TALK UP TAIHAPE

Taihape Community Development Trust NOVEMBER

'Tis the season to be busy

Did you know that the Taihape Community Development Trust supports community-led projects and events?

The Trust has a toolbox of event and project ready forms here for you with plans and processes developed through the successful delivery of our own events and projects.

The Trust's recent support activities include:

- Promoting events such as the River to River Run to raise funds for St John's
- Assisting events with finding grant funding, such as the recent 125 Taihape Celebrations; and
- Working with events to provide volunteers that are keen, skilled and ready to contribute to their community.

Our team are busy getting ready for the annual Christmas Parade, Christmas in the Park and Christmas Lunch and we are always willing to help our community achieve its goals.

What you would like to see happening in Taihape in 2020?

Drop us line, give us a call and make a time to see either Kathy, Michelle or Frances to start planning for a vibrant Taihape.

TALK UP TAIHAPE special colour Christmas edition

Book your space now! E admin@taihape.co.nz P 06 388 1307



TAIHAPE COMMUNITY DEVELOPMENT TRUST The Taihape Community Development Trust would like to introduce the Trustees;

Chairperson Katene Peretini Vice Chairperson Les Clarke Treasurer Eva George Trustees Gill Duncan, Jan Byford, Gary Johnson

The Taihape Community Development Trust office will close on the 23 December and reopen 6 January.

There will be NO Talk up Taihape January edition.





TALK UP TAIHAPE December special edition Advertisement Pricing & Deadline

We are planning a special colour format for our December edition.

The rates are:

| 1 page (A5) | \$75 |
|-------------|------|
| 1/2 page | \$40 |

| 1/2 page | \$40 |
|----------|------|
| 1/4 page | \$20 |

Classifieds are \$15 subject to space.

(rates include GST)

Normal rates will apply for the February 2020 edition (black and white).

Advertising deadline for the next issue is Wednesday 4 December, 2019

Publication and distribution on Thursday 12 December, 2019

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

WHAT'S NEWS IN TAIHAPE

Local elections have come and gone, and we congratulate newly elected Rangitikei District Councillors Gill Duncan and Tracy Hiroa who have joined Councillor Angus Gordon to represent the Northern Ward.

There are new faces on the Horizons District Council and the Whanganui District Health Board.

The Taihape Community Board were elected unopposed.

Local young composer shines on International stage

In October the Commonwealth International Composition Award announced that Taihape composer Virginia Baird's piano piece "Kawhatau" had earned her a place as an award finalist.

This means that Virginia is busy composing another piece with the assistance of a Royal Conservatoire of Scotland mentor. Her composition will then be performed at the Grand Final by professional string players from The Dionysus Ensemble and live-streamed at a function in London in January. We wish her well. Find out more at: <u>https://icompositionaward.com/2019-finalists/</u>

LB FITNESS

Step 4 Step Challenge

11.30am 17 November 2019

Mt Stewart Reserve

By the Gumboot on SH1

Bring family and friends, climb the steps

and support Justin Moore's Eureka Challenge and St John's

Family groups from \$20

Individuals from \$5

Registrations to leannebird1984@gmail.com

TAIHAPE SUMMER EVENTS CALENDER

| NOVEMBER 9 River to River Run 10am 17 Step 4 Step 11.30am 22 Mataroa Quiz Night 7pm 30 Christmas Parade 12pm 30 Christmas in the Park 2.30pm | DECEMBER 7 A Magical Christmas 6pm 14/15 Dressage at Memorial Park 15 Taihape Dance Academy Willy Wonka's Candyland 23 TCDT office closed 25 Christmas Lunch 11.30am |
|---|--|
| JANUARY 6 TCDT office reopens 25 A&P Show | IF you would like your event listed in Talk Up Taihape, email details to admin@taihape.co.nz or call 06 388 1307 |

