

Active Ageing Wairarapa



The Bumper Bird Issue

*Feeding our native birds, introduced song birds, and
water birds during the winter*

Participating in the NZ Garden Bird Survey

Coffee conversation with Lynda - bird photographer

*Also: our regular columns, things to do, places to go,
useful information, things to make you smile
and more*

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Websites of Interest

- www.ageconcern.org.nz
- www.digitalseniors.co.nz
- www.eldernet.co.nz
- www.grownups.co.nz
- www.oversixty.co.nz
- www.seniornet.co.nz
- www.supergold.govt.nz
- www.superseniors.msd.govt.nz
- www.covid19.govt.nz

Manager Ramblings! -

Kindness and its potential to change our lives for the better...

Worldwide, we are seeing an increasing trend towards division and conflict. While we may look at countries such as the USA, for more extreme examples, we don't have to look much further than our own back yard to see that our own society has in the last few years become increasingly divided, and more fractious. We hear it on the news, and in our political rhetoric. While we can speculate on the many reasons why, it is generally understood that this is heavily influenced by our strong emphasis as a society on individualism and competition – the idea that individuals should work competitively at the expense of working in cooperation. This is perpetuated by economic and social disparities that have grown in recent decades, leading to the alienation of many, and a society (as we found out with the Parliamentary occupation last year), where increasingly conflict is never far from the surface.

Also, with national elections looming, we are hearing a whole bunch of one liners and buzz words all designed to convince us of one party's 'rightness' in contrast to another's 'wrongness'. So, in the midst of this noise where is the truth and how do we rise above it all? How do we get to a place where there is a healthy appreciation of our differences as well as our common ground? An answer that continues to gain traction worldwide (which in early Covid days was a key message promoted by our former Prime Minister), and for many, offers fresh hope for a better more caring society to come, is plain and simple - kindness.

The UK Mental Health Foundation in a recent publication, identified an increasing pool of research that says that there are definite health benefits to our wellbeing and happiness when we show kindness and compassion to others. To quote:

"...we may even live longer...kindness helps reduce stress and improve our emotional well-being...we all have so much going on in our lives - competing strains and stresses – not to mention the recent coronavirus pandemic and lockdowns. This has sometimes pushed kindness to one side, in favour of what is urgent now. By taking the time to be kind to others, we can benefit from emotional upsides. It really does make a difference, especially for people who are vulnerable or struggling.

With everything that's going on in the world, now is the time to help make a kinder society that improves our mental health.

Kindness should be built into business decisions, government policy, and other official systems in a way that supports everyone's mental health and also reduces discrimination and inequality. That can start with individual commitments to showing kindness in our words and our actions".

The UK Mental Health Foundation defined kindness as the quality of being friendly, generous, and considerate. Helping others is thought to be one of the ways that people create, maintain, and strengthen their social connections.

We can do this through a variety of means, through being respectful, a compliment, giving praise, helping others, volunteering....

"Acts of kindness can make the world a happier place for everyone. They can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive and healthier community".

It is interesting that even in the business world, organisations such as the Sustainable Business Council are increasing their focus on what is called 'social licence'. Defined as "the ability of an organisation to carry out its business because of the confidence society has that it will behave legitimately, with accountability and in a socially and environmentally responsible way".

So where does this leave us? While we cannot singularly change the world, **we can change our world** and make it better for ourselves and others around us. We often underestimate our ability to influence others and to contribute to a kinder, happier and healthier community. There is no better time than now!





World Elder Abuse Awareness Week 15-22 June

**Wow the year has flown by and I wanted to refresh your memory...
Why have World Elder Abuse Awareness Day 15 June 2023?**

Each year World Elder Abuse Awareness Day is acknowledged in many countries through activities that bring attention to the issues of abuse, neglect, and exploitation of older people. Campaigns promote better understanding of the harmful effects of elder abuse and

neglect in every society. These highlight how elder abuse devalues older people, and how elder abuse is underpinned by ageist views in many societies.

I am a strong believer in 'prevention first' and wanted to highlight the positive strategies we can use to promote confidence and feelings of self-esteem in those who may become the target of elder abuse.

In one of my previous careers I spoke to children in schools about bullying and how to build confidence- Kia kaha (Be strong)- was a term we used – along with strategies, it was very powerful.

10 tips to prevent elder abuse

- Love and cherish your older relatives / whānau.
- Phone, zoom or facetime older people / kaumātua.
- Visit older people / kaumātua in your neighbourhood.
- Involve older people / kaumātua in your social activities.
- Encourage older people / kaumātua to make their own decisions
- Support older people / kaumātua to use their money for their needs.
- Honour older people's / kaumātua's wisdom.
- Enable older people / kaumātua to set their own pace.
- Speak respectfully and listen to older people's / kaumātua's stories.
- Seek advice from any Elder Abuse Service or Age Concern if you think an older person / kaumātua is being abused or neglected.

What does it look like when an older person is treated with dignity and respect?

Older people/ kaumātua...

- Are valued for who we are and treated fairly.
- Live safely, free of exploitation and abuse.
- Receive the care and support we need.
- Make our own decisions.
- Have our physical, spiritual, cultural, and emotional needs met.
- Are included in conversations.
- Are part of each community.



He aha te mea nui o te ao? He tangata! He tangata! He tangata!

What is the most important thing in the world? It is people! It is people! It is people!

Susan Esler

Matariki and Puanga

The time for celebrating the Māori New Year is just about on us once more. A time when we see out the old, take a short rest, restore our energy to face the coming year.

For those who don't know, Matariki is known by many names. Its Greek name is Pleiades or the daughters of Pleione in the Taurus constellation. Others know it as the Seven Sisters. Celts call them Tŵr Tewdws, don't ask me to pronounce it, and the Japanese, Subaru.

This cluster is usually celebrated for the New Year in the southern hemisphere but for those around the Mediterranean it determined the sailing season.

Matariki when she arises and how she appears in the sky reveals or gives clues as to what to expect in the coming year. How does she do this? Well it's the way that she shimmers or not. If Matariki shimmers vigorously then that is a sign that crops will be good.

An interesting fact for me is that not all Iwi celebrate Matariki. I was intrigued with this revelation so I decided to explore and find out why.

For those in the Hokianga the star that they look for as a start to their New Year is Puanga. This is due to the Matariki cluster being low in the eastern sky and they are not able to see it. Matariki rises 10 days after Puanga. In Māori mythology Puanga is believed to be the older brother of Matariki and the uncle of the sisters. His cosmic rising between May and June in the early morning sky signalled the beginning of winter. Puanga is also known as Rigel which is the brightest star in the Orion constellation.

Two other Iwi that acknowledge Puanga are Taranaki and Whanganui Iwi. For the Taranaki whānau it has been said that the maunga Taranaki obscures the sky and Puanga is higher therefore easier to be seen.

Puanga is seen to be a liberator of yesteryear and closes the gate of the past year. The domain of Puanga is Maruaonui which is the preserve of the winter children these being ua i te rangi (rain) hau ma ringi ringi i te rangi (storms). It is believed that these heavy rains cleanse us from all worries, sickness, troubles.

I asked myself why did I need to explore why others did not celebrate Matariki as I do. The simple answer, if I do not open myself up to the knowledge and stories of others then I rob myself of cultural understanding, which may lead me to think that they are wrong but in reality I am the one who is wrong.

Mauri ora
Anthony Aporo



When it's time to say goodbye

If you are lucky enough to know the love of a dog, there are four key days in your life that you will always remember.

The first day, excited and brimming with happiness, is when you bring your new friend home for the first time.

