

TALK UP TAIHAPE



JULY 2021



TAIHAPE SPRING FLING

Saturday 18th September 2021

at The Outback

Registration forms for the Markets and Cultural Food stalls are available from Taihape Community Development Trust Office, the Taihape.co.nz website and Homely & Co Pop Up Shop. There is box located at the front counter of the Information Centre where completed forms can be dropped off.

What a great day this will be.


Also a BIG welcome to our new businesses in Taihape. We look forward to working with you.





Council News

July 2021

0800 422 522 (24 hrs) | info@rangitikei.govt.nz |  RangitikeiDC

FROM THE *Mayor's Desk*

I'd like to thank Taihape for the huge number of submissions into the Long Term Plan and thank those who attended the many Long Term Plan meetings we held throughout the district.



There are two or three things I'd like to talk about with regard to this. The first is that there have been a number of submissions around housing. District Plan changes such as the Taihape West Slip Zone and the request to move the commercial sectors to allow for housing. My expectation is that these issues will be looked at in depth within the Spatial Plan development. The Spatial Plan looks at where infrastructure sits, the need for green spaces, the need for housing – essentially it is a helicopter view of our towns to 2050. This will be a significant work programme that will involve the community.

I was thrilled that at the Long Term Plan deliberations Council has agreed to support a number of work programmes in Taihape such as the \$50,000 going to the playground group led by Charity, and an undertaking to progress the Grandstand restoration.

Probably my biggest concern around the Long

Term Plan is a decision that Council has been forced into making by Waka Kotahi (the old NZTA or Roading Authority) to cut effectively \$7m from our roading programs over the next three years. This is a concern that I am taking to Central Government. With the cutback in maintenance of our roading network, in the future we could see roads that are currently sealed reverting back to a metal base. I will fight this action every step of the way with Central Government.

This isn't particular to our network – it affects all rural Councils and even affects the maintenance on the state highway networks.

My thanks also go to the number of sports groups working on the final designs for the Taihape Amenities Block. Let's just get on and actually build something rather than talk about it!

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

Pukenaia Road Over Bridge Closure

Road will be closed for works to repair damage to Rail Bridge on the following days:

- Monday 5 July from 9am to 3pm
- Wednesday 7 July from 9am to 3pm
- Thursday 8 July from 9am to 3pm
- Saturday 24 July from 9am to 4pm
- Sunday 25 July from 11am to 10pm



How did we do this year?



www.rangitikei.govt.nz/howdidwedothisthisyear?



Annual Residents Survey 2021

Closes 26 July 2021



rangitikei.govt.nz

Community Board Comments

At the time of writing, the Rangitikei District Council is “winding up” the LTP decisions and things look favourable for our community. Although many of us had felt a little bit “grumpy “ about the state of our township I am pleased to say that there has been lots of good happenings lately.

The footpath obstruction in Hautapu Street has been removed revealing some lovely big windows and the tiles at the corners of the footpath have been cleaned. We must remember that our regular manager for parks and gardens has been absent for several months recovering from serious injuries and must have time to recover fully. We look forward to your return, Lesley.

A new café is up and running and I have visited to introduce myself and of course sample the coffee. Indeed I have made an effort to chat to various business owners and the younger generation to canvass ideas as to the enhancement of our main street – the suggestions that have been put forward tend to favour seating and planter boxes. All ideas are welcome and have even included the relocation of signage—do get in touch with a Board member to express your ideas also.

And speaking of ideas the Board does appreciate the ideas and enthusiasm of the various groups within the community – the Playground group, the Squash Club and the Tennis Club. While some ideas may seem a little ambitious now they would certainly be a great asset to Taihape and worthy of our wholehearted support. The Tennis Club did a most inspiring presentation at the June meeting of the Board and the message to others is to also make use of our Public Forum. We are looking forward to a presentation by the new Taihape Heartland Co-ordinator at our August meeting. It is great to see RDC in the LTP outcomes also supporting these groups and ultimately the community of Taihape. We also acknowledge the Hautapu River Park Collectives and the commemorative Planting Day on August 7 starting at 9.30 – don't forget to take your spade and wear your gumboots !

