

TALK UP TAIHAPE



MAY 2021



SPRING FLING

Will be held on Saturday the 18th of September 2021. We are negotiating for a train visit which could result in a wonderful festival. Ideally, giving the opportunity to showcase Taihape and all its talents in the form of art, baking, preserving, sewing, knitting and woodwork. The winter period is a time to be creative. 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 showcase their talents and to give a TASTE of Taihape.

We are hoping that our local clubs and organisations will climb aboard and take the opportunity to fundraise for their specific needs.

Holding a Spring Fling is way to rid your winter blues and celebrate all things spring.

Pania Winiata (Projects and Events Co-Ordinator)





Alzheimer's Whanganui

WAIMARINO CARERS SUPPORT GROUP 'Coffee & Chat'

We are looking to set up a Carers Support Group for anyone supporting or caring for someone living with dementia in the Waimarino area.

Venue: Ruapehu District Council, Ohakune

Date: Thursday 20th May 2021

Time: 10.00am – 11.30am

For further information please phone Lynn Buchanan

Phone: 022 694 4978

Email: support@alzheimerswhanganui.org.nz



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 Wednesday 2nd JUNE 2021

Publication and distribution Thursday 10th JUNE 2021

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

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

The upcoming Affordable Art Sale and Exhibition to be held at the Anglican Church hall on Huia Street is something St. Margaret's has not done before for a fundraiser. We will have on display in the Church Hall on Huia street, (right across from the main entrance of Taihape Area School) all kinds of art work for sale and some art work just on display. There will be a \$5.00 bin, and even a selection of Frames for free. The majority of the art will be under \$75.00. So come along and enjoy the art work. We will have an opening night with wine and cheese, followed by supper (\$20 ticket available at door). This will be held Thursday May 13th at 7:30pm. The other open days (no charge) will be Friday May 14th 9:30am to 5:00pm, and Saturday May 15th 9:30am to 3:00pm.

If you have a piece of art that you would like to donate to this Anglican exhibition or if you have a favourite piece of art you would like to exhibit, please get in touch with Elizabeth Cottrell 06 388 0524, m.e.cottrell@inspire.net.nz The art does not need to be framed.

Elizabeth Cottrell





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TAIHAPE WOMEN'S CLUB MEETING

WHEN: June 2nd at 1.30 pm

WHERE: Hospital Lounge

GUEST SPEAKER: Jaime Reibel
from the District Council

TOPIC: Housing options in
Taihape

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EVENT CALENDAR

13th-15th May 2021 Art Exhibition and Affordable Art Sale, St Margaret's Church Hall, Huia St, Opens 13th 7.30pm (\$20 with refreshments), 14th 9.30am-5pm (free) & 15th 9.30am-3pm (free)

15th-16th May 2021 Rangitikei Heritage Weekend, All Museums in Bulls, Marton, Hunterville, Mangaweka & Taihape, Open 10am-3pm, Adults \$2, Kids Free

16th May 2021 Suzuki Extreme 4x4 Challenge, Turakina off SH3

20th May 2021 Alzheimer's Whanganui, Waimarino Careers Support Group 'Coffee & Chat', Ruapehu District Council, Ohakune, 10.00-11.30am

22nd May 2021 Elton in Taihape, Michael Stodart Presents a Non-stop 2hr Elton John Experience, Brought to you by the Taihape Music Club, 7pm, 22 Kuku Street, Tickets from Taihape Information Centre

28th-31st May 2021 Expressive Photography Retreat-High Country Deer, 12pm-12pm, tickets available at www.photographyworkshops.co.nz/package/deer-photography-retreat

29th May 2021 Rangitikei Adventure Race, 6am-6pm, details and entry can be found at www.rangitikeiadventurerace.com

2nd June 2021 Taihape Women's Club Meeting, Housing Options in Taihape, Hospital Lounge, 1.30pm

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

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

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

RANGITIKEI HERITAGE GROUP PRESENTS

RANGITIKEI HERITAGE WEEKEND 2021



2021 Theme 'Businesses Past and Present'

All Museums Open 10am to 3pm
at Bulls * Marton * Hunterville
*** Mangaweka * and * Taihape ***

