

Summer Magazine: ISSUE 127 Summer 2024

Phone (06) 377 0066 www.ageconcernwai.org.nz



Active Ageing Wairarapa



Castlepoint Lighthouse from trail - Image: Chris Gin | [Creative Commons](https://creativecommons.org/licenses/by/4.0/)

Ngā Mihi o Te Raumati
ki a koutou katoa
Summer Greetings to you all
Inside you'll find Summer survival tips and more!

Contact Information

Phone: (06) 377 0066

Email: admin@acww.nz

Physical Address:

14 B Queen Street, Masterton

Postal Address:

14 B Queen Street, Masterton, 5810

Office Hours: Monday - Friday

9am - 3pm

Age Concern Wairarapa Team

Manager — Kaiwhakahaere

Esmae Laird

manager@acww.nz

**Seniors' Empowerment — Kairuruku urupare
I te takakino Kaumatua**

Susan Esler

ears@acww.nz

**Age Concern Visiting Service — Whakarite
Torotoro**

Jacqs Wilton

avs@acww.nz

**Buddy Up! — Kairuruku Whakapiringa
Tangata**

Rachel Ingram

coordinator@acww.nz

**Health Promotion Coordinator —
Kaikōkiri Hauora, Tohutohu-ā-hāpori**

Deanne Pedersen

health@acww.nz

Reception Super Stars

Brenda Lakeman

Elaine Libeau

Age Concern Wairarapa Board

Chairperson: Cheryl Watson

Vice Chairperson: Dayle Lakeman

Treasurer: Hewitt Harrison

Secretary: Lyn Riley

Board Members:

Erica Holtsbaum

Esther Read

Jonathan Hooker

Joy Cooper

Tim Bannatyne

A view from
Lake Ferry
Hotel @
Lake Ōnoke

Photo by:

Catherine
Cockeram



**We would love your feedback!
If you have any ideas for Coffee
Morning Speakers or Trip
locations, please let Deanne at the
Age Concern Wairarapa Office
know on Ph: (06) 377 0066 or
email: health@acww.nz**

Age Concern Wairarapa Update...

Summer is here! We hope everyone enjoys spending the holidays with friends and family. And we hope you enjoy this issue; there are plenty of tips on how to stay safe in the sun, and how to keep food safe in the Summer heat. Thank-you to everyone who came to our Expo and Christmas Lunch, it was good to see so many familiar faces. Sadly we farewell Anthony at the end of the year, and we wish him well in his new adventures with his whānau.

Happy Holidays everyone! Have a safe and relaxing break and we'll see you in 2025!



If you would like to become a member of Age Concern Wairarapa, please fill out the membership form below and return it to us. The membership fee is; \$25 for an individual or \$40 for a couple.

AGE CONCERN MEMBERSHIP FORM

Date / /

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

Address.....

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

Email Address.....

I am 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
	Maori
	Pacific Island
	Other (please specify) _____

Emergency contact name.....

Emergency contact number.....

Annual membership (Financial year July 1 2024 – June 30 2025)

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.....

Ageing with Attitude Expo 2024

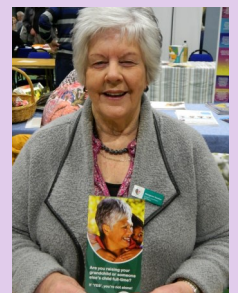
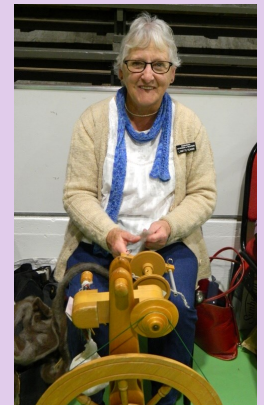
By Alison Hobbs

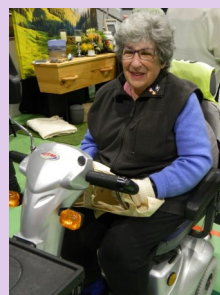
How wonderful it was to see so many Age Concern friends at our recent expo.....over 500 folk plus exhibitors attended. There was so much on display and the opportunity to talk with groups showcasing what they offer to us "older persons" was appreciated - thank-you for your feedback. Many of you enjoyed the wonderful cafe to relax and chat with old and new friends. And how entertaining were the students from Chanel College!

Congratulations to the winners of the raffles. I am sure you were delighted with your prizes!