I have met with the Team Leader of Parks and Reserves for RDC and had a very positive discussion and we will follow this up in the coming week with a ‘Tiki Tour’ of the township to discuss ideas, displays and plantings . There is lots happening in our community at the moment and I look forward to being able to report on more in a future column.

Ann (Chair)

SAVE THE DATE

Saturday, 7th August 2021

The Hautapu River Park Collective

Invite you to a

Commemorative Planting Day

At Hautapu River Park

Hautapu Street (the Redwoods) Entrance

Everyone is welcome.

9.30am Welcome & Karakia; 1pm finish (approx.); followed by lunch

“Commemorating Early Leadership in the Inland Patea History”, this planting of 2,000 native plants, bought with funding from MPI, celebrates Tamakōpiri, descended from Tamatea Pokai Whenua and his wife Taanewhare. Ngāti Tamakopiri, Friends of Taihape and supporters, have joined forces to enhance and beautify Taihape’s Hautapu River Park. Come along and be part of a fun family day with purpose J Children’s activities, an informative walk through the park and lunch are included. Please bring your gumboots & spades.

- postponement day, (due to weather), is Sunday, 8th August, same time, same place.

Good news: Rangitikei District Council will be joining us with BBQ and sausages, the latter donated by our Mayor, to support the day (027) 2551409 for enquiries.

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EVENT CALENDAR

9th July 2021 Bad Ass Magic Show, Coffee +, 59 Hautapu Street, 8.00-9.30pm, \$25.00pp

20th July 2021 Coffee with a Cop, Soul Café, 10am

21st July 2021 Liam Wooding, St David's Presbyterian Church, 19 Huia St, 6.30-8.00pm, Door Sales Only

4th August 2021 Taihape Women's Club Meeting, Hospital Lounge, 1.30pm

7th August 2021 Commemorative Planting Day, Hautapu River Park, Hautapu Street, 9.30am-1pm

25th August 2021 Music & Memory Tour, Taihape Area School Hall, Outreach 11am and Concert 7.30pm, Free

11th September 2021 Marton to Wanganui Relay, Marton Park, Marton, 7am-5pm

18th September 2021 Spring Fling, The Outback, 12.00-3.30pm

25th September 2021 'The Mudder' Fun Run, 498 Makuhou Road, Marton

29th September 2021 Merchiston Agnus Yearling Bull Sale, 306 Putorino Road, Hunterville, 2pm

16th-31st October 2021 Permaculture Design Certificate Course, River Valley Lodge, 266 Mangahoata Rd, Cost from \$2750-3100

30th October 2021 Shemozzle, Hunterville, 10.30am

13th November 2021 Gentle Annie Ride 2021, Memorial Park to Hastings, info@gentleannieride.co.nz, POC Steve

4th December 2021 Taihape Christmas Parade, Hautapu Street, 12.00pm

19th February 2022 Marton & District Pipe Band, Bowen Street, Marton

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 10am
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 1.30pm - 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 monthly 1pm - contact
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

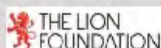
Te Roopu Oranga: Physical Activity program for Komatua 65+,
Tai Chi/Sit Fit, Hospital Cafeteria, Tuesdays 2-3pm and Thursdays
10-11am, contact Mokai Patea Service 06 388 1156



Taihape Wednesday 25th August **FREE ADMISSION**

Outreach 11am Taihape Area School Hall

Concert 7:30pm Taihape Area School Hall



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Adolescents and Gut function

This is another article on research that indicates the importance of a healthy gut, healthy diet and lifestyle.

“**ADOLESCENT GUT MICROBIOME**
Gut microbiota depletion in adolescence can have lasting neurobehavioral effects, according to a recent study assessing the long-term effects of gut microbiota depletion in adolescent mice.

The study investigated the effects of microbiota depletion of adolescent mice using a 3-week antibiotic treatment. Researchers observed changes in gut microbiota, behavioural and molecular features of gut-brain communication of the mice from adolescence into adulthood.

Findings included:

- Transient microbiota depletion had long-lasting effects on microbiota composition and increased anxiety-like behaviour in mice exposed to antibiotic treatment during adolescence but not in adulthood
- Gene expression in the amygdala was more severely affected in mice treated during adolescence

These results indicate the vulnerability of the gut microbiota during the critical adolescent period and the long-lasting impact of alterations of the microbiota on gene expression and behaviour in adulthood.

