

**Live until
you no
longer can**



NEW PLYMOUTH
Positive Ageing Trust

NP Positive Ageing, Newsletter - Taupaenui OCTOBER 2025... Issue 128

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

Kiwi Saver seems to be coming in for some much needed change...

**Message...
from
Lance
Girling-
Butcher**



Love him or leave him, there is no doubt that Winston Peters remains a vibrant force in New Zealand political life.

His ability to hit the headlines and dominate discussion emerged again this month at the annual conference of the New Zealand First party when he revived the superannuation debate and hit out at migrants who he believes don't meet the necessary standards to live in this country.

His suggestion for increasing subsidies for Kiwi Saver to 10% may have shocked some, including the government, but they come at an appropriate time to look again at this subject.

Superannuation has been booted around the political forum for so long and so hard that it has got completely out of shape and become adequate for the needs of both the older members of the community and the government that administer it.

Latest research shows that about 40% of New Zealanders aged more than 65 now live on superannuation alone and another 20% only slightly better off.

Tied as it is to average income this provides them with barely enough for a basic living, any extras become difficult to handle and many other living in acute discomfort, skimping on things like heating and food.

Sadly, for them, wages have fallen behind prices and as a result of earlier inflation and growing numbers of Kiwis of finding it hard to make ends meet, even families with two parents working.

Such people would resent deeply any move to make Kiwi Saver contributions compulsory and at the 10% level suggested by Peters.

There is no doubt, however, that we cannot go on supporting retired people as we have in the past.

With an aging population there is no doubt we cannot go on

extending the age qualification or reducing the payment in light of so many people being dependent on such support.

The answer is probably a gradual increase in Kiwi Saver contributions until we match the staggering 12% subsidy demanded by Australia's compulsory super scheme.

This was brought in some years ago and grew gradually so that it is totally accepted today and is providing a fair or equitable way of supporting people after they retire from work without placing a great demand on taxpayer funds.

Right now small retailers and those on low incomes will resent any move to advance Peter's suggested changes, but we should start the process and look

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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 gordonandjan@xtra.co.nz

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at what he suggests making the process so gradual that it is almost painless period. The alternative is to bumble on as we have for the last 50 years leaving a traumatised bunch of retired people in our wake.

The so-called father of the gold card may antagonise some, but he has certainly shown himself to be a strong supporter of his contemporaries in age. If the Aussies can do it so can we and the last thing we want is to go back to the stupid and damaging into party rivalries that hindered early moves sort out the superannuation scheme.

Lance Girling-Butcher

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

Congratulations to NP Positive Ageing, Age Concern Taranaki and Grey Power on your choice to host a public forum so that candidates, never before been a NPDC Councilor could feature. Not a popular choice for some but no regrets from the sponsors.

There is no doubt that people attending learn to sort out the candidates of their choice even if the system is primarily by elimination.

Like any election, there will be winners and losers. Some candidates were better informed than many and were clearly more capable of selling themselves. It was certainly exciting to see such diversity and interest. Democracy lives on. Perhaps a little anarchy too.

The two free public forums held by the sponsors were informative and aimed at listening with respect. It is a platform that is likely to continue.

Opinion: Gordon Hudson

Local Council elections looming

VOTE 2025

LOCAL ELECTIONS

Key Dates for the 2025 Local Elections

Saturday, 11 October 2025 (12 noon): Election Day; voting closes.

Saturday, 11 October 2025: Preliminary results released.

16-22 October 2025: Official results declared.

October-November 2025: Swearing-in ceremonies for elected members.

If you're enrolled to vote, you should receive your voting papers between Tuesday, 9 September and Monday, 22 September 2025. Voting is conducted by postal ballot, so it's important to ensure your enrolment details are current to receive your voting documents. For more information on the elections, including how to enrol or stand as a candidate, visit [Vote Local](https://www.vote.govt.nz).

With higher than anticipated interest by serving and aspiring councilors, there is a clear need for voters to know where and why they should cast their votes.

It is not clear yet how the Council intends to inform and promote this event nor how the media will.

One thing we can be sure of is that the Taranaki Daily News, New Plymouth Positive Ageing Trust, The Taranaki Chamber of Commerce and others will be keen to inform as many potential voters as possible.

Clearly, New Plymouth needs the strongest council possible, hopefully one that represents our city and one that is strong enough to assert its demand for local decision making rather than being 'yes' people to central government.

Opinion: Gordon Hudson.

**EVERY
VOTE 
COUNTS.**
DON'T FORGET TO VOTE!



TARANAKI SUPPORT SERVICES EXPO 2025

Join us as we celebrate
Mental Health Awareness Week

DISCOVER LOCAL SUPPORT!

