

**Spring
into
spring**



NP Positive Ageing, Newsletter - Taupaenui SEPTEMBER 2025... Issue 127

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...

The need to vote wisely to ensure a better future...

**Message...
from
Lance
Girling-
Butcher**



The longer I live the more I marvel at humanities ability to self-destruct and confuse itself.

We have fought two world wars and conducted many other hostilities in the name of deposing dictators and autocrats in the interest of democracy, and yet we seem reluctant to enjoy this hard one human right.

The latest example is the low turnout from those wishing to serve on local authorities and the low polling that these elections experience every three years.

While, New Plymouth seems to have bucked the trend and has a healthy list of those seeking election with nine standing for mayor and 82 to win one of 16 council seats. (There were 77 last time.)

While the long list of candidates is encouraging. There still seems to be confusion and lack of knowledge about who these people are. With the need for a new mayor and at least six new councillors the public appears to want all the help it can get.

To help resolve this confusion and give the voters a better

chance to get to know some of the candidates, New Plymouth Positive Ageing, Age Concern Taranaki and Grey Power are holding two "Meet the Candidates" seminars in September - just as voting forms go out.

Both will be held in Saint James Church in Lawry Street with mayoral candidates explaining their reasons for standing on September 25 and the rest of the candidates in a forum a week earlier on September 18.

There are other forums organised and the council is understood to be producing video interviews with most candidates as well as publishing a list of those standing with short election statement statements. However there is still not much assurance that the public going to turn up to vote.

to turn up to vote.

Meanwhile in spite all of this there does not seem to be any single silver bullet to resolve this troubling issue of public apathy at local body election time. It is clear that a number of complex issues are aggravating this situation. Adding to the confusion is the gradual demise of news media, which once stoked public interest by reporting in depth on the activities of their councils.

For some years the council has videoed all of its meetings and anyone wanting to see council members and action has only to go to the meeting section of the council's website and open one of the stored records of a past gathering. If interested enough, they could attend a live meeting. I assure you, they are not boring.

Continued on Page Two.

In this SEPTEMBER Issue...

The need to vote wisely to ensure a better future	1
Local council elections looming	2
Celebrating our age—International Year of the Older Person	2
Police recruitment drive hits a long bumpy road	3
Meet the candidates meetings 18th and 25 Sept	4
Age Concern Taranaki August events programme	5
Older adults more likely to get Covid if unvaccinated	5
Help available if you need support for food for a koha	6
Chair Wally's message - Local Elections Count	
Free public forum - "Invitation to two forums promoting NPDC elections Thursday 18th September and Thursday 25th September, 1.00 - 3.30pm at Saint James Church, Lawry Street. All welcome	7

A Newsletter for those interested in improving the quality of life for all persons in Taranaki

Please note: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Continued from page one...

It might also reassure them that the old claim that the council never listens is totally incorrect.

In my two terms on council I recall a number of occasions where I and other councilors changed our opinions on a decision following a well presented verbal submission from the public.

Another discouraging aspect of voting is the fact that the post office has now shut almost all of its postboxes leaving people with nowhere, other than the council office itself, to drop off the postal votes.

I understand the council will be providing extra drop off places and will advertise these on its website. The government itself has prolonged the voting, so that it now begins on September 9 and closes on October 11 leaving plenty of time for people to tick their favourite candidates and get their return in on time.

Another reason for voting this year is the binding referendum on whether we should have a Maori seat on our council. In an act of what I consider total stupidity, having gone through this process already with due democratic process, we are being asked to vote again, redoubling the controversy and angst that occurred when the subject came up last. It seems total idiocy to me.

With a variety of important and possibly costly issues still hanging over the council's head it is vital we get the right people representing us.

It is the time all those dyed in the wool critics to get off their couches and vote.

Lance Girling- Butcher.