The second day will occur many years later, when you acknowledge their slowing down, their quietening, the additional care you have put in place to ensure their comfort and quality of life.

And the third day. Only you will know this day, guided by your deepest love for your friend. This is the day you will choose to say your final goodbye and your heart will break in ways unimaginable and life will never be the same again.

Within a period of six months I have said goodbye to my two dearest old girls, Shorty and Tilly. Two dogs, who brought the most enormous joy and adventure to my life, seeing me through some tough times, but more than anything, giving me a constant, unquestionable love and presence that I cherished.

No one can tell you how to feel after losing a pet. For me, the sense of loss and absence is huge. Shorty lived to 17 years of age and Tilly to 14 years. "A good innings," many people said but us dog owners know that the innings are never long enough.

On both of the days that I said my final goodbyes it was raining. On both of those days the sky seemed to know my pain and cried long and hard with me. It was many hours of heavy tears until the dark clouds lifted and I searched for a sense of peace, a feeling that assured me that my girls were ok. And like the universe knew what I needed on both of those days, a rainbow eventually appeared and my heart settled, and I knew they were in a place where I could always look to for comfort.

As the weeks passed and the ache set in, the waves of grief knocked me around like I knew they would. I didn't fight it off, but rather I embraced it, feeling like I owed it to my girls; all of the feelings their loss was making me face. And then one day there it was, the fourth day, that chose its own moment to pierce through the heaviness in my heart and bring me to a realisation that was as strong as the feelings I had for my dogs when they were by my side. That my love for them is living, that it remains and it grows and will be mine for as long as I live. And when we meet again, when it is my turn to die, it will be with a deeper love than I ever knew possible.

When the body that lived at your single will,
With its whimper of welcome is stilled (how still!)
When the spirit that answered you every mood,
Is gone – wherever it goes – for good,
You will discover how much you care,
And will give your heart to a dog to tear.

- Rudyard Kipling





I have joined a book club!! It's a big deal for me. Recent personal events saw me lose the one and only person I enjoyed reading with. I loved to discuss the books we'd read. I was so sad that I temporarily lost my interest in books.

Joining a group is a big deal and will cause some level of stress you can probably identify with.

Will I fit in? Will I like the books? What if my opinions differ from everyone else's? Will I be brave enough to even turn up on the day ... What if? What if? What if?

I have decided that, in order to rediscover my passion, it is worth a try. And I am taking baby steps. Sign up. Turn up. Take it from there. It makes me feel like I am taking back control. And if I don't enjoy it, I know that I have tried.

Exercise will be next.

Why am I talking about this?

Age Concern programmes are there to help if you are at a loss. We are here if, like me, you know you want to do something, but don't know where to start or have no-one to do it with. It's scary.

Rachel and I are working closely together to create a welcoming environment, to enable you to come and make connections and to develop a group that interests you.

Loneliness articles have been in the media quite frequently but one stood out: Loneliness kills as many people as smoking a dozen cigarettes daily does.

If I have to, or want to, check out new places, the thing that holds me back the most, is going by myself. And this is true for many of us. New things make us feel vulnerable and we come up with all the negative things that could happen, which prevent us from going and we lose focus on all the positives that will be a result of just taking the first step.

So here it is: Try and be honest with yourself and talk with a friend. If you are like me, you only need support the first time, so why not go with someone? And if there is no one you can take, let us know. Rachel's Buddy Up! to me is exactly that. And we are in the process of supporting you to create the groups YOU would like, all we need is for you to say what.

Come and join us at coffee mornings, get stuck in with making coffee, connections or play games and join our ukulele/percussion group.

We also meet very informally every Friday next to Masterton Library, just to chat, play games, practise ukulele - pop in and say hello.

I will let you know next time how I got on with the book club.

Gini



Inspirational thinking!

As I drive past Lakeview School on my way to and from home I read the weekly inspirational messages they display. Sometimes I feel inspired, sometimes I take issue with them, sometimes I feel they're a bit heavy for children and the world needs to lighten up and let kids play. I guess the thinking (and talking) about them is the point.

Recently the messages have been encouraging hard work, perseverance and commitment as the means to achieving goals. All very admirable but I can't help wondering where the joy is, and if it is possible to achieve our goals without finding the pleasure in what we are doing.

Several magazine editions ago, I made a commitment to learn the ukulele. And I didn't do anything (other than think) about it. I knew I wasn't going to get there without hard work and perseverance, but that did little to encourage me. Then Stefan Brown came to a coffee morning, and a few of us talked about what fun it would be to learn together and form a band, and suddenly here I am playing every day and loving it.

So what changed? Well, I found the joy factor. The happiness found in music and song, but especially in being together, in learning and laughing alongside others. The band is going great guns - see the evidence on Page 36 - and there will always be room for more members. You can learn ukulele and percussion, bring an instrument you play, come to sing along. We meet during the Tuesday Coffee Jam, and on Fridays at the library, and have instruments available. All ages, all levels, all welcome.

Coffee Jam

On Page 19 of this magazine Gini and I have written about Coffee Jam. We think there is a real feeling of joy in the room and strongly encourage you to come along and be part of shaping Coffee Jam into something tremendous! Bring your craft or hobby projects, items for the swap table, the book you are reading, a game you enjoy, fundraising projects, ideas for workshops. Bring a friend or neighbour. Carpool and come from other towns. And as Gini has said, if you want to come with someone, or need a lift, give us a call and we'll sort that. We'd love to see you there.

And finally ...

Let's wrap up warmly and keep in touch during winter - come along to Coffee Jam, or the coffee mornings in other towns; come to Buddy Up! at the Library; book yourself on an Age Concern trip; come on the bird walk around Henley Lake; join us at the Matariki Celebration. For me, I'm going to keep the inspirational thought I've talked about before front and centre:
Kei te kamakama te tikanga, it is a proper thing to be joyful and full of high spirits.

See you soon and happy days everyone, *Rachel*

Winter is finally here, and if you are like me there are a lot of things to love about it.

Snuggling under a blanket reading a book, watching a movie with loved ones - with popcorn of course. Winter warming soups, and of course watching one of my favourite sports - rugby.



But for others weather change and shorter days can leave them feeling a little low, lethargic and fatigued. Seasonal affective disorder (SAD) is a type of depression related to the change in season, and is usually experienced through late autumn and winter (it's sometimes referred to as the 'winter blues'). Depression is a low mood that lasts for a long time and affects your everyday life.

Here are some things I personally do to lift my mood:

- Stay connected with loved ones - connecting with others can help reduce feelings of loneliness and isolation.
- Make time for things you love i.e. reading, drawing, singing, dancing, walking.
- Exercise - it has been proven to have a positive impact on mood ... rug up and go for a walk even throw on a colourful scarf or hat.
- Plant based foods such as fruit and veges feed the good bacteria in your gut and help produce mood regulating neurotransmitters, like serotonin, which lift your mood. I often make a big pot of soup in the slow cooker.
- I also have a gratitude diary and write every evening what I am grateful for - even the smallest things make me feel better.

Just a wee side note: due to the cost of groceries at the moment I recently joined the vege co-op which sells vege and fruit bags for \$15 dollars a week. You could buddy up with friends and order together. The produce is fresh from the growers and available in the whole of Wairarapa. It's packed by volunteers and available for pick up each Wednesday. if you have any queries please contact Charlotte on 021 0914 8009 or email wairarapafruitveg@gmail.com.

Keep well till next time, Sue





Feathered Friends

Lynda is often out in the bush waiting for the perfect shot so it was good to catch up with her for a coffee conversation in the relative comfort of the Age Concern Office. Her stunning photography features throughout this magazine, and her tips for taking care of our precious native birds will help get them through the winter.

