

Active Ageing Wairarapa



Welcome to the Winter Magazine.

In this issue we have tips about how to keep warm and healthy in winter, delicious recipes, an amazing story from the past and loads more...

Keep a look out for our Newsletter coming out in Spring!

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Tips to turn your blue winter into a bright winter

When the temperature drops, we are more vulnerable to weather-related health problems and injuries. Winter can be a frustrating time because obstacles can disrupt daily routines and put an additional financial strain on budgets for housing, exercise, electricity, travel, and medication. Like most things in life, it is better to be prepared. Below are a few tips to keep yourself warm and cosy this Winter.

Happy healthy warm homes Being in a cold and damp house is not only unpleasant; it can have serious consequences for your health. It is especially important as we get older to keep our homes warm and dry. The World Health Organisation recommends that you keep your living space between 18 and 21 degrees Celsius. There are so many little ways you can save on energy costs and keep warm this winter. Below are a few tips to keep that electricity bill down over winter.

Curtains – buy them nice and thick and close them when the sun goes down. The idea is to let the sunshine in during the day and then trap the warmth inside. The best way to keep heat in is to use 'thermal curtains.'

Seal any Gaps – in older homes, there may be gaps between the window and its frame. To fill those gaps, you can buy tape and fillers at hardware stores.

Circulation – keep radiators and heaters clear so heat can circulate; do not place furniture or dry laundry in front of them.

Close off Doors – if there are rooms you do not use, close the doors to reduce wasted heat.

Heat Pumps/Radiators – heat your home without wasting energy by using heating controls such as thermostats and timers correctly.

Electric Blankets – don't be afraid of electric blankets: they are inexpensive to operate (just over \$10 per winter if used every night), especially when compared to electric heaters. Ensure your electric blanket is turned off when you get into bed. However, don't forget simple things like investing in warm socks, heated wheat bags, hot water bottles and using extra bedding at night.

Smarter Lighting – replace incandescent, halogen, or compact fluorescent (CFL) bulbs with LEDs. They consume significantly less energy and last notably longer.

Check your Power Supplier – check your electricity supplier rates by visiting <https://www.powerswitch.org.nz> to see if you can get a better power deal elsewhere.

Break out the Crockpot – using a slow cooker all day uses one-third the electricity of cooking a roast in an electric oven for two hours. Cooking in bulk also provides a number of nutritious meals rather than just one.

Warmer kiwi homes grant

Warmer Kiwi Homes is a government grant for low-income homeowners. This funding is not available to people renting a home. Grants cover: up to 90% of the total cost of ceiling and underfloor insulation and/or 80% of the cost of an approved heater. Heater grants are capped at \$3,000 including GST. To see if you are eligible visit - <https://www.eeca.govt.nz/cofunding/insulation-and-heater-grants/warmerkiwi-homes-programme>

Important information for tenants

Older people are currently more likely than any other age group to own their own home, but this is dropping for those aged 50-64 yrs. With more older people now renting homes 'The Healthy Homes Standards' are required to be met within 120 days of any new or renewed private tenancy and from 01 July 2025 for all rentals. Ensure you are prepared for winter and your landlord is on board with these five required standards:

Heating – one or more 1.5kw fixed heaters are required in the living room. Heat Pumps, wood burners and flued gas heaters are also acceptable.

Insulation – underfloor and ceiling insulation have been mandatory since July 2019.

Moisture & Drainage – damp and mould are unacceptable and must be fixed straight away. Check that water does not pool and sit around outside your house and gutters are clear.

Ventilation – kitchen and bathrooms must have extractor fans that vent outside and not in the ceiling. This ensures steam and damp are extracted and keeping your home dry.

Draughts – premises must be free from unreasonable gaps and holes. A good rule of thumb is if a \$2 coin can fit, the gap should be sealed. Landlords are required to block off holes in walls, ceilings, windows, floors, and doors.

More detailed information can be found at: <https://www.tenancy.govt.nz/healthyhomes/about-the-healthy-homes-standards/>

KNIT & GIVE



Adobe Stock | #56222394

@Carterton Library

Come & share your ideas & skills!

Members knit on individual or joint projects for donation to Plunket (right next door) or another charity/cause.

