TALK UP TAIHAPE Newsletter

Taihape Community Development Trust - March 2019

Taihape Gumboot Day Family Festival®

One week until Gumboot Day [®]! On **Saturday 23 March** our town is going to be buzzing with a variety of visitors from out of town, as well as a heap of local and NZ wide displays and exhibitors. On top of that the prestigious World Boot Throwing Championships are being held on the Saturday & Sunday and if you're quick you can participate (registration close 17th March). This additional event will see people travelling form several parts of the globe to take part!

Gumboot Day has been running since 1985 and has seen quite a few changes over the years. It's taken place on: the Main Road (SH1); at the Outback where you still often find visitors throwing a gumboot using the permanent gumboot throwing lane; and now at Memorial Park.

There is a good deal of media interest this year from as far afield as Hawke's Bay Newspapers to the East and Waikato publications to the North, not to mention several Radio Stations across the Manawatu and lower North Island who will be covering our event. In our age of digital media we have this year been able to secure a range of digi-'gop up' adds through stuff.co.nz. which will no doubt help to put this event on the digital calendar. All this coverage is super encouraging and we're expecting quite a crowd!

So, what to expect?! Well, there's the Skellerup World Boot Throwing Championships which will be taking part in front of the Grandstand on both Saturday and Sun-



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Films coming up at the Majestic Theatre

5c Tui Street, Taihape

Cinemas are where memories are made

Alita Battle Angel (M) 122min – (A Angel Falls, A Warrior rises)- Fri 15 March 8pm, Sat 16 4pm, Sun 17 2pm, Sat 23 7.30pm, Sun 24 –2pm

Stan & Ollie (PG) 97min – (The untold story of the world's greatest comedy act)- Sat 16 March 7pm, Sun 17 5pm, Mon 18 7pm, Fri 22 8pm

Celia (E) 101min - (moving documentary celebrates the enduring legacy of Celia Lashlie) Fri 15 March 5.30pm

A Dogs Way Home (PG) 96min – (There are some bonds no distance can break) -Sat 23 March 2pm, Wed 27 10.30am

On The Basis Of Sex (M) 120min - (Inspired by a True Story) Sat 23 March 4pm, Sun 24 5pm, Mon 25 7pm

Met Opera Marnie (TBA) 172min – Thurs 28th March 5pm

COMING SOON

Captain Marvel – Starting 5th April Daffodils – Starting 6th April

Also coming up is Dumbo, Wonder Park, Red Joan, Avengers Endgame,
Rocketman and many more – keep checking our Coming page on the website
this is kept up to date with all films that are confirmed, along with synopsis &
trailers to watch.

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

day. For that reason, we've moved Gumboot Day activities to fields 2 and 3. Access will be between the Grandstand and the rugby club rooms. Of course, you'll still be able to access the pools through the side entrance at the Main Gates. The Taihape Pools are FREE to attend that day so do make sure to bring your togs!

What else? Gumboot Day® has live music all day, we have demonstrations (i.e. black smith and shearing), static displays (i.e. NZ Fire and Emergency, NZ Army, and, Royal New Zealand Airforce.....who are bringing a Augusta A109 Helicopter.....operational commitments permitting!), rides and more. Of course, there are also multiple bouncy castles for all age groups, our variety market with arts, crafts, clothes, delicacies, food and still there is more!

A good variety of competitions are part of the event as well of course. So what could you do to prepare

for Gumboot Day®? Let's start with the competitions prior to Gumboot Day. Firstly, we have the Novice **Cake baking competition**. There are two categories, under 16, and adults and this competition is sponsored by Wild Roses. Entries need to be in the tent on the morning of Gumboot Day by 10.30am and judging is at 1pm. If you want your entry back, you can, otherwise, it will be auctioned with proceeds going to Gail Larsen for her help with stray animals. Secondly, there is our annual A3-paper gumboot decorating competition. Same categories as previous years (under 5s, 6-8, 9-12 and 13+) and entries need to be at the town hall before 3pm on Thursday the 21st. This competition is sponsored by the Wool Company and Norsewear. These two businesses are also sponsoring our third competition, which is the decorate your gumboots competition. Find your gumboots and decorate them!! Print the form on our website and enter your gumboots











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by taking them to the 'gumboot decorating competition tent'. We will have a people's prize in addition to official judging so try to gumboots have vour in 10.30pm. You can indicate whether you want them back or not. Two categories, adults and under 13s. Finally, our Colouring in Competition. We have found four different templates, one for each age category. Entries need to be at the Town Hall by 3pm on Thursday 23rd March.



Under 5s template

On Gumboot Day we also have a couple of competitions up our sleeve! Firstly, the FLY-PALMY® Have a go at a gumboot throw Competition!!! Our most famous competition with a large variety of categories. Prizes are in cash!!! If you want to enter, you make a small donation (e.g gold coin) towards the prizes... This means, the more entries, the higher the priz-

es!! Second and third are sponsored by Taihape Rotary. No need to register, just come and have a go at the gumboot throw at the FLY-PALMY® Gumboot Throwing Lane!



