegetables.
- Spend time outside in the sunshine every day.
- Make sure they have something fun to do every day and have regular social contact.
- Encourage regular exercise – this has a proven positive impact on depression, but ensure you include rest and relaxation periods each day.
- Have realistic expectations of what they can do – expecting too much can make both them and their family/whānau frustrated, upset and gloomy.
- Know when they are least fatigued and 'at their best' and do any important tasks then.

Where to get help

Alzheimers Society Manawatū is committed to supporting our community with a range of services for people living with dementia, their carers and their family/whānau. If you, or someone you love needs support, they are there to help.

Main Office: 642 Featherston Street,
Palmerston North 4414

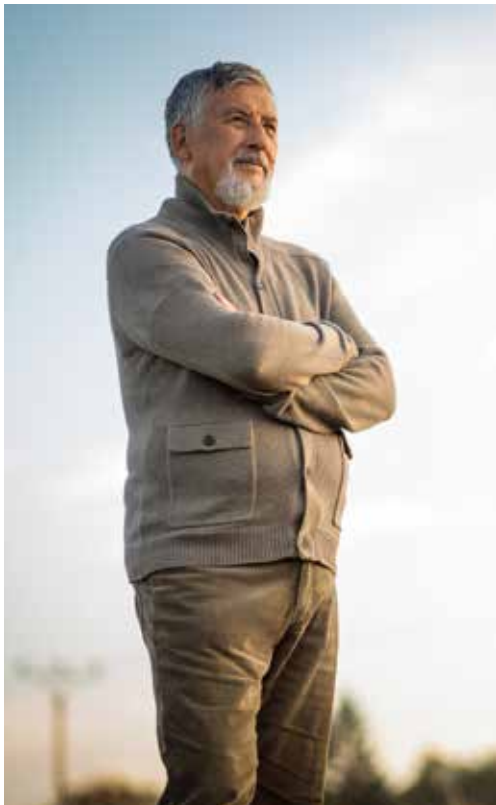
Phone: 06 357 9539

Email: manawatu@alz-man.org.nz

Website: www.alzheimersmanawatu.org

Instagram: @alzheimersmanawatu

Facebook: Alzheimers Manawatu



A photograph of two elderly women with white hair, smiling and looking towards the right. The woman on the left is wearing sunglasses and a patterned blue and white jacket over a white turtleneck. The woman on the right is wearing a red sweater. They are outdoors under a clear blue sky, with some greenery visible in the background.

An Insight into Dementia: Audrey's Story

Puāwai reader Audrey Jennings bravely wrote to us to share her experience suffering Dementia.

I'm sure most people have heard of Dementia. It's on the increase and frequently shown and discussed on News broadcasts.

What is it like? How does it present itself and what can the repercussions be? Firstly, it is a mental illness and can cause family and friends much anxiety and sometimes, embarrassment.

I am a woman aged ninety-one and became widowed when my husband was only thirty nine years of age. I have four children – two “home-grown” and two adopted. I am and have been a resident of the Horowhenua Masonic Village for the past thirteen years.

When aged about eighty-five, I began noticing that I seemed to be always losing things! Things like scissors, my favourite pen, a birthday present I'd put aside for a grandchild. The flat I occupy is small with not much room for losing things – one would think! Not so if you have Dementia.

As the months passed I began forgetting phone numbers, friends' birthdays, appointments and even what day of the week it was. I thank goodness for the daily nurse who comes once each day to ensure I take my medication. I take that same medication twice daily – morning and evening and it always seems to be the night's dose that a pill will roll underneath the stove, where I can't get it!

Days of the week or month of the year – always blank! Again, I thank goodness for my good friend who gifted me an automatic calendar – a huge help – until it came time to put our clocks forward – or back! Then fortunately, another friend would come to my rescue for something else. The latest headache for me – shopping! What a nightmare! I often find myself buying a packet of something and on arrival back home, find I already have two identical items sitting in the cupboard! “Write a list – write it down”, say my friends. “Oh, I do,” I say, “but then I forget where I put it.” If and when I do get to the shops with a list, I'm doing really well!

Dementia I suppose, although not always serious, can become so if not addressed and is certainly embarrassing on occasions for the sufferer. Along with this there is another side – if I mention in conversation that I may have to go into care soon, I get replies such as, “Why ever would you need to go into care? You look so healthy.” Moving into care homes currently is often difficult as these days we are living much longer and needing more assistance than most of our predecessors.