First Thursday of the month from 2 p.m.

Drop in. No need to register. Supplies provided.

Coordinated by Alison Dye and St. Mark's Anglican Church, Carterton

Do You Remember....the Snow of '65

By Mark Pacey of the Wairarapa Archive

At the end of June 1965, Masterton was a rather wet place to be. The town had been subjected to a lot of rain. In the papers it was reported that Masterton was on the receiving end of "165 points of rain" For those that are not meteorologically savvy, one point is the equivalent of 1/100 of an inch or 0.254mm. So, in that fall in Masterton in June, there was 41.9mm of rain.

But while Masterton had a deluge of rain from the heavens, in the outlying districts, it was a different substance that fell to earth. A fluffier, whiter substance. Something that delighted children and annoyed truck drivers. It had snowed.

As night set in on 27 June in the small town of Mauriceville, a soft gentle deluge slowly filtered down to blanket the countryside. It was a bit too late to have a snow fight or build snowmen and it was hoped by some that the snow would survive into the next day. The residents need not have worried. As midnight rolled in, so did another dusting of snow.

As the residents stirred the following morning, they were presented with a countryside blanketed in white. Children finally got their opportunity to make their snowmen and in keeping things fair, there was also enough snow to make a snowwoman too. Mr. and Mrs. Frosty graced the front yard of at least one Mauriceville residence.

The negative impact of the snow was minimal in the region. There were a couple of telephone lines that were severed and there was a delay in truck drivers getting through the Remutaka Pass which was temporarily closed to due to snowfall.

Rising temperatures and another downpour of rain ensured that the snow disappeared as soon as it had come. Farmers were happy as the danger to their stock was minimal. The only casualties were the tragic demises of the Frosty's, who were last seen standing out [in](#) the rain.





What's on @ Parkinson's NZ Wairarapa

- Ping Pong every Tuesday 12-1pm at the Red Star Hall, Herbert Street, Masterton. Contact is Roslyn 027-264-8623
- Singing every Wednesday 10-11am at the South Wairarapa Workingmen's Club, Main Street, Greytown. Contact is Gordon 027-471-6197
- Exercise class every Thursday 1.30-2.30pm at the Wairarapa Boxing Academy, Dixon Street, Masterton. Contact is Roslyn 027-264-8623

These activities are open to anyone with a neurological condition who feel they may get some benefit.

We also have the following meetings:

- Action Group committee meets at 1.30-2.30pm on the second Wednesday of each month in Carterton. Anyone wishing to attend should contact Roslyn 027-264-8623
- Young at Heart Social Dinners on the second Thursday of every odd month starting at 6pm. These are held at different venues around the Wairarapa. Contact is Bill 021-298-2331
- Support meeting for care-partners /family on the third Thursday of every odd month 7-8.30pm at the Salvation Army rooms, High Street South, Carterton. Contact is Roslyn 027-264-8623



A Team - Garage Sale

Brian Steward who is the coordinator of the A Team has kindly offered to help fundraise money through a garage sale to help Alzheimer's Wairarapa. Brian and his vibrant team of volunteers have been helping Hospice for over 15 years doing the same thing. This year they have chosen Alzheimer's Wairarapa as their charity and are now operating at the Solway Showgrounds every Saturday. Enter through corner of York & Fleet Streets and its the first shed on your right coming in.

The team appreciates any donated goods, if you have any questions or needing more information please contact Brian on 0272085346.



Alzheimers Wairarapa

Phone (06) 377 7522

Wairarapa Road Safety Council

Greetings to you all!

With traffic volumes growing and the onset of winter there are things we should be thinking about in terms of safe travels, vehicle conditions and how we plan our journeys.



