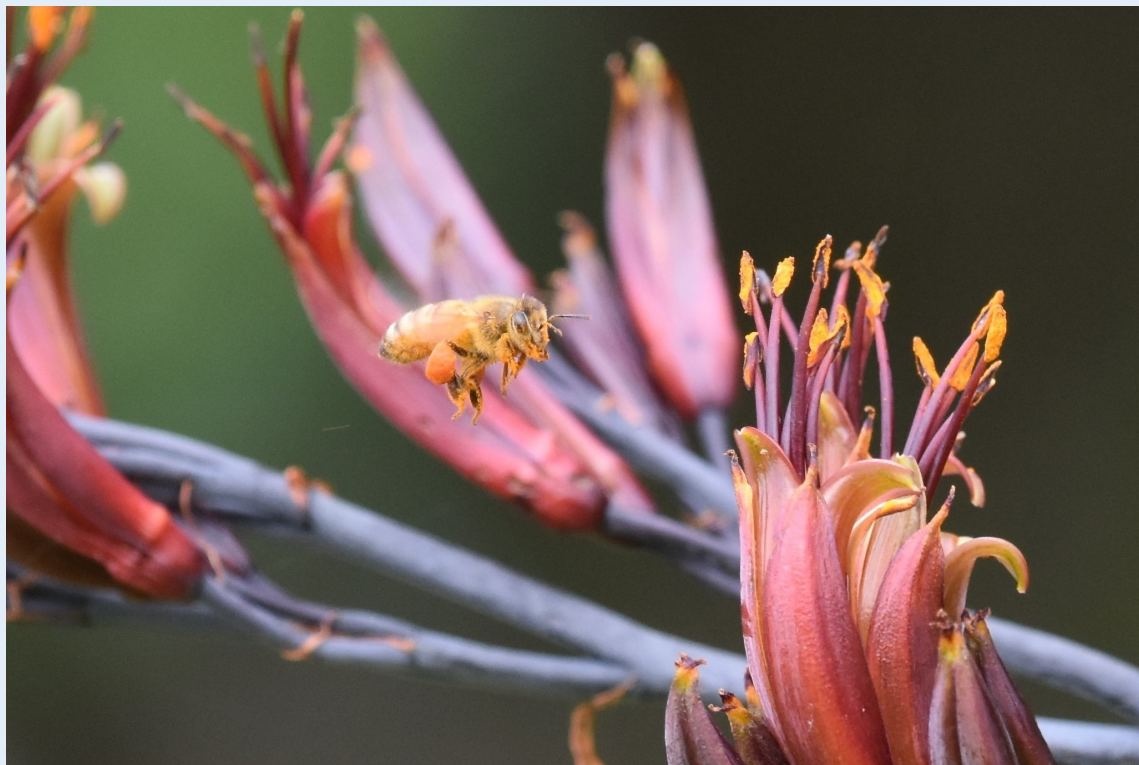


Active Ageing Wairarapa



THE POLLINATORS
- the hardworking creatures
who do the essential work of
keeping the human race going!

Also in this issue:

a conversation with beekeeper Tere Lenihan,
things to do this summer,
useful information,
and all our regular features

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Phone: (06) 377 0066
Email: admin@acww.nz
Physical Address:
 Solway Showgrounds,
 Fleet Street, Masterton
Postal Address:
 PO Box 865, Masterton 5840
Office Hours: Monday - Friday, 9am - 1pm

Staff

Manager
Kaiwhakahaere
 Esmae Laird
 manager@acww.nz

Seniors' Empowerment
Kaumātua Whakamanatia
 Susan Esler
 ears@acww.nz
 Anthony Aporo
 eanp@acww.nz

Age Concern Visiting Service
Whakarite Torotoro
 Lynsey Parkes
 avs@acww.nz

Buddy Up!
Whakapiringa Tangata
 Rachel Ingram
 coordinator@acww.nz

Health Promotion:
Hauora, Tohutohu-ā-hapori
 health@acww.nz

LifeCurve Service Coordinator
 Lisa Burch
 LifeCurve@acww.nz

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.ms.govt.nz



A new season.....

As I write the sky is grey, rain is threatening and it is officially Summer! I'm not concerned as the weather has been so changeable I am confident the sun will be shining soon. There is an air of excitement as the holiday period fast approaches. For those of you with school age tamariki in your lives the invites are being extended to final assemblies, and Christmas fetes and fairs are in abundance. Life is busy! It is no different here at Age Concern. There is a flurry of fun activity happening. I hope you have been able to join us.

I recently had the honour of attending the WBS Small Business awards. Myself and our Chairperson, Cheryl Watson, donned our most glamorous clothes (for me a silky white blouse and a lovely lacey black skirt I obtained from a Church clothing swap). We had the most enjoyable evening at the Hood Aerodrome. It was a wonderful event at which I was very proud to be representing our awesome team. We were a finalist in the *Not For Profit* category together with Hokai Tahi and Masterton Foodbank. I have had the pleasure of collaborating with both of these organisations and to be finalists alongside them is a great honour. Well done Masterton Foodbank for taking the top award!

As always our Summer magazine is jam packed with informative and interesting stories. Thank you to all those who have freely contributed their time throughout the year to help make this magazine the cheerful read that it is. With so many sad stories in the news it is important we celebrate the "small stuff", the day to day good news stories of which there are so many if we only take the time to look around and find them. On that note I wish to extend a HUGE thank you to our wonderful BuddyUp! Coordinator Rachel Ingram. She has been the creator of this magazine. She will be stepping aside in the new year as we welcome our new Health Promotion Coordinator who will take up this task. But don't worry Rachel's creative flair will again reveal itself. Watch this space....!

In 2014 together with my mother and young family I travelled to Japan. We attended a New Year's Eve ceremony known as *joya no kane*, a sacred bell ringing ceremony where people line up to ring the giant temple bells, put the year gone behind them and wish for good fortune in the New Year. Whether you are spending time with family these holidays, dancing the night away or like me, most likely watching a movie and struggling to stay up till midnight, I wish you and your loved ones all the very best for the holiday season and look forward to catching up with you in the New Year!

Ngā mihi nui kia koutou katoa,

Esmae



Safety on Line

We still have a landline which is great if you have friends and family who also use this option to keep in touch. Over the past year I have heard of several 'Cold Call' scams going around. I have one I specifically experienced myself that I want to share with you.

I answered a call one evening and a gentleman said "hello, this is David from Spark. I am ringing about an issue we are having with your email." Initially I thought well, this must be Spark as he had given his name therefore seemed authentic. Then I heard a lot of chatter in the background. I looked at the caller ID on my phone and there were several zeros before a long number so luckily before the conversation became too lengthy I said, "Thanks for calling David, but I am aware that you may not be from Spark. If you are, can you send all the details to my email so that I can check on the information and get back to you," and hung up. No surprise that I heard nothing further.

I am assuming that if the conversation had gone further he may have instructed me to remotely gain control of my computer. This sort of hacking is extremely dangerous as they can access files including your personal details, passwords and banking information etc.

Cold call scams are consistently one of the most reported scams to Netsafe (NZ's independent, non-profit online safety organisation). They differ in nature, but generally take one of the following forms: There's a problem with your computer; or You have a refund or payment due to you (e.g. tax refunds from IRD); or You have an invoice or bill you need to pay.