Your photos are absolutely beautiful, when did your interest in photography begin?

For years I took family photos, pictures of the grandkids and the like. The bird pictures started when we retired and started travelling in our camper van - to Bushy Park Tarapurui (Whanganui) originally. The birds there are more fearless, and a bit curious, so it is easy-ish to get shots of them.

So it's quite a quick process?

Well no (laughs). You have to be prepared to stand there for hours - for one good shot there will be LOTS of others! And there's always the challenge of getting a better image, waiting a bit longer just in case.

Top places for bird watching ...

Bushy Park Tarapurui (Whanganui), Rotokare Scenic Reserve (Eltham), Pūkaha National Wildlife Centre (in our own backyard - Mount Bruce) and Zealandia Te Māra a Tāne.

During a walk around Henley Lake you can spot pūkeko, tūī, matuku moana heron, kawau shag/cormorant, pīwakawaka fantail, tauhou wax eye, kererū, and hear korimako bell bird (if you are really lucky you may see one), as well as the introduced song and water birds.

Aside from being patient have you got a top tip for getting started with our own bird photos?

Taking pictures on a dull day means you won't have to contend with shadows. That said there is nothing quite like the sun shining on the iridescent feathers of kererū or tūī. As you go on you can think about the artistry of the shot - the lighting, proportion and framing of an image.

Do you have a favourite bird?

Ruru, the morepork. They are amazing - the soft fringes on the edge of their wing feathers means they fly silently, and they can turn their heads through 270 degrees! And they are very cute looking. All our native birds are wonderful and we can help them out by providing the food and habitats they need. Introduced and water birds can also do with our help.



So how do we help?

Well most of the native birds that will come to our gardens are nectarivorous - which means they include flower nectar in their diet. You can provide them with a nectar feeder during the winter months when they are more desperate to find food. Bottle style feeders are best. The recipe is simple - at least 1 cup of sugar (white or brown) to 1 litre of water. Don't be tempted to add anything else!



You need to keep the feeders clean by scrubbing them with hot water - don't use detergent or bleach. Aim to clean a specialised feeder at least twice a week, and an open feeder every day.



Cut fruit such as oranges [see front cover] or kiwifruit will bring small birds around. Make sure you place your fruit and feeders in safe places away from predators.

You can make seed cakes or balls for granivorous - grain and seed eating birds. These are introduced species such as starlings and sparrows. [See recipe Page 25]



And the best way to take care of water birds is not to feed them bread - it's actually really bad for them [see next pages for healthy alternatives].

Last words?

Well if you are keen on birds the sky is the limit (haha)!

There are some excellent organisations and sites to join or visit online: Forest and Bird; Predator Free NZ; Department of Conservation Te Papa Atawhai; Manaaki Whenua Landcare Research; Bird of the Year.



Two fun ways to get involved are to take part in the annual Garden Bird Survey and 'Bird of the Year' competition. The survey helps researchers understand how birds are coping with environmental challenges. The competition helps you to bring attention to the status* of your native bird.

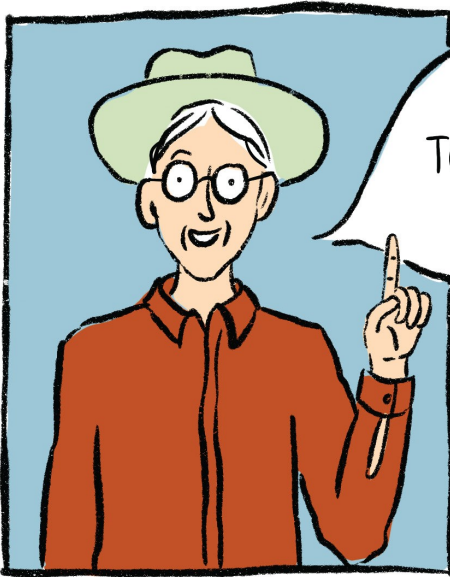


Will you join us for a bird spotting walk around Henley Lake on Thursday 29 June (weather permitting)?

Yes I'd love to, see you there.

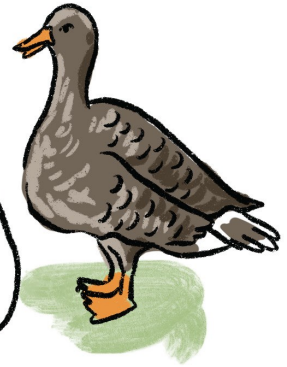
* at risk, threatened, extinct

Feeding Ducks

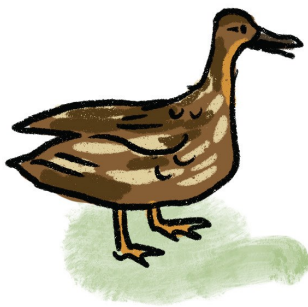
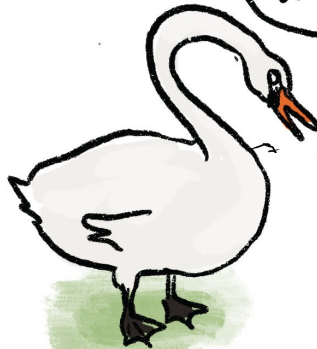


THE FIRST THING TO KNOW IS WHAT NOT TO DO!

DON'T FEED US BREAD



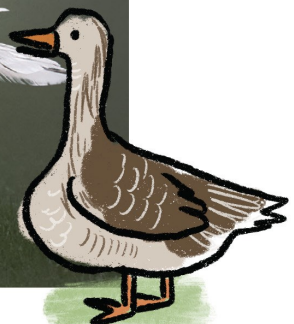
IT'S LIKE JUNK FOOD FOR US



IF WE GET TOO MUCH CARBOHYDRATE AND PROTEIN WHEN WE ARE YOUNG, IT CAUSES A CONDITION CALLED ANGEL WING



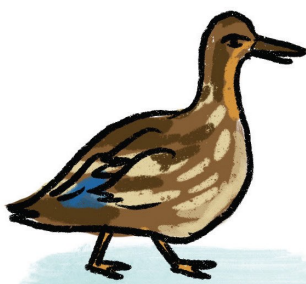
OUR WINGS GROW TWISTING OUTWARDS SO WE CAN NO LONGER FLY



Bread also encourages rats and pūkeko—



AND THEY OFTEN STEAL SMALL DUCKLINGS TO EAT!



YOU CAN FEED
US THESE THINGS
INSTEAD

BLUEBERRIES



OATS



(ROLLED
OR QUICK)

CORN KERNELS



GRATED
CARROT



GRAPES (cut in half)



Birdseed



CHOPPED LETTUCE



PEAS



(defrost if using
frozen ones)



Vitamin D



Vitamin D is important for good bones!

You can get Vitamin D through foods that contain it and sensible sun exposure.

Sensible sun exposure: Between May and August, some sun exposure is important. A daily walk or other outdoor physical activity around the middle of the day is recommended.

The Ultraviolet Index (UVI) measures the level of ultraviolet radiation. Throughout winter the UVI is usually less than 3 (low). When the UVI is 3, skin damage occurs after about an hour in those people with sensitive or fair skin.

You can't make vitamin D by sitting inside by a sunny window – UVB waves do not pass through glass.

Talk with your GP if you have questions about safe sun exposure or think you may not be getting enough Vitamin D.

- Information provided by Ministry of Health and New Zealand Nutrition Foundation

For a more in-depth look at Vitamin D visit:
<https://nutritionfoundation.org.nz>

Many thanks to the New Zealand Nutrition Foundation for the recipe, and to Clipart for the images



Bonus: look out for Mary's Cheese Straw Recipe on page 25

The recipe on the following page uses oily fish - an excellent source of Vitamin D.

