



Positive Ageing — Taupaenui

Issue 10 — NOVEMBER—2014



Recognition Awards 1st October 2014...

International Day of the Older Person...

Positive Ageing New Plymouth hosted an evening to celebrate 20 older people in New Plymouth who were been recognised as great role models within their organisation and further afield.

All were nominated by organisations as people that others recognised and were inspired by.

It was a great opportunity to celebrate ageing positively and publicly acknowledge outstanding contributions of so many people.

The Awards were presented at the NPDC Chamber on Wednesday 1st October. Positive Ageing Patron and former NPDC Mayor—Peter Tennent did the honours. With Chris Gimblett on the grand piano and the NP Brass Band playing up a storm—the mood was set for a very intriguing evening—with lots of laughs.



A fuller summary of the recipients is on Page 2-3

Coming Events—November 2014:

- Fri 31st Oct: NPDC Sub. "Housing for Elderly" 2pm.
- Tue 4th: Melbourne Cup—have a flutter ...
- Tue 4th: Health of Older Persons Mtg Rm 1 10.30am
- Wed 5th: Guy Fawkes—keep your pets safe!
- Wed 12th: PA Trustee meeting—3.30pm
- Mon 17th PA General Meeting—9-11am NPDC

Chairman's message...



*Hi Ho Silver -
up and away ...*

Horse always got a good majority of votes in his ward, indicating that voters like the fact that he was often outspoken.

Especially in the previous council where it was pretty obvious he and the then Mayor seemed to always be at logger heads. I do not have an opinion on this type of behaviour. Issues of council often need to be debated and everyone has their style. The key to being a good councillor is to understand the issues, read the mountains of material and form opinions hopefully that fit the needs of the wider group that the council represents (rate payers).

I believe Horse fitted this criterion. I also appreciate there are often factors heard behind closed doors that may affect the decisions of the wider group and relevant to making informed decisions that sometimes go against the views of those the council represents. I certainly hope that this is the case for the majority vote that prompted Horse to resign from council.

John "Horse" McCloud was council's Positive Ageing representative in ensuring two-way communication. Horse attended most of our meetings and was informative, open and displayed a good understanding of the issues that affects the positive future of our beautiful city. In this column I would like thank John "Horse" McCloud for the work he has done with the New Plymouth Positive Ageing Trust. We sincerely hope he may keep up his interest by joining us in the future, who knows?

Communication into council is important to the Trust and we have been very fortunate to have good representation to achieve this. As our demographic grows our councillors will need to know the concerns of the groups we represent.

Together—we can make a difference!

"Positive Aging working for you in our community"
jjblyde@xtra.co.nz or phone 06 769-6433



Chairman Jeff Blyde

A Newsletter for those interested in improving the quality of life for older persons in Taranaki.



Supported by the TSB Community Trust

WHAT'S ON NGĀ KAUPAPA O TE WĀ

Issue 87— *Compiled BY people on limited incomes FOR people on limited incomes...*
Please place on a notice board somewhere where people on limited incomes will notice it...

NOVEMBER—2014

- Oct 31-Nov 9 Taranaki Fringe Garden Festival**—Taranaki—9am-5pm. See 46 gardens, 11 places of interest and 8 vintage trail sites throughout Taranaki. Full details are in the programme, which has been distributed as an insert and are available at all i-sites and most garden centres. Most gardens are \$2 admission, or a donation, and some are **FREE**
- Oct 31-Nov 9 Powerco Taranaki Garden Spectacular**—This is a celebration of gardeners and gardens with some of the most outstanding gardens, parks and open spaces. For more details www.taft.co.nz/gardenfestnz/ or call 0800 RHODOFEST (0800 746363). Various fees **\$4**
- 1st & 2nd, 8th & 9th Nov Oakura Arts trail**—10am—5pm—**OAKURA** Take the opportunity to meet 14 of our local artists in their studios—painters, potters, artists, photographers, jewellers and many more. For more information and workshops please visit www.oakuraarts.co.nz or contact the new Plymouth i-Site for a brochure including a map. Belinda 06 752 7772. **FREE**
- Fri 7 Hui-a-Toi—Felted Jewellery**—Level 1, Puke Ariki Library—10am –12pm. Felted beads are made and transformed into a stunning felted necklace or bracelet. **FREE**
- Fri 14 Govett-Brewster Seniors@Puke Ariki**—Daily News Café, Puke Ariki Library - 10-11:30am. Bookings are essential: 759 6060. **FREE**
- Tue 18 Epilepsy Seminar**—Community House, 32 Leach Street—1—3pm—what epilepsy is and many other issues concerning this condition. **FREE**
- Sat 22 Precious Cargo Artist Demo and Discussion**—Main Exhibition Gallery, Puke Ariki—11am-5pm(demo) 2-3pm(discussion) Join weaver Veranoa Hetet and fellow artist Graeme Priddle for a discussion about their craft. **FREE**

