

*Don't worry about getting old.  
Worry about thinking old.*



NP Positive Ageing, **JUNE 2022** Newsletter: *Taupaenui*, Issue: 90

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

*It is time to return to a sense of normality...*

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



**THIS IS a gentle call to arms for all those sheltering in their homes trying to avoid Covid - 19. The time has come to swallow those fears of infection and try and start thinking about life after the pandemic eases.**

It's a somewhat daunting process considering health authorities are a warning of other pandemics that could occur, including the flu, and others, but we can't go on leaving people lonely, worried and uncertain.

You have all been wonderful in listening to the call for safety and following the advice issued by government and health authorities, but we have now reached the stage where we must brave any remaining risk for the benefit of all.

Most of us are now vaccinated, infection rates are as anticipated. We are now allowing just about anybody into the country and most businesses and retailers are returning to previous levels.

New infections are occurring, mostly among those who have refused vaccination and chosen to gamble on their immunity.

The result is behaving a bit like

trying to turn an ocean liner around. It takes a long time to slow the ship, just as it will be slow overcoming years of conditioning that required us to isolate.

We, at New Plymouth Positive Ageing, are aware of the lingering reluctance to emerge from the safety of our homes and have been casting about for options to improve communication and education. These include putting even more effort into our monthly newsletter, emailing it out to as many individuals and organisations as possible - and we are now moving into broadcasting. We have arranged, courtesy of Access Radio Taranaki to start fortnightly broadcasts at 10am on every second Monday, commencing on Monday the 30<sup>th</sup> May. We will have as many interviews, information, debate and comment

to enhance people's knowledge of what is happening and why. Each session will be placed on Access Radio Taranaki's website.

After six month of virus interruptions, we are going to resume our educational forums with two in June. The first will be a look at changes in the health system as from July 1<sup>st</sup>, when the Taranaki District Health Board will be consumed by Health New Zealand and the Maori Health Authority. **This will be held in the New Plymouth District Council debating chamber at 2 pm on Monday, June 20<sup>th</sup>.**

Staff from the Taranaki District Health Board will be asked to outline how these changes will impact on individuals, and the process for continuing public import from the region into the national time Continued on Page two...

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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**

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for people to ask any questions they may have.

This forum will be followed by a second free public forum on kerbside collection and recycling. During the lockdown many of us got a bit casual about what we can dump and what we can save from the land fill by recycling.

There are several significant changes designed to help improve the situation and make the whole refuse industry a lot more sustainable.

In the meantime, the levels of loneliness and disconnection amongst the most vulnerable are increasing. They are left to battle on trying to follow government dictates, accept the claim that the major threat is over if we look after each other, wear our masks as recommended,

and keep away from the more dangerous environments. We are herd animals by nature. We need interpersonal relationships. By talking together, by working together, we share the support that we all need.

It is also looking seriously at housing and transport issues and will shortly be redefining the strategy in these areas.

At the same time all this is going on, the Steering committee driving the Age-friendly Strategy has been reactivated and is working away at a new action plan and ways to ease people out of the pandemic lockdowns.

It is also looking seriously at housing and transport and will shortly be redefining the strategy in these areas.

There is a lot happening.

**In the interim, our long-serving treasurer, David Showler is retiring from this position and we, as a Trust are very keen to attract a new treasurer.**

If that person could be you, or indeed, if you have any ideas on how we can make improvements, please give me a call on 027 273 8066.

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



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

**'Positively Ageing' is a new initiative between long-standing community based entities—Access Radio and Positive Ageing.**

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

**30th May—Introducing hosts—**Lance Girling-Butcher and Gordon Hudson.

**13th June: Falls Prevention—**Living Stronger Living longer. Promoting the benefits of strength and balance in later life—with Hilary Blackstock, Sport Taranaki's Coordinator of Strength and Balance classes.

**27th June: NPDC Community Partnership Lead Callum Williamson** discusses the many issues involving older people.



### **Puke Ariki - Free Digital Drop In Sessions**

#### **Libraries 'Click & Collect'**

If you are unable to visit one of the NPDC libraries, you can borrow a bag of books with their 'click and collect' service.

