BUSINESSES THAT ARE OPEN-RESTRICTED.

Aa ro n's Plumb ing	Ye s, urg e nt c a ll o uts o nly	022 174 1853
Little Blue Lamb		0272 967971
BP Connect		388 0819
Bennetts Funeral Home		388 0452
Emergency Sewerage Tanks / Emergency Water De liveries		388 0452
The ad well Gordon Lawyers	andrew@treadgord.co.nz	0275 550303
Ra ng itike i Distric t Council (Info Centre)		0800 422 522
Taihape Towing Ltd. Nick's Towing		027 310 4592
Carpenters Dental Children's Dental Children's Dental Farmlands BNZ Bank He llo world New World Taihape Auto Electrical Ruapehu Farm Supplies Squire's Manufacturing Taihape Vets Wilson Motors Taihape Tyre Centre Mobil Service Station Paul's Tyres Greenstone Insurance	Re stric te d se rvic e . Truc ks o nly	355 8218 0272299614 3880532 0800275269 3858610 3880118 3880149 3880486 3881201 3880863 3880119 3880175 3880111 3880003
Greenstone Insurance Ryan Thomas & Co Taihape Pharmacy	Mon-Fri 9am to 5pm Ph	3881113 388 0666 3880000
Honda Taihape Paper Plus Taihape Police	first Emerrepairs ATV SVC	388 1211 0272456817 3882170

"List compiled as a Community Service by TCDT who do not assume any responsibility of it's use hereafter."

TALK UP TAIHAPE

Taihape Community Development Trust APRIL 2020

Currently our daily talk is of COVID-19, this is a pivotal point in the worlds history and as Kiwi's we can beat this! Its best not to ignore the news but be aware of any changes and follow updates from the government.

Go to <u>covid 19.govt.nz</u> website's help and advice pages to find out what we lfare, financial and health services are available first. If your questions are unanswered or if you need access to local service, call 0800 725 678.

Also in your are a there is Taihape Neighbourhood Support (TNS) RSA, Older & Boulder, and your council Rangitike i District Customer Service team which can be contacted on 0800 422 522 (24 hrs) or email info@rangitikei.govt.nz.

Mindfulness apps such as: Headspace, Calm, and Insight Timer are also available.

Civil Defence has now activated 0800 numbers nationwide that people can ring if they/you need assistance. Call 0800 725 678. Mokai Patea Services has already contacted 215 individuals as part of their Communication Outreach to date and now plan to open their service to the wider community. Contact Ngawini Martin – 388 1156 for additional support.

New World will not open on Good Friday or Easter Sunday. They will open 7.00am-8.00pm for Easter week (6-13 April)
Customers are asked to put their groceries back into their trolley

aftercheck-out and pack into yourcar grab yourcuppa and read on



Rang itike i Wheelie Binscollecting on Saturday for Easter only. Enquiries:

(06) 3278336

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

During COVID-19 shopping is not a social outing – the less people contact for all the better.

Churches: For spiritual guidance, contact Tracey Peters – 388 1420/0274973438 – Anglican Churchor Llew King – 027 435 7009 – Presbyterian Church.

Autumn is a time to reflect and prepare. Now is the time to start that list of Autumn day activities try:-Go for a walk some where new * Collect colourful fall leaves or branches & make a display *Plant bulbs in your garden for next spring *Make a pine cone bird feeder *Have a picnic in your garden *Make a scare crow *Jump into a leaf pile! Gill Duncan used to build huts, we have a great story to tell see page 6. We have a few simple recipes, a new garden piece, winter ideas, a great colouring competition for all ages and a list of businesses who are essential services on restrictive opening, see page 24 (back page).

Ke e p safe & he althy e ve ryo ne





TAIK UP TAIHAPE APRIL 2020

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 avail-

ability). All prices include GST

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

Advertising deadline Wednesday 6th May 2020
Publication and distribution Thursday 14th May 2020
Email Frances: admin@taihape.co.nzorcall 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
- Earl Creativity and Development Trust



















KEEP IN TO UCH WITH THE TODT

Visit us on Facebook to be kept informed about what's going on in Taihape! We advertise our events, newsletters and what's going on in Taihape in general. Click 'follow' to become one of our over 2,100 followers.

www.facebook.com/TaihapeNZ

COLOURING IN COMPETITION

Coloror Craft this pic ture below. Take a Pic ture (or scan) write yourname, number & where you are from in the email info@taihape.co.nz. This is Open class. Then when you can, put this poppy on Taihape's monument for everyone to enjoy & remember



WHATS NEWS IN TAIHAPE

Due to the Covid-19 virus restrictions on crowd numbers and travel restrictions the following are cancelled: ANZAC Day Dawn Service, as are all ANZAC services and Taihape Music Group International Concert Pianist April.