A safe car:

We need our vehicles to be up to scratch as winter conditions set in. Obviously we need a current Warrant of Fitness, but it can be a long time between WOFs so very important to get regular car checks done, and a good idea to get a 'winter check' at your local garage. We don't want to get caught out in the middle of a vicious winter day or night! Things to check for include:

Tyres:

Most important as they are what keeps us on the road! Tread on tyres help cars corner efficiently and safely, accelerate more smoothly, brake reliably and maximise fuel economy. Importantly in winter the tyre tread 'grooves' let water escape from the road quickly so you have maximum traction on the road surface, which is essential for stability and control of your car. The minimum legal tyre tread depth is 1.5mm across the width of the tread, but especially in winter we need the maximum tread we can have. Ideally, tyres should be replaced as a set, but if not then at least as a pair, otherwise the uneven tyres could pose issues when cornering or braking. Tyre pressures are most important as well, as they affect the overall stability of your car, especially when cornering. Incorrect tyre pressure can also affect your fuel consumption. Tyres lose pressure in winter so get them checked regularly by your garage or when you fill up at the petrol station. Correct pressures for your car can be found in the car manual or often on the inside of the drivers door pillar.

Wipers:

Wiper blades in good condition are essential in winter for obvious reasons. I change mine at the start of each winter. SuperCheap Auto on Queen St Masterton supply and fit them for you (for a small fee). Each time I fuel up I give the blades a quick wipe down with a paper towel. Surprising the muck that come off them and you don't want that being smeared across your windscreen when you need crystal clear vision.

Battery:

If you have had trouble starting your car then get it checked at your garage. It may be you are due for a replacement. Batteries last between 3 and 7 years depending on their usage. Over time however you will more than likely experience issues with your battery's performance, which can appear in a number of ways, such as the radio cutting out, the headlights appearing dimmer than normal and the car failing to start – especially on cold mornings!

Fluids:

Very important to get your car fluids checked regularly by someone - oil, brake, windscreen washer reservoir, power steering and radiator coolant. If you check these yourself make sure your car is off and the engine is cold.

Windscreens: You can't avoid what you can't see! Clear vision is a drivers legal responsibility and a 'road safety must'.

1. If you can't park under cover at night put some newspaper or cloth over your windscreen.
2. Use the demister to clear your screen – start with cold air then increase the temperature (warm air 'holds' moisture)
3. If still iced up, then use cold or warm water (never hot water), or a plastic bladed ice scraper to clear your screen.
4. Never use your hand to 'clear' the windscreen – this will simply smear

Sunstrike: Prepare for sunstrike before it happens. This has caused a death and serious injuries in the Wairarapa in previous winters.

1. Always ensure your windscreen is clean, clear and smear free
2. Use your sun visors in frosty mornings and early evenings
3. Polarised driving or sunglasses improve your vision
4. If blinded, immediately slow and pull over until vision is clear

Winter roads: A huge part of crash causes in winter are from drivers driving too fast on icy roads. We know that 'black ice' can't be seen so it pays to slow down in general, and especially on approach to corners, intersections, pedestrian crossings and schools.

1. Try to avoid sudden or sharp turning manoeuvres with the steering wheel, and remember that painted road markings can be slippery.
2. Brake gently and progressively on wet roads to avoid any loss of friction between your tyres and the road surface.
3. Beware of shaded areas that don't get much sun during the day, as there will likely be icy patches, especially on our winding rural roads flanked by trees and gullies.
4. If you can, delay your morning journey until any ice has hopefully melted, and return home earlier in the evening.

Headlights: Use your headlights more in winter, even during the gloomy days. You will be easier to be seen by other motorists. (just check they are not on 'full beam' which can blind other drivers).

Planning a trip: Driving distances in winter can be tiring as we are concentrating twice as much in heavy rain and gloomy conditions. You may want to consider the following:

1. Plan your trip and include rest stops in your intended travel times.
2. Ring 0800 444449 to get updates on any delays or road closures on the way to your destination. (or go to www.journeys.nzta.govt.nz if you use the internet)
3. Get your car checked out and fill the fuel tank
4. Take someone with you and share the driving
5. Items you may like to carry in the car could include; a fully charged cellphone, a torch (with spare batteries), warm wet weather gear including an umbrella, a 1st aid kit and blankets, snacks and water.
6. Always let someone know the route you are taking and when you are leaving.

Until next time....stay well and safe driving

Bruce Pauling

Bruce Pauling

Manager Wairarapa Road Safety Council

Vitamin D



Vitamin D is important for good bones!