Recognition Awards for Outstanding older Persons...

20 of our very best positively ageing older role models were honoured in style at the NPDC Debating Chamber on Wednesday evening, 1st October— celebrating too—International Day of the Older Person.

The day was right, the time was right, the venue was right and having Positive Ageing Patron Peter Tennent was perfect.

Add to that the wonderful piano skills of well known entertainer Chris Gimblett and members of the NP Brass Band—well the night started off superbly and just got better.



Ken Austin (above—conducting members of the NP Brass Band) has been on the Management Committee for over 30 years as well as other national posts. Known affectionately as the 'Pied Piper' - Ken has coached and enthused hundreds of members over the years.

Gloria Dravitski was nominated by Active in Age She is the Chair, Coordinator, Treasurer and point of contact for Active in Age as well as the Editor of their newsletter. She also is a volunteer at the Taranaki Literacy Assn. as well as Patron for the Institute of Registered Teachers.

"What's On" is emailed to almost 300 organisations in Taranaki and sent on to 100s more via their email networks and displayed on many notice boards etc. It has become quite wide-reaching and could be worthwhile for you to consider using it to promote your educational and/or recreation activity.



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Ian Drewery was nominated by the NP Fire Service. He is a highly respected and dedicated Operational Senior Station Officer. He has served the Fire Service for 36 years. He is also active as a runner, keen hunter, fisherman and diver. He and his wife provide practical help such as donating firewood to numerous families in the area.

Ivor Ellis was nominated by Sports Taranaki for his outstanding involvement as a race walker and supporter at the Taranaki Race Walking Club. At 90 he is an active competitor, regular volunteer at Sports Taranaki, a hospital visitor and regular RSA member.

Rosemary Ellis was nominated by Supporting Families in Mental Illness. For almost 30 years Rosemary has held most positions locally and several nationally. She is an inspiration.

Alan Hucker was nominated by the Bell Block Aquatic Centre both for his outstanding contribution as a volunteer and his swimming prowess—82 lengths on his 82nd birthday.

Barbara Hunt was nominated by Supporting Families in Mental Illness and has been a key player in all aspects of the organization and even organized a “Walk the World” fundraiser. She is a legend!

Agnes Lehrke was nominated by Grey Power for her outstanding contribution in so many capacities within Grey Power, NP. Currently and without fuss, Agnes manages their quarterly newsletter and represents Grey Power on numerous other organisations.

Authur Lester was nominated by Sports Taranaki for his outstanding work as a keen volunteer, his active race walking involvement as a competitor and volunteer and his engaging cheerful personality.

John Major was nominated by the Taranaki Disability Information Centre where he serves as Vice Chairman. He also chairs the TDHB Disabilities Action Group, is Deputy Chair of Positive Ageing and is a trained ‘Barrier Free’ Inspector. As a former All Black, John has retained the same drive, determination and spirit of yesteryear. A real achiever!



Colin Muggeridge was nominated by Hospice Taranaki. No one has done more than Colin to achieve Taranaki’s outstanding Hospice. This vision started in 1992 and won’t stop until the Hospice reaches its true potential. His drive is endless.

Pamela Murdoch was nominated by Friends of Puke Ariki. Her interest in this organization has spanned 3 decades and she is still totally involved. She is also a volunteer at the Museum, St Johns Ambulance, tutors at Adult Literacy, is an active member of Friends of Pukekura Park and volunteers as a gardener at the Gables—along with numerous other areas of interest!

Jean Nicholson was nominated by Age Concern Taranaki for her tireless work for the organization as a volunteer and Board member—as well as so many other organisations in Taranaki.

