

# Active Ageing Wairarapa

Issue 130, Spring 2025

## **Celebrating the 35th International Day of The Older Person 1st October 2025**



Image from:  
stockcake.com

**News and information for Wairarapa's older people, their  
families, whānau and caregivers**

(06) 377 0066 [www.ageconcernwai.org.nz](http://www.ageconcernwai.org.nz)

# Age Concern Wairarapa: here for you

**Visit us** 14B Queen Street  
Masterton  
Mon-Fri, 9am-3pm

**Call us** (06) 377 0066

**Email us** admin@acww.nz

**Write to us**  
14B Queen Street  
Masterton 5810

**Te Matou Matakite**

**Our vision**

**To be recognised as a leading contributor to the wellbeing of older people/kaumatua in our Wairarapa communities.**

## Our Team

**Manager**

**Kaiwhakahaere**

Esmee Laird email: manager@acww.nz

**Elder Abuse Team**

**Kairuruku urupare I te takakino Kaumatua**

Susan Esler

email: ears@acww.nz

Jacqs Wilton

email: eanp@acww.nz

**Age Concern Visiting Service**

**Whakarite Torotoro**

Paige Adams

email: avs@acww.nz

**Buddy Up!**

**Kairuruku Whakapiringa Tangata**

Deanne Pedersen

Email: coordinator@acww.nz

**Health Promotion Coordinator**

**Kaikōkiri Hauora, Tohutohu-ā-hāpori**

email: health@acww.nz

**Total Mobility Assessor**

**Te Hunga Whaikaha Kaiarotake**

Brenda Lakeman, email: thwtm@acww.nz

Or call 0800 801 700 to find out more

## Our Board

**Chair** Joy Cooper

**Vice Chair** Dayle Lakeman

**Treasurer** Hewitt Harrison

**Secretary** Lyn Riley

**Board Members**

Esther Read

Jonathan Hooker

Tim Bannatyne

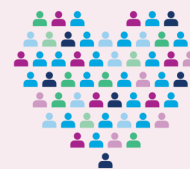
**We want to stay in touch with you!**



**Please call us on 06 3770066 if you've changed your address, phone number, or email.**

**Age Concern is a charitable organisation dedicated solely to the older people of New Zealand**

# Age Concern Wairarapa Update



Hello, Kia ora, and welcome to Spring!

It's been an even busier-than-usual time at Age Concern Wairarapa, as we gear up for the Active Ageing Expo 2025. On Wednesday 8 October, Masterton War Memorial Stadium will be packed with exhibits and activities that celebrate active ageing. You'll find more information on page 10—see you there!

Other activities coming up include our Annual General Meeting on 10 October, and our Christmas Buffet lunch on 26 November. Everyone's welcome to both events—details are on page 4.

As the weather warms up and the days get longer, a lot of us find we're in the mood to get out and about more. Keeping body and brain active are key to health and wellbeing. From exercise classes to book groups and beginner ukulele, there's plenty on in the Wairarapa. Check out the listings on pages 12-15. And then, once you've worked up an appetite, whip up a delicious chickpea wrap. The recipe's on page 18.

The good old 'spring clean' is a well-known ritual at this time of year. This is also a good time to make sure your car and your driving skills are shipshape for summer.

On page 20 you'll find helpful advice from the Wairarapa Road Safety Council on keeping yourself and your vehicle safe on the roads. And if you fancy a trip down memory lane—no car required—turn to page 8 for a look back at that one-time staple of Kiwi fundraising, the bottle drive.

We love hearing from our readers. Maybe you have a funny story, a poem, a photo, or a piece of writing you would like to share. Give us a call on 377 0066.

Hei konā mai, goodbye for now, Deanne

**Membership Update:** Our Age Concern Wairarapa membership year is now 1st January to 31st December. This means:

-If you've paid your membership fees this year, your membership will run to 31st December 2026

-If you haven't yet paid, we'll invoice you in December this year for your membership from 1st January to 31st December 2026.



**Join us for a Christmas Buffet  
Lunch at the Wairarapa  
Services and Citizens Club,  
20 Essex St, Masterton**

**Wed 26th NOVEMBER**

**12 noon**

**Cost : \$40**

**Come along and have some fun  
and enjoy the delicious food!**

## **Nominations for new Board Members are now open**

If you are interested in nominating someone,  
please complete the nomination form on the  
next page.