You can be sure we will have another Expo in 2025. If there was something missing this year that you would like to see there next year, drop us a line or call us or tell an Age Concern team member. No promises, but we will do our best to "make it happen".

We would love to see any photos you may have taken on the day ... here are some of ours...





Be SunSmart: Protecting Your Skin

By Amber Arkell: Pou Whirinaki | General Manager | Cancer Society Wairarapa



As we enjoy the beautiful landscapes of New Zealand, it's essential to remember the importance of sun safety, especially for our older community members. Skin cancer is the most common cancer in New Zealand, and with more than 80,000 cases diagnosed each year, it's vital to take precautions to protect our skin. The sun's UV rays can cause significant damage, increasing the risk of skin cancer, particularly melanoma, which is the most dangerous form. Being SunSmart means adopting simple habits that can help shield your skin from harmful rays.

Here are some easy tips to keep you safe:

Slip on Clothing: Choose loose-fitting, long-sleeved shirts and long trousers or skirts made from tightly woven fabrics. Dark colors offer better protection. This extra layer can significantly reduce UV exposure.

Slip into Shade: When planning outdoor activities, seek shade whenever possible. Whether under a tree, an umbrella, or a shade sail, taking a break from direct sunlight helps minimize exposure, especially during peak hours from 10 am to 4 pm.

Slop on Sunscreen: Apply broad-spectrum, water-resistant sunscreen with at least SPF 30 generously to all exposed skin. Remember, an average-sized adult needs about a teaspoon for their face and neck, and another for each limb. Be sure to apply it 20 minutes before going outdoors and reapply every two hours, or after swimming or sweating.



Slap on a Hat: A wide-brimmed hat can provide excellent protection for your face, ears, and neck. Many sunburns occur in these areas, so a good hat is essential for your outdoor outings.

Wrap on Sunglasses: Protect your eyes with sunglasses that block UV rays. Look for close-fitting, wrap-around styles for the best coverage.

In our community, the Wairarapa Cancer Society plays a vital role in supporting those affected by cancer. Their dedicated services and resources can help navigate the challenges of cancer diagnosis and treatment. Let's make sun safety a priority as we enjoy the outdoors. By adopting these SunSmart practices, we can protect ourselves and enjoy the beautiful New Zealand sun safely.

Open door policy

Open 9am-3pm Monday-Friday

🏠 37 Te Ore Ore Road, Masterton

Get in touch

☎ 06 378 8039

🌐 www.cancer.org.nz

📧 waisupport@cancersoc.org.nz



Heartland Services at Martinborough: Supporting Local Older People

At the Heartland Services hub in Martinborough, older people can access a range of essential services and community-focused events in a friendly, welcoming space. Managed with care to meet the needs of older residents, Heartland offers a one-stop shop where older people can easily connect to various resources that support their health, wellbeing, and independence.

A popular event is the Age Concern Morning Tea, held on the first Wednesday of the month from 10am - 11.30am. These gatherings not only foster community spirit but also serve as a touchpoint for learning about additional resources and support.

For those looking to improve their tech skills, Digital Seniors holds regular sessions at the hub on Thursdays 9.30am – 11am. Digital Seniors' volunteers offer patient, one-on-one guidance with digital devices, covering anything from setting up a smartphone to mastering video calls with family.

Heartland Services also provides practical assistance like printing and scanning, making it easier for older people to handle paperwork without needing to travel far. This year we have also held successful phone smart courses and Staying Safe Driver Refresher workshops too. We would love to hear from you if there is anything you would be interested in seeing as part of what's on in Martinborough for older people in the community. Be it workshops, courses or special interest groups.

The Heartland Martinborough team is dedicated to supporting older people in every way they can, helping them stay connected, confident, and active in the community. Charlotte and Pip look forward to connecting.

Heartland Services Martinborough

39 Jellicoe Street

Martinborough

06 657 0172

heartlandservices@reapwairarapa.nz



Charlotte and Pip

Do You Remember ... Tanks Pool?

By Mark Pacey from the Wairarapa Archive

In the 1950s there was a real demand for a decent swimming pool from the people of Masterton. The Masterton War Memorial Stadium and Pools opened in 1958, but not everyone could afford to go as much as they wanted to over summer and they could become quite crowded. There had to be a better solution.

And there was. Future mayor Norm Tankersley, who was a councillor in Masterton but also president of the Masterton Beautifying Society, had a brilliant and simple idea.

