

Active Ageing Wairarapa



Mostly Music

- with some art and books

Our Coffee Conversation (Pgs 12/13)
is with

Stefan Kingsford-Brown
who talks about his amazing musical life

Also in this issue:

things to do, useful information,
and all our regular features

Contact Information	2
Manager's Note	3
From the Team	4-10
Embracing Challenges	11
Coffee Conversation	12/13
Do You Remember?	14
Bird Survey Follow Up	15
<i>So You Found a Baby Bird</i>	16/17
Masterton Library	18
Buddy Up! Dates	19
Age Concern Calendar	20/21
More Dates for Your Calendar	22
Help Wanted, Buddies Wanted	23
Health and Nutrition	24/25
From Te Whatu Ora concerning COVID-19	26
Safety at Home	27
Māori Rangatira	28/29
Fareham Creative Space	30
Featherston Community Centre	31
A Letter From Waicare Day Activity	32
Wairarapa Regional Positive Ageing Strategy	33
Digital Seniors	34
Wairarapa Library Service	35
The Countdown is On!	36
Acknowledgments	37
Community Information	38
Pets and Last Laughs	39
Final Thoughts and Operatunity!	40

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Websites of Interest

- www.ageconcern.org.nz
- www.lifecurve.co.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's Musings!

A new season.....

As I write the sun is shining and it is officially Spring! The snow is melting on the Tararuas and the lambs and daffodils are appearing. We are seeing the new growth in our gardens and the gorgeous cherry blossoms. There is an air of excitement mixed with relief that our long, wet winter is coming to an end. Kia ora, ko Esmae Laird toku ingoa. My name is Esmae and I am the new Kaiwhakahaere/Manager at Age Concern Wairarapa (ACW). I too am feeling excited and blessed to be leading the wonderful team here at ACW.

I am thankful for the warm welcome I received from our Governance Board and team in the form of a mihi whakatau. I am grateful to Chris our outgoing Manager for the “soft landing” that has come from his helpful handover. In the last edition of Active Ageing Wairarapa, Chris spoke of the importance of kindness in our business dealings, how we can all contribute to a “kinder, happier and healthier community”. This has been exemplified in the way I have been welcomed to the team.

A little bit about me:

I was born and raised in Upper Hutt. I joined the Police aged 21 after graduating from Victoria University with a BA in Criminology. During the next 19 years I was a frontline police officer working in the Hutt Valley, Turangi and Horowhenua/Kapiti Coast. Highlights of my career included Family Violence Intervention Coordinator, Community Team leader and Traffic Sergeant. After leaving the police service I worked at ACC, Transdev and in Social Services. Most recently I had the privilege of working as a Patient Transfer Officer at Wellington Free Ambulance. Reflecting upon my working career I have had a variety of roles and responsibilities. These experiences have led me to Age Concern and I look forward to applying the learnings I have taken from each role to the intention and vision of Age Concern ... “Age Concern is recognised as a leading contributor to the wellbeing of older persons in our Wairarapa communities”.

So, now that the weather is improving I hope you will be inspired to pop in and say hello. Our office is situated in the lovely Solway Showgrounds. The team and I would love to meet you and hear what is “on top” for you.

Ngā mihi nui kia koutou katoa,

Esmae

Hello again, it's one of my favourite times of year - Spring, when the daffodils are blooming and lambs are leaping around.

I thought I would write about tax rebates as we have had a few inquiries coming our way of late and it is just good information to know.

The rebate scheme is an annual rates subsidy (credited to your rates account) For homeowners on a lower income.

The scheme is run by the department of internal affairs.

Rebates are based on the household income before tax, the number of dependents and the rates levied against the property. There are other criteria that you can talk about when you apply.

The rebate levels are reassessed every year by the department of internal affairs. The current maximum rebate is \$750 depending on individual circumstances.

As a very rough guide, a household income of \$35,000 or less may qualify for the maximum rebate. Ratepayers with a household income above this may qualify for a partial rebate. This a very rough guide and eligibility/amount of the rebate depends on individual circumstances.

You will need to provide summary of income which you can obtain from:

IRD 0800-775-247 or MSD 0800-552-002

The best way to apply is to make an appointment to visit your local council. The application form is also on the Department of Internal Affairs website - it can be printed off and completed and returned to your council.

info@dia.govt.nz Department of Internal Affairs

mdc@mstn.govt.nz Masterton District Council

cdc.govt.nz/your-council/properties-and-rates/rates-rebate/ Carterton District Council

swdc.govt.nz/notices-and-updates/notice-do-you-qualify-for-a-rates-rebate/ South Wairarapa District Council

Till next time take care,

Sue





Well this time last year I wrote an article about 'Springing into Spring'. Can you remember whether you took my advice to challenge yourself and pick up something new?

I hate to say it, but the weather hasn't given us many opportunities to do much outside. We have been getting the odd sunny day recently to break out, whether it be hanging out the washing (my favourite achievement), sweeping the leaves off the

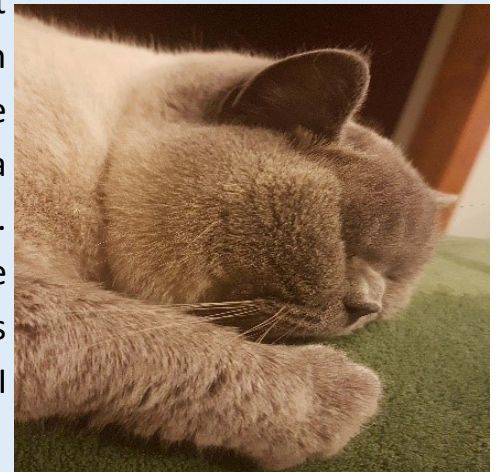
path or going for that walk to loosen up the body.

If you have started something new - great work - that should be keeping you busy and hopefully meeting new people and the opportunities to have your calendar with regular dates circled off for activities.

I personally have opted out of watching the news every night as there seems to be so much negativity with global warming, politics and distress going on in the world. A lot of stress in our lives relates to what is thrown at us through social media but also thinking about our past and the future.

In our last Winter edition there was a small piece on Coping Statements for Worry which relates to how we are feeling.

It is important to regularly take time out for yourself in a quiet space and practice this mindfulness strategy. I find if I am struggling to clear my head listening to music helps to achieve this. Exercising before hand also is an advantage. In fact, I go to a Centergy class which is based on Yoga and Pilates fundamentals. At the end of class, we have a 5-10 minute restore period where we lie down and relax to soothing music, focus on deep breaths and relaxing our whole body. I quite often find myself dozing off - I think one time I actually snored!!



So, try practising this, and if you are able download some great meditation music as well to help you get to your happy place.

Mā te wā

Bye for now

Susan Esler

In early August my wife and I took our two girls and their families on a trip to Rarotonga. We booked with Cody and Richard from Flight Centre Masterton and they made it all very easy. It was absolutely fabulous and so I decided to share our holiday.



Te Maeva Nui: The Cook Island became a self-governing nation in free association with New Zealand on the 4th August 1965. Te Maeva Nui (the big celebration) starts on 29th July and the finale is August the 4th. During this week-long celebration participants from all over the Cook Islands come together in Rarotonga to compete in a visual showcase through arts, music, dance, sports, food and more. It is a spectacular week. There were even a couple of groups from



Aotearoa competing, as well as two kapa haka groups performing. If you truly want to see Cook Island culture in its natural state this is the time to go. Food stalls started to sell around 6pm with the competition beginning at 7pm. We were absolutely blown away, a must to see. One funny comment that I received from one local who knew I am Māori was: “Your Māori whānau are great singers but we are better dancers,” so true.

What would a trip to Rarotonga be without going swimming with the turtles? What an experience! We were fortunate enough to go on a 90-minute snorkeling adventure with Aqua Oz. Papa Turtle, our tour guide (who was the first person to establish turtle tours back in the day), put my 5-year-old on a paddle board and paddled the 500 metres to the channel while my other moko swam out. Unbelievable is all I can say. Not only did we see between 20-25 turtles, some of them swimming a hand’s breadth away from us, we also saw eagle rays performing swan lake. They were so graceful.

We also saw Humpback whales just about every day we were in Rarotonga. Humpback whales migrate from the Southern Ocean to the warmer Pacific waters to calf and mate between July and October. From our resort we could clearly see breaching, tail slapping, spouting. Mind-blowing, absolutely mind-blowing.

Akura Charters took us out to try and catch either Marlin, Skipjack tuna or Yellow fin tuna. Unfortunately, we did not catch anything but we did cruise with two Humpbacks for a little while.

