# TALK UP TAIHAPE Newsletter

Taihape Community Development Trust - June 2019

admin@taihape.co.nz

06 388 1307

Well WINTER has finally arrived, the Indian Summer long gone.

Welcome to June, and to our newsletter where we capture what Taihape is doing, thinking, organising and enjoying. One such event coming up is the *Celebration of 125 years of Taihape* from 13-15 September 2019. Officially gazetted as a township in 1894, the township sat on the main trunk railway line. Situated above the Hautapu River, Taihape was settled by a small number of Christchurch families.

You're invited to a weekend of uniquely Taihape events, such as historic Taihape movies, the signing of Denis Robertson's updated "... give me TAIHAPE on a Saturday night", an Outback Market complete with gumboot throwing (naturally), a vintage High Tea in the Town Hall, historic displays, country music evening... and that's just a part of our plans. A full list of our events is on page 12 together with contact information. Give us a call, drop us a line, be a volunteer, **LET'S CELEBRATE!** 

**'Top Notch Taihape Snippets'** is BACK! With a nod to our schools' news, sports goings on and other interesting snippets. If there's anything you'd like to let your community know, please get in touch so we can include your news in this newsletter. Contact Frances: admin@taihape.co.nz

Matariki, THE MAORI New Year, runs from 25th to 28th June 2019.

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## Films coming up at the Majestic Theatre

5c Tui Street, Taihape Cinemas are where memories are made

## JUNE WINTER HOURS

Met Opera Carmen (PG) 219min - Thurs 13<sup>th</sup> June 4pm

**The Hustle (M) 94min** – Fri 14<sup>th</sup> June 7.30pm, Sun 16<sup>th</sup> 4pm, Fri 28<sup>th</sup> 7.30pm Final

**Top End Wedding (M) 102min** - Fri 21<sup>st</sup> June 7.30pm, Sun 23<sup>rd</sup> 4pm, Sun 30<sup>th</sup> 4pm Final

Rocketman (M) 121min – Sun 16<sup>th</sup> June 1pm, Sun 23<sup>rd</sup> 1pm

**Met Opera La Fille Du Regiment (TBA)155min**-Thursday 27<sup>th</sup> June 4pm

### **START OF HOLIDAYS**

**Pokemon Detective Pikachu (PG) 104min** – Sat 6<sup>th</sup> July 2pm, Mon 8<sup>th</sup> 2pm

Aladdin (PG) 128min – Sun 7<sup>th</sup> July 2pm, Tues 9<sup>th</sup> 2pm

'ROCKETMAN' will be back on so watch for times

### **COMING SOON**

Coming up – Toy Story 4, Spider-Man Far From Home, Godzilla II King of the Monsters, Secret Life of Pets 2, Wild Rose, Yesterday and many more.

Keep checking our Coming page on the website this is kept up to date with all films that are confirmed, along with synopsis & trailers to watch.

www.majestictaihape.co.nz www.facebook.com/majestictaihape/ Or join our newsletter majestictaihape@gmail.com PH for timetable 3889152 or leave a message for more information

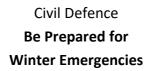
Grab your mates, partner, children for a night to remember

Matariki is the Māori name for a cluster of stars that is visible in our night sky at a specific time of the year.

On 25th June, Matariki will re-appear in the dawn sky, signalling the start of the Māori New Year and is celebrated with education, remembrance and the planting of new trees and crops signalling new beginnings.

Find out more about Matariki online at:

https://www.kiwifamilies.co.nz/ articles/matariki-maori-new-year/



As a community we need to take responsibility for our own individual/ family/ household preparedness for these situations. Civil Defence is not an army of people and equipment waiting for something to happen, Civil Defence is each one of us in our communities. Before something happens, spend 10 mins coming up with a plan for getting thru ...