In the summer months, a weir was to be built across the Waipoua River. This gravel bank would raise the water level upriver and would provide a free and natural swimming area. It became known as "Tanks Pool" in honour of its creator.

Over the years it became more sophisticated, with concrete blocks replacing the basic gravel bank. This was due in part to the gravel not always being reliable. In January 1971, heavy rain caused a buildup on the river which put a lot of pressure in the weir which broke. By the morning Tanks Pool was more Tanks Paddling Pool due to the drop in water level.

While the public loved the pool, the council were not as thrilled. People were going to Tanks Pool instead of the Memorial Pools which meant less income for the town swimming baths. Despite this opposition and calls for Tanks Pool to be stopped, the Waipoua's recreational feature was allowed to continue and delighted children and adults alike for decades to come.





**AOSINASINA: OUR WISE &
RESPECTED ELDERS 2024**

Wednesdays 10—1pm

23 Intermediate Street

December 11 :

Christmas Brunch

**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

\$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.

GO FOR GOLD

Show us your Gold Card and get in for FREE!

Non-gold card holders gold coin donation

Must be 60 years +

Last one for the year!

Thursday 12th

December



**9:30 - 12:00
YMCA MASTERTON
ACTIVITIES**

- PICKLEBALL
- INDOOR BOWLS
- ARTS & CRAFTS
- LINE DANCING

**MOVE FROM ROOM TO ROOM & TAKE PART
IN THE ACTIVITIES AT YOUR OWN PACE**



The **Staying Safe Driver Refresher** courses will be back next year.

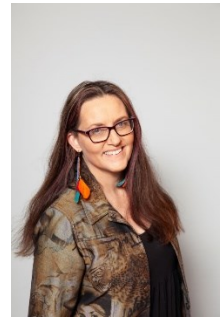
This programme is a great opportunity to get up to date with changes to road rules, to learn a few tips and tricks about renewing your licence, to refresh knowledge already held, and to generally become more aware of driving and its dynamics over the age of 65.

Call the office on (06) 3770066 to register.





Community
Centre
Featherston



Joanna Baldwin,
Manager



Play ukulele or ever thought about giving it a go?

Our friendly ukulele group meets weekly on a Wednesday afternoon. We would love to have you come along.

Decoupage group is popular on Monday afternoon. A small group, everyone working on their own projects and at their own pace. If you are interested in joining the group please contact Renee in the office.



Chess club is on twice a month, Thursday afternoon and is free of charge. Anybody over 8yrs is welcome to attend.

Monday:

Cards group* 1 - 4pm \$3

Scrabble group* 6.30 - 9pm \$3

Tuesday:

Wāhine Singers 7 - 8pm \$2

Wednesday:

Wisdom & Wellbeing* 10.30-12pm \$4

Ukulele group* 1.30 - 3pm \$3

Thursday:

Chair Exercise 11am - 12pm \$5

Chess Club* 3 - 5pm Free

Belly Dance 6.30 - 7.30pm \$2

Friday:

Knitting Group* 10am - 12pm \$3

***Includes tea or coffee.**

Email: info@fcc.nz

Phone: 06 308 8239

Website: www.fcc.nz

Buddy Up!

Earlier in November Radio New Zealand reported on national research undertaken by Age Concern. The headline ran:

A third of retirees frequently feel lonely or socially isolated, study finds

The research found almost a third of retirees frequently feel lonely or socially isolated. Looking further into the research: 59% of New Zealanders aged 65 and above had felt lonely recently, and 30% felt that way a lot or all of the time.

If you are experiencing loneliness please get in touch with me at [Buddy Up! Age Concern Wairarapa](#). Call 06 377 0066, email coordinator@acww.nz or drop in on a Tuesday afternoon for a chat.

Buddy Up! encourages people with a shared interest to get together and enjoy each other's company. We can assist you to join a group that already exists, or together we can start a group. We have a number of Buddy Up! groups running across Wairarapa. And there are a few hundred clubs and organisations already in operation - virtually anything you can think of from A to Z!

I'd love to hear from you.

Rachel

Some Buddy Up! break and restart dates:

BOOKS ALIVE!

Masterton Library 11:00am
Breaks : Tuesday 10 December
Restarts: Tuesday 14 January



WALK AND TALK

Carries on right thorough the summer break period!
Dish Café, Friday 9:30pm



BUDDY UP BAND!

