

*Change  
before you  
have to...*



## NP Positive Ageing, Newsletter - Taupaenui May 2025... Issue 123

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

### *Trump's trumpeting...*

*Message...  
from  
Lance  
Girling-  
Butcher*



It is sad and ironic that the tragic results of America's aging president in disrupting the world trade balance is hitting hardest at those in his own age group.

Donald Trump's fickle meddling with tariffs on American imports are hitting hard at investment values around the world. There is no doubt that those most upset and hurt are older investors who see their life savings disappearing before their eyes - paying for his megalomaniacal follies.

Stock prices rise and fall with alarming frequency as United States administrators flip-flop from one tariff announcement to the next, starting a trade war that has the rest of the world reeling.

We are all having to dance to the fickle notions of Trump's erratic mind, not only in his attitude to trade, but with his wild ideas for ending international wars, expanding US boundaries and 101 other mind-boggling suggestions.

One has to ask how, in the world's proclaimed leading democratic nation, one man has so much power and such an influence on what happens to everyone else's future. Is there no elected body in the United States that can exert a calming on

this influence on this totally erratic behaviour?

During the US elections Trump promised, if he won the presidency, to end the conflicts in Palestine and Ukraine within a week. So far both conflicts seem to be deepening with more civilian lives being lost in both battles.

Trump's apparently poorly researched tariff changes are alienating America from the rest of the world as well as sending stock markets into turmoil. There are almost hourly changes as new difficulties arise and pressure from American industry and commerce panic over the results on their profitability.

Canada and Greenland have left no doubt that they want not a bar of Trump's suggestion that they be included into the United States family and no one is quite sure where he's going with the Panama Canal.

So is anyone benefiting from all of this catastrophic manipulation? It appears only the rich who can afford to buy price-reduced shares at the bottom of their value and then ride the improvements up to greater riches. Certainly retired people on fixed income are having to watch in horror as their life savings disappear almost in front of their eyes.

Trump says that he is trying to make America mightier still, by encouraging manufacturers to bring home their activities from the cheaper production centres. It might create extra jobs in the US, but at what extra cost. America with its unions and high cost of living can never match the production costs in Asia and China.

With massive amounts of technology like iPhones being made in China and imported into America higher tariffs are obviously going to put prices up around the world. Surely this has to be to China's

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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*



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



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Advantage in that it can also supply lower cost products outside of America. Who knows where this will all end, but the experts say that we need to hold the line, stay calm, and fiddle as little as possible with our invest-

Mum and dad and other small investors plus those with Kiwi saver have to remember that we've had these fluctuations before and by staying calm, have seen share values rise to their former level or better in the past. At least we're all in the same leaky boat.

A quip from the NZ Listener, May 3-9.

*"Do you know how bad things have to be to scare off Australians?"*

Talkshow host Stephen Colbert notes the largest drop in Australian tourists to the US since Covid-19

## *When Cell phone become an addiction—just like so many other addictions...*

We all know some people who seem to never have their cellphone out of reach, almost like an extension of their arm. Not many, Not like the many young people who feel lost without their phone - their lifeline to their social world and to defining who they are, or wish to be.

For most of us older adults, the cell phone is of some use, often as a last resource.

Overuse of cell phones, sometimes called phone addiction or nomophobia, can lead to various physical and mental health problems, as well as negatively impact social interactions and academic performance.

Symptoms can include anxiety, agitation, and difficulty concentrating when without a phone. Excessive screen time can also affect sleep, vision, and even lead to "text neck" from prolonged forward head posture.



**But what constitutes a phone addiction from 'normal' use of a cell phone?**

*Lying about smartphone use?*

*Loved ones expressing concern?*

*Neglect or trouble completing duties at work, school, or home?*

*More and more time using a phone?*

*Checking peoples' profiles repeatedly due to anxiety?*

*Accidents or injury due to phone use?*

*Working later to complete tasks?*

*Weak or non-existent social life?*

*Fear of missing out?*

*Isolation from loved ones?*

*A feeling of lack of connection?*

*Angry or irritated if phone use is interrupted?*

*Getting up at night to check a phone?*

*Reaching for the phone the moment they are alone or bored?*

*Phantom vibrations (thinking the phone buzzes when it doesn't)?*

*Limiting phone use is difficult?*

*Craving access to a smartphone or another device?*

*Anxious to get the latest model?*

Older adults have a more normalized usage of cell phones than do people under the age of 30 years. I imagine this is because we find the whole process difficult to become overly committed to. Sure, a cell phone has possible use, if you can remember where it is, if it is charged, or if it can contact the ever increasing number of people who no longer see the benefits of a land line.

But it seems so many younger folk do seem addicted and spend countless hours trying to determine and refine their online profile. This can work well for the so called 'beautiful people' who use that profile to become 'influencers' but for the majority, there is no such glamour.

Many young are fearful about being targeted by others, often anonymously and vindictively.

Cell phone usage seems very personal to the user. No one can see or hear what is being received and written. This can lead to difficulties in communicating within whanau.