My wife and I have decided to make the Cook Islands our regular winter getaway.

Mauri ora,
Anthony Aporo

Find us on Facebook



Facebook is a well-known social networking service. It is designed to help you connect with and stay in touch with friends and family, which can be especially useful if they live in a different town or country. Through Facebook, you can see what they're up to, look at photos, and leave comments and messages. It is also a really useful way to find out about what companies, organisations, services and events are available in your community. Via Facebook you can find out information such as opening hours, contact details and products and services available.

Age Concern Wairarapa has its own Facebook page and it is updated regularly with posts about our events and topics of interest as well as links to other information, resources and events that we think you might find interesting and useful. It's also another way for you to get in touch with us. It's not designed to replace in-person interactions, but online communication is becoming increasingly popular and helps abate loneliness by giving you daily touchpoints with people and information that matters to you.

If you are already a Facebook user, the easiest way to find us is to type in "Age Concern Wairarapa" in the Facebook search field.

facebook

Search Facebook

If you need some help getting started with Facebook or any other online service, the wonderful volunteers at Digital Seniors Wairarapa will be able to help get you started. Give them a call on 0800 373 646 or send them an email contact@digitalseniors.co.nz



Lynsey Parkes



Spring is here and usually it's a time to wake up, stretch, and get going again. But for Buddy Up! it's more a case of **keep going** - despite the rain and cold our groups have gone from strength to strength during the winter months. Walk and Talk has met in all weathers; the line dancers have been teaching and performing for community groups and rest homes; the Age Concern Band has been a fantastic way to sing and play away the winter blues; and a cribbage group has gotten up and running. Each of these are keen to have more members so come along and join the fun - all ages, all levels, all welcome!

All Ages - we have dancers from ages 12 - 83. **All levels** - the band has beginners through to people who have played for many years. **All welcome** - well that goes without saying. The groups have formed around a shared interest which makes a great base for enjoying each other's company. It's not surprising that a common thread running through all of them is the sense of warmth and companionship. Talking and smiling and laughing and spending time with others is key to our wellbeing. In the words of some group members:



Going forward: The plan for the next quarter is to get more groups up and running across Wairarapa. We have people interested in starting bird watching. Others are keen on craft. There are those who would love to indulge in some armchair travel and others who would really enjoy talking politics and issues. We have readers who would like to start a book group. If these groups are going to flourish then they really need you to help shape and nurture them. A good place to start is for people with shared interests to chat and we are inviting you to come and do just that. Find out more on Page 19.

And to finish, a bit about a group I have recently joined. I have a dog in my home! Missy has been living with me for two months now and we are getting out and about walking in all my favourite places. I love being part of the huge dog group who walk around Henley Lake. The members are so lovely - understanding that I have a bouncy puppy with me, being positive and helpful and kind. Sometimes there is only time for an understanding smile or chuckle as we pass each other but that is enough - I feel part of something and it's a wonderful feeling.

Happy days everyone, *Rachel*

Greek Mythology Vs. Life as we know it

"Art" was the brief for this Spring Edition. Arty I am not! Books and stories are art though, surely ... ? I have been confronted for some time by one particular part from Greek mythology. The dilemma, let's call it, of Sisyphus.



According to the myth, Sisyphus got punished by Hades to eternally push a boulder up a hill and, out of puff and all alone, dropping it and starting again. It makes for depressing reading of a futile task.

I guess, that can be interpreted to suggest we all have our lot to "push up a hill", that life is hard and we just have to manage.

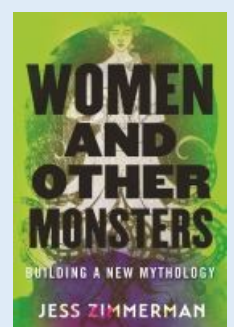
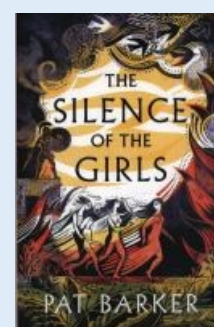
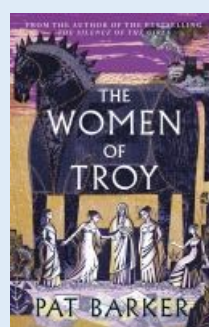
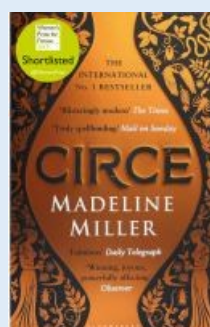
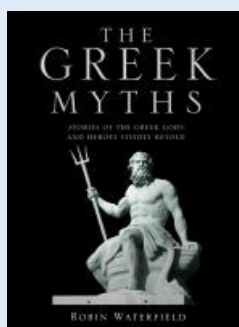
But here is the thing - we, as mere mortals, have an advantage. We have not been punished to manage alone. Yes, it is our life and some problems, hardships and issues are ours to deal with, but we need to realise that there is support, there is help out there if only we accept it. This can be loved ones, family, friends, colleagues, mentors, counsellors, to name a few. And yes, we may also need to be brave enough to ask or even just admit that we would benefit from support. It is not a sign of strength to do it alone in the same way as it isn't weak to have someone alongside or behind to cheer us on, or to maybe take over for a moment so that we can catch our breath.

A shared struggle also means shared joy knowing we have achieved our goal and overcome hard times together. There seems little merit in pushing alone, despite what we believe or have been told growing up. We don't get a bigger medal or clap.

Please reach out for support, give us a call if you need. And books on Greek mythology are available in the library. We can even ask Rachel to set up a Buddy Up! group to discuss 😊

Gini

😊 Sounds great Gini - we could begin by having a look at some of these:



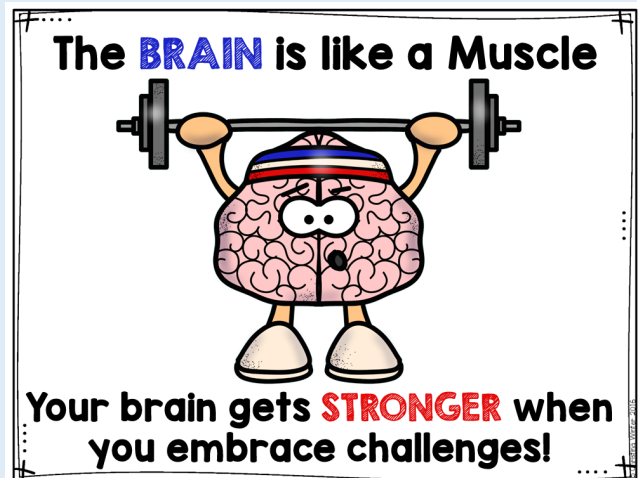
Life Curve Service Coordinator

Its hard to believe that more than two months have passed since I joined the Age Concern team as the LifeCurve Service Coordinator. I already feel as though this is my second family!

It is a little ironic to have come out of my “accidental” retirement a month after celebrating my 65th birthday, three years after leaving my career in health service planning, and a year after selling the hospitality business that had kept my husband and me busy for nine years. Along the way we have both experienced some health challenges, and have learnt through personal experience that we can change our health trajectory through adopting a healthy lifestyle and a growth mindset.

I feel very fortunate to have been able to indulge my passion and value for lifelong learning with the emerging field of health coaching, learning about the growing science on the impact of the way we live on our health and longevity. It is not commonly known that while we are living longer than our parent’s generation, we are not living longer in good health. The average gap between lifespan and health span is now 17 years. At an individual level, much of that gap is within our own control, and it is never too late to make changes in our thinking and our behavior and to get the most out of whatever time we have on this earth.

I love working with my private coaching clients, seeing them achieve their health and wellness goals, regaining hope and a sense of agency in their own health. I am even happier that Age Concern has been given the opportunity to spread this message to the Wairarapa population. Older adulthood can be an opportunity to pay attention to the things that bring us joy, try new things, and set new goals. The LifeCurve programme can help us see how well we are aging, set goals that are meaningful to us, and give us information and resources to help us meet our goals. We would love you to give it a try, but understand that the technology is not always user friendly. Please give me a call if you would like help to access or navigate the app /website, want some help to clarify your goals, or would just like to have a confidential chat about your health and wellbeing. *Lisa*



Embracing challenges

Dance!
Join a group
Start a group
Dance at home
Dance seated or standing
Just dance!



Use the other hand for simple things you do every day:

- brushing your teeth
- spreading your toast
- pushing the keys on your phone
- turning pages
- weeding your garden



Map it Out!