Mahi Tahī Tatou Day Base
9:30am
Breaks: Friday 13 December
Restarts: Friday 17 January



CRIBBAGE

Age Concern Office, 14 B Queen Street
11:30am
Breaks Friday 13 December
Restarts: Friday 17 January



UKULELE FOR BEGINNERS

Kitchen Prefab
Masterton Library 1:00pm
Breaks: Friday 13 December
Restarts: Friday 17 January



BEGINNER LINE DANCING

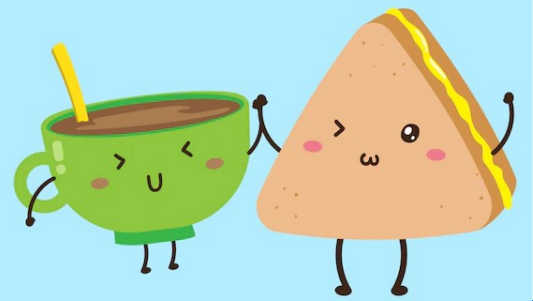
St Andrew's Church, Dublin St,
Martinborough 1:45pm
Breaks Friday 13 December
Restarts: Friday 17 January



If your group is going to have a summer break, remember to make arrangements to catch up with one or two of the others in the group during the shut down period. And look out for some ukulele players in a park near you!

Coffee Mornings

\$3 Age Concern members, \$4 Guests



MARTINBOROUGH

First Wednesday of the month

Heartland Services , 39 Jellicoe St

10:00am

2025 Dates: Feb 5th, March 5th, April 2nd, May 7th, June 4th, July 2nd, August 6th, Sept 3rd, Oct 1st, Nov 5th

MASTERTON

Second Monday of the month

Wairarapa Community Centre, 41 Perry St

10:00am

2025 Dates: Feb 10th, March 10th, April 14th, May 12th, June 9th, July 14th, August 11th, Sept 8th, Oct 13th, Nov 10th

FEATHERSTON

Second Wednesday of the month

Featherston Community Centre

14 Wakefield St

10:30am

2025 Dates: Feb 12th, March 12th, April 9th, May 14th, June 11th, July 9th, August 13th, Sept 10th, Oct 8th, Nov 12th

CARTERTON

Third Wednesday of the month

Baptist Church

112 Broadway

10:00am

2025 Dates: Feb 19th, March 19th, April 16th, May 21st, June 18th, July 16th, August 20th, Sept 17th, Oct 15th, Nov 19th

Thank-you to all our Coffee Morning regulars and volunteers, it's been lovely to get to know you. We've finished up for the year and we'll be back again in February 2025. A huge thank-you to the speakers who have kindly taken the time to join us as well. Have a very Merry Christmas and we'll see you next year. Best Wishes, Deanne.

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

Last Monday class: 16th December

Restarts: 6th January 2025

Last Thursday class: 12th December

Restarts: 9th January 2025

STEADY AS YOU GO : MASTERTON

Monday 1:30pm &

Thursday 9:30am

Senior Citizens' Hall

Cole Street, \$2 per class

Last Monday class: 16th December

Restarts: 13th January 2025

Last Thursday class: 19th December

Restarts: 16th January 2025

KEEP FIT! : MASTERTON

Monday 9:30am &

Thursday 10:30am

Senior Citizens' Hall

Cole Street, \$2 per class

Last Monday class: 16th December

Restarts: 6th January 2025

Last Thursday class: 19th December

Restarts: 9th January 2025

STEADY AS YOU GO : CARTERTON

Monday 1.30pm &

Wednesday 1:30pm

Baptist Church

112 Broadway, \$2 per class

Last Monday class: 16th December

Restarts: 13th January 2025

Last Wednesday class: 18th December

Restarts: 8th January 2025

LINE DANCING

Monday 10:30am, Senior Citizen's Hall, Cole Street, Masterton, \$2 per class

Last class: 16th December

Restarts: 13th January 2025

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](#)

Did you know that Singing can improve your health and well-being?

Singing in a group is good for meeting new people and helping to alleviate stress. Singing also improves breathing. When you learn to sing, you learn to breathe well, use your diaphragm and increase your oxygen intake and lung capacity. Join a choir today!



The "Easy Breathers" singing group are looking for new members. The group meets at St James Church, 116 High St, Masterton, 1.15pm on the 1st and 3rd Thursday of the month. They start off with breathing and light chair exercises for 5-10 minutes, then sing with a piano accompaniment for a maximum of 45 mins, finishing up with a cuppa and biscuits. They ask for a gold coin donation to help cover the costs. All welcome!