Experienced librarians will select a bag of books, just for you.

Choose the library that you wish to choose your books from and where you will collect them from. You will need to be a library member.

**For all enquiries, phone:  
06 759 6060  
Or email:  
enquiries@npdc.govt.nz**

**Every Tuesday afternoon—  
3-5pm, at Puke Ariki Library...**

#### **Smartphones:**

Getting started, downloading apps, connecting to the internet

#### **Accessing e books:**

And other digital resources.

#### **Creating and saving documents and spreadsheets:**

Ideas to help you write your CV  
Accessing films, magazines, research resources—all with your library card

**Google and the internet—**how to search, set up an email account and stay safe on line.

**First come first served.**

**At my age  
getting lucky  
means finding  
my car in the  
parking lot**



## Masking non-masked is not an easy task... by Jim Tucker

AFTER ALMOST two dozen Covid-related deaths in Taranaki since NZ gave in to Omicron in March, I've been wondering about masks.

Our family has been into mask-wearing since the pandemic began, but these days I'm seeing fewer and fewer fellow citizens bothering, and a confused approach being taken by shops, eating places...and the government.

Take the simple act of buying a hamburger. The place I've always gone to on a Friday evening is now off our list, even though it has made the best burgers in New Plymouth since time immemorial.

None of its staff wear masks now. And hanging round in the street waiting for your order is risky because some people wear masks and some don't.

I thought I'd already discerned a pattern – old people mask up and young people don't. But it's not as clear cut as that.

Some oldies go maskless everywhere in public and heaven help you if you give them so much as a look and a sigh.

Many youngies go without masks, too, but not all. Some within a group will have a mask while others within social distance range don't bother.

It would be easy to conclude that many people under the danger age of 60 have already had Covid and decided it isn't any worse than a bad cold. So, they act accordingly.

But it won't be as simple as that. Even though nearly a quarter of Taranaki's population has now had the virus, everyone's experience will be different.

In families where an aged relative has died or been seriously ill, the risks will be all too apparent to those younger relatives considerate enough to care.

And I'd like to think that's the majority.

Those who won't wear a mask – even to supermarkets, where mask-wearing seems most consistent –

seem to be the people who don't like being told what to do, or don't believe in vaccination, or don't care about others (especially aging, wealthy baby boomers), or think they're immune, are uninformed or mentally ill, or simply can't see what this inconvenient fuss is all about in safe old Taranaki.

Have I missed anyone?

Oh yes - the exercisers who huff through Pukekura Park, thinking nothing of spraying breath everywhere as you edge past on the narrow pathways.

And there are those looking for a fight. You see them as you leave the supermarket, striding purposefully towards the entrance, maskless and eyeing you warily to see if you're going to say anything.

I have on a couple of occasions, and got what I expected: a defiant glare, a shaping up, a moment of indecision on whether to smack this cheeky old bugger who's asking for one.

I tried introducing myself to groups sitting at an outdoor restaurant and saying I was surveying people about masks. All those approached were aged... and not wearing masks because they were eating, of course.

I asked if they appreciated the serving staff (although not the chefs) were wearing them?

Most said they weren't worried either way, although one started to get huffy, saying they were from Waitara and the community was pulling together to handle Covid. I presumed that meant with or without masks.

One woman said she was at an age where death would claim her when it was time and there was nothing she could do about it. How philosophical.

A read of the government's online mask guidelines and advice offered by medical staff at the US Mayo Clinic shows how complex and unmanageable the whole mask thing has become.



Take Mayo on mask types. It says cloth ones are less effective and if we really want to be safe we should be wear the 20 N95, the ones with the yellow straps.

Most people wear cloth. They're far more comfortable. The 20 N95s I shelled out \$60 at Mitre 10 are as uncomfortable as hell.

If I had to work all day in a mask I'd go cloth. Greater risk, presumably, but just how much greater is uncertain. And you can always equip cloth masks with a changeable liner.

There exists a tricky scale that starts with the jobs, occasions and locations when masks are mandatory and ends up with those times when masks are not needed - like outside - or when exemptions apply.