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

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

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

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

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

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

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

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



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

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

Potato Topped Tuna Mini Pies with Steamed Beans



Potato Topping Ingredients

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

Method

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

Tuna Filling Ingredients

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

Method

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



VectorStock.com/3021053



Lisa Matthews
Positive Ageing Strategy Coordinator

Te Hōkai Nuku Wairarapa Regional Positive Ageing Strategy

Are you eligible for a rates rebate?

The Department of Internal Affairs has a rates rebate scheme that has an annual contribution of up to \$750 towards the cost of your rates. You may be eligible for a rates rebate if you own your own home and are on a benefit or have a low income.

You need to re-apply every year.

Whether you're eligible and how much you get depends on, for example:

- the total amount of rates you pay,
- how many dependants live with you,
- your total household income based on the previous tax year,
- your living situation.

Additionally, you must meet the following criteria:

- You are listed on the Rating Information Database as the ratepayer of the property,
- You were living at the property on July 1, 2024.

Your local Council looks after this scheme – they will assess your application and let you know if you are successful. They will also:

- tell you how much your rebate is,
- deduct this amount off your rates bill, or
- contact you about your rebate if you've already paid your rates in full.

Your application must include:

- the application form — fully completed and signed,
- proof of your total household income before tax,
- a signed declaration form if you live in a retirement village or company-share apartment.

The application form is available from your local council:

Masterton District Council - 06 3706300/ mdc@mstn.govt.nz /161 Queen Street

South Wairarapa District Council - 06 306 9611/enquiries@swdc.govt.nz /19 Kitchener Street, Martinborough

Carterton District Council - 06 3794040/ info@cdc.govt.nz /28 Holloway Street

More information can be found - [Get a rates rebate | New Zealand Government \(www.govt.nz\)](https://www.govt.nz)

If you want to know more about Te Hōkai Nuku Wairarapa Regional Positive Ageing Strategy please contact Lisa Matthews, Regional Positive Ageing Strategy Coordinator on 027 444 1887 or email lisa@cdc.govt.nz

Māori Rangatira

Te Maari-o-te-rangi, Piripi

Collated by Anthony Aporo



Te Maari-o-te-rangi, Piripi

In the 1860s Pakeha pastoralists were enviously eyeing the flood plain of fine silt building up on the borders of the lake, and in some cases using it without permission. But the floods which brought the harvest of eels hampered the Pakeha farmers. By the end of the 1860s they were seeking the power to open the shingle bar without the agreement of the owners of the lakes. In 1868 Piripi Te Maari, with Raniera Te Iho-o-te-rangi and others, asked the government to honour the arrangements made with McLean. For a time things went amicably. Sums of £40 were paid for permission to open the bar, but Piripi and others did not give permission during the height of the eel season, between January and March.

This did not satisfy the settlers, who put pressure on the government to purchase the lakes, and so bring to an end the annual flooding of their properties. In 1872 a meeting of Rakaiwhakairi was called at Te Waitapu, near Tuhitarata, in response to approaches made by a local settler, Richard Barton. The meeting decided against selling the lakes. However, in 1876 a deal was concluded, known as 'Hiko's Sale': Te Hiko, Hemi Te Miha and 15 others were induced by Te Manihera Te Rangi-taka-i-waho and Edward Maunsell (the government agent) to sign away their fishing rights to the lower lake. When Maunsell came to pay the purchase money, he was met by Piripi Te Maari who objected to the sale because only 17 of the approximately 155 owners wanted to sell their interests.

Maunsell replied that the government was determined to acquire the lakes and would buy individual shares. During these discussions Piripi set out the grievances of the owners. The second and most important grievance was if the government decided to open a permanent drain to the sea the fishing would be totally gone, and that endangering the fishing rights of the owners was contrary to the Treaty of Waitangi.

The prospects of an agreed solution were shattered by the Ruamahanga River Board. The board declared Lake Wairarapa to be a public drain, and asked the government to support it in its effort to open the lakes. In 1888 the board, to test the right it claimed, sent 33 men, accompanied by 2 constables, to work with spades to open the bar. Piripi Te Maari arrived with his followers, and after a tense discussion, put his protest into a statement which was signed as 'received' by the board's representative.

