

Issue 38
February 2017

ELDER

berries

News, views and info for older people in Horowhenua District



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Welcome to *Elderberries*, Horowhenua District Council's magazine tailored for older people.

Elderberries is published on a seasonal timetable; with a new issue each Winter, Spring, Summer and Autumn. Copies are free and available to collect from stands located throughout the District. These can be found at:

- Levin Mall
- Te Takere Horowhenua Culture and Community Centre
- Levin New World
- Horowhenua District Council main office in Levin
- Focal Point and Whispers cafes in Levin
- Work and Income's Senior Services in Levin and Foxton
- Waitarere Beach Four Square
- Foxton Library
- deMolen Foxton
- Foxton New World
- Foxton Beach Community Centre
- Foxton Beach Four Square
- Shannon Library
- Horsemans Cafe, Shannon
- Tokomaru Store

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

And, if you know of someone, a group, event or activity that would make for a good story in *Elderberries*, please let us know.

 ***Elderberries is also available to view and download online at www.horowhenua.govt.nz/News/Elderberries***

 ***If you would like a PDF copy emailed to you, please email comms@horowhenua.govt.nz or phone 06 366 0999.***



Civic Honours awards recipients all Good Sorts

Outstanding voluntary service to the community saw seven people and one organisation officially acknowledged at the Horowhenua Civic Honours Awards in December.

A 50 Years of Service Medal and Civic Honour Award were presented to:

- Carl Beissel - for outstanding service to the Levin Volunteer Fire Brigade and local fire safety education. Carl is also employed full-time as a Volunteer Support Officer with the New Zealand Fire Service, while still maintaining his voluntary service with the local fire brigade.
- Basil Vertongen - for outstanding service to the Foxton and Foxton Beach communities and a key catalyst behind many local projects and events. Basil has been involved in surf life saving for over 50 years and is a Life Member of Surf Life Saving New Zealand. He also spent nearly 30 years in local government, on the Foxton Borough Council and then Foxton Community Board.



District Mayor Michael Feyen, third from left, with Horowhenua Civic Honours Awards recipients, from left, Jennefer Forman, Basil Vertongen, Carl Beissel, Barbara Timms, Mel Cook, Elisabeth Smith, Levin Community Patrol representative Greg Canty, and Linda Buckley.

Civic Honours awards were presented to:

- Mel Cook - a dedicated member of the Levin Community Patrol for over 22 years ago. Mel has done everything throughout the organisation, most notably as chairperson for the past nine years. Mel is also a Lions Club member and a Horowhenua Community Health Shuttle volunteer driver.
- Elisabeth Smith - a dedicated member of the Levin Community Patrol since its inception over 22 years ago. Elisabeth started as a foot patroller, then moving up over the years to eventually be the organisation's secretary and the coordinator of all patrols.
- Barbara Timms - a committed volunteer, contributor and fundraiser for organisations such as the Horowhenua Breathe Easy Support Group, the Levin RSA and its associated Bowling Club. Barbara was also heavily involved in the successful bid to save the Levin RSA from closure.

Certificates of Recognition were awarded to:

- Linda Buckley - Linda has performed, choreographed, directed, produced, and/or written many local productions over 30 years. For the past 20 years she has also

provided regular exercise classes for older people. More recently, Linda initiated and still facilitates Horowhenua Young Persons Entertainment (H.Y.P.E), an after-school programme to help youth with an interest in creative arts to build their confidence and leadership skills.

- Jennefer Forman - Jennefer has given her all to advocating for the wellbeing of youth and those who are less privileged. Since 2009, she has consistently supported the Shannon Kids' Club. Jennefer has also taught Christian Religious Education for 22 years and she operates the Shannon Food Bank, with the support of local churches and others.

A Mayoral Award was presented to:

Levin Community Patrol - this organisation was established in 1994 to provide local police with extra eyes and ears to enhance community safety and help prevent and detect crime . The Patrol currently has 25 members who perform 20 patrols per month. In addition, it has also provided support to various community events.

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

Papers Past - a 'goldmine' of history in print

Papers Past provides access to millions of pages of digitised newspapers, as well as magazines and journals, letters and diaries, and even Parliamentary papers.

