

Kind people  
are the best  
kind of  
people...



**NP Positive Ageing, AUGUST 2023 Newsletter 103**

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

**Editorial: Aged Care Commissioner coming to town...**

**Chair's  
message...**

**Lance Girling-  
Butcher**



the New Zealand Herald. *"That is my main thing - to make sure of their rights, protection and access to healthcare.*

*"I have lived experience in the area. My mum is in aged care - so I understand what it's like to be a family member. There's lots to me other than my experience with Bupa."*

Seniors and Associate Minister of Health Dr Ayesha Verrall said Cooper had a more than 40-year career in all parts of the health service, mostly in the public hospital system and including governance, executive and clinical leadership roles.

Her appointment was made by the Ministry of Health with input from the Health & Disability Commissioner, Verrall said, *"She is someone who has a very practical knowledge of how you fix healthcare quality problems."*

The position is part of the Health & Disability Commission, and investigates complaints about aged care, home care, needs assessment and palliative care.

Verrall said there would be mechanisms to deal with potential conflicts of interest. She also wants Cooper to investigate systemic issues in aged care and advocate for improvements. Australia recently set up an independent Aged Care Quality and Safety Commission, following findings of widespread poor rest home care.

The NZ Aged Care Association has said it hopes the new commissioner will be a voice for a sector that has a severe nursing shortage made worse since Covid-19 closed borders and increased competition for nurses domestically, with much higher pay offered at DHBs because of what the association says is significant.

Continued on Page two...



**Carolyn Cooper is making a special visit to New Plymouth on August 9 and 10, to talk to people involved in operating the region's**

**accommodation facilities for older people. She will be communicating with individuals and specialist groups and also hopes to have a chat with the wider public.**

In order to help her reach as many as possible, Positive Ageing NP, Grey Power, and Age Concern Taranaki are holding a special free forum in the New Plymouth District Council on August 10 – 1.30pm – 3pm.

**Carolyn Cooper has been tasked by the government with driving major and much-needed changes in the healthcare sector.**

At the time of her appointment in 2022 She was on the board of the Aged Care Association, which represents most rest home owners. *"I have a very broad health experience background. I understand the way DHBs work and how other parts of the sector work. And I am there for older people"* she said in an interview with

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**A Newsletter for those interested in improving the quality of life for all persons NP 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...

Because of the Commissioner's commitments, the forum will not start until 1:30 pm in the Council's debating chamber. There will be tea and coffee available and a shuttle bus will operate from the car park at the TSB Stadium near the racecourse for those who are having parking problems. This will leave the racecourse about 1 pm and return after the forum.

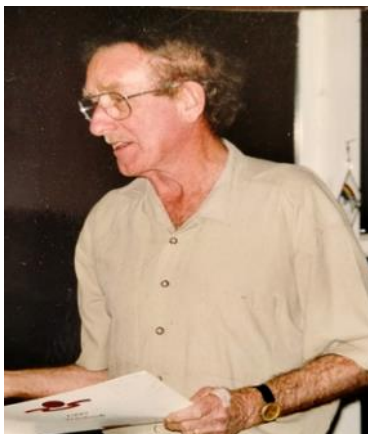
Because the commissioner wants feedback, there will be an extensive question time in an opportunity for people to express any opinions they may want.

Lance Girling-Butcher, Chair  
027 273 8066.

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

### ***Passing of an Older Adult Champion...***

John Cunningham, QSM, was the founding chair of Positive Ageing NP. An outstanding career as an innovative educationalist transferred, on his retirement, to an avid interest in promoting positive ageing in Taranaki.



His enthusiasm and ability to motivate key players in the sector saw Positive Ageing NP being a leading light locally and nationally. Such was his enthusiasm, former Minister of Seniors, Maggie Barrie made John the first ever *NZ Ambassador for Older People*. John always took his responsibilities seriously, but with humour.