In 1895 Piripi petitioned the Native Affairs Committee of the House of Representatives, secured a favourable decision, that the owners of the lakes had been wronged and should be compensated. Compensation was in the form of £2,000 and they would gift lakeside reserves for Wairarapa Māori. Once again the Government failed Māori - those reserves never eventuated.

On 26 August 1895 Piripi died at Greytown and is buried at Waimarama. In 1896 Hamuera Tamahau Mahupuku who had taken over from Piripi, made an astonishing decision, to gift the lakes to the Crown, explaining it was too important to be sold. In 1916, twenty years after the gifting of the lakes Wairarapa Māori reluctantly accepted land which was poor quality at Pouakani, hundreds of kilometres away from the lake, north of Lake Taupō as part of the settlement.

Mānawatia a Matariki

Wednesday 26 June to Sunday 14 July

Remember those who have passed | Celebrate the present | Plan for the future

Matariki marks the beginning of the Māori New Year and the rise of the Matariki star cluster. It is a time to come together to reflect on the past year, celebrate the present, and to look forward to new beginnings.

Matariki information & images from www.matariki.co.nz

The Nine Stars of Matariki

Matariki Star	Provenance
Matariki	Well-being and health
Tupu-ā-rangi	Food that comes from above
Tupu-ā-nuku	Food that grows in the soil
Ururangi	The winds
Waipunā-ā-rangi	Rainwater
Hiwa-i-te-rangi	Growth and prosperity
Waitī	Fresh water
Waitā	The ocean
Pōhutukawa	The deceased

Kupu Māori

Kaumātua: Older person

Taonga: Treasure

Star: Whetū

Sky: Rangi

Family: Whanau

Food: Kai





Magical Matariki Celebration on June 26th @ Red Star Hall

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

It really was an amazing, uplifting morning at our Matariki celebration.

We welcomed Chloe from Whai Ora who taught us how to make Whetū, stars using Raranga, Māori weaving. We had a raffle and spot prizes.

Rachel led a Line Dance to 'Pepeha' a song by NZ band Six60, and we were blessed with a beautiful, heartfelt cultural performance by Chanel College. The students performed in Te Reo and Samoan and they had a very positive response from our attendees.

Everyone had plenty of servings of the delicious soup that Anthony made too.

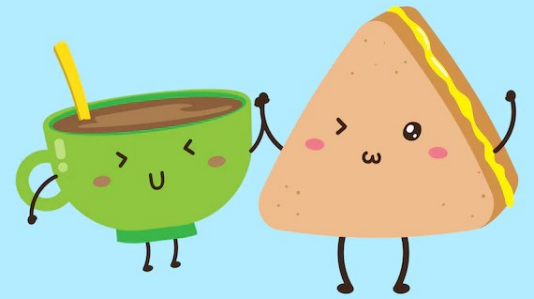
Our event was a lovely way to connect with our older people, and our local Māori community. Of course, the grant we received from the Masterton District Council was very much appreciated.

We're looking forward to next year!

This year we celebrated the star Matariki - the star that signifies reflection, hope, our connection to the environment and the gathering of people. Matariki is also connected to the health and wellbeing of people

Coffee Mornings

\$3 Age Concern members, \$4 Guests



MARTINBOROUGH

First Wednesday of the month
Heartland Services
39 Jellicoe St
10:00am

MASTERTON

Second Monday of the month
Wairarapa Community Centre
41 Perry St
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



Trips

Please note: the cost includes transport and lunch.
Please bring your Goldcard.
Call the office for more information or updates.

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

AUGUST

Upper Hutt
Cossie Club
Entertainment
& Lunch
Tuesday 27th

\$45

Leaving AC Office at 9:00am

Exercise Classes

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



STEADY AS YOU GO

Featherston

Monday 9:30am &

Thursday 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

Monday 1.30pm &

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



Community
Centre
Featherston

14 Wakefield St, Featherston



**Joanna Baldwin,
Manager**



We're going clean and saying bye to our legacy diesel heating system!
Continuous warmth, throughout the Centre but we are also keeping our fire in the big room.
Plus, when summer comes, we will have air conditioning as well.

Our new large kitchen is growing in popularity, especially for groups having a function in the Kauri room.

On Tuesdays at 11am, we run Kai & Connect. If you enjoy preparing food, pop along and join us. It is free for seniors to attend.