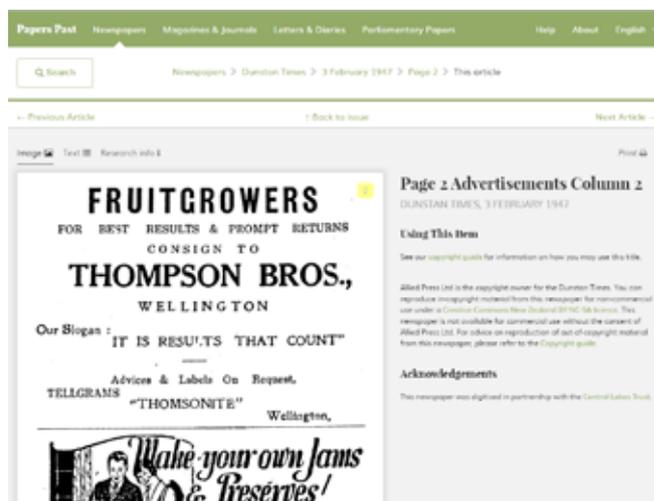
Created and maintained by the National Library of New Zealand, the Papers Past website is described by local historian Linda Fletcher as an "incredible tool", even if you do not have an interest in family history or other history.

The newspaper section contains digitised New Zealand and Pacific newspapers from the 19th and 20th centuries. The site lets people browse or search newspapers. Each newspaper has its own page containing information about the publication, including the date range which is available online. Users can find links to all the newspapers available on the Explore All Newspapers page.

Linda used Papers Past extensively when compiling her book *Horowhenua and the Great War 1914-1918*, published in 2014 in a project for the local Adopt an Anzac group.

"It is fascinating what can be found. Just type in your surname and select the newspapers you want to search and who knows what you'll discover. It's a great way to spend a wet morning or afternoon, just as you might spend browsing the internet."

Locally, Papers Past includes what is now the *Horowhenua Chronicle*, with its former titles including the *Levin Chronicle*, the *Levin Daily Chronicle* and the *Horowhenua Daily*



Chronicle, with available issues between 1910 and 1930.

Linda says it is hoped the issues between 1930 and 1940 will be on the website by the middle of this year.

She says this has been made possible thanks to "significant fundraising and generous donations" by Friends of Horowhenua Libraries, the Horowhenua Historical Society, Adopt and Anzac, and the Horowhenua Family History Group. The digitisation was done in partnership with Libraries Horowhenua under Horowhenua District Council.

"The National Library runs an annual Collaborative Digitisation Programme, under which up to 80,000 pages can be digitised each year. Costs for this work are split 50/50 between groups like ours and the National Library – our half worked out at 80 cents per page, with National Library paying the same to get the material onto the Papers Past site."

Visit paperspast.natlib.govt.nz or the Heritage Room volunteers at Te Takere in Levin.



Ann Collins during an AquaRehab session with Aquatics Programmes and Events Supervisor Greg Jackson

Hydrotherapy helps road to recovery

Levin woman Ann Collings has been a long-time advocate for the Levin Aquatic Centre for recreation and therapeutic exercise.

Recently, the regular customer for two decades has found a blessing in the 'healing powers' of its new hydrotherapy pool, constructed as part of the centre's redevelopment over winter last year.

Following a hip replacement last September, Mrs Collings was physically unable to continue with weekly Aquacise in the main pool, so she tried the new Aqua-Rehab sessions in the hydrotherapy pool. These involve low-impact exercises to increase mobility, strength and flexibility, and are specifically designed for those who suffer from arthritis, joint and circulation problems or have limited mobility.

Mrs Collings said the sessions, led by Aquatics Programmes and Events Supervisor Greg Jackson, were excellent.

"After the hip operation I was dying to get back into the pool and Aqua Rehab allowed me to do that. It was really beneficial. Greg worked with me every Friday over three months and at the end of January I felt ready to try Aquacise again. I enjoyed the entire session, which was really pleasing," she said.

"At 82 years of age, I feel I should try to keep mobile, and keeping fit helps with day-to-day life. Also, I love the buoyancy that water gives, as well as the social aspect of Aquacise - doing the session and then enjoying a cup of tea with everyone afterwards. The Levin Aquatic Centre is a great asset for the town and people should take advantage of it."

Aquatics Manager James Richmond said while they receive plenty of positive public feedback about the centre's redevelopment, to hear of success stories such as Mrs Collings and knowing that the centre can play a part in improving the quality of life for someone is even more personally satisfying for staff.

"Being able to provide such health and social wellbeing benefits cannot be measured in dollars," he said.

