

Anger is
one letter
short of
danger.



NEW PLYMOUTH
Positive Ageing Trust

NP Positive Ageing, **FEBRUARY 2023** Newsletter: *Taupaenui*, Issue: 97

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

Editorial: 'Three Waters'—flushing out the facts...

**Chair's
message...**
**Lance Girling-
Butcher**



A time bomb started when New Plymouth's first settlers struggled, almost 200 years ago, to set up home in the region. That time bomb is about to explode. Little did those pioneers and early planners realise they were starting a process that would eventually come to bite their descendants in their pockets.

Little did they think as the streets spread out from its centre that this early settlement was quietly building over a network of pipes that would one day be an essential aid to drinking water reticulation, storm water clearance and sewage would eventually become a massive problem for those who are to follow.

Many of those reticulation systems are now reaching their use-by date and require either updating or replacement while at the same time the tentacles of these pipes expand out with the population to supply a growing urban area. This, plus the failure to evolve a totally satisfactory way of financing in local body development and maintenance have combined to create a nightmare in which New Plymouth is only one centre of 67 involved.

The Labour government's answer to this is development is a \$3 billion

scheme known as 'Three Waters'. This idea is causing wide-spread confusion and controversy. It needs to overcome the hurdle of poor communication and public education.

In a bid to inform the public better New Plymouth Positive Aging, Grey Power and Age Concern are combining to hold a free educational forum in the council where Mayor Neil Holden will speak on this matter and on other plans he has for the district.

Is the Council heading to an intense debate over the cost of rates with a long-term plan that has a number of attractive, useful and far sighted projects that are testing the



governments lack of financial support for local authorities and causing considerable anger?

Among the many questions still to be answered about the development is just how big an impact it will have on local government, and just how it will be managed and financed in the future.

In New Plymouth water occupies more than half of the efforts of the District Council staff and it's still not clear what this means to the full council and the people involved in this work. Will we need a smaller elected council?

Obviously there will be staff cuts. How will the public have their say in what happens with water administration and staffing? It can be a shame that a large chunk of the existing staff will move to whatever organisation is set up to administer water in the future.

Those involved in last centuries clean sewerage campaign saw David Lean rise to power.

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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'

"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Ph 06- 753-9815 or email gordonandjanr@xtra.co.nz

Continued from Page 1:

He was New Plymouth's first environmentally friendly mayor. He will also be wondering what rewards there are for this entrepreneurial project that got us the carousel treatment plant and made New Plymouth a leader in sorting out sewerage issues.

It would also be interesting to know what rewards we should get for other recent improvements to water treatment and stormwater clearance?

It is yet another significant change that Labour has announced without working out the finer detail, leaving people confused and annoyed. We can only hope that Mayor Holdom will have some answers to this and just how it will fit in with the Council's own exciting long-term plan.

You can learn more by attending the forum which starts at 9:30 am in the Council Chamber and will run through till 11 am. There will be coffee and tea beforehand and we should warn you that the bus from the racecourse will NOT be operating for this meeting.

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

Lance Girling-Butcher, Chair
027 273 8066.

Positive Ageing NP



Your 2022/23 committee is:

Co Patrons - Peter Tennent
John Major

Chair - Lance Girling-Butcher
Deputy Chair - Wally Garrett
Secretary - Stephanie Hansen
Treasurer - Jean Graham
Committee - Brian Eriksen, Gordon Hudson, and Margaret McCall.
Newsletter - Gordon Hudson

www.positiveageingtrust.org.nz



Suggestion for a New year's Resolution for 2023...

*Dare to be different...
Don't get a tattoo this year.*



Thank you Prime Minister ...

For being such an outstanding leader of Aotearoa New Zealand and such a wonderful ambassador internationally.

Thank you so much for making those difficult decisions during Covid-19 and keeping so many of us safe - alive. Particularly older adults.

Thank you also for your compassion and support for all those affected by the Christchurch massacre and White Island catastrophe.

Thank you too for daring to be different, to promote increased recognition of the rights and responsibilities of Maori and Pacific Islanders.