Check with your Club orgroup as most activities, meetings and AGM'S are postponed.

Rubbish Update:

The Taihape Refuse Transfer Station at Manu Rd, will be closed to the general public for general waste disposal, however a special collection service is available in the Taihape area for essential/emergency bagged domestic refuse and recycling only and is available at the standard collection rate of \$3.00 bag. Phone Smart Environmental (Jacob Shortland) on 022 6437899 to a range an emergency pic k-up.

Rangitike i Wheelie Bins collecting on Saturday for **Easter** only. Enquiries: (06) 3278336

Newspapers:

The District Monitor is now available on-line but a hard copy will be available for rural areas and for collection at Taihape New World only.

Paul Chaffe, RDC Emergency Management Officer, states....
"I want to emphasize the Government's recommendations to
'Stay at Home' – there are no exceptions to this message. Each
time we receive a request we should go against our initial feelings of wanting to help, and approach the request from the
position of 'can we solve this over the phone' and 'what's
changed from last week?'

In other news we have had to say our good by esto Michelle Marks who will be leaving TCDT but not Taihape, Michelle was with us for 10 months and created some great events, we wish her all the best.

KEEPING YOUR BUSINESS RELEVANT

Stuff.co.nz Itd, for the first time are offering businesses with less than 20 employees a Neighbourdy Premium Business Iisting for free for two months! With a focus across the platform to support thriving local communities, they be lieve now, more than ever, it is important for local business to stay front of mind with those in their communities. Neighbourdy will be guiding small businesses on how best to stay present at this time and to ensure their expertise is valued by neighbours. This fits well with the overarching approach that Neighbourdy is taking; encouraging members to Reach Out to their community for assistance, or to offer help in their own way. New Zealand has been shut down on Level 4 for 17 odd days now. By the time this newsletter goes to print updates will have happened but the one thing that you may or may not have thought about is your on going business profile to the public.

It's important to keep your business relevant. Most of us will be driven to the intermet for shopping, entertainment and news, use this platform to highlight what's happening in your sector. Create a blog, a online newsletter, Instagram, or even a 'online sale' (of essential items)

There will be other packages available out there, do a 'search' be proactive and keep your business alive so that when you do reopen is will only seem like you've just had a long weekend to your customers and not have slipped off the face of the business earth.

NZ Post is an Essential Service under COVID-19 rules.

To send parcels from home create your NZ Post account:

Go to: https://www.nzpost.co.nz/and Register (top right of page).

Postage can be bought and printed online.

HUNTING AND FISHING

What you need to know:-

Fish & Game New Zealand is focused on maintaining the safety of licence holders and staff, and limiting the spread of COVID-19 by following the advice of the World Health Organisation, the NZ Government and the Ministry of Health. Fishing and hunting does bring opportunities to get outdoors, however during the level 4 lockdown, the Government has made it clear that fishing and hunting are not permitted. Fish & Game are committed to supporting the sedirectives. The Covid-19 lockdown means the roar is off. The Game Animal Council and the New Zealand Deerstalkers Association are urging all hunters to stay at home while New Zealand is at Level 4. All Department of Conservation huts, camp sites and lodges, including those on Great Walks, have been closed.



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Richard White our
Taihape Office Manager making
the drawer in our office.





Happy winner, Mr John Waitai of Taihape with the fantastic hamper worth \$200 supplied by Rustic Restaurant .

Unfortunately a mouse somehow broke into the hamper which was in our office and ate into one of the cheeses the night before the drawer but our cool winner was not deterred and said he will be enjoying the hamper with friends regardless. So Congratulations to our lucky winner and thank you for being a good sort!



Taihape Community Board Comments

Autumn has truly a mived with cooler nights, shorter days and trees acquiring the autumnal colours that our district is known for. Our town and district is very quiet and peaceful it is almost surreal and hard to be lieve that we are all facing a global crisis—the deadly Covid 19.

I am not going to reiterate the "rules and regulations" of staying within your bubble but, on behalf of your Community Board I send you all best wishes and ask you to be patient and considerate during the lockdown. The Community Board also has to be patient as many of the projects that were nearing completion are now on hold. As I have mentioned before our community is facing a number of major issues this term and we would like to be able to advance with these. For an example our Memorial Park is a much admired ground and deserves a "facelift" as do the notice boards on the entrances to town, while the future of the Town Hall will be open for discussion—to mention just a few! Please note our meeting schedule is no longer valid.