Pub

Limited

Charit





TAIHAPE CHRISTMAS LUNCH VOLUNTEERS NEEDED

24 December; Volunteers needed to assist with food preparation and decorating the clubrooms

25 December; Volunteers needed to cook, serve & clean up CONTACT Michelle info@taihape.co.nz or 06 388 1307

CHRISTMAS LUNCH

TAIHAPE COMMUNITY DEVELOPMENT TRUST INVITES YOU TO ENJOY GREAT COMPANY, TASTY FOOD & COMMUNITY SPIRIT

> TAIHAPE RUGBY CLUBROOMS BEHIND THE TAIHAPE WORKINGMANS CLUB, KUKU ST

DOORS OPEN AT 11.30AM LUNCH SERVED AT 12.30PM

PLEASE BRING A GIFT TO THE VALUE OF \$5 (UNISEX) FOR SOME CHRISTMAS FUN

> RSVP BY MONDAY 16 DECEMBER, 2019 info@taihape.co.nz 06 388 1307 OR POP INTO THE INFORMATION CENTRE TO REGISTER



STALL HOLDER REGISTRATIONS NOW AVAILABLE

ONLINE www.taihape.co.nz /gumbootday2020 EMAIL Michelle on info@taihape.co.nz or PH 06 388 1307 or pop up to the TCDT office, above the library



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

McQueen School of Dance Presents

A Magical Christmas





Taihape Town Hall 7 December, 2019 6.00pm Door Sales Only Adult \$15.00pp Child \$8.00pp Under 5 free





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If you have a large area to plant, we can order in bulk quantities for you.



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

Garden Centre

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P 388 7830 Shop

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ITS HERE!

Mangaweka Asparagus

PGG Wrightson's Taihape Friday afternoons from 3pm \$5.00 per bunch, **cash only** See Diana and the team October to Christmas





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

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- Personal Computer sales and servicing
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WE'D LOVE YOUR FEEDBACK!

Go into a **Draw for a \$50 New World voucher**. Just add your name and ph no. to your completed survey. One entry per person. **Closing Date Saturday 30 November 2019**.

- 1 Have you visited Taihape Museum in the past year? YES NO
- 2 Are you aware of the range of displays and resources available for use at Taihape Museum YES NO
- 3 Have you ever use these resources to find out more about Taihape's past or your family's history YES NO
- 4 The Museum is completely run by volunteers. if not already a museum volunteer, would you be interested in volunteering your time and skills it doesn't have to be a big commitment (we can explain) YES I'D LOVE TO NO NOT NOW
- 5 What do you want from the Taihape Museum?

.....

Name and ph. no (to go into the Draw)

Forms can be picked up from the Information Centre or use this page. Drop your completed form into the museum letterbox 14 Huia St or the dropbox at the Information Centre, or email your answers to 2019huia@gmail.com.

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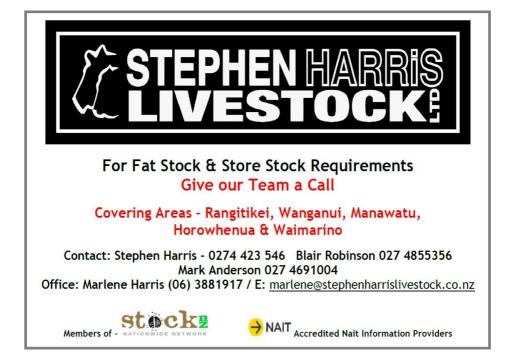
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BECOME A PARADE PARTNER

The Taihape Christmas Parade brings together our vibrant rural community in a day of festive good cheer. Hautapu Street will be full of children young and old as we "Gumboot" start the Christmas season on 30 November, 12pm to 1pm.

The Taihape Community Development Trust is proud to deliver The Taihape Christmas Parade in 2019 as part of our role in supporting our community.

We would like to invite local businesses, organisations and residents to become Parade Partners through our sponsorship programme. Simply fill out the form on the next page and return it to The Trust, and become a Parade Partner today.







2019 Taihape Christmas Parade 12pm Saturday 30 November 2019

Float registrations closing soon!

If you are thinking you would like to be a part of The Parade but not sure how to go about it, there's still time.

Walk, ride or just join with one of the many community groups putting on their festive finery for the day.

Let's all welcome Santa to Taihape!