You have led a united and stable government for over five years. It is timely for you to enjoy being a mother, a soon to be wife and have time to reflect on some wonderful new less demanding opportunities. Opinion: Gordon Hudson.

Access Radio... supporting Positive Ageing with a regular new fortnightly programme...

'Positively Ageing' is an initiative between long-standing community based entities - Access Radio, Positive Ageing NP and Driving Miss Daisy.



Each fortnight, on Monday mornings from 10 - 10.30am, Positive Ageing will have a 30min time slot on Access Radio Taranaki to promote aspects of 'positively ageing'.

Monday Jan. 30th: Gordon interviews **Rodney Dunlop**, a person with so much energy, so many interests and so interesting.



Monday February 6, 13, 20 and 27:

Gordon interviews **Richard Handley**, a man who has contributed so much to the Taranaki community as a leader in education, health, local government and numerous social service organisations. The 20th and 27th are repeats of the session on the 6 and 13th Feb. Sadly, Richard has left Taranaki to retire to Masterton to be closer to family. We will miss his vision, energy and commitment to us all.



Sponsored by: Driving Miss Daisy, Taranaki - Phone: 027 773 3286.

Let's put an end to the vicious vitriol of politicians and civic leaders...

Never before have we seen such toxic nastiness that has plagued social media and specifically aimed at the Prime Minister and her family.

Social media has made it so easy for the vile threats to her life and those, particularly other women leaders. Ironically, Prime Minister Ms Ardern was a leading light in trying to decrease hate speech, and that seemed to attract even more gutless bile aimed at her in particular. Much has been written about the

misogynists (people who hate, dislike or mistrust women). Certainly most of the cruel sick material posted against the Prime Minister has come from men, but women too, in their thousands, honed in, just as viciously.

The Prime Minister has retired on her own terms, but also in part too, she knew that her daughter Neve, starting school, would also be targeted because these peddlers of poison seem to not have any boundaries to decency.

This deep sense of hatred needs to be addressed and stopped. The problem is... how?

Original article – ‘water meter fiasco...’ as published in the Positive Ageing NP's December issue of their monthly newsletter, Taupaenui. Opinion piece by Gordon Hudson.

Many of us will remember the efforts of the NPDC to ‘sell’ their vision of their Ten Year Plan. Positive Ageing was one community group to arrange a free public forum so that the council could seek feedback on the plan.

A well-attended meeting heard from councillors as to what was being planned and what was not.

The installation of water meters was discussed and those present were, eventually, almost sheepishly, informed that these would be installed. It was a fait accompli. So much for transparency.

No one asked if each ‘home’ would have its own meter. I guess we all thought that was the whole idea of it. More fairness in the delivery and usage of water.

Now, we are being told, thanks to Councillor Dinnie Moeahu, that those sections with more than one ‘home’ on them would have to share equally the costs of the water supply with others on their section.

This comes as a surprise to most of us. Our thoughts and sympathies go out to those people having to share the cost of their and their neighbours water supply. In many cases, the people most affected by shared water meters will be those living in flats and feeling the pinch financially. Hardly a reasonable or transparent approach by a ‘caring’ council is it?

Councillor Amanda Clinton-Gohdes responded to the above article thus:

Kia ora Gordon,

I agree that it is not ideal that there will be around 4000 homes which will share meters with their neighbours. At the time that we made a decision about water meters, that detail was still being worked through on a case by case basis and decision-makers were told that where there were shared meters, a similar approach would be taken to other councils around the country – and that is what is happening. Now that the detail has been worked through, would cost an additional \$31 million.

I also note the concern that residents have about potentially subsidising their neighbours who may use more water. However, I would note that it is exactly the situation now – currently all households pay the same amount for water infrastructure (approximately \$360 per year), regardless of the amount of water they use. Currently larger households who wash their car(s) and boat(s) and water their lawns regularly are paying the same amount as someone living alone doing none of those things.