***Together, we can,
and do,
make a difference.***

Local Council elections looming

**VOTE
2025
LOCAL ELECTIONS**

Key Dates for the 2025 Local Elections

Saturday, 11 October 2025 (12 noon): Election Day; voting closes.

Saturday, 11 October 2025: Preliminary results released.

16–22 October 2025: Official results declared.

October–November 2025: Swearing-in ceremonies for elected members.

If you're enrolled to vote, you should receive your voting papers between Tuesday, 9 September and Monday, 22 September 2025. Voting is conducted by postal ballot, so it's important to ensure your enrolment details are current to receive your voting documents.

For more information on the elections, including how to enrol or stand as a candidate, visit [Vote Local](#).

With higher than anticipated interest by serving and aspiring councilors, there is a clear need for voters to know where and why they should cast their votes.

It is not clear yet how the Council intends to inform and promote this event nor how the media will.

One thing we can be sure of is that the Taranaki Daily News, New Plymouth Positive Ageing Trust, The Taranaki Chamber of Commerce and others will be keen to inform as many potential voters as possible.

Clearly, New Plymouth needs the strongest council possible, hopefully one that represents our city and one that is strong enough to assert its demand for local decision making rather than being 'yes' people to central government.

Opinion: Gordon Hudson.

Free Public Forums

NPDC Elections For 'brand new' candidates

**Thursday 1- 330 pm
18th September**

**And for the Mayoral,
Maori and current councilors
standing again
Thursday 1 –330pm
25th September**

**Both at St James Church
Lawry Street, Moturoa**

**Sponsored by...
NP Positive Ageing, Grey
Power and Age Concern
Taranaki**

**EVERY
VOTE
COUNTS.**
DON'T FORGET TO VOTE!

shutterstock

IMAGE ID: 347544271
www.shutterstock.com



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Celebrating our Age...



***International Day of the Older Persons
Huatoki Plaza Wednesday 1st October 2025...***



Join Age Concern Taranaki and other supporting organisations on International Day of Older Persons for a vibrant intergenerational march through Devon Street!

Together, we'll celebrate the beauty and strength of ageing, champion connection across generations, and show that age is just a number.

Expect music, movement, colour and community spirit as we walk, dance and cheer for a future that values every stage of life.

Let's celebrate ageing - together...

***For more information...
06 759 9196 or 0800 65 2 105
info@ageconcerntaranaki.org.nz
www.ageconcerntaranaki.org.nz***

Police recruitment drive on a bumpy road...

There are challenges ahead if police are to reach their May 2024 set target of 500 new recruits by Christmas. To date the police have 23 new recruits - so there is only 477 more to get!!!!



Rampant illicit drug use, poaching by Australian police offering huge incentives, increasing gang activities, retirements, perceived poor pay and working conditions, never ending demands by senior police, politicians and a number of sectors in the community make modern day policing a less than rewarding career.

Active officers are leaving faster than the police can recruit.

The thin blue line is ready to snap with attrition rates over 5%.

The powers that be within the police and the politicians responsible for recruitment have a difficult task to stop the trot to greener pastures.

Police fall in the category of 'must haves' just like health professionals. We need them, we value them and we want them to feel that New Zealand is where they will be appreciated not only by their superiors but also by us - the communities they serve.

Opinion: Gordon Hudson



Some questions to tickle your fancy...thanks Wally...

You know you are a bad driver when Siri says "In 400 feet stop and let me out"

Old age is when it takes you longer to get over a good time than to have it.

I've been watching my weight. It's still there.



Te Kaunihera-ā-Rohe o Ngāmotu
**New Plymouth
District Council**

‘Meet the Candidates’

**For all the ‘new’ candidates for
this year’s council elections...**

THURSDAY, 18th SEPTEMBER

**St James Presbyterian Church, Lawry Street
1 – 3.30 pm**

All above candidates standing have been invited.

This is a golden opportunity to learn more, from a political perspective, about the issues affecting older adults.

This is a free public event, tea and coffee available... all welcome.