From memory, draw a map of your street, neighbourhood or town

Try doing it with your eyes closed

Learn an instrument



Join the Buddy Up! Band

Exercise – joins a group, start a group, exercise seated or standing



Puzzle Fun

- Jigsaws
- Crosswords
- Sudoku
- Wordwheels
- Wordle

Try something new!

Play cards – all your favorites but give a new game a go as well



Join the Buddy Up! cribbage group

‘Music is spiritual food for soul and heart.’



Stefan Kingsford-Brown will have touched the lives of many readers - you may have heard him perform, he may have taught your children music, you may be lucky enough to have joined the choir he leads or have found your way along to the Age Concern Band sessions at Masterton Library. Or maybe you have had a coffee conversation with him somewhere, and like us been bowled over by his kindness and generosity.

Your musical journey started when you were young Stefan ...

Yes, my family is very musical, Mum’s side were pianists and Dad’s side had an Irish influence (I remember my grandmothers playing steel guitar and accordion). I have very early memories of sitting at the piano with Mum, and also of picking up the ukulele by listening to George Formby. We used to sneak down to listen to the neighbourhood singalong evenings Dad held - my brothers and sisters, all of us hiding behind the couch. Later when I was a teenager and playing guitar Mum continued to encourage me. I wrote poetry and composed songs and Mum was very proud. I worked pressing wool to raise money for my first guitar (an Antoria) and an amp.

And then?

I was in several New Zealand bands and we toured with big names – both New Zealand and international. Playing with Seals and Crofts was a huge moment in my musical life. I performed at peace concerts in Japan. I sang my song *Paper Cranes* about a nuclear free Pacific at Nagasaki for 40,000 people. That was pretty special.

And you were very successful with Big Norm, tell us about that ...



I was playing with a professional group Ebony and we needed a hit! We set out to write something that would speak to people. I really admired Norman Kirk, he was positive and down to earth and clicked with everyone. *Big Norm* was a gold disc – it went to Number 1. *Hey Jude* was released at the same time and *Big Norm* sold more copies here in New Zealand!

What are you up to at the moment?

I take the *Troubadour Singers* choir and the *Age Concern Band*. I teach here and there. I pop up and perform or provide background music at events like the Age Concern Expo. I organise performances for the groups I work with – we had a fabulous Saturday afternoon concert recently with the choir, a visiting ukulele band and some solo singers. I am still writing and

recording - I'm building a studio at home and writing three books. And outside of music I'm renovating our villa and garden with my lovely wife Kay and looking after the animals that share our life - we call them our fur babies.

Talking with you it is easy to see how much pleasure you get from teaching music ...

Teaching in schools, groups and choirs is the thing I love most. Seeing how much people enjoy the feeling of being part of a family and doing something well. Members of the *Troubadour Singers* and the *Age Concern Band* are getting so much joy from their belonging. Many of them have never in their lives been musically connected - and now they have a chance to express themselves with others. I am so grateful to be able to provide a platform for this.

Another big influence is my Báhá'í faith where there is a way of doing things, of loving and bringing out the best in each other. Some of my songs have a Báhá'í theme – *Little by Little* is about taking on small portions and not becoming overwhelmed by immensity.

What is the place of music in our lives?

Music is good for these times - for lifting the sad and despondent heart and bringing hope and joy to people's lives. It hits the edge of the emotional and conjures up the wheres and whats of our lives. First loves, feeling our way through, wondering what it's all about. We hear a song or a piece of music and we are carried straight back to a time and situation. Music is the universal language and has the ability to pull everyone together in love and harmony. As humans we are really wired for harmony.

Ok. Two quickfire Top 3s ...

Top 3 albums

Sergeant Pepper's - The Beatles

Meddle - Pink Floyd

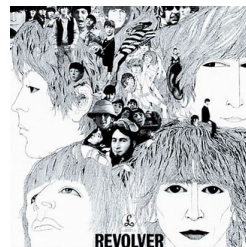
For the Roses – Joni Mitchell

Top 3 album covers

Ogden's Nut Gone Flake - Small Faces

Revolver – The Beatles

And quite a few of the Pink Floyd albums



And finally, where can we hear you or sing/play with you Stefan?

The Kingsford Brown Trio (jazz) and Ricochet (classic rock) both play around Wairarapa. You can find us at Jazz Fest, Madisons, Chapellis, Le Grá. Troubadour Singers meet at the Community Centre and the Age Concern Band at Masterton Library. We pop up around and about as well - look out for us and if you see us be sure to sing along!

'Music brings hope and joy to people's lives.'

Do You Remember ... The American Painting Grandmother?

By Mark Pacey of the Wairarapa Archive

In February 1973, Helen McCarthy visited Masterton. Hailing from Eureka in California, she was stopping over in Masterton to catch up with her friend Patsy Buick and to do a bit of painting.

Helen had led, and continued to lead quite a remarkable life. She was a graduate of Stanford University, taught art, music and sculpture, had written plays, owned a horse, was a competent sailor and had even learned how to fly an aeroplane.

On this latest trip she had travelled to South Africa to paint flamingos who were in a lake 2,000 feet down in a crater lake whom she described as “just hot pink”. Then she went to Australia and then to Noumea in New Caledonia and from there to New Zealand.

When she last stayed in New Zealand with her friend Patsy, she painted a picture of lilies that were at the Buick homestead.

Helen was not fussy about what she painted, if she saw something that she liked, she sat down to paint it.

“I enjoy people... and I have to paint, whether it is Angus cattle or your beautiful white Merino sheep”.

She particularly like Masterton due to its smaller size. Her home of Eureka had a population of 70,000. Masterton by comparison was much smaller. She had just had an exhibition in Eureka with the showing finishing just two days before she left on her latest tour.

Helen had been travelling around and painting for the best part of 40 years and was showing no signs of slowing down. Whether it was a crater lake filled with pink birds or a quiet New Zealand paddock full of sheep, she was happiest when she had a brush and a canvas. And at the age of 87, she showed the world that age is just a number.



Photos from the Age Concern Wairarapa trip to Cobblestones Museum

Credit: Bev Kirby

Following on from our Bird Edition - Winter 2023

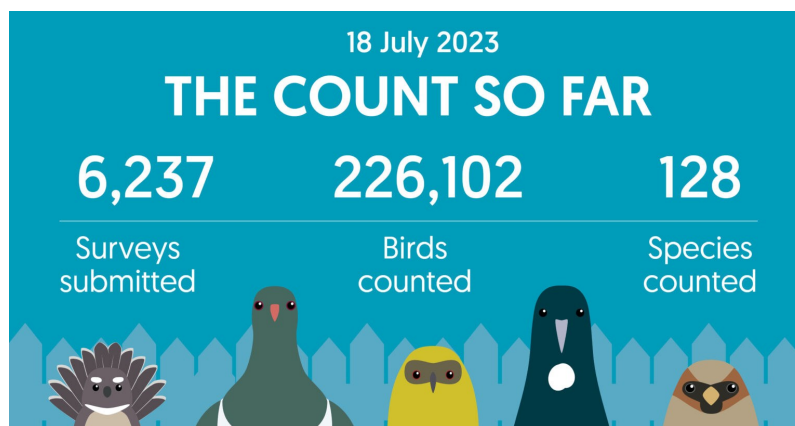
Thank you for getting in touch and telling us how much you enjoyed the bird issue, especially Lynda's wonderful photos. Lynda has inspired many of us - see Page 19 for information about starting a bird watching group.

We heard that readers were pleased to have the information regarding feeding ducks, so in this magazine have included more from *Sylvia and the Birds*. This will help anyone finding a baby bird on the ground this spring. Special thanks again to Massey University Press for allowing us to reprint these pages (see Pages 16/17).

It was great to hear that many of you completed the New Zealand Garden Bird Survey - below you will find some information regarding the results. We'll give you species specific information when it becomes available.