According to the trial that has already been done with a range of different kinds of households, once water meters are introduced many households are likely to pay less for water use than they currently do. So across the board, there will actually be less cross-subsidisation of water use. While that may still be a risk for those sharing water meters, the risk of subsidising water-thirsty neighbours can still be mitigated in the charging structure, which has not yet been decided. For clarity, the charge that in currently incorporated into rates bills will be removed.

Ngā mihi
Amanda Clinton Gohdes

Hopefully, Amanda, your reassurances will alleviate the concerns of those affected, particularly their concerns regarding their neighbours usage of water on their shared water meters will not financially affect them. Hopefully, the Council has had the foresight to write to each ‘home’ affected by the sharing of water meters and managed to placate their concerns. Mind you, a visit to each would have been better.

Councillor Clinton Gohdes, without doubt, you are an astute person with strong links to many people and organisations in our community. My concern is that if people on council, such as yourself, can miss such a seemingly obviously contentious issue for those sharing water costs on upwards of 4,000 ‘homes’ in New Plymouth, what else gets by without the same scrutiny?

Obviously another is the \$40 million budget blowout to the planned thermal dryer project at the districts wastewater treatment plant. Certainly, initial estimates prepared for council were, as they admit, based on incomplete design and other inflation issues, but again, we are talking about huge costs based on decisions made by council without sufficient data available. An additional \$40 million is an eye-watering amount to add on to our already high rates.

Writing off such mammoth budget blowouts as simply a “sign of the times” and stating that there is little the council could do about it, does not give anyone confidence that the council is in fact working in the best interests of the community they serve.

The Government's seeming lack of confidence in councils to manage the Three Waters process seems, if our council is in any way typical, to be justified.

Councillors take on a huge responsibility when elected. They have to become ‘experts’ in a wide range of often complicated areas and have a responsibility to understand and hold their Chief Executive responsible for the provision of accurate information based on the very best data available. It is a huge responsibility requiring taking a keen interest in areas previously, perhaps, quite foreign to their experience. No wonder a fair amount of rubber stamping must occur.

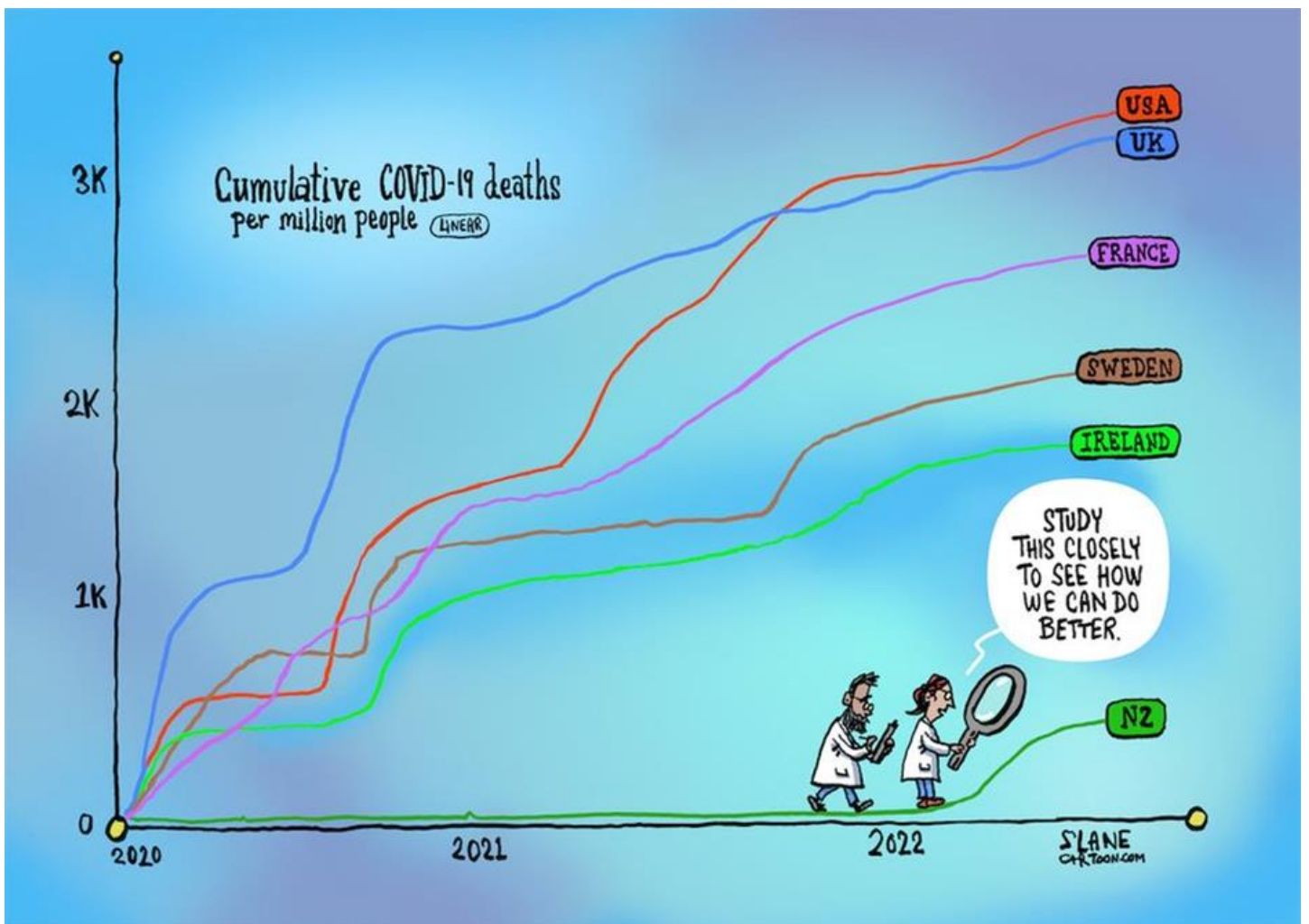
Are we asking too much of our individual councillors?

