

TALK UP TAIHAPE



FEBRUARY 2021

The Go Throw Show

Welcome to 2021.

The year started off with the first combined event with A&P and Gumboot Day including NZBTA & shearing, what a great day it was! To see and hear not only the children, but all ages smiling, laughing, and enjoying themselves was a winner for me.

Parents, grandparents, friends, neighbours whether they were catching up, sitting enjoying the food or taking a quiet stroll around all three fields looking at all the activities that were going on, was nice to see.

Family time is so very precious, and we are so lucky to be able to continue to enjoy events like this compared to the rest of the world.

On that note, I would like to thank all those who helped with set-up on the Friday and Saturday your help was greatly appreciated. Also thank you to the sponsors, Maori Wardens, The Rotary Club of Taihape, Taihape Community Development Trust, A&P Society, NZBTA, Stall Holders, Shearing, the Community, and all those who attended the day.

'E hara taku toa I te toa takitahi. Engari, he toa takitini'

'My strength is not the strength of one. It is the strength of many'

Pania Winiata (Projects and Events Co-Ordinator)

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TALK UP TAIHAPE

Advertisement Pricing and Deadline

Voluntary Groups and Organisations, advertise your meetings and events in a classified advertisement (between 1/8 and 1/4 page) for FREE (subject to availability). No issue for January 2021.

1 page (A5) \$50

1/2 page \$30

1/4 page \$15

Advertising deadline Wednesday 3rd MARCH 2021

Publication and distribution Thursday 11th MARCH 2021

Email Pania: admin@taihape.co.nz or call 06 388 1307.

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The Rotary Club of Taihape —

Wish to sincerely thank the businesses and individuals who so kindly contributed to their Bottle Tombola at the 'GO THROW SHOW'.

As you are aware funds raised by Rotary invariably support a Taihape project or event & by viewing the window display beside SUBWAY you can note how much this community has benefited from Rotary's contribution over the past 75 years.

We continue to look for new members who wish to be part of this International Organisation whose motto is 'SERVICE ABOVE SELF'.

Contact Frances Hodgson 0221987529 for further information.

A young girl with dark hair, wearing a purple halter-neck dress, is looking down. The background is dark. Overlaid on the image is white text for a dance academy advertisement.

Taihape Dance Academy
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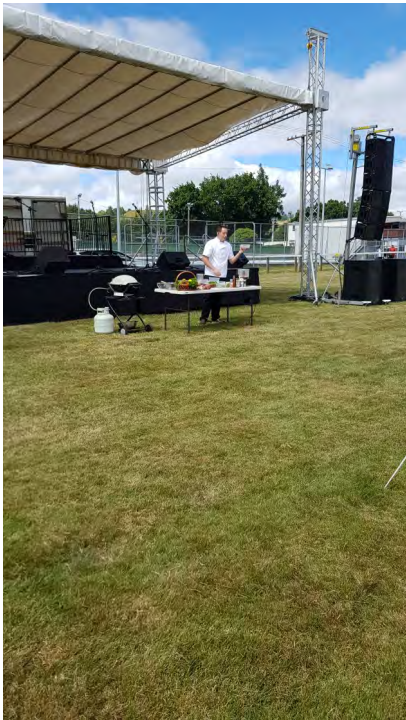
*Rustic Steak House team
would like to thank all the
locals who attended the Go
Throw Show (A&P society
and Gumboot Day)*

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EVENT CALENDAR

11th February 2021 Taihape Community Board Meeting, Council Chambers, Taihape Information Centre, 5:30pm

12th-13th February 2021 Squash Tournament - Taihape Squash Courts - Timings: Friday 5:30 - 11:00pm , Saturday 8:00am onwards

12th-14th February 2021 Taihape Show Jumping Championships,
Taihape Memorial Park, 8am onwards

13th February 2021 'Rhythm in Bulls' FREE Community Event

14th February 2021 **Valentine's Day**

13th March 2021 The Matt Hobbs Plumbing Duck Race, Papakai Park, Taihape, 2pm

28th March 2021 Harvest Festival, St James Martin Memorial Park, Marton, 10am - 4pm

17th-18th April 2021 Model Train Show, Bulls Scout Hall, 10am

Group Contact Details

Taihape Contract Bridge Club; Mondays at 7pm
contact Marion Cleaver on 06 388 0056

Taihape Art Society; Mon 10am to 2pm
contact Raema Mickleson 06 388 1138

Taihape Arcadian Singers; Contact June Gilbert 06 388 1523

Taihape Garden Club; 1st Thursdays monthly at 7pm.
Contact 021 072 7500

Taihape Friendship Group; 2nd & 4th Weds monthly
contact Karen 027 240 2593

Whanau Hobby Hutt; Wednesdays 6pm to 8pm
contact Gary Johnston 027 446 4498

Taihape Museum; Open Sundays 11am to 2pm - contact
taihapemuseum@gmail.com

Taihape Women's' Club; 1st Wednesdays - contact Viv
Tantrum 06 388 0635

Taihape Walkers Group; Meet every 3rd Saturday - contact
Warren Couper 06 388 0199