15th & 16th MAY

Free Entry for Kids - Adults \$2 each

Further Info on Eventfinder OR Contact Your Local Rangitikei Museum

Poster Design Concept by Richard Aslett Graphix Co - mangawekagallery@xtra.co.nz

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Council News

May 2021

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

FROM THE Mayor's Desk

Kia ora Taihape,
Firstly, the Long Term Plan (LTP). Finally we got Audit approval and Council adopted the LTP on Monday 12 April. The key notes in this are an average rate rise of just under 7%, however the variation is high. We will have some properties facing significant rate increases (up to 20%) and others facing a drop in rates. This has been brought about largely because we rate on capital value and the latest valuations by QV show significant valuation increases in rural north and urban south. You may be interested in visiting Council's online rates calculator which has been updated to reflect next year's draft rate changes. Visit our website and from the Home page select Services/Rates/Rating Information Search and fill in your details. We are now in the submissions stage of the LTP process which runs until 10 May. Hearings will take place at Council on 12 and 13 May. Remember to have your say! If something you feel strongly about doesn't get into the LTP now it is impossible to go in later. Paper copies of the document are now available in all public places across the district as well as on our website.

www.framingourfuture.nz

I have personally attended around 25 community meetings over the last 6 weeks to talk to you all about the Long Term Plan and the various community implications. We have had a lot of discussion around rates, Three Waters, forestry and earthquake prone buildings and I feel that with the presence of Elected Members and Council staff at those meetings we have been in a good position to answer



your queries. For the first time we have been able to effectively use Live LTP presentations via Zoom which have been great with up to 60 people being online and feeding in via the chat function to ask questions. Thank-you to staff and Councillors who made time to join me at the public meetings.

Earlier in the month our Chief Executive and I had the opportunity to spend time with the NZ Heritage Board and the Maori Heritage Council in Wellington where I brought up the option of Council restoring and protecting the Grandstand in Memorial Park in Taihape. I have asked for financial assistance or at least support from Heritage NZ in applications that we may make for national funding through Lotteries. They seem to want to support this process. We eagerly await the outcome of those discussions. It has been incredibly heartwarming to see the number of young people present at our ANZAC Day Dawn Services and other services throughout the District over the last few years to acknowledge those who served and who continue to serve. Thank you to all who attend.

*They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.*

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





NATUROPATH

- KAREN HUGHES -

Boosting your Immune System

With changing weather and shorter days is a good time of year to consider your Immune System.

How best to do this?

Consider herbs and supplements that support your body to build its defenses for the coming months.

Some suggestions;

Supplements to Consider in Your (Natural) Medicine Cabinet

- **Zinc** – aids the body’s defense against infection
- **Vitamin C** – a well known vitamin to help support the Immune System
Liposheric sachets available
On sale in MAY
- **Probiotics** – A new dental Probiotic has been released and studies indicate that it helps with Oral hygiene, and reduces incidence of Gingivitis, bad breath, sore throats, and tooth decay. It also helps to reduce the build up of tarter on the tooth enamel.
- **Cough Tonics**
There are a variety of Malcom Harker Cough tonics on sale in May, for adults and children

Plus these Other Recommendations

Incorporate these handy tips into your life to improve your resistance and support **RECOVERY** from colds and flus:

- Rest! Give your body a chance to gather strength and make sure you get a good night’s sleep
- Eat a large variety of vegetables and fruits
- Drink plenty of water to keep yourself well hydrated
- Zinc, vitamin C, specific Probiotics and herbs in your immune first aid kit, to keep you and your family well

Are you still unsure what to have in stock BEFORE you or a family member becomes unwell, then come and chat about your requirements.

If symptoms persist then seek out the help of your Health Care Provider.

Taihape Clinic; Tuesdays
Ohakune Clinic; Wednesdays & Thursdays

Karen Hughes

Ph; 027 316 2341

Email; karenhughes@xtra.co.nz

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Gardening in Taihape

Well, it seems winter has well and truly arrived in the Taihape region with our frosty mornings but this I know will not deter the keen gardeners among us.