Email admin@taihape.co.nz Ph 06 388 1307 Registrations online www.taihape.co.nz/events or at the TCDT office



To secure one of our limited packages or for further information, please contact Parade coordinator Kathy Clark, 06 388 1307/021 042 0303 or info@taihape.co.nz

NAMING SPONSOR \$500

Naming rights for Christmas parade Acknowledgement in all media and on the day Editorial and Full-page advertisement in TUT Promoted in all marketing collateral

GOLDEN BOOT SPONSOR \$300

Acknowledgement in all media and on the day Editorial and Half-page advertisement in TUT

SILVER BOOT SPONSOR \$200

Acknowledgement in media and on the day Colour Half page advertisement in TUT

BRONZE BOOT SPONSOR \$100

Acknowledgement in media and on the day Black and White Half page advertisement in TUT

CHRISTMAS JANDALS \$50

Acknowledgement on day by MC Sponsor spot prizes

| NAME | | | |
|----------|-----------------|-------|--|
| ADDRESS | | | |
| PHONE | | EMAIL | |
| BUSINESS | (If applicable) | | |

PAYMENT METHOD We will issue a receipt/tax invoice upon receipt of your payment. We prefer CHEQUE Made out to Taihape Community Development Trust or BANK DEPOSIT Westpac 03-1525-0072634-00 Please put **Parade** and your name/business as a reference.









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Summer holiday tips

BEFORE YOU GO AWAY:

Make sure anything valuable is securely locked away Ask a neighbour to check your letterbox, Arrange for your pets to be checked Be a good neighbour and

enjoy the holiday season!

TOP NOTCH TAIHAPE SNIPPETS Congratulations to:

Local Vet **Anthony Oswald** for being named Sheep and Beef Veterinarian of The Year again.

Taihape Men's Squash Team winners at the <u>National</u> <u>Tournament in Tauranga</u> recently, losing only one

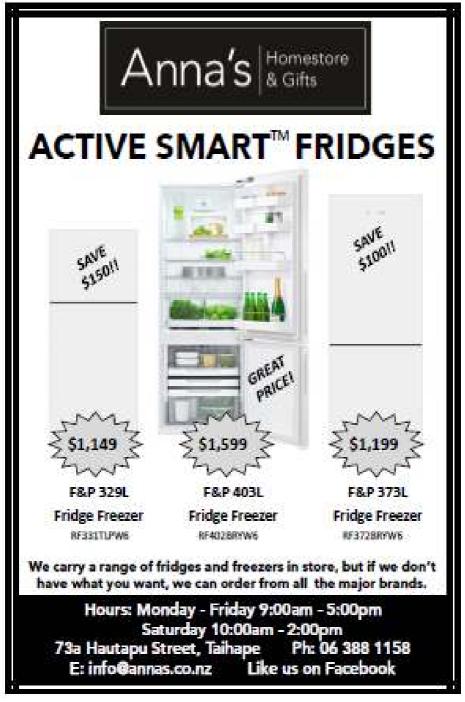
game due to injury. Several of the players & the coaches have been nominated for awards.

Leanne Bird on winning the National Amateur Body Builders Association Miss Shape over 30's trophy.

Local restauranteurs **Tyson** and **Denise Burrows** were crowned My Restaurant Rules Champions 2019 in the recent TVNZ reality series of the same name.

The Garden Club turns 75 with garden visits and dinner on 9/10 November.

Do you have something to celebrate? - let us know and we will tell the world! admin@taihape.co.nz



NATURACE PATH

Sneezing Season

Chronic sneezing? Itchy, watery eyes? Is your nose running like a tap? There are effective, natural strategies that can provide you *lasting* relief?

Always On Guard

As we go about our daily lives, we are exposed to an abundance of foreign substances, and it is our immune system's job to detect which of these are harmful and mount an appropriate immune response. When you experience hay fever symptoms however, your immune system has mounted an inappropriate response to a harmless substance (e.g. pollen) and has become hyper-reactive. This causes specialised immune cells, known as mast cells, to migrate to your nose and throat, where they release histamine.12 This chemical triggers an explosion of inflammation, which forces foreign particles out of your body. It is the swelling and irritation that inflammation causes which leads to the miserable symptoms of hay fever.

