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

Downton Abbey (PG) 122min Sat 12th 2pm, Fri 18th 7.30pm, Sun 20th 4pm, Mon 21st 7pm

The Angry Birds Movie (PG) 97min Thurs 10th 12.30pm, Sun 13th 11am Final

Ugly Dolls (G) 87min Thurs 10th 10.30am, Fri 11th 3pm Final

Dora & The Lost City of Gold (PG)102min Thurs 10th 3pm,

Fri 11th 12.30pm Final

Rambo: Last Blood (R18) 100min Fri 11th 7.30pm Final Abominable (G) 97min Sat 19th 4pm Sun 20th 1.30pm

Coming Soon

Ride Like A Girl (PG) - 25th October

Halloween Special

It Chapter 2 (R16) 169min 31st October 7.30pm Paws Patrol Ready Race Rescue (G) 44min Thurs 31st 10.30am

Gemini Man, Judy, Jojo Rabbit, Operas, Frozen 2 and many more before Christmas

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

TALK UP TAIHAPE

Taihape Community Development Trust OCTOBER

Variety is the spice of life

There's little time to pause after our successful 125 Taihape Celebrations as the days get longer.

The Rotary Club of Taihape's Meet the Candidates night at Rustic Steak House saw more than 100 residents hear from district health board, local and regional council candidates. Postal voting has closed but you can still hand deliver your voting papers to the I-Site in the Town Hall until 12pm on Saturday 12 October.

The much awaited Downtown Abbey movie opens at the Majestic, and the Arcadian Singers are performing a century of stage and screen classics, featuring three local lasses, Aria, Ella and Jemima in the hauntingly beautiful 'Castle on a Cloud'.

Our local drama society is hosting a pre-information night for its April 2020 production of Mamma Mia to be directed by Wendy Revell and produced by Fran Robertson.

In November, car enthusiasts will welcome the 25th Targa New Zealand to town, the Taihape Musicians Club is hosting another Open Mic night, and you can enjoy a river ride for St John's new building fund.

Christmas is coming early to Taihape so save the date for our annual Christmas Parade and Christmas in the Park,

You can find out more about these amazing events happening in Taihape in this edition of Talk UP Taihape, The Trust's monthly newsletter for our town.

GUMBOOT DAY DATE CHANGE 7 MARCH 2020

Healthy Waterways Proposal—have your say by 31 Oct

The Government wants to improve the current management of freshwater. Beef+LambNZ stress that while the Government has consulted with experts it is the Government who have written the proposed rules and not the experts.

You don't have to write masses, just choose where you will be affected and state your position.

Make a Submission:

https://submissions.mfe.govt.nz/consultations/essential-freshwater-f483240c-4b48-4713-acaa-539915e31f4e/make-a-submission

Taihape Christmas Parade

Saturday 30 November 2019

Register your float now and welcome Santa to Taihape!







TALK UP TAIHAPE

Advertisement Pricing & Deadline

Voluntary Groups & Organisations, advertise your meetings and events in a classified advertisement (between 1/8 and 1/4 page) for FREE (subject to availability). Otherwise, costs are as follows:

1 page (A5) \$50 1/2 page \$30 1/4 page \$15

Classifieds are \$10 (that's 1/8 page).

Packages are available for

12-months (running the same advert).

Deadline for advertising in the next issue is: Thursday 31 Oct, 2019

Publication and distribution on Thursday 7 November, 2019

Email your interest to Frances: admin@taihape.co.nz or call 06 388 1307

THANK YOU

The TCDT would like to thank the following organisations for providing grants towards projects and events that were organised for our community in the previous 12 months

- Taihape Community Board
- Community Matters Lottery Communities

















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What's News in Taihape

Eating out in Taihape just became more diverse with the reopening of Al Centros under new ownership and the new Rustic Steak House open for business.

We are spoiled for choice of cuisines in our wee town with delicious Indian and Malaysian inspired dishes to tempt us alongside an emerging market for the yummiest of pizzas.

And don't forget the good old pub style meals and tasty takeaways that make Taihape one of SH1's best kept secrets.

River to River ride for St John

The roar of motorcycles will fill the air on 9 November to raise much needed funds for our new St John Ambulance shelter. If you like the feel of wind in your hair and the rumble of rubber on the roads then be one of the 100 plus hitting the tarmac.