Nominations close

**Thursday 2 October 2025**

Current vacancies are for the Chair, the  
Secretary and three board member positions  
(Further details on the Nomination Form).

Our Annual General Meeting 2025 will be  
held on

Thursday 30 October 2025

10am Ranfurly Club

108 Chapel Street, Masterton



## **Something new, every day**

Age Concern Wairarapa is delighted to welcome new Board Chair Joy Cooper. Based in Martinborough, Joy is clear about what active ageing means to her: trying new things, staying fit and being involved in her community.

“I’m widowed, and my family all live overseas or elsewhere in New Zealand”, Joy says. “I know the importance of not isolating, of finding new things to learn and do. I try to find something new to do every day, and becoming Board Chair is a new challenge I know I’ll enjoy”.

We thank former Board Chair Cheryl Watson and member Erica Holtsbaum for their fabulous service to Age Concern Wairarapa, and wish them the best for their new adventures.

# NOMINATION FORM FOR MEMBERSHIP OF THE BOARD 2025



The Board of ACW comprises of FOUR (4) Principal Officers and up to FIVE (5) Board members.

The Principal Officer Positions are **Chair, Deputy Chair, Secretary, and Treasurer**

All Principal Officers and Board members are elected for a term of three years – should a Board members resign during their term then the position may be filled for the remainder of that term by either an appointment by the current Board or by election at the next Annual General Meeting.

The Principal Officer and Board member positions available for election at the 2025 AGM are

- A. Chair – for remaining term of one year
- B. Secretary - for a term of three years
- C. Board Member - for remaining term of one year
- D. Board Member - for remaining term of two years
- E. Board Member - for a term of three years

NB. Where a vacancy has occurred during the term of an elected Board member the current Board has the right to appoint a replacement at any time – this discretion applies to A, C, & D, above

## NOMINEE DETAILS:

NAME: .....

ADDRESS: .....

EMAIL: ..... PHONE: .....

POSITION NOMINATED FOR [Circle the role(s) you wish to stand for) –

**CHAIR (A) SECRETARY (B) BOARD MEMBER (C) BOARD MEMBER (D) BOARD MEMBER (E)**

CONSENT: *I consent to nomination for a Board member role on the Age Concern Wairarapa Inc Board and state that I am not disqualified from being elected/appointed or otherwise holding office as an Officer/Board member under Section 47(3) of the Incorporated Societies Act 2022 or Section 36B of the Charities Act 2005*

SIGNATURE: ..... DATE: .....

NOMINATED BY:

NAME: .....

ADDRESS: .....

EMAIL: ..... PHONE: .....

SIGNATURE: ..... DATE: .....

Email completed form to: [admin@acww.nz](mailto:admin@acww.nz) OR

Mail/Deliver to - Age Concern Wairarapa

14B Queen Street

Masterton 5810

**NOMINATIONS CLOSE ON THURSDAY 2nd OCTOBER 2025**

# free range eggs

straight to your door!



## FREE DELIVERY!

(every Wednesday within the Masterton and Carterton urban areas)

- ☺ Tray of 20 eggs, Mixed Grade = \$15
- ☺ Tray of 20 eggs, Jumbo Size = \$18
- ☺ Tray of 20 eggs, Size 7s = \$16.50
- ☺ One dozen = \$10

Want to share a tray? You and a friend or neighbour can go halves and still enjoy farm-fresh eggs delivered to your door!



## How to order!

Email your order to [lyn@eg.co.nz](mailto:lyn@eg.co.nz) or call me (Lyn) 022 444 4762

Please order before 8pm Monday for Wednesday delivery

Plus, we also sell top-quality 14kg bags of chicken manure for just \$15, or two bags for \$25 – perfect for your garden!

Don't wait! Our happy hens lay the biggest and best-tasting eggs, so get cracking and order today!

# eg.

Free Range Eggs

the chicken  
comes first.

[eg.co.nz](http://eg.co.nz)



## Mark your calendar



**Don't forget to vote!** Local body elections are your chance to say who you want to represent you and your community in local decision making. Voting papers have been sent out, and here are the dates coming up:

**9 to 22 September: post in your vote.**

**11 October: voting closes at midday and vote counting starts.**

**16-22 October: results announced.**

This year's election also includes a vote on whether councils should continue to include Māori wards and constituencies. You'll find more information at [votelocal.co.nz](http://votelocal.co.nz).