Each month I try to write an article to deepen our understanding of what happens in our gardens on a monthly basis. However today we are going slightly off topic and are going to talk about structure.

Every good garden needs or will develop a backbone. This can either be through the strategic planting of trees or hard structural features like pots, urns, arches and ponds and paths.

One thing I have learnt from building a garden from scratch and I mean completely bare to a little thriving inner urban sanctuary is the importance of dividing your space and crafting a journey through it.

When planning out your garden either new or existing think about the journey or story you are telling and add structural elements to enhance this feeling. I find planting trees and shrubs to divide space and create corners or nooks a good start then layer it with an interesting feature like a bird bath, sculpture, or urn. This will allow you to create small rooms within the overall scheme. Allowing yourself to be submerged within one space of the garden so that your eye is obstructed from viewing the garden in its entirety. In doing so allowing yourself and those who visit to journey through the garden, for example in a zigzag fashion and not walk from A to B in a direct line and lose interest.

So layering trees and shrubs to shift one's eyes through each and then add a pop of interest with a smart urn or sculpture I have a weakness for water features personally and they in themselves will deepen the experience again with adding movement and sound to the garden backdrop. A total sensory experience.

Happy Gardening

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



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Te Roopu Oranga

Physical activity programmes for Kaumatua 65+ and people with long term conditions are being coordinated by Mokai Patea Services.

If you are interested in joining, please contact Mokai Patea Services on 06 388 1156. Transport is available.

Tai Chi/Sit fit is held at the Hospital Cafeteria.

Tuesdays 2pm - 3pm and Thursdays 10am - 11am

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

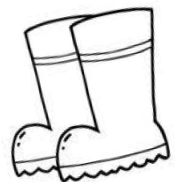
Saturday 10am to 12pm

IMPORTANT INFORMATION

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)

COGS opens 21 April & closes 19 May 2021 <https://www.communitymatters.govt.nz/community-organisations-grants-scheme/>

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



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
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Community Board Comments

April, the month of ANZAC, the month in which all our communities, nation-wide stop and reflect to honour and remember the young men and women who fought for freedom, for us and generations to come. It was on April 25th 1915 that the Anzac troops landed on the beach at Gallipoli and so many young lives were sacrificed. It is always pleasing to see the community attendance at the dawn service—well done Taihape, and a big thank-you must go to Mr. Rob Webb who for many, many years has played the Last Post—such a touching tune.

This month has seen District Councils and communities focussed on the Long Term Plan. It is pleasing to see the preservation of our historic Grandstand is amongst the Key Choices. Our Board has continued looking at ways that our town centre can be enhanced. We want it to be bright and welcoming so people want to stop and stay a while and support our businesses. We have some very attractive shops and businesses but more would be nice!

Well done to Rotary and the Art Society for great displays in otherwise empty shops, and also to the “Pop Up” shop.

The Board is currently working on extra parking in the town, the “Outback” and Memorial Park; extra signage and an upgrade to the Events Boards and Notice Boards; an upgrade of the Outback working closely with Mokai Patea as to planting and artwork. I have been researching the Tamatea Pokai Whenua Cairn (Gumboot Park) and really enjoyed the experience. Once Mokai Patea has verified the information the Board would like to erect a “Story board” so the public is informed about the significance of this historic site

I attended a meeting initiated by the Door of Hope Charity Trust looking at housing needs in our community. A steering committee is to be formed.

Congratulations to our Taihape Youth Councillor. We look forward to working with you in the future.

Ann Abernethy (Chair)

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Grab it, Bore it.*



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INTERIOR STYLING

Design and helpful pointers – a perspective of what we do as a business.

From the Principles and Elements, this month's objective is to reflect on the vast world of Interior Influences and the contribution these styles have on us today, even though they stem from centuries ago.

