

The secret to ageing gracefully, is to enjoy it...



NP Positive Ageing, **MARCH 2023** Newsletter: *Taupaenui*, Issue: 98

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

Editorial: 'Action in climate change needed...now...'

Chair's message...
Lance Girling-Butcher



The wailing that will follow Cyclone Gabriel's rampage across New Zealand is going to be loud and last a long time.

So it should, particularly because it all could have been avoided, if humankind, put aside its greed, avarice, selfish attitude and listened to the warnings of the experts who have said that global warming is taking over.

Gabriel was born in the unusually warm Eastern Australia where temperatures of more than 27° C were often recorded. She was then sustained by, equally, warm conditions, blanketed by greenhouse gases, and jumped onto the east coast of New Zealand with a pent-up fury, not often seen in our more temperate climate.

So far, the toll in human life and injury although not disastrous by international standards, nevertheless has been tragic. The bill for repairs is going to be horrific in both stress on people and finances.

And Gabriel is just the latest in a series of devastating reminders of what happens if the climate continues to warm and nature gets turned on its vicious head.

Encouraged by the love of money, comfort, and the eternal, chase for

fun, humans continue to ignore the warnings of the experts, and the observations of their own eyes, as we plane ahead, living life, heading for destruction.

There is lots of talk but little action. Brinkmanship in political circles increases. Nevertheless, we continue our selfish rush to allow greenhouse gases to multiply while we chase recreations of the most expensive kinds.

In the face of the mass of problems generated by the cyclone, Civil Defence, and other supporting agencies, like the military have done a remarkable job of keeping destruction to the degree they have, however, there are a lot of things that haven't gone well and should be talked about.

This cyclone has shown in the most dramatic way that in spite of many technological developments, systems and processes, nature has the greater power and we must find

better ways of communicating and informing the public during these weather events than we now have.

It's been interesting that Gabriel has arrived hot on the heels of an excellent public forum in New Plymouth. where Mayor Neil Holdom explained the facts and details of the governments proposed Three Waters scheme. In a well-articulated address, he explained the reasons behind Three Waters, and the fact that it become increasingly necessary because of severe weather events, and the need to maintain and grow water reticulation processes in the face of dwindling capital investment.

I believe the whole unpleasant mess is the result of decades of procrastination by the central government who have not devised adequate ways to fund local government and the development and maintenance of urban areas.

In New Plymouth, we have done our best to create a satisfactory sewage system, done a lot of work on the

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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'

Continued from Page 1:

flood prevention, and achieve good standards in drinking water, but there's still more work needed and Gabriel has been a reminder how this is. A number of time bombs ticking away, not the least threat is that sea level rises may well endanger some of the most expensive business areas and large tracts of developed land.

The national election is looming in October. It's time that people put aside their own petty interests and started demanding plans that will meet some of these challenges before it gets too late. On a personal level, we need to look at what we as individuals are doing to protect the future and insist on supporting those who seem to care more than about the environment. I admit, I'm a bit of a tree hugging greenie myself, but I do have a severe conscience about what my generation is leaving the next in a trickier, over populated and careless world.

On a more selfish note, Positive Aging, Grey Power, and Age Concern are planning a free forum on Civil Defence and what people can do to help themselves if nature runs rampant, we will also be holding a 'Meet the Candidates' free public forum in September as a prelude to the national election.

We need to learn from the lessons now being delivered on the East Coast, and know what to do to help ourselves when things go wrong. If we have learned anything from Gabriel, it's that when the chips are down, it's up to individuals to look after themselves.

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

Lance Girling-Butcher, Chair
027 273 8066.

Born and raised in Taranaki and proud to be so...

Hon Carmel Sepuloni is of Samoan, Tongan and NZ European descent. She was born and raised in Wai-tara but has lived in Auckland since 1996. She is the MP for Kelston, and was appointed Deputy Prime Minister in January 2023.



Outside of politics Carmel has worked broadly across the health and education sectors, working as a Literacy Educator with youth in West Auckland, teaching in Samoa, managing equity programmes at the University of Auckland, managing the non-regulated Pacific Health Research project and acting as CEO of New Zealand's only national Pacific Health provider, Vaka Tautua.