If you're unsure whether it is a scammer or a legitimate organisation, hang up and call the organisation using the official helpline number – generally found on correspondence you have received. You can also report this activity to Netsafe on 0508 638 723 8am – 8pm weekdays and 9am – 5pm weekends and public holidays. Or contact us here at Age Concern if you need some advice 06 377 0066.

Meri Kirihimete – Merry Christmas

Susan Esler



Fun Fact

Happy Birthday earns US\$5,000 a day in royalties making it the most profitable song of all time.

It costs US\$25,000 to use it in a movie or television show.





Enduring Power of Attorney (EPA)

An Enduring Power of Attorney (EPA) is a legal document that allows you to appoint someone to make decisions on your behalf if you become unable to do so yourself. The person you appoint is called an attorney. The EPA can cover your personal care and welfare, and/or your property and financial affairs. It is different from general power of attorney, which only applies when you have the capacity to make decisions yourself.

There are two documents for an EPA. One is for Property, the other for Personal Care and Welfare. You authorize your attorney to act on your behalf. There are various options that you can have in your EPA. For example, if you appoint more than 1 attorney, you can say whether they must act together (jointly) or can act separately (severally). You can also appoint successor attorneys, cancel (revoke) previous EPAs, determine the extent of your attorney's authority to act. Your attorney can make decisions only on the property matters you specify in the document and say who they must consult. Unlike the EPA for Personal Care and Welfare You can choose whether your EPA for Property comes into effect while you are still mentally capable or only if you become mentally incapable.

Your EPA authorises the person you name as your attorney to make decisions on your behalf about your personal care and welfare if you become mentally incapable. Your attorney can make decisions only on the personal care and welfare matters you specify in the EPA. In making decisions, your attorney has to follow any conditions and restrictions set out in your EPA and the Act.

Unlike an ordinary power of attorney or an EPA for Property, an EPA for Personal Care and Welfare comes into force only if you lose mental capacity. Your attorney's decisions apply as if you had made them and had full capacity to make them. It also has to be made in your best interest not theirs.

If you do not have an EPA and you do become cognitively incapacitated your family or next of kin do not have an automatic right to take over your affairs. An application to the Family Court needs to be made.

For further information go to Public Trust or [The court & enduring power of attorney \(EPA\) | New Zealand Ministry of Justice](#)

Anthony Aporo

Fun Fact: Palindromes are words, phrases, sentences and numbers that read the same both forwards and backwards. An example is - A MAN A PLAN A CANALPANMA!

Making new friends

Friendships are an essential part of a happy and healthy life and it's important to nurture the ones you already have as well as look for opportunities to develop new ones. Making new friends can feel a bit daunting at first and you may feel awkward the first few times you talk on the phone or get together, but this feeling is likely to pass as you get more comfortable with each other.



Opportunities to make new friends could include:

- **Attend community events.** Look for groups or clubs that gather around an interest or hobby you share. You may find these groups through word of mouth, or they may be listed in the newspaper or on community bulletin boards.
- **Volunteer.** Offer your time or talents at a hospital, place of worship, museum, community centre, charitable group or another organisation. You can form strong connections when you work with people who have mutual interests.
- **Extend and accept invitations.** Invite the person you have recently met, to join you for coffee or lunch. When you're invited to a social gathering, say yes.
- **Join an organised group.** Your local coffee mornings and/or exercise classes provide great opportunities to meet new people in a safe environment.
- **Take a walk.** Head out for a gentle walk and see who you meet along the way. Chat with neighbours who are also out and about or head to a local park. Dogs and small children are great excuses to strike up a conversation.

The **Age Concern Visiting Service** is another opportunity for new friendships to develop and grow. The Visiting Service matches people over 65 years who are feeling lonely or socially isolated, with volunteer visitors. Once matched the aim is to spend about an hour each week sharing conversation and activities with each other with the view to supporting the health and happiness of the older person. If you would like more information about the Visiting Service, please get in touch with me avs@acww.nz or 06 377 0066.

Lynsey Parkes

Fun Fact

The elephant is the only quadruped (four legged animal) with four knees





Finding Joy

Goodness time really does fly and here is the last Buddy Up! column of the year. And there is something to celebrate! Recently over 80 of us came together for a bit of singing and dancing - definitely something to sing and dance and write about!

A Bit of Singing and Dancing was a morning of finding joy in being together. Of people coming out (on a terrible day) to sing and dance and eat and just hang out enjoying each other's company. We all left feeling a bit lighter, with smiles on our faces and promises to do it again soon.

The morning was a great way to show what groups in our community are doing - how people with a shared interest are coming together in the Age Concern Band, the Troubadour Music Group and in a line dancing group. Each of these groups has a family feel to them and new members are warmly welcomed.

There are many people to acknowledge for their part in the day - Stefan Kingsford Brown for the wonderful work he does leading both the band and the choir; Mahi Tahi Tatou Trust and Rebecca for her words on inclusion; the performers - each of whom showed us how joyful it is to be part of a group (and also that an old dog can definitely learn new tricks); and of course the fabulous audience who participated and applauded and enjoyed being together. Thank you to Lynda, who set up and packed down, and also took the photographs (come in and see us if you would like to have a look at them all). And thank you to the Osborne Group who closed their offices for the day, came and ran the kitchen for us, and joined in the fun as well.

Buddy Up! is here to help you find or start a group that will bring you joy. Come on in to the office and we can have a chat about the things you enjoy doing or would like to learn. Joining a group (as Lynsey says on the previous page) is a wonderful way to feel connected and find happiness.

Have a wonderful summer everyone, and remember:

*Kei te kamakama te tikanga
it is a proper thing to be joyful
and full of high spirits.*

Rachel



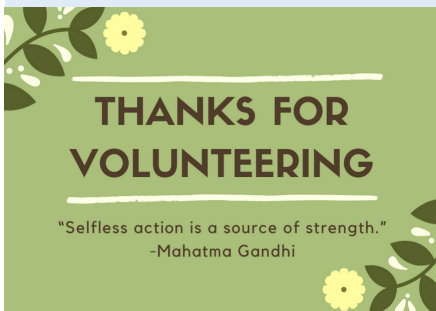
We are looking forward to introducing our new Health Promotion Coordinator in the next magazine. This edition provides a good opportunity to talk about the activities that come under the HP umbrella, and also to acknowledge the volunteers who support and/or facilitate them.

Coffee Mornings We run a monthly coffee morning in Masterton, Carterton and Martinborough. Once a month we attend a Wisdom and Wellbeing coffee morning in Featherston. We are very grateful to the volunteers who help with these; to Pauline and Indigo who welcome us so warmly to Featherston; and to the speakers who give their time so generously. We are keen to hear from you about speakers you would like to hear, topics you would like covered or activities you would like to try.

Trips The Age Concern Wairarapa trip happens in the last week of the month (and typically, but not always, on a Wednesday). We offer a variety of destinations both locally and a bit further afield. Depending on the type of trip refreshments or lunch may or may not be included. Please let us know of trips you have enjoyed in the past or of new destinations you think would make for a fun day out.

Exercise Classes We offer a range of classes throughout the region that cater for the different health and mobility needs of older people. Classes include *Steady As You Go @*, *Keep Fit!* and *Line Dancing*. Call the office to find a suitable class near you.