Renaissance:

This began in Italy and is associated to names like "Leonardo da Vinci, and Michelangelo" This period brought luxurious extravagance in art – where bodies were drawn more full and in proportion. Architecture Ornate, Columns Ornate and Domed Structures.

Baroque and Rococo Styles:

Spaces were created with dramatic use of light and extremely ornamented, even on interior walls, velvets and silks. This was the period of King Louis xv chaise loungers. Imagine *Paris* or google the Royal Palace of Madrid - *Palacio Real de Madrid*. Interior walls created in a ceramic texture – coloured and patterned.

Colonial Style:

Emerging from the travelling Americans in the 1600's. A rustic style of building using materials that were crude and it was all about survival, not beauty, very simplistic.

Victorian:

Named after Queen Victoria. This period of the 1800's where pattern was used extensively on drapes, chairs, ornaments... really the more the better.

Arts and Crafts:

Describes a style that we don't associate with its name with. This period was the 1860's to 1900's, where a revolt against industrialisation happened and the movement strived towards true craftsmanship.

Art Nouveau:

A following of motifs, flowers, insects – all the influence and inspiration came from nature and organic beauty in the 1920's.

Shaker:

A movement and inspiration relating to religious ornamentation.

Art Deco:

You only have to visit Napier, to see the 1920's style – geometric forms, mirrors, pastel colours and dominant motifs.

Like fashion, trend in decor are not surfacing by the century but sometimes by a season, and always drawn from past history with design as a base of either colour or dominance.

We don't have to fall into the commercialisation of consumerism, we can often find trends today by past influences and repurposed shopping.

Try to create balance and calm into your space without blowing the budget and reflect and recognise what you have in a different light.

Happy Home Styling

fred_hammer@xtra.co.nz Interior styling – Cynthia Hammer



Council News

May 2021

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



Help us plan for a bright future in the Rangitikei District.

**Formal Consultation has
started and you have until 5pm,
Monday 10 May to let us know
what you think.**

For more information visit your
local Council office or library
to pick up a copy of our official
Consultation Document.

www.framingourfuture.nz



*Tirohanga **Whakamua** - Look to the **future***



***Kōrero mai,
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A decorative border made of a repeating musical staff with eighth notes, framing the text on the left and right sides.

FORTY YEARS ON

A Concert by the Taihape Arcadian Singers

On Sunday 13th June, 2.30 pm at St David's Presbyterian Church Taihape, the Arcadians Singers will present a musical programme entitled "Forty Years On".

2021 marks 40 years since this choir was established by Helen Gordon. Since its inception the choir has regularly performed at concerts and community events in Taihape and further afield.

Forty Years On is a reflection of the diverse styles and occasions which have characterized the choir's music. The programme will include classical favourites, folk songs, songs from musical theatre, the Beatles, Elton John... something for everyone. Soprano soloist Lydia McDonnell will join us for the very well-known Panis Angelicus, Laudate Dominum and others.

John Rutter, a respected contemporary composer, says, "Choir music is not one of life's frills. It's something that goes to the very heart of our humanity, our sense of community, and our souls."

That is why, Forty Years On, the Arcadian Singers continue to meet together to sing, and to bring their music to the wider community. Our membership has changed over time, but our belief in the value of singing continues.

Come along and enjoying listening to our musical selection on June 13th.



The importance of sleep



Sleep is essential for children's growth, development and for restoring energy. It helps promote good behaviour, learning, wellbeing and a healthy weight.

Recommended total amount of sleep:

- 4-11 months:** 12-15 hours per day
- 1-2 years:** 11-14 hours per day, including at least 1 daytime sleep
- 3-4 years:** 10-13 hours per day

Tips:

- ✓ Have a regular bedtime and wake up time
- ✓ Have a consistent bedtime routine to help the brain wind down
- ✓ Ensure the sleep environment is comfortable, warm, quiet and dark
- ✓ Keep digital screens away from bedrooms
- ✓ Ensure children are active and outside throughout the day

Check out the Mōri's Sit Less, Move More, Eat Well, Active play guidelines for under-fives at www.healthsb.govt.nz

For more information, visit sleephealthfoundation.org.au



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after hours Healthline on **0800 611 116**

Does gout affect the things you like to do - going to work, playing with your kids, playing sport, doing kapa haka? Would you like to learn more and get support to help keep your gout under control?