Carmel has always been committed to improving social, health and educational outcomes for all New Zealanders but has especially focused during her career on low socio-economic groups, Māori, Pacific, disabled people and sole parents. During her political career Carmel has expanded access to the training incentive allowance, made public the impact of cuts to ACC funding for survivors of sexual violence, campaigned for better legislation around social workers and fought for the right to privacy for social service users. Carmel is looking forward to continuing her work on building a fairer New Zealand, where everyone is supported to realise their potential.

You have every reason to be proud of your achievements Deputy PM.

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 March 6 and 13:

Lance interviews **Virginia Winder**, a woman who has contributed so much to the Taranaki community as a sports-woman, writer, photographer and her involvement in numerous social service organisations.



Monday March 20 and 27: Lance interviews former Councillor **Colin Johnson** a man who has provided so much leadership and support for North Taranaki in particular.



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

So many 'Anti-Vaxxers' and their weird bunch of followers, the 'Anti Everything' brigade, have now turned their scepticism, wrath, and mindlessness to creating new rabbit holes for conspiracies supporting 'anti-climate change'.

Opinion: Gordon Hudson.

Never mind the evidence, never mind the science, never mind the plain common sense of the need for urgent climate change action - these are the people urging you all not to worry, climate change is but a hoax generated by, oh, whatever entity you can think of.

They know they are right. LOL.

And to make matters worse, the mainstream media, along with politicians everywhere, are being blamed for stirring up anxiety and fear by reporting the traumatic as they witness it.

Some media, eg Newstalk ZB even called the scale of Cyclone Gabriel as just so much hype.

Irresponsible idiots!

Politicians, community leaders, the mainstream media, along with Civil Defence and so many essential services, provided, in the end, excellent coverage enabling us to see the widespread devastation. So many people have stepped up to help those most affected.

Now... they are our heroes.

While the previous census, held in 2018, was mostly an online survey, which providing disastrous results, 2023 will be different with an increased emphasis on catering for all people, regardless of their levels of IT experience.

Census Collectors, 3,600 of them, (double the number in 2018) will be in communities throughout Aotearoa New Zealand.

Already most of us will have received our census packs in the mail or have had them delivered by a census collector.

We will be able to fill out our census forms as soon as we get them, either online or on paper - and ideally before Census Day—7 March 2023.

44% of households will receive paper forms (up from 3% in 2018). How welcome is that initiative!

For the first time the census questions will be translated into New Zealand Sign Language. Information about the census will also be available in 29 languages!

The aim is to ensure that every person in the country has the information, formats and support they need to take part before Census Day.

The 2023 Census is the only survey we do as a country. Not only is it the official count of people and the places we live or stay, but it provides 'a point in time' understanding of life in Aotearoa New Zealand and how the population is faring now, and how life is changing over time. The information collected is turned into census data that is used to make important decisions that impact every person and community.

**Census is coming.
Be counted**

**Tatau tātou
All of us count**

7 March 2023

Census | Stats 



Iwi, community organisations, councils, businesses, and the government all make important decisions about where to fund and locate services and key infrastructure like hospitals, schools, roads, public transport, parks and recreation facilities.

Without accurate information, poor decision making occurs.

Personal information is never shared with any other organisation or government department.

Positive Ageing New Plymouth urges all people, particularly older adults, to ensure that we complete the census so that decision making bodies have all the information they need to make the future a better place to be for all.

Opinion: Gordon Hudson.



(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



**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

NOT ALL STORMS
COME TO DISRUPT
YOUR LIFE, SOME
COME TO CLEAR YOUR
PATH.

**KEEP THE
DREAM ALIVE!**
hit the
snooze button



**I love asking kids
what they want to
be when they
grow up because
I'm still looking
for ideas.**

relatableblog.com
YES YOU WILL RELATE TO THIS

Welcome to Ginny Anderson, our new Minister for Seniors...

Positive Ageing NP extends a warm welcome to the new Minister for Seniors, Ginny Andersen, taking over from the Hon Dr Ayesha Verrall.