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# Talk up Taihape Advertisement Pricing & Deadline

*Voluntary Groups & Organisations*, advertise your meetings & events in a classified advertisement (between 1/8 and 1/4 page) for FREE (subject to availability). Otherwise, costs are as follows:

1 page (A5)	\$50	Classifieds are \$10 (that's 1/8 page).
1/2 page	\$30	Packages are available for
1/4 page	\$15	12-months (running the same advert).

Deadline for the next issue is:

*Thursday 6th June 2019 with publication & distribution on the 13th*. Email your interest to Frances: admin@taihape.co.nz or call 06 388 1307



Apply online today at apply.mcdenakds.co.mz

JOIN OUR MACCA'S TEAM A range of shifts available on weekdays and weekends. Ask yourself, what will you do: if you have no power, no water, are unable to drive because of road damage. How you will cope if your house is deemed unliveable? Get a couple of LED Torches and spare batteries, get a battery radio and spare batteries. Put together some supplies, buy tinned or easy to prepare food when shopping. Get the BBQ & generator sorted and ready with a full cylinder. Store at least 10 litres of water per person, per day. Have a means of toileting in an emergency: extra baby supplies, a bucket with a supply of plastic rubbish sacks, toilet paper, soap, hand sanitiser.

Remember: you are on your own for at least the first 3 days, it may be longer.

Finally, get to know your neighbours, join <u>Neighbourhood</u> <u>Support</u> & don't forget the elderly or vulnerable people in your street.

Trust News—In May we said goodbye to Eva George, our

Project and Events Coordinator and in June we welcomed Kathy Clark and Michelle Marks as Project and Events Coordinators jobsharing the role.

Kathy's event background includes iconic events such as RWC 2011, 2012 Volvo Ocean Race Stopover, as well as four decades of volunteer work in community bands. Outside the Trust, she works as an itinerant music tutor. In her spare time, she conducts the Waimarino Junior Brass Band.

Michelle's strategic business acumen drives return on investment using innovative software. With more than 25 years in the hospitality industry, Michelle has a wealth of knowledge and experience at her fingertips. When not in the office, you will find Michelle busy in the community with her dog-grooming business, The Orange Bone.



Hope you enjoy the newsletter, take care for now!

## WHAT DO THESE ORGANISTAIONS DO?

# The Taihape Community

**Development Trust's** vision is to have a sustainable community, enriched with growth, with a population that feels empowered and is committed to improve Taihape & District for future generations.

•To increase community involvement – increased engagement with elderly and youth;

•To empower youth –

involve the next generation in activities and grow responsibility for the future; and

•To strengthen the business community – becoming a vibrant town, attracting new businesses, visitors and clientele from both inside and outside of Taihape.

The TCDT has developed a workplan to achieve this vision This vision aligns with our local district council's priority, namely 'Activities, programmes, or services, which will result in increased connections within the community and builds sustainable and capacity for local grass root organisations providing services to our communities.'

### The Taihape & Ratana

**Community Boards** were established in November 1989 as one of two Rangitikei District Community Boards; one for the Taihape Ward and one for the Ratana community;

• Community Initiatives Fund consideration of applications from the Taihape & Ratana Wards. The allocated funding for the Board is \$7,200;

• Represent and act as an advocate for the interests of their community;

• Consider and report on any matter referred to it by the Council and any issues of interest or concern to the Community Board;

• Make an annual submission to Council on expenditure in their community;

• Maintain an overview of Council services within their community; and

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- Personal Computer sales and servicing
- Notebook computer sales and servicing
- Hard Drive Forensics Data retrieval
- PC Network and Broadband solutions