**Te Wiki o te reo Māori/Māori Language Week** celebrates its 50th anniversary from 14-20 September. The theme of this year's wiki is 'Ake Ake Ake—a Forever Language'. There's loads of information, inspiration and resources available at [www.reomaori.co.nz](http://www.reomaori.co.nz). Learn a new word, learn a new song, celebrate one of Aotearoa New Zealand's official languages.

**International Day of Older Persons** on 1 October every year celebrates the value and contribution of older people in our families, whanau and communities. Feel free to mark the day by joining us for coffee and conversation at Heartland Services, 39 Jellicoe Street Martinborough, from 10-11.30.

### Advertise with Active Ageing Wairarapa...

...for an effective, affordable, and easy way to get your message out to hundreds of people across our Wairarapa communities

Every quarter, Active Ageing Wairarapa reaches letterboxes, waiting rooms and community spaces all across our beautiful region. What's more, our community listings and activity calendars make sure our magazine isn't only read once, but is picked up again and again.

Our pages are a brilliant way for you to market your product or service to Wairarapa's older people, their families and whanau and caregivers. Starting rates are as low as \$42 for a regular spot. Call us on (06) 377 0066 for more information.

# Do You Remember ... Bottle Drives?

By Mark Pacey of the Wairarapa Archive

In the 1960s and 1970s, kids seemed to be more active. They were quite happy to lend a hand to help keep the community running.

There were many that were involved like Scouts and the YMCA. These groups were helped by parents and volunteers, and they could always do with a bit of a cash injection and there were all kinds of ways of doing this.

Collecting items for garage sales was a good one, offering to do odd jobs in the community such as gardening or moving lawns was another, and then there were the bottle drives.

Throughout the year, but quite often leading into the warmer weeks after winter, it was announced that these groups would be doing a bottle drive.

Do a bit of spring cleaning and have a fossick through your house and shed and see if you have any glass bottles lying about. The kids with their drivers will come and collect them from you.

Back then a lot of these bottles had deposits on them. Bottling companies would pay for them, give them a good clean and reuse them. You certainly don't see much of that these days.

Over the course of the day the truck with its ready band of helpers would fill up crates and boxes with bottles and these would then be taken away and the money earned would go back into the organisations.

They did a very good job if it. In some ways, they did too good a job. Looking back now at the photographs of the bottles being collected, several of them are now collectors' items. Even the wooden crates that they were being stored in have become desirable.

In fact, these Scouts and volunteers collected so many of the bottles from the 1960s that now for bottle collectors, it is easier to find antique bottles from the 1900s than it is to find ones from six decades later.

Bottle drives are a thing of the past now. Bottles tend to have just one use and are then put out for recycling. It's a shame that this is no longer a thing although it might mean that collectors in the future find it easier to track down containers from our time.



## Te Hōkai Nuku Wairarapa Regional Positive Ageing Strategy

### Farewell and Haere rā

Over the past five years, the three Wairarapa Councils have jointly employed a Wairarapa Region Positive Ageing Strategy Coordinator to lead *Te Hōkai Nuku Wairarapa Regional Positive Ageing Strategy*. The Strategy was developed in 2019 in recognition of the region's rapidly ageing community. At the time, projections indicated that the number of Wairarapa residents aged over 65 would increase by approximately 79%, reaching nearly 15,000—or around one in four residents—within 25 years. The aim of the Strategy was to improve and integrate council services for older people to help them lead valued, connected, and fulfilling lives.



Lisa Matthews  
Positive Ageing Strategy  
Coordinator

I have had the good fortune to have held this role for the last five years. In that time, I worked with both Council staff, community partners and other organisations and have been able to achieve some results – some that you would know about and some that have just flown under the radar but hopefully have made improvements to the lives of our Wairarapa older persons.

A few examples are the establishment of the Senior Regional Games in the Wairarapa, the establishments of the Kuia/Kaumātua and Older Persons Network for organisations that work with older persons, the Grab and Go Emergency Bags project that distributed bags to older persons that might not be able to afford them.