John had been unwell for the past few years. Positive Ageing NP owes much of its current success to his pioneering spirit.

Our condolences go to his family at this sad time. Rest in Peace John.

Positive Ageing Trustees.

## ***Access Radio... supporting Positive Ageing with a regular weekly programme...***

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

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

**August 7 and 14:** Gordon Hudson interviews **Claire Lamb** a special woman, achieving so much for her community, quietly, efficiently and effectively.

**August 21 and 28:** Gordon Hudson re-interviews **Jennifer Smart** about the many changes to the exceptionally successful Community Café "The Good Café" held every Tuesday morning from 7am—10am. Last orders 9.45am



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

### ***Positive Ageing NP is proud to be supported by:***

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

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



Life is exactly  
like a game of  
chess.

(I don't know how  
to play chess)

Hello Lovely Studio

### ***We have finally moved to our new building!***

**Alzheimers Taranaki** has opened their dementia-friendly building and office at...

**14 Manakohi St, Spotswood.**

Their NP Day Programme will also be held there. Reception is open Mon-Fri 9am-3pm, so come and say hi.

Our phone and email remain the same.  
06 769 6916



**The Taranaki DHB Consumer Council, now referred to as Waharua Kopito Consumer Engagement Council has invited representatives from Positive Ageing NP, Grey Power and Age Concern Taranaki to meet and discuss how better we can work together to the benefit of older adults health care needs in Taranaki.**

Readers may remember that the editor of this newsletter has raised concerns before about the lack of representation and engagement with older adults in Taranaki. It is approximately a year since the now Consumer Engagement Council has been formed and there is still no adequate representation of older adults on this Council and, simply, there needs to be.

There is a good deal of desire to work more closely and effectively with the Consumer Engagement Council as it is now the only means that we can indirectly address or respond to concerns affecting the health of older adults in our region. At the time of writing, a date and time for the hui has not been set but the sooner the better for all concerned.

On 9 and 10 of August the Aotearoa / New Zealand Aged Care Commissioner, Carolyn Cooper, will be meet with a range of organisations to discuss local problems and prospects with healthcare in Taranaki and the matter of appropriate representation on the now Te Whatu Ora Consumer Engagement Council will be discussed. Outcomes of these meetings and progress made will be reported.

Opinion: Gordon Hudson.

#### Great news on the employment front in Taranaki...

Congratulations must go to the management and staff of Te Whatu Ora Taranaki in recruiting and maintaining staff at an almost 100% level.

There are currently fewer than ten staff vacancies. This is a huge achievement and follows an immense recruitment effort.

Taranaki is a great place in which to live, work and play - safely.

The major effort now needs to be placed on ensuring our regions rest homes and other care centres are appropriately staffed. This is a significant challenge that will require further government input to make this area of health care more attractive to all involved.

Opinion: Gordon Hudson.

#### Stayin' Alive...

**The Bee Gees hit 'Stayin' Alive' takes on a new relevance when you consider the cost of dying locally.**



**Good grief... the Funeral Directors Association has revealed that New Plymouth has had the highest price increase for a burial in the country.**

Association chief executive described New Plymouth's increase as "eye watering". Yet, the Council has agreed to charges of a plot and interment fees at Mangapouri Cemetery from an already costly \$6552 to \$7207, a 9% increase in the past 12 months.

Sure there is the possibility of a Work and Income funeral grant, however this falls well short of the actual cost and certainly needs reviewing.

There is a growing trend towards more organic natural burials—less costly and more environmentally friendly.

#### Elder abuse...

**Elder abuse is abuse or neglect of an elderly person. It is more likely to occur where an older person is reliant on others for care and assistance. Often elder abuse is perpetuated by a family member.**

**Types of elder abuse can be:**

- physical (including sexual abuse)
- financial
- psychological
- neglect

Older New Zealanders have the right to live free from any form of abuse or neglect. It is extremely important that any form of abuse is reported and assistance provided.