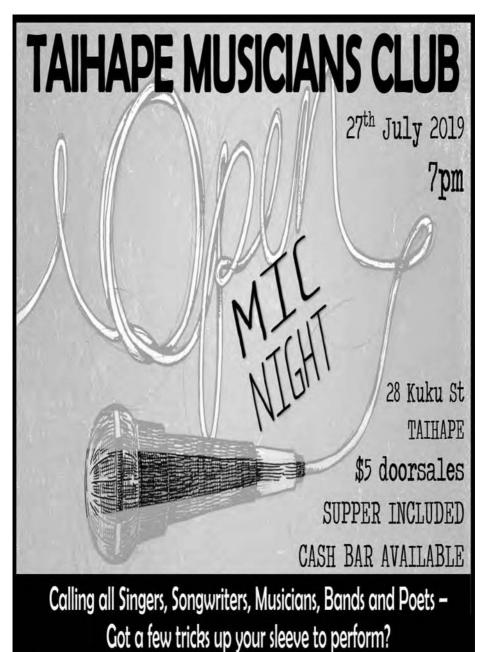
 Communicate with community organisations and special interest groups within their community.
Taihape Community Board Only

• MOU Group Work Programmes - consideration of annual work programme, recommending this to Council & receiving regular written and oral updates from the local organisation(s) delivering the programmes.

• Community facilities & services - user groups at Taihape Memorial Park. And increased engagement with wider/smaller communities of the Taihape Ward.

⇒ There are other nonprofit organisations that do great work too in Taihape.





Call 02102029007 or 0221047735 for more info & to secure a spot.

# LEARN TO PLAY

# & have FUN!

MUSIC LESSIONS—Piano, Keyboard, Theory of Music

Modern School of Music

Contact Ava Woollaston on

#06 388 0422



# Taihape Walkers Group

We are looking for **NEW** members to join our Club!

Monthly walks mostly

moderate terrain.

Local & out of town between Taupo & Manawatu areas.

For more information contact Warren Couper # 388 0199



The Orange Bone Dog Grooming

Your local dog groomer now offers

free pickup and drop off for Taihape residents

Call Michelle today on 027 390 9090

Please note that we have rebranded from Jim's Mobile Dog Wash, same team with the same great service!



The Orange Bone the orange bone @gmailcom

027 390 9090

# **Top Notch Taihape Snippets**

# TAIHAPE AREA SCHOOL

Eight classes operating in the Junior School, up from 6 last year, with a second new Entrant Class likely to open in Term 3. Four New Teachers. Options Programmes run weekly, students can opt into activities such as Food Technology, Outdoor Education (including Tramping, Mountain Biking, & fishing), the Performing Arts, Te Reo, and Languages. Skiing will be on offer in Term 3. In 2020 the new Digital Technologies Curriculum is to be implemented in all Schools. Students are already involved in **Robotics and Coding.** 

# ICE SKATE TOUR- Starts 12<sup>th</sup>

to 16<sup>th</sup> June. Held at Taihape Area School 14<sup>th</sup> June is Taihape's Curling Cup. Facebook.com/thecurlingcup or iceskatetour.co.nz

# PAPER PLUS SELECT

is Taihape'S stockist of 'The Plimmer Legacy' a wonderfully presented book of the history & of the Stations of Taihape

Motukawa, Kelly Land Co, Black Hill & Northview. Retails at \$50 **RIVER VALLEY** - The month of May is the last month of the horse trekking season. The stables are open again for trips on the 16<sup>th</sup> of September for the 2019/20 season. Early Winter rates have started, enjoy discounted rates on accommodation and accommodation packages, when you stay between the 1st May and the 30th September 2019. Good news for solo travellers - they now have single rates too.

# **GARDEN CLUB**

New President Brook O'Donnell

# THE NAVY ARE COMING!

SAVE THE DATE: Aug 20, 2019, 2pm to 2.45pm at Taihape Area School. Free concert by The Royal New Zealand Navy Band. More next issue.....





# Announcement:

# 125 Taihape Celebration Weekend

Friday 13<sup>th</sup> - Sunday 15<sup>th</sup> September 2019

<u>Friday</u>

# 5 - 7pm At the Majestic Theatre "Bubbles and Banter"

Denis Roberston's latest edition book signing:

# "....give me TAIHAPE on a Saturday night".

& Historic Taihape movie footage in the theatre.

### <u>Saturday</u>

9.30am tee off: Taihape Golf Course 18 holes.