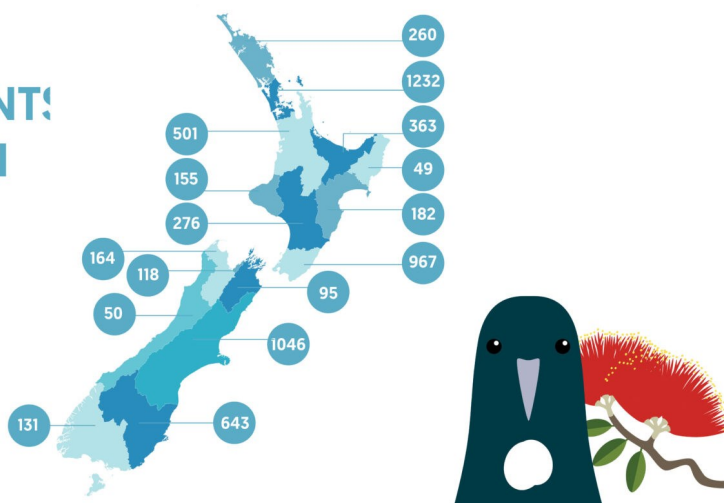


New Zealand GARDEN BIRD SURVEY 2023



18 July 2023

BIRD COUNT BY REGION



SO YOU FOUND A BABY BIRD



IS THE BIRD HURT OR SICK?
SIGNS INCLUDE CLOSED EYES,
LYING DOWN, VISIBLE WOUNDS OR
MISSING FEATHERS, GASPING
BREATHS, SHIVERING

yes

No



DOES IT HAVE FEATHERS?

No

IT'S A NESTLING. THERE SHOULD BE A NEARBY NEST IT HAS FALLEN OUT OF. THERE SHOULD BE PARENTS AT THE NEST. IF THERE ARE, SEE IF YOU CAN SLIP THE BABY BACK IN. IT WON'T MATTER THAT YOU HAVE TOUCHED THE NESTLING. THEY DON'T CARE ABOUT THE SMELL OF HUMANS ON THEIR BABIES. IF THERE ARE NO PARENTS AROUND, YOU'LL NEED TO EITHER PLACE IT IN A MAKESHIFT NEST* OR TAKE IT TO A BIRD RESCUE.

yes

IT'S A FLEDGLING. IT PROBABLY HAS A NUMBER OF ADULT-LOOKING FEATHERS, BUT NO TAIL. IT WILL BE LEARNING TO FLY, DOING LOTS OF HOPPING AND FLUTTERING.

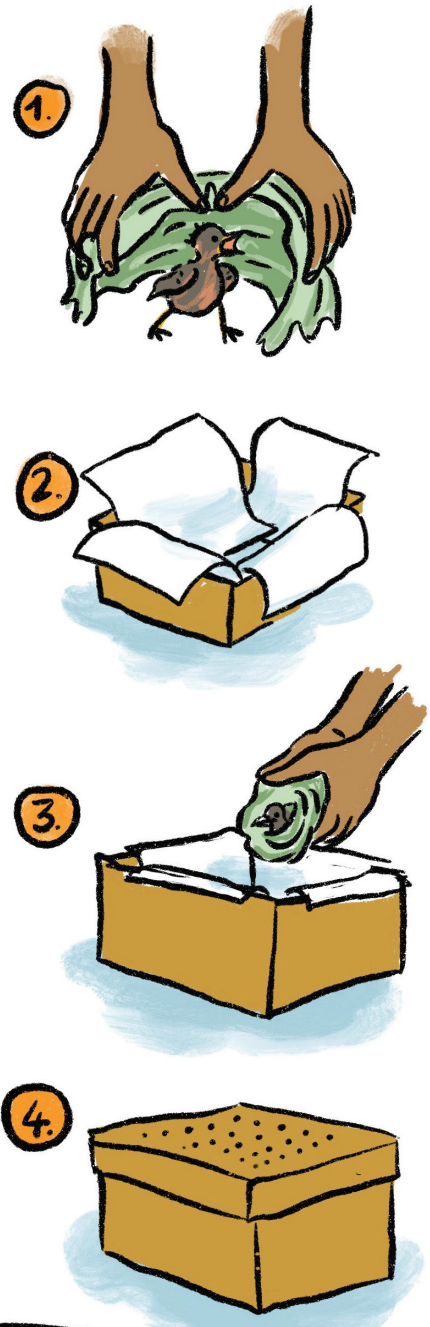
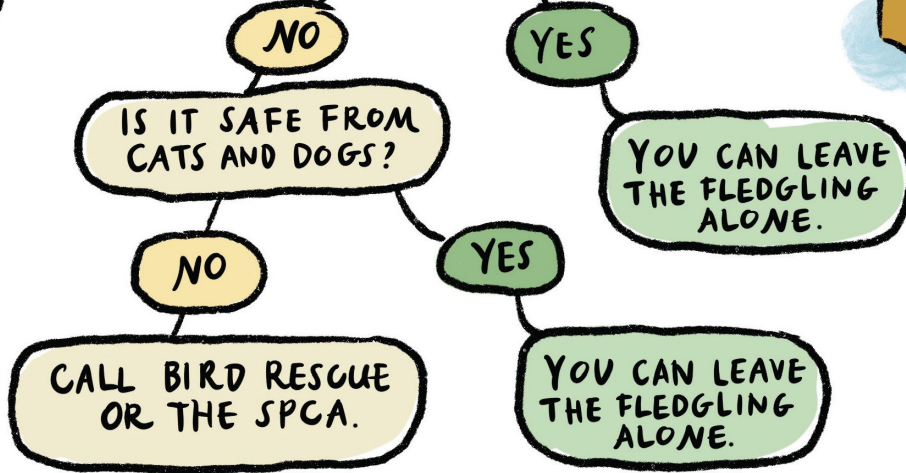
THE PARENTS USUALLY REMAIN A LITTLE WAY AWAY AND FEED THE FLEDGLINGS ON OR NEAR THE GROUND. AS THEY GROW AND GET STRONGER, THEY EITHER PERCH ON A BRANCH HIGHER IN THE TREE, WHERE THE ADULTS FEED THEM, OR THEY BEGIN TO FOLLOW THE ADULT BIRDS AND BEG FOR FOOD UNTIL THEY ARE INDEPENDENT.

* A MAKESHIFT NEST CAN BE MADE OUT OF AN OLD PLASTIC CONTAINER LIKE A LARGE YOGHURT OR ICECREAM TUB. POKE SOME HOLES THROUGH THE BOTTOM FROM THE INSIDE, PLACE SOME LEAF-LITTER IN THERE, AND SECURE IT FIRMLY TO A TREE NEAR TO WHERE YOU FOUND THE BIRD, REASONABLY HIGH, SO IT'S OUT OF REACH OF CATS.

PHONE YOUR LOCAL BIRD RESCUE OR THE SPCA. IF IT'S A NATIVE BIRD, CALL THE DEPARTMENT OF CONSERVATION'S HOTLINE: 0800 DOC HOT or 0800362468.

UNTIL YOU CAN TRANSPORT THE BIRD TO ONE OF THESE PLACES, YOU'LL NEED TO CONFINE IT. GRAB IT QUICKLY WITH BOTH HANDS, USING A TOWEL OR SHEET. PLACE IT IN A COVERED CARDBOARD BOX LINED WITH PAPER TOWELS. LEAVE IT SOMEWHERE WARM & QUIET. DO NOT FEED IT OR GIVE IT WATER, EXCEPT A VERY SHALLOW SAUCER OF WATER IF YOU ARE SURE THE BIRD IS AN ADULT.

PUT THE BIRD IN THE BUSHES OR ON A NEARBY BRANCH. CAN YOU SEE THE PARENTS NEARBY?





Chats with the **MARKIVIST**



JOIN MARK PACEY OF WAIRARAPA ARCHIVES FOR LOCAL HISTORY TALKS.

FIRST MONDAY | 11AM - 12PM
OF THE MONTH | MASTERTON LIBRARY

54 QUEEN STREET, MASTERTON

TE WHAREPUKAPUKA ME TE PŪRANGA
LIBRARY AND ARCHIVE



Buddy Up! at the Kitchen Prefab Masterton Library

Every Friday

- all ages, all levels, all welcome

Band

10:00am - 11:30am

Ukulele, guitar, percussion
and any other instrument
that you play

Or come along and sing

Cribbage

11:30am - 12:30pm



Lunchtime Natter

12:30pm - 1:30pm

Bring your lunch

We'll provide the cuppa!

Enjoy good company

Chat and make plans

Buddy Up! planning sessions - dates to put on your calendar

Bird watchers! Please join a planning session on **Tuesday 10 October at 11:00am** Pigeon and Poultry Hall, Solway Showgrounds (part of the Tuesday Coffee Jam). Let's get a bird group off the ground.

Booklovers! Please join a planning session on **Tuesday 24 October at 11:00am** Pigeon and Poultry Hall, Solway Showgrounds (part of the Tuesday coffee jam). Bring a book with you.

