TALK UP TAIHAPE 🕖



MARCH 2021



SPRING FLING

BUSINESS SHOP DISPLAY COMPETITION

Spring Fling is coming back in September 2021.

We know it is Autumn and September seems a long way off, but it will come around sooner than you think! Get your thinking caps on to decorate your shop front to the theme of SPRING!

Prizes for the BEST DRESSED WINDOW!

Watch this space each month in TUT.







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

Jowett Cars Gather at Taihape

The National Rally of the Jowett Car Club of New Zealand will take place at Taihape over the weekend 26-29 March.

Jowett cars began in 1906 and were produced in Bradford, UK until 1953. The most common models were the post war Jupiter sports car, Javelin saloon and Bradford truck or van. All models from 1906 to 1953 had the Jowett trademark of a horizontally opposed engine.

Enthusiasts are travelling from around New Zealand from north of Auckland and from the South Island. The best place to view cars over the weekend would be at the Concours d'elegance on main highway at the north of town, 10.30 to 11.30am Saturday 27th This will be followed by a gymkhana in the afternoon.

Most are staying at the Aspen Court Motel.

The program will take in competition for national trophies in Concours, Gymkhana, Best Most Original, in each model class. Evening social activities are Saturday dinner . Sunday will be a gumboot throwing contest followed by a driving tour which will take in the town sites and countryside and in



the evening will be the Prize Giving Dinner . Monday morning sees the group having a farewell breakfast togethe rbefore departing for home.

Further information; 021 827 148 or www.jowettnz.net



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 1st APRIL 2021

Publication and distribution Thursday 8th APRIL2021

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

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

Taihape Workingmen's Club

Annual Subscription

To all club members: If you pay your Annual Club Subscription Fee before the 31st March 2021, the cost will be \$40.00 per member, if you pay after the 31st March 2021, the cost will be \$50.00 per member.

Please update your contact details at the same time.

Community Board Comments

As I begin to write these comments I can only wonder what the year 2021 holds. Let's hope that all New Zealanders "play by the rules" so we can all stay safe.

It is great to report that the Dog Park has been well used by both locals and travellers. A small addition to the gate means it is now secure for small dogs also. Signage is complete and the board has decided on location. We now have to arrange with Council staff to assist with placement

I have spoken with a local craftsman regarding the design of a TCB Information Board for placement in the New World Supermarket and possibly the Information Centre.

On the 16th December I participated in the Webinar introducing the CBEC (Community Board Executive Council). The goal was engagement with board members and to brief us on their role and activities. At the conclusion of the presentation each member of the executive spoke on issues facing community boards. On February 23rd I travelled to Marton to attend a Workshop on the Long-Term Plan (LTP). It was a small meeting for Boards and Committees—the pre-engagement format "Framing our Future " was a new concept trialled for the first time this review and I believe some very interesting suggestions came from school visits !! Once Council has decided on the Draft Key Choices a consultation period will follow. Do watch for these coming our way and take the opportunity to become informed on issues relating to our community. Remember you can submit on issues that concern you!!

Demolition work on the Tui Street building is underway and I understand that housing is proposed for the site. I attended the meeting facilitated by Heartland Services to discuss housing needs within our community and it was very apparent that this is an important issue for many.

I congratulate community members who have won awards or been nominated for awards—Good luck Curly!

On a personal note I enjoyed taking my Shetland ponies to the recent Go Throw Show – the smile on children's faces makes the effort so worthwhile.

Ann Abernethy (Chair)



EVENT CALENDAR

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

13th November 2021 Gentle Annie Ride 2021, Memorial Park to Hastings,

info@gentleannieride.co.nz, POC Steve

"......give me Taihape on a Saturday Night"

There is a small number available of this Taihape book. It is the reprint of the original plus the extra 10 years in the chronological section.

It is a perfect bound book.

If you have not got one - **don't miss out**. It could also be a special present to someone in your family or a close friend.