11am- 1pm Taihape Museum Baby Animal Fair,

Historic Photo Display, Museum will be open.

1-3pm **Outback** Market, Gumboot Throwing, Bouncy Castle and Gig Rides;

3.30-6pm **Town Hall** Vintage High Tea, Cutting of the Cake with His Worship the Mayor, Vintage Photo Booth opportunity & live entertainment;

7pm onwards: **Musicians Club** Country Evening with local entertainment.

# <u>Sunday</u>

Church Services, Tree Planting and more...

\*\*\*\*\*\*\*

Convener: Gill Duncan 0272551409

Email: info@taihape.co.nz



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Please call 0211025986 or 3881553

concretecraftltd@gmail.com

# New members welcome!

Taihape Search and Rescue meets monthly on 2<sup>nd</sup> Monday at the Taihape Police Station from 7:00pm

If you would like to help Search and Rescue support the lost, missing and injured please contact Greg 063887555 or Alan 021 2277243 for more information.



# **AUTOMOTIVE WINDSCREENS**

@ BELL DIESEL TRUCK AND TRACTOR LTD 131-133 HAUTAPU STREET TAIHAPE PHONE: 06-388-0449 MECHANICAL REPAIRS & SERVICING PETROL & DIESEL VEHICLES WARRANT OF FITNESS INSPECTIONS

STOCKIST OF ENDURANT & MOTOBATT BATTERYS - CALTEX OIL - RYCO FILTERS -HELLA PRODUCTS



# **TAIHAPE HONDA**

89 Hautapu Street | Ph: 06 388 1211 | www.taihapehonda.co.nz

Visit us on Facebook to be kept informed about what's going on in Taihape! We advertise our events , newsletters and what's going on in Taihape in general. Click 'follow' to become one of our over 2,100 followers.



www.facebook.com/TaihapeNZ





My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.

What did the grape do when he got stepped on? *He let out a little wine.*  **The Lobby Taihape** is a great place for youth aged 13 – 18 to hang with mates, play pool, ping pong or PS4, along with free WIFI! Open Monday to Friday 3- 5pm. Like and follow our FB page to keep up-to-date on when we are open weekends, late nights, school holidays or are holding events: <u>https://www.facebook.com/pg/</u> <u>thelobbytaihape</u>

To volunteer or find out more contact The Lobby, please drop an email to Nardia Gower at council – <u>nardia.gower@rangitikei.govt.nz</u>.



# 2019 FORD RANGER RAPTOR BI-TURBO

5-Star ANCAP Safety Rating · Front & rear ventilated disc brakes 2.5" Fox® Racing Shocks • 283mm ground clearance • 150mm wider track • 33" BF Goodrich All Terrain Tyres Bi-Turbo diesel engine • 10-Speed automatic transmission • 6-Mode Terrain Management System

Tony Webb - Taihape District Agent Cnr Hautapu and Kotare Steet, Taihape M 027 2708543 PH 06 3889290 E-rr Wanganui Motors (1963) Ltd E-mail tonywebb@xtra.co.nz

1. Available at participating Ford New Zealand dealersings, intrelevicules on road cross options and accessings. 2 Warranky conditions apply, Warranky period commences on the date of delivery except where the vehicle is a dealership, demonstration or service learneyeticle. In which case it commences on the date on which it was first negistered by an Authorised Ford Dealer. Types, there survively and access one save excluded. Shock absorbers and batteries are subject to shorter warranky periods. Visit www.ford.co.nd/owners/warranky for further information.



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# **RELOCATED!**

Treasure Trove offers a great selection of new and used furniture, beds, lounge suites, dining table & chairs, fridges, washing machines, dryers, freezers and lots more......