In addition, we now have Council staff who are more aware of key issues affecting older residents—such as footpath accessibility, the digital divide, and the use of ageist language. Some staff have also undertaken training in dementia awareness and creating accessible documents. We've seen improvements in the types of seating provided in public spaces, along with an increase in the number of park benches—making our outdoor areas more comfortable and inclusive for older people. I supported Age Concern, Hato Hone St Johns and other organisations with the work that they do. I worked with Greater Wellington Regional Council regarding transport, lobbied unsuccessfully (sorry) regarding the Gold Card and the train timetable and pushed to have better Train Replacement Buses.

Hopefully this, and the many other things that I and the Councils were involved in have made a difference. After my departure, all three Councils (Carterton, South Wairarapa and Masterton) have committed to continuing with this work. Get in touch with your local Council to find out more.

**He aha te mea nui o te ao. He tāngata, he tāngata, he tāngata**

**What is the most important thing in the world? It is people, it is people, it is people.**

## See you at the Ageing with Attitude Expo

On Wednesday 8 October, 10am—2pm, Masterton War Memorial Stadium will be humming with activities, exhibitions, entertainment and demonstrations. All of it will have one purpose: to celebrate Active Ageing and showcase the services and information that help to achieve it. Save the date—we'd love to see you there.

We are expecting over 50 stallholders displaying not only a wide range of health services for older people but many services available to our whole community.

Manager of Age Concern, Esmae Laird, says "If you are keen to find what services are available in the Wairarapa, we would love you to pop in to experience our annual community expo." In addition to stalls, ACE Café will be serving delicious finger food for purchase. Fun and friendship, fantastic people, learning what's on offer in our community, easy access and easy to get around, helpful and topical information, free gifts—these are just some of the things people told us they enjoyed about last year's Expo. If you came along last year, please come again. If you haven't been to an Expo yet, make this your first!

For further information please check out <https://www.ageconcernwai.org.nz/events/>



# Join us!

## INDIVIDUAL MEMBERSHIP APPLICATION FORM 2026



Full Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Physical Address: \_\_\_\_\_

*Delivery Address*

*(if different from above):* \_\_\_\_\_

- ☐ I confirm I am over 18 years old and a resident in the Wairarapa
- ☐ I consent to being a member and to abide by the Constitution of Age Concern Wairarapa Inc and understand that membership may be revoked if I contravene these rules.
- ☐ I agree to being added to Age Concern Wairarapa membership database\* and to receive informational materials via email and other communication channels
- ☐ The fee of \$25.00 / \$40.00 (circle one) was paid on    /    /    (\$25 single/\$40 couple)\*\*
- ☐ I understand that I will be advised when my application has been approved.
- ☐ If my photograph is taken at an Age Concern Wairarapa event, I give my consent for that photo to be used for promotional purposes for Age Concern Wairarapa.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Email** the completed form to [admin@acww.nz](mailto:admin@acww.nz) OR

**Mail / Deliver** the completed form to

Age Concern Wairarapa

14B Queen Street

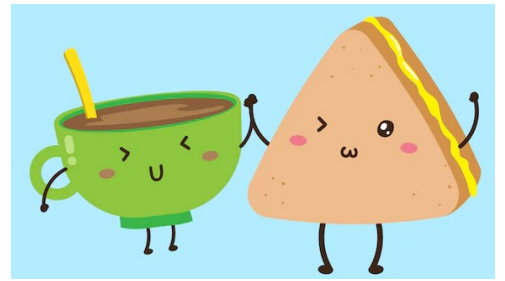
Masterton 5810

**\*Confidentiality Notice:** Please be advised that our membership database is strictly private and confidential. Access is restricted to authorised personnel only, and all member information is protected in accordance with our privacy policy. We do not share, sell, or disclose member details to third parties without explicit consent.

**\*\* If Applying as Couple,** each individual must complete a separate application form and reside at the same address

# Coffee Mornings

All welcome!