Contact Denis on 0274 474 023 or email - denisrobertson46@gmail.com

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

AWARD CELEBRATION AND FUNDRAISER FOR MAJESTIC THEATRE

Friday 26 March 2021

Drinks and Nibbles @ 6 pm

Movie 'Then Came You' (M)

Starts 7.30 pm *First drink complementary*

Tickets for sale at the Theatre, Wild Roses,

Hair Studio and Information Centre \$25 each





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Council News

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FROM THE Mayor's Desk

It's nice to be back on deck having recovered from recent knee surgery mid-January. I'm very appreciative of the medical staff and have tried to obey their guidelines and the result is I am far more mobile and in less pain than a month ago. The Long Term Plan (LTP) adoption for consultation will be made by Council on 25 March. We are also presently loading onto the Council website locations and timings of a number of public consultation meetings where you can have your say and ask for further information. Please engage in this process, I would have to say that this has been the most difficult process that I have been involved with during my time on Council. There is so much uncertainty that we face from Central Government around who will deliver what services throughout the country such as the provision of water and disposal of wastewater. This is the biggest decision that Councils in New Zealand will ever face. If these services are no longer to be provided by Councils in the future, it comes into question what will be the core function of Councils?

The recent revaluation for the district has seen a number of properties especially in the urban south dramatically increase in value. This variation in the increases of capital values throughout the district creates rating issues. Council has limited availability to smooth these effects. This is one of the reasons why the submission process this year is incredibly important. We will go out to everybody that we possibly can within the district and explain the implications of the LTP and give indications as to the likelihood of their personal rates positions. There has been public notice on the closure of the Kuripapango Bridge in Taihape. This is

the bridge that is on the boundary between Hastings District Council and Rangitikei District Council. Its closure effectively means that heavy transport is not available during that time. Because of



the seasonal nature of these farming stations I apologise for the timing of the bridge closure and the impact it has both financially and logistically on the operation of these stations. I appreciate those who took part in the Zoom call to look for ways in which we could work with the stations to provide minimum interruption during the repair period.

I have received a number of invitations recently from the northern region and one being the invitation to attend the Mokai Patea Big Day Out. It was a pleasure to be there. I am deeply appreciative of the invitations. I attended the Farewell Functions at the Taihape Fire Station a couple of weeks ago. It was nice to be able to sit with past and present fire personnel that have given so much voluntary time for their district. I've been aware that there have been many callouts for our rural firefighters over the last couple of weeks. We have had a large spring flush of grass growth which is mainly now tinder dry. We are asking that everybody considers fire risk when they have their barbecues and undertake normal farming operations.

I also note that a water restriction notice had gone out to conserve water in Taihape. Staff tell me, that notice had the desired effect and that water consumption has reversed. This is something we have to battle with for the balance of summer and I thank people for their water conservation.

Ngâ mihi, Mayor Andy Watson, Rangitîkei District Council.



NATUROPAT

Sleep, Do you get a Restful sleep?

A Stressful Life

Chronic stress is unavoidable in our modern, 24-hour-aday society, with its constant stream of social media and abundance of news. Every day, we can see that this stress can have a negative effect on peoples' sleep patterns. The association between stress and sleep is related to circadian misalignment, and the interactive effects of stress and eircadian rhythm on cortisol secretion (adrenal function)

The Daily Dance Between Cortisol & Melatonin

Under normal conditions, cortisol secretion follows a particular circadian rhythm. The circadian clock in the hypothalamus, (mid brain) triggers the release of cortisol from the adrenal glands to facilitate waking and alertness during the day. Specifically, cortisol increases rapidly during the second part of the night, peaks shortly after awakening and declines progressively throughout the day to reach their lowest in the evening.

Melatonin secretion is triggered on exposure to darkness and follows an opposing pattern, rising in the evening, peaking in the middle of the night, and tapering off in the early hours of the morning. These two hormones together play a vital role in co-ordinating the circadian rhythm and regulating sleep/wake cycle.

However, they are both responsive to other external cues, including light exposure and stress, which can alter their secretion and skew the circadian rhythm.