Sadly folks, that's just a little about Dementia – we're left with no choice but to just keep on going and get on with it!

Levin Harriers Exploring Horowhenua Since 1965

Horowhenua is a great place to explore on foot, and Levin Harriers take advantage of our beautiful scenery to stay fit and healthy while forming strong friendships.

Established in 1965, Levin Harriers is a group of runners and walkers who meet on Saturday afternoons, April through to October, for organised runs and walks across the district. Exploring outdoor areas in Horowhenua and discovering hidden gems is a shared passion of its members – Club Captain Guy Dobson jokes – “The group is not for the faint of heart - events go ahead whether there is rain, hail or shine.”

Attracting some of the best runners and walkers in the Horowhenua, events in the summer months have been added to fill the void between harrier seasons.

Guy says, “The magnificent backdrops of Gladstone Gallops, a zephyred forest lapped by the Ōhau River, Kimberley Reserve and Foxton’s Manawatū Estuary and beach inspire us all as we revel in the beauty of our coast and countryside – the mind is spirited and muscles primed. You never know what’s around the next corner!”

The club prides itself on only being competitive within each member’s personal ability.

Members are celebrated for achieving personal bests and who can most closely guess what their running time was. People of all fitness levels are welcome at Levin Harriers. The club focuses on creating a fun social atmosphere and embracing a hobby with extensive health benefits rather than worrying about strict training regimes.

There are a number of health professionals and ex-marathon runners in Levin Harriers who encourage everyone to take up walking and running for their cardio-vascular, physical and mental health.

People aged 16 and up are welcome to join the club, with some of its members aged in their 80s. Families are welcome to attend with younger children if they can manage the distance. The usual length of each run/walk is one hour, ranging between 5 and 15km distances. No equipment is needed to take up the sport except a quality pair of running/walking shoes.



From left, Levin Harriers Matt Squire, Ronda Turk, Gordon Norfolk, and Kevin McCashin at the Escarpment track.

Club secretary and treasurer Bob Slade says, "We go at our own pace. Age isn't a barrier. Some of us are over 80 and can't move as fast as we used to, but the benefits go beyond the physical. We are a social club and enjoy socialising as much as the exercise."

The club is passionate about sharing the love of Harrier running, welcoming new members and sharing tips with members with varying degrees of fitness and experience. Good sportsmanship and teamwork are virtues that are reflected in the club's culture, which believes running with others is easier and more fun than exercising alone.

"We are a social club and enjoy socialising as much as the exercise."

Bob Slade

The Levin Harriers clubroom, which has been in use since 1965 and features cooking and showering facilities, is found within the Levin AP&I Showgrounds using the entrance on the corner of Tiro Tiro and Collingwood Roads.

What is a Harrier?

In 1867, a group of Londoners took the old English schoolboy game 'Hares and Hounds' (from the 1830s) as a way to stay in shape and subsequently adopted the name Harriers. Since then, the term has become a nickname for cross-country runners worldwide.

For more information and the event schedule visit:

levinharriers.com or contact President Karen Humpage on 021757871 or levinharriers1@gmail.com.

Gardening with Simon

Spring in your Garden

One of the biggest joys for any gardener who grows spring bulbs is seeing the first daffodil flower emerge.

Like prancing lambs, daffodils are a sign of spring, and the joy they bring can't help but put a spring in your step.

Daffodils can feature in your garden provided you have plenty of drainage. You can plant them in the ground or in a container. If you choose the latter, I'd recommend placing small pebbles in the bottom before putting in your growing medium - a quality compost with bulb fertiliser is best. Because daffodils are deep rooted, choose a container no less than 12 inches deep to allow for root growth. Any deep container can be used, but I personally prefer the aesthetic of long containers rather than smaller upright ones.

As daffodils do not like getting their feet wet, put your container on a couple of pieces of timber to keep them off the ground if you can. For protection in case of a rogue frost, add a covering of straw or mulch.

What to plant in spring:

There are many vegetables that thrive in spring weather, but have frost cloth handy just in case!

Here are some of my suggestions and favourites to plant soon:

- Beans (dwarf and climbing)
- Broccoli (seedlings)
- Carrots (seeds or seed tape)
- Celery (seedlings)
- Lettuce (seedlings)
- Potatoes (tubers)
- Spinach (seedlings)
- Silverbeet (seedlings)

November is a good time to plant:

- Capsicum (seedlings)
- Chilli (seedlings)
- Cucumber (seedlings)
- Pumpkin (seed)
- Tomato (seedlings)
- Zucchini (seedlings)

Happy spring gardening, and I will see you all in summer.