Free jackets and warm jerseys at reception, constantly being restocked.



Mon: Senior's cards (500) 1 - 4pm \$2
Tues: Kai & Connect 11am - 1pm Free
Weds: Wisdom & Wellbeing 10.30-12pm \$3
Thurs: Chair Exercise 11am - 12pm \$5
Fri: Knitting Group 10am - 12pm \$3

Email: info@fcc.nz

Phone: 06 308 8239

Website: www.fcc.nz

Buddy Up! is thrilled to bring you ...

Art Club



Second Tuesday of the month, 9:30am - 12:00pm

Senior Citizens' Hall (Corner Cole and Perry St)

Gold coin donation, Registration required

Natasha Priddle from Wairarapa Arts Outreach runs this fabulous club. Each session focuses on a different art material. The class caters for all levels - the process is carefully explained and the artworks created are fantastic!

To register please call the Age Concern Wairarapa Office - (06) 377 0066

Buddy Up! Fridays

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



Band

10:00am - 11:15am

Kitchen Prefab, Mstn Library

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

Please feel welcome to sing along

Cribbage

11:30am - 12:30pm

Kitchen Prefab

Masterton Library

Beginner Ukulele

1:00pm - 2:00pm

Mahi Tatou Tatau Day Base
Masterton (opposite ASB)

Gold coin donation

Bring an instrument if you have one, but try one of ours before you buy!

Winter Nutrition



The winter months can prove a nutritional challenge for some of us. Huddling in front of the fire on a wet, windy night is the perfect opportunity for planning healthy nutritious meals that not only satisfy but provide nutritional benefits. With some planning, you can help boost the immune system through good food and exercise, and better your chances from the winter ills.

Here are our top eight tips for winter:

- **Eat Plenty of Fruit & Vegetables.** Top up your immune system by eating antioxidant-containing fruit and vegetables. Choose [fruits and vegetables](#) that are in season such as mandarin, apples, grapefruit, broccoli, brussel sprouts, carrots, cauliflower and potatoes. Make the most of frozen and canned fruits, which are readily available, and cheaper, at this time of year. Get your [5+aday](#) by making at least one fruit or vegetable a part of every meal and snack.
- **Make a Casserole.** With a casserole you are able to use economical cuts of meat (blade steak, chuck steak, chops) with slow cooking methods. [Red meat](#) is high in [zinc](#) and [iron](#), two minerals that boost the immune system. Legumes (chickpeas, kidney beans, soybeans) are an excellent protein source, low fat, high fibre, low GI and economical. A casserole with meat, vegetables and a can of beans is a great way to boost your ability to fight disease, as well as being real comfort food.
- **Enjoy Soup.** Soup doesn't have to be complicated as there are many good soup mixes available to use as a base. With lots of vegetables, some beans or lentils and maybe some meat, soup is the perfect food to build your immune system. If you do succumb to winter bugs there may be some truth to the reputation of chicken soup's restorative powers.
- **Watch your portion sizes.** It is very tempting to snack on foods, eat a large plate of food and seconds, when you are indoors all evening. To avoid eating too much try to eat your meals at the table with the family, turn off the TV, use smaller plates, and reserve half your dinner plate for vegetables.
- **Drink Plenty.** Even though the temperature outside is chilly, you still need to [drink 6-8 glasses of fluid](#) each day. This includes tea, coffee and water.
- **Include Garlic.** Garlic is a great disease fighter as well as adding flavour to meals and food. Garlic will give the most benefit to your immune system when chopped and then left to stand for 10-15 minutes before adding to the pan. If garlic is cooked straight after it's chopped you are not getting the full health benefit.
- **Choose foods containing [Vitamin D](#).** Sometimes called the sunshine vitamin, it has been shown to help support the immune system. In winter when the weather is often bad and the angle of the sun is low it is possible many New Zealanders are not getting enough vitamin D from exposure to the sun. In this case, food becomes the most important source of vitamin D. Oily fish like salmon, mackerel and sardines are good sources of vitamin D and there are also vitamin D fortified milk and yoghurt available.
- **Keep moving.** Find an indoor sport or exercise class, rug up and brave the elements for a walk and arrange to meet a friend so that you have to turn up. Try increasing the amount of incidental exercise you do by taking the stairs instead of the lift or walking and talking instead of emailing a nearby colleague.