To find out more ... Information regarding all our activities can be found on the middle pages of *Active Ageing Wairarapa* (the Age Concern Wairarapa quarterly magazine) and on our website. Or give the office a call on 06 377 0066.



Volunteers We couldn't run any of the HP activities without our team of very generous and community minded volunteers. The work of this team includes: facilitating exercise classes, overseeing trips, setting up and running coffee mornings, providing cover when required, transporting others, making phone calls, answering the phone, talking with people, designing book marks, calendars and invitations, and delivering magazines. Our volunteers care and support others, come out in all weathers, and give their time and energy freely (and always with a smile). Thank you all so much, we hope you have a lovely summer break and look forward to working with you again in 2024.

Venues We are very grateful to the clubs, groups, organisations and churches who very generously allow us to use their rooms and facilities. Thank you, and see you again next year.

And lastly ... Summer greetings and a Happy New Year to all of you who attend our classes and activities. If you haven't yet, we'd love to see you join the fun.



About Age Concern Wairarapa

He pāpori e whai whakaarohia ana, e whakanuitia ana,
e tautokona ana, e whai mana anahoki te hunga kaumātua.
Our purpose is for older people / kaumātua to live a valued life
in an inclusive society.

Tā Mātou Matakiteinga - Our Vision

To be recognised as a leading contributor to the wellbeing of
older persons / kaumātua in our Wairarapa communities

Tā Mātou Kawenga - Our Mission

Helping, connecting and empowering older persons in Wairarapa

Our Values

The work of Age Concern Wairarapa is based on these values,
with special reference to older people, koroua and kuia:

Being responsive,

Respecting all,

Caring,

and

Being committed to wellbeing.

Our Guiding Principles are that our services are accessible,
appropriate and affordable, inclusive, culturally appropriate and
equally available to all.

We work in partnership with funders, public services, community
organisations and individuals to achieve this.



Lisa Matthews
Positive Ageing Strategy Coordinator

Te Hōkai Nuku Wairarapa Regional Positive Ageing Strategy

Did you know that the Wairarapa Region is not alone in having an age-friendly policy? It is part of an international network of cities and communities with the common vision of making their community a great place to grow old in.

The WHO Global Network for Age-friendly Cities and Communities (the Network) was established in 2010 to connect cities, communities and organisations worldwide that are committed to the full participation of older people in community life and healthy and active ageing.

The Network currently includes 1542 cities and communities in 51 countries, covering over 320 million people worldwide.

New Zealand as a country joined the Network in 2018. Since then, a number of cities and towns have become members including New Plymouth District Council (2018), Hamilton City Council (2018), Gore District Council (2020), Nelson City Council (2022), and Auckland City Council (2022).

The three Wairarapa Councils have just recently become a member of the Network. I am really excited as it shows that the Councils are demonstrating their commitment to ensuring that the Wairarapa region will be a place where our kaumātua/older residents lead valued, connected and fulfilling lives.

Through the membership of the Network, the three Councils will have access to resources and information that will support the work of the Strategy and its implementation.

Great news!

If you want to know more about the Network and 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

Fun Fact

A human adult has 100,000 miles (160,934) kilometres of blood vessels - enough to stretch around the equator four times!



Do You Remember ... Raftarama

By Mark Pacey of the Wairarapa Archive

Summer is a time to get out and about and have some fun in the water. In the 1970s the Martinborough Lions Club had a brilliant idea of how to get out in the sunshine and in the water and also have a lot of fun.

It was called Raftarama – a raft race held at Moiki in which enthusiastic paddlers would propel their craft down the river. The rafts themselves all differed, some were conventional inflatable dinghies while others were customized speed machines.

The 1977 Raftarama was particularly successful. There were 77 rafts entered into the race and over 3,000 spectators turned up to watch the spectacle. The contest was divided into classes, two sections for men and one for women. Section I was the main event and two-time reigning champions Lamb's Garage were keen to make it a hat trick.

Their chief rival, Pukemanu, were dead set on upsetting Lamb's winning run. Pukemanu had finished second for the last two years, never quite getting the better of Lambs. It was hoped this year would be different.

As the race began, the crews rowed furiously down the river, all vying for space and to stay at the front of the pack. Pukemanu finished with a time one minute faster than the year before, but unfortunately it was not quite enough to better their rivals.

Lamb's had also shaved time off their previous run and were a full five minutes ahead of Pukemanu with a total raft-time of 53 minutes.

With three consecutive wins under their belt now, Lamb's decided to step down from competitive rafting in the future. It would now be just for fun.

In Section II it was Gates Goons skippered by John Gates that took out the top honour and the women's section was won by the Eketahuna Rangers.

In all it was a successful and fun day in the sun which brought in \$1,352.

The final award of the day went to the winner of the novelty Miss Raftarama, with Miss Fredrica Dagg taking out the prize.



Lamb's Garage finishing in first

Image: Wairarapa Archive

These little guys keep the human race going ...



Tere Lenihan is a busy person. She works for the Wairarapa Safer Communities Trust, and is building an eco-friendly house. She is a hands-on grandmother, sometime line dancer, keen gardener and beekeeper. In this coffee conversation we talk with Tere about her beekeeping and the joy she finds among her hives.

So Tere, how did you become a beekeeper?

I'd noticed that our flowers weren't blooming and that our fruit trees weren't being pollinated. I went looking for the wild bees on our property and found they had died. So I thought, 'Ok, I'll be a beekeeper. I'll get a hive.'

And it was as easy as that?

[Tere laughs] Well, not exactly. I thought it seemed simple - I thought the bees from my one hive would pollinate the orchard and the garden. It worked, but my interest grew and grew - I couldn't help myself! Now I have ten hives, and as well as producing honey I'm making candles, food wraps and furniture polish!

It's not hard to learn, but there is a lot to it. I joined the bee club and had a mentor help me out as I got started. Later I studied through Otago Polytech and now I can rear queen bees.

And you're working all year (just like the bees) to keep the hive happy and fed. Happy bees make more honey. There are times that are busier, such as the honey flow in spring, but you do need to take care of your bees in the winter months as well. All year you are looking out for the Varroa Mite and American Foulbrood which will wipe out your hives. And you need to watch out for mice in the winter - they'll creep into the nice warm hives and steal honey!

What equipment does a beekeeper need?

There is a lot of paraphernalia. You need full protective gear (and I certainly do because I am actually allergic to bees!), tools, honey extractor, an incubator if you are going to rear queen bees, a shed to work in and of course the hives.



Images: Tere Lenihan

How do we keep bees happy in our own gardens?

Bees work so hard all year round, they need to be able to forage in the winter months as well as the rest of the year. Planting a garden that flowers each season is a very bee-friendly thing to do. They are particularly attracted to lavender and to blue flowers. Have water available for them - place some large stones in a shallow dish and add enough water for the bees to reach from the rocks. Check it after any rain because you don't want your bees drowning. Get rid of any wasp nests as wasps kill bees and can wipe out a hive. And always remember a bee will only attack if it feels threatened.

What do you love about beekeeping Tere?

I love the quiet and the peacefulness. I say to the family that I'm off for a quick visit to the apiary and won't be long - but I'm there for hours, and most importantly no one interrupts me. I love hearing a tree alive with bees working it. They're absolutely amazing little creatures.



Images: on this page: Lynda Robinson

Find out more about pollinators, why they are important, how to help them thrive, and quirky facts about them in the article below.