Circadian Misalignment is Common

Physical and psychological stress activates the hypothalamic-pituitary-adrenal axis (HPA), triggering increased and/or continuous release of cortisol from the adrenal gland, even after 6:00pm when cortisol levels should be decreasing. As cortisol and melatonin are antagonistic, this increased cortisol can inhibit the normal release of melatonin from the pineal gland. This results in profound disturbance of the circadian rhythm, where cortisol levels may remain elevated until late at night and melatonin levels subsequently do not begin to rise until after midnight. Known as circadian misalignment, this disruption to the normal cortisol/melatonin diurnal pattern has been clearly linked to insomnia Restoring the normal diurnal rhythm of cortisol and melatonin release is an important part of addressing stress-related insomnia.

How to regulate this Daily Dance?

Gamma-aminobutyric acid (GABA) is the primary inhibitory neurotransmitter in the brain, and it plays a vital role in sleep onset and sleep maintenance Some useful GABAergic herbs for insomnia and anxiety include:

 Ziziphus has been used as an anxiolytic for centuries. Human clinical trials have found that supplementation with ziziphus in combination with other herbs significantly improves all measures of sleep quality

• California poppy is a sedative and anxiolytic herb with GABAergic activity. Human trials have confirmed that California poppy, in combination with other herbs, improves sleep onset

 Passionflower has a long history of traditional use for insomnia and anxiety. Passionflower extracts have been found to contain naturally occurring GABA.

• Lavender has been used orally, topically and via inhalation for its calming effects. Multiple human clinical trials have confirmed that both orally ingested and inhaled lavender oil has significant beneficial effects in anxiety, and in improving sleep quality

and duration trough GABAergic mechanisms

The role Of Nutritional supplements

Magnesium, orally taken before bed helps to have a more restful sleep, and can be combined with each of the above botanicals to enhance the sleep rest cycle

For more information about sleep cycles and sleep hygiene, make an appointment today.

Taihape Clinic; Tuesdays Ohakune Clinic; Wednesda

Wednesdays & Thursdays

aren Hughes 73162341 Email; ughes@xtra.co.nz





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Gardening in Taihape

This time of year, our garden beds are starting to show the stress of the warmer day's past, however some are still teaming with colour and life with a blaze of autumn colour coming through during this month. The ever-present threat of pest will still be there and as discussed in previous months a topical spray should reduce this and keep the flower beds looking in peak condition for the last flush before winter dormancy.

In cooler climates such as ours, our vegetable gardens will be starting to come into their own and the harvesting of crops like tomatoes, beans and cucumbers should be nearing completion. March will be an important month to start the sowing of winter crops and even a late planting of broccoli, silverbeet and spinach.

To bind your property together a nice lawn is often the go. Final preparations for an autumn sowing should be made, be sure to also sow seed that is right for your property.

Many shrubs can be easily propagated from cuttings. This can be achieved by semi mature tip cuttings by selecting good young strong shoots from the upper portion of the shrub. Plant out in small containers rather than directly into the earth, I find recycling old plant pots handy. I generally use a sand/soil mix to establish a good root system but like all gardening it's always trial and error. Keep the new cuttings well-watered, warm and in no time at all you'll be plating your new shrubs out into your flower beds or creating a hedge.

Happy Gardening.

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



Taihape Members of the Wanganui Branch of the Vintage Car Club would like to thank the following for their sponsorship and help with our New Year Gumboot Rally.

Taihape New World Taihape Honda Taihape Rural Supplies Taihape Engineering TMS Motors Central Auto Parts Castrol Brake and Transmission Sparex

Ignition Motor Group Wanganui Motors Carfields Auto Clutch & Brake Autoline Vapormatic Ken and Annette McKinnon Chris Bennett

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

North Island gumboot throwing competitions - Saturday 30 January 2021 at the Go. . . Throw. . . . Show (combined Taihape A&P Show + Gumboot Day) Have a Go

Littlies: o-5 years - 13 throwers

Prizes: stickers + crayons/chalk 1st: Max Collings – 10.37m; 2nd: Bailey Robinson – 7.03m; 3rd: Lydia McNie – 6.48m

Children: 6-10 years - 22 throwers

Prizes: 1st – Red Band gumboot voucher; 2nd – Red Bandal voucher; 3rd – Red Bandal voucher Bandal voucher 1st: Doug – 21.78m 2nd: Kray – 19.86m 3rd: Riki – 19.15m