We would certainly like to express our appreciation of outgoing Minister for Seniors, Hon Dr Ayesha Verrall and we wish her well with her new challenging health portfolio, knowing that she will be well aware of the many issues facing older adults needing health services.



The Hon Ginny Andersen is another Hutt South politician, obviously with close ties to Prime Minister Chris Hipkins. She also picks up being the Minister for the Digital Economy and Communications, Small Business and Associate Minister for Treaty of Waitangi Negotiations and Immigration.

Many challenges for this competent MP.

New Public housing proposed for New Plymouth...

Kainga Ora (Homes and Communities) is the Government's urban development and public housing agency (formerly known as Housing New Zealand).

They are proposing to build more than 100 homes across New Plymouth, focusing initially on the suburbs of Westown, Frankleigh Park, Brooklands, Vogelstown and Spotswood. The proposals are at a very early stage and will change as community feedback is considered—hence there are no dates for when any building will commence.

Generally, Kainga ora will replace a number of existing homes, better utilizing the land involved and build new purpose built homes.

Westown is to get 45 new homes, Frankleigh Park - 45 new homes, Brooklands & Vogelstown 15, Spotswood - 10 new homes.



The best thing about these plans is that these new builds will be on land that has already been used for social housing. There should not be a NIMBY (Nor In MY Back Yard) factor at work here.

Kainga Ora have budgeted for and intend to deliver these homes when full consultations with the communities concerned have taken place. Hopefully, their consultations will reveal the real need for social, safe, affordable homes for older adults.

Thank you Kainga Ora.



Let's take GST off fruit and vegetables?

Yeh...right!

A number of politicians and public health professionals are suggesting that the government take GST off fruit and vegetables.

Sounds like a good idea but - anyone who believes that if the government did action this idea - that supermarkets would not immediately add 15%+ onto their already inflated margins - has a serious case of naivety. The same applies to taxing sugar products.

Supermarkets are far too powerful and conscious free.

Opinion: Gordon Hudson.

The Need to keep vigilant...

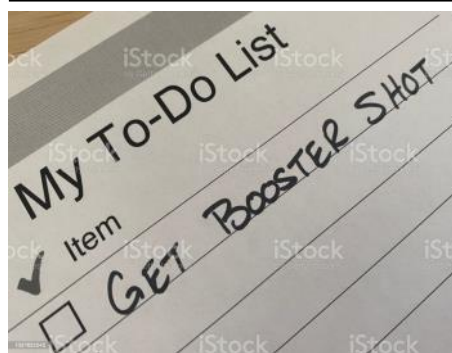
Sad to say, but Covid is not going anywhere fast. It is here to stay.

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.



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



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

Taranaki Daily News highlights a growing crisis in GP, particularly rural GP shortages and future rest home medical care.



A Waitara GP practice that recently wrote to patients at two rest homes. ‘deregistering’ them and wishing them well in their search for a new GP, or access to after-hours medical care or with the Emergency Department at Te Whatu Ora Taranaki highlighted the rural GP crisis and the potentially increased vulnerability of older adults needing intensive medical assessment, treatment, monitoring and rehabilitation.

This appalling situation was highlighted by the Taranaki Daily News on February 22 and prompted Positive Ageing NP to raise this matter in the interests of all people, of all ages.

This is the fourth time in the past year that this situation has occurred in Taranaki—the others have been handled without jeopardising the health status of rest home residents

The following Letter to the Editor to the Taranaki Daily News explained our concerns.

**Letter to the Editor...
Taranaki Daily News...23 02 2023**

Dear Sir,

So older adults were to be used as pawns highlighting the dire shortage of rural based GPs in New Zealand.

According to a report in the Taranaki Daily News (22 February 2023) a GP practice in Waitara wrote to two Waitara based rest homes informing them that they were deregistering them from their practice and wished them well in finding medical care elsewhere. The GP practice involved suggested that the older adult patients could seek another GP practice, attend an outpatient clinic elsewhere or turn up at the Emergency Department at Te Whatu Ora. None of these options are realistic for older adults with often complex needs requiring regular monitoring and treatment.