Simon Broad

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Photo opposite, top right: Simon Broad in his garden.



The Year Ahead: Council's Annual Plan 2022/2023

Horowhenua is growing fast and we are excited about what's to come. In June, Horowhenua District Council adopted the Annual Plan 2022/23, a document which highlights the services and projects we plan to deliver in the 2022/23 financial year. It sets out the budget, rates, and key projects for the year.

It's underpinned by the social, economic, environmental and cultural wellbeing of our communities and follows closely what was outlined in Year 2 of the Long Term Plan (LTP). A record number of people had their say during consultation on the LTP, with 564 formal submissions received. Because the changes were minor and the consultation of the LTP was so extensive, this year we did not consult on the Annual Plan.

You spoke and we listened

Mayor Bernie Wanden says "We valued the feedback from our community as we developed the LTP. We heard how important it was to you to have quality infrastructure, a resilient water supply and ensure growth is offset by those moving to our district. As Horowhenua continues to experience unprecedented growth, one of our key priorities remains investing in the core infrastructure – whether that is building it new, upgrading, or improving the maintenance of the service. We remain committed to that."

Chief Executive Monique Davidson says "Council is prioritising projects to improve infrastructure and optimise development opportunities within our district without compromising on wellbeing initiatives that are crucial to supporting a thriving community."





Key Projects

Last year some projects were affected by COVID-19, workforce and supply chain issues, but we remain focused on delivering promised projects. We need to realign capital spending and timelines in the LTP for 2023/24 by amending the LTP. We'll consult with the community about that in the next year.

Delivering on the Horowhenua 2040 Blueprint and Growth Strategy.

With sustainable growth, liveability and prosperity taking center stage, we've also adopted the Horowhenua 2040 Blueprint (The Blueprint) and Growth Strategy.

The Blueprint details action areas we're committed to improving, along with how we want to grow and the infrastructure required. It emphasises affordable housing, supporting and enabling iwi aspirations, securing jobs in key sectors, attracting more visitors with a strong district identity, nurturing and promoting a food culture, and keeping the district moving as it continues to grow and evolve.

Water

We all deserve safe and reliable water services. The Three Waters Reform aims to ensure our drinking water, wastewater and stormwater infrastructure and services are planned, maintained and delivered.

Renewals and upgrades of three waters network pipes and water treatment plant assets are scheduled, and we are investigating an option to provide increased fresh water storage to improve drinking water resiliency.

Housing

Horowhenua's population is growing three times faster than the rest of New Zealand, and ensuring homes and services are available for our residents – current and new – is a key focus.

Tara-Ika, a 420ha block of land to the east of Levin will be a key growth area of the district, with about 3,500 houses, a small commercial area, new parks and reserves and educational opportunities planned. The Tara-Ika Growth Area Plan Change was adopted in June 2022 and endorsed by the Hearings Panel, following several years of work and a broad submission process. Endorsing a Streamlined Housing Process (SHP) also encourages housing diversity and development as our population increases.

Rates

Rates help run and maintain services and facilities we enjoy in the community. The average rates increase for the year is 7.0%; lower than the LTP forecast of 7.4%. Actual increases depend on where in Horowhenua you live and the type of property you own.