Please Note: The St James Church has limitations to its seating capacity so it will be a case of first in – best seats. There will be no one admitted once the seating capacity has been reached.

Please Note:

There will be another free public forum for those candidates standing for Mayor, Maori Ward, and the five current councillors seeking re-election.

This will take place on Thursday 25th September – same place, same time.

Sponsors:



Grey Power
158 Tukapa St.
06 757 5885



Positive Ageing NP, Grey Power and Age Concern Taranaki

Citizens Advice Bureau

Te Pou Whakawhirinaki o Aotearoa



Community House

**32 Leach St (next to YMCA)
New Plymouth**

06 758 9542

0800 FOR CAB (0800 367 222)

newplymouth@cab.org.nz

www.cab.org.nz

Some people wake up
feeling like a **million
bucks.**

Me? I wake
up feeling like
**insufficient
funds.**



© Ged Borkland 2014

aunty acid facebook.com/auntyacid

So, when does this
**“OLD
ENOUGH
TO KNOW
BETTER”**
age
supposed
to start?



© Ged Borkland 2015

aunty acid
auntyacid.com

When you are dead, you don't
know that you are dead. It is
difficult only for the others.

It is the same when you are
stupid.

**DIFFICULTIES
IN LIFE ARE
INTENDED TO
MAKE US
BETTER, NOT
BITTER**

AVERTU.COM



The biggest lie I tell myself
is “I don't need to write
that down, I'll remember it”

My train
of thought
derailed.
There were
no survivors.



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - ‘keep positive, see it through’

Activities in September



AQUA WALKING: Tuesday: 2, 9, 16, 23 and 26: 10-11am - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) **prior** to entering the class.

WARM UP WEDNESDAY: 10 and 24: held at 33 Liardet Street, NP. 9.30-11.30am. "Warm up" with us and enjoy great music and some tasty hot soup and toast. Gold coin donation.

DROP IN CAFÉ / SOCIAL MORN-ING: Thursdays, 4, 11, 18, and 28: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes.

PS: There will be no Drop In Café Thursday 25th

AGM OUTING in SEPTEMBER: Wednesday 17: Welcome for morning tea but there will not be an organized outing.

MENS GROUP: Monday 22: meeting at 33 Liardet Street at 10.00am—12.pm. Mens group—details to follow.

INGLEWOOD Social Afternoon: Thursday 11 only this month. 1.30—3.30pm
Held at Lifegate Centre, 6 Mamaku St., Inglewood. 'Connect' and enjoy a lovely afternoon tea.

COASTAL CONNECTIONS OKATO Tuesday 2: 1 - 3pm at the Hempton Hall Supper Room. Lovely food, great company, excellent guest speaker.

WHAT'S ON IN WAITARA: FRIDAY 5, 12, 19 and 26: Singing and fun and afternoon tea. 1 - 3.30pm, Senior Citizen's hall. 3 Warre Street, Waitara.

Contact: Pauline Julian
Age-Connect Service Coordinator
06 759 9196 or 0800 652 105
pauline@ageconcern-taranaki.org.nz

Office Hours:
9.30-1.30pm Monday to Friday.

Older adults are more likely to get Covid if they are not vaccinated...

Many of us seem to have become blasé about ensuring that we protect ourselves and those that we love against the higher risk of severe illness and complications from getting Covid.

As we age, our natural defenses against infections weaken - and our immune system becomes less effective at identifying and fighting off viruses. Vaccination plays a crucial role in strengthening our natural immune response.

Keeping up to date with vaccinations and boosters alike will lessen the chances of having a higher risk of serious complications like hospitalisation and death.

Being vaccinated can also help prevent long COVID which is when severe and often debilitating Covid symptoms can last for weeks and often months after the initial infection has passed.

Many older adults live with health conditions such as heart disease, obesity, diabetes, respiratory issues, neurocognitive disorders and kidney disease. Such conditions can lower our resistance and ability to cope with Covid.

