TALK UP TAIHAPE



JUNE 2021

## Spring Fling

With Spring fling happening on the 18<sup>th</sup> of September, in the Outback this year, from 12noon till 3.30pm. Taihape has the opportunity to showcase all its talents in the form of art, baking, preserving, sewing, knitting and woodwork. The winter period is a time to be creative and holding joint stalls is a way of sharing the load. Gumboot Throwing and the Baby Animal Fair will be regular features and a new attraction a cultural food festival by our local caterers to give a TASTE of Taihape. Local clubs and organisations take the opportunity to fundraise for your specific needs. Registration forms for the market stalls and the cultural food stalls will be available soon.

### and... what has the Trust been up to thus far?

We have also shared on pages 2 and 3 writeups about the Taihape Heritage Plaque and Tell me More Projects, which we hope you will find great reading.

The Welcome to Taihape Website has been going through an update which we hope to be finished very soon.

We have been collaborating with the Taihape Community Board and Keep Taihape Beautiful in regards to projects to be completed around the township, be great to see more groups do the same or even come on board.

We will keep you updated <mark>on a regu</mark>lar basis in regards to what is happening around Taihape with our events and projects.

Pania Winiata - Events & Projects Co-ordinator

## Taihape Heritage Plaque Project

The Taihape Heritage Plaque Project held the first meeting of our volunteer researchers in the last days of May. A wide range of people have come forward. The meeting covered a discussion of the project as a whole. Peter Kipling-Arthur, the lead researcher outlined the research project and the need for accuracy and ethics. The each of the researchers talked briefly about their particular person of interest, and then the group made an initial assessment of the names that had been put forward to date. This year the aim is to look to make the community aware of people from Taihape's earlier years plus to provide a range that is gender and ethnically diverse.

Our next meeting will be at 5.00pm Thursday 24<sup>th</sup> June at the Town Hall Council Chambers. A review of current progress plus any new researchers will be welcomed. As always an appraisal of any further names suggested by the wider community will occur.

If you too value the history of Taihape, and wish to accompany us on the journey to identify and celebrate the significant contributions made by people who have come from our town and then moved on to greater things, then we would love to hear from you.

Please contact Pania or Sarah at Taihape Community Development Trust or the Project Lead Mr Peter Kipling Arthur.

Peter Kipling Arthur Project Lead

#### Tell me More Taihape Project

This project is another heritage project undertaken by the Taihape Community Development Trust. It will produce three anthologies that capture the history of our region through the memories of generations as told to our youth.

Wrapped around the recollections of Taihape past, this is a legacy the Taihape of today will leave for the Taihape of tomorrow. Taihape Community Development Trust is working closely with staff and students at Taihape Area School.

Being involved means more than just history. The students will learn transferrable skills of researching, interviewing, documentation, and verification of information. This project gives the opportunity to create a story based on true events, giving our region a refreshed and dynamic view of its past.

The project will produce three 40-60-page A5 booklets over three years. This year the theme is 'What are we? Buildings and infrastructure'.

A 1-day workshop will be provided on the 1<sup>st</sup> of July 2021 by Rachel Selby, who grew up in Taihape and was head girl in the mid-60s at Taihape College. Rachael is an indigenous Maori researcher, writer, and teacher from Otaki NZ. Rachael has lectured at Massey University and a **kaiāwhina** at Te Wananga o Raukawa in Otaki.

The Trust is proud to be promoting the preservation of Taihape's Heritage.