It serves two so maybe you could beat the winter blues by cooking with a friend or inviting someone to eat with you ...

Potato Topped Tuna Mini Pies with Steamed Beans



Potato Topping Ingredients

2 Large Potatoes (peeled and cut into chunks)
3 T Milk
2 t Margarine
Pinch Salt

Method

Boil potato for 20 mins or until soft. Drain.
Mash potato and add milk, margarine and salt. Mix well.

Tuna Filling Ingredients

1 Packet Cheese Sauce Mix
1 can Tuna (185g)
½ cup Frozen Peas
2 Hard-Boiled Eggs, sliced
4 T Cheese, grated

Method

Pre-heat oven to 180°C.
Make the cheese sauce according to the instructions on the packet. Set aside in a large bowl.
Mix tuna, eggs, and frozen peas with the cheese sauce. Place the mixture into an ovenproof dish.
Top with mashed potatoes and sprinkle with grated cheese. Bake for 30 minutes.
Serve with steamed frozen beans.



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Māori Rangatira

Anthony Aporo



Niniwa I te Rangi Heremia born on around 6 April 1854 at Ōroi, known today as little Oroī which is at Tora on the east coast of Wairarapa. Her father was Heremaia Tamaihotua, also known as Ngāpūruki, the leading chief of Ngāti Hikawera of Ngāti Kahungunu. Niniwa was said to be educated by Hirini Taraawauhi, a schoolmaster and her cousin, Wī Hikawera Mahupuku.

In the 1860s Niniwa's father took her and her younger sister to live on their mother's lands at Ākura, to establish their claim there. In the early 1870s Niniwa became the wife of a European, whose name is not recorded. In 1874 the couple moved to Kehemane (Tablelands), built a

house and enclosed 30 acres of land. Shortly afterwards Niniwa abandoned her husband and ran off with Kāwana Rōpiha (also known as Kāwana Hūnia) of Muaūpoko and Ngāti Apa.

From the late 1890s Niniwa-i-te-rangi carved out a unique position for herself. She was considered a leader of Māori affairs alongside such figures as Wī Pere, Hēnare Tomoana, Paratene Ngata and Tūreiti Te Heuheu Tūkino. She was the only woman whose views were sought when the Native Affairs Committee inquired into the Native Lands Settlement and Administration Bill of 1898. She regularly spoke on the marae in a district in which this was not a common practice. She became known around the country, beginning in the days when Tamahau sent her out as Pāpāwai's ambassador to solicit attendance at the Māori parliaments. Her knowledge of whakapapa and tradition was extensive and contributed to the work of the Tāne-nui-a-rangi committee, set up by Tamahau to record Māori tradition and genealogy. Niniwa was involved with the work of this committee, but was not a member.

Probably about the turn of the century, after the death of Kawana Rōpiha, Niniwa married Tamaihotua Āporo. This marriage, like her others, remained childless, although Niniwa adopted her husband's daughter. Throughout her adult life she adopted at birth a number of children, whose descendants regard her as their ancestor.

In the twentieth century Niniwa continued the Mahupuku tradition of horse-racing, and developed an interest in motor cars. Her influence expanded from Wairarapa; she was known in Hawke's Bay and the Bay of Plenty, and lived for a time at Lyall Bay in Wellington. In old age she was cared for by her niece, Martha Hirini, the only person permitted to enter her bedroom or give her water. Niniwa's finances became very complex, and at her death her estate was large but encumbered with debt. She died of heart failure on 23 March 1929 at Greytown, and was buried at Hikawera.

Note: Tamaihotua Āporo is the writer's grandfather.

Source: Angela Ballara. 'Niniwa-i-te-rangi', from the Dictionary of New Zealand Biography. Te Ara - the Encyclopedia of New Zealand, updated 10-Dec-2013 URL: <http://www.TeAra.govt.nz/en/biographies/2n15/niniwa-i-te-rangi>



Ageing
with Attitude
Expo
March 17
2023



Thanks to all who made this such a great day!

Do You Remember ... Hank and Honk?

By Mark Pacey of the Wairarapa Archive

The Wairarapa coast is visited by many creatures of the wild. Seals, sea elephants, misguided fish and saving the cutest to last, penguins.

Some arrive under happy circumstances like young Hank. On 16 December 1960 this young bird was photographed by a beach. A Times-Age photographer made the trip out to photograph him but the paper at the time must have thought that Hank wasn't newsworthy. While he put on his best pose for the camera, unfortunately for Hank, he would not get any fame or recognition. The newspaper did not run a story on him and his photo was forgotten until it was rediscovered by a historian working at the Wairarapa Archive over six decades later.

Eight years after Hank, another penguin was photographed and this one did make the paper. Honk the penguin was published in the Times-Age on February 7, 1968. But his circumstances were not as pleasant as Hank's.

Honk had been injured and was rescued from Black Rock by Mr Cranston Lusty. Poor Honk was not in a good way. "He was very thin and weak when we got to him," Mr Lusty recalled. Honk also had a large gash on his foot. Honk was taken to Masterton where Mr Lusty made a pool and a fountain in his Makoura Road backyard for the penguin. The bird happily splashed about in his temporary home until he was well enough to head back out into the wild to join Hank and his other penguin friends.



Images courtesy of Wairarapa Archive

Top: Hank

Bottom: Mr Lusty and Honk in his backyard home

Walk and Talk

A 60 minute walk followed by conversation at Dish Café (First Street)

Fridays 9:30am

Meet outside Dish Café Please feel welcome to join us at Dish for coffee only (about 10:30am)

For more information:

Contact Petra 06 3782629



Coffee Jam - where anything is possible



The Masterton Coffee Morning format (and name) have changed! **Coffee Jam** gatherings are opportunities to socialise, make connections, meet new people, learn new things, and have fun. And it's working well!

At our last get together we chatted as a group - then people naturally moved into the quiz group, the game group, the craft group and the band. The room was a hive of activity and nobody minded that the sausage rolls were a bit on the well cooked side.

It was great to see people helping with the organisation and taking ownership of the day.

We know some of you enjoy speakers, and from time to time we will still arrange one. If you know somebody with an interesting story to tell (in 20 minutes), please bring them along.

And if you want to help us arrange a workshop of some sort please let us know.

Gini, Rachel and a host of regulars are here to support you in making every second Tuesday the place to be.