# Call in and see Geoff AT THE NEW STORE! **OFFICALLY OPENING 17TH JUNE!**

NOW AT # 61 Hautapu street. Delivery service available. Phone: (06) 388 1956 Mobile 021 451 974



For Fat Stock & Store Stock Requirements Give our Team a Call

Covering Areas - Rangitikei, Wanganui, Manawatu, Horowhenua & Waimarino

Contact: Stephen Harris - 0274 423 546 Blair Robinson 027 4855356 Mark Anderson 027 4691004 Office: Marlene Harris (06) 3881917 / E: marlene@stephenharrislivestock.co.nz





> NAIT Accredited Nait Information Providers

# **UPCOMING CONCERT**

Four prominent New Zealand musicians will combine for a recital at the Taihape Women's Club on **Sunday 16 June.** The artists are Ingrid Culliford, flute, with Kris Zuelicke on the piano, and John Seagar, violin, with our local pianist, Helen Gordon. Their very interesting programme will include Sonatas for flute, violin, and piano, as well as a variety of solos.

Now living in Wanganui, Ingrid Culliford lived for many years in London, where she had an extensive career as a soloist and orchestral musician. She recorded frequently for BBC3 and toured throughout the UK, Europe, Canada, and the Americas. Her co-artist, Kris Zuelicke is American born, and holds music degrees from Miami and Indiana Universities and a Doctorate of Music with the NZ School of Music. Kris now lives in Wellington. Ingrid and Kris will play Sonatas by Veracini and Poulenc and other solos.

Helen Gordon and John Seagar will combine to play two Mozart Sonatas for violin and piano. John is an Auckland violinist, a member of the Kotuka Quintet and a very busy itinerant teacher. Taihape born pianist Helen Gordon (Collier) is well known to us. She is a graduate of the NSW (Sydney) Conservatorium, and the Vienna Conservatorium of Music. Her musical career has taken her worldwide as a solo pianist in recitals, radio broadcasts and appearances with national orchestras. This is a wonderful opportunity to hear such accomplished musicians here in Taihape.

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# NATUROPATH

### Your Master Gland – THE THYROID GLAND

At the front of your neck is your thyroid, shieldlike shaped gland that secretes two hormones, T4 (thyroxine) and T3 (triiodothyronine). These hormones influence the metabolic processes throughout your entire body; instructing your heart to beat, your lungs to breathe, your digestion to absorb food and your cells to convert that food into energy. For something so small, your thyroid plays a large role in your overall vitality! However, due to numerous factors, your thyroid can easily be thrown out of balance, leading to many aspects of your health also being affected.

Knowledge is power, so let's find out more! When the Master Goes Amiss

There are several different conditions that can arise when the thyroid becomes dysfunctional: Hypothyroidism: This is the most common thyroid <u>condition</u>, and refers to an underactive or sluggish thyroid. As this slows down your metabolism, hypothyroidism results in symptoms such as fatigue, hair loss, weight gain, depression, intolerance to the cold, dry skin and constipation.

Hyperthyroidism: On the flipside, the thyroid can also become overactive, speeding up the metabolism. This displays symptoms like a rapid heart rate, excessive sweating, weight loss, fatigue and agitation.

Autoimmune Thyroid Disease: Autoimmunity refers to the body's immune system attacking itself. In the thyroid, this manifests as either Hashimoto's (creating an underactive thyroid), or Graves' disease (creating an overactive thyroid). Goitre: A goitre is the enlargement or swelling of the thyroid gland. It can occur with both an underand overactive thyroid, as well as an iodine deficiency.

### Driving the Thyroid to Dysfunction

There are many factors that contribute to an unbalanced thyroid gland, however two of the biggest drivers are stress and an iodine deficiency.

Stress: Physical or emotional stress can reduce the level of hormones your thyroid <u>makes, and</u> can also flare an existing autoimmune thyroid condition.

#### Iodine deficiency: Iodine is a component of thyroid hormone, making it vital for healthy thyroid function. Unfortunately, the average Australian diet is extremely low iodine-rich foods, which can lead to an underactive thyroid or goite formation.

### Nourish Your Thyroid Naturally

There are key nutrients and herbs that can address the drivers of thyroid issues, helping your thyroid to function optimally.