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Taihape Community Development Trust E admin@taihape.co.nz P 06 388 1307

## EVENT CALENDAR

11th June 2021 Pride in our Land Whakapai proudly presents A Cheeky Chat with Matt Chisholm, Moawhango Community Hall (BYO Event), 6.30-9.30pm, Free

12th June 2021 'Journeys In Deliciousness' Workshop: How to Make Delicious Sausages at Home, River Valley Lodge, 266 Mangahoata Rd, 9.00am, \$195pp

13th June 2021 Arcadian Singers present Fourty Years On, St David's Church, 2.30pm, \$15 door sales, afternoon tea to follow

19th June 2021 American Refugees Comedy Show, Coffee Plus +, 59 Hautapu St, 7.30pm, \$28.62pp

21st June 2021 Taihape Jumping Group AGM, Ruapehu Reap Inc, 1 Tui St, 7.00pm

3rd July 2021 Mid Winter Christmas at River Valley, River Valley Lodge, 266 Mangahoata Rd, 5.00-11.45pm, \$65pp

7th July 2021 Taihape Women's Club Meeting, Hospital Lounge, 1.30pm

8th July 2021 Meeting with DIA regarding Funding, please email Maggie Regan at maggie.regan@dia.govt.nz for an appointment, 9.00am-3.00pm

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

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

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

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

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

## 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 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 looking for a special person 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 possibly some Sundays and extra hours during school holidays, will be offered.

#### You will need to:

Have good computer literacy in word, excel, Facebook and website management.

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

Training will be given to the successful candidate.

Please apply in writing, with a resume of your work history to:

Majestic Theatre Management Committee 5c Tui Street Taihape 4720

Appplications close on Wednesday 16 June 2021





- > Carpets upholstery
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Call:-Paul Mercer 06 388 0550 027 246 9378 Area wanted for processing logs into firewood.

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Thank you Taihape

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## NATUROPATH

#### **Boosting your Baby's Gut function**

Researchers suggest that the developing gut nicrobiome, in conjunction with environmental influences, may increase infants' vulnerability to functional gastrointestinal disorders

Intestinal bacterial colonisation commences in utero, the infant gut microbiota is not fully established until 2-3 years after birth.

#### Environmental Influences on the infant gut microbiota;

 (a) Mode of delivery, i.e. Caesarean section (CS) versus vaginal.

A baby's descent through the birth canal presents their first opportunity to receive microbial inoculation by way of their mother's vaginal flora. CS delivery greatly reduces the beneficial flora received, thus promoting dysbiosis from the outset.

(b) Whether the infant is breastfed or formula fed.

Following birth, there is a rapid period of development within the baby's microbial community. The most powerful contributor to this is hum an breast milk, which aids healthy growth and development.

## The connection between Dysbiosis and Colic

A healthy gut microbiota contributes to many processes within the body.

- (a) Creating a protective barrier against outside pathogens,
- (b) Assisting with the digestion of food
- (c) Supporting motility and maturation of gut immune defences

Early in an infant's life, dysbiosis and subsequent gut mucosal inflammation have been linked with many gastrointestinal disorders, including colic affecting gut function and gas production, and ensuing pain.

## Specific Probiotic strains support digestive health in infants and children

Many clinical trials have validated the use of *L. reuteri* DSM 17938 for improved microbial balance in infants and children, and now is available in liquid for ease of administration.

*Lactobacillus reuteri* DSM 17938 (BioPractica T<sup>m</sup>) helps to facilitate the prevention of these disorders, setting these infants on a path towards optimal digestive health long-term.

Notes from "BioPractica Highlights"

Taihape Clinic; Tuesdays Ohakune Clinic; Wednesdays & Thursdays

#### Karen Hughes Ph; 027 316 2341 Email; <u>karenhughes@xtra.co.nz</u>



89 Hautapu St / Ph: 06 388 1211 email: sales@taihapehonda.co./uz

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#### PLUMBING

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## Gardening in Taihape

Leading on from last month and thinking about focal points in our gardens and creating a journey, we will now talk about the ever changing garden. It will be important throughout the cooler months to lay the groundwork for major changes in the garden which will set us up for spring.

When thinking about your garden it's wise to remember that no garden stays still, a garden is an evolving and ever changing artwork. If you use a planting palette with minimal change then you shall see minimal change for example a garden structured with just hedges, other than the maintenance they will offer little more than a varied shade of green.