Exempting people with a health excuse seems reasonable - unless you realise that if one such person in the infectious stages of Omicron tootles through a crowded supermarket (where social distancing is impossible) then there is a chance the virus will spread.

I suppose the only mitigating thought is that those at most risk are the others not wearing a mask. That seems like an awful kind of poetic justice.

Another conundrum is what to do about visitors to your home. We have a reasonably spacious, roofed deck, so we suggest people wear a mask for the meet and greet and then not worry once they're seated a couple of meters away. Then it's masks back on when we see them off.

Family splits over vaccination and masks seem common. There hardly seems to be a family anywhere where an internal disagreement hasn't caused arguments, even

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separations or occupation of separate rooms.

I think complacency is now one of the main features of modern life under the pandemic. Many have grabbed at the slightest excuse to interpret mask rules for their own benefit, and to hell with anyone else.

The situation was well summed up recently in a story by a Newsroom writer Marc Daaler, who quoted Wellington urgent care doctor Kelvin Ward as saying the following:

“I think the public perception is that you get it once, it’s a one and done type situation, it’s mostly going to be mild and then you’ll get over it and once we’re through this wave, the country will be over it and go back to normal.

*“Looking at what’s happening around the world and knowing about reinfections and waning immunity, I don’t think that’s the reality.*

“It seems to me that we’ve got this sort of parochial exceptionalism about what’s happening overseas, some countries are on their fourth, fifth and sixth waves, and it almost feels like there’s a public sentiment that it’s not going to happen here. Or at least there’s no expression of fear that it’s going to happen here.”

Daalder concluded: “Covid -19 is here to stay. That doesn’t mean we can forget about it. If it does become endemic—reaching a natural equilibrium without excessive outbreaks—it could be deeply harmful. “Smallpox was endemic, too. It killed millions of people each year.

“The Government’s current approach to Covid -19 is purely wishful thinking - that if it looks away, then the virus won’t spread. So the Government has looked away, but Covid-19 is still spreading. If we keep ignoring it, then the next resurgence will be much worse than it has to be.”

I hope this less pleasant side of Kiwis is just some temporary aberration, brought on by stress and misunderstanding. Otherwise we’re all faced with adjusting to a New Zealand that is no longer the one we’ve valued for so long time. And we’ll all get Covid eventually.

Opinion: Jim Tucker.



## Social Housing in Taranaki is a huge issue now—not later!

Positive Ageing, Grey Power, Taranaki Disability Information Centre, Age Concern, Citizen’s Advice Bureau, and others, have been meeting with local politicians, New Plymouth District Council and other interested parties to see if we can better work together to overcome some of the growing waiting lists for social housing.

There are a number of excellent initiatives occurring at present, mostly involving Kainga Ora, aimed at providing appropriate housing for those most in need. However the waiting list is extensive and these initiatives will provide but a dent in the need.

Too many people are unable to acquire, even the most basic, homes to rent. It is a rental property owners dream with spiraling rents - and profits.

**Locally, we all need a good deal more information as to what central and local government can do to work with communities to provide adequate housing for all —young and old.**

As we get a clearer idea of what needs to be done and what can be done we can and who is doing what—we can share that information with you.

Until then...

Opinion: Gordon Hudson.

**World Elder Abuse Awareness Week is 15<sup>th</sup> to the 22<sup>nd</sup> June 2022**

**ELDER ABUSE HITS CLOSE TO HOME**

Call 0800 EA IS NOT OK or Age Concern 0800 652 105



ELDER ABUSE AWARENESS 15 - 22 JUNE

If you have concerns about the way you or someone you know are being treated, spoken to or cared for, or if you are concerned about how money is spent and property is being used – then Age Concern Taranaki’s Elder Abuse Response (EARS) team. Can help.

We offer a free and confidential service. Please contact us on (06) 759 9196 or 0800 243 625 to speak with our Social workers/Clinicians. Or email:

[info@ageconcerntaranaki.org.nz](mailto:info@ageconcerntaranaki.org.nz)



**We remain at Orange...**

With no change to the latest alert levels, must continue to be cautious in what we do to

**ensure that the profound effects of Covid-19 are manageable.**

Already Taranaki has lost 23 people to date. The vast majority over the age of 70 years.