Cell phone use is inevitably going to increase before, in time, I believe it will decrease in favour of much more face to face contact. Just like in the old days.

Opinion: Gordon Hudson

**YOU ONLY  
LIVE ONCE  
SO MAKE SURE  
YOU SPEND  
FIFTEEN HOURS  
A DAY ON THE  
INTERNET  
SEEKING VALIDATION  
FROM STRANGERS**

**NEVER BEFORE  
HAS A GENERATION  
SO DILIGENTLY  
RECORDED  
THEMSELVES  
ACCOMPLISHING  
SO LITTLE...**



## Patched up and ready to go...? Grey Power Forever...



We're the largest gang in the land. Grey; that shady hinterland on the colour spectrum between white and black, is the first part of our title. And we won't be the first gang to use the noun "power" in our name.

Grey Power NZ has about 90,000 members at last count but unlike other gangs with the power proclamation in their name, none of us regularly wear a gang patch in public.

Perhaps that's where we are failing. If we had, say, 80,000 members out on the street, wearing Grey Power gang patches it would be like a sartorial hikoi, a peoples' protest against an inane and ill-considered piece of coalition government legislation.

I'm sure the gentlemen from Black Power would catch on to our protest pretty smartly and might even be encouraged to funnel some of their allegedly ill gotten gains and expertise into designing and funding our patches.

Within our own ranks, we have several dab design hands. Perhaps a mobility scooter rampant with flames licking from its wheels or a Lazy Boy chair with Satan sitting in it.

After all, the nation's already beleaguered police force will be hard pressed to arrest all of the Grey Power membership and in some cases the constabulary would be handcuffing their own grandparents and carting them off to court.

According to the legislation, gang insignia is banned in all public places, including cars. So nipping down to the dairy for a litre of milk could be fraught with possibilities of arrest and imprisonment.

Paddy wagons full of Grey Power patch wearers will be queueing at courthouses throughout the country. After a certain age, the imposition of a criminal record is of no consequence – most of us don't need to worry about having a record stymieing job applications and we can't afford to travel overseas anyway.

Banned insignia includes any symbol or representation that indicates gang membership but tattoos and coloured clothing are not included in the ban. So at least that means I'll be able to keep my *Grey Power forever* tattoo.

Breaches of the ban carry a sentence of up to six months in prison or \$5000 fine (about six pension payments). Money in the bank – no living expenses for six months and I suspect the boys in the cell block would show us elders more respect than the Ministry of Social Development does.

Who knows? Maybe we could give them a bit of advice on how to turn their lives around...it could be the start of a whole new movement – Grey Power behind bars. But really, there will be practical concerns. How many cells have access for wheelchairs and walking frames?

UNESCO will send teams of rapporteurs to ascertain why so many of our aged are incarcerated and look at the legality of the gang patch legislation. Aotearoa/New Zealand will be re-ranked among the likes of North Korea, Uganda and Russia in human rights rankings.

Maybe it's time for the people to patch up in support of members of other gangs. Some support could go further towards a solution for gang problems than imprisonment and social alienation does.

Thank you Lyndsay Wright.

Quote from the Listener: May 3-10:

*"There can be no peace without freedom of religion, Freedom of thought, freedom of expression and respect for the view of others."*

From an address read on behalf of Pope Francis on the occasion of his final public appearance on Easter Saturday.

**I MEANT TO BEHAVE  
BUT THERE WERE  
TOO MANY  
OTHER OPTIONS**

**When science  
finally locates  
the center of the  
universe, some  
people will be  
surprised to  
learn they're  
not it.**

~ Bernard Bailey



Bizwaremagic's Funny Quotes



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



## Activities in May...



**AQUA WALKING:** Tuesday: 6, 13, 20 and 27: 10-11 - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) prior to entering the class.

**SWARM UP WEDNESDAY:** 14 and 28: held at 33 Liardet Street, NP. 9.30-11.30am. "Warm up" with us and enjoy great music and some tasty Hot soup and toast. Gold coin donation.

**DROP IN CAFÉ / SOCIAL MORNING:** Thursdays, 1, 8, 15, 22 and 29: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes including occasional interesting guest speakers.

**OUTING in MAY:** Wednesday 21st May: "Oh we do like to sit beside the seaside", from 11.30am and let the fun begin. Menu to be confirmed. Please register your attendance with Pauline.

**MENS GROUP:** Monday 19: meeting at 33 Liardet Street at 12.30pm. Movie and Man Snacks. Relax and take in a movie.

**INGLEWOOD Social Afternoon:** Thursday 8 and 22: Held at Lifegate Centre, 6 Mamaku St., Inglewood. Connect and enjoy a lovely afternoon tea.

**COASTAL CONNECTIONS OKATO** Tuesday 6th May at the Hempton Hall Supper Room. lovely food, great company and a special guest on the day.

**WHAT'S ON IN WAITARA:** FRIDAY 2, 9, 16, 23 and 30: Singing and fun and afternoon tea. 1—3.30pm, 3 Warre Street, Waitara.