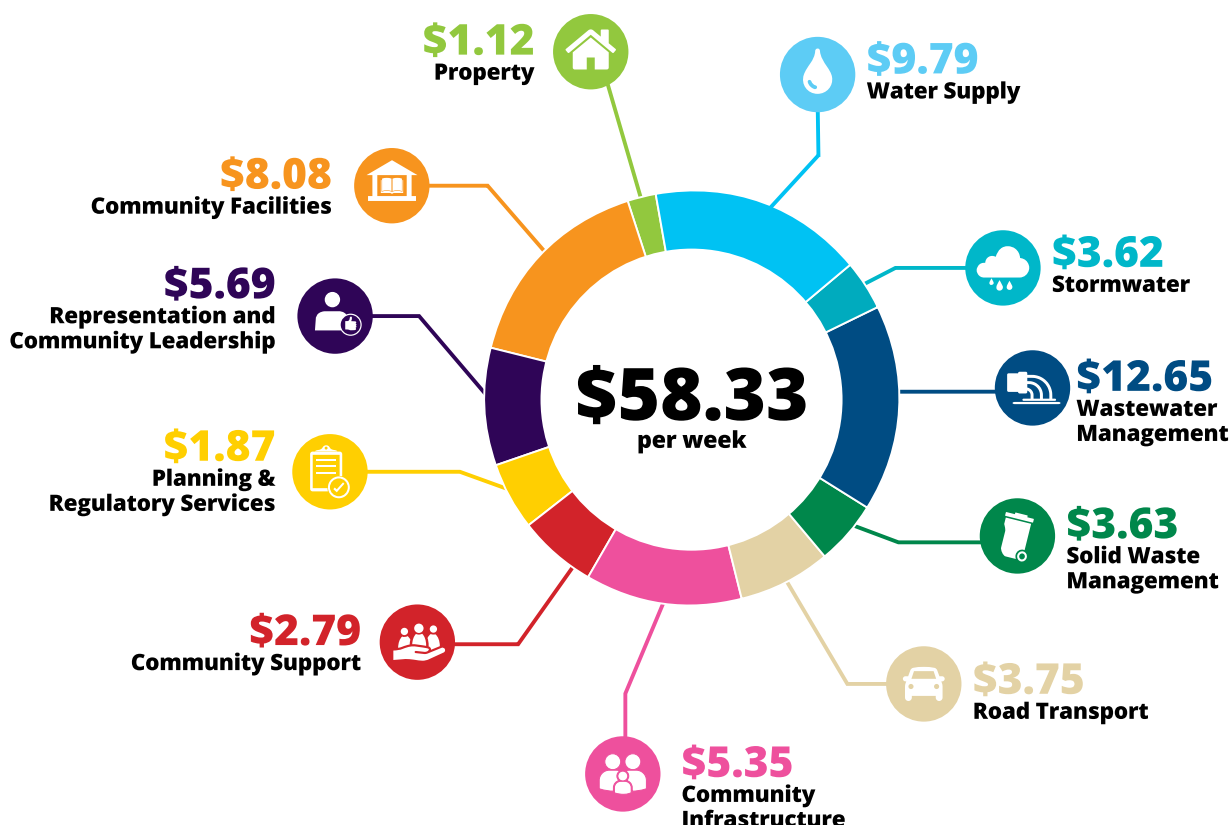
Increased costs for the landfill, including lost revenue and waste transport costs had an impact on rates, with \$450,000 to be funded through rates. However, growth and the deferred delivery of our capital programme helped keep rates down, with the addition of 350 more rateable properties in Horowhenua in the last year to spread costs across.

The full Annual Plan 2022/23 document is available on our website horowhenua.govt.nz, and paper copies can be read at Te Takeretanga o Kura-hau-pō, Te Awahou Nieuwe Stroom, the Civic Building or Shannon Library.



What your rates pay for

Based on a Land Value of \$180,000 and Capital Value of \$400,000 for a Levin Residential property. Please note that rates are charged based on the rateable value of your property. The market value for this example property is approximately \$600,000.



Where We Found Warmth in Wintry Weather

Reflecting on a day that will be etched in Horowhenua's history.

On 20 May 2022 at approximately 6.30am, Levin was hit by a weather system, which included not one, but two tornados that caused havoc taking down trees, impacting power lines and taking off roofs. Schools were closed and residents urged to stay home and take care of one another.

Our community rallied almost immediately to support those worst hit. Neighbours were quick to help clear trees and debris and repair damage, local electricians, plumbers and contractors worked hard to restore services to damaged homes, whānau provided emotional support, residents lent their trucks, utes, tools and manpower, animal welfare organisations cared for displaced pets, while local businesses provided food and sustenance to those mucking in.

The hard work of our contractors, community leaders, business people and local heroes who stepped in to help clean up in the tornado's wake was humbling. The selfless time, resources, and efforts from hundreds of people within our community was admirable

and touching to all who were directly and indirectly affected by the unprecedented weather event.

Council established a Mayoral Relief Fund on the day of the weather event, contributing \$100,000. Central Government matched the contribution and with generous donations from businesses and individuals, the fund reached a total of \$280,000. Included in this total was the proceeds of an auction for an All Blacks jersey signed and donated by Codie Taylor who hails from Levin.

From this fund, affected residents were able to apply for financial assistance to cover the costs of damaged property, essentials for daily life, costs not covered by insurance, counselling and/or where there was financial burden due to the weather event.

It is reassuring to know we live in a community so generous with their resources and so quick to unite and come together in a time of crisis. Home is where the heart is, and Horowhenua has a big one.