Coffee Jam

Tuesday Mornings

10:00 - 12:00

Coming up this winter
(and into spring)

June 6

June 20

July 4

July 18

August 1

August 15

August 29

September 12

September 26

Q. What can I do at **Coffee Jam**?

A. Any or all of the activities below along with whatever else you choose

read the paper

chat

fundraise

play games

swap

learn

craft

share hobbies

play instruments

sing

solve the problems of the world

bake

eat

drink (tea, coffee or milo)

watch movies

laugh

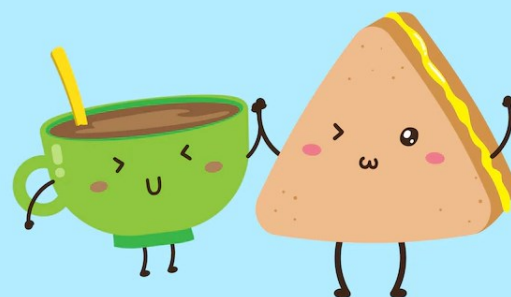
meet wonderful people

have a fantastic time

Coffee Mornings

\$3 Age Concern members, \$4 Guests

See Page 19 for more information on Masterton changes



MARTINBOROUGH

First Wednesday of the month

St Andrew's Anglican Church

41 Dublin St

10:00am

MASTERTON COFFEE JAM

Tuesdays fortnightly

Pigeon & Poultry Hall, Solway Showgrounds

10:00am

See page 22 for more information

FEATHERSTON

Second Wednesday of the month

Featherston Community Centre

14 Wakefield St

10:30am

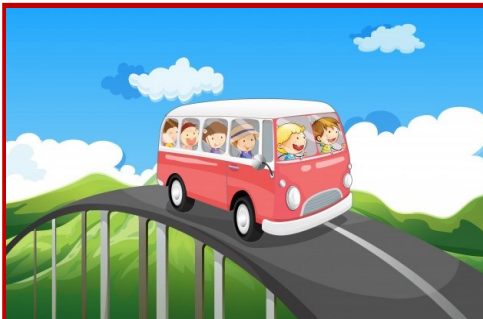
CARTERTON

Third Wednesday of the month

Baptist Church

112 Broadway

10:00am



Trips

Please note: the cost for these trips includes transport, entrance fees, and a light lunch. Please bring your Goldcard.

Call the office or visit our website for more information or updates.

Image: <https://www.freepik.com/free-photos-vectors/bus-cartoon>

JUNE

Upper Hutt

Cossie Club

Entertainment

& Lunch

Tuesday 20th

\$45

Leaving AC Office at 9:00am

JULY

Matariki

Celebration

Red Star Hall

Wednesday 12th

free event for all

Includes a soup lunch, talk
and activities

10:00am - 2:00pm

AUGUST

Planetarium

Experience

& Space Talk

Wednesday 30th

\$45

Includes lunch
Venue and time to be decided
depending on bookings

Exercise Classes

All welcome, visit a class to find the best fit for you ...



STEADY AS YOU GO

Featherston

Monday 9:30am

Assembly of God (AoG)

Birdwood Street

\$2 per class

STEADY AS YOU GO

Masterton

Monday 1:30pm

&

Thursday 9:30am

Senior Citizens' Hall

Cole Street

\$2 per class

KEEP FIT!

Masterton

Monday 9:30am

&

Thursday 10:30am

Senior Citizens' Hall

Cole Street

\$2 per class

STEADY AS YOU GO

Carterton

Wednesday 1:30pm

Baptist Church

112 Broadway

\$2 per class

LINE DANCING

Monday 10:30am, Senior Citizen's Hall, Cole Street, Masterton

\$2 per class



Matariki Celebration

Wednesday 12 July

Venue: Red Star Hall, 10 Herbert St

Time: 10:00am - 2:00pm

Lunch provided

*Programme includes: talks, demonstrations,
music and activities*

*This year we are celebrating the star Matariki -
the star that signifies reflection, hope, our
connection to the environment and the
gathering of people.*

*Matariki is also connected to the health and
wellbeing of people.*

Image credit: Many thanks to Museum of New Zealand Te Papa Tongarewa www.tepapa.govt.nz

A message from Chris regarding his resignation

It has been a very difficult decision to come to - however my health has taken a bit of a battering over recent months, so after lots of consideration, I have decided it is time to retire and spend more time with my wife Jenny, our whānau and enjoying life on our Hastwell block. I have thoroughly enjoyed my time with Age Concern, especially meeting so many wonderfully diverse and interesting people, and it's been a pleasure working with such a dedicated, hardworking staff team. I thank you all for the opportunity. I will stay in touch and perhaps at some stage once things pick up health wise, become a volunteer!

I will be supporting our Board with the recruitment and orientation of my replacement and aim to finish with Age Concern in early July.

As per the following whakatauki it is time to smell the roses - to spend time with those people and places important to me: 'Hei pikinga waiora - Reconnect with the people and places that lift you up'.

Kind regards,

Chris

A message from the team

Chris you have been a wonderful leader. We are so sorry to see you go, but how fortunate we have all been to have you here at Age Concern Wairarapa.

Ka kite ano e hoa, see you again friend.

Coping statements for worry



New Zealand GARDEN BIRD SURVEY

24 June - 02 July 2023



Come to the Kitchen Prefab at Masterton Library on Friday 23 June where we will have information and tally sheets available.

We will also bring these to Coffee Mornings and Coffee Jam

BIRDS OF A FEATHER

Bird watching walk at Henley Lake

Thursday 29 June

10:00am

Meet at Te Ore Ore Road carpark entrance

Join us as we walk or scooter around the lake with binoculars and bird identification books

Wear appropriate footwear, wrap up warmly, and bring money for an ice-cream afterwards

Note: Postponement Date Thursday 06 July



Sylvia and the Birds

Special thanks to Massey University Press for allowing us to reprint pages from the wonderful book *Sylvia and the Birds* in this magazine (pages 12/13).

The back cover of the book reads:

'PART GRAPHIC NOVEL, PART PRACTICAL GUIDE TO PROTECTING OUR TAONGA BIRDLIFE, THIS REMARKABLE BOOK FOR YOUNG READERS AND THEIR WHĀNAU IS FULLY COMMITTED TO DETAILING THE WONDERS OF OUR NATIVE BIRDS, THE THREATS THEY FACE, AND HOW WE CAN HELP THEM.'

Here in the office we agree it is a remarkable read, and the good news is it is available at a library or bookshop near you. Thanks again Massey University Press.



Bird Seed Recipe

(For introduced birds such as sparrows and thrushes)

Ingredients

- 2 cups rolled oats
- 1/2-1 cup of sugar
- 1 cup fat
- 1 cup milk
- 4 cups water
- Wild bird seed (Optional)

Method

1. Stir together then boil for a couple of minutes
2. Optional: add a handful of wild bird seed after cooking
3. Spoon into tray to set
4. When cool mark into squares and refrigerate for up to two weeks (or freeze until required)

Mary's Cheese Straw Recipe

(For birdwatchers to snack on when they are out in the field!)

Ingredients

- ½ cup butter, softened
- 4 cups shredded Cheddar cheese
- 2 cups all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon ground red pepper (Optional)

Method

1. Preheat oven to 400 degrees F (200 degrees C). Grease baking tray/s.
2. In a large bowl cream butter and cheese. Stir in flour and salt; mix well.
3. On a lightly floured surface, roll the dough out to 1/2 inch in thickness. Cut into 2 inch strips and sprinkle with ground red pepper. Place strips on prepared baking tray/s 1 1/2 inches apart.
4. Bake in preheated oven for 10 to 15 minutes, or until crisp.



Days Bay and Pūkaha Trips



Many thanks to Bev for providing an ongoing photographic record of our trips



Kahurangi the kōkako was in fine form during the trip to Pūkaha coming in close and singing her beautiful song.

Hand reared, she came to Pūkaha in 2005 where she is considered an 'advocate for her species'.

Find out more by visiting the Pūkaha website:

[Meet Kahurangi | Pūkaha National Wildlife Centre \(pukaha.org.nz\)](https://www.pukaha.org.nz)

Bevan's account of the Pūkaha trip ...



Re Birthday Trip

Dear Gini and Rachel,

I was fortunate to be a member of the bus trip to Pūkaha National Wildlife Centre on 26 April 2023.

With payment for the trip and the required raffle ticket safely stowed away in my pocket I boarded the bus. I happened to be the only male passenger along with the 10-12 women. The women expressed their concern that I would find the whole event boring. You can understand that I was not slow in coming forward to show my status as a comedian and was right in my element enjoying the banter.