Crafters! Please join a planning session on **Tuesday 07 November at 11:00am** Pigeon and Poultry Hall, Solway Showgrounds (part of the Tuesday coffee jam). Let's see what we can piece together.

Party on with Buddy Up!

FRIDAY 24 NOVEMBER - 10:00am - 12:00pm

Put the date on your calendar now

Entertainment, music, singing, fun and games!

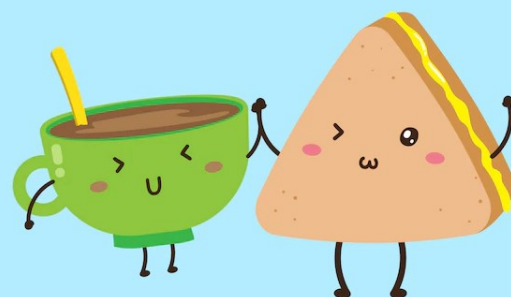
Pigeon and Poultry Hall, Solway Showgrounds

(Please note: we will not be meeting at Masterton Library on this date)

Coffee Mornings

\$3 Age Concern members, \$4 Guests

See Page 22 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

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

Please bring your Goldcard.

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

SEPTEMBER

Arts and Crafts at
Fareham Creative
Space

Wednesday 27th

\$45

Leaving AC Office at 9:00am
Includes morning tea, light lunch,
travel and activities

OCTOBER

Shopping for
Christmas in
Palmerston North

Wednesday 25th

\$40

Buy or take own lunch
Leaving AC Office at 9:00am

NOVEMBER

Christmas Lunch
Buffet & Music

RSA Masterton
Wednesday 29th

12:00noon

\$45

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

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



UNITED NATIONS DAY IOF OLDER PERSONS Monday 2 October 10am



Kia ora Koutou,

Nau mai haere mai. Welcome to all.

Come along to Masterton District Library to celebrate the United Nations Day of Older Persons with Mayor Gary Caffell and Archivist Mark Pacey.

We will begin at 10am with an informal mix and mingle and over morning tea.

At 10.30 our Mayor Gary Caffell will speak and then participate in a Question and Answer session.

At 11am, Wairarapa Archivist, gifted presenter, and author Mark Pacey will be talking about Masterton's most ambitious sporting event, the Golden Games.

Come and join us - this is not to be missed!

Coffee Jam

Fortnightly on Tuesday Mornings

10:00 - 12:00

Pigeon and Poultry Hall

Solway Showgrounds

September 26

October 10

October 24

November 07

November 21

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





VOLUNTEER RECEPTIONIST SUPERSTAR REQUIRED!



Do you enjoy meeting and greeting new people - in person or on the phone? Chatting over a coffee and making visitors feel welcome?

Would you like to volunteer your time to join a small friendly team based in beautiful surroundings?

Have you got four hours from 9:00am to 1:00pm on a Wednesday or Thursday morning that you want to fill in?

Age Concern Wairarapa would love to hear from you.

Phone : Esmae 06 377 0066

Buddy Wanted!

Looking for a female Buddy to take on French at a conversational level. Some basic French language skills would be advantageous. Give Petra a ring on 06 378 2629 to discuss details.

Buddy Up! Help Wanted

If you can offer transport to others who require a lift to Buddy Up! activities or would like to coordinate a Buddy Up! group please get in touch!

Contact Rachel on : (06) 377 0066

Rest Home Buddies

If you are interested in:

- supporting rest home groups going on outings
- attending social activities at rest homes and joining in the fun
- teaching a craft or activity
- taking residents to Operatunity
- any other activities ...



Please get in touch! Call Rachel at the Age Concern Office: 07 377 0066

Great Resource

- for anyone looking to find a group

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 \(mstn.govt.nz\)](#)



Thinking about what we eat -

There are some nutrients that older people actually need more of compared to people in younger age groups.

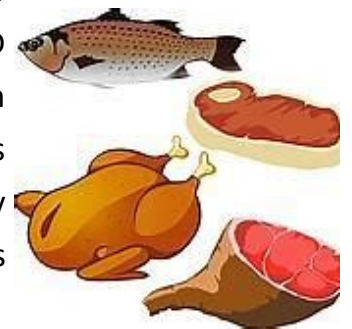
Protein: It provides energy and is also essential for the repair and maintenance of body tissues. Eating food from the legumes, nuts, seeds, fish and other seafood, eggs, poultry, and/or red meat (with the fat removed) group provide us with protein (along with a host of other nutrients). Older men should aim for at least 3 servings a day and older women at least 2 servings a day. Milk and milk products also provide us with protein. Aim to spread your protein intake evenly across the day i.e. having a good amount at breakfast, lunch and dinner, and for snacks.



Calcium: Older people need more calcium as the body breaks down bone at a faster rate in older age. Getting enough calcium is particularly important for post-menopausal and older women as they are at the highest risk of osteoporosis and fractures. Milk and milk products (e.g., yoghurt and cheese) are the best sources of calcium, aim for at least 4 serves each day. Yellow-top milk which is fortified with calcium, and Vitamin D is a good option. Many other foods also contain calcium, including calcium-fortified soy milk, tinned fish (with bones), certain nuts including almonds, brazil and hazelnuts, legumes, tofu and wholegrain bread and cereals. Enjoy a milky Milo or coffee, some yoghurt, cheese, milk-based puddings, sauces and soups regularly to improve your calcium intake.



Vitamin D: It has an important role in bone health as it helps our bodies to absorb calcium from food. However, it is very difficult to get enough Vitamin D from your diet alone. The best source of Vitamin D is sunlight. Try to get out in the sunlight for at least 30 minutes a day, before 11 am and after 3 pm. Foods rich in vitamin D include oily fish, eggs, lean meat and Vitamin D fortified dairy products (yellow-top milk). If getting enough sun is difficult for you, discuss taking a Vitamin D supplement with your doctor



Other nutrients of importance:

While the recommended daily intake for Folate and Vitamin B12 is not greater for older people, it's very important to make sure you are getting enough of them. Folate is found in whole-grain bread and cereals, dark-coloured vegetables, fruit and legumes. Some orange juices and cereals are folate fortified. Vitamin B12 comes from animal foods, such as meat, eggs and dairy foods or vitamin B12 fortified foods. If you avoid animal foods, it is generally recommended that you take a B12 supplement- speak to your doctor about this.



Vegetable & Tuna Fritters

Serves 2

Ingredients

Lemon

Eggs

6 T* Flour

2 T Vegetable Oil

Small can (95g) Tuna (Liquid drained)

1 ½ Cups Freshly grated carrots and courgettes (squeeze and remove excess juice from vegetables)**

Salt, pepper and lemon zest for flavour

Method

Finely grate the skin of one lemon.

Mix the eggs into the flour until just combined.

Stir in the tuna, vegetables, lemon zest and season with salt and pepper.

Heat the vegetable oil in a frying pan over medium heat.

Place a spoonful of the mixture into the preheated pan.

Cook until golden brown.

Flip gently and cook on the other side until golden brown.

Serve warm with your choice of salad.



**Measurements are level*

*** This recipe also works well with creamed corn*

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



Kupu Māori

parāoa pū kākano whole grain bread

heihei chicken

hua heihei eggs

tīhi cheese

whurutu fruit

korare green leafy vegetables

huaora vitamin

From Te Whatu Ora | Health New Zealand

Key messages following changes to COVID-19 isolation and mask mandates

The following recommendations are from Te Whatu Ora | Health New Zealand. You can read more detail about these on the [COVID-19 Health Hub](#).

- Stay at home if you are feeling unwell - you should take a Rapid Antigen Test (RAT) for COVID-19 if you have a runny nose, sore throat, cough, fever, vomiting, diarrhoea, headache, loss of smell or taste, shortness of breath.

Remember to register your RAT result at <https://mycovidrecord.health.nz/> (or call the helpline at 0800 222 478 and choose option '1', to be connected with any help and support you need.

- If you test positive for COVID-19, it's recommended you isolate for 5 days. This means you should not go to work or school. Talk to your school or employer about your options.
- If you do need to leave your home during your 5-day isolation period, you should wear a mask whenever you leave the house. It's recommended you don't visit a healthcare facility (except to access medical care), an aged residential care facility, or have contact with anyone at risk of getting seriously unwell with COVID-19.
- Aotearoa New Zealand has good access to antiviral medicines for people who are most at risk from COVID-19. There is good evidence that antivirals can make a difference. Talk to your GP, pharmacist or hauora (health) provider to see if you, or a member of your whānau, are eligible for free antivirals.