Taihape Men's Group; Every 2nd Friday each month - con-
tact Graham Smith 06 388 0555

Taihape Spinning Group; 1st and 3rd Wednesdays 10.30am
to 3pm - contact Jenny Abernethy 06 388 1620

Sustainable Taihape; sewing & working bee's - contact
Vanessa Witt 020 410 31577

Taihape Community Garden; help out at the community
garden - contact Vanessa Witt 020 410 31577

Mah-jong; contact Janet Riach 06 388 0303

Taihape Older and Bolder - contact Beth Carter
022 174 6611

Mainly Music; Every Thursday 9:30am –11am Babies to
Pre-schoolers at St. David's Jessica Baird 021 143 1591

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Council News

January 2021

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FROM THE *Mayor's Desk*

The new year is upon us. I trust you all enjoyed a relaxed and restful Christmas break with family and friends. Beth and I particularly enjoyed our Christmas Day lunch with the community on the 25th and to engage with you all and hear what you have been up to over the year.

Congratulations to the Taihape Community and Development Trust, the Taihape and Districts A&P Association, NZ Boot Throwing Association and Taihape Shearing for putting on a fantastic Go Throw Show over the weekend. I spent the morning enjoying the many events, I'm sorry I couldn't stay the entire day. In the afternoon I attended Winiata Marae to celebrate the 100th Birthday of Waina Hoete.

The work that we are concentrating most on at Council at the moment is the significant contract we have with our community – the Long Term Plan or LTP. This will take up most of our time between now and June. This is where we set our aspirations and names in the vision of Council, work out the work programme and the budget that's required to drive it. The Long Term Plan is a 10 year document that is reviewed every 3 years. The challenges in the LTP are vast. On the positive side our district is changing dramatically. We are getting industry wanting to come here, we have hundreds of new houses going in and the much needed increase in population will make the rates affordable in the future. In the short term there comes some pain with this in terms of making sure that the infrastructure needs to support the new communities of people are up to speed.

There will be an extensive public consultation month during mid-March to mid-May with many community meetings scheduled for

myself, Councillors and Executive Team members to join to talk to you all about your concerns and seek your input into that document.

There are a number of other significant contracts that we have. This year we will see the Mangaweka Bridge being replaced. This is a major project that is funded both by Manawātū District Council and Rangitikei District Council together with the NZ Government through Waka Kotahi (the old NZTA or Transit). We will use the public consultation process going around the district to engage with people over the future of setting up a Trust for the retention of the old bridge, the only cantilever road bridge left in New Zealand.

Other contracts will see the Putorino Landfill being remediated which involves digging out all the old historic rubbish and reforming the riverbank. This is not a problem unique to our district but to me it is a sign of things to come for New Zealand.

This year will also see the construction of the new amenity block on Taihape's Memorial Park. I understand the need for the wide public consultation that has occurred but it will be fantastic to finally have a decision and get a facility that will enable sport to continue on the park.

We have a number of groups throughout the district that are interested in undertaking community projects such as playground and park upgrades in Taihape. As a Council we need to support these groups in their desires and commitment to improve our communities for sport and recreation.

Ngā mihi, **Mayor Andy Watson**,
Rangitikei District Council.



RANGITIKEI
DISTRICT COUNCIL



[rangitikei.govt.nz](https://www.rangitikei.govt.nz)



NATUROPATH

KAREN HUGHES

Eating well, and supplements, do we need them ? Now? Or wait until we are older?

Ageing is accompanied by deterioration of multiple bodily functions and increased risk of disease.

Recent studies looked in detail at the effects that dietary patterns can have on health status, the ageing process and health span (i.e. how long do we stay healthy, fit and functional).

Eating a Mediterranean diet was associated with specific improvements in markers of ageing and fragility, as well as beneficial alterations in gut microbiome, (good bacteria in the gut)

- High consumption of fruit and vegetables was associated with reduced risk of developing memory loss
- High consumption of fruit and vegetables was also associated with lower odds of developing heart disease
- Interestingly subjects aged ≥ 80 years with the lowest consumption of fruits, vegetables, and/or high fibre cereals had the highest odds of memory loss and heart disease when compared to all other groups

The studies point to diet as a critical factor to healthy ageing and an improvement in overall Health

What do we eat for the Health benefits of a Mediterranean eating Plan?

Eat plenty of: Vegetables, fruits, nuts, seeds, legumes, whole grains/cereals, herbs, spices, fish, seafood and extra virgin olive oil.

Eat in moderation: Poultry, eggs, cheese, and yogurt.

Eat only rarely: Red meat.

Eat minimally or not at all: Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

Supporting Brain Function Naturally

If we are eating a healthy diet such as the Mediterranean diet, do we need to add in extra vitamins and minerals to our daily routines?