The mechanisms leading to neurobehavioral effects are thought to be due to disruption of gut microbial communities (via antibiotics in this study) affecting gut-brain communication which ultimately can manifest as changes in brain function and behaviour.

Overall, this study highlights vulnerability of the gut microbiota during the adolescent period and the importance of the microbiota during the developmental period in shaping its host's microbiota, brain function and behaviour.

This review highlights the susceptibility of the microbiome to be affected in adolescence, with gene expression and behavioural impacts in adulthood. A holistic treatment consisting of diet and lifestyle interventions are some of the best ways to improve gut microbiome health in adolescents.” Reference: available
Notes from “BioPractica Highlights”

N.B. Reminder that also recommended; 1 week on antibiotics then consider 3 months on a Probiotic, to recolonize the good of all the good bacteria for it to function optimally

Taihape Clinic; Tuesdays
Ohakune Clinic; Wednesdays & Thursdays

Karen Hughes
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Email; karenhughes@xtra.co.nz

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Gardening in Taihape

Now that the snows are upon us we can truly say winter has arrived. Every month gives us a unique perspective into the gardening world. Our views can change dramatically with temperature as we well know. Leading on in the structural aspect of gardening we should all be laying a framework through the cooler months for the establishment of your garden's future.

This month we are going to talk about lighting. I have recently invested in a good quality set of outdoor waterproof lights. These are especially handy for the tricky to light areas and if your home is equipped with outdoor plugs then they will simply plug in and illuminate those spots.

Upright lighting can illuminate tree trunks and expose your visual sensors to the wonders of your trees at night and well as down lighting illuminating meandering paths. Like laying out the format of a garden bed, lights can induce a sense of fullness through the night and bring to life your garden 24 hours a day. Illuminate water heaters to focus water movement, highlight a feature rock for structural stability and as stated, illuminate meandering paths to create a sense of journey.

It is important to think about the quality of lights you are installing also. Low voltage lighting is more practical for the garden and safer to lay DIY. Low heat output also reduces the risk of scorching plant foliage. Another option for those tricky areas and where power cannot be supplied are the use of candles and lanterns. These can be relatively low cost and give off a similar effect especially for those upcoming evening outdoor fiestas.

I look forward to spotting illuminated gardens in the coming months

PS: Please check with your local electrician beforehand.

Happy Gardening

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



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Pick up 3rd Thursday of every month to Palmerston North

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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

85 Hautapu Street, Taihape 06 388 0000

Monday to Friday 9am to 5pm

Saturday 10am to 12pm

IMPORTANT INFORMATION

Lottery Community Committee (Manawatu / Whanganui for our area) will open again 16 June and close 14 July <https://www.communitymatters.govt.nz/lottery-community/>

Update on Multi-year funding

We will not be offering new multi-year funding agreements in the 2021/22 financial year.

If you have an existing multi-year funding agreement in place, that agreement will continue.

The Manawatu-Whanganui Committee will prioritise requests with outcomes which can demonstrate a contribution towards:

Communities, hapū, and iwi being connected and thriving; and

People within communities working together to achieve shared community aspirations

A request will be considered lower priority if:

There is limited evidence of collaboration in the request.

There is limited evidence of community need in the request.

The request is to subsidise the delivery of a service or initiative that is currently funded by a Government contract.

Road Closures

Pukenaia Rd Over Bridge TAIHAPE repair damage to Rail Bridge - Proposed Closure dates 5 July to 25 July

RDC Events Sponsorship Round 1 of the 2021/22 year

This is now open through to the 22nd July 2021.

TAIHAPE WOMEN'S CLUB MEETING

WHEN: August 4th at 1.30 pm

WHERE: Hospital Lounge

GUEST SPEAKER: A representative from Property Brokers will come and give us an insight into the local real estate market.