One way forward is by looking backwards. Former mayor, Peter Tennent, had a policy of ensuring each major council area had one or two councillors allocated to liaise and work with senior staff in those areas in order to get a very clear picture of issues involved. This approach did not lessen the responsibility of all Councillors however it did mean that a clearer picture of the issues about spending was available to fellow councillors. Former councillor and chair of Positive Ageing NP, Lance Girling-Butcher, believes this system worked well.

Hopefully, it could again lead to better decision making with rather less embarrassing situations than we have now. Better still, it would possibly improve our confidence in our city's elected leaders.

Opinion: Gordon Hudson





Let's slate the Prime Minister and the Public Health Sector...

Once again, the above cartoon by Chris Slane, published in the NZ Listener in late December 2022 hits the jackpot. Nothing will stop the armchair critics, doing nothing but criticizing a health response that, overall, did exceptionally well in exceptional times.

Without doubt, mistakes were made in the haste to save lives, control risk factors and to keep the economy stable. The planned Royal Commission of Enquiry will no doubt focus on the negatives rather than the positives of what made Aotearoa New Zealand an international leader.

I am just so grateful that we had such strong professional and political leadership in one of our most challenging times. Opinion: Gordon Hudson.

The Need to keep vigilant...

Sad to say, but Covid is not going anywhere fast. It is here to stay.

We have, as a country, been through so much to protect our selves and our country. Too much to jeopardise it all by not being prepared to maintain some 'commonsense' safety. This is particularly true for older adults, for it is our generations that have borne the brunt of Covid-19.

What we can look forward to though is the discovery of newer, more effective methods of control, methods that are less intrusive, more readily available and more cost effective.

In the interim, we can all do our bit by taking every reasonable precaution. Opinion: Gordon Hudson.

Does anyone know if we can take showers yet or should we just keep washing our hands ??



Positive Ageing NP is proud to be supported by:

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

We are most grateful for their ongoing support.

Getting boosted is the best way you can support your own health, that of your family/whanau, other friends & your wider community.

0800 237 829



So... National plans to resurrect Social Investment...