**Please keep in touch with friends/whanau, be kind to others and most of all, get your booster shot.**

**WONDERING**

**WHAT I SHOULD WEAR TO THE COUCH TONIGHT?**



## Why it is important older people get their free flu jab...

As Aotearoa emerges from its bubble, there's a much bigger chance of catching the flu. And, with international borders opening, we'll see new and re-curring strains of flu spreading in our communities.

Influenza can be serious and make people very unwell. It affects the whole body and can last up to a week or more.

In some cases, influenza can put people in hospital – particularly if you are 65+, or 55 and over Māori or Pacific. In severe cases the flu can be fatal – around 500 people die from it every year.

**As you get older your immune system isn't as good at protecting you, even if you feel fit and healthy. That's why it's important to boost your protection with a flu jab.**

## Getting the flu jab...

**Although having the flu jab doesn't guarantee you won't catch the flu, it will give you more protection and reduce the symptoms if you do catch it.**

In 2022, all people aged 65 and over are eligible for the free flu jab. For Māori and Pacific people, the free flu vaccination is available from 55 years.

**For the best protection, get the flu jab before the start of winter.**

You can get your free flu jab from your GP or healthcare provider. Many pharmacies also offer the free flu vaccine.

The flu jab is also free for those with underlying health conditions.

## Why you should get a booster...

Taranaki DHB is encouraging everyone who is eligible to get a free booster now.

Current evidence shows your protection against infection after 2 doses slowly decreases over time. A booster dose will give you greater immunity against COVID-19, including Omicron.

A booster also helps reduce the chance of more serious infection, and it will be less likely that you need hospitalisation.

***It is almost like having free health insurance.***

***Let's vax to the max!***

***Let's all get that booster shot.***

Opinion: Gordon Hudson.

## Taranaki Cathedral Update...

**Judging from** the exterior, the Cathedral may not have changed much, but action is taking place in the interior.

The major progress is being made on transforming the old vicarage into a smart looking functional centre that will be a key area for many of the church's activities and spaces. This includes a library, offices, commercial kitchen, meeting rooms and the like. It will ensure that the vicarage again plays a central role. Downstairs, the vicarage will become a fantastic hospitality venue while upstairs will be Te Manu Hononga: Sir Paul

Reeves Centre for Peace and Reconciliation. The new development, currently under a giant plastic wrap is the new building - Te Whare Hononga (the house that binds). There is a long way still to go before the Cathedral opens but in the interim, the very old, the old and the new are slowly developing into an exciting complex.



**Unite  
against  
COVID-19**

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

**0800 237 829**

**Welcome to middle age. No one tells you that rigor mortis starts while you're still alive.**



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

**Crepes are back!!!!**

**Breakfasts for a koha...**

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

Great food, great menu and great people...

**Tuesday mornings**

**7.30—9.30am**

**(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 will all be excited to see you back!**

**I HATE TO CANCEL.  
I KNOW WE MADE  
PLANS TO GET TOGETHER  
TONIGHT BUT THAT  
WAS 2 HOURS AGO.  
I WAS YOUNGER THEN,  
FULL OF HOPE.  
BUT NOW I'M TIRED.**

**Remember,  
you can't  
reach what's  
in front of  
you until you  
let go of  
what's behind  
you.**

Chinna Sharma

[anewmode.com](http://anewmode.com)

**Supermarkets cuddle up to  
protect their own...**

The one special you are unlikely to see advertised in a supermarket is integrity.

One of the failings of successive governments is their lack of action over the lack of competition and the amassing of collaboration between the two big players—Progressive Enterprises and Foodstuffs Ltd.

So no matter where you shop, the chances are high that you will be able to purchase stock from suppliers who have been squeezed dry - so that our supermarkets can squeeze you dry.

Competition from new supermarkets are frozen more solid than their peas. Competition is so frozen that even big players such as the Warehouse find it extremely difficult to obtain suppliers because suppliers fear being frozen out by the big two blatant bullies.

Owners have become grossly wealthy, obese with ill gotten gains achieved through shabby commercial practices that all negatively affect buyers' purchasing ability.