Vaccinations available in Aotearoa/ New Zealand have been rigorously tested for safety through multiple phases of clinical trials.

They are safe and are readily available to help you protect yourself from the serious effects of Covid.



THE good CAFE

The Good Café is where you can enjoy a delicious breakfast served by loving volunteers, and do a good deed by donating generously for your breakfast.

Based at St Mary's Church's Vicarage, the atmosphere is welcoming, warm and busy where people from all walks of life enjoy great food while supporting local, national and international humanitarian causes.

The Good Café appreciates that some people are unable to donate. This is fine. You are welcome to enjoy breakfast.

Tuesday mornings

7.30 - 10.00 am
(Last orders at 9.45am)

Everyone welcome.

SHOP local

I TOLD MY WIFE THAT I WANTED TO BE CREMATED

UNKNOWN FUNERAL 9/2020

SHE MADE ME AN APPOINTMENT FOR THURSDAY

DIET DAY 1:

I HAVE REMOVED ALL THE BAD FOOD FROM THE HOUSE. IT WAS DELICIOUS.

SHOP local



**HELP IS AVAILABLE IF YOU REQUIRE FOOD
in Ngamotu/ New Plymouth (updated* February, 2025)
Community kai is run each week at these venues...**

Day and time...	Who and where...
Monday 8am -3pm	Waimanako (Taranaki Retreat hub) 33 Devon St Plaza
Monday 9am – 2pm	New Plymouth Community Foodbank 40 Vivian St. behind St Mary's Peace Hall oppo- site the cathedral.
Monday 5pm - 6pm	On the House - Moturoa redistributing quality surplus food. 2 Lawry Street, St James Church, Moturoa
Tuesday 7.30am to 10am Breakfast	The Good Café Cathedral Church Vicarage 37 Vivian Street NP
Tuesday 8am 7.30pm	Waimanako (Taranaki Retreat hub) 33 Devon St Plaza
Tuesday 10am –12.30pm Appointment only	Salvation Army 118 Powderham & Dawson St. For appointment ph 7589338
Tuesday 9-2pm	St Andrews Café Liardet St., NP
Tuesday Dinner 5.30pm 2 course meal.	St Joseph's Catholic Church Hall Devon St (down from the Clock Tower)
Wednesday 8am -7.30pm	Waimanako (Taranaki Retreat hub) 33 Devon St Plaza
Wednesday 9am -2pm	New Plymouth Community Foodbank 40 Vivian St. behind St Mary's Peace Hall oppo- site the cathedral
Wednesday 1:30pm -2:30pm Off week of NZ Super	On the House – Over 65 Liardet Street Methodist Church Hall
Thursday 8am-7.30pm	Waimanako (Taranaki Retreat hub) 33 Devon St Plaza
Wednesday 9-2pm	St Andrews Café Liardet Street, NP.
Thursday 9-2pm	St Andrews Café Liardet Street, NP
Thursday 10am –12.30 Appoint- ment only	Salvation Army 118 Powderham & Dawson St. For appointment ph 7589338
Thursday 5pm- 6pm	On The House - Fitzroy redistributing quality surplus food. 10 Henui St Fitzroy. Community Hall next to Holy Trinity church.
Friday 8am-7.30pm	Waimanako (Taranaki Retreat hub) 33 Devon St Plaza
Friday 9am – 2pm	New Plymouth Community Foodbank 40 Vivian St. behind St Mary's Peace Hall oppo- site the cathedral
Last Friday of month 5.30 -7.30pm Meal	Methodist Church Hall Liardet Street (behind Church)
Sunday 6.00 pm Dinner	City Life Church 28 Egmont St. Next but one to Frederics

Love your hips...

Are you at risk?

Unless you've injured yourself in a fall, avoiding' a fall is probably the last thing on your mind.

Falling over shouldn't be considered part of the normal ageing process, but we need to be realistic. As we grow older, underlying conditions or problems, with balance, strength or mobility do increase our risk of falling.