For more information please contact Liz Fellerhoff
ph: 027 272 0478 or

email: fellerhoff.elizabeth@gmail.com



Healthy Recipe

Many thanks to the New Zealand Nutrition Foundation for the information and recipe.



Roast Chicken & Kūmara Salad with Avocado, Basil and Tangelo

Serves: 1

Preparation: 10 min

Cooking: 30 min

Ingredients

- 1 small kūmara, chopped into chunks
- 2 cups salad leaves
- Handful basil, roughly torn
- ½ avocado, cut into chunks
- ¼ cup roasted peanuts
- 1 teaspoon olive oil
- 1 cup cooked chicken

Dressing ingredients

- Juice and zest of 1 tangelo
- 1 teaspoon soy sauce
- 2 tablespoons sesame or olive oil
- Dash white wine or cider vinegar
- Salt and pepper to taste

Method

Preheat oven to 200°C. Place kūmara on a baking tray and drizzle with oil. Bake until soft; about 20 minutes

While kūmara is cooking, combine dressing ingredients and mix well. Place salad leaves, avocado and basil into a bowl. Add half the dressing and mix gently

When kūmara is cooked, allow to cool slightly before adding to salad. Mix again gently to combine. Divide between plates and add the rest of the dressing. Top salad with chicken and peanuts.



Keeping cool this summer...



Word has it that Wairarapa is going to have a hot summer - **temperatures are predicted to reach over 30°**. 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 you could 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



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. Someone could phone you at a particular time, or maybe a neighbour could pop around. It's also a good idea to check on others who you think might find the heat difficult.

Keep safe, keep cool, keep calm!

Remember to keep hydrated this summer

Q: Do I need to drink 8 glasses of water every day?

A: An average adult needs to drink around 8 glasses of fluid each day - this fluid includes all drinks like tea, coffee, juice, etc. **You will need to drink more fluid in the heat of summer, and when you exercise.** Another source of water is from the food we eat, for example watermelon and strawberries contain large amounts of water.



First Health Acute Medical Care

16 Opaki Road, Lansdowne, Masterton

Ph: (06) 7779070

Email: info@mhw.nz

Opening Hours:

Monday - Friday: 10am - 5pm

Closed Saturday and Sunday

Rangitane

by Anthony Aporo

In the Wairarapa there are two tribes; Rangitane o Wairarapa and Ngati Kahungunu ki Wairarapa. I thought for this edition I would write about Rangitane.

Rangitane descendants have lived in this region between 700 to 800 years. These descendants trace their origins back to Whātonga one of three captains of the Kurahaupo canoe, one of the seven canoes who came out with the great migration from Hawaiki. Previously this island was known as Ra'iatea (Rangiatea) which is located in the Tahitian Society Islands, also known as Havaiki (Hawaiki) which is the name referenced by Maori Orators. Hawaiki was the centre of Polynesian religion, intellect, political governance and culture. Once a year there would be a gathering of all leaders to discuss the events of the previous year. During these discussions canoe races were held. Whātonga competed in this race and was lost at sea. Toi, the grandfather of Whātonga went out to sea to find Whātonga and eventually using the instructions that Kupe left Toi, first landed in the Chatham Islands and then reached Whakatane where he built his home.

Whātonga heard that his grandfather went looking for him and decided to lead an expedition to find his grandfather. Kurahaupo came to Cape Reinga and then sailed down the West Coast to Taranaki, Whātonga was told that his grandfather was on the East Coast. He was reunited with Toi and stayed a while, finally settling in Nukutaurua on the Mahia Peninsula somewhere around 1350 (some accounts put it around 1150) .

Eventually the descendants of the crew of Kurahaupo dispersed across the lower North Island and part of the top of the South Island. Whātonga eventually settled in Heretaunga (the Hastings area). He married Hotuwaipara, and their son Tarataraika became the ancestor of the Ngāi Tara people in the Wellington region. The harbour there is called Te Whanganui a Tara (the great harbour of Tara). Whātonga's second wife, Reretua, bore him a son, Tautoki, and a daughter, Rerekitaari. Tautoki married Waipuna, a great-granddaughter of the great navigator Kupe, and their child was named Rangitāne (also known as Rangitānenui, Tānenui-a-rangi and Rangitānenui-a-rangi) – from whom the tribe took its name.