The Pollinators

Why are they important?

Pollinators like bees, insects, bats, and birds are critical to our ecosystems. They are some of the hardest working members in our society, doing their bit to contribute by ferrying pollen between plants helping them produce flowers, fruit, and veggies. Around 75-95% of all flowering plants across the planet need pollinators. They are responsible for **providing one in three bites of food you eat**, and its estimated they add around US\$217 billion to the global economy.

Aside from helping to produce food, they support healthy ecosystems that in turn help clean the air, sequester greenhouse gas emissions, stabilise soil, and support wildlife.

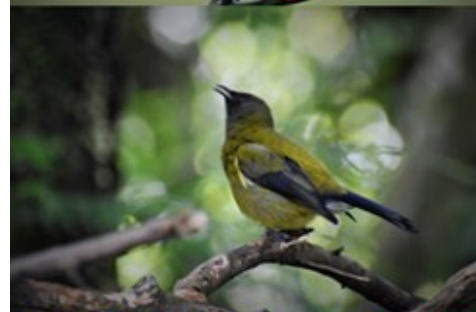
A pollinator recession would have a detrimental effect on just about everything; it would lead to food scarcity, a decline in community resilience, and would have incomprehensible consequences for our biodiversity. If we lose the pollinators, we will lose the plants they pollinate, and the animals that eat them.



Who are the pollinators in Aotearoa New Zealand?

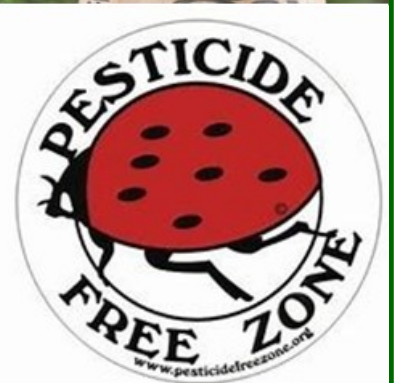
We are lucky enough to be home to lots of pollinators – bees, bumble bees, butterflies, moths, bats, insects, lizards, and birds are all responsible for getting our fruits, veggies and flowers growing. A few of the more common pollinators you might see in your garden – and why they're special - are:

- **Bees** are often heralded the heroes of the pollinator world, and with good reason - New Zealand has 28 species of native bees, and 27 of those are endemic, and can only be found in New Zealand, whereas one is indigenous, meaning it also lives in Australia, but may have travelled here unaided by humans. A queen bee can lay around 800,000 eggs in her lifetime – that's a lot of kids to keep track of!
- **Bumblebees** have different skills to bees – they have fuzzy bodies that act like pollen magnets and can pollinate faster than any other insect. They also are key in pollinating pumpkins and tomatoes – both need something called 'buzz pollination', a bumble bee specialty.
- **Tūī, Bellbirds and Silvereye** are nectar eating birds, that have the important job of pollinating some of our native flowers – the rātā, kōwhai, flax, kaka beak, puriri and Pohutukawa to name a few. If you're lucky, you can also see Tūī showing off their party trick – they are a rare species that can fly backwards.
- **Monarch and Red Admiral Butterflies** are well known. Monarch caterpillars eat around 500 times their body weight, and love swan plants to keep them going. They are also big in butterfly terms – they have a wingspan of around 100mm. The Red Admiral butterfly feeds on nettle nectar and tree sap. They're a New Zealand native, and unfortunately are looking a bit vulnerable – they've disappeared from Auckland and need a bit of support.



What can you do to help? There are lots of things you can do to help pollinators do their job and thrive in your own garden:

- **Don't mind the weeds, feed the bees!** Give your lawn mower a break - thick grass is a great place for pollinators to rest, and wildflowers are a favourite treat. Sticks, stones, pinecones, and leaves help to create a natural mulch that keeps the soil moist and gives pollinators somewhere to live.
- **Create a pollinator paradise** – a pollinator friendly garden has something flowering, all year round. Lavender, Hebes, kōwhai, flax and native flowers are favourites. Water sources are also handy – be it a bird bath or a dish of water with stones in it. You could also set up a sugar water feeder, somewhere safe from predators.
- **Pesky predators** – to keep the pollinators safe, we need to keep our back yards safe, and free from rats, cats, and mustelids. There are traps available from Predator Free groups, DOC, and Mitre10.
- **Poisonous pesticides** – Pollinators are struggling with the overuse of pesticides, herbicides, and fungicides. Try limiting these as much as you can. Once your garden is in full swing, you won't need them as much anyway.



If you want to get involved further, there are loads of volunteer groups that are working on planting in the Wairarapa. Check out Forest and Bird, DoC, or give your local Council a call to find out what projects are happening close to you.

Thank you to Predator Free NZ for the trap image.

For more information about traps, or about Predator Free NZ in general visit their website:

<https://predatorfreenz.org>

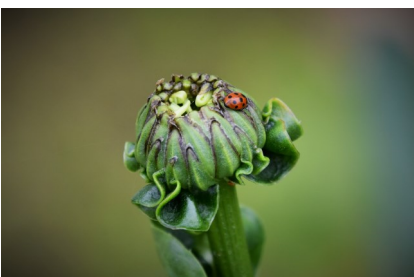
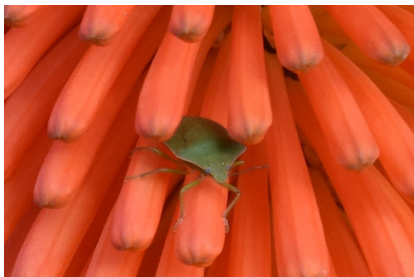
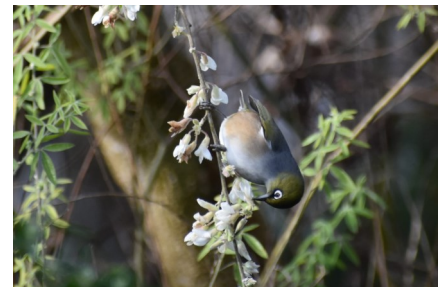
Interesting to know ...

- *Native bees are smaller than introduced bees and do not have a sting*
- *They live in a variety of habitats*
- *They nest alone in small holes on the ground or in trees*



Summer Treasure Hunt

- look out for these creatures in your garden or at the park. Make a tally and compare your results week to week,. Share your findings with friends and family. Make a note of patterns that emerge and send them to us for collation.



Many thanks to Lynda Robinson for the images on Page 13, 14, top and bottom images on Page 15, and the images on this page.

Māori Rangatira

Te Rimene Witinitara Te Kaewa

Te Rimene Te Kaewa born in 1863, died in 1937, was the third born son of Mereana Haritiera and Ngāti Hāmua chief Witinitara Te Kaewa. In latter life Te Rimene was often called Captain Rimene due to the rank he attained whilst serving in the Wairarapa Mounted Rifles. His wife Marara (nee Kuiti) lived to be over 100 years of age and so by the 1930s became a direct link with the past and invaluable holder of knowledge for the people of Te Ore Ore.

Te Rimene had five brothers Te Kawana Witinitara; Tiripa Witinitara; Kumeroa Witinitara; Te Ahikohai Witinitara and Hakaraia Hanapiera Witinitara. As you can see with the names you have; Rimene families, Kawana families and the Witinitara families. Well known names in the Wairarapa.