Near the end of the luncheon, I vacated the room. On my return the entire female co-travellers burst out into song and chorused the words to "Happy Birthday". I was taken aback for only a minute as I knew who would have shared that message to everyone. I enjoyed being the centre of attention and was able to continue with the banter.

Time to draw the raffle. Three prizes were on offer. A book on the early history of Masterton, a packet of biscuits, and a bottle of wine. The tour leader began preparations to draw the numbers to which I was very vocal in making sure my number would be drawn for the wine. But alas I can report the wine was won by another.

My disappointment must have been obvious. The wine was shared around the group as a toast for my birthday. I thought it a marvellous gesture and you can imagine my surprise when the lady handed me the rest of the bottle wishing me again a "Happy Birthday."

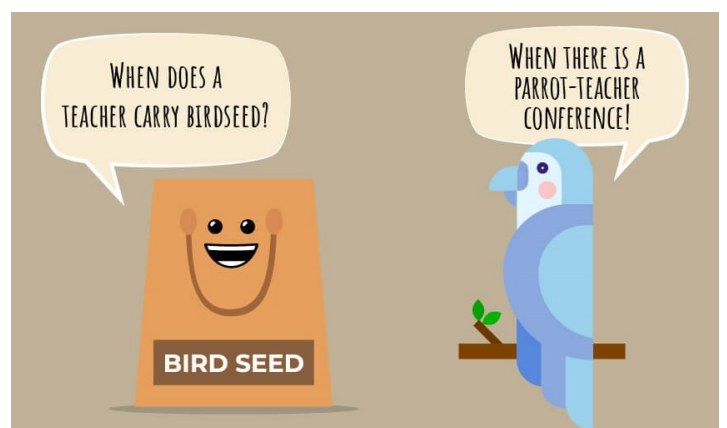
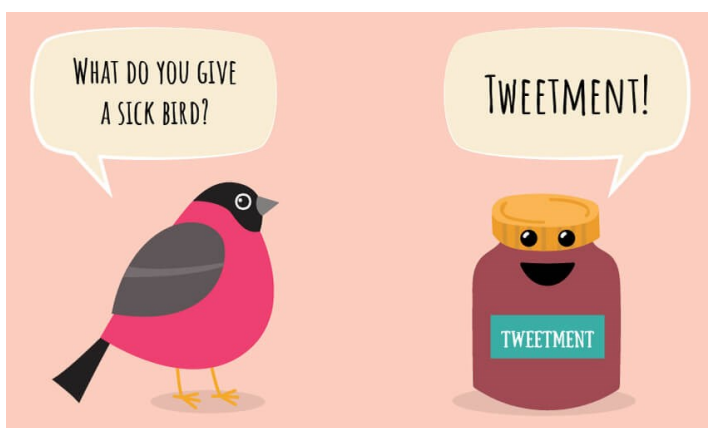
I thanked the ladies for being wonderful guests at my birthday bus trip.

To Age Concern I would also extend thanks for making my birthday such a special occasion.

I remain your devoted participant.

Bevan Hussey

Masterton





FEATHERSTON *community centre*

14 Wakefield St, Featherston



Photo credit: Amanda Cuff

Featherston Community Centre Update - Joanna Baldwin

It is cooling down and getting darker. The fire has been lit a few times already and the weeds are growing fast with all the rain.

Wairarapa Warm Winter Jackets

We have a rack in reception and are getting new stock all the time. If you or anyone in your whānau need a jacket, please pop-in and grab one (or more). They are free.

Look Good Feel Better

In Featherston twice in 2023. Look Good Feel Better is free to any person with cancer.

Relax and enjoy time away from your medical appointment with a group of people that are going through treatment too.

Pick up more information at the Centre office or online at www.lgfb.co.nz

Lakeside Honey

South Featherston based Lakeside Honey is for sale from the Centre Office.

Manuka and Clover are available, and we were happy to see they came in glass jars.

Wisdom & Wellbeing

This very popular seniors social group meets weekly. 10.30am on Wednesday.

Newcomers are always welcome and if you haven't been for a while, they would love to see you again soon. We have attendees from across the Wairarapa region.

Did you know?

You don't have to live in Featherston to attend Centre events or seek assistance.

There are many channels of support available in the South Wairarapa, a lot of them are free. If you are not sure where to go for assistance, please pop in and speak to our South Wairarapa Support Hub.

Jo Baldwin





Let's talk about different forms of property ownership

It is important that you know how your property is legally owned. When we refer to property in this article, we mean residential land and any improvements (house/buildings) thereon.

In the Autumn edition of Active Ageing Wairarapa we focused on a legal form of ownership known as *Tenants in Common*.

We are now focusing on a form of legal ownership known as *Joint Tenancy* which is where you and another person(s) are recorded on the legal title to the property in undivided shares. The owners of the property have equal legal rights in terms of the property.

If one owner dies, their share automatically goes to the co-owner by survivorship regardless of what the deceased owner's last will says.

Most commonly, this form of ownership is where Mum and Dad have remained married to each other, and they have children together. They will most likely have mutual wills leaving everything to each other with a gift-over to their children or grandchildren when they have both died.

An application to the High Court for a grant of probate is not necessary to deal with a property owned as joint tenants when one person dies. A lawyer usually handles the formalities by preparing documents for the surviving owner to sign. The lawyer then registers a *transmission by survivorship*, and the legal title is duly updated by Land Information NZ to reflect that the surviving owner is now the sole owner of the property.

This article is for education purposes only and is not intended to provide individual specific legal advice. Indeed, it is very brief, only covering a fraction of issues that you should be aware of on this topic. For legal advice specific to your circumstances, you will need to consult with your lawyer.

If you have any comment or feedback or wish to ask any questions on this topic, or any other legal topic, feel free to contact the Wairarapa Community Law Centre on:

info@wairarapalc.org.nz or phone us on 06 377 4134.



Coffee and Craft Group

Bring along your unfinished projects, learn a new craft, or just have a chat and a coffee.

Thursdays 1-3pm, 36C Bannister Street, Koha if you can

Ring Rebecca on 0276133139 or email mahi.tahi.tatou.trust@gmail.com for more information or just pop in.

Ma to rourou, ma taku rourou, ka ora ai te iwi"

By your contribution and my contribution, we will make progress



Lisa Matthews
Positive Ageing Strategy Coordinator

Wairarapa Regional Positive Ageing Strategy Te Hōkai Nuku

Public transport was highlighted as a big problem in 2018/2019 when we talked to the Wairarapa community about the Wairarapa Region Positive Ageing Strategy (the Strategy) and the issues that needed to be addressed.

Public transport concerns ranged from:

- The distance to Masterton from rural Wairarapa for hospital services,
- The ability to access Wellington for more specialised services,
- The access to transport for those who no longer drive,
- Not being able to use the SuperGold Card both ways on the train,
- Lack of public transport in rural areas,
- Poor timetabling.

In fact, only 18.45% of the 233 people that answered the survey question about the quality of public transport thought it was “Good” or “Very Good”.* Because of this, the Strategy includes working towards making transport options safe, affordable and accessible for older people.

Has anything improved since then? A couple of things at least. Firstly, the number of services on the 200 bus route increased in July 2022. The 200 connects the five towns of Masterton, Carterton, Greytown, Featherston and Martinborough, and railway stations. Also, I raised the inability of our older persons (on behalf of Carterton and South Wairarapa District Council) to use the SuperGold Card both ways on the train last year when the Greater Wellington Regional Council undertook a Fare Review. Although not part of this review, there was commitment to look at this problem.