- ★ Explore the wide range of services supporting our region.
- ★ Meet the people who provide care, face-to-face, and chat about what's on offer for you and your whānau.
- ★ Connect with others in your community.
- ★ Grab some freebies and give your hauora a boost.



Hāwera

Tuesday 7th October, 5pm - 6:30pm
Hāwera Community Hall



Whakaahurangi Stratford

Wednesday 8th October, 5pm - 6:30pm
Function Facility, War Memorial Centre



Ngāmotu New Plymouth

Thursday 9th October, 5pm - 6:30pm
Merrilands Domain Hall

ME AKO
TONU

KEEP
LEARNING

Some of the services excited to meet you!!!

Yellow Brick Road | RainbowYOUTH | Tui Ora | Pathways & Real | Taranaki Retreat & Waimanako | Whānau Āwhina Plunket | HealthCare NZ | CCS Disability Action | Taranaki Rural Support | Hato Hone St John | InsideOUT Kōaro | Your Way - Kia Roha | Nationwide Health & Disability Service | Inland Revenue | Health NZ Taranaki | Speed Freaks | Sexual Wellbeing Aotearoa | Health NZ - Te Whatu Ora Taranaki Mental Health | Seasons for Growth Taranaki | Families Overcoming Addiction | Central Taranaki Safe Community Trust | Edeland Coaching-Life and Relationship Coach | Taranaki R.A.T.S (Riders Against Teen Suicide) | Taranaki Community Law | Common Roots - Social Work and Neoshamanic Practice | Pinnacle Midlands Health Network | Breast Cancer Foundation NZ

Why on earth would you be negative about Maori Wards?

MĀORI WARDS



In this local body election, 42 councils around the country are holding referenda to decide if they can keep their Maori wards. This is a requirement forced by a Government law change.

Our four councils in Taranaki overwhelmingly voted in favour of Maori wards but this is not enough for the government. Now we have to have this referendum to keep our Maori wards.

It is yet another incidence where central government is bullying local and regional governments on how to ensure representation on their councils. Not in a good way either.

There current actions are designed to influence local autonomy by force rather than reason.

Taranaki councils, like so many others around the country have warmly welcomed the contribution Maori make around the Council table. It is all so much more about inclusion rather than seclusion.

It is about wanting to participate in democracy rather than autocracy. It is about respect, about valuing our differences, celebrating them and benefiting from that sharing of ideas.

Yet, history has shown us that at a national level, Maori can work with government. Just as they can at regional and local level.

In Taranaki, we are fortunate to have such outstanding candidates prepared to serve.

Sure we may have the odd incidence of ignorance, tinged with arrogance as seen recently by the Taranaki Regional Council's blatant disrespect for Maori but hopefully, new leadership and the retirement of some rather blatant racists, combined with some valuable learning from within the Council, this may never happen again.



Our Councils need strong representation from Maori. As former Prime Minister Jacinda Ardern said, following the Christchurch Mosque attack "They are us and we are them".

Maori representation will add to the wisdom around the Council table, not distract from it. Just like rural wards, they add and bring community voices who have had their best interests advocated for, or valued before.

And in a surprise recent announcement, Grey Power's President Agnes Lehrke is strongly urging voters to keep Maori wards ending a decade where Grey Power vehemently opposed this situation.

"I hope we have grown up a bit in the meantime. I hope that society has seen the light." "Today, says Agnes Lehrke, (pictured) we strongly urge Maori Wards to be established because we need to be one people striving for the same goals of service of all."

The call by the courageous feisty Grey Power Chair is all the more meaningful as the call was made after an alleged racial based threat to the life of one candidate because he was pro Maori and the Maori Ward. Two other candidates felt compelled to forgo attending some public meetings. This is a deplorable situation. That it should happen at such an innocent event as a local body election meeting held in a church makes it even more deplorable.

This is the type of hatred that this central government has inspired, knowingly and needlessly.

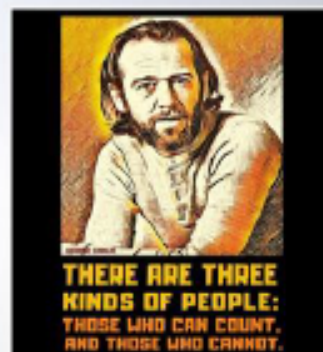
We all know that there will be people for and against Maori wards and we must accept and respect that situation. That is democracy at work.

The intrusion into the affairs of regional and local government does not stop there.

Central government is wanting to impose a rates cap on local councils. This coming from a Government that has proven to have little ability to manage their own spending. Talk about pots and kettles.

Opinion.. Gordon Hudson

**TRY BEING
INFORMED
INSTEAD OF JUST BEING
OPINIONATED**



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

Activities in October...