For more information, activities and class timetables, visit:

 www.aquatics.horowhenua.govt.nz

 [AquaticsHorowhenua on Facebook](#)

 **06 368 0070.**



Gardening with Simon

Community Gardens:

Being an avid believer in community gardens, I was pleasantly surprised to be contacted by Wendy from Te Waiora Medical Centre in Foxton asking to be involved in a small way with the newly set up Community Garden around their surgery at Lady's Mile in Foxton. Due to my personal disability I am unable to be fully 'hands-on', but I will supply plants, compost, and worm pee on an ongoing capacity. I feel it is my own way of giving back to the community, and in particular to the Te Waiora Medical Centre. I think it is a great initiative, and hope it is supported, and respected by the good people of Foxton. Well done Te Waiora!

Excess Produce From Your Gardens

If you are like me, and grow far too much for your own personal use, why not preserve and freeze any excess. I have built in shelving just inside from the back door in my home, and at the height of the preserving season it is full of preserves, pickles, chutneys, jams and bottling. And in my shelves in my fridge is the minced garlic. Everything is for sale, and I get great delight out of the comments I receive. Sure, it is a lot of work growing the produce and then turning it into a saleable product. But I enjoy the full process, so it is not a chore.

I have recipes saved on my computer for everything I make, and would gladly pass them onto you the readers if you wish to make your own, or you could always call into my home and purchase what I have on hand. All the recipes are tried and tested by me, Mike and Jackie. Some of the recipes were supplied by Jackie. So it's only fair that they get a taste first. And my family appreciate any 'freebies'!

Try freezing any produce for later use, especially in the Winter months when prices go through the roof for Veges at the supermarket. Nothing beats going into your freezer and getting out some carrots, parsnips, pumpkin, etc, for the Sunday roast. I even make my own tomato, pumpkin, and vege soups.

My Own Gardens

My garlic this year was very disappointing to say the least. The seed cloves I put in were saved from the previous year's garlic which was severely damaged by a couple of 'lowlifes'. Added to that we had an unseasonably lot of rain, which didn't help matters. I will now have to maybe buy in garlic for the 2017 planting. Or if any of you readers have some spare, I would gladly do a swap for some of my produce, or even purchase some. I am hoping to put in 500 cloves in May, and June 2017. Such is the popularity of my homemade minced garlic. I put in 9 tomato plants in my glasshouse, along with two capsicum plants. They are all doing really well, so hopefully I won't have to buy tomatoes for my relish, and soup. I have four Roma tomatoes outside happily growing away. My spuds, carrots, beetroot, salad garden, pumpkins, silverbeet, climbing beans, cucumbers are producing really well, and I am picking strawberries every second day for my Jam. So apart from my garlic, a relatively successful year at the 'ranch'.

For any enquiries or advice, contact me at any of the following:

Simon Broad

 **62 Avenue Road, Foxton 4814**

 **06 363 8855**

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

Can you help put the fabric into Fabric Bazaar?

The Altrusa International Club of Levin is collecting donated fabric, wool, haberdashery and craft items for its community fundraising event Fabric Bazaar in April.

These will then be made available at the event for avid crafts people to purchase, with all proceeds from the day used by the club to support local community projects.

Committee member Jan Jordan says that similar fundraisers have proved very popular in other centres.

"If you, or you know of someone else, who has surplus or unwanted items of this nature, please contact one of the Altrusa Club members listed below and they will arrange to collect them," she said.

To donate items of fabric, contact Lynette

 **06 368 2162**

 **graeme.hyd@xtra.co.nz,**

Maree

 **06 368 1159**

 **cresthil2@xtra.co.nz**

Dot

 **06 368 9988**

 **regal@xtra.co.nz**

The Fabric Bazaar will be held in the Levin Memorial Hall on Saturday 8 April from 9:00am.

 ***For more information on Altrusa, visit www.altrusa.org.nz***

Do you live with chronic fatigue?

WellMe - the Wellington Region Support Group for those living with ME/CFS, Fibromyalgia and related conditions - operates a monthly Support Group in Levin.

WellMe has an 'open arms' policy and warmly welcomes those who live with Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia and other conditions. Our members include those with Sjogrens Syndrome, Lupus, Rheumatoid Arthritis, Irritable Bowel, Irritable Bladder, Ehlers Danlos Syndrome, Reynauds, Neuropathy, POTS, Dysautonomia and others. The group offers a safe space for anyone living with chronic illness. It also features informative speakers of interest on a regular basis.

WellMe meets every month at 11:00am in the Conference Room, Level 1, Kent & Little Building, 29 Queen Street West, Levin.

For further information and to access our Support Group please call Sandra Forsyth, Community Support Coordinator

 **0800 600 113.**

Eligible for a rates rebate?

Council
encourages
you to
**apply
now**

Rebates of up to **\$610**
may be available to
eligible residents

Who is eligible?