Secondly, there's our Fred Dagg Look a Like Competition. Show up on Gumboot Day in your best Fred Dagg outfit and find our Information stall to enter! Finally, there's the Soap Carving Competition. We will have a stall where 8 year olds and over (2 different categories) can have a go at shaping a bar of soap into a gumboot. We have prizes and plenty of soap!!! All the Terms & Conditions and the various templates will be available from the Gumboot Day® website: www.taihape.co.nz/gumbootday.

We have a variety of workshops that people can participate in on Gumboot Day®. We have a bees wax making workshop where you rock on up with your gold coin and

KIWI QUINOA

"Kiwi Quinoa would like to thank the community of Taihape for their support and championing of our locally grown quinoa. It has been heart-warming to see how many locals have embraced the use of this Taihape-grown superfood in their weekly menus.

We wanted to share with you that Country Calendar will be featuring the 'Kiwi Quinoa' story on Sunday 14th April at 7pm on Chanel 1. We hope that you'll be able to watch it!!

The **Manawatu Overtones** will make a welcome return visit to Taihape on Sunday March 31. The Overtones gave us a very lively and entertaining concert in 2017.

The Overtones are a group of women from Palmerston North and surrounds, who love to sing in four -parts in the barbershop harmony style. They compete in the annual NZ Sweet Adelines Convention, and currently hold first place in the small chorus division.

Last years concerts included Bulls ,Feilding and Palmerston and they are currently preparing for Taihape as well as Anzac Day Celebrations

The concert will be held in St.Davids Church Taihape on Sunday March 31 at 2pm.

Admission at the door . Adults\$15 children free. Afternoon tea will be served make your own bees wax wrap to take home. There's the opportunity to paint rocks, to make your own wooden coaster(s) and to have your face painted. There's also a craft stall where participants can decorate an A3 paper size gumboot to take home.

See you there (rain or shine 😉)!

Just a reminder to our (potential) advertisers, clubs and groups... This newsletter in its current form was

made possible by a grant from Pub Charity; help with printing from Rangitikei District Council; and a grant towards a printer from Four Regions Trust. Not long now before we'll have to stand on 'our own two feet'. Which does mean that expenses will increase. Therefore, we have increased the price to advertise (from our next issue. Our news prices can be found on page 16. Please get in touch if you want to make changes to your advertising schedule: info@taihape.co.nz.



BE NEIGHBOURLY!

Neighbours Day Aotearoa 2019! Now is the perfect time to start thinking of what you'd like to do.

The 10-year anniversary of Neighbours Day Aotearoa over 10 days (March 22-31, 2019).

Go to www.http://neighboursday.org.nz/join-in for 10 Little Ways for individuals to celebrate, and 10 Big Ways for groups to celebrate!

I like 'Random Acts of Kindness' & 'Share a Sweet Treat' but you choose how you want to be neighbourly.



TAIHAPE WOMEN'S CLUB MEETING.

Wednesday 3rd April at 1.30 pm

Guest Speaker: Sandra Fannin who will talk on Intimo Lingerie and Isagenix.

All Welcome.

TAIHAPE ART SOCIETY AGM

1ST APRIL 1.30pm Art Room,Tui Street TAIHAPE ALL WELCOME!



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AVAILABLE: Thursdays, Fridays & Saturdays, 6pm till late

DIAL A DRIVER is available to drive groups / sports clubs etc to any function local or regional. Fee is negotiable at time of booking.

Fare schedule

Town boundary (2kms) \$ 5.00 pp

Over 2kms \$10.00pp

More than 5kms Negotiable

12-Seater Van available for group Price neg

trips

If you require a driver and van outside the stated times, please call we are happy to discuss terms.

ENJOY YOUR NIGHT OUT - LET US DRIVE YOU HOME !!!!

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Skellerup World Boot-throwing Championships 2019

Saturday/Sunday 23-24 March Memorial Park, Taihape



To throw: register at elizmortland@gmail.com

Competitions:

Open Women/Open Men
Youth – girls + boys – 10-20 years
Adults – 35-91 years – women + men (5-year age ranges)
Teams: National – New Zealand + Germany
Women/Men – 3 per team

Register now.

The World Champs are open to everyone.

Put in school/business teams – students + teachers

Why are frogs always so happy?
They eat what ever bugs them...





NATUROPATH

- KAREN HUGHES -

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!

Infiltrating the area

Speaking of beneficial organisms, you may have heard that taking probiotics can have a positive impact on your health. A daily multi-strain probiotic formula that contains a handful of carefully selected organisms can have widespread benefits in maintaining optimal digestive and immune health.

The following bacterial strains work synergistically to maintain everyday health:

Lactobacillus acidophilus

(NCFM®): reduces abdominal pain by influencing receptors within the gut, and supports healthy immunity.

Lactobacillus rhamnosus

(HNooiTM): has immune boosting properties to reduce chances of infection.

Bifidobacterium animalis ssp lactis (HN019TM): aids gut motility to relieve constipation and keep you regular.