Skeletal muscle and the brain are the most energy-demanding tissues in the human, and require many vitamins and minerals for optimum function. If our diet is deficient in any of these nutrients, or our daily activity is such that we may require added nutrients, our longevity and brain function may not, or continue to function optimally.

- Iron; Iron deficiency affects energy and neural processes
- Zinc, is considered essential for the formation of neuronal synapses (the junctions of our nerves)
- Magnesium is required for hundreds of enzymatic reactions, including the synthesis of ATP for energy and as a cofactor for neurotransmitter synthesis.
- Vitamin B1; is involved in the formation of synapses, and the growth of axons
- Folate, B5, B6 and C are all identified as crucial nutrients for support of brain function.

Do you think you are getting enough nutrition from your diet? If not, make an appointment to discuss your individual requirements.

Taihape Clinic; Tuesdays
Ohakune Clinics; Wednesdays
and Thursdays

Karen Hughes

Ph; 027 316 2341

Email; karenhughes@xtra.co.nz

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Gardening in Taihape

Following on from last year's gardening activities, if we have maintained our gardens well then the green growth among the trees and plants will still be lush and bright. We will see brilliant splashes of colour in our garden beds from roses, and if you are lucky enough to have a few hibiscus growing they too will be putting on a display.

In the flower garden it is good to tend to these things that need a little extra attention if applicable. It is a good time to tend to our roses with a dead head to encourage more blooms and spray where necessary. We may find that thrips and other garden pests become a problem, but topical sprays will keep them in check. For our hardier varieties it is also wise to give them a health check. Plants like pittosporum and bottle brushes can be susceptible to psyllids and powdery mildew causing blistering of their foliage and soot build up on the leaves.

In the vegetable department cabbage, broccoli and leeks will be starting to put on tremendous growth and should be encouraged to do so before the winter months. For those who sowed carrots from the previous year they should be coming into their own and due to be plucked from the earth, likewise with cucumbers and tomatoes.

This time of year sees the main harvesting of our fruit supplies. By now late season plums and peaches will mature and apples will begin to show a greater level of colour. Be sure to keep water up to ensure the fruit swells.

This FEATURE is written with advice from the Taihape Garden Club. Like/share/read comment on their Facebook



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TAIHAPE WOMEN'S CLUB MEETING

DATE: Wednesday March 3rd

**WHERE: Meet at Myra
Fleury's residence at 29 Kuku
Street (next to the Fire
Station for a look at her
garden and afternoon tea.**

ALL WELCOME

Arcadian Singers

Rehearsals resume

Monday 15th February 3pm

St David's Church

New members welcome

No audition required

Contact Esme 0273091809

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Pick up 1st Thursday every month to Whanganui

Pick up 3rd Thursday of every month to Palmerston North

At 9am, Taihape Railway Station or at 9:05am at the Town Hall

Return by 3.30pm

Return fare \$28.00pp, Kids under 5 are free

Taihape Transfer Station

Manu Road

06 388 0170 Monday 7:30am to 11:30am

Tuesday CLOSED

Wednesday 7:30am to 11:30am

Thursday CLOSED

Friday 7:30am to 11:30am

Saturday 8am to 3pm

Sunday 8am to 3pm

Taihape Rural Health Centre

3 Hospital Road, Taihape 06 388 0926

Monday to Friday 8:30am to 5pm

Saturday 9am to 12pm

Taihape Public Library, iSite & Service

Town Hall, 92 Hautapu Street 06 388 0604

Daily 9am to 5pm.

Taihape Pharmacy

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THANK YOU

The TCDT would like to thank the following organisations for providing grants towards projects and events that were organised for our community

Taihape Community Board,
Earl Creativity and Development Trust,
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Films coming up at the Majestic Theatre

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Cinemas are where memories are made

**** Some of the dates and times are tentative and may be liable to change
without notice****

The Dry (M) 117min – 5pm Sat 13th

Blithe Spirit (PG) 99min 7.30pm Sat 13th

Valentine's Day

Penguin Bloom (PG) 95min 5pm Sun 14th, 7.30pm Sun 21st

**Love, Weddings & Other Disasters (TBA) 90min 7.30pm Sun 14th,
5pm Sun 21st**

Wild Mountain Thyme (PG) 102min 7.30pm Sat 20th, 5pm Sun 28th

The Marksman (R13) 108min 7.30pm Sat 27th, 5pm Sat 6th March

Ammonite (R16) 117min 7.30pm Sun 28th, 7.30pm Sun 7th March

High Ground (R16) 104min 7.30pm Sat 6th March,

Summerland (PG) 99min 5pm Sun 7th March

**Most films will be on for just 2 weeks this is so we can bring you a
variety of films, however some maybe played a 3rd time.**

Coming Soon: Never To Late, Cousins, Blackbird

****Please Be Aware - Due to Covid 19 film releases can get changed without notice and new
releases are being held back, so we are consistently looking at what we can bring you.
If you are unwell please stay home.***

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