ALL WELCOME

TAIHAPE FRIENDSHIP GROUP

Socially meet every 2nd & 4th Wednesday
of the month at the NEW LOCATION
Taihape Town Hall Supper Room Kuku street entrance
10am - 1pm

\$15 Annual Membership Fee
\$5 charge on day if NO lunch had or if not arranged at rooms
(covers cost morning tea & hireage)

We arrange lunch at alternative
cafe at your own cost - advised in advance
\$10 charge if lunch IS provided on the day

at the club rooms - advised in advance
Meet 10am have cuppa, chat, join in the activity planned for the day,
have lunch as arranged.

New Members most welcome

Contact Karen 027 240 2593

Taihape Music Group

In association with CMNZ

Liam Wooding piano recital

Reflections and Connections

Wednesday 21 July 2021 7:30pm

St David's Church Taihape

Admission \$25

Supported by Deane Endowment Trust

Artist and Development Fund



**Earle Creativity and Development Trust
in Manawatū and Rangitikei**

The Trust was established by Richard and Mary Earle to help fund local creative projects within the arts and technical sciences. The Trust provides funding in two areas each year, with funding being available in alternate years.

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Dry July – a chance to kick alcohol and help charity

30 June 2021

Dry July should be a little easier this year with the help of a few of the lads from Whanganui District Health Board.

They've put together a video series featuring their inspiration for going dry, tips for the month and some of the benefits they find from taking a month off alcohol.

The videos, featuring Whanganui DHB health promoters Chester Penaflor and Sam Beatson-Shaw and Alcohol & Other Drugs Clinician Shane Brown will be shared on social media throughout the month of July.

Chester says this is his fifth year doing Dry July and he's using it as an opportunity to raise awareness about Fetal Alcohol Spectrum Disorder (FASD) and the importance of alcohol-free pregnancies.

His tips for the month include letting friends and family know he's doing Dry July, having routines to deal with boredom and planning ahead if attending events where alcohol is being consumed.

"In case there's gatherings such as friends' birthdays, have a plan for how you'll stay alcohol free and still have a good time."

Chester says he finds huge personal benefit from doing Dry July.

"In my case, the benefits are probably more mental and spiritual rather than physical.

"After the month of July, I feel confident that I still have the coping strategies to stay off alcohol.

"It also gives me a sense of self-efficacy, meaning change is possible. It gravitates towards my actions in the community and with individuals alike."

Since Dry July launched in Aotearoa in 2012, the campaign has inspired 37,000 Kiwis to go dry, raising \$5.1 million for people affected by cancer, and funding more than 170 projects for 15 beneficiary organisations across the country.

This year funds raised by participants of Dry July will help Look Good Feel Better NZ, Bowel Cancer NZ, PINC & STEEL NZ and the Prostate Cancer Foundation of New Zealand improve the comfort, care and wellbeing of people affected by cancer.

That's something not to drink to!

For more information, the *Is Your Drinking Okay* quiz can help you find out about your level of drinking risk. Just fill in the questionnaire, add up your score and find out what it means: <https://www.alcohol.org.nz/quiz>

For further media comment please contact WDHB communications officer Reesh Lyon on 021 246 0933.

10 things a guy ought to know about his testicles

1. Most men ejaculate for the first time by age 15. If you have delayed or no ejaculation, you may have a condition called retrograde ejaculation. This is when semen goes into your bladder instead of out of your penis.

2. The Japanese slang word for testicles is 'tamago', which literally translates to 'egg' or 'eggplant'.

3. The left testicle usually hangs lower than the right for right-handed men. The opposite is true for lefties.

4. The testes of a right whale are the largest of any animal, each weighing around 500 kg (1100 lb).

5. The heart averages 200000 sperm from the testis every day for men.

6. There are over 10,000 veins in the testis.

7. Testicles produce 85 million sperm cells each day.

8. 42% of men over 70 are infertile.

9. During mating with the queen bee, the male drone's genitalia inside her body get stuck.

10. Men in ancient Rome would immerse in their testicles before fertilizing a woman.

Source: cancer.gov/testicles

ASK YOUR MATE HOW HE'S DOING

men's health

#MenStartTalking

menhealthmonth.co.nz

WHY DO GUYS SHUN THE DOCTOR BUT WOMEN DON'T?

Lets face it, us men are really bad patients. Compared with women, we avoid going to the doctor, skip more recommended screenings and practice riskier behaviour. Family enough, we also die about four or five years sooner, live with more years of bad health and have higher suicide rates.