It is very important that we lay the blame squarely on the bosses of Progressive Enterprises and Foodstuffs, and to a lesser extent on the Government, which seems incapable of getting a fair deal for their shoppers.

**It is even more important that we as shoppers do not blame staff in supermarket stores as they too are victims of poor pay and conditions so that their masters can become fatter.**

One thing we can do is shop around for our supplies, buy from local growers and suppliers.

Opinion: Gordon Hudson.

**Time for a public facility for  
washing clothes, showering  
etc - somewhere near the  
centre of town...**

**Ever thought how those that are homeless or tourists without access to showers, toilets, washing machines cope? Not well I suspect.**

Surely it is time when a facility such as the main Bus Shelter could be converted to provide safe dry facilities for those wanting a shower or somewhere to wash their clothes.

Costs need not be high and a small cleaning contract and replenishing supplies would not be a great cost on those of us not in need of such a facility.

**While this may not be a tourist attraction, it would be very attractive to end users. And not a strain on the Council budget!**

Of course, if New Plymouth could have an Inner City Mission type organisation then that would fulfil the above need, but until then, we could make a start on providing safe facilities for those needing them.

Hopefully, this is an ideal that could become a reality.

Opinion: Gordon Hudson



**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

**We are most grateful for their ongoing support.**



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

## Quips and Quotes from the NZ Listener...

"A word to the wise is infuriating."  
Hunter S Thompson.

"Selling my degree. Still in good  
condition. Never been used."  
Seen on Twitter.

"It is one of the blessings of old  
friends that you can afford to be  
stupid with them."  
Ralph Waldo Emerson.

"The first problem for all of us, men  
and women, is not to learn, but un-  
learn."  
Gloria Steinem.

"When I was young, I thought that  
money was the most important  
thing in life; now that I am old, I  
know that it is."  
Oscar Wilde.

"At what age can you visit home  
without getting in trouble, because  
it is not 29."  
Seen on Twitter.

"People often say that motivation  
doesn't last. Well neither does  
bathing - that's why we recommend  
it daily."  
Zig Ziglar.

"If it wasn't for the effort, I could  
argue against hard work all day."  
Janan Ganesh.

"Grief never ends, but it changes.  
It is a passage, not a place to stay.  
Grief is not a sign of weakness nor  
a lack of faith. It is the price of  
love."  
Elizabeth 1.

***I get enough exercise  
just pushing my luck***

### Citizens Advice Bureau New Plymouth

#### Te Pou Whakawhirinaki o Aotearoa

Community House, 32 Leach St., New Plymouth

Phone 06 758 9542

0800 FOR CAB (0800 367 222)

Email: [newplymouth@cab.org.nz](mailto:newplymouth@cab.org.nz)

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



### JUNE Activities—NP

**TUESDAY 7th, 14th, 21st, 28th:**  
**(10-11am)**

#### **Aqua Walking:**

Held at the Methanex Indoor Pool,  
10 Murray St, Bell Block.  
\$3. pp. Vaccine pass for entry to  
facility. Please register with Paul-  
ine **prior** to entering the class by  
calling 06 759 9196.

**WEDNESDAY 1st June—Monthly  
Outing:** We will meet at GUSTO

Restaurant. Meet at 11.30am for  
our brunch/lunch. Ring Pauline to  
confirm your attendance.

**WEDNESDAY 8th and 22nd:**  
**Warm up Wednesday:**

A fun, music interactive pro-  
gramme for everyone. 10am-  
12.30pm. Refreshments served.  
Gold coin donation to assist with  
costs.

**THURSDAYS: 2nd, 9th, 16th,  
23rd and 30th: 9.30—11am...  
Drop in Café / Social mornings.**

Something different every day.  
Do join us.

### IN TUNE WITH INGLEWOOD...

Fun and fabulous afternoon of  
singing, spot prizes, making  
music and great company.

**THURSDAY 9h and 23rd:**

6 Mamaku Centre—1.30-3.30pm  
Mask wearing and distancing  
apply. Gold coin donation.

### WHAT'S ON IN WAITARA...

Music and singing afternoons.  
Friday 3rd, 10th, 17th:

Friday 24th June is Matariki and  
a public holiday. 1.00 –3.30pm.  
Senior Citizen's Hall, 8 Warre  
St—Senior Citizens Hall.