## MARTINBOROUGH

First Wednesday of the month

Heartland Services , 39 Jellicoe St

10:00am, \$3 Koha

**2025 Dates: Sept 3rd, Oct 1st, Nov 5th**

**Back again February 4th 2026**

**Speakers:**

**Sept: tbc**

**Oct: Hana Makin, Heartland Services Manager**

**Nov: Bevan Hussey, Wairarapa Bonsai Club**

## MASTERTON

Second Monday of the month

Wairarapa Community Centre, 41 Perry St

10:00am, \$3 Koha

**2025 Dates: Sept 8th, Oct 13th, Nov 10th**

**Back again February 9th 2026**

**Speakers:**

**Sept: Tam Williams, Alzheimer's Wairarapa**

**Oct: Kim Kenning from A.A (Automobile Association)**

**Nov: Bevan Hussey, Wairarapa Bonsai Club**

## FEATHERSTON

Second Wednesday of the month

Featherston Community Centre

14 Wakefield St

10:30am, \$4 Koha

**2025 Dates: Sept 10th, Oct Cancelled, Nov 12th**

**Back again February 11th 2026**

**Speakers:**

**Sept tbc**

**Oct: Cancelled as it's EXPO Day!**

**Nov: Bevan Hussey, Wairarapa Bonsai Club**

## CARTERTON

Third Wednesday of the month

Baptist Church, 112 Broadway

10:00am, \$3 Koha

**2025 Dates: Sept 17th, Oct 15th, Nov 19th**

**Back again February 18th 2026**

**Speakers:**

**Sept: Tam Williams, Alzheimer's Wairarapa**

**Oct: Kim Kenning from A.A (Automobile Association)**

**Nov: Bevan Hussey, Wairarapa Bonsai Club**

# Exercise Classes

All welcome!



## 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: Masterton

Monday 10.30, \$2 per class

Senior Citizen's Hall, Cole Street

## LINE DANCING: Martinborough

On hold until we find a new volunteer teacher

## STEADY AS YOU GO :

MARTINBOROUGH

Friday 10am

Wharekaka, Oxford Street

\$2 per class

If you are interested in being an exercise Peer Leader for the Martinborough or Carterton Steady as you go classes or you would like to teach Line Dancing in Martinborough,

Please call 06 3770066 to discuss further.

# Buddy Up! Groups

Please contact Deanne at Age Concern Wairarapa for more information about Buddy Up! Groups



## Books Alive! is a very popular group in Masterton

Members take turns to read to the group – poetry, memoir, biography, fiction and nonfiction – anything goes.

Being a listener is wonderful, being a reader is optional.

If you are interested, please contact Deanne at Age Concern Wairarapa on: **06 3770066**

## Want to find the “Antidote to Ageing”?

Come and find out more about our new

Men’s Meetings at our Expo, Wed 8th October, 10 – 2pm

Please contact Deanne at Age Concern Wairarapa on: **06 3770066**



Image from ACNZ Library

## 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 on 06 3782629**



## Band

Fridays, 2pm

Panama Village Community Room,  
Masterton

Bring along your ukulele, guitar, or percussion instruments or any other instruments that you play

Gold coin donation - includes morning tea

## Cribbage

Fridays, 11:15am -  
12:30pm

Age Concern Office,  
14 B Queen St

Beginners and old hands  
come together to play the  
best card game in the  
world!

## Beginner Ukulele

1:00pm - 2:00pm

Last Friday of the month

3.00pm - 4.00pm

Age Concern Office,  
14 B Queen St

Bring a ukulele if you have  
one, or try one of ours!

Gold coin donation



**FEATHERSTON**  
*community centre*

## Community Centre and Support Hub

14 Wakefield Street, Featherston

info@fcc.nz



### Feldenkrais & Chair Classes

Monday 11am & Saturday at 9am

Exercise Classes run by Rupert designed to help keep you moving with low impact exercises.

Thursday Chair Exercise Classes start at 11am.

\$5 per class



### Cards and Mah Jong

Every Monday from 1-4pm \$3

### Scrabble Club

Every Monday 6.30pm-8.30pm \$3



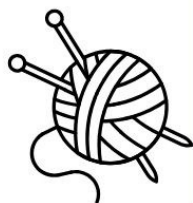
### Wisdom and Wellbeing

Every Wednesday 10.30-12pm \$4 per person. Run by the lovely Renee Aide, a morning tea with guest speakers, games and laughs.



### Belly Dance For Beginners

Every Thursday 6.30-7.30pm \$2 per person. A gentle introduction to a variety of dance styles and music all abilities welcome.