House damaged in the May 20 weather event.



The Horowhenua community gather for a briefing.

Let's Cook...

The Spiced Tart's

Lemon Pound Cake

Reminiscent of spring, lemons are bright, cheerful and versatile.

Refreshing and light, this simple cake is sure to impress and become one of your favourites as we celebrate more sunshine hours.



Ingredients

For the cake:

Plain yoghurt or Greek yoghurt	1/2 cup
Granulated sugar	1 cup
Large eggs	3
All-purpose flour	1 1/2 cups
Baking powder	2 teaspoons
Salt	1/2 teaspoon
Oil*	1/2 cup
Grated lemon zest from 1 medium-sized lemon	

For the glaze:

Fresh lemon juice	1/4 cup
Powdered sugar	3/4 cup

Method

1. Preheat the oven to 175 °C. Spray an 8-inch round cake pan with baking spray, rub inside surface of pan with a paper towel to cover evenly with the spray. Line bottom of pan with parchment paper and spray parchment paper lightly. Set aside.
2. In a large bowl, combine the yoghurt, sugar, and eggs - stirring until well blended.
3. Add the flour, baking powder, salt and zest, mixing to just combine.
4. Add the oil and stir well. Don't worry, at first it will seem to separate, but keep stirring till smooth.
5. Pour the batter into prepared pan.
6. Bake for 30-40 minutes or until the cake feels springy to the touch and a toothpick inserted into the centre comes out clean (every oven is different, so check with the toothpick test rather than the time). Be careful not to overbake though.
7. Cool cake on a wire rack for 10 minutes; then turn it out of the pan onto the rack.
8. Combine the lemon juice and powdered sugar in a small bowl and stir until smooth. With a pastry brush, gently pat the glaze all over the cake. Just keep going over the cake till the glaze is gone. Some of it will drip off, but most of it will soak in. Allow cake to cool completely. Sprinkle with powdered sugar if desired and serve.

* Sunflower, grapeseed or canola oil.



About The Spiced Tart

Established in August 2021, The Spiced Tart began as a coffee cart on Waitārere Beach Road. The Spiced Tart Beach Bistro at 685 Waitārere Beach Road opened in March 2022, selling takeaway meals on Thursday to Sunday evenings, with the cafe open now open Wednesday to Sunday 10am to 3.30pm. ☎ 06 367 0032.

Puzzle Corner

WORDFIND

Spring

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

Daffodils

Baby animals

Blossom

September

Butterfly

Cleaning

Sunshine

Tulip

Bumblebee

Daylight savings

Gardening

Grass

Ladybug

Puddle

Rainbow

Showers

Sprouting

Allergies

Chirping

Daisies

SUDOKU

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

	4							
				8		1		
		7	9			3	8	
	7	1			3			5
								9
4					7			
				6				4
6	3				5			
		4			1		3	

	7					3		6
				4			1	8
1		5			9		4	
		9						3
			7					
		4		1				
6			8				7	5
3	8				4			9

			7			4		9
			6		8	7		5
1		6				3		
4							3	
			8		3	5		
9				4	6	8		
		4						
7				9				
	8	3			4			

Volunteer Horowhenua



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

Project Management Volunteer

Levin

Role #2171

Project manage the relocation of an organisations' operations. Police check required.

- ✓ Dates/Hours: As required/ negotiated with the committee.

Car Boot Market Volunteers

Levin

Role #2160

Help set up stalls, distribute posters and help with clean up. Lifting required.

- ✓ Dates/Hours: Last Saturday of the month from 7:30am to 2pm.

Health & Safety Officer

Levin

Role #2170

Appropriate first aid certificate or equivalent required.

- ✓ Dates/Hours: As discussed and negotiated with the organisation.

Friendship Volunteer

Palmerston North, Feilding and Levin

Role #616

Volunteer as a friendship buddy for a person with a disability. No experience needed; training is available

- ✓ 1-4 hours per week.

Hospital Friends in Levin

Levin

Role #2168

Provide non-clinical care and support to patients, whānau and visitors in a hospital ward.

- ✓ 12pm to 4pm
- ✓ Must be able to commit at least one shift a week or fortnight for 1 full year.

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

☎ (06) 354 6027

✉ info@volunteercentral.nz

🌐 volunteercentral.nz/horowhenua



WANT CHANGE? VOTE.

horowhenua.govt.nz/Vote

Age ^{on the} GO

Save the date!

The popular Age on the Go expo is back!