If your COVID-19 symptoms get worse, or you are concerned about someone you care for, call Healthline on 0800 611 116 anytime for free health advice and information. If it's an emergency, call 111. For further advice please visit the [COVID-19 Health Hub](#) or call the COVID Healthline on 0800 358 5453.



Word has it that Wairarapa is going to have a hot summer - **temperatures are predicted to reach close to 40°.**

The summer edition of the magazine will look at how to keep cool and avoid heatstroke.



SAFETY AT HOME



*Most injuries at home are preventable.
Here's some tips to make your home safe.*

LIGHTING

- Ensure your home is well-lit
- Consider nightlights if you get up often in the night
- Install light switches at the top & bottom of stairs



GENERAL TIPS

- Wear well fitting, flat shoes & slippers
- Have regular vision checks
- Always keep your mobile phone charged & close by
- Install handrails on stairs

BEDROOMS



- Take your time getting out of bed
- Try sitting down to get dressed
- Install a bedside lamp that is easy to reach
- Keep the path from your bedroom to the bathroom clear

BATHROOM

- Always use a bathmat
- Use a bath-seat if you are unsteady in the shower
- Consider a non-slip mat in the shower/bath
- Install hand rails if you struggle to get on/off the toilet or in/out of the shower/bath

KITCHEN

- Use a step ladder to reach things
- Keep everyday items in easy to reach locations to reduce bending/reaching



LIVING ROOM

- Anchor rugs in place with anti-slip mats or double-sided tap
- Place electrical cords alongside the walls instead of across walk ways
- Keep the floor clutter-free

Māori Rangatira

Anthony Aporo

HOANI TE WHATAHORO JURY



Hoani Te Whatahoro Jury, was born on 4 February 1841 at Rakaukaka, Poverty Bay. He was the eldest son of Te Aitu-o-te-rangi and her husband, John Milsome Jury - a carpenter for the missionary William Williams. In March 1842 Hoani and his parents moved to the Wairarapa region settling at Te Kopi-a-Uenuku, Palliser Bay.

Hoani spent his early years with his mother's people, Ngati Moe, a hapu of Rangitane and Ngati Kahungunu. He learnt of the traditional fishing places on the shores of Lake Wairarapa, and Te Aitu showed Hoani, or Tiaki as he was known as a boy, all the boundaries and the special places of their ancestral land. Later he worked as a stockman for Angus McMaster at Tuhitarata, Lake Wairarapa.

Hoani with his sister Annie and brother Charles, was initially taught to read and write by their father, who later sent him to Wellington to be tutored by a Mr Crawford (Kerewhata). Te Aitu did not agree to her son living with a man whom she did not know. After a month one of his mother's relatives fetched Hoani back. His further education was at mission schools and, according to family tradition, was paid for by Governor George Grey.

Hoani Te Whatahoro became a prolific writer on Maori traditions and customs. He usually acted as a scribe or recorder. He began this work in the late 1850s, when a large gathering of Wairarapa Maori came together to discuss land and political questions. It was suggested that the tohunga present should explain some of the tribal traditions to the assembled people. Three tohunga consented to teach: Te Matorohanga (also known as Moihi Torohanga) was appointed to lecture, and the other two (both unnamed) were to assist by recalling any matters that Te Matorohanga might omit. The Wairarapa people also decided that these lectures should be written down by Hoani Te Whatahoro and Aporo Te Kumeroa. At Papawai, near Greytown, in 1865, Hoani recorded traditions given by Te Matorohanga, with Paratene Te Okawhare and Nepia Pohuhu assisting. He continued to record information from the teachings of Nepia Pohuhu and Te Matorohanga until their deaths in the 1880s.

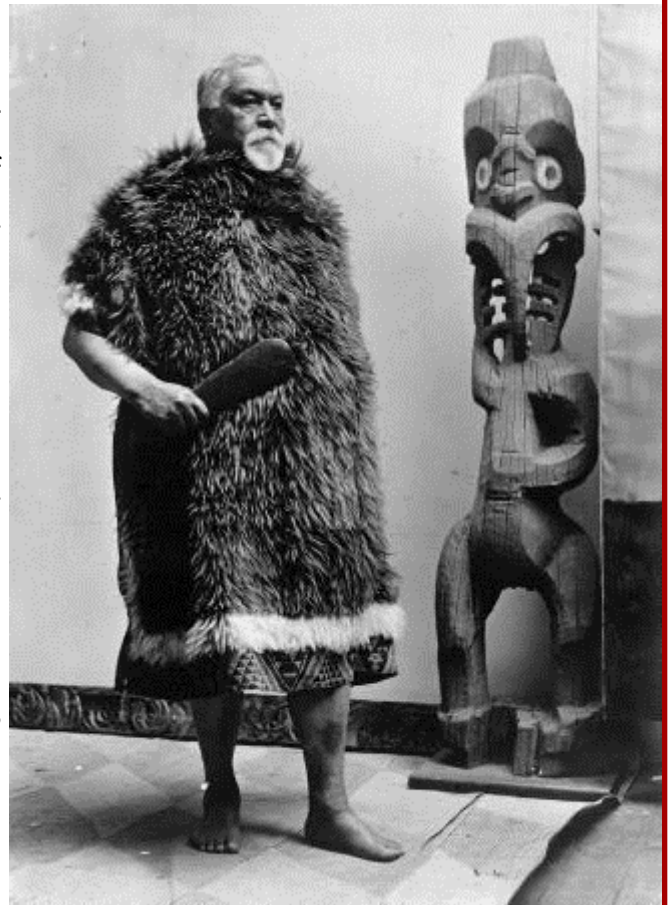
In 1883 missionaries of the Church of Jesus Christ of Latter Day Saints began work among the Maori at Te Ore Ore, near Masterton. Several people, including Hoani Te Whatahoro, were attracted to this faith. From 1886 to 1888 he was one of those who assisted Mormon elders in translating the Book of Mormon into Maori.

Whatahoro was involved with a number of movements. These being Te Kotahitanga. This movement advocated self-government for the Maori people through a Parliament, and claimed this as a right based on the Treaty of Waitangi. The Tane-nui-a-rangi committee, to which the most learned men of Ngati Kahungunu belonged.

In February 1907 Hoani Te Whatahoro was elected a corresponding member of the Polynesian Society; he retained this membership until his death. In 1907 'An ancient Maori poem' by Tuhoto-ariki was published in the Journal of the Polynesian Society with a translation by George H. Davies and extensive notes by Hoani Te Whatahoro. In 1909 Hoani Te Whatahoro had published in the society's journal an article 'Ko te tikanga o tenei kupu, o Ariki'.

Although Hoani Te Whatahoro made important collections of Maori traditions and nineteenth century literature, much of this material was passed on to several European scholars. Elsdon Best, T. W. Downes, S. Percy Smith and John White all

wrote articles which incorporated information supplied by Hoani Te Whatahoro, but made little or no acknowledgement. One of the more important of these articles is Downes's 'History of the Ngati Kahungunu', published in sections in the Journal of the Polynesian Society between 1914 and 1916. Percy Smith, president of the Polynesian Society, used other writings of Hoani Te Whatahoro. He translated and published, under the title The lore of the wharewananga, the teachings of Te Matorohanga and Nepia Pohuhu that had been written down by Hoani 48 years earlier. The first part of these teachings was printed as volume three of the Polynesian Society's Memoirs in 1913, the second part was first printed as chapters in the Journal in 1913 and 1914, and then reprinted in 1915 as volume four of the Memoirs. In these publications the ideas, opinions and



interpretations of Smith dominate the English translation. Important manuscripts of Hoani Te Whatahoro are now held by the University of Auckland, the Alexander Turnbull Library and the National Museum.

Hoani Te Whatahoro Jury died on 26 September 1923, at the Greytown home of his eldest daughter, Te Aitu-o-te-rangi. He is buried in the Papawai cemetery. A man of great knowledge, he is said to have completed six of the seven grades of the whare wananga.

Excerpts taken from M. J. Parsons. 'Jury, Hoani Te Whatahoro', from the Dictionary of New Zealand Biography. Te Ara - the Encyclopedia of New Zealand, updated 30-Oct-2012 URL: <http://www.TeAra.govt.nz/en/biographies/1j6/jury-hoani-te-whatahoro> URL: <http://www.TeAra.govt.nz/en/biographies/5b38/boyd-te-heke-rangatira-ki-nukutaurua>



Fareham Creative Space

Pae Tū Mōkai • Featherston

📍 80 Underhill Rd, Featherston 5710
🌐 farehamcreativespace.nz
✉ admin@farehamcreativespace.nz
☎ 027 238 3822



Welcome to Fareham Creative Space

We are a registered charitable trust in Pae tu Mokai, Featherston, situated in the beautiful and extensive grounds of Fareham House, all set in native bush with a transitional organic garden and a developing food forest.