And there are options to go to in New Plymouth.

**If you are in an abusive situation or should you know someone who is being abused, you can contact Age Concern Taranaki's local office at 33 Liardet Street, New Plymouth, phone 06 759 9166.**

**When it comes to elder abuse—you are not alone.**

**The sooner it is reported, the sooner it can be stopped.**



In addition, a number of other avenues can provide help and support, such as the Police, your doctor, a social worker, the Community Law Centre or Work and Income.



**AGE CONCERN TARANAKI**  
He Manaakitanga  
Kaumātua Aotearoa

**If all is not lost, where is it?**

## From Minister for Seniors



**Ginny Andersen**  
“As you will have seen, the cost of living and rising costs were a big focus for the Budget announcement in May. Our challenge was to create a Budget that returns New Zealand to a more sustainable fiscal position, while easing the pressures that Kiwis are facing in their everyday lives.

returns New Zealand to a more sustainable fiscal position, while easing the pressures that Kiwis are facing in their everyday lives.

One of the key initiatives in Budget 2023 is the removal of the \$5 prescription co-payment for medications. This is specifically targeted to remove a financial barrier prevents many people from getting the medications they need. Last financial year, 135,000 people did not collect prescriptions because of the cost.

We've committed \$619 million over four years, so that when you go to the pharmacy, you will no longer be asked to pay an additional \$5 per item. This will be significant for the thousands of people on multiple medications. If you previously had four prescriptions, you would have been paying \$20 every time you collected them. Now, that cost is gone.

Budget 2023 also invested to extend and expand the Warmer Kiwi Homes programme. This is a great initiative, that will improve people's health by creating warmer, drier homes - and reducing associated health issues. Promoting energy efficiency also means lower energy bills for those on fixed incomes. The programme also offers financial support for home improvements light insulated, heating and LED lighting, making them more affordable.

My hope is these announcements will mean no one has to make the difficult choice between their health and their wallet this winter



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

**06 758 9542**  
**0800 FOR CAB (0800 367 222)**

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

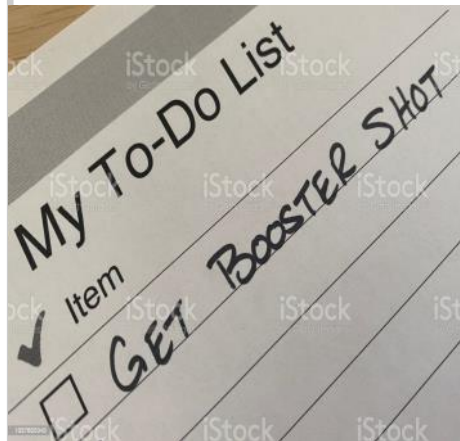
**We are keen to see the mobile showering and laundry facility for those who most need it.**



Our District Council was keen to see a mobile shower and laundry facility that could best meet the needs of those most needing such a facility.

Something like the one above could be available to travel around the district—at minimal cost and maximum benefit.

Just asking, just saying... Ed.



**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**



I DON'T UNDERSTAND. BUT I ALSO DON'T CARE. SO IT WORKS OUT.

**Hearing Therapy...**

**Your Way  
Kia Roha**

**Are you hearing everything that is said to you? Would you like support for communication with whānau?**

**We are a trusted, free and independent service for all New Zealanders aged 16 years and over that can help you live well with hearing loss.**

Our office is based in New Plymouth Central, operating Mon-Thurs and now running monthly clinics at the North Taranaki Community House in Waitara, and in the Work and Income building in Hāwera.

For an appointment phone 0800 008 011 or 021 469 170 or visit [www.yourwaykiaroha.nz](http://www.yourwaykiaroha.nz)

**Cameo Trust seeking Trustees...**

**For 33 years, The NP Community Christmas Charitable Trust has provided a delicious Christmas lunch. This is the Trust's sole job!**

A couple of the current trustees are getting older and considering retiring or reducing their input. So Trust Chair, Ken Davies, is keen to locate two more trustees to complement current trustees.