Some generations later, the Rangitāne tribe migrated to Tāmakinui-a-Rua (around present-day Dannevirke), Wairarapa, Te Whanganui a Tara (Wellington), and Wairau in the south, and Manawatū and Horowhenua to the west. The Rangitāne people continue to claim mana whenua (traditional authority over the land) in these places. The tribe's expansion led to the saying:

Tini whetū ki te rangi

Ko Rangitane ki te whenua

Like the multitude of stars in the sky

So great is Rangitāne on the earth

Excerpts taken from Origins and early occupation in the Wairarapa book ISBN 978-1-234-56789-7 Rangitāne Publications, Resources Tags: Kupe, Wairarapa history, Whātonga Added: November 29, 2015 Source: Produced by Rangitāne o Wairarapa with the help of Te Puni Kokiri.



The Story of Paua



By Anthony Aporo

As this will be my last article I thought that I would change it up a bit and do something a little different. I thought that I would talk about Black Gold; the beautiful Paua.

In Aotearoa there are two types of paua; Black Foot paua - *Haliotis iris* and Yellow Foot paua - *Haliotis australis*. Did you know that not only do the French like eating escargot so do us Kiwis. That's right people our beloved paua is in fact our largest snail and like the French escargot it is delicious sautéed with garlic butter and parsley.

In Māori mythology originally paua did not have a shell. He was like the black sea slug. Paua use to get bullied and called ugly by lots of creatures. Paua also envied other creatures who were brightly coloured, like the tangaroa wae whitu (seven armed starfish), wheke (octopus) or inamoki (seahorse). Paua longed to have a coat with many colours, so Paua went to see Tangaroa the god of the sea and told him of his misery. Tangaroa took pity on Paua and decided to grant his request so he and Paua went to visit Tane Mahuta the god of the forest.

Paua was amazed at the colours he saw, the Pohutukawa tree was in full bloom and Paua fell in love with the rich red flower. In the tree he saw a Kereru (wood pigeon) eating some of the berries with its beautiful iridescent green and blue-green feathers. Perched on a branch above the water was a Kotare (Kingfisher) with its striking turquoise-blue back, wings and yellowish breast feathers.

Paua whispered into Tangaroa's ear, "Tangaroa could you please ask Tane if he could give me the red of the Pohutukawa, blue-green of the Kereru and the turquoise- blue and yellowish colour of the Kotare?" Tangaroa said; "No, if you want them you must ask." So Paua, with a very timid voice, asked Tane who happily gave them and put them in a kete for Paua. Paua was so excited by the gifts that he was given.

Tangaroa said to Paua, "I will give you a shell so you can spend your days decorating your shell with your many colours, but you will no longer be a slug for slugs do not have shells, you will be a snail. You will hide in the crevasses of rocks no one will see you. Only at the end of your life will they see the beauty of your coat. Will you agree to this?" "Oh yes," said Paua and he went back, not to the sunny places where he used to bask, but to the hidden places in the rocks. That's how Paua got his shell.

Stir fried Paua with Bok Choy and Oyster Sauce Recipe

Ingredients:

- | | |
|---|--|
| <ul style="list-style-type: none"> • 1 legal size medium paua that has been tenderised (put in a tea towel and use a kitchen mallet to tenderise, especially the black skirts). • 2 tablespoons oil • 2 bunches of bok choy cut into ¼ cutting across the stem | <ul style="list-style-type: none"> • 3 cloves of garlic finely cut. • ½ tablespoon Oyster sauce • 2 tablespoons oil • 1 cup water • Cornflour slurry to thicken |
|---|--|

Method:

Heat a large pan, put in the oil and stir fry the paua for about 2 minutes. Then put it into a bowl and place to the side. Reheat the pan and put the remaining oil in; when it is hot add the bok choy, stir fry for a minute then add the garlic. Continue to stir fry for another minute, then add the oyster sauce and continue to stir fry for 30 seconds. Add all of the water and stir for 20 secs, then turn down the heat to medium. Add in the paua, mix it through slowly and add the cornflour slurry until it thickens to a nice sauce. Plate it up and drizzle some light soy sauce over it. Serve with rice.

Summer Puzzles

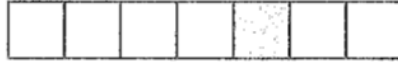
Common Thread Vegetables

Unscramble the letters of the phrases to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme.