Think about the layering of plants and texture. Bigger trees will provide the backbone of your design and offer grey silhouettes in the dappled sunlight. Natural materials like stone and rocks will provide a silvery grey shimmer in the morning dew and the new foliage from bulbs emerging through the bare earth ushering in a new season. This all leads us through the yearly cycle and the changes in our atmosphere, we are privileged in Taihape to have such great growing conditions and have the fullness of four seasons.

Layers upon layers of textures can also tell a story and lead you through the garden on a journey throughout the season change. At the moment it may seem a dreary outlook but carefully planning out your garden will offer year round stimulation for the sensors.

Happy Gardening

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





### Taihape Workingmen's Club Inc.

34 Kuku Street, Taihape

#### **Annual General Meeting**

The Annual General Meeting of the Taihape Workingmen's Club Inc. of financial members will be held in the club rooms on Sunday 27th June 2021 at 2pm.

Notices of motion will be accepted from 30th May 2021 and close on 20th June 2021.

Nominations for President, Vice President and Committee will be accepted from 30th May 2021 and close on 20th June 2021.

Voting will be held on Sunday 27th June 2021 after the meeting.

K J Gray - President

## Services Available in Taihape

Horizons Bus 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 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/lotterycommunity/

#### TAIHAPE WOMEN'S CLUB MEETING

#### WHEN: July 7th at 1.30 pm

#### WHERE: HOSPITAL LOUNGE

## GUEST SPEAKER: LINDA MAHER WHO WILL DEMONSTRATE THE ART OF PAINTING STONES.

#### ALL WELCOME.



St John Update - New Ambulance Station

It has been a while since the last update. I am pleased to report we are making progress for the community!

You may have noticed some activity on the new ambulance station section at Linnet Street. We are getting the last of the geo tech work completed and confirming the survey boundaries in preparation for applying for consents. This is a major step in the right direction. We still require further funding which probably comes as no surprise, so if you have an idea please get in touch.

Previously I mentioned we were planning to start selling bricks, some may be wondering what is happening with this or why are we so slow? The committee made a decision to pause this fundraising initiative until the building project was further advanced. It is our intention to give you the opportunity to buy a brick, numbers of these will be limited. We will let you know when we start selling these so keep an eye out.

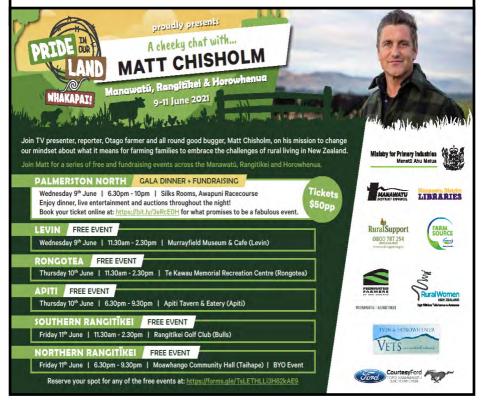
Bryan Rendle - Chairperson Taihape Area Committee

#### 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



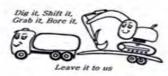
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#### INTERIOR STYLING

Colour with in design is a science, it has a full vocabulary and also it's own phycology including principal methods of colour palettes.

All this proven to interrupt what we call *Colours*.

The science – colour isn't a physical thing it is wave lengths of light that bounces off an object.

All the colours our human eyes can see are what we call a *Spectrum* (ultra violet and infrared are undetected by our eyes.) To help understand the spectrum we will refer to the two opposites

in colour.

Black is when we see an absence of *any* colour as the wave length's are absorbed, yet white is when your actually seeing *all colours* reflected equally relayed back to the brain. Now from the science to the colour *psychology* as we know meaning - emotion.

How do colours make us feel? We have all been exposure to cultural and historical emotional colour attachments. And lets not forget the business marketing and colour attachments.