We offer a broad scope of creative art workshops, such as pottery, fine arts, and crafts, including textiles and sewing. These activities are open to everyone. During the week you can meet our tutors and co-ordinators who will be running our 'Open Studio' sessions where you can work on your own creative ideas and meet others. We also have more structured weekday and weekend programmes.

We run programmes that are adapted to all ages and can cater for school classes, groups and private parties.

These art form options will shift according to the needs and interests of the wider community. We always welcome new ideas, so if you would like to host a workshop, an event, or want to suggest a programme not offered, please get in touch at admin@farehamcreativespace.nz

Two dates to remember!

1. Age Concern trip to Fareham Creative Space
Wednesday 27 September- see page 22 for more information
2. Open Day at Fareham Creative Space
Saturday 14 October 10:00am - 3:00pm



Community Centre and Support Hub

14 Wakefield Street, Featherston
info@fcc.nz

Feldenkrais – every Mon 11am – 12, Thur 10-11am & Sat 9 – 10am

This method of movement is different from conventional exercise systems like yoga, Pilates and the gym. (It's easier!) On the way you improve your posture and flexibility, and many common aches and pains disappear. You feel rejuvenated and more at peace. Your first session is free, come along and try it.

Friday Knitters & Crafters – every Fri 10am – 12noon

A friendly social group. Come along and join in! \$2.50 per person which includes a hot drink.

Building Financial Capabilities (BFC)

Helping people and whānau of all ages to improve their financial wellbeing. BFC takes a strengths-based approach to empower people to get control of their money, set goals and achieve long-term, sustainable change. Ask the Centre office for a referral.

Age Concern – 4th Weds 11am – 1pm

Friendly and Free help, support and advice.

Senior's Cards Group – every Mon 1pm – 4pm

We are social group of Senior's meeting to play 500. We would love to have new people join us. We collect \$2 per person koha for the Community Centre and usually have a cup of tea or coffee.

Senior's Cards Group – every Mon 1pm – 4pm

We are social group of Senior's meeting to play 500. We would love to have new people join us. We collect \$2 per person koha for the Community Centre and usually have a cup of tea or coffee.

Beautification Group – 3rd Mon 7 – 8pm

Our friendly group meets monthly at the Centre to catch up outside our volunteer gardening duties.

We would love to have new people join us. We collect \$2 per person koha for the Community Centre, when we meet here. No charge for helping us in the gardens!

Community Law – 2nd Tues 11am – 3pm

Free Law Advice

Wisdom & Wellbeing – every Weds 10.30am – 12noon

We recommend coming along! \$2.50 for a hot drink and a great morning tea. Inspiring, informative and even funny speakers. Performances and new friends to be made! They may even be able to arrange transport from Carterton, Greytown or Featherston.

IRD - every 3rd Thur 9.30am – 12.30pm

Charles can help with so much - Personal tax, Allowances and much more. Make sure you are getting you entitlements. This FREE service is by appointment through Centre Office but appointments can be made on the day. If he is not with someone you may get an appointment on the spot.

South Wairarapa Support Hub

Not sure where to go or who to reach out to? We are here to listen and find support.

Visit the Community Centre in Featherston weekdays 9am – 4pm



Waicare Day Activity Ltd

2 Hosking Place, Masterton

Phone: (06)377298

Mobile: 0273157773

Email: waicareactivities@gmail.com

CARER SUPPORT GROUP

As an extension of its Day Activity service, Waicare Day Activity are re-starting a Carer Support Group to support those Carer's in the Community who are feeling isolated, or who would like some interaction and socialisation with others who are experiencing the same situations/problems that they are.

The Group was running pre-COVID and now is the time for the Group to recommence.

We provide a relaxed, friendly environment, morning tea and a great place to make new friendships. It is a safe place to discuss any problems that you may be experiencing or be able to perhaps pass on some advice to another Carer who is experiencing something that you have already been through.

The Group is open to all Carers and there is no charge to attend.

Once the Group is established again we will arrange for Speakers to come and speak and give advice to the Group about any issues that are identified in discussions (if that is what the Group wants to happen).

The format is very informal and there is no hard and fast rule that you must come every week. If you can make it, that's great, but if not, hopefully we will see you the next time the Group meets.

We appreciate that it can be difficult to get time away from the person you are supporting and we may be able to help with this. Feel free to give us a call to discuss.

Initially we will meet on Tuesdays and Thursdays at 10am until 12. The venue is the back meeting room at St Matthews church Hall. The first meeting will be on 11 July 2023.

If you would like to know more about the Group please ring either Deb Hall on 0273157773 or Elaine Leggott on 0272489248.

Hope to hear from you,
Deb and Elaine



Lisa Matthews
Positive Ageing Strategy Coordinator

Wairarapa Regional Positive Ageing Strategy Te Hōkai Nuku

What a winter! Or what a year! Weather-wise Wairarapa hasn't lived up to its reputation for a while now. But here we are in spring at long last and we can look forward to a drier summer (so they say). Coming into the warmer months is a great opportunity to look back to the winter, fix those drafty cold spots and improve the warmth and dryness of your house.

If you are keen to know whether you have a warm and dry house then you can book the free home health assessment toolkit that is available from all the Wairarapa libraries (on behalf of Masterton, Carterton and South Wairarapa District Councils). The kit includes a range of equipment to assess the 'health' of your home, including dampness, energy efficiency, and other environmental factors.

Have a go at the toolkit or have a look at how you can improve your home yourself or with the help of whānau. A warm dry house is healthier for you and save you money. Key things to think about:

1. Keeping the heat inside your house

Have a look at your curtains as windows are the second biggest source of heat loss in the home (after the roof). Look at adding extra layers to your curtains - either by pinning a blanket in or by purchasing thermal curtains. Block those gaps - use draft excluders on doors and block up the fireplace if it is not in use.

2. Better heating

Heat pumps and fireplaces are the most cost-effective ways of heating your house during winter. Get your chimney swept and your heat pump serviced (or vacuum it yourself). Keep that heatpump on 18-20 degrees.

3. Remove moisture

Reducing the amount of moisture in our homes helps our homes be healthier. Damp air also needs more energy to heat up so having a dry home can reduce your heating costs. Open those windows and doors to get the air into your house.

There is heaps of information online about healthy homes and more things you can do to create a warm dry home - check out your local Council's website first. If you don't have access to the internet, then contact Age Concern and they will print off information for you.

Homeowners with Community Services Cards are now eligible for Warmer Kiwi Homes' grants covering up to 80% of the cost of ceiling and underfloor insulation and well as 80% off the cost of a heat pump.

Heating costs may also be considered by the Ministry of Social Development if you are ill or have a disability.

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



At Digital Seniors our aim is to help you however we can, wherever you are in your relationship with digital technology. We do this one-on-one and step by step.



Far from some of the utopian promises of technology, a lot of interactions with a new phone or tablet can be a quite harrowing reminder of how slow learning can become the longer we have been doing it. This can be off putting!

The people who we see having the most success at Digital Seniors are the ones who are willing to come again and again, who can have a laugh at all of it and can find ways to breathe out any of the feelings of frustration, resistance, resentment or overwhelm that often come up for us when we are courageously trying to get a handle on a new form of technology or work something out that seems simple to someone else. “We should know better” or “We should be able to do it” are thoughts that get in the way of learning. If they don’t stop us altogether they will certainly drain any of the fun out of it!

I felt inspired by last quarter’s *Active Aging* magazine’s articulation on kindness by Chris and the good reminders throughout on what to do when we feel stressed or worried. I’m often thinking of ways to encourage more kindness from people for themselves as they grow frustrated or experience despair in the face of a digital obstacle. Letting go of expectations about how fast we will progress can be a huge step in the right direction. One of the things we notice at Digital Seniors is repetition works and our coaches are happy to help you with the same thing again and again. You can do it feeling safe and unstressed, firstly, with someone by your side and then eventually doing it by yourself, if you feel comfortable.

Call 0800 373 646 to talk with Niki, Rhonda or Evan.