National has released its “bold new approach” to social investment. It promises data driven decisions that will benefit New Zealanders most in need.

It is hardly a new approach, rather a refinement on former Prime Minister Bill English’s social investment policy. According to Act leader David Seymour, *‘Social investment under Bill English was the best policy that never happened. It uses good data to target interventions to the right people at the right time.’*

Currently, New Zealand spends a fortune on well-being. One million a day on emergency housing alone.

The big question is how can the Government know that what it spends on well-being (or social investment) is spent well to the greatest benefit of the most in need. Evidently, according to National’s Deputy leader, Nicola Willis, we don’t know. She wants results that count and promises to make use of data and evidence, while taking a ‘people and outcomes’ focus to improve social outcomes.

The philosophy of the approach has always been admirable. Use the massive data already available, refine it and target those family/whanau identified as most in need of support. They would establish a Social Investment Fund that would “invest in programmes that will change the lives of New Zealanders with the greatest needs”.

It was then, as it is now, the intention of a National government to attract investment from New Zealanders to their programme. It would receive initial funding from the Government, then be topped up from diverted funding from areas delivering disappointing social impact evaluations.

A key part of the programme was, and is, to utilize the myriad of grassroots organisations. What the then government did was state their intentions to demand that all Non Government Organisations (NGOs) receiving Government funding would be required to report what they were doing to support their client base. If they were not prepared to do so, they would not receive ongoing funding.

National’s then Social Investment programme failed to gain traction, mainly because it had been a top heavy, top down, clumsy approach, designed to bully NGOs into collecting this data from vulnerable clients in order keep their contracts and for their clients to receive their services.

NGO clients would only receive support from their NGO service if they were prepared to have their personal information shared with an unknown number of other government and non-government agencies, all for unspecified reasons.

Many NGOs had the integrity not to accept the requirement of the Ministry of Social Development (MSD) to supply sensitive information. NGOs were treated shabbily, at best.

According to Labour Opposition MSD spokesperson, Carmel Sepuloni, Women’s Refuge were told “We don’t care if you think this will deter women and children from coming to you for support. You will give us the information regardless, or you will not receive funding”.

Excerpt from Hansard.

It can take a great deal of courage to firstly recognize the need to seek support and then be willing to share often very personal and sensitive information to that provider. It requires developing a sense of trust and respect.

People in need of social services, because for instance, they are fleeing a violent relationship or have alcohol and/or other drug issues may be too scared to seek the help they need and are entitled to.

I suspect many people will choose not to seek help and will prefer to address their personal problems themselves, in their own way, away from government surveillance and scrutiny. In the process they risk becoming increasingly invisible and harder to reach out to. They and their whanau are most likely to further suffer.

The amount of personal data sought for the Social Investment programme was considered *‘excessive and disproportionate to the government’s legitimate need, making it inconsistent with the principles of the Privacy Act’.*
Privacy Commissioner, John Edwards.

The Public Service Association too stated the *“We are worried that NGOs working with vulnerable families are being asked to share data of such a sensitive nature and we are not convinced that the gains of doing so outweigh the risks”.*

When, in 2017, the government changed’ Labour absorbed some of the social investment apparatus into their new ‘wellbeing’ framework but much of it was abandoned. English retired from government and National became overly distracted in changing leaders.

There is no doubt that the Social Investment plan will become an election issue this year.

Hopefully, this time, the National Party will have taken heed of the anger and frustration of so many in the social sector. Hopefully it will ensure that the data collected and used to benefit those most in need will be done so ethically, that NGOs will not be forced to collect and share data considered to be too sensitive and targeting the most vulnerable in a coordinated approach will seem appropriate.

As a policy, using data to best ensure the right resources are provided to the right people at the right time seems the right thing to do. But to be effective, it must work in partnership with the most successful of local social service organisations. NGOs too must be able to feel safe and secure in what they do for their clients—otherwise all efforts will be lost, again.