In 1897 Te Rimene was chosen as part of a New Zealand contingent that travelled to England. Captain Rimene joined Major H.P Tunuiarangi, Mita Anaru Tuhokairangi, Puhara Te Tau and Taiawhio Te Tau and proudly represented their people during the celebrations for Queen Victoria's Diamond Jubilee in London. During the visit Captain Rimene was presented with a ceremonial sword which he brought home. This sword is held at Te Papa Tongarewa.

During a visit to New Zealand by the Duke and Duchess of York and Cornwall in 1901 Captain Rimene commanded the Wairarapa Mounted Rifles who had been selected as the royal couple's personal bodyguard. To have had such an honour bestowed upon the soldiers was a coup for Wairarapa Māori. There is a piece of early archival film footage that is believed to show Captain Rimene on his mount during the visit.

"The eye fell on Māori in modern military guise, the escort of mounted troops. They were the mounted rifles from the Wairarapa, ninety strong, in the ordinary khaki uniform with brown facings and plumed hats. A remarkably fine body exceedingly well horsed and armed; they were under the order of Captain Rimene" Unknown source.

Source: Moana and Merepeka Rimene reunion booklet compiled by Selina Duffy (nee Yee)

Compiled by Anthony Aporo



Ki te kotahi te kākaho, ka whati; ki te kāpuia, e kore e whati
When we stand alone we are vulnerable but together we are unbreakable

WAI WORD

One Word, One Year, After Another

In 2023, we brought you novelists, songwriters, filmmakers, poets, playwrights, and children's writers; memoirists, farmers, friends of nature, of China, and more - sharing the pleasures and power of words with Wairarapa residents and visitors.

And lots of lovely books! Inspiring workshops, too!

Come along! Enjoy a free monthly programme! Wai Word welcomes you!

Email events.waiword@gmail.com and request to be on the email list, or follow "Wairarapa Word" on Facebook.

The free events are made possible through partnerships with Almo's Books, Carterton Creative Communities, Carterton Events Centre, and Wairarapa Library Service.

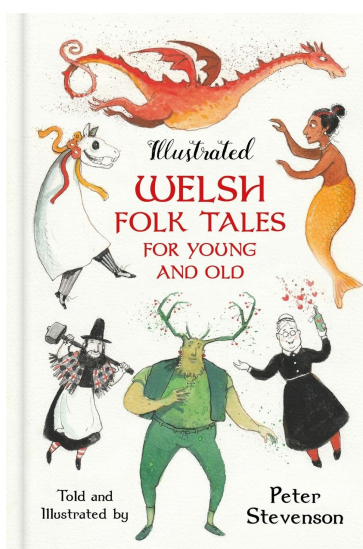
The 2023 Season opened with the Wairarapa debut of the Poet Laureate Chris Tse.

The 2024 Season will open with "Tales from Wales" – a day for the young and old, with Peter Stevenson, a Welsh illustrator, author and story encyclopedia who will be visiting Wairarapa. **Save the date** – Saturday, February 24.

We wish you all a merry summer!

Pob hwyl am y tro - a happy goodbye. For now.

- Jan, Jill, Madeleine, Philippa, Steve and Tania – The Wai Word Team



Peter Stevenson with Joy Cowley - he has illustrated several of her books.

Image provided by Wai Word

Buddy Up! at the Kitchen Prefab Masterton Library, Friday mornings

**we finish on Friday 22 December,
and restart Friday 12 January**

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



Beginner Ukulele

(and percussion)

1:00pm - 2:00pm

Bring an instrument you
have, but don't buy one -
try one of ours out first

Keep Fit! and Line Dancing - end and restart dates

Keep Fit! Monday

End 18 December,

Restart Monday 8 January

Keep Fit! Thursday

End 14 December

Restart 11 January

Line Dancing

End Monday 18 December

Restart Monday 15 January

Steady As You Go - end and restart dates

Masterton

Monday

End 18 December

Restart 8 January

Thursday

End 14 December

Restart 11 January

Carterton

End Wednesday 20 December

Restart Wednesday 10 January.

Featherston

End Monday 18 December

Restart Monday 15 January

Coffee Mornings

\$3 Age Concern members

\$4 Guests



MARTINBOROUGH

First Wednesday of the month

St Andrew's Anglican Church

41 Dublin St

10:00am

MASTERTON

Second Tuesday of the month

Pigeon and Poultry Hall

Solway Showgrounds

10:00am

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

All coffee mornings resume in February

Please note that Masterton returns to the Second Tuesday of the month

Thank you for your feedback and patience

Greytown Residents! We're keen to hear from you - please call us with your suggestions and views on a monthly Age Concern and Greytown Library Coffee morning



Trips

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

Remember to bring your Goldcard
Please let us know of any suggestions you have for future trips

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

FEBRUARY

Call the office from mid January for details of the February trip:
06 377 0066



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:

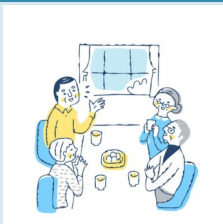
Contact Petra 06 3782629



Buddy Up! 2024

Look out for new groups
including:

- writing
- men's coffee group
- chat groups
- armchair travel



Buddy Up! Help Wanted

If you can offer transport to others who
require a lift to 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 \(mstn.govt.nz\)](https://www.masterton.govt.nz/clubs-and-organisations)

Ageing With Attitude Radio Show

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

Third Monday of the month

for conversation, information, and good music

Arrow FM 92.7



MASTERTON SENIOR CITIZENS AND BENEFICIARIES' ASSOCIATION

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

Once a month there is a hot meal for members

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.



Waicare Day Activity Ltd

CARER SUPPORT GROUP MASTERTON

Thursday 10:00 to 12:00

Wairarapa Community Centre, Perry St

Open to all carers - no charge to attend

To find out more please ring either :

Deb Hall 0273157773 or

Elaine Leggott 0272489248



Happy (and successful) shoppers back in Masterton following the Christmas Shopping trip to Palmerston North.

A fantastic day out by all accounts!

Quick tips to make your food safe this summer - from the NZ Nutrition Foundation



Summer is the time to be outdoors, perfect for barbeques and picnics. Handling and storing food safely is the key to avoiding sickness from bugs.

- Wash your hands properly before touching food
- Precook chicken, meat patties and sausages before cooking on a barbeque
- Don't use the same plate to carry raw and cooked food, and use separate utensils.
- Prepare food as close as possible to eating time
- If you are taking food on a trip, keep it cool in a chilli bin
- Don't leave food out of the fridge for too long before eating
- Refrigerate leftovers as soon as possible, and when you reheat, make sure they are steaming all the way through.



Want more information on food safety? [Read MPI Enjoy Food Safely Over Summer](#)

Two summer recipes for you to enjoy ...

... using honey from those industrious little pollinators you read about earlier in the magazine!

We've tested them both and can report they are easy to make and delicious.



Chia Seed Pudding

Serves 2

Ingredients

- 4 T Chia seeds
- 4 T Water
- 6 T Lite coconut milk
- 6 T Sliced apricots and/or feijoas
- 1 t Honey

Method

1. Soak the chia seeds in water for 5 – 10 minutes or until the seeds start to swell.
2. Stir in coconut milk and leave it in the fridge for 5-10 minutes until it turns into a gel texture.
3. Serve with fruit on top and a drizzle of honey.