### Crafters Corner

Starts Tuesday 2<sup>nd</sup> of September 11-1pm \$3 bring your crafts along for some social connection tea and coffee available.

### Featherston Knitters

Every Friday from 10-12pm \$2.50 per person hot drinks available.



### Free Help Support and Advice

Age Concern 4<sup>th</sup> Wednesday 11-1pm.

Community Law Every 2<sup>nd</sup> Tuesday 11-3pm

**Building Financial Capabilities (BFC)** Every Thursday. Bookings essential. Mirama helps with everyone of all ages to improve their financial wellbeing

**IRD** Every 3<sup>rd</sup> Thursday 9.30-12.30, bookings essential. Charles is available to help with personal tax, allowances and more.



### Mental Health & Addiction Services

Al-Anon Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 7-8pm

Alcoholics Anonymous Every Thursdays 7.30-8.30pm

Narcotics Anonymous Every Sunday 7-9pm

For more information on these services please call us 06 308 8239

## South Wairarapa Support Hub

If you would like more information on what we offer visit us during our office hours are Monday to Friday 9am - 3pm or phone us on 06 308 8239



**AOSINASINA: OUR WISE & RESPECTED ELDERS**

**Wednesdays 10—1pm**

**23 Intermediate Street**

**Contact Georgina on**  
**027 444 5191 or Iliana on**  
**027 444 1592 for more info**

## **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

For only \$3, enjoy a cuppa and biscuits, and get 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!



Image: ACNZ library

## **Kaumātua / Seniors Wellness Group**

Facilitated by Family Works

Wednesday mornings from 10am to 12 noon  
 Enliven Community Centre at Kandahar Village  
 16 Totara Street, Lansdowne, Masterton



The group is open to anyone 55+, it's free to attend, and there is always a cuppa and some delicious baking. Onsite parking available.

We are happy for anyone new to contact us to meet prior to attending, if this would make you more comfortable about coming along. Our aim is to provide information on health and wellbeing, a place where our senior community members can come to make connections. We also encourage participation in new social activities.

Upcoming organisations and events coming over the next couple of months:

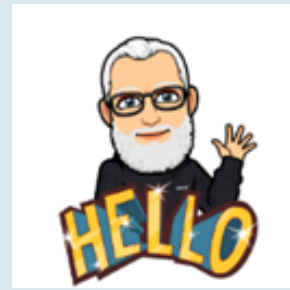
- 10/9 Age Concern – Elder Abuse
- 17/9 Spring Equinox - Seasonal Session
- 24/9 Keiran McAnulty – Labour MP
- 1/10 Bowel Screening

We are always open to suggestions regarding guest speakers, so if you think our group might be interested in hearing about your organisation, please let us know.

To register or for more information, feel free to call - Family Works Wairarapa 06 370 0659

# Bart Sparkes Writes...

## Edna and the Dance



Dear Edna,

The moment our bodies' mutual attraction engaged, the air thickened, the edges of the room softened, and suddenly, it was just us, two figures moving through waves of music, carried by a rhythm that felt like it had always been ours. The drummer sent the pulse through the floor, we absorbed it, bent it, let it drive us deeper into the spell of the dance and the everlasting joy of movement.

You never settled for a simple waltz. You wanted to glide over the floor, allow your dress to produce spectacular flares in the rush of spinning free and I knew exactly how to give you the help to show off. I led you into corners where the only way forward was through a majestic twirl, knowing you would take it with effortless exaggeration where every lift, every change in direction would show you and everyone else you were flying.

We weren't just moving, we were lost in something greater than ourselves, wrapped in vibrations that held us, fuelled us, consumed us in the best possible way. The outside world faded into insignificance, dissolving into the hum of the bass, the shimmer of cymbals, the heat of motion.

I look back at those times of utter joy and remember how long those out of world experiences made us go back the next week to relive the excitement. I still feel it, the energy, the pull, the quiet hum of something deeper than music. We were never just dancing, Edna. We were caught in something eternal, something I still feel pressing against my fingertips.