Each year, one in three people aged 65 and over will fall. For people aged 80 and over, the risk increases to one in two. That said, many falls are preventable.

One of the ways everyday New Zealanders are reducing their falls risks is by attending exercise classes especially designed for them.

Community group strength and balance classes will support participants to improve their strength and balance and help them live stronger for longer.

Strength and Balance classes...



Participants not only benefit physically, but socially as well.

For further information please see www.livestronger.org.nz or contact Hilary Blackstock via email...
hilary.blackstock@sportstaranaki.org.nz

**I may look fine
but deep down
I don't remember
any of my passwords.**

**just saw 3 people
jogging outside
& it inspired me
to get up & close
the blinds.**

**You Know That
Little Voice
In Your Head
That Keeps You From
Saying Things
You Shouldn't?
I Should Probably
Get One Of Those...**

Next free Public Forums

will be on Thursday, 18th September
and Thursday the 25th September

1.00—3.30pm

Both at St James Church, Lawry Street, NP

On the 18th September all candidates that
have not been on Council have been invited to
seek your support to vote for them...

On the 25th September candidates standing
for Mayor, the Maori Ward and the five can-
didates currently on council
seeking re-election

These are free community events.
Tea and coffee available...all welcome

Please note:

*St James Church has limited seating so it will be a case of
'first in best seats' There will be no one admitted once the
seating capacity has been reached.*



Grey Power
New
Plymouth

Positive Ageing NP

Your 2024/25 committee is:

Co Patrons - Peter Tennent and John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,
Secretary - Stephanie Hansen

Committee - Michel Archer, Brian Eriksen, Lance Girling-
Butcher, Gordon Hudson, Kate Knuckey, Margaret McCall
and Callum Williamson

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz

NP Positive Ageing is proud to be supported by:

**COGS: Community Organisations Grants Scheme,
Ministry of Social Development,
New Plymouth District Council,
TOI Community Trust and
NZ Lotteries Grants Board.**

We are most grateful for their ongoing support.

Chair's message... Local elections count...

As we all know, ageism along with sexism, is alive and
well entrenched across most communities around the
world.

Women in their forties and fifties when applying for roles
that they are more than well qualified for, are spat out of
the "system" by algorithms that discard them before they
even get an opportunity to speak to a human.

Much the same situation when it comes to age. At the end
of the day we are just talking about an arbitrary number.
As is often said, today's 70 year old, is yesteryears 60 year
old, with many, many people well able and qualified to
contribute in really significant ways.

We just have to look around our own City, where local
organisations such as Rotary Clubs have members, where
the average age is comfortably in the seventies. They are
committing to projects, such as supporting the
redevelopment of the Kaweroa playground, planting forests
of Peace and Remembrance out towards Egmont Village,
and providing sleeping bag shelter for the growing number
of homeless. Lions club members also doing their thing,
with what I suspect is a similar age bracket of
theirmembers.

This is let alone those retired folk, that are volunteering in
all sorts of activities right around our community and
doing a fantastic job despite their "OLD" age. Most of
these people fly under the radar and volunteer for a
multitude of reasons.

I guess a couple of the big reasons for myself, is a sense of
contributing and socialising in the wider scheme of things.
It can be very easy to sit at home and for some that is fine.
However I prefer to be out and about.

**While you are out and about, dont forget to vote in next
months local body elections.**

There will be plenty of opportunities to hear the candidates
viewpoints, leading up to the elections themselves.

Wally Garrett – Chair.

Over 50?

**Share your knowledge/skills
Make new friends
Join New Plymouth U3A!!**

**With over 50 different groups
Monthly general meetings and
numerous chances to socialize...
What more could you want?**

Ph: 022 683 0610—u3anewplymouth.co.nz



**A trust of older adults interested in improving the lives of other older adults by
providing information, educational opportunities and providing advocacy
when and where needed.**



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'