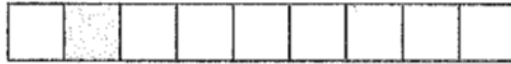
Beg a cab



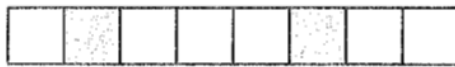
Hip scan



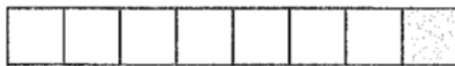
A thick ore



Cool crib

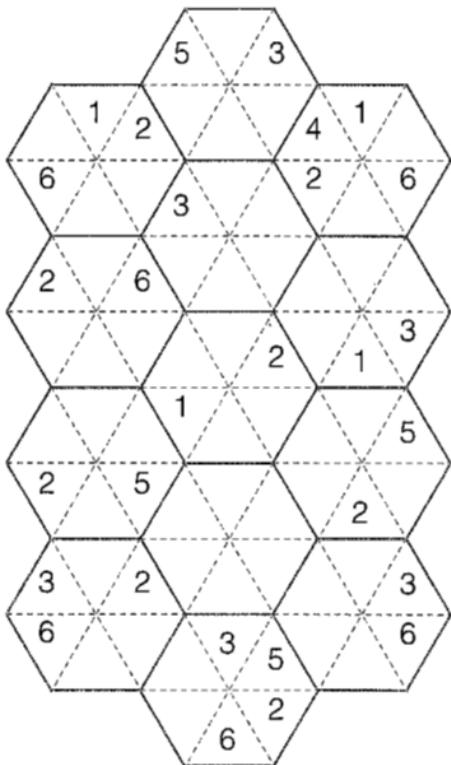


Robot tee



Hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.



Prism

Track down the six lounge room items hidden in our prism. The words appear either clockwise or anti-clockwise and are on alternate spaces.





Lisa Matthews
Positive Ageing Strategy Coordinator

Te Hōkai Nuku Wairarapa Regional Positive Ageing Strategy

Get ready for Summer/Raumati!

The sunshine is here – your Wairarapa Council, whether Carterton, Masterton or South Wairarapa can help you make the most of the summer.

Pools

Every town in the area/rohe has a pool. The Carterton and South Wairarapa pools are outdoor and will be open by the time you read this. And they are free! Check them out and of course, there are the indoor pools at the Trusthouse Recreation Centre in Masterton.

Pool locations

Carterton - Pembroke St – open until 16 March 2025.

South Wairarapa - Martinborough, Princess St. Featherston, Johnston St. Greytown, Kurawhiti St – open until 9 March 2025.

Masterton - Trusthouse Recreation Centre, Dixon St.

Parks

With the weather improving, you could go for a walk in one of Wairarapa’s great parks. Each town has lovely parks and dog walking spaces that you can utilise. There is also information about walks that you can do in the Wairarapa at the Information Centre at Masterton and Martinborough or on the South Wairarapa District Council website.

Water Tanks

Concerned about your garden with a dry summer ahead?

All Councils are selling 200 litre water tanks with connections for half the standard price (around \$130).

For more information about Council facilities, parks and water tanks please contact your local Council.

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



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

MEALS ON WHEELS

South Wairarapa

Main and dessert \$12.50

Subsidised Meals:

Main and Dessert: \$7.60

(Covered by Te Whatu Ora Contract)

Contact:

South Wairarapa

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	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

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

He waka eke noa

We're all in this together

THANK YOU TO OUR SPONSORS AND SUPPORTERS



Kupu Māori

Moana - Sea

Kota - Shell

Tatahi - Beach

Pōtae - Hat

Mōwhiti āria rā - Sunglasses

Me haere tāua ki te kaukau! -
Let's go for a swim!

Tā Mātou Matakiteanga - Our Vision:

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

Magazine Acknowledgements:

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

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

Another special thank-you to all of our amazing volunteers and exercise Peer Leaders at Age Concern Wairarapa, we couldn't do it without you!

Have a very Merry Christmas and a
Happy New Year!



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



**MERRY CHRISTMAS and a
HAPPY NEW YEAR from
the Age Concern
Wairarapa Team**



Pohutukawa Flowers

Image: Ruari McDowall

**Age Concern Office Holiday Hours
Close: 3pm Tuesday 24 December
2024**

**Re-open: 9am Monday 6 January
2025**