Showcasing a range of activities and services that focus on good health, fun and support for older people, this is a free event you won't want to miss.



10am – 3pm

Friday 28 October 2022

Horowhenua Events Centre
Victoria Street, Levin

Are you eligible for a Rates Rebate?

Apply Now

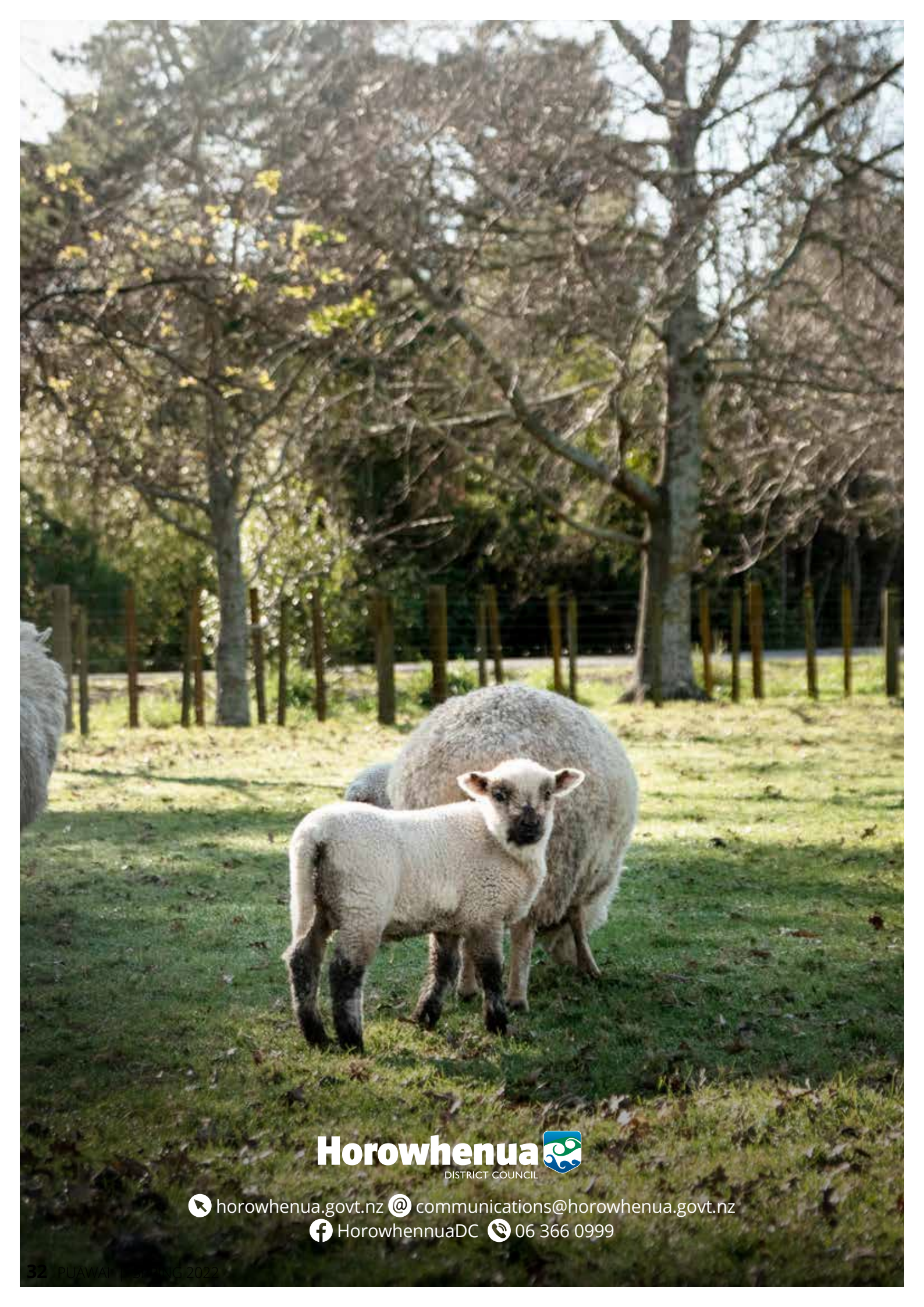
Rebates of up to **\$700**
may be available to
eligible residents.

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 2022.



Horowhenua
DISTRICT COUNCIL





Horowhenua 
DISTRICT COUNCIL

 horowhenua.govt.nz @ communications@horowhenua.govt.nz

 HorowhennuaDC  06 366 0999