According to Te Whatu Ora O Taranaki, this is the fourth time such an issue has occurred, but the first that has attracted media attention. Evidently the other three occasions were managed by themselves, Pinnacle Health, local GPs and rest homes. Te Whatu Ora have made it clear that this issue too will be managed without any ‘deregistered’ patient being left without appropriate health care. But the process gets increasingly difficult to do so as more and more older GPs retire and younger GPs show less inclination to take on patients from rest homes, ie older people.

Evidently, GP practices cannot ‘deregister’ their patients. It says so in their contracts. It would seem that, in this latest instance, ‘deregistering’ X amount of medically dependent older adults was seen as quicker and easier than other options. Such as getting rid of a larger number of patients with lesser health concerns. Who could be the next targeted group?

The shortage of GPs has been a decades old issue that neither National or Labour have been able to resolve. The shortage of GPs in rural areas has reached a critical point where something has had to give. And something has. The problems are well documented. They need a much bolder, more innovative strategy rather than the piecemeal approach of the past two decades.

Yours sincerely
Gordon Hudson
Communications
On behalf of Positive Ageing NP.



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.

**Be brave
enough to
start a
conversation
that matters.**

AUTHOR
DAU VOIRE

The happiest people
don't have the
best of everything,
they just make
the best of
everything.

curiano.com

I'VE MADE IT FROM THE
BED TO THE COUCH.

THERE'S NO STOPPING
ME NOW.

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

ONE THING NOBODY EVER
TALKS ABOUT BEING AN
ADULT IS HOW MUCH TIME
YOU DEBATE YOURSELF
ON KEEPING A CARDBOARD
BOX BECAUSE IT'S LIKE
A REALLY, REALLY
GOOD BOX.

YOU KNOW THAT
LITTLE THING
INSIDE YOUR HEAD THAT
KEEPS YOU FROM SAYING THINGS
YOU SHOULDN'T?
**Yeah, I don't have
one of those.**



MARCH Activities NP

AQUA WALKING:

Tuesday: 14, 21, 28: 10am 11am
Great for improving stability and
fitness. Held at the Methanex
Pool, Bell Block. Cost \$3. Please
register with Pauline. 759 9196.

MONTHLY OUTING:

Wednesday 1 March...
Meet at Sunworld Restaurant at
11.30am for the 'Seniors' priced
buffet. Again—confirm your at-
tendance by ringing Pauline.

WARM UP WEDNESDAY: 8 & 22:

Held at Age Concern Hall—33
Liardet St. 10-12noon. Fun with
music finishing off with light re-
freshments.

DROP IN CAFÉ / SOCIAL MORN- ING: Thursdays 9.30-11.30am.

Varied programmes.

IN TUNE WITH INGLEWOOD:

Thursday 9 & 23 1.30-3.30pm.
Mamaku Centre.
Gold Coin donation.

WHAT'S ON in WAITARA:

Every Friday 3.10.17,24,31:
Senior Citizen's Hall
Fun with music. Gold coin or koha
appreciated.

COASTAL CONNECTIONS

**OKATO... Tuesday 7 March
1.30pm—3pm:** Social event with
activities for everyone—Hempton
Hall Supper Room. Afternoon tea
provided.

TOMORROW'S MEALS...

Convenient frozen healthy meals
available for purchase daily. Deliv-
eries on Friday by arrangement for
a \$5. fee. Purchase during office
hours Mobile Eftpos available.

For further details of the
above...contact Pauline Julian, Age
Connect Service Connector—
North Taranaki. 06 759 9166.



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.



Used to be rock around the clock,
now it's limp around the block!

THE BIGGEST LIE
I TELL
MYSELF IS
"I DON'T
NEED
TO WRITE
THAT DOWN,
I'LL REMEMBER IT."



I OFTEN WORRY ABOUT THE
SAFETY OF MY CHILDREN
Especially when they roll their
eyes and talk back.



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

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

"Life is the art of drawing without an eraser."

John W Gardner.

"There's a fine line between loving life and being greedy for it."

Maya Angelou .

"Money does not make you happy, but it quiets the nerves."

Sam O'Casey.

"We are drowning in information but starving for knowledge."

John Naisbitt.