It isn't because we're tough or less susceptible to illness. It's because we're idiots. Instead of embracing the power of knowledge and early detection, we stubbornly resist information and treatment for the short-term gain of autonomy and convenience.

We guys want to drink, play sports, and eat what we want, whenever we want, just like we did we were twenty. We avoid the doctor to avoid being told what we don't want to hear. When our girlfriends or wives ask about our health, we often lie. We withhold information.

We do the same with doctors. When a doctor asks, "Any specific issues to address?" too many of us say, "No, I feel great," even when we don't. Men can be stubborn, know-it-alls, and mainplainers.

Asking for help isn't a sign of weakness but rather it is a sign of strength.

Manning up means being honest and open about your health, not the opposite. It's a necessary part of protecting yourself and staying healthy.

Excerpt taken from an article written by Tim Greene, Posted May 16, 2021. If you want to read the full article go to <https://www.menshealthweek.co.nz/category/health-info/>

LADS 'WOF' HEALTH CHECKS IN JUNE
FREE FOR MEN 25YRS+
SPORT WHANGANUI, 226 LONDON STREET

The Sport Whanganui Active Wellbeing team are here to help men in the Whanganui community. The free 'WOF' Health Check takes no more than 20 minutes and measures height, weight, body mass index, blood pressure, heart rate and oxygen levels.

Book your June Health Check - call Sport Whanganui 06 349 2886 or email info@sportwhanganui.co.nz

First 20 health checks receive one month's free Jett's gym voucher



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Group 3 population
to protect against COVID-19



You are in Group 3 if you:

- are over 65 years old
- have a relevant underlying health condition (visit [covid19.govt.nz](https://www.covid19.govt.nz) for more details)
- are Māori or Pasifika aged 50+
- have a disability.

**BOOK
NOW!**

If you are part of Group 3, we invite you to
make an appointment by calling:

0800 888 479

or emailing COVID19@wdhb.org.nz

Group 3 is a large part of our community, so
your vaccination may be scheduled for some
weeks ahead.

Please be patient, and remember, everybody
over the age of 16 will get the vaccine ...
it may just take a while.

If you do not get through on the 0800
number, please leave a message – name,
date of birth and contact number – and you
will be called back within a week. It is only
necessary to call once and leave one message.

Be patient. Be kind.



Visit [wdwb.org.nz/covid-19/covid-19-vaccine/](https://www.wdwb.org.nz/covid-19/covid-19-vaccine/) for more information



Unite
against
COVID-19

Kia kotahi
mō te
WHAIORANGA

HEALTH MATTERS

Unite
for the
RECOVERY

COVID-19 Vaccination



The Whanganui community's response to the COVID-19 vaccine has been positive and pleasing.

However, the large number of people seeking the protection of the Pfizer vaccine has put pressure on the booking system, and some people phoning the 0800 888 479 booking number have been unable to get through.

Whanganui District Health Board asks for people to be patient and advises that those who do not get through should leave a message – name, date of birth and contact number – and they will be called back within a week.

It is only necessary to call once and leave one message. You will be called back and, remember, everybody over the age of 16 will get the vaccine ... it will just take a while.



Be a DOER!
KARAWHIUA
Protect our whānau against COVID-19

Influenza, "the flu", can be anywhere. It is easy to catch through coughs and sneezes. Influenza is much worse than a cold.

Some people are more likely to get very sick when they have the flu. They are young children, babies, pregnant women and older people. Also, people with some illnesses like asthma or diabetes.

Some people with flu need to stay in hospital for a while. A few people die from flu. Many people don't know they have had the flu as they do not feel ill. But they can still pass it on and make other people very sick.

The best way to protect yourself is by having a flu shot every year. The flu shot helps your body protect itself from flu. You protect yourself, your family and people around you if you have a flu shot.