Residential ratepayers/couples/joint homeowners with incomes (from all sources) up to \$24,470 in the tax year ending 31 March 2016 may qualify for a maximum rebate of \$610. Those earning over \$24,470 may still qualify for a lower rebate.

Rates Rebates applications for the current year close Friday 30 June 2017.
Council staff can meet with ratepayers and help them complete their applications.

To make an appointment, call 06 366 0999 or email your name and phone number to ratesrebates@horowhenua.govt.nz

Have your say on the Waitarere Beach and Ohau River Reserves

Horowhenua District Council invites people to make submissions on the Draft Reserve Management Plans for the Waitarere Beach Reserves, the Waitarere Beach Foreshore Reserve, and the Ohau River Reserves.

Under the Reserves Act 1977, the Council is required to develop and review management plans for reserves under its management or control for the purpose of providing for the use, enjoyment, maintenance, protection, preservation and development of these reserves.

In May-June last year the Council publicly notified its intent to review the reserve management plans for the Waitarere Beach Reserves (Waitarere Domain, Holmwood Park, and Wairarawa Stream Reserve), the Waitarere Beach Foreshore Reserve, and the Ohau River Reserves (Gladstone Reserve, Kimberley Reserve, Kirkcaldies Reserve, an access-way off Muhunoa East Road, and Parikawau Reserve).

During this time Council called for members of the community to put forward any comments or suggestions they had on how these reserves might be used, managed and/or developed in the future.

Council has now drafted the three reserve management plans and these are now available for the public to view and have their say on.

For information and copies of the plans, as well as an online submission form, visit the Consultation section of Council's website

 www.horowhenua.govt.nz

Written comments, suggestions or objections must be submitted to Council by 5:00pm on Friday 17 March 2017.

For any enquiries, please contact Council Strategic Planner

Tiffany Williams

 ***06 366 0999***

 ***reservemanagementplans@horowhenua.govt.nz***

New Library Cards

When you next visit your community library, please take in your library card and spend a few minutes updating your membership record. In exchange you will be issued with a new Libraries Horowhenua card!

“Every four to five years we take the opportunity to update our records ensuring we have the correct contact information. This also gives us an opportunity to ensure you know all the ways in which your card can be used,” Library Services Manager Wendy Fraser said.

“Your exciting new-look library card is all part of the rebranding we have been doing as part of the Horowhenua District Council family. We look forward to seeing you and giving you your new Libraries Horowhenua card and letting you know about the range of resources and services we have available.”



Dear Grandchild

Dear Grandchild

When life was slower I used to contemplate the meaning of

life but now that technology is speeding past me it is the life of meanings that crowds my thoughts. The dictionary I used to know doesn't seem to be there anymore. Let me explain.

When I was young

An apple was for eating and a mac was what you carried to protect you from rain

A mouse was a thing that scurried and squeaked and birds were the only things that tweeted

A cursor was someone who said bad words

A desktop was a piece of wood that held my books and the engravings of the love struck

The only virus I knew was one that invaded the body. A tablet was what you swallowed to scare it away.

A flash drive was a spin with the boyfriend in a MG convertible

A hard drive was the same journey in the old ute

The only windows I knew were ones I looked through

A twitter account was what Mrs Jones passed on to my mother over the back fence

And seniornet was a brown netting thing grandma put on at bedtime.

See dear child, my old tried and tested meanings have been ripped from me, rebranded and tossed back again. And not only that you young folk, seem to be forever gleefully making up new bunches of words that cast me into the ranks of the semi- literate.

Today I seek your assistance with a particular problem. I bought a new phone this week. The suave young man in the shop sold me one full of apps and gigs and wi-fi capability. Please call by and help me release these wondrous words from my phone.

With love and anticipation

Grandmother

Bronwen Gunn



Kaikoura's Earthquake

Kaikoura's coastline is irrevocably altered

Realigned by a 7.8 shake

Felt by most of New Zealand

After the shake and amidst after shocks

A weather bomb hits

Wellington and the Kapiti Coast

Roads are impassable

Commuters are stranded

In Wellington city buildings are cordoned off

Building assessors assess buildings for damage

Workers are sent home

Trains are stopped as rail tracks are checked

And are halted again after ongoing aftershocks are felt

And as rail tracks are flooded

New office space must be found for businesses

Inner city apartments are deemed unsafe

Apartment dwellers are now homeless

In Kaikoura helicopters and navy ships bring in supplies

And offer stranded tourists a way out of Kaikoura

Road workers dig their way through rubble

Re opening a vital inland road link

Farmers struggle to meet the needs of their stock

This is a multifaceted emergency

A chequered path leads back to normality

Margaret Jeune

Levin to Waikanae bus service

A new twice-weekly bus service between Levin and Waikanae begins on Tuesday 7 March.