A load of fun for everyone.  
Gold coin donation appreciated.  
All welcome.

### TOMORROWS MEALS:

Convenient frozen healthy meals  
are available to purchase daily.  
Delivery on Fridays and by ar-  
rangement with Pauline. \$5. deliv-  
ery fee applies.

**Office Hours:** 9.30am—1.30pm  
Monday to Friday.  
06 759 9196—0800 243 625

All programmes are facilitated by  
Pauline Julian, Age Concern  
Service Coordinator,  
North Taranaki

### World Elder Abuse Awareness Week—15th—22nd June 2022

Unite  
against  
COVID-19

[covid19.govt.nz](https://covid19.govt.nz)

0800 358 5453

New Zealand Government



I always mean what I say!  
I may not always  
mean to say it out loud  
but I mean it !!

People who ask  
me what I'm  
doing tomorrow  
probably assume  
that I even know  
what day of the  
week it is.



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

At long last, after so many delays due to Covid-19 restrictions, Positive Ageing, working with Grey Power and Age Concern can offer two public forums—both of interest to people of all ages, particularly older people. As usual, there is no charge. Please wear a mask to enter and leave the Chamber.



**The future of Taranaki DHB under the new Health NZ and Maori Health Boards and information about the new Consumer Advisory Council**

So much change and so little information about what it all entails...

Join us, and Rosemary Clements, Chief Executive of Taranaki Healthcare to hear more about Taranaki's hospital services and how we, the people of Taranaki, can have some form of influence under the new national health structures.

**Nau mai, haere mai, welcome to this free public forum on: MONDAY 20th June, 2.00-3.30pm at NPDC Debating Chamber.**

Hosted by: Positive Ageing, Grey Power and Age Concern

There is no need to register

Free Transport has been arranged leaving the Racecourse carpark and returning to the racecourse after the forum finishes.

For more information, contact Gordon, 06-753-9815



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

**Grey Power  
New Plymouth**  
21/117 Powderham St.,  
New Plymouth  
06-757-5885 Email:  
[greypower1@clear.net.nz](mailto:greypower1@clear.net.nz)  
[www.greypower.org.nz](http://www.greypower.org.nz)



**YOUR KERB-SIDE  
COLLECTION**

**FREE PUBLIC FORUM**  
THURSDAY - 30th June 2022,  
10.00—11.30am...

**An opportunity to learn more about the Council's plans to:  
Become more efficient, and environmentally and user friendly**

*Responding to your questions, suggestions and concerns*

Council staff will be on hand to tell us all about it, complete with written material and time to respond to your questions.

**Kerb side collection involves us all.**

*You are warmly invited to this free public forum,  
to be held in the Council's Debating Chamber...*

There is no need to register.

Please note: Vaccine passes are necessary to attend.

Free Transport has been arranged leaving the Racecourse carpark and returning to the racecourse after the forum finishes.

For more information, contact Lance—027 273 8066

Proudly sponsored by Positive Ageing, Grey Power & the NP District Council

## **Strength and Balance classes**

Participants not only benefit physically, but socially as well.



For further information please see [www.livestronger.org.nz](http://www.livestronger.org.nz) or contact Hilary Blackstock via email:

[hilaryblackstock@sporttaranaki.org.nz](mailto:hilaryblackstock@sporttaranaki.org.nz)

Telephone: 021-480-180

And to learn more about the full range of classes (there are about 30 in Taranaki and over 500 participants, right round the mountain—then tune into Access Radio Taranaki 10.44FM to listen to Hilary explain the benefits of... 'living stronger - and longer'.

## **Positive Ageing NP**



**Your 2021/22 committee is:**

Patron—Peter Tennent

Chair—Lance Girling-Butcher

Deputy Chair—John Major

Secretary—Gordon Hudson

Treasurer—David Showler

Committee— Brian Eriksen, Kathleen Forde, Wally Garrett, Margaret McCall, Carleen Broughton and Stephanie Hansen.

Newsletter - Gordon Hudson

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



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