**This truly is a cameo trust—a most rewarding one.** If interested please phone Ken on 027 674 3334.



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

## *There's beauty to be found in balance...*

Whatever happened to the much heralded "leisure age" of the 1950s? Just eight hours a day, five days a week. It was intended to decrease further as economic and social conditions permitted.

Today, most employed people are working longer hours than ever before, blurring lines between work and leisure. What changed so much?

Today's technology means many people are always available. The "office", and you need never part company. It's always at your fingertips, 24/7.

International trends towards seven days a week "open all hours" hospitality, tourism initiatives and retail therapy means weekends for many are busy times.

Rampant consumerism and status anxiety have resulted in many people working longer and harder than before, returning home to work a second "shift" cooking, cleaning, shopping and kiddy care.

Women who want or need to work have more opportunities to do so, resulting, for many, in the phenomenon of "super mums" - intended or otherwise.

The workplace too, has changed. For the past four decades we have seen a marked increase in restructuring, rationalisation, downsizing, contracting out services and production and some sort of acceptance that this is normal practice. In these enlightened times, such concepts as loyalty, trust, integrity, job security are, at best, quaint. Moving between jobs is the norm - not the exception.

**But not everyone is caught up in this whirlwind of activity. Many youth, no matter what the schools offer, no matter what they do, are unable to succeed in the system. They are educated for neither work nor leisure.**

And older workers, unless they have embraced new technologies, find themselves on the scrap heap - their skills and experience under recognized and under utilized.

Overwork by many, can not only generate unemployment, but can seriously damage relationships, community involvement, self development and health.

But determining a beauty of balance between work and leisure is itself hard work. Government departments have been working overtime investigating the future of work - including how artificial intelligence will affect us all. Ideally, they are seeking a balance between productivity and pleasure.

They know some of the barriers to achieving a better life balance include access to quality affordable child care, increasing basic pay rates so that there is less need to work more hours and establishing less precarious employment.

**They know too that too many in positions of power are working too many hours and don't like it and too many, with little influence, are working too few hours and don't like it.**

Together, we need to find some beauty of balance.

Opinion: Gordon Hudson.

FRIENDS  
ARE  
TREASURES

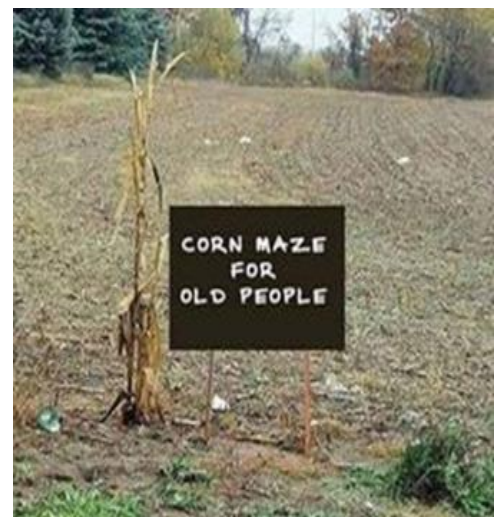
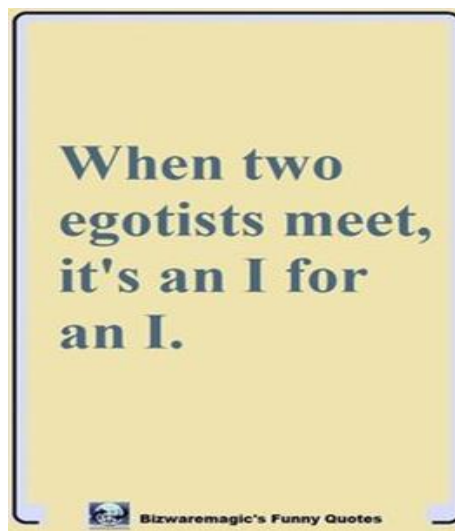
ms Taranaki... invites you



A 'Catch Up' opportunity at the Backyard Café, 44 Barrett Street, on Saturday 19th August at 10.30am.