Due to the high level of concern reported from the community, I recently applied for and was successful in becoming a member of the Greater Wellington Regional Council’s (GWRC) Public Transport Advisory Group. GWRC is responsible for ensuring the delivery of the transport system in the region. It does this through funding Metlink but also planning monitoring and building public transport infrastructure. This Group is an advisory body to the GWRC Transport Committee. It provides advice (from a community perspective) to inform the business of Metlink and the Transport Committee.

Please get in touch If you are interested in talking to me about your public transport concerns and I can bring them to the Group. If you want to know more about the work of the Positive Ageing Strategy, please contact Lisa Matthews, Regional Positive Ageing Strategy Coordinator on 027 444 1887 or email lisa@cdc.govt.nz

Kia ora Koutou,

I want to share a few things with you in this edition that I hope will be of interest. First of all, a look back to March when we celebrated our Stroke Awareness Month. We partnered with the Stroke Foundation NZ at various events around our region to raise awareness of the importance of blood pressure control. Overall, we took 502 Blood Pressure checks and 262 of these returned a high to very high blood pressure reading. Normal blood pressure is around 120/80 or lower. High blood pressure is when it is consistently around or over 140/90. High blood pressure puts too much pressure and stress on the walls of blood vessels and increases the risk of both bleeds and blood clots. With half of all strokes linked to high blood pressure, we urge everyone to stay on top of their health and get their blood pressure checked regularly.



If you want to have a chat re. our services, local stroke support, Advanced Care Planning Advice, Total Mobility Assessments, or anything else that you want to address then you can either get in touch with our interim Community Stroke Advisor Nicola Hosking Tel: (06) 353 6776 email:nicola@strokecentral.org.nz Or you can come and see us at our Featherston Stroke Drop-in Clinic which runs once a month on the 3rd Tuesday, 10am-2pm at the Featherston Community Centre.

Stroke Drop-in clinic

Featherston
Community Centre, 14
Wakefield Street.
Every 3rd Tuesday of
the month.

Last, but not least, Stroke Central NZ will be officially merging with the Stroke Foundation NZ as of 1st of July 2023. This is a new and exciting chapter for Stroke Central NZ and our Stroke Communities around Aotearoa. Working together in unity will give us a greater voice when advocating for stroke survivors and their families and we look forward to sharing the mahi with SFNZ to improve and strengthen our support to the NZ Stroke Community. We will continue to provide the same high standard of service to our local communities, alongside new health promotion and stroke prevention services.

If you have any questions or concerns, don't hesitate to get in touch with me or Nicola.

Ngā mihi,

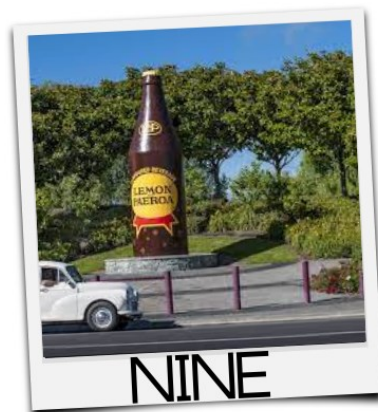
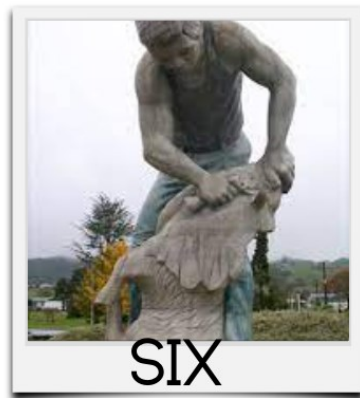
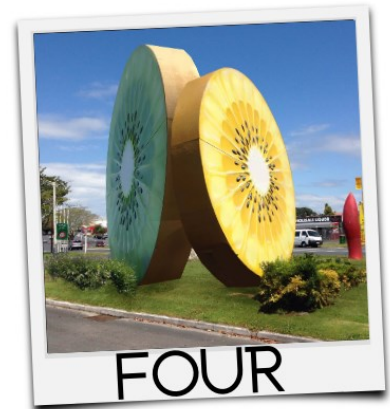
Anne Jäger-Annear

Community Partnerships Officer, Stroke Central NZ

Ph: 021 962 371 Email: anne@strokecentral.org.nz



NAME THESE PLACES!



We've had a makeover!

Health Navigator NZ website is
now **Healthify He Puna Waiora**.

The Healthify He Puna Waiora website provides one place for New Zealanders to find reliable and trustworthy health information and self-care resources. It is a non-profit community initiative combining the efforts of a wide range of partner and supporter organisations, and is overseen by the Health Navigator Charitable Trust.

Here you can find links to health conditions, medicines, healthy living advice, apps, videos, resources in different languages, where to get support, information for clinicians and more.

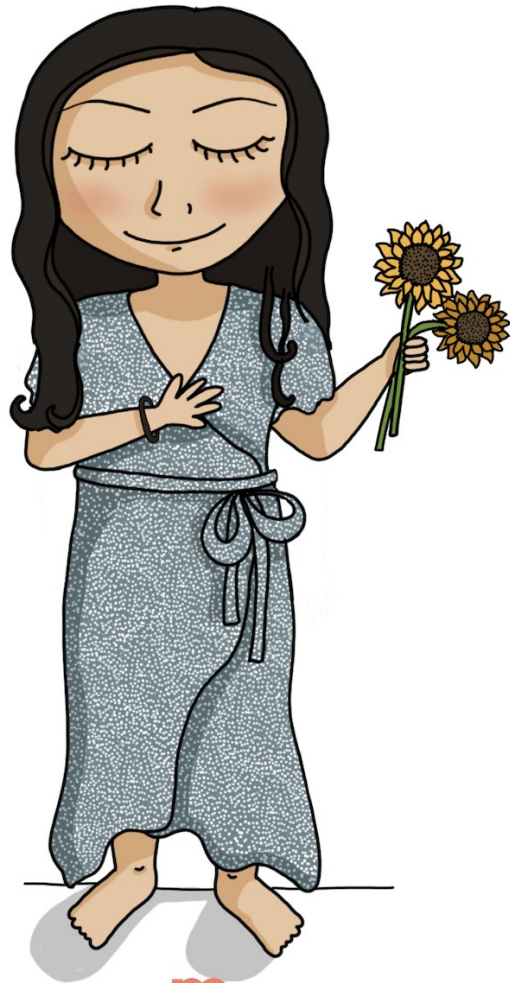


Call Healthline free:

- For general health advice and information call **0800 611 116** anytime
- For COVID-19 health advice call **0800 358 5453** anytime
- For COVID-19 vaccination advice call **0800 28 29 26** (8am - 8pm 7 days a week)

Grounding technique

- 5 Things you can see
- 4 Things you can feel
- 3 Things you can hear
- 2 Things you can smell
- 1 Good thing about yourself



 melonhealth.com/manual

Buddy Up!

At the Kitchen Prefab
Masterton Library

FRIDAY MORNINGS
10:00-12:00

Band practice and anything else that tickles your fancy!

Special topic Friday 23 June 11:00am
New Zealand Garden Bird Survey 2023



OPERATUNITY DAYTIME CONCERTS

Tickets cost \$39, or \$35 for groups of 10 or more

Carterton Events Centre, 11:00am

Light refreshments served before and after the show

Loads of fun and a great way to Buddy Up!

Book through the Age Concern Office (06) 377 0066

Let us know if you require transport and we will help find you a ride



The Ultimate 70s Show
Thursday 20 July

Last Night of the Proms
Thursday 07 September



Images taken at the Coffee Jam sewing workshop - making sustainable wraps and covers. Helen and Cherry showing us how.