Opinion: Gordon Hudson

SOCIAL INVESTMENT

A New Zealand Policy Experiment

EDITED BY
JONATHAN BOSTON AND DEREK GILL

Editor’s note: Any criticisms in the above article are aimed at the politicians and Head Office policy makers at the MSD, not at any staff involved at a regional level.

I'm at the place
in my life where
Errands count as
"Going Out"

Strength and Balance classes



*Partici-
pants
not only
benefit
physical-
ly, but
socially
as well.*

For further information please see
www.livestronger.org.nz or contact
Hilary Blackstock via email:

hilary.blackstock@sporttaranaki.org.nz

Telephone: 021-480-180

If you
don't let
the past
die, then
it won't
let you
live.

Letter to the Editor:

(Not to this newsletter but to the
NZ Listener (December 17-23
2022)

Older Adults...

*I always enjoy Marc Wilson's Psy-
chology, but was perturbed by
some of the terminology in his lat-
est one (December 3). Clearly he
has no intention of being disre-
spectful, but terms such as 'oldies',
'the elderly' and "older folk"
come over as patronizing, and
somewhat infantilising of this age
group.*

*Some 26 years ago, I began work-
ing as a clinical psychologist in
public health, specializing in the
psychology of older
(geropsychology). When I started
out, it was known as Mental Health
Services for the Elderly. Later we
changed this to Mental Health Ser-
vices for Older People, which was
better. However, we eventually
settled on Mental Health Services
for Older Adults, which I believe
more accurately and respectfully
describes this population.*

*So please Marc (and everyone
else), can we make a practice of
acknowledging the 65 plus age
group as adults who are older
(older adults) rather than the di-
minishing descriptors of oldies,
elderly and older folks?*

Stephanie Allison

Torbay, Auckland.

It is great to see leaders in the field
of supporting older people advo-
cating for a more respectful term
for them. "Older Adults" seems to
me to better reflect where we are at
post 65 years. The term means
that we do not lose the status of
'adult' and are more likely to be
included and supported in an 'adult
-like' manner.

Opinion comment by Gordon Hudson.

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



Waimanako: The Hope Centre...

**Taranaki's Kai for Koha Pop-in
Naumai, haere mai, welcome to
"Te Huinga, the Gathering". It
is part of Taranaki Retreat—
supporting people going
through challenging times. A
real community support hub.**

The Hope Centre is based at 33
Devon Street West, from 9am -
9pm, 6 days per week. There is
also an excellent range of food
and beverages for a koha.

Waimanako/Hope Centre is a
Pop-In Support Hub - here to help
people through the tough stuff. A
good safe place for all. The re-
treat also offers a peaceful resi-
dential space to recover.

Help the Taranaki Retreat help
others. If you would like to know
more—contact the Retreat:
06 215 0993
Open 24 hours per day.

**I OFTEN WONDER
WHO PETE IS
AND WHY WE
DO THINGS
FOR HIS SAKE...**

It turns out that when
asked who your favorite
child is, you're supposed
to pick one of your own.
I know that now.



For More Funny Quotes Visit:
www.bizwaremagic.com



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

Quips and Quotes from the NZ Listener...

"My New Year's resolution is to be more assertive, if that's okay with you guys."

Seen on Twitter.

"What's another word for Thesaurus?"

Steven Wright.

"The more I see, the less I know for sure."

John Lennon.

"The human race has one really effective weapon, and that's laughter."

Mark Twain.

"Most of what we call management consists of making it difficult for people to get their work done."

Peter Drucker.

"My fashion decisions have gone from 'Is it cute?' to 'Is it comfy' to 'Did anybody see me wear this yesterday?'"

Seen on Twitter.

"The best time to make friends is before you need them."

Ethel Barrymore.

"Prejudice is a great time-saver. You can form opinions without having to get the facts."

EB White.

"Progress is man's ability to complicate simplicity."

Thor Heyerdahl.

"Morning without you is a dwindled dawn."

Emily Dickinson.

"All the most beautiful thoughts in the world weigh less than a single lovely action."

James Russell Lowell.



Spare us!