Travelling between the two towns every Tuesday and Thursday, the service is a joint venture between Horizons Regional Council and Greater Wellington Regional Council, and will be operated by Uzabus.

Catch the Day Out In Town Bus

Horowhenua's popular Day Out In Town Bus runs each Friday.

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

Levin – Waikanae TRIAL BUS SERVICE

Runs Tuesdays
& Thursdays
Two year trial
starting
7 March 2017

DEPARTS LEVIN

Tuesday/Thursday Morning	Time	Location
Depart Levin	9.30am	Te Takere, Bath Street, Levin
Depart Manakau	9.48am	Honi Taipua Street (opposite Manakau Bowling & Sports Club)
Depart Otaki	10.01am	Intercity Bus Shelter, Main Highway Otaki
Arrive Waikanae	10.15am	Train Station, Waikanae

DEPARTS WAIKANAЕ

Tuesday/Thursday Afternoon	Time	Location
Depart Waikanae	2.55pm	Train Station, Waikanae
Depart Otaki	3.21pm	Intercity Bus Shelter, Main Highway Otaki
Depart Manakau	3.34pm	Honi Taipua Street (opposite Manakau Bowling & Sports Club)
Arrive Levin	3.48pm	Te Takere, Bath Street, Levin

Fare Information	One way cash fare
Adult (Levin/Manakau - Waikanae)	\$6.00
Adult (Otaki - Waikanae)	\$5.50
Under five	FREE
SuperGold Card holder	FREE

- Children under five years of age travel free of charge.
- SuperGold Card holders travel free 9am to 3pm. Travel outside these periods is to be charged at the relevant fare i.e. adult.
- No services to run on Public Holidays.

For more information visit www.horizons.govt.nz or freephone **0508 800 800**



Day Out In Town Bus timetable:

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



What's On

in and around Horowhenua

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

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Sunday 26 February Behind the Hedges 2017

10:00am to 4:00pm. Horowhenua's popular country trail will showcase eight lifestyle properties, of which seven are throughout the greater Levin area and one in Manakau. These include a woodland garden, an eclectic cottage garden, and a 'Marsden Cross' formal garden. Some properties will also feature local entertainment, food and stalls with local products, flowers, plants and raffles. The event is a Koputaroa School fundraiser.

Tickets cost \$30 and are available to purchase online at the Behind the Hedges website www.behindthehedges.org. Gourmet picnic lunches, either meat-lovers or vegetarian, can also be pre-ordered for \$20 each.

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Sunday 26 February and Sunday 26 March Sunday Concerts at Te Takere

2:00pm – 3:30pm in the open space at Te Takere, Levin. February's concert features the Rodger Fox Quintet and vocalist Erna Ferry performing jazz and blues classics. March's concert features Bullfrog Rata performing.

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Saturday 4 March Hats and High Tea

1:30pm – 4:30pm in Chambers at Horowhenua District Council, 126 Oxford Street, Levin. Come and glam up with style!

There will be an afternoon high tea, music and entertainment, goodie bags, raffles, styling tips, and prizes for best-dressed female and male. This fundraising event is organised by Rotary Club of Levin in support of the Levin Women's Refuge.

Tickets are \$25 each or a table of six for \$100 and can be purchased from Levin Paper Plus, or phone 027 451 7588 or email linnell@xtra.co.nz.

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Saturday 11 March & Saturday 8 April Foxton Beach Summer Market

10:00am - 2:00pm at Holben Parade Pavilion, corner of Bond Street and Signal Street, Foxton Beach. Head along and enjoy what this great beach community has to offer, with local arts, crafts, fresh produce and more!

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Sunday 16 April Foxton Easter Sunday Fair

10:00am – 3:00pm at Easton Park, Johnston Street, Foxton. With approximately 220 quality stalls offering a multitude of products along with food stalls, there will be plenty of things to keep you interested throughout the day. Entertainment will include the Andrew London Trio, the Legal Tender Band, and a hip hop dance group. There will also be plenty of entertainment for children such as Bouncy Castle, Dodgem cars and bikes and Merry Go Round in the park centre and our local Fire Brigade will be in attendance with their Quick fire Raffles.

Entry is \$2 per person, with proceeds from the fair gifted back to worthy causes in the community.