"Silent gratitude is not much use to anyone."

Gertude Stein.

"It is of immense importance to learn to laugh at ourselves"

Katherine Mansfield

"I love sleep. My life has the tendency to fall apart when I'm awake.."

Ernest Hemingway.

"The Three Ages of Man: youth, middle aged and 'My word, you do look well.'"

Actress June Whitfield.

"Don't ever let a recipe tell you how much garlic to put in. You measure that with your heart."

Leah Itsines.

"By breaking his word, by refusing the diplomatic route, by choosing war, President Putin has not only attacked Ukraine. He has decided to carry out the most serious attack on peace, on stability in Europe. To this act of war, we will respond without weakness, with composure, determination and unity."

President Emmanuel Macron.

Dear Alcohol,
We had a deal where you would make me funnier, smarter, and a better dancer... I saw the video...

WE NEED TO TALK.

Unsure where your next meal is coming from?... Here are some options...

Daily—(except Sunday) 10am-9pm
Waimanako Taranaki Retreat Hub, 33 Devon St Plaza
(suggested koha)

Sunday - Supper - City Life Church. 24 Egmont St (old RSA)
Dinner 5.30pm—2 course meal.

Monday - On the House—24 James St, Presbyterian Church, 24 Lawry St. Moturoa 5-6pm
(redistributing quality surplus food—bring a bag)

Monday, Wednesday and Friday—**NP Community Food Bank**, 40 Vivian St, (behind Peace Hall) 12.30-2pm. 06 758 2757.

Tuesday—**Taranaki Cathedral Community Breakfast**, opposite the Cathedral Church, 37 Vivian St, in the Peace Hall 7.30—10am - last orders at 9.45am. Suggested koha \$1.50 per item.

Tuesday—**St Joseph's Catholic Church Hall** on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

Tuesday and Thursdays—**Salvation Army Foodbank**, cnr Powderham and Dawson St—Tuesday and Thursday 10am—12 noon. For appointment, please ring 06 758 9338.

Thursday—**On the House**, redistributing quality surplus food. 5pm—6.30pm at 10 Henui St Com-

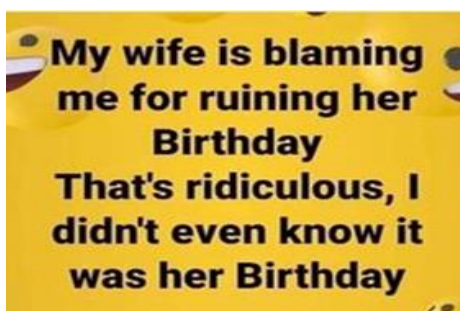
Naming and shaming looters is not the answer...



There are plenty of people from all political affiliations calling for harsh penalties for looters taking advantage of other peoples misfortunes during Cyclone Gabrielle.

One idea is creating a Wall of Shame'. But of course, that won't work. To feel negatively affected by being on display in a Wall of Shame means that you have a conscience. Perhaps not a good idea. Too many may simply see it as a challenge, more as a Hall of Fame'.

Opinion: Gordon Hudson.





Building a
resilient Taranaki



Being prepared for a Civil Defence Emergency may save your life

Positive Ageing New Plymouth, Grey Power and Age Concern have combined to invite Civil Defence Taranaki management to present the facts about what we can each do to be prepared to protect what you value most.

When push comes to shove—we owe it to ourselves and others

This is an opportunity to hear from the experts about what each of us need to know to help each other through...

THURSDAY, 23rd MARCH

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:



Grey Power
158 Tukapa St.
06 757 5885



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

An invitation to be involved in Positive Ageing NP...

Positive Ageing's main aims are: providing advocacy for matters relating to older adults, providing relevant information and providing opportunities for education.

We are currently seeking two additional committee members to help provide a range of stimulating activities. As a committee we meet once a month to plan events and enjoy the challenge of doing so. If you think you could be interested... give Lance Girling-Butcher a call 027 273 8066.

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.

**When we're young,
we sneak out of our
house to go to
parties.**

**When we're old, we
sneak out of parties
to go home.**



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



I finally figured out
what I want to be
when I get older...
YOUNGER!!



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