FREE one on one help at:

Carterton Library Tues 9.30am
 Greytown Library Tues 1.30pm
 Masterton Library Wed 10am
 Martinborough St Andrews Thurs 9.30am
 Featherston Community Centre Thurs 1.30



**Digital
Seniors**

0800 373 646

When was the last time you visited your library in Carterton, Featherston, Greytown or Martinborough? If it's been a few years, you'll be in for a – pleasant! – surprise.

We are now part of a large network of over 20 lower North Island libraries including Masterton, Hutt City, Porirua and Kapiti Coast libraries. This means a greatly enlarged collection with more than a million items to borrow from. If we don't hold a book you want, chances are we'll be able to borrow a copy for you from one of our partner libraries. Best of all, it now doesn't cost anything to reserve and borrow books, and there are no charges for overdue items. So, if you've been reluctant to use your library because of fees, or fines you've incurred in the past, you can return to enjoying your library knowing it won't cost you anything.

Your library also offers more than just books. Did you know you can use our computers for free? Check your email, browse the Internet, and perform other online activities such as banking. We also offer printing and scanning services. You can even print directly from your mobile device if you wish.

As a community hub, you can find all kinds of support at regular clinics held by **Digital Seniors**, **Justices of the Peace** and **Wairarapa Community Law**.

Get together with like-minded people and form Scrabble clubs and reading groups.

For those who are creatively inclined, look out for **free workshops** taking place throughout the year. Most recently, the lovely ladies from Divine River led a series of sewing projects as well as workshops on making lip balms and soy candles.

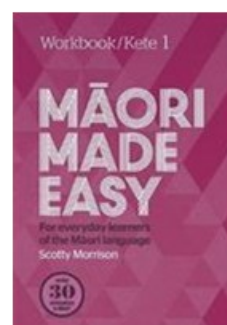
We work with **Wai Word** to host frequent talks by writers. Listen and learn a variety of topics from local plants to poetry, to sustainable farming, to history.

And if you can't come to the library for any reason, let us come to you! Sign up to our **Homelink** service and we'll deliver a selection of reading materials to your home every three weeks. In addition, we can help you download the **Libby** app to your mobile device and show you how to access thousands of digital items from the comfort of your home.

Whether you want to catch up on the newspaper headlines, browse the shelves, or just chat with our friendly library team, you can expect a warm welcome – we look forward to seeing you soon!

Reader Picks for great spring reads:

(All authored by New Zealanders, and all available at a library near you!)



The Countdown is On!!

The General Election is fast approaching. We strongly encourage you to have your say. Whilst we won't influence you on who to vote for we are happy to share our Position Statement with you. Our focus is on:

- Housing and urban design
- Income and cost of living
- Loneliness and social connection
- Health services and access
- Elder abuse services and prevention



For a more in depth look at these pop into the office or come along to a coffee morning.

If you would like to vote on the day but getting to a polling booth is difficult for you please reach out to us here at Age Concern Wairarapa (06 377 0066) and we will do our best to assist you.

You can also ring **vote.nz** 0800 36 76 56 to for queries relating to enrolling special votes an advance voting.

General election on the 14th of October 2023!

Age Concern Position Statement – reference material

<https://www.hud.govt.nz/our-work/long-term-insights-briefing/>

<https://retirement.govt.nz/news/latest-news/2022-review-of-retirement-income-policies-released-highlights-the-importance-of-nz-super/>

<https://retirement.govt.nz/news/latest-news/research-reveals-new-zealanders-are-willing-to-make-trade-offs/>

<https://www.who.int/teams/social-determinants-of-health/demographic-change-and-healthy-ageing/social-isolation-and-loneliness>

<https://www.ncbi.nlm.nih.gov/pubmed/30926408>

<https://officeforseniors.govt.nz/better-later-life-strategy/>

<https://carers.net.nz/information/covid-19-survey-report-caring-lockdown/>

<https://www.tewhatauora.govt.nz/whats-happening/what-to-expect/nz-health-plan/#our-six-priority-actions>

<https://msd.govt.nz/documents/about-msd-and-our-work/work-programmes/initiatives/family-and-sexual-violence/2020-07-elder-abuse-in-aotearoa-the-proposed-future-strategy-for-elder-abuse-response-services.pdf>

He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



Magazine Acknowledgements

A huge thank you to Stefan Kingsford-Brown for the wonderful coffee conversation (what a joy to spend a couple of hours talking with him) and for everything else he does as well!

Thank you to Massey University Press for allowing us to use more pages from *Sylvia and the birds* (we love this book).

Thank you also to the free image providers whose art we include (most often Vector and Clip Art but to all others as well); 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

Subsidised Meals:

Main and Dessert: \$7.60

(Covered by Te Whatu Ora Contract)

Contact:

Siearn Hohipuha, Administrator
Wharekaka Retirement Village
(06) 3069701

MEALS ON WHEELS

Masterton

Please contact:

Your health professional or FOCUS
For Glenwood Masonic Hospital Meals
Main and Dessert \$12.50
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:

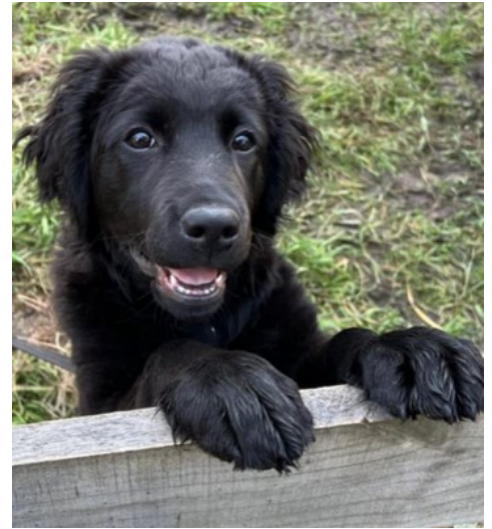
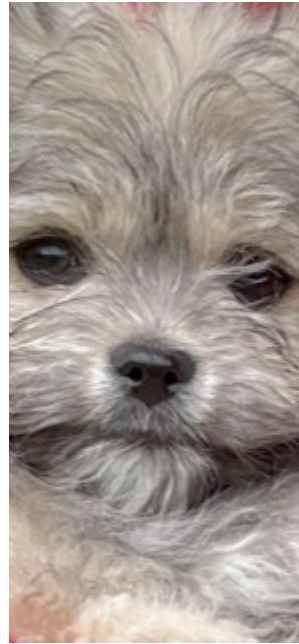
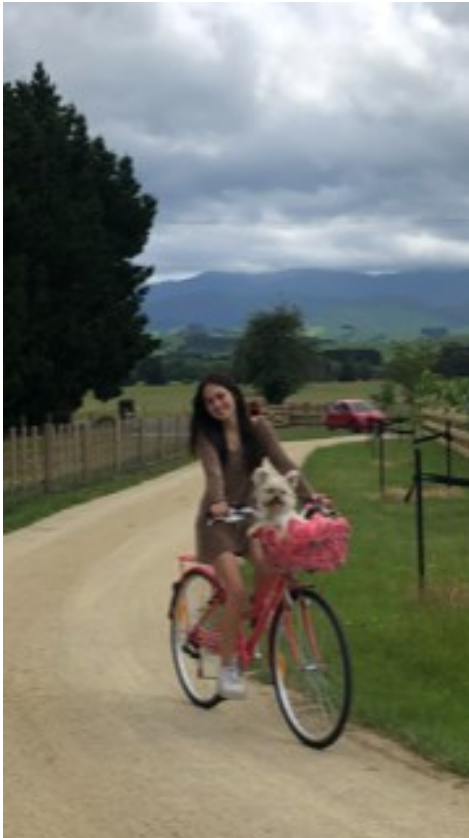
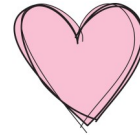
(06) 379 4092

MASTERTON COMMUNITY FOOD BANK:

(06) 370 8034



We love our dogs



From left: Teddy, Boo and Missy

Last Laugh



Name these places!



It's not too late to have a go at naming the places featured in our last magazine.

We're saving the answers until the next edition. If you want a hint or two try Masterton Library ...

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



"Please, no matter how we advance technologically, please don't abandon the book. There is nothing in our material world more beautiful than the book."

Patti Smith (Acceptance speech, *National Book Award 2010 (Nonfiction)*, November 17, 2010)

"One good thing about music, when it hits you, you feel no pain."

Bob Marley



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



Viva las Vegas
Thursday 12 October

Christmas in Vienna
Thursday 30 November



**AGE
CONCERN
WAIRARAPA**
He Manaakitanga
Kaumātua Aotearoa