Tip: Any fruit works well – choose something in season. For a variation try bananas served with Greek yogurt

Honey Rice Bubble Slice

Prep time: 5 minutes

Cook time: 8 minutes

Additional time: 1 hour

Total time: 1 hour 13 minutes

Makes 26

Ingredients

125g Butter diced

125g Sugar

2 Heaped TBSP Honey - I use clover
honey

4 cups Rice Bubbles



Method

- In a large sauce pan gently heat the butter, sugar and honey over a low heat.
- Be sure to scrape the sides occasionally so the sugar does not burn. Stir constantly to ensure it does not stick at the bottom until it begins to boil then with occasional stirring allow to boil for approx. 4 minutes. You will notice the colour and smell begins to change and the consistency becomes slightly sticky.
- Remove from the heat and add the Rice Bubbles and mix well. Pour mixture into a lined 20 x 20 slice pan and set aside or pop in fridge to cool.
- Once almost cooled remove from pan and slice into desired size pieces. Alternatively use cupcake cases and spoon the mixture into them and set aside to cool - if you use a second spoon to scrape off the mixture you will save burnt fingers!

Many thanks to Anna from Just a Mum's Kitchen for both the recipe and the image. You can find more of Anna's recipes on her website <https://justamumnz.com>

Kupu Māori

wai water

aperekoti apricot (loan word)

honi honey (loan word)

panana banana (loan word)

huka sugar (loan word)

pata butter (loan word)

puarere rice bubbles

Keeping cool this summer...



Word has it that Wairarapa is going to have a hot summer - **temperatures are predicted to reach close to 40°**. This article looks at how to keep cool, cool down, and keep safe from sunstroke and dehydration. Thank you to the health sites that have provided the information.

How can I stay cool when I'm at home?

- Keep blinds down and windows closed when it's cooler inside than out.
- A tepid bath or shower, or a damp cloth or a splash of water on the back of your neck will cool you down.
- Turn on a fan - either standing or hand held. Use a newspaper or something similar as a fan.
- Drink plenty of water to avoid getting dehydrated. Avoid alcohol and caffeine as they can dehydrate you.
- Try to eat more food that's cold and has a lot of water in it, like fruit or salad.

How can I stay cool when I'm out and about?

- Try to avoid spending too much time outside or exercising during the hottest part of the day (between 11am and 3pm), and try to keep in the shade where you can.
- Wear a sun hat and carry a bottle of water with you. Take a handheld fan with you.
- Wearing loose, light-coloured, lightweight cotton clothing will help keep you cooler.
- Keep an eye on the forecast for hot weather warnings and plan outings accordingly.
- If you feel hot pop into the supermarket or library as they are air conditioned. Or treat yourself to a movie and enjoy the coolness of the theatre.

Heat Exhaustion

Heat exhaustion isn't usually serious and is caused by losing salt and water from your body after being exposed to heat for a long time. Signs of heat exhaustion include:

- feeling dizzy or faint
- feeling sick
- heavy sweating
- a fast pulse rate
- having a headache
- confusion
- having muscle cramps in your arms, legs and stomach.

Treating heat exhaustion

- Rest in a cool place – lie down with your legs raised.
- Drink plenty of non-alcoholic, cool drinks.
- Loosen your clothing – if possible, remove excess clothing.
- Sponge yourself with cool water or have a cool shower.

You should start to feel better within half an hour. If you still have concerns call Healthline or your doctor.



Heatstroke

Untreated heat exhaustion can lead to heatstroke which is life-threatening. Signs of heatstroke include:

- Confusion
- Disorientation
- Seizures
- Loss of consciousness

If you or someone else shows symptoms call your doctor or 111 immediately.

A useful tip

If it is going to be particularly hot and you think you might struggle, ask someone to check on you - they could phone you at a particular time, or maybe a neighbor could pop around. It's also a good idea to check on others you think might find the heat difficult.

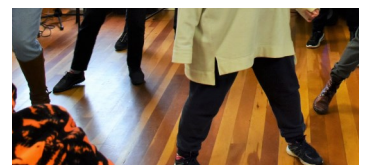


Keep safe, keep cool, keep calm!

A Bit More Singing and Dancing 😊



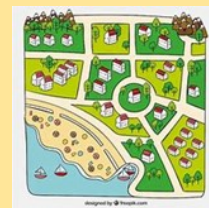
Interesting ... According to health experts line dancing improves strength and muscle tone, increases balance and coordination, and improves cardiovascular health and brain memory. The weight bearing nature, and directional changes, of line dancing are effective for bone health and osteoporosis. And dancing releases endorphins which make you feel happy. Goodness! Sign up for a class near you!



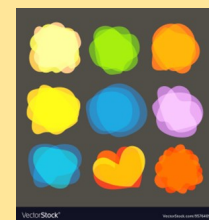
Summer Fun

Art Attack

1. Draw a map that details a walk you do. Include the little things you always look out for and have a treasure stop at the end (this could be a coffee, an ice-cream or a beautiful view). Give your map to a friend or neighbour and walk with them.



2. Choose a colour and spend the day noticing it in all its shades. Make and illustrate a list of the places you found it. Were you surprised by the range and number?



Choose a different colour another day.

3. Make a collection of tiny things you find in your house or garden. Make a pencil drawing of each over the next two weeks. Show your drawings to a friend.



Green Thumbs

1. Invite a friend, neighbour or family member over. Make a sand saucer with flowers from your garden.



2. Sit at your gate with extra flowers, plants or seedlings and a sign that says '**FREE**'! Talk to whoever comes along and share gardening stories. Share life stories!

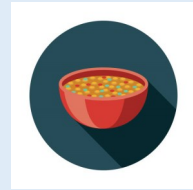


3. Make a refreshing summer iced tea with leaves or fruit from your garden. Invite a neighbour over to drink it with you.



Getting Together

1. Try a new recipe with an ingredient you have never used before – invite a friend or neighbour to share (they could do the same another day).



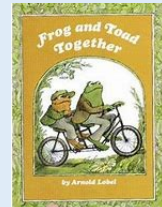
2. Take a friend or neighbour on a magical mystery tour (your favourite walk).



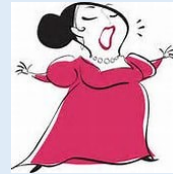
3. Teach a friend or neighbour your favourite board or card game. Then it is their turn to teach you. Meet regularly and remember to be encouraging!



4. Library fun! Issue a picture book and read it to a friend.



5. Play your favourite song or piece of music to a friend. Explain why it means so much to you. Then listen to your friend's favourite.



6. Plan to join or even start some new Age Concern Wairarapa activities in the new year – exercise classes, coffee mornings trips, Buddy Up! Or maybe you would like to become an Age Concern Wairarapa volunteer.



Have fun, compare notes with friends, neighbours and family. Send us photos or drop in and show us the challenges you have completed. Bring your lists, pictures and maps to a coffee morning and show them to others.

See page 16 for backyard summer science fun



Greetings to you all!

Hopefully by the time of this newsletter print, the weather will be more settled for our car journeys, as we do more driving over the Xmas/New Year to catch up with family and friends.

As the days grow longer and sunnier, we can expect to see more vehicle and pedestrian traffic. Drivers in summer contend with more sun glare and more limited visibility due to spring and summer roadside vegetation growth (especially on our winding, narrow country roads).