Behind the Gretna is the start and finish, with family-friendly activities and after ride function at 7.30pm.

"Everyone is welcome, not the just riders," says event organizer Harry Lazarus. "Our whole town has got behind us with discounts for all registered riders during the weekend.

To find out more email Harry, lazarus.son1964@gmail.com.

Cop climbs for charity

When Taihape police officer Justin Moore's young son said 'Dad I think you should climb the Eureka Tower in Melbourne, little did Dad realise how much support he had to climb 1642 steps to raise funds for the Fred Hollows Foundation.

"I am bowled over by how Taihape has got behind me," says Justin." HelloWorld Taihape's sponsorship has gone a long way to making the trip possible."

Justin is grateful to the many businesses and individuals who have provided prizes for raffles and help promote his trip to Melbourne to take part in the climb on 17 November.

donate at: www.eurekastairclimb.org/fundraisers/justinmoore

Another shout out to our sponsors and prize donors:

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Gill Duncan Ruth Rainey
Taihape Honda Hautapu Pine

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Deborah Moon

Geoff Wilson

Taihape Musicians Club
Thompson Shearing
Hautapu Rural Supplies

McDonalds The Orange Bone

The 125 Taihape Celebrations would not have been possible without the amazing 125 Taihape Celebration organising group of Gill Duncan (convenor), Sharyn Robson, Fran Robertson, Katene Peretini, Jan Byford, Curly and Bronwyn Troon, Michelle Marks.

Spring Musical Celebration

Sunday 20 October, 2019

Programme

10.00am Service of music and song led by guest artists

12.00pm Lunch (provided)

1.30pm MUSIC AND SONG: by visiting and local guest artists

3.00pm Afternoon tea (provided)



St David's Presbyterian Church

Huia Street, Taihape

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Taihape Friendship Group

Socially meet 2nd & 4th Wednesday of every month

Supper Room, Kuku St entrance

10am - 1pm

\$15 Annual Membership \$5 on day if NO lunch had or if not arranged at rooms Lunch at alternative cafe at your own cost. \$10 charge if lunch is provided at rooms.

Meet 10am have cuppa, chat, join in activity planned for the day, lunch as arranged

New Members Welcome

Contact Karen 027 240 2593

Q- What season is it when you are on a trampoline?

A-Spring-time!

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Q-What do you call a girl with a frog on her head?





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125 Taihape Celebrations highlights

It was champagne and canapes in the splendor of the Majestic Theatre at Bubbles and Banter on Friday evening.

The Baby Animal Fair filled the Taihape Museum grounds with costumed lambs and young owners, donkey rides and a sausage sizzle The Animal Mask Parade was a treat.

The Outback Market drew the crowds before an elegant Vintage High Tea. A packed Taihape Musicians Club partied well into the night at Pinstripes and Petticoats.

Sunday's combined Church Service was a more traditional way to give thanks for our wonderful town, and our golfers enjoyed their Sunday too.

32 new trees were planted in Taihape as a lasting legacy of an event to remember.

Young Leaders Workshop

Nearly 40 future leaders from Taihape Area School attended the Trust's inaugural Young Leaders Workshop in September. Guest speaker for day 1 was Sam Johnson, founder of the Student Volunteer Army in Christchurch. Sam showed our young leaders the power of volunteering through youth-led projects in their town.

Sam also spoke at a Meet the Leaders Dinner, hosted by The Trust in Taihape's iconic Le Café Telephonique.

On Day two guest speakers from the NZDF and BBANZ gave real world examples of volunteering in action before the students developed proposals for their own youth-led projects to deliver a vibrant Taihape.



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Taihape Community Development Trust

AGM

5.30pm Wednesday 30 October 2019

VENUE

Council Chambers

Town Hall

90-92 Hautapu Street

All Welcome

TAIHAPE WOMEN'S CLUB MEETING

Wednesday 6th November at 1.30 pm

Guest Speaker:

Viv Bird to talk about her recent cycle trip in Samoa

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Taihape's Arcadian Singers invite you to

H Gentury of Gong

2pm Sunday 13 October 2019 St David's Church Huia Street Taihape



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> conductor: Helen Gordon accompanist: Alison Stewart compere: Raymond Seymour

Admission at the door \$15, under 16 free

Afternoon tea will follow, enquiries Helen Gordon 06 388 1611















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Friday 22nd November 2019

Doors open 5.30pm, Quiz starts at 7pm sharp. **Mataroa Community Hall.** Cash Bar & Courtesy van available. Supper provided.