The great battle of the bugs

Whilst some probiotic strains are effective in maintaining everyday health, there may be instances that require more of a 'guns blazing' approach. Poor diet, stress and overuse of antibiotics are some of the drivers that can alter the composition of the microbiome, leading to a myriad of digestive and immune ailments. In these instances, probiotic strains that influence resident gut bacteria and promote restoration of the microbiome can get you back to your fighting best. Restorative probiotic strains include Lactobacillus rhamnosus (LGG®), Saccharomyces cerevisiae (boulardii) (SB) and Bifidobacterium animalis ssp lactis (BB-12®), which promote the growth and function of your own beneficial gut bacteria whilst preventing harmful pathogens within the gut.

Nourish your inner army

Whilst probiotics are invaluable in maintaining a healthy microbiome, the following diet and lifestyle measures also support optimal gut and immune health:

Minimise your sugar intake. Eat less canned food, breakfast cereals, baked goods, desserts, sweetened dairy products, condiments, fruit juices, lollies, chocolate and fast foods – these often contain sugar which encourages the growth of harmful pathogens in the gut.

Keep on top of your stress. Have you ever noticed your digestion plays up during stressful periods? Through a complex network of nerves and tissue, it's a two way street as the gut and brain communicate with each other; also influencing your digestive and immune function. Stress busting techniques include gentle exercise such as yoga and Pilates, regular meditation and ensuring you achieve 7 to 8 hours of restful sleep each night.

Be mindful of pharmaceutical overuse. Whilst over-the-counter medicines may be required in some circumstances, unnecessary overuse of these agents may compromise the microbial balance within the gut.

To ensure victory, strike while the iron is hot!

Investing in good quality probiotics that are specific to your wellbeing can make all the difference in winning the battle when it comes to gut and immune health. Daily use of a multi-strain probiotic to maintain optimal balance may give you the fighting-edge to improve digestive health, reduce gut pain and constipation, and enhance immunitv. Whether you need to wage war and restore the microbiome or wave the white flag for peace and health maintenance, make an appointment today about which probiotic is most suitable for your individual circumstances.

Metagenics Wellness Review; Feb 19

Karen Hughes Ph; 027 316 2341 Email; karenhughes@xtra.co.nz Clinics in Ohakune, Taihape, Whanganui

CALENDAR OF EVENTS / MEETINGS / GATHERINGS

Here is your chance to list your event, meeting, AGM or gathering in THE BOOK .



This BOOK will be placed at the I-Site at the Town Hall

Available to view by anyone!

This means if you want to know what's happening in Taihape or you want to book an event etc and you DON'T want to double up with some other organisation come and enter your details!

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Talk up Taihape

Advertisement Pricing & Deadline

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

1 page (A5)	\$50	Classifieds are \$10 (that's 1/8 page).
1/2 page	\$30	Packages are available for
1/4 page	\$15	6 and 12-months (running the same advert).

Deadline for the next issue is:

Thursday 4th April 2019 with publication & distribution on the 11th.

Email your interest to Eva: info@taihape.co.nz.



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Above and beyond the call of duty

A few days ago, a ram escaped from his paddock. He was spotted, reported, and attempts were made to apprehend him. The ram had other ideas. He ignored the open gate into his paddock, made straight for State Highway 1, proceeding north at a full gallop, the owner in pursuit. Suddenly, an oncoming car pulled over. The driver jumped out, bulldogged the ram and pinned him to the ground. The farmer pulled alongside and the young man wrestled the ram onto the back of the farmer's truck. Thank-you to Jake Shortland - from the ram, whose life he probably saved, from the



farmer, whose ram he caught, from the unknown motorists he likely saved from a disastrous encounter, and from the rest of us – because you make us proud to live in a community where somebody like you is willing to help people like us. You are a legend, Jake!

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Rangitikei District

THANK YOU!!

The TCDT, would like to thank the following organisations in providing grants towards activities & events that were organised for our community in the previous 12 months:

- Taihape Community Board
- Lottery Communities















Community Organisation
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IN REMEMBRANCE OF RICHARD DENE KINGSTON HOLLIER

He came to Taihape with his family in the middle 1950's and took over a business which sold motorcycles, lawnmowers, chainsaws and later toys and he also had a small nursery. A fitter and turner by trade of a very high quality. He was a very astute business person who expected a pound to make one.

Before he came to Taihape he was a very good road racing motorcyclist. He won the first round the houses in Wanganui on a Triumph Trophy motorbike. He won various other events on his Vellocette KTT to become NZ Champion. Then he represented NZ in England and the Continent riding a Manx Norton for the factory gaining high places in all races he participated in, winning the Dutch Grand Prix and riding the Isle of Man Grand Prix.

In the 1960's he took to single seater car racing and gained a 5th and 6th place in the NZ Grand Prix against the likes of Graham Hill and Jack Brabam, etc,. He retired from all racing at the end of 1970 and moved to Tauranga.

He died in Feilding in early January this year at age 91.



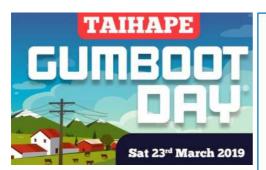
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