Max Reesby was nominated by the Egmont Lions Club where he was a Charter member and at almost 80, continues to be an active member. He has held most positions. He is also a foundation member of Ironside and long term member of the Waimea Bowling Club.

Ros Robertshawe was nominated by St Mary’s Cathedral. At 85 years of age, Ros is very much involved in the day-to-day functioning of St Mary’s and liberally shares her enthusiasm, wisdom and genuine love of people.

Lillian Scott was nominated by the Multi Ethnic Society as an outstanding member. She is also active in ‘Active in Age’, is a valued member of the Probus Club, Seniornet, Vogeltown Bowling and many other groups in New Plymouth.

Mary Standish was nominated by the New Plymouth Horticultural Society. Aged just 91 years old, she inspires many to join the Society and is an inspirational role model for new members. Mary is also active in bridge and gardening.

Terry Stowers was nominated by Seniornet for his wonderful work tutoring hundreds of people in ways that they can understand and enjoy. He is also active in the Taranaki Male Choir and in coordinating the Fonterra Taranaki Science and Technology Fair - when he is not doing his paid job!

Graham Whittle was nominated by the Egmont Lions Club where he has been a member for almost 40 years undertaking just about every role possible—locally and Lion’s Zone level. Graham is also an active golfer and is Team Organiser for Bowlarama Ten Pin Bowling.

Doug Wilson was nominated by the New Plymouth District Council for his dedicated interest in assisting people in need. He has raised thousands of dollars for numerous causes and continues today to advocate for change for the better.

9 Tools for 'Superboomers'...(adapted from the Listener October 18th 2014)

The following tips will not be every person's cup of tea, but they are food for thought, however old we may be.

1. Stay in touch.

Cultivate a youthful attitude and engage in the new and the next. We're living in a time when design, technology, science, health, culture and human potential are reaching new heights and offer much.

2. Boost your wellbeing.

Treat your mind and body as the triggers for a great lifestyle. Bump up the amount of time and money you devote to nutrition, exercise, mindfulness and things that make you smile

3. Don't settle down.

Rather than retiring, try to participate in the workforce and use your skills and experience in an independent way to ensure your passions are satisfied during the working day.

4. Ask and you will be served.

Be loyal to brands, products and services that are seamless, guaranteed, integrated and more premium than the average experience. As the market for "best" increases, it will become the norm.

5. Become an adventurer.

Whether you are travelling abroad or enjoying new tastes at home, have an adventurous mind that explores the new and different. Aim to try something new once a month and share these experiences with others in order to spice up your relationships.

6. Augment your reality.

Use technology to enhance, not replace, real experiences, encounters and relationships. Further what you can discover and do with technology.

7. Consider the long gain.

Prepare for a longer working life, but make sure you view this journey with a set ending. There are no quick wins any more, so enjoy the time you spend developing a passion, skill or expertise.

8. Go to the limit and beyond.

Extreme endurance events are increasingly popular; take part and challenge your notions of your athletic ability.

9. Be you, not your age.

Your attitude is what matters. Focus on what "vitality" means to you, as opposed to buying anti-ageing products and services that hide the real you.

Trust Members for Positive Ageing, 2014...

Patron: Peter Tennent
Chair: Jeff Blyde
Deputy Chair: John Major
Secretary: Jill Baker
Treasurer: David Showler
Committee:
Keith Allum, Gillian Goble, Lance Girling Butcher, Gordon Hudson, Hugh Johnson and Esther Tan.

Consider coming along to the
Health of Older Persons Reference Group Meeting
at the Taranaki DHB Mtg Room 1
—10-.30am—Tuesday 4th November

Reality is just a crutch for people who cannot cope with drugs.
Robin Williams

Maggie Barry

New Minister for Senior Citizens



Positive Ageing NP welcome the astute appointment of Maggie Barry as Minister for Senior Citizens, inside Cabinet.

This was an inspired choice.

Ms Barry has long been supportive of older people and with her popularity, profile and ability, she will be in a position to ensure that the skills of older people are capitalised on and the needs of the more vulnerable highlighted and met.

Less than perfect financial circumstances are the keenest spur to further endeavour.

"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Your news and views are eagerly sought.
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