*"Come and join us and build connections with others... we would love to see you there".*

RSVP necessary...  
Phone Kelly: 021 9815 285



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

## 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:

[hilary.blackstock@sporttaranaki.org.nz](mailto:hilary.blackstock@sporttaranaki.org.nz)  
Telephone: 021-480-180

## Waimanako: The Hope Centre...



*Taranaki's kai and support hub.*  
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.

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 retreat also offers a peaceful residential space to recover.

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



## AUGUST Activities NP

### AQUA WALKING:

**Tuesday: 1, 8, 15, 22, 29: 10-11am**  
Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$3. Please register with Pauline prior to entering the class. 759 9196.

### MONTHLY OUTING:

**Wednesday 9 August...**  
Meet at The Age Concern Taranaki from 11.30 where we will meet with NZ's Aged Care Commissioner, Carolyn Cooper over a delicious complementary lunch—confirm your attendance by ringing Pauline.

### WARM UP WEDNESDAY, 23:

Held at Age Concern Hall, 33 Liardet St. 10-12noon. Fun with music finishing off with light refreshments. Gold coin appreciated.

### DROP IN CAFÉ / SOCIAL MORNING: Thursdays 9.30-11.30am.

Held at Age Concern premises. Varied programmes.

### IN TUNE WITH INGLEWOOD:

**Thursday 10 & 24: 1.30-3.30pm.**  
Mamaku Centre for a great afternoon of fun.  
Gold Coin donation.

### WHAT'S ON in WAITARA:

**Every Friday 4, 11, 18 and 25:**  
Senior Citizen's Hall (Fun with music. 8 Warre Street. Gold coin or koha appreciated.

### COASTAL CONNECTIONS

**OKATO... Tuesday 1 AUGUST: 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. Deliveries on Friday by arrangement for a \$5. fee. Purchase during office hours. Mobile Eftpos available. contact Pauline Julian, Age Concern Service Connector—North Taranaki. 06 759 9166.

*Everything is  
funnier when you  
are not allowed to  
laugh.*

## Auckland's Jazz Royalty...

JANE HORDER & THE COLLECTORS...



Acclaimed vocalist Jane Horder and the award-winning Mike Walker Trio promise an afternoon of swinging jazz mixed with 'popera' and show tunes on Sunday, August 6 when they appear for the Taranaki Jazz Club.

Doors open at the New Plymouth Club, Gill Street at 3.45pm for a 4.30pm start. CASH only entry. General \$30, NP Club members \$25, jazz club members \$20 and students \$10.

*Ageing seems to be the only  
available way to live a long  
life.*

Kitty O'Neil Collins

## 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 - Richard Andersen, Brian Eriksen, Gordon Hudson, Kate Knuckey and Margaret McCall.  
Newsletter - Gordon Hudson

[www.positiveageingtrust.org.nz](http://www.positiveageingtrust.org.nz)  
Email: [nppat@owner.gmail.com](mailto:nppat@owner.gmail.com)



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

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

*"Bullets cannot be recalled. They cannot be uninvented. But they can be taken out of the gun."*

Martin Amis.

*"Some people don't like change, but you need to embrace change if the alternative is disaster."*

Elon Musk.

*"Worry does not empty tomorrow of its sorrow. It empties today of its strength."*

Corrie Ten Boom.

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

John W Gardener.

*"Hell hath no fury like a toddler who lost the chance to push a button."*

Seen on Twitter.

*"The trouble with the rat race is that even if you win, you're still a rat."*

Lily Tomlin.

*"Old age is always ten years older than I am."*

Bernard Baruch.