\$60 for a team

6 people maximum per team. Spaces Limited.

Contact Jennifer Turner to book in your team by 18/11/2019. Email: jenn@yanthomas.co.nz Phone: 021 834 998

Celebrating 12 years Mangaweka Fakes & Forgeries 2019

Manageweka's iconic annual art exhibition was inspired by the late famous forger and Mangaweka born Karl Sim, who became embroiled in one of New Zealand's longest trials.

Mangaweka continues to honour and celebrate this jolly character. Fakes & Forgeries has gone from strength to strength since its inception in 2007, having had entries from all over NZ, Australia, the UK, and also one from the USA.

The main Art exhibition is open to three groups, Adult section, Students 16 years and under, plus a 'special collective schools' category.

The theme is simple; Create an exact replica, a copy with a twist, a work 'inspired-by' OR in the 'style' of a famous artwork or Artist!

Anyone can enter, novice, professional, young or old.

Call Richard on (06) 382 5774 or 027 52 666 12

Opening on 30 November, Fakes & Forgeries 2019 will be accompanied by a massive **Book Fair** in the Fire Station and **Christmas Market Stalls** in the Museum grounds.



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Waging War on Gut Health and Immunity

The Microscopic Army Within You.

If you experience digestive symptoms such as constipation, bloating and gas, or your immune system lets you down, you may be feeling the effects of imbalances within your gut microbiome. Describing the trillions of bacteria, yeasts and other microorganisms that colonise your digestive tract; these mini soldiers support health and wellness by regulating your digestive processes, bowel function and immune health.

Restoring balance in the microbiome can help you get on top of your health again!

Healthy Gut, Healthy Mind Support your Gut, Support your whole body.

Effective Tools for Weight Loss Success Know Where You're Going.

Goals are like a roadmap to success they show you where you want to be, help you plan your way there, and show you when you are off track. SMART goals — goals which are Specific, Measurable, Attainable, Relevant and have a Timeframe — are an important tool for successful weight loss. Setting SMART goals around physical activity, dietary change and weight leads to better weight loss results, and can also help you stay inspired to keep up those healthy habits.

Obesity and the associated cardiometabolic syndrome are increasingly common. Weight loss is notoriously difficult to achieve and maintain.

While much is still being discovered, research indicates that the gut microbiota contribute to obesity and cardiometabolic risk – could correcting dysbiosis be the missing link to weight loss?

The Obese Microbiome

Recent research has revealed key differences in the gut microbial composition of obese and lean individuals. The 'obese microbiome' is still being characterised, however it features low bacterial diversity, which can lead to dysbiosis.

This dysbiosis of obesity is associated with metabolic changes such as greater visceral adiposity, low-grade inflammation, and insulin resistance which all increase many health issues.

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TOP NOTCH TAIHAPE SNIPPETS

River to River Motorcycle Run 10am 9 November

Support St Johns and enjoy a full day ride along Taihape's rivers.

lazarus.son1964@gmail.com

Ruahine Corner Walk 7.30am 16 November

An extremely good level of fitness is required pukeokahuevents@gmail.com

Step for Step 11am 17 November

Unique event emerging keep the date free. leannebird1984@gmail.com

Mamma Mia pre-audition social evening from 7pm -10pm on Friday 18 October at The Taihape Musicians Club in Kuku Street.

The 25th **Targa New Zealand** is in town on

1 November—check out the cars from 11am at their pit stop on Kokako Street.

https://targa.nz/targa-nz/

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Taihape 125 Celebrations

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0-5 years boys

Tadhg Bolger – 11.01m

6-10 years girls

Amgola Clayer – 10.6m

6-10 years boys

Hayden Whinn – 20.94m

11-16 years girls

Hannah Kitchen – 14.02m

11-16 years boys

E. Arikahu – 19.93

17+ years – women

Anna Spadotto – 19.54m

17+ years - men

Mark Gerritsen – 28.43m

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