Youth: 11-16 years - 12 girl/20 boy throwers

Prizes: 1^{st} – Red Band gumboot voucher + \$50; 2^{nd} – Red Bandal voucher + \$25; 3^{rd} – bucket hat + \$10 **Girls:** 1^{st} : Hinemoa – 26.80m; 2^{nd} : Te Ngare – 24.57m; 3^{rd} : Ngahuia Salmond – 19.03m **Boys:** 1^{st} : Hoani – 30.87m; 2^{nd} : Hamu – 30.46m; 3^{rd} : Ocean Adams – 28.63m

Seniors:

Prizes: 1st – Red Band tee shirt voucher; 2nd – Red Band coffee cup Women: 8 throwers 55-60 years: 1st – Jill Martin – 14.43m 61-64 years: 1st – Joy Francis – 15.35m; 2nd – Alison Roe – 14.10m 65-70 years: 1st – Elizabeth Mortland – 16.13mm; 2nd – Ainsley O'Connell – 11.92m 71-74 years: 1st – Diana Turney – 11.85m; 2nd – Pat Haitana – 10.85m 75-80 years: 1st – Lyn Wilkins – 11.70m

Men: 13 throwers

55-60 years: 1st – Curly Troon – 34.60m **61-64 years:** 1st – Paul Judd – 20.00m **65-69 years:** 1st – Richard McMillan – 20.92m; 2nd – Kevin Marshall – 15.29m **70-74 years:** 1st – Alan Barwick – 24.08m; 2nd – Terry Crothers – 18.29m **75-79 years:** 1st – John Gerrie – 18.73m; 2nd – George Turney – 11.17m **85-89 years:** 1st – Colin Baird – 13.23m

Open:

Prizes: 1st - Red Band gumboot voucher; 2nd - Red Band tee shirt voucher; 3rd - Red Bandal voucher

Women: 39 throwers

1st: Kristin Churchward – 31.55mm; 2^{nd:} Robyn Williams – 24.56m; 3^{rd:} Dell Adams – 24.56m; 4^{th:} Janey Harrison – 24.12m; 5^{th:} Mapihi Paringatai – 23.50m; 6^{th:} Unya Squires – 23.40m; 7th: Jade Lima – 23.32m; 8th: Kayla Hyland – 23.30m

Men: 57 throwers

 1^{st} : Stu McNie – 43.45m; 2^{nd} : Jack Murrell – 40.08m; 3^{rd} : Richard Port – 39.88m; 4^{th} : Luke Smith – 20.00m; 5^{th} : Trempine Gilbert – 27.77m; 6^{th} : Cyrus Poring

4th: Luke Smith – 39.03m; 5th: Tremaine Gilbert – 37.77m; 6th: Cyrus Paringatai – 36.45m; 7th: Anthony Hanson – 35.38m ; 8th: Curly Troon – 34.60m

North Island Championships 2021:

Prizes: 1st – Red Band gumboot voucher + \$300; 2nd – Red Band tee shirt voucher + \$200; 3rd – Red Bandal voucher + \$100 **Women:**

1st: Kristin Churchward – 34.72m; 2nd: Janey Harrison – 28.91m; 3^{rd:} Dell Adams – 28.86m

Men:

1st: Stu McNie – 41.55m; 2^{nd:} Richard Port – 40.38m; 3^{rd:} Jack Murrell – 38.71m

The North Island Gumboot Throwing Team will compete in the New Zealand Gumboot Throwing Championships on Saturday 13 March at the Ford Ranger NZ Rural Games in The Square in Palmerston North – against the South Island Gumboot Throwing Team.

IMPORTANT INFORMATION

Major ROAD CLOSURE Taihape Napier Road at Kuripapango Bridge

Traffic Management Signage HDC Kuripapango Bridge

1 March to 31 May 2021

Taihape Napier Road Closed to all traffic from 7am to 6pm

Partially open outside those hours (Light Vehicle)

TAIHAPE WOMEN'S CLUB MEETING

DATE: Wednesday April 7th.