If this is you, think about joining the GOUT STOP Programme:

- 3 month programme
- Prescribed gout medicines – for acute attack and prevention
- FREE prescriptions while on the programme*
- FREE uric acid testing to check your levels are coming down
- Continue support and/or re-enrol if your target's not met after 3 months.
- 2 free visits to your General Practice*
- Medication dispensed in blister packs for the first 3 months
- Ongoing education and support from your pharmacy
- GOUT STOP Kalawhina available for support by referral

* Please note: Free GP visits and prescriptions are based on meeting criteria

Talk to your GP/nurse, pharmacist or call the GOUT STOP Kalawhina: **0800 GOUT STOP** or **027 264 9914** or email hmelhana@wrhn.org.nz for more information.



Flu season is just around the corner. For some people, the vaccine is strongly recommended and FREE because they are most likely to get very sick or even die if they catch flu.

If you're 65 years & older you are eligible to get your FREE Flu vaccination now.

- Immunisation against flu provides older people with some protection against getting the disease, and if you do get flu, can make the symptoms less severe.

Flu vaccinations are also free for:

- Pregnant women (at any time during pregnancy). Getting a flu vaccine when you are pregnant protects two high-risk people with one vaccine dose – you and your baby. Your antibodies are shared with your baby so that when they are born they have some protection against flu for the first few months of life.
- People aged under 65 years (including children) with diabetes, most heart or lung conditions and some other illnesses
- Children aged 4 years or under who have had a stay in hospital for measles, asthma or other breathing problems.

Please note: Everyone aged from 6 months of age is recommended to get a flu vaccination EACH year to protect themselves and to reduce the spread of flu.

For more information, talk to your doctor, nurse or pharmacist, or call **0800 466 863**.

Some people with flu don't get sick but can still pass flu to their whānau



Where should I be?



For more information visit www.managemo.org.nz

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 30 April at **Gonville Health Community room**.

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

DIABETES





COVID-19 Vaccine rollout at a glance

Vaccinations have started in the Whanganui rohe. The rollout plan is simple. Everyone aged 16 and over falls into one of four groups. Those at greatest risk of picking up the virus in their workplace will be vaccinated first, followed by those most at risk of getting seriously ill or dying from COVID-19.

Te Roopu Tuarua - Group 2

High risk frontline kaiwhāiri & hīngā-rēka whānau



- High risk frontline workers/kaiwhāiri.
- Anyone living in long-term or aged residential care.
- Māori and Pasifika kaumātua and their whānau who care for and/or live with them.

Te Roopu Tuatoru - Group 3

Those at risk of getting very sick from COVID-19



- People aged 65+, people with relevant underlying health conditions and the disabled.
- Māori and Pasifika with underlying health conditions and their whānau who live with them.

Te Roopu Tuawha - Group 4

Everyone in Aotearoa aged 16 and over



- Everyone aged 16 years and older.

There will be a range of places and different options to make getting a vaccine easy. These will include; Māori and Pasifika providers, medical and hauora centres, community clinics, pop-up centres, some general practices and larger scale events.



These dates and timings are approximate and may change. There will be information on TV, radio, in the newspaper and over social media letting you know when it's your turn to get a vaccine. In the meantime email Covid19@wdhb.org.nz or phone 027 229 0982 for more information.

The most common COVID-19 Vaccine FAQs

We do not have COVID-19 here! So why should my whānau and I get the vaccine? What are the benefits?

Any vaccine's strength is in numbers. The more of us who get vaccinated, the stronger and safer we will all be. It will give us freedom in our daily lives and more options for our whānau, our businesses, and our country.

The vaccine has not been around long. How do we know it's safe?

The Pfizer vaccine has been approved by our own Medsafe experts. It has also already been approved and successfully used all around the world by millions of people and thousands here in New Zealand too.