It's important to remember that in summer many more people are driving on unfamiliar roads. Long hours can be logged behind the wheel, meaning there's a heightened risk of tiredness. Drivers also tend to suffer increased stress in summer from factors like heat, traffic jams and road works.

Quick tips for a safe, enjoyable journey:

- Ensure your car is safe with a current W.O.F. and get it checked by a mechanic if you plan a longer summer driving trip.
- Plan any longer trips factoring in 'rest stops' to stretch your legs and have a drink and a 'bite'. Share the driving if you are able (driving when tired is as dangerous as drink driving).
- Before you leave, get up to date roadworks, road closures and other information. You can either go 'online' to journeys.nzta.govt.nz or ring them on 0800 444449.
- Windscreens and mirrors need to be crystal clear (a dirty windscreen will amplify sun glare)
- If you can wear sunglasses, they can reduce eye fatigue, sunstrike and glare. Two things to consider;
 1. 'Oversized' frames can reduce peripheral vision for roadside hazards & pedestrians.
 2. Choosing the wrong coloured lenses can impact how well a driver can see.*
- Driving on our country roads in summer means you will be constantly moving from bright sunlight into shaded areas from trees and hills, which can affect visibility. Slower speeds mean you can react safely to keep to the left and see oncoming vehicles.
- Ensure your car interior is not 'hot' by adjusting your air con/fan.
- Recognise 'fatigue' signs (sleepiness, your head nodding forward, eye blinking etc). If this is happening, you need to stop and rest at a safe place. A quick 'power nap' for no longer than 20 mins will refresh you to continue safely.
- Check (with your GP or Pharmacist) that any medications you take, will not cause drowsiness or fatigue. If you notice that they are, speak with them. It could be a simple fix of adjusting the dosages.

- Always carry a fully charged cellphone in case of a breakdown. Also carry extra clothes in case of a weather change.
- Let someone know when you are leaving, your route and expected destination time.
- Regularly check your rear vision and side mirrors on your journeys. Move to the left when safe to allow other vehicles to overtake should they choose.
- Search well ahead on the road for any hazards, such as a sudden traffic buildup, pedestrians about to cross, traffic signs, or upcoming bends/bridges/ or uneven surfaces.

Don't forget if you are interested in *Staying Safe* driving workshops for the senior driver, then contact Age Concern Wairarapa.

I hope you enjoy your summer trips.

'Haere haumarū' (safe travels),

Bruce Pauling

Manager Wairarapa Road Safety Council



* Avoid pink, blue and green lenses they can impact how well you see road signs, traffic lights and hazards. Opt for greys, browns and amber tints, as they assist with definition and clarity.

A SINCERE ACKNOWLEDGEMENT ...

... to all those people who have worked tirelessly to get this magazine collated, printed and safely into your mailbox. It's an impressive effort!

A huge thank you to Tere Lenihan for the wonderful coffee conversation - it was such a pleasure spending time with you Tere. We hope that all readers will be inspired to take care of bees - or even decide to give beekeeping a go themselves. Thank you also to Kylie Robinson for *The Pollinators* article.

We are fortunate to have Lynda Robinson providing amazing images - both of the natural world and at Age Concern events. Thank you also to the free image providers whose art we include (most often Vector and Clip Art but to all others as well).

We appreciate the contributions of our regular contributors who have provided us with such important content and met the deadline despite it being the end of the year!

Thank you to the people and organisations that provide the services we promote, and whose generosity of spirit we very much admire. And thank you to the NZ Nutrition Foundation who are happy for us to use their excellent material.

Proof-readers, you do an amazing job with a very speedy turnaround, thank you.

Printcraft, it is always a pleasure working with you.

Special thanks to our wonderful magazine delivery team who do a fabulous job in all weathers.

And to you, the reader, we hope you enjoy this edition.



FEATHERSTON
community centre

14 Wakefield Street, Featherston

06 308 8239

THE FOLLOWING SUPPORT SERVICES ARE AVAILABLE AT THE COMMUNITY CENTRE



Cancer Society Support Group

SW Branch NZ Labour Party

Ukulele Group

Independent counsellor services

Women's Refuge

Narcotics Anonymous

Knitters & Crafters

Community Law

Mah Jong

IRD / Tax Help

Stroke Support

ACC Sensitive Claims Therapy

Chair Exercise Class

Ear Clinic

Building Financial Capabilities

Book Club

Age Concern

Wisdom & Wellbeing Social

Alcoholics Anonymous

Digital Seniors

APM Workcare

Carer Support Group

Senior Cards

FOR MORE INFORMATION CHECK OUT
WWW.FCC.NZ OR CALL 06 308 8239

Community Chair exercise class: Designed for mature citizens who prefer a bit of dignity at their stage of life, this will challenge just a little bit but also be a lot of fun.

There will be a mixture of cardio, balance, stretching and strength training and much will be done using a chair – either as a prop or to actually sit on!

It's a 'community-type' class so the cost will be just \$5, or what you can afford, to cover the hire of the space.

The instructor, Rupert, has been around for quite a long time and with his brand new knee he knows what real people actually have to go through to keep fit and active in the real world.

So, if you've been on the lookout for an exercise class to fit your needs, this just might be it.

Thursday's at 11am classes are around 40 minutes.

Wisdom & Wellbeing: Every Wednesday morning 10.30 – 12 noon. Companionship, Information, Entertainment, Social, Trips and Fun.

Wāhine Singers: Did you know that singing is good for your mental health?

The Wāhine singers meet every Tuesday night, 7pm start.

Join in for only \$3 per session.

Carer Support group: This group is open to all carers (past and current) and there is no charge to attend.

As an extension of its day activity service, Waicare Day Activity have started a carer support group in conjunction with the Featherston community centre and with the support of Jen Bhati Property Brokers, to support those carers, or past carers, who are feeling isolated, or who would like some interaction and socialisation with others who have experienced the same situations/problems that they have.

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

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.



Fareham Creative Space
Pae Tū Mōkai • Featherston

80 Underhill Rd, Featherston 5710
farehamcreativespace.nz
admin@farehamcreativespace.nz
027 238 3822

Fareham Creative Space, Featherston, offers a broad scope of creative art workshops, such as pottery, fine arts and crafts, including textiles and sewing. These activities are open to everyone. On Tuesday and Fridays we run Open Studio sessions 10am to 3pm where you can work on your own creative ideas and meet others.

IDEAL for Groups

We have several Art and Craft programmes that are recommended for small groups up to 20 people - these are designed for educational and wellbeing groups, team building or for friends bonding. All programmes can be adapted to the skill level of attendees, crafts of interest and can be from two-three hours long, over one to ten weeks, or allocated time to finish the project.

For further information visit our website or contact Julie 0274 869 464.

Our vision

“Hauora and wellbeing through creativity”

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



Interesting facts about computers!

- The longest word (in English) you can write on the top row of your computer keyboard is ...TYPEWRITER
- It is estimated more than 5000 new computer viruses are released each month
- 70% of all emails sent in a day are spam!

Hato Hone St John: New Community Engagement Coordinator

Kia ora, my name is Rosie Julou and I am the new Community Engagement Coordinator for the Wairarapa, and a new regional resident as well! I have a background in supporting non-profit groups through training and development, and have lots of connections in the sector. As I jump into the role, my main focus is meeting with other organisations in the rohe and working out how Hato Hone St John might be able to help. I'm also trying to establish the areas of greatest need in this varied and beautiful region.