- Flu shots are FREE for people 65 years old and over.
- Flu shots are FREE for women who are pregnant.
- Flu shots are FREE for anybody under 65 with diabetes, most heart or lung conditions and some other illnesses.
- A flu shot is FREE for children under 5 who have had a stay in hospital for asthma or other breathing problems.
- Ask your doctor or nurse about a flu shot today. It may be FREE for you.
- Encourage your whānau who can get a free flu shot to see their doctor or nurse.
- Being fit and healthy won't stop you getting the flu.
- You can't get flu from the vaccine.
- You need to get a flu shot every year before winter for best protection.

fightflu.co.nz
0800 466 863

The Immunisation Advisory Centre



Treasure
our
Whānau

NGĀ TAURA TŪHONO – WHANGANUI STOP SMOKING SERVICE

Our team of wellbeing/whānau practitioners know when individuals and families start the journey to being smokefree, they start transforming themselves and their future. We are here to walk that journey with you.

We have a range of options available to provide support, including clinics in a range of places, and we can come to your home or workplace. Please contact us on **0800 200 249** or pop in to see our team at one of our clinic sites:

- The Quit Clinic - 49 Ingestre St Whanganui
- Te Orangamui - 57 Campbell St Whanganui
- Marton - Rangitikei Health Centre
- Taihape Health
- Waimarino Health

If you are a workplace, and want to have regular support for staff we would love to come to you.

ARE YOU LIVING WELL WITH DIABETES? Enrol in a FREE self-management programme

You'll get helpful information, discussion with others who have diabetes, an opportunity to put an action plan into place, and much more.

Our next programme starts at **9.30am on Friday 25 June at Gomville Health Community Room.**

Talk to your health provider about a referral or contact facilitator Mary Hirini for more information and to enrol. Phone or text **029 222 5388** or email mhirini@wrhn.org.nz



DIABETES TRUST EVENTS FOR OUR YOUTH

We are providing a couple of free events in June for our young people in Whanganui with Diabetes who are looking for something to do and want to connect with other rangatahi.

- **Young Adult Event - Young Adult Dinner**
(18yrs + or any young person 17 years and over who has left school)
Geny's Mongolian BBQ restaurant Palmerston North, Wednesday 16 June.
- **Youth and Young Adult Event** (12 years and up)
Go-Karts at Daytona in Palmerston North, Friday 2 July, 6pm-8pm.
We provide dinner first then youth race around 6.30pm.

Registration is required so if you're interested in attending, please contact/text Andrea Bell on **027 492 8801** or **(06) 357 5992** or email youth@diabetestrust.org.nz. Alternatively, you can register on our Facebook page called "Diabetes and US" (this is a closed Facebook page, so you need to request permission to join).



Blood pressure

A risk factor for heart attack and stroke



CHOICES YOU CAN
MAKE TO LOWER
RISK OF HEART
ATTACK & STROKE

When your heart beats it pumps blood around your body. All the blood moves it pumps against the sides of blood vessels called arteries. The strength of this pushing is your blood pressure.

Most people don't know if they have high blood pressure as often there are no symptoms. The only way to find out is to get it checked.



Stop smoking



Make heart healthy eating and drinking choices



Move more



Lower weight



Take medication

Welfare support www.wdhb.org.nz/welfare-support | Health advice 24/7 ring Healthline **0800 611 116** | Health information www.healthnavigator.org.nz
Covid19 information www.covid19.govt.nz | Counselling support phone or text **1737** 24 hours | Emergencies ring **111**

Taihape Heritage Trust

Are you passionate about Movies, Cinema and Heritage and would like to work in this environment?

If so, the Majestic Theatre may be the place for you.

We are still looking for that **special person** – *could that be you* - for a part-time position, assisting our Manager. Initially for a six-month period, which is likely to be extended and made permanent.

Six hours per week, usually on a Saturday but possible some Sundays and extra hours during the school holidays, will be offered.

You will need to be:

Mature, reliable, trustworthy and have a pleasant manner with the public.

Reasonably competent using a computer. Word, Excel, Facebook and simple website management would be an asset but we are willing to train the right applicant.

Training in other aspects of the position will also be given.

The position could suit a retired or semi-retired person but anyone over the age of 18 is welcome to apply.

Please apply before 20 July 2021:

In writing to 5c Tui Street
 Taihape 4720

By email to majestictaihape@gmail.com

If you would like more information before applying, please email with your name and phone number and one of the committee will get back to you.