Image of some members of the Age Concern band (taken at Coffee Jam by Gini). Come and join us!



New Op Shop in town ...

Mahi Tahi Tatou Community Shop

19 Queen St

(The old Percy's Mart 2nd hand shop)

Open 10-4 Wednesday, Thursday, Friday and Saturdays

Opportunity to volunteer, or drop off items that you have decluttered



EASIE Living Mobile Service

Don't worry if you can't get to EASIE Living, let us come to you!

Our Mobile Van Service visits retirement villages and rest homes, residential disability services, clubs, community organisations and more.

We travel mostly in Manawatū, Tararua, Wairarapa, Hawkes Bay, Horowhenua and Whanganui regions. But we can go further afield and we're happy to visit rural and beach communities, too.

Our van brings with it a whole range of products for you to look at, try out and even purchase on the day. We can give product demonstrations, and provide advice on a range of issues.

Get in touch to arrange a visit from the EASIE Living van today!

06 353 2743
enquiries@easieliving.co.nz



MASTERTON SENIOR CITIZENS AND BENEFICIARIES' ASSOCIATION

12 Cole St Masterton

Meets every Tuesday 1:00-3:00pm

Bowls, cards (including 500), games (including Scrabble), and jigsaws

\$3 entitles you to a cuppa and biscuits and to a ticket in the weekly raffle

Financial membership is \$20 per year

Our club does not have an age limit, anybody who would like to join is welcome, don't sit at home lonely, come and join us.

Ageing With Attitude Radio Show

With host ... DJ Ant



Join Anthony and guests at **8:00am** on the

Third Monday of the month

for conversation, information, and good music



Arrow FM 92.7



Great Resource:

For a list of clubs and organisations across Wairarapa drop into the Age Concern office or visit the Masterton District Council website: [Clubs and Organisations - Masterton District Council \(mstn.govt.nz\)](http://Clubs and Organisations - Masterton District Council (mstn.govt.nz))



He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



Magazine Acknowledgements

A huge thank you to Lynda Robinson for the incredible images of our beautiful native birds. Thank you to Massey University Press; Department of Conservation Te Papa Atawhai; Forest and Bird; Predator Free NZ; Manaaki Whenua Landcare Research and Museum of New Zealand Te Papa Tongarewa. Thanks also to the free image providers whose art we include (most often Melon, Vector, Clip Art and Kid Activities); and to our regular contributors. Special thanks to our wonderful magazine delivery team who do a fabulous job in all weathers.



COMMUNITY INFORMATION

USEFUL NUMBERS

Emergency	111
Non Emergency Police	105
Healthline	0800 611 116
Poisons	0800 POISON 0800 764 766
Carterton Medical	(06) 379 8105
Greytown Medical	(06) 304 9012
Featherston Medical	(06) 308 9220
Kuripuni Medical	(06) 377 4093
Martinborough Medical	(06) 306 9501
Masterton Medical	(06) 370 0011
Whaiora	(06) 370 0818
Wairarapa Hospital	(06) 946 9800
St John Health Shuttle	0800 589 630
FOCUS	(06) 946 9813
Citizens Advice Bureau	(06) 377 0078
Neighbourhood Support	027 333 2137

COMMUNITY CONNECTIONS

Featherston Library	(06) 308 8051
Martinborough Library	(06) 306 9758
Greytown Library	(06) 304 7133
Carterton Library	(06) 379 5423
Masterton District Library	(06) 370 6253
Digital Seniors	0800 373 646
Digital Net	web@digitalinclusionalliance.nz
Community Law Centre	(06) 377 4134
Metlink	0800 801 700
Senior Citizens Masterton	(06) 378 6595
Featherston Community Centre	(06) 308 8239
Wairarapa Community Centre	info@wcct.co.nz

MEALS ON WHEELS

South Wairarapa

Main and dessert \$12.50

Contacts:

Featherston

May Brown (06) 308 6912

Greytown

Valerie Saxton (06) 304 9514

Martinborough

Wharekaka Retirement Village
(06) 306 9701

MEALS ON WHEELS

Masterton

Please contact:

Your health professional or FOCUS
For Glenwood Masonic Hospital Meals
Main and dessert \$10.50
Call Melissa (06) 3770221

FOOD BANKS

SOUTH WAIRARAPA FOOD BANK:

Is open to people who live in the

South Wairarapa area

Open Tuesday and Thursday 2:00 –3:00pm

69 Boundary Road

Contact: swfoodbank@gmail.com

(06) 390 3663 or 022 646 3702

MARTINBOROUGH FOOD BANK:

Contact May Croft 021 657 560

CARTERTON COMMUNITY FOOD BANK:

(06) 379 4092

MASTERTON COMMUNITY FOOD BANK:

(06) 370 8034

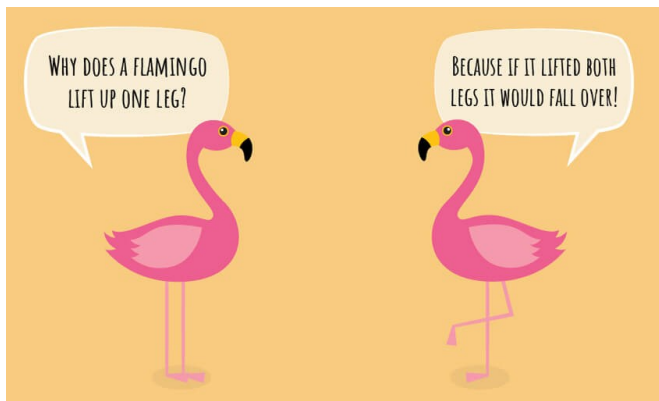


We love our pets



Clockwise from above: Pippi, Cracker and Shaggy Tink

Last Laughs



Name these places!

Well we're not going to give you the answers this edition! They'll be in the Spring magazine which gives you plenty of time to find the answers - and even visit the towns!

But we're not without heart - we'll give a small treat to anyone who comes to Coffee Jam or a coffee morning with the complete set.

If you would like to have the last laugh or see your pet pictured on these pages, please call or email Rachel at the office:

(06) 377 0066 or
coordinator@acww.nz



In every thing in nature there is something wonderful.

- Aristotle

Looking for helpers

If you can offer transport to others who require a lift to Coffee Mornings, Coffee Jam, Buddy Up! activities, Age Concern events, Operatunity, or any other outing please let us know.

Contact the office on : (06) 377 0066

ANNUAL GENERAL MEETING

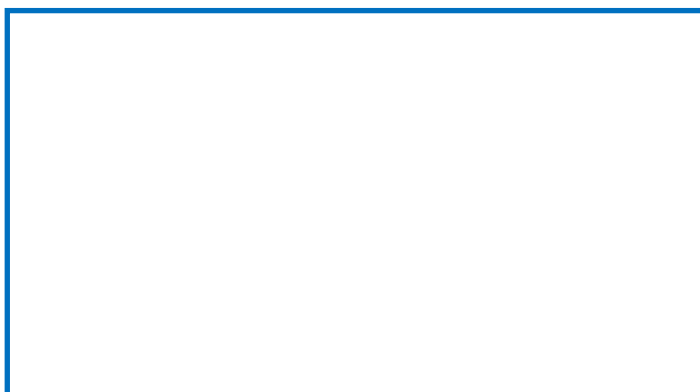
The 2023 Age Concern Wairarapa AGM will be held at 2pm on

Monday 25th September

Venue to be advised

As well as the AGM we will have an interesting programme with a special guest speaker

Visit the website or contact the office to find out more ...



**AGE
CONCERN
WAIRARAPA**

He Manaakitanga
Kaumātua Aotearoa