Antihistamines – Paper Over the Cracks By blocking the effects of (our body's) histamine, antihistamines reduce or suppress hay fever symptoms; however, they do not address the underlying hyper-reactive immune response that causes histamine release in the first place. This is why you only experience temporary relief of your symptoms, which return once you stop taking the medication. Alternatively, an approach that builds immune tolerance, which is the ability of the immune system to resist reacting to harmless substances, can treat the underlying cause of hay fever. Fix the Wall

There are two key ways to belp improve immune tolerance. The first is to boost your body's production of specific immune cells. known as T regulatory (Treg) cells. Put simply, the more Treg cells you have, the more balanced your immune system is, and the less likely you are to react to harmless substances.

The second way is to support the health of your gut and its microbiota (the 38 trillion microorganisms that live in your intestines), as there is a strong connection between the microbiome and immune reactivity.18 If there is an imbalance of good and bad microorganisms in your gut, your immune system can become hyper-reactive and as a result less tolerant to harmless substances A healthy microbiome also requires a healthy gut lining (and vice versal). If the lining of the gut is inflamed or damaged, perhaps due to a poor diet or digestive illness, this can also disrupt your microbiome, increasing immune reactivity and allergic symptoms.

Gut Health

Herbs and nutrients, specific dietary changes, and lifestyle recommendations to rebalance your microbiome, promote the health of the gut lining, and build immune tolerance – lowering your likelihood of experiencing hay fever. To find out more about correcting allergies, and you wish to explore options for whole body-wellness and sustaining a whole body wellness regime, make an appointment today.

A Holistic Approach for Long-Term Gain The symptoms of hay fever can not only be frustrating but also debilitating. Whilst antihistamines may provide a quick fix, increasing your immune tolerance is the key to resolving your symptoms in the long term.

Metagenics Review

Karen Hughes P 027 316 2341 E karenhughes@xtra.co.nz



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Come & join a great dance school that offers an opportunity to learn different types of dance, taught by enthusiastic & qualified teachers.

Enquiries to Heather 06 388 0004 or 027 222 6556, or Janine 06 388 0205

Taihape Friendship Group

Socially meet monthly every 2nd & 4th Wednesday 10am—1pm in the Taihape Town Hall Supper Room (Kuku street entrance) Meet at 10am & have a cuppa, chat, join in the activity planned for the day, lunch as arranged.

\$15 Annual Membership Fee
\$5 charge 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 on the day at rooms
New Members most welcome

Contact Karen 027 240 2593

Community Organisation Grants Scheme (COGS)

The Department of Internal Affairs is pleased to announce the newly elected members of the COGS Whanganui / Waimarino / Rangitikei LDC are:

Whanganui: Gillian White, Siobhan Marshal, Sandra Rickey Waimarino: Brenda Burnard, Shey MacLean Rangitikei: Cath Ash, Meretini Bennett-Huxtable

The current round of Lottery Community funding closes 4 December. Details at:

www.communitymatters.govt.nz /lottery-community/









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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 in the previous 12 months

- Taihape Community Board
- Community Matters Lottery Communities



RANGITIKEI

DISTRICT COUNCIL

Making this place home.



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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

Gemini Man (M) 117min Fri 8th 7.30pm, Sat 9th 7.30pm, Fri 15th 7.30pm, Mon 18th 7pm Final

Judy (M) 118min Sun 10th 4pm, Mon 11th 7pm, Sat 16th 7.30pm, Sun 17th 4pm

Maleficent: Mistress of Evil (PG) 118min Sat 9th 4.30pm, Sun 17th 1.30pm, Sat 23rd 7.30pm

Paw Patrol Ready Race Rescue (G) 44min Sun 10th 2.30pm Final

Met Opera Turandot (TBA) 182min Thurs 21st Nov 5pm

Joker (R16) 122min Fri 22nd 7.30pm, Sat 30th 7.30pm Final

Jojo Rabbit (M) 108min Sun 24th 4pm, Mon 25th 7pm, Fri 29th 7.30pm

Coming Soon

Dec 1st Fisherman's Friends Dec 8th Last Christmas Dec 13th Frozen 2 Dec 14th Ford vs Ferrari Jan 11th The Addams Family Jan 10th JUMANJI: THE NEXT LEVEL Jan 24th Cats

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