Love,

Bart Sparkes

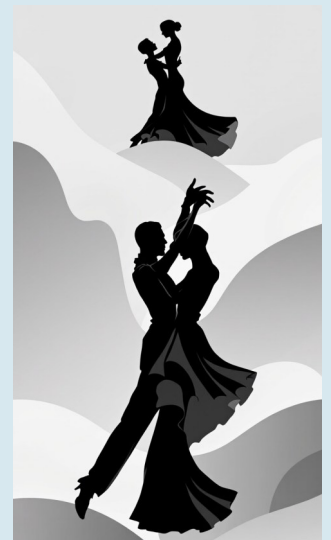
P.S. Even now, as I type this, my fingers are tingling with the sparks of those dances, trapped in their own rhythm, still waiting for one more twirl. I see your photo sitting here on the bench and see the same twinkle in your eye that held me still that first night, standing together in the middle of the empty dance floor. That moment led to thirty years of us dancing through life.

I miss your steady presence, Edna, but somehow, I know you'd be telling me to keep moving to the beat. So, I will, though never with quite the same grace as when we danced together.

Bart

[bartsparkes@gmail.com](mailto:bartsparkes@gmail.com)

**FOOTNOTE:** *By the way Bart Sparkes could be lurking at the EXPO. (Ed)*



## ***Try something new for lunch - Chickpea Salad Wrap***

This chickpea salad wrap is a fantastic vegetarian alternative to tuna or chicken sandwiches or wraps. Chickpeas offer a variety of health benefits due to their rich nutritional profile. They are a good source of fibre, protein, and several vitamins and minerals, including iron, folate, and manganese. This combination of nutrients can support heart health, blood sugar control and digestion. These wraps are perfect for a quick lunch - easy to make and even easier to eat!

### **Method:**

1. Mash the drained chickpeas and mix with mayonnaise, lemon juice, spring onion and capsicum.
  2. Divide lettuce between the wraps.
  3. Place a thick line of chickpea mix across each wrap on top of the lettuce.
- Roll up tightly and cut in half.

### **Tips:**

This recipe makes enough for six small child-sized portions (half a wrap each) or three adult-sized portions (1 wrap each).

Try including other salad vegetables such as:

- grated carrot
- coleslaw
- spinach
- sliced tomato
- avocado.

Instead of a wrap, you could use wholemeal pita bread, wholegrain bread or a wholegrain roll



### **Kupu Māori**

**heihei** chicken

**hua heihei** eggs

**tīhi** cheese

**whurutu** fruit

**korare** green leafy vegetables

**huaora** vitamin

Thanks to the Heart Foundation for this recipe. You can find it on: <https://www.heartfoundation.org.nz/wellbeing/healthy-recipes/chickpea-salad-wrap>

**Staying active (body and mind) is important as we age. Just 30 minutes of regular physical activity a day can improve your health, wellbeing, and make it easier to do daily tasks.**

**Take up the challenge...**

Dance!

Join a group

Start a group

Dance at home

Dance seated or standing

Just dance!



Exercise – join a group, exercise seated or standing



Give your brain a workout by using the other hand for simple things you do every day:

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



Learn an instrument! Join the Buddy Up! Band



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



Join the Buddy Up! Cribbage Group

# Spring into Safe Driving

Spring is a beautiful time in the Wairarapa – lambs in the paddocks, blossoms on the trees, and longer daylight hours. But it also brings changeable weather and road conditions that can catch even the most experienced drivers off guard. Now is a great time to give your driving habits – and your car – a quick safety check.



Holly Hullena  
Wairarapa Road Safety Council

## Weather Watch

Spring in the Wairarapa can mean sunshine one minute and showers the next. Wet roads, strong gusts, and low sun in the mornings and evenings can all affect visibility and traction. Before heading out, check the forecast and allow extra time for your journey. If the weather looks rough, consider delaying your trip or asking someone else to drive.

## Road Ready

Rural roads can be slippery from rain, covered in fallen leaves, or busy with tractors and stock. Take it slow, especially on winding roads or when visibility is low. Watch for potholes after heavy rain and be alert for cyclists and walkers enjoying the spring air.

## Check Your Car

Before you hit the road, take a few minutes to check your vehicle. Are your tyres in good condition and properly inflated? Are your windscreen wipers working well? Is your windscreen clean and free from chips or cracks? These small checks can make a big difference.