AQUA WALKING: Tuesday: 7, 14, 21 and 28: 10-11am - 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.

WARM UP WEDNESDAY: 8 and 22: 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, 2, 9, 16, 23, and 30: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes.

MENS GROUP: Monday 20: meeting at 33 Liardet Street at 10.00am-12pm. Mens group—details to follow.

INGLEWOOD Social Afternoon: Thursday 9 and 23. 1.30-3.30pm Held at Lifegate Centre, 6 Mamaru St., Inglewood. 'Connect' and enjoy a lovely afternoon tea.

COASTAL CONNECTIONS OKATO Tuesday 7: 1 - 3pm at the Hempton Hall Supper Room. Lovely food, great company, excellent guest speaker.

WHAT'S ON IN WAITARA: FRIDAY 3, 10, 17, 24 and 31: Singing and fun and afternoon tea. 1 - 3.30pm, Senior Citizen's hall. 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.

Brand new logo for Grey Power...

The tired older logo has been replaced with a modern refreshing design that will ensure Grey Power is visibly noticed throughout the land.

New Community Housing undertaken and more planned for Taranaki...

Kainga Ora, the Government housing agency, has plans for 101 homes planned or under construction in New Plymouth.

The planning process has been thorough and taken an excessively long time, however the end result will make a significant step in relieving some of the unsatisfactory living situations of so many in Taranaki.

Latest statistical data indicates that there are over 400 currently seeking suitable accommodation and this number keeps on growing.

However, with significant Iwi housing developments, financial and planning support on the cards from TOI Foundation and the NPDC stepping up to relieve some of the pressures, the future is looking just so much more healthy for so many.

But, there is little chance that anyone can take their foot off the accelerator as more action is still needed to reach a stage where we can see and end to the current housing shortage.

Congratulations to the many people and agencies working so hard to come up with initiatives to help.

Opinion: Gordon Hudson



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)



"It wasn't THAT undercooked."



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 oppo- site 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 Cafe 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 Cafe 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 oppo- site 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 Cafe Liardet Street, NP.
Thursday 9-2pm	St Andrews Cafe Liardet Street, NP
Thursday 10am -12.30 Appoint- ment 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.
<u>Friday</u> 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 oppo- site 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

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 or contact Hilary Blackstock via email...

hilary.blackstock@sportstaranaki.org.nz
Telephone: 021 480 180

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, Callum Williamson**

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz

Email: nppat@owner@gmail.com

NP Positive Ageing is proud to be supported by:

**COGS: Community Organisations Grants
Scheme,**

New Plymouth District Council,

TOI Community Trust and

NZ Lotteries Grants Board.

We are most grateful for their ongoing support.

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—u3anewplymouth.co.nz

When people get used to
preferential treatment,
equal treatment seems
like discrimination.
— Thomas Sowell




abrainyquote.com

Chair's message...thinking positively...

When we look around us there is absolutely no shortage of issues to concern us both nationally and internationally.

Domestically we have the cost of living crisis. In so many households, decisions are having to be made as to choose between power or food as a couple of quick examples.

We are hearing far more frequently about the "can that has been kicked down the road" by multiple successive governments regarding the impending costs of superannuation, now that the number of us "boomers" is really staring to climb.

The scary thing being that there will be less younger taxpayers to cover the burgeoning cost as the years go by. In the 1960's there were seven NZ'ers aged 15-64 for every kiwi over 65, now there are four and by 2065 there will be just two.

Internationally there seems to be no shortage of major conflict amongst all sorts of regions for all sorts of reasons. In so called civilised countries, in hundreds or even thousands of years, it seems to me that we haven't taken on board the futility of violence as a means to an end. It just breeds more retaliation, revenge, retribution, call it what you wish.

This in turn leads me to our local body elections and my thoughts, that it is indeed a great shame and a sad reflection on society, that it has got to the point whereby, some candidates have pulled out of some meeting's, with the threat of potential physical harm hanging over their heads because of their beliefs.

At this point I would like to acknowledge the tremendous amount of work that Gordon Hudson, as Convenor of these meetings, put in to make them the success they were.

These last two Meet the Candidates meetings that were facilitated by N.P. Positive Ageing, were the last forums for this year, and as usual we will be seeking out new topics for 2026.

We are more than happy to take on board, suggestions for topics to cover next year.

Wally Garrett – Chair.

Quips and Quotes from Wally Garrett...

"I am at my most delusional when I make a 'to do' list..."


NEW PLYMOUTH
Positive Ageing Trust

A trust of older adults interested in improving the lives of other older adults by providing information, educational opportunities and providing advocacy when and where needed.



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