I also want to make sure that Wairarapa residents are aware of all the different community initiatives that Hato Hone St John offers, and to know that you can always ask us for assistance:

Health Shuttles

Our Health Shuttles are funded through the community and operate on a donation basis. You will see them in your neighbourhood, helping people get to and from their health appointments.

Caring Caller

The Caring Caller service aims to provide the opportunity of friendship and regular contact over the telephone. On agreed days, a friendly Caring Caller can check all is well, and have a chat. People become Caring Caller clients for many different reasons; a spouse has recently passed away, or family members have moved away. Some clients stay with the service long term, others may just need the service temporarily. This service is FREE and private and we are looking for volunteers!

Donations needed

The Hato Hone St John retail store in Masterton is a friendly place for locals to meet, connect, donate pre-loved items, get a bargain and support the community.

Get in touch

To find out more about which Hato Hone St John services are available in the Wairarapa, please email Rosie rosemary.julou@stjohn.org.nz

For information about Caring Caller phone: 0800 780 780

To book or enquire about Health Shuttles phone: 0800 589 630



**Hato Hone
St John**

**NEW
FOR
2024**



**FREE
CLASSES**

BETTER DIGITAL FUTURES
ONLINE SAFETY FOR SENIORS

WEDNESDAYS 3.30 - 5.30PM

MASTERTON LIBRARY

Five week course: 2 hour sessions

Introduction	24 January 3.30-5.30pm
Managing Passwords	31 January 3.30-5.30pm
Scams and Phishing	7 February 3.30-5.30pm
Online Behaviour	14 February 3.30-5.30pm
Fake News	21 February 3.30-5.30pm

Registrations Required: Register once to attend all five classes!



06 370 6253



www.stepsingup.nz > Join a Class



TE WHAREPŪKAPŪKA ME TE PŪRANGA
LIBRARY AND ARCHIVE

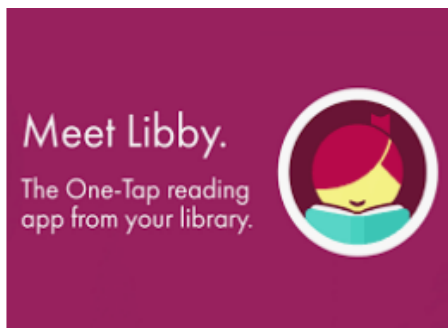


Long days, warm weather, festive celebrations – it's summer at its best!

Whether you're planning a trip, looking for DIY inspiration, after recipes to try out on your new BBQ grill, or simply wanting a selection of great reads, you'll find everything you need at your nearest library.

Joining the library is free and easy. And once you're a member, you can access a collection of hundreds of thousands of reading material in various formats.

If you're making the most of the sunny weather by being out and about, why not listen to an audiobook? No need to fiddle with tapes or CDs and cumbersome players.



Just install **the Libby app** on your device (smartphone or tablet), sign in with your library card, and choose from 8000 audiobooks to download and enjoy whenever you like, from wherever you are. For help with using the app, just pop in and see a friendly librarian.

What's the next best thing to reading books? Talking about them, of course!

As we get older, mental stimulation and social connection become even more important to our wellbeing. Enjoy the best of both worlds by coming along to one of our **book clubs**:

- Martinborough Library on the third Wednesday of the month 10 a.m. – 12 noon
- Carterton's Old Courthouse on the last Wednesday of the month 10 a.m. – 11.30 a.m.

Share what you're reading, make new friends, and have some laughs over a cuppa. Everyone is welcome – we look forward to seeing you there.



Mahi Tahi Tatou Community Shop

19 Queen St (The old Percy's Mart)

Open Tuesday to Saturday 10:00am-4:00pm

Close 23rd December, reopen 8th January

Talk to us about volunteering or support us by dropping off items you have decluttered

He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



 TRUST HOUSE

Room at the Inn

COMMUNITY CHRISTMAS LUNCH

FOR ALL PEOPLE OR FAMILIES IN NEED OF CHRISTMAS LOVE & COMMUNITY

25 December 2023 @ 11:30

Trust House Recreation Centre- 2 Dixon street

No need to register.
There is always Room at the Inn !



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:

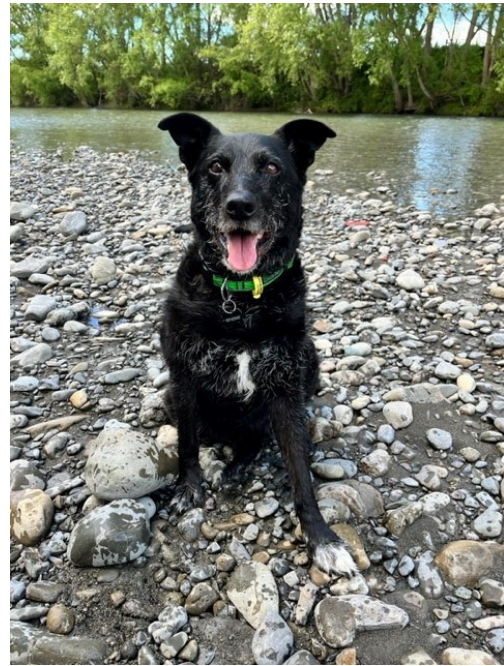
(06) 379 4092

MASTERTON COMMUNITY FOOD BANK:

(06) 370 8034



We love our dogs



Pippi and Timmy eagerly awaiting their stick to be thrown



AGE CONCERN MEMBERSHIP FORM

Date / /

Name..... Title ~~Ms~~ / ~~Mrs~~ / ~~Mr~~ /

Address.....

Home Phone..... Cell Phone.....

Email Address.....

- Happy to be emailed with:
- Updates of Age Concern activities near me
 - Public health and emergency notices
 - Surveys from third parties on age-related issues

- Ethnicity
- New Zealand European
 - Māori
 - Pacific Island
 - Other (please specify)

Emergency contact name.....

Emergency contact number.....

Annual membership (Financial year July 1 2023 – June 30 2024)

- Single \$25 (~~gst~~ inclusive)
 - Couple \$40 (~~gst~~ inclusive)
- Online Banking: 01 0682 0058102 00

Signed.....

Office Use Only Receipt no..... Date entered into data base.....

OPERATUNITY DAYTIME CONCERTS

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

Carterton Events Centre, 11:00am

Loads of fun and a great way to Buddy Up!

Book through the Age Concern Office (06) 377 0066



OPERATUNITY'S GREATEST HITS
Thursday 25 January

SHAKE, RATTLE & ROLL
Tuesday 5 March



WE ARE LOOKING FOR DRIVERS

Parking is a real issue for many people who would like to attend Operatunity concerts. If you could help with this - drop offs and pick ups at the door - please get in touch with Buddy Up! through the Age Concern Wairarapa office. Carpooling could add another whole dimension to Operatunity fun!



Happy holidays everyone!
Be safe, be good, see you
in the new year!

Let's do it all over again
in 2024! Make that a
New Year's Resolution!

Age Concern Office Holiday Hours
Close 3pm Friday 22 December
Reopen 9am Monday 8 January



**AGE
CONCERN
WAIRARAPA**
He Manaakitanga
Kaumātua Aotearoa