## Fit to Drive

Your comfort and position in the car play a big role in safe driving. AA's CarFit workshops offer great tips for older drivers to make sure they're sitting properly and can reach pedals, mirrors, and controls with ease. A good fit can reduce fatigue and improve your reaction time.

### Here are a few quick CarFit-inspired tips:

- Adjust your seat so you're high enough to see clearly over the dashboard.
- Make sure there's at least 25cm between your chest and the steering wheel.
- Use a cushion or back support if needed – comfort matters!
- Tilt your mirrors to reduce blind spots.

## Stay Connected

If you're unsure about your driving or want a refresher, consider a Staying Safe driver course, enquire at Age Concern for the next workshop. They're friendly, informative, and a great confidence boost.

Spring is a great time to get out and about – just make sure you, and your car, are ready for the ride. Safe travels!

Ngā mihi,

Holly Hullena

Wairarapa Road Safety Council

[rsc@wairsc.org.nz](mailto:rsc@wairsc.org.nz)

# A Trip Down Memory Lane...



## The Hussey Boys

Bevan sent in this photo of him and his 3 brothers taken in 1948. L to R:

Allan and Bruce (The twins), Bevan and Lionel (The oldest) . The fantastic jerseys were knitted by Aunty Flo.

Just for today greet life  
with a song,  
Just for today laugh,  
if things go wrong,  
Just for today Keep  
smiling all the way,  
And you will find life  
brighter today and  
every day,

From: AUNT DAISY'S  
SCRAP BOOK  
(Published by  
WHITCOMBE & TOMBS  
LIMITED)

Poem sent in by Annette Clark



Do you remember Gramophones?  
We saw this one on our trip to the  
amazing Pahiatua Museum.  
Photo by Deanne



This kitchen display at Pahiatua  
Museum brought back a few  
memories. Photo by Deanne

**"All we have to decide is what to do with the time that is given us."**

**— Gandalf the Grey to Frodo Baggins, in *The Fellowship of the Ring***

# COMMUNITY INFORMATION

## USEFUL NUMBERS

Emergency	111
Non Emergency Police	105
Healthline	0800 611 116
Poisons	0800 764 766
First Health Acute Medical Care	(06) 7779070
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

## MEALS ON WHEELS

### South Wairarapa

Main and dessert \$12.50

Subsidised Meals:

Main and Dessert: \$7.60

(Covered by Te Whatu Ora Contract)

### Contact:

Wharekaka 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

## 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	<a href="mailto:web@digitalinclusionalliance.nz">web@digitalinclusionalliance.nz</a>
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	<a href="mailto:info@wcct.co.nz">info@wcct.co.nz</a>
Heartland Service, Martinborough	021612945

## FOOD BANKS

### FEATHERSTON FOOD BANK:

Open Tuesday and Thursday

1.30-2.30pm

69 Boundary Rd

Contact: [feathfoodbank@gmail.com](mailto:feathfoodbank@gmail.com) 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

# He waka eke noa

We're all in this together

**THANK YOU TO OUR SPONSORS AND SUPPORTERS**



## Acknowledgements:

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Special thanks to our wonderful delivery team of volunteers, who do a fabulous job getting the magazine out to you in all weathers.

We are also very grateful to all of our amazing volunteers at Age Concern Wairarapa—we couldn't support older people in our community without you!



Good Bitches Baking (GBB) is a network of volunteers who bake and deliver treats to organisations that work with people having a hard time. To learn more, or to join up, visit <https://gbb.org.nz/baking-it-better/volunteer> or email Eve on [wairarapa@gbb.org.nz](mailto:wairarapa@gbb.org.nz)

*We appreciate the delicious treats we receive for our Carterton and Masterton Coffee Mornings. Thanks GBB!*

*Thanks so much to Featherston WōRN Cloth Collective for the donations of the beautiful merino blankets and beanies.*

*WōRN meet at the ANZAC Hall in Featherston on Fridays 10am—12pm*

*Thanks also to Joan Carter for the donations of the cosy knitted blankets.*



Image from Stockcake.com



**AGE  
CONCERN  
WAIRARAPA**

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Kaumātua Aotearoa



# **Ageing** *with* **Attitude**

**8 October 2025 Expo**  
**10am - 2pm**

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[www.ageconcernwai.org.nz](http://www.ageconcernwai.org.nz)