Breakfasts for a koha...

by **St Mary's**
but based at **Peace Hall**

Great food, great menu and great people...

Tuesday mornings

7.30—10.00 am
(Last orders at 9.45am)

This café is in its 10th year and has raised over \$100,000 for local and overseas causes.

A big thank-you to all those supporting this initiative, whether as a diner or volunteer.

Everyone welcome.

We are always excited to see you!

A better 2023 to you all.

The Citizens Advice Bureau

(CAB) has its roots in war-time England. CABs were established on the eve of the Second World War to help people cope with the dislocation, trauma and complexity that war brings. The need for CAB did not diminish when the war ended. Things have changed in society with the growth of bureaucracy, the increasing rules around people's rights and responsibilities, and a general increase in the complexity of everyday living.

It doesn't matter what your question is. We'll help, and if we can't help you directly we'll find someone who can.

We Are Here To Help.

Tuesday March 7th 2023 is National Census day. Some people are being sent their forms digitally, others are being sent paper forms. If you would like some assistance filling in the forms (digital or paper), please go to your local CAB and get that help from our cheerful and knowledgeable volunteers.

We will have specially trained people on hand, waiting to assist you, from 9.30am to 3.30pm at the CAB offices in the Community House, (by the YMCA), 32 Leach Street, New Plymouth. Any queries please do not hesitate to contact us. Ph 06 758 9542

Email: newplymouth@cab.org.nz



**I'VE SUFFERED FROM
MEMORY LOSS**

**FOR AS LONG AS I CAN
REMEMBER**

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



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



A warm invitation to you to flush out the facts about Three Waters...

Positive Ageing New Plymouth, Grey Power and Age Concern have combined to invite Mayor Neil Holdom to present the facts about what the Three Waters reforms will mean to the Council and to you.

The Three Waters reforms are no doubt one of the biggest if not the biggest reforms taxpayers and ratepayers will be faced with.

But Three Waters is still a mystery to many, if not most, of us.

This is an opportunity to hear our Mayor, Neil Holdom explain the pros and cons of Three Waters reforms on...

THURSDAY, 9th FEBRUARY

at the NP District Council's Debating Chamber—9.30am—11am.

(Please note: There will not be a free bus service to and from the racecourse.)

This is a FREE public event. There will be coffee, tea, etc available before the meeting commences and when it concludes.

Sponsors:

With, once again, the grateful support of the NP District Council.



Grey Power
158 Tukapa St.
06 757 5885



Taranaki—still the sunniest region in Aotearoa/New Zealand...

(Tell us something we don't know. Mind you, sometimes you must wonder how dreary some of the other regions must be. Another reason to live, love, work and play here.

ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday 10 a.m. – 12 noon at the TSB Stadium. \$5.00 entrance fee.

Programme includes:

½ hr keep fit exercises, morning tea, then a choice of: marching/walking, stretch & flex, indoor bowls, tai chi, line dancing.

Contact: Joy Marshall for any enquiries on (06) 758 4874



Positive Ageing NP is proud to be supported by:

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

We are most grateful for their ongoing support.

Farewell to Richard Handley



After 15 years in Taranaki, serving as CEO at WITT, being an elected and an appointed Board member at the Taranaki DHB and a City Councillor on the NP District Council, Richard has decided to retire to live in Masterton where he has immediate family.

His contribution to the city extends to being a JP, a member of a Rotary Club and so much more. Governance roles at St Mary's Cathedral and the Taranaki Retreat, were of particular areas of interest. Richard, a fond farewell. You are going to be sorely missed.

Opinion: Gordon Hudson

Helping keep our communities safe...



The New Plymouth Community Patrol needs more volunteers to help with it's important work.

The Community Patrol provides a high visibility deterrent against crime and acts as the 'eyes and ears' of the police.

If you can spare a few hours each month to help keep our community safe, please contact the Coordinator, Don Roper—021 022 44 66 53.

So, if we lie to the government, it's a felony...

But if they lie to us, it's politics.

-Bill Murray



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