FARM MANAGER

MAKOKOMIKO STATION, PUKEOKAHU, TAIHAPE
Position available from December 2021

Due to the incumbent longstanding manager retiring after 33 years of service, this rare & rewarding opportunity has opened up for an experienced, competent & enthusiastic Farm Manager to take over the reins of Makokomiko Station.

Located 45 minutes east of Taihape, Makokomiko Station is a 2,259 hectare (ha) hill country property, running 17,300 stock units (52:36:12 sheep:cattle:deer ratio) across an effective area of 1969 hectares. The property contains a range of land management units which enables a multitude of farming enterprises. About 7% of the property is flat to undulating, 18% is rolling to strongly rolling, 41% is moderately steep hill country & the remaining 34% being steep to very steep hill country.

This position is a broad & exciting challenge for any successful manager & team of dogs to enjoy.

Through recent & ongoing investment, the Station has superb access, infrastructure, machinery & vehicles.

The position is seeking a collaborative & motivated applicant to work with progressive & experienced management & team of staff.

Registration of Interest Closes
5pm Friday 16th of July 2021

Excellent accommodation is provided, consisting of a 4 bedroom fully insulated house with double glazed windows. Pukeokahu Primary School is only 6 km away.

The Station borders the picturesque Rangitikei River, providing easy access to the opportunities of the great outdoors.

A competitive remuneration package will be offered, based on the applicant's skill sets.

To register your interest for further information (including a detailed farm information booklet & job description) please enquire with your CV & Covering letter to:

Secretary
Maata Kotahi Partnership Trust
Messrs Ryan, Thomas & Co
8 Tui Street, P.O. Box 181
Taihape 4742

+64 6 388 0666
office@ryanthomas.co.nz



MAATA KOTAHİ
MAKOKOMIKO





Considering selling your property?

What sets your home apart from the rest when selling? Call John and Tony to find out: The market value of your property, how to present your property for sale and how to maximise your sale price.

Between us we have over
16 years experience and
\$65 million dollars in sales.

Considering selling?
Give us a call today.

Tony Hewitt

Residential Sales Consultant

M 027 449 2289

E tonyh@pb.co.nz

John Hewitt

Residential Sales Consultant

M 020 4086 0204

E john.hewitt@pb.co.nz



Property Brokers 

Proud to be here

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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).

1 page (A5) \$50

1/2 page \$30

1/4 page \$15

Advertising deadline Thursday 5th AUGUST 2021

Publication and distribution Thursday 12th AUGUST 2021

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

On line version available through www.taihape.co.nz

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,
Earle Creativity and Development Trust,
Community Matters - Lottery Communities



Earle Creativity Trust



Films coming up at the Majestic Theatre

5c Tui Street, Taihape

Cinemas are where memories are made

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

POPPY (PG) 98MIN – 7pm Sat 10th, 4pm Sun 18th, 4pm Sat 31st

MOONBOUND (PG) 81MIN – 1pm Sun 11th, 11am Mon 12th,
2pm Sun 18th, 12.30pm Mon 19th, 10am Fri 23rd, 1pm Sat 24th

SPIRIT UNTAMED (G) 88MIN – 3pm Sun 11th, 1.30pm Mon 12th,
10.30am Fri 16th, 2pm Sat 17th, 12pm Fri 23rd, 2pm Sun 25th

DREAM HORSE (PG) 113MIN – 7pm Sun 11th, 4pm Sat 17th,
4pm Sun 24th

SPACE JAM: A NEW LEGACY (PG) 115MIN – 12.30pm Fri 16th,
10am Mon 19th, 2pm Fri 23rd, 3pm Sat 24th, 2pm Sun 1st Aug

FAST & FURIOUS (M) 143MIN – 7pm Fri 16th, 7pm Sat 17th,
7pm Sat 24th Final

NO MAN'S LAND (M) 116MIN - 4pm Sat 10th Final

MINAMATA (M) 115MIN – 7pm Sun 18th Final

PERCY VS GOLIATH (PG) 99MIN – 4pm Sun 1st Aug

COMING SOON: Herself, In the Heights, Waiting for Anya,
Warrior Queen, Ice Road, Still water & more

****Do check website that dates and times haven't changed***

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