World Elder Abuse

Awareness Day

15 June

10 Tips to be kind and stop Elder Abuse

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

If you or someone you know needs support contact
Age Concern or the Elder Abuse help line.

Elder Abuse Help Line 0800 EA NOT OK
Free Phone Age Concern 0800 65 2 105



Save the Date for our AGM

Monday September 16th, 11.30am

Wairarapa Community Centre

41 Perry St, Masterton



EASIE Living Mobile Service

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

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

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

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

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

06 353 2743
enquiries@easieliving.co.nz



MASTERTON SENIOR CITIZENS AND BENEFICIARIES' ASSOCIATION

12 Cole St Masterton

Meets every Tuesday 1:00-3:00pm

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

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

Financial membership is \$20 per year

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

Ageing With Attitude Radio Show

With host ... DJ Ant



Join Anthony and guests at 8:00am on the

Third Monday of the month

for conversation, information, and good music



Arrow FM 92.7



He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



A SINCERE ACKNOWLEDGEMENT ...

... to all those people who have worked tirelessly to get this newsletter collated, printed and delivered! Thank you to all regular contributors; contributors to this issue; and the free image provider websites whose art we include (most often Vector and Clip Art).

Printcraft, it is always a pleasure working with you.



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)

Contacts:

Featherston

May Brown (06) 308 6912

Martinborough

Wharekaka Retirement Village
(06) 306 9701

MEALS ON WHEELS

Masterton

Please contact:

Your health professional or FOCUS
For Glenwood Masonic Hospital Meals
Main and dessert \$12.50
Call Melissa (06) 3770221

FOOD BANKS

FEATHERSTON FOOD BANK:

Is open to people who live in the

South Wairarapa area

Open Tuesday and Thursday 1:30 - 2:30pm

69 Boundary Road

Contact: feathfoodbank@gmail.com

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

Matariki Word search

Find the words that relate to Matariki in the word search below. Cross out each word at the bottom once you find them. Sourced from: www.mitre10.co.nz

A	E	T	R	I	K	K	S	T	Y	O	A	I	A
W	C	Y	S	T	A	R	C	L	U	S	T	E	R
A	K	S	A	O	T	E	A	R	O	A	A	E	M
S	K	N	O	I	T	C	E	L	F	E	R	A	F
E	A	A	E	L	A	R	I	E	N	N	O	F	K
A	N	H	N	R	W	T	T	K	O	T	N	I	S
E	K	R	A	H	Z	A	I	T	Z	K	F	L	T
O	E	L	A	A	R	K	N	R	I	N	A	F	R
E	E	N	I	B	I	R	A	T	R	O	U	E	S
L	A	R	E	R	A	E	E	A	O	K	E	T	E
U	L	L	A	E	Y	A	I	R	H	T	E	T	W
I	E	T	A	W	E	T	T	O	N	S	Y	T	E
C	A	T	E	S	K	L	L	O	T	I	A	E	T
M	S	N	O	A	W	A	R	L	M	A	T	H	L

- | | | | |
|--------------------------|--------------|--------------------------|------------|
| <input type="checkbox"/> | SKY | <input type="checkbox"/> | REFLECTION |
| <input type="checkbox"/> | CELEBRATE | <input type="checkbox"/> | MATARIKI |
| <input type="checkbox"/> | AOTEAROA | <input type="checkbox"/> | NEW YEAR |
| <input type="checkbox"/> | KITE | <input type="checkbox"/> | WHANAU |
| <input type="checkbox"/> | STAR CLUSTER | <input type="checkbox"/> | HORIZON |

****** SAVE THE DATE ******

Ageing With Attitude Expo 2024

**Tuesday 1st October @ Masterton War
Memorial Stadium**

10am — 3pm

**A fabulous showcase of services and information that promote
the well-being of older people under one roof!**



Please feel free to get in touch with any questions you may have or to book a space for your organisation:

Phone: (06) 377 0066

Email: admin@acww.nz



**AGE
CONCERN
WAIRARAPA**

He Manaakitanga
Kaumātua Aotearoa