Some examples to reflect on - from a western world perspective - remember **black** associated to

death, mystery, evil but also knowledge (as in graduation robes).

White - purity, innocence and cleanliness.

Yellow – is the happiest of all colours, we reflect on the sunshine, warmth, summer. Keep in mind

a little can go a long way.

Red - danger, passion, energy, excitement and love. Red draws peoples attention.

Green -the colour of nature a positive colour that gives a sense of balance, growth and if Irish considered good luck.

Blue – can actually slow your heart rate ... Seen as trust, tranquillity and hope. Not the best colour

for kitchens or dining room, it one of the most appetizing colours.

Orange -an attention grabbing colour, bold and fun... reminds us all of Autumn.

Grey – Timeless and rock solid, positivity, being neutral the warmth or coolness comes from the proportion and hues of the colour.

Brown- another neutral – colour of, stability and nature.

On reflection I think we all see an enormous array of colour's every day, our brains are bombarded with different colour's hues, and tones our brain can easily jump by muscle memory association which in turn creates an emotion..... Think of it- your child and the big M from Mc Donald's ... Yellow and Red-

Excitement to eat creating energy and love, the Yellow reflecting happiness, warmth from the food making your child appetite satisfied.

Colour and light also have science – a lack of light makes an area timeless – examples are Casino's, they normally have no windows, no clocks, no natural light. Designed on a principal their clients become unaware to the time of day or night therefore people are happy to spend longer than they would gambling.

When looking at colours – think of the room and it's application, reflect on the emotion – is it sad?

Is it happy? - Is it warm? - Is it cold?..... and so on....

Your next project with paint should feed you as a person, forget fashion to a degree and live in a coloured space you are happy to be in.

Happy Painting fred\_hammer@xtra.co.nz Interior styling – Cynthia Hammer

#### SAVE THE DATE

The Hautapu River Park Collective

Invite you to a

Commemorative Planting Day

#### 7<sup>th</sup> August 2021 at Hautapu River Park

Hautapu Street (the Redwoods) Entrance

Everyone is welcome.

(Time to be confirmed)

Funding has been received from MPI for native plants, and their ongoing care, for a planting to: "Commemorating Early Leadership In The Inland Patea History".

Specifically the planting will celebrate Tamakōpiri, descended from Tamatea Pokai Whenua and his wife Taanewhare. This is a founding story for the people of the Inland Mokai Patea, celebrating the journey to today with representatives of Ngāti Tamakopiri, Friends of Taihape and supporters, joining forces to enhance and beautify Taihape's Hautapu River Park. The day will include refreshments and fun. Please bring your gumboots & spades J. See next months TUT for details!

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## 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 1st JULY 2021

Publication and distribution Thursday 8th JULY 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, Earl Creativity and Development Trust, Community Matters - Lottery Communities



Taihape Community Development Trust Eadmin@taihape.co.nz P 06 388 1307

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\*\*

TWIST (M) 90min- 7pm Sat 19th

LAND (M) 89min – 7pm Sun 13<sup>th</sup>, 4pm Sat 26<sup>th</sup>

FIRST COW (PG) 121min – 4pm Sat 12<sup>th</sup>, 4pm Sun 27<sup>th</sup>

JUNE AGAIN (M) 99min – 7pm Sat 12<sup>th</sup> Final

THE ARTISTS WIFE (M) 94min – 4pm Sun 13<sup>th</sup>, 4pm Sat 19<sup>th</sup>, 7pm Sun 4<sup>th</sup> July

NO MANS LAND (M) 116min – 4pm Sun 20<sup>th</sup>, 7pm Sat 3<sup>rd</sup> July

LOCKED DOWN (M) 118min 7pm Sun 20<sup>th</sup>, 7pm Sat 26<sup>th</sup>, 4pm Sat 3<sup>rd</sup> July

MINAMATA (M) 115min - 7pm Sun 27<sup>th</sup>, 4pm Sun 4<sup>th</sup> July

\*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