Does the vaccine cover the UK and South African strains?

Yes. Evidence shows the Pfizer vaccine gives some protection against both strains.

How does the Pfizer vaccine work?

The vaccine works by teaching your body's immune system to recognise pathogens (disease causing organisms) without causing illness to the body's immune system. It then remembers this pathogen and when/if the infection occurs later, the body will remember this and fight the infection faster.

Will it change my DNA and can it give me COVID-19?

No. The main active ingredient is mRNA which does not enter a cell's nucleus and cannot change your DNA. The vaccine will not give you COVID-19 as there is no virus being injected into your arm.

Do I have to get the vaccine?

Having the COVID-19 vaccine is voluntary, so it is your choice whether you have it or not. However, getting vaccinated is the best way to protect yourself, your whānau and the community from getting COVID-19.

If im hapū/pregnant, is the vaccine safe for me and my pepi/baby?

If you are hapū/pregnant or breastfeeding and would like the vaccine, please discuss this with your health provider first.

I have got mates who don't think they need it. They are young and healthy and eat lots of fruit and vegetables to build their immunity.

That is great however it will not prevent them from getting COVID-19. Being vaccinated and using common health hygiene measures daily will protect your mates and those close to them from COVID-19.

Is the vaccine free?

COVID-19 vaccines are free for everyone in New Zealand aged 16 and over. It does not matter what your visa or citizenship status is. Any information collected will not be used for immigration purposes.

Some of us are worried about side effects – what can we expect?

Like all medicines, the vaccine may cause side effects in some people. This is the body's normal response and shows the vaccine is working. The most commonly reported side effects are pain at the injection site, a headache, feeling tired and fatigued. You may not get any side effects at all.

Once I get the vaccine is it effective straight away? And do I need to have both doses or is one enough?

For the best protection it is important to get both doses. It takes about 3 weeks to build up immunity after receiving the first dose and about 7 days after the second dose, it is 95% effective.

Can I get the flu vaccine at the same time as my COVID-19 vaccine?

No. You will need to wait at least:
 • 2 weeks between the Pfizer COVID-19 vaccine and influenza (flu) vaccine
 • 4 weeks between the Pfizer COVID-19 vaccine and the Measles Mumps Rubella (MMR) vaccine.

Talk to your health provider if you are not sure.

If I want to travel overseas, will I have to 'prove' I've had the vaccine?

When you get your vaccinations, you will be given a card, which you are advised to keep with your passport.

Do we have to wear face coverings on public transport and social distance after having the vaccine?

Yes, we do for now, as not everyone can be vaccinated at the same time. Please continue to follow all Alert level 1 guidelines to help end the COVID-19 pandemic.



Stay home if you are sick



Wash or sanitise your hands



Cover coughs and sneezes



Wear a mask on all public transport if you are able



Wipe down all commonly used surfaces



If you have covid-19 symptoms, get a test



Use the NZ Covid Tracer app to sign in to locations, turn on Bluetooth



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.

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



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127 Hautapu Street P.O. Box 345. TAIHAPE 4720

Phone 06 388 1201 www.squires.co.nz

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***

**SIX MINUTES TO MIDNIGHT (M) 99Min - 7pm Sat 15th,
7pm Sun 30th Final**

THE COURIER (M) 111min - 7pm Sun 16th, 7pm Sat 30th Final

**FINDING YOU (PG) 115min - 4pm Sun 16th, 7pm Sun 23rd,
4pm Sat 29th Final**

THE FATHER (M) 97MIN - 4pm Sat 15th, 7pm Sat 22nd Final

JUNE AGAIN (M) 99min - 4pm Sun 23rd, 4pm Sun 30th

Queen's Birthday Weekend

Cranston Academy (PG) 85min – 4pm Sat 5th, 2pm Sat 6th

TWIST (M) 90min- 7pm Sat 5th

LAND (M) 89min – 4pm Sun 6th

FIRST COW (PG) 121min - 7pm Sun 6th

Coming Soon: The Artists Wife, Locked Down, Minamata & 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