**Iodine:** If you are deficient, supplementation of this mineral will help to support the production of thyroid <u>hormones</u>, and reduce your risk of hypothyroidism and <u>acite</u> growth.

Magnesium: This mineral helps to reduce the activation of the stress system, saving the thyroid from strain. Magnesium also assists cells utilize iodine.

Withania: When the thyroid is underactive, this herb can work to boost the synthesis of thyroid hormones, whilst also helping the body to cope when stressed.

### Thyroid Loving Tips

Three potent things you can do to support the optimal function of your thyroid gland are: lodine consumption: iodine rich foods include oysters, fish, seaweed, dairy and beans. If not currently consuming these foods regularly, make, a plan to increase your iodine intake!

Sleep hygiene: Quality sleep is essential for good thyroid function; ensure you are getting 7-9 hours per night. Additionally, turning off all electronic screens and bright lights at least 1 hour before retiring will assist in good quality sleep.

Stress management: Take some time out each day to reduce your stress levels. This might be going for a walk, chatting with a friend, attending a yoga class or completing a guided meditation.

### Show your shield some love

If you are experiencing any symptoms that can be associated with thyroid issues, speak to your natural medicine Practitioner. They will be able to provide you with further guidance on assessing and managing your presentation.

### "Self-care isn't selfish, both you and your thyroid deserve it!"

(Metagenics wellness Review)

Karen Hughes Ph; 027 316 2341 Email; karenhughes@xtra.co.nz Clinics in Ohakune, Taihape, Whanganui



# TAIHAPE WOMEN'S CLUB MEETING

Wednesday 3rd July at 1.30 pm

Guest Speaker: Jackie Cottrell

Jackie will tell us all we need to know about Quinoa.

ALL WELCOME



Come and Visit Your Museum 14 Huia Street Open Sundays 11 am to 2 pm and On Request www.taihapemuseum.wordpress.com email taihapemuseum@gmail.com Secretary Angela Oliver 388 1822



# NEED POLICE ATTENDANCE?

You can now call 105 or go online to 105.police.govt.nz to contact POLICE for nonemergencies.

Just remember, in an

emergency, always call 111.

105 is a national nonemergency number that will be answered 24/7 by highly trained Police staff. It is free to call from all landline & mobile phones.

Until now people either called their local Police Station or they called 111 if they wanted to get hold of Police.

As well as by phone, people can go online to the 105 website to report certain non-emergency situations and get updates on or add more information to their existing reports. Currently, lost property, intentional property damage, shoplifting, general theft, and theft from a car can be reported at 105.police.govt.nz

# Call 105 or use 105.police.govt.nz to report:

- Theft in a public place
- Theft from a car
- Intentional property damage
- Shoplifting
- Lost property
- Or to get an update on a report already made or add to an existing report

### Call 111 when:

- A crime is happening now and the offenders are still there or just left
- Someone's in danger or badly injured
- There's a serious risk to human life or property
- You see a major public hazard, like trees blocking a road
- Any of these things are happening now or have just happened.

Taihape's I-Site (In town hall) has a police leaflet available if you want more information

# DIAL A DRIVER – COLIN MOWER

# 021 130 3586

Available: Thursday, Friday, Saturdays 6pm till late

*DIAL A DRIVER* is available to drive groups / sports clubs etc to any function local or regional. Fee is negotiable at time of booking.

### Fare Schedule:

Town boundary (2kms)	\$5.00pp
Over 2kms	\$10.00pp
More than 5kms	Negotiable
12-seater Van available for group trips	Price neg

If you require a driver and van outside of the stated hours, please call we are happy to discuss terms.

ENJOY YOUR NIGHT OUT - LET US DRIVE YOU HOME!!

## U DRINK I DRIVE - MAKES SENSE DOESN'T IT?



# THANK YOU!!

The TCDT, would like to thank the following organisations for providing grants towards activities & events that were organised for our community in the previous 12 months:

- Taihape Community Board
- Community Matters Lottery Communities

















FORMERLY POWERCO WANGANUI TRUST