*"In his address, Trump discussed the greatest threats to peace and stability. So, like most of his speeches, it was all about himself."*

James Corden.

*"Advice is what we ask for when we already know the answer but wish we didn't."*

Erica Jong.

*"I know mums aren't supposed to have favourites, but my Alexa goes to sleep the first time I ask, so I'm just sayin."*

Seen on Twitter.

*"If opportunity doesn't knock, build a door."*

Milton Berle.

## 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.

**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 Community Hall next to the Holy Trinity Church.

If anyone knows of other services—please contact me if you would like your service included.

Gordon Hudson: 021-133-7244

**Stupidity is not a crime, so you're free to go.**

 Bizwaremagic's Funny Quotes

**THE good CAFE**

**The café 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 with people from all walks of life enjoying great food and being able to support local, national and international humanitarian causes.

The minimum suggested koha is \$2 per item. Although blessed with a wonderful team of volunteers, who give generously of their time, they still need to purchase the food and beverages so appreciate people's honesty and generosity.

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

If anyone would like to make a donation towards the running of the café, please contact Jen (06) 758 3111.

### **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.

Saying "have a nice day" to someone sounds friendly

But saying "enjoy your next 24 hours" sounds threatening.

I am having an out of money experience.

 Bizwaremagic's Funny Quotes

You've mastered surviving. It's time to live now.



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

Positive Ageing New Plymouth, Grey Power and Age Concern have combined to invite:



## Carolyn Cooper...

Recently appointed Aged Care Commissioner advocates for quality health and disability services on behalf of older people and their whānau wherever and whenever needed – in their home, primary care, community care, care home, or public/private hospitals.

*This is a golden opportunity to learn more about the issues affecting older people in Aotearoa / New Zealand.*

**THURSDAY, 10 AUGUST**

**NP District Council's Debating Chamber  
1.30pm—3pm.**

(Please note: There WILL 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 and of course our wonderful presenter.



**Grey Power**  
158 Tukapa St.  
06 757 5885

Crowds flocked to NPDC to hear Brian Peat, National President, Retirement Village Residents Association speak about the need for and value of the review of the forthcoming Retirement Village Act.



Brian Peat firmly believes that some Retirement Villages offer minimal protection to village owners and lack fairness and consistency.

And it is big business. A \$110 billion industry with 450 village complexes and a further 80-100 in the pipeline. And with over 50,000 people living in such centres, it is imperative that the rights of village residents are treated as a priority.

**Now Brian and his association are not questioning the quality of village life—just the appropriateness of the legislation, as currently, it is not fit for purpose.**

With over 10,000 members of the Retirement Village Residents Association (and a rapidly growing membership) the importance of successful negotiations with the government of the day are imperative.

People can support this cause by joining the Association—by contacting Brian Peat, president@rvr.org.nz—021 581 253.

**NZ Aged Care Commissioner Carolyn Cooper is speaking at a free public forum at the NPDC on Thursday, 10 August, 130 pm—3pm. This should follow on from Brian's address - rather perfectly.**

**Your presence at this free public forum will be welcomed.**



**Funny, I don't remember being absent minded.**

Bizwaremagic's Funny Quotes

## *Does running late count as exercise?*

### **ACTIVE IN AGE**

Promoting health-improving activities for the 50 plus... every Tuesday 10am–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



## *Political electioneering... Something to enjoy - or dread...*

Every election seems to be hailed as a critical election. I don't know about critical, but certainly, decisions made at the ballot box determine in what direction the country will go.

**Positive Ageing NP, Grey Power and Age Concern will again be promoting a free public forum for older adults to hear the local candidates promote their party's manifesto, and of course, themselves.**

**Thursday 28th September 1.30—3pm at St James Church, Lawry St., New Plymouth.**

This is always a popular forum so do get their early.

**Sponsors:**



**Grey Power**  
158 Tukapa St.  
06 757 5885



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