WHERE: Meet at the Hospital Lounge and weather permitting going to Papakai Park for a wander.

Norwood Rural Sports Awards

The New Zealand Boot-throwing Association Inc. has been successful again in having a nomination to the Norwood Rural Sports Awards make it through to the finals. Curly Troon is a finalist for the Toyota Legacy Award. The winner will be announced at the Rural Awards dinner in Palmerston North on Friday 12 March.

This is the fourth time an NZBTA nominee has made it to the finals. Kristin Churchward was a finalist in the Rural Sportswoman of the Year in 2017, Elizabeth Mortland for the Toyota Legacy Award in 2018, Kieran Fowler in the Rural Sportsman of the Year in 2019, and Curly Troon in 2021 – all involved in gumboot throwing!

Curly has been involved with gumboot throwing since Gumboot Day in 1985. He has been a thrower, a winner, an organiser, a promoter, a demonstrator, a helper. He was a founding member of NZBTA and has been on the Board since 2014, as Chairperson since 2018. Curly is key in organising NZBTA championship events and Have a Go competitions in both the North and South Islands. He is the man! He is on the field all day – out marking where boots land, returning the boots, measuring throws, setting up the field, packing up. He makes himself available to demonstrate gumboot throwing when TV or radio crews pass through Taihape and request a gumboot throwing session.

Taihape Community Development Trust set up the NZBTA in 2014 – to promote Taihape and gumboot throwing throughout New Zealand. Throwers come from all over the North Island to attend the gumboot throwing competitions on Gumboot Day. The New Zealand Championships will be held at the Rural Games in Palmerston North on Saturday 13 March.



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THE MATT HOBBS PLUMBING

Saturday 13th March 2021 2pm

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All proceeds to Taihape St John Ambulance Station

See www.matthobbsplumbing.co.nz for details

Entry fee \$10 per duck
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INTERIOR STYLING

What Makes Design

Over this year, I would like to welcome you all to a monthly page on *Design* and *helpful pointers – a perspective of what we do as a business.*

I look forward to sharing the behind scenes side of things you are never shown on the

glamorised television shows or photo shoots when it comes to homes and renovations.

Today's topic is on creating a beautiful space and the principles involved. Its all about *aesthetics* - a space created for functionality and personal living,

which, within this we have rules that assist us in achieving a pleasing result.

Interior Decoration – is selecting of materials, furnishings, colour, placement of furnishings and fittings, lighting, art work and so on...

Interior Design – extra to interior decoration – including consideration of ergonomics,

usage of space, creating floor plans, meeting building codes, safety standards and

functionality.

<u>Elements of Design are</u> : Line, shape, colour texture, point value and space. <u>Principles of Design are</u> : Contrast, rhythm, proportion, symmetrical and asymmetrical, dominance and harmony.

For some people, like an artist, all of these things combine beautifully without a thought on any principle's – they just seem to see things in perspective.

But... if you struggle a little at this, by following these above elements to design you will be assured a well thought out result.

* A little tip – use a camera and photograph your room then view it working on the above principles and elements.

Happy Home Designing fred_hammer@xtra.co.nz Interior styling – Cynthia Hammer



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**

Penguin Bloom (PG) 95min 5pm Sat 13th Final

High Ground (R16) 104min 7.30pm Sat 13th, 5pm Sat 27th Final

Never To Late (M) 98min 5pm Sun 14th, 7.30pm Sun 21st

The Dry (M) 117min 7.30pm Sun 14th Final

Cousins (PG) 83min 7.30pm Sat20th, 5pm Sun 28th

Love, Weddings & Other Disasters (M) 90min 5pm Sat 20th Final

Ammonite (R16) 117min 5pm Sun 21st Final

Wild Mountain Thyme (PG) 102min 7.30pm Sat 27th Final

Summerland (PG) 99min 7.30pm Sun 28th Final

THEN CAME YOU (M) 97min 7.30pm Fri 26th March AWARD Celebration & FUNDRAISER – see ad in Talk up Taihape for details.

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: Blackbird, Peter Rabbit 2 & more *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.

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