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

Office Hours:  
9.30-1.30pm Monday to Friday.

## 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.

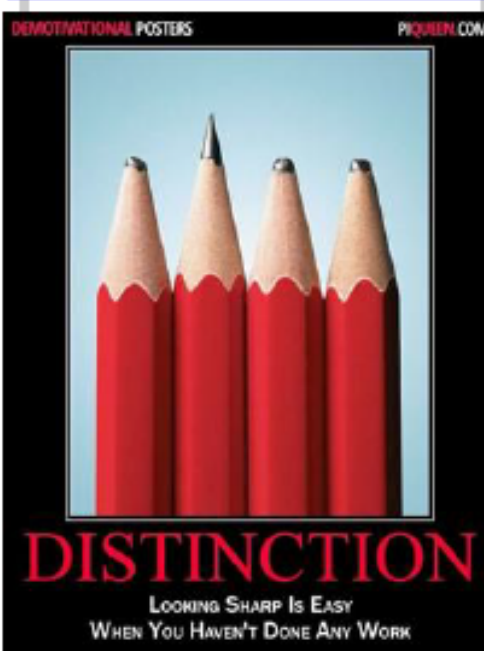


The Hope Centre is based at 33 Devon Street West, and operates 5 days per week. There is also an excellent range of food and beverages for a koha.

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



THE  
good  
CAFE

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

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

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

**Tuesday mornings**

7.30 - 10.00 am  
(Last orders at 9.45am)

**Everyone welcome.**

Citizens Advice Bureau  
Te Pōi Whakamāramaki 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](mailto:newplymouth@cab.org.nz)  
[www.cab.org.nz](http://www.cab.org.nz)

I think I still have  
some unfinished  
procrastinating to  
do from yesterday

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



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

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

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

***Some sayings to tickle your fancy...thanks Wally...***

*If there was a pill to take to cure procrastination, I would probably take it tomorrow.*

*When I read about the evils of drinking, I gave up reading.*

*I've never seen anyone jogging and smiling, so that's all I need to know about that.*

***Love your hips...***

***Are you at risk?***

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

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

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

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

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

***Strength and Balance classes...***



*Participants not only benefit physically, but socially as well.*

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

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

**LIST OF THINGS I'M  
HANDLING WELL  
CURRENTLY :**

1.







*Public Meeting to further develop the establishment of an Abbeyfield House for 14 older residents in the NP district.*

*The Abbeyfield Taranaki Steering Committee invites you to be part of an exciting new housing initiative for older adults.*

Abbeyfield NZ is an established organisation that provide affordable housing throughout New Zealand.

**5.30pm—6.30pm on Wednesday, May 7 2025  
Beach Street Hall, Fitzroy.**

For more information—phone Wally Garrett—027 859 7580

## Chair's message...

As another ANZAC day is acknowledged and commemorated, I give pause to reflect on the sacrifices those men and women made all those years ago.



I also wonder what many of those people would make of New Zealand today, in comparison to the way NZ was back eighty years ago at the end of WW2, and even more so, one hundred and seven years ago at the end of WW1.

I think that many of them were hoping that they were helping to make NZ a better place in the long run for their children and grandchildren by their contribution to the war efforts in their particular eras.

Many came back with significant injuries, my father for one. He like most others, never complained about what life had dished up, and also like most, never talked about the "war" ever, not once while I was growing up.

I guess for those of us, and there are now a couple of generations, whom have never had to face the personal consequences of warfare: "We don't know he lucky we are".

We can see war movies until the cows come home, but the one great thing that can't be conveyed by watching, is the smell of the battlefield.

I can't even imagine the stench that there must have been in many a battlefield, especially the protracted fighting during WW1.

So when I look around NZ today, and look at the multitude of issues that face many people in their daily lives, by and large, they are not facing death or injury as a constant concern, therefore we can certainly count our blessings.

Wally Garrett – Chair, New Plymouth Positive Ageing.



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

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

*We are most grateful for their ongoing support.*

**Next free Public Forum will be on Thursday,  
19th June 2025  
at the NP District Council Debating Chamber**

## *Looking after your safety*

**The NZ Fire and Emergency services and other services will be present to reassure you how to keep safe in your home.**

**Sponsors:**

**NP Positive Ageing, Age Concern Taranaki,  
Grey Power New Plymouth and the  
NP District Council**

## *Positive Ageing NP*

**Your 2024/25 committee is:**

**Co Patrons - Peter Tennent and John Major**

**Chair - Wally Garrett**

**Deputy Chair - Richard Andersen,**

**Secretary - Stephanie Hansen**

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

**Newsletter - Gordon Hudson.**

**www.positiveageingtrust.org.nz**

**Email: [nppat@owner@gmail.com](mailto:nppat@owner@gmail.com)**

## *Over 50?*

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

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

**Ph: 022 683 0610—[www.u3anewplymouth@gmail.com](mailto:www.u3anewplymouth@gmail.com)**



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