Council members for the Northern Ward together with Community Board members plan to introduce a "talking table" to discuss issues with you all. It is proposed that this will be on the last Monday of a month, outside New World between 3.00 p.m. and 5.00 p.m. But, of course none of this can go a head until life resumes some resemblance of normality again, whenever that may be! A big thank-you must go out to all the volunteers and support groups, Taihape Neighbourhood Support and of course, to our hard working frontline health workers who are doing a great job.

Stay safe everyone and stay within your bubble.

Ann Abe me thy (Chair TCB)

KIDS CAN - Build a Hut to make their own private space:

'I was the runt, you could say, the youngest of eight kids. When not at school, we were sent outside when the weather was fine.

When it was wet, with that many kids, things could get pretty annoying but my Mother had a rule:

Wet days we were allowed to build huts, inside, to create personal space. The best huts were made from two kitchen chairs, backs facing about 30cm apart with a big blanket over the whole lot. One small person, a torch, some books and a pet and it could be a haven for hours.

Hut Rules: No-one was allowed into your hut without an invitation, apart from Mum, she could do anything. If you said 'please' you could ask your visitor to leave when things becamedifficult. If you kept quiet, no-one would bother you. The blanket was to come off your own bed and be put back in place before dinner, also chairs and any paraphernalia from inside. Huts were not allowed in thoroughfares. Only dry food was allowed in huts and clean pets. I have great memories of playing 'noughts and crosses' and 'solitaire' in my huts, the sound of rain on the window'.

By; Councillor Gill Duncan





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NATUROPATH

- KAREN HUGHES -

Your Health Guide

TO a Healthier Happier You!

- * Three factors for you to consider to help build a robust and Healthy body; support your immune system, stress reduction and improve stress resilience.
- * A reminder to reduce the constant onslaught of stressful stimuli that surrounds us.

Schedule in a specific time in the day when you to catch up on news, social media and

Planning household activities.

Allow, say one hour in the early evening, then limit information beyond that time. Allow the other 23 hours of your day to be activities that you find fun, do your hobbies and think of positive things you are grateful for. Also include movement and exercise,

connection with friends, meditation, AND good quality sleep.

* Sleep is crucial for improving resilience. We cannot overstate how Very important it is for you to have healthy sleep.

See information on Circadian Rhythm Reset Protocol on the facebook page. Dim your lights 2-3 hours before bed, so that your body starts to produce melatonin.

Melatonin helps improve our sleep, has anti-inflammatory and Anti-oxidant effects. Try getting 30-45 minutes of sunlight on your eyes during the day (take off your sunglasses)
This helps to reset your Circadian
Rhythm. Lux Light Meter is an app that is useful to measure how bright their house is at night, aim to reduce lighting below 100 lux.

- * Herbs may be helpful to help reset our sleep patterns; Californian Poppy, Jamaican Dogwood, Zizyphus, Passionflower are some useful herbs.
- * Supplements; Vitamin B and Magnesium

Foundational health includes;

healthy diet and eating patterns, exercise, daily reducing caffeine, reducing alcohol, reducing sugar, try to avoid 1 – 2 hours before bed.

Good quality sleep, try doing Yoga Sun salutation or slow breathing before bed. And have fun, positivity and movement is all-critical to building resilience.

There is not one magical thing to do, or pill to take that will help us, as you can see, it is our day to day habits that are the most helpful for our overall Wellbeing * More information on "Your Guide" to Good Health, on Facebook; Karen Hughes Naturopath.

Ka re n Hug he s P 027 316 2341 E ka re nhug he s@ xtra .c o .nz Clinics; Taihape Tuesday

HAPPY BASIC BAKING

ANZAC BISCUITS

Ingredients 1 cup rolled oats 1 cup thread coconut 1 cup flour 1 cup sugar 125 g butter 2 Tb sp golden syrup 1 tsp baking soda 2 Tb sp boiling water. You can add raisins & drop coconut for a new twist.

Me thod Preheat oven to 180°C. Lightly grease a baking tray or line with baking paper. Combine the oats, coconut, flour, and sugartogether in a large bowl. Melt the butter and golden syrup together. Dissolve the baking soda in the boiling water and add to the butter mixture. Pour the butter mixture into the dry ingredients and mix together. Roll teaspoons into balls and place on the tray, allowing room for them to spread. Bake for 12-15 minutes, cooking one tray at a time.

EASY SODA BREAD-No yeast

Ingredients

500g who le me a l flour, 2 tsp se a salt, 1 tsp bic arbonate of soda 1 tb sp fine ly c hopped rose mary (optional),400ml who le milk 1 le mon, juic ed, 2 tsp hone y

MEIHOD Heat oven to 200C/180C fan/gas. Mix together the flour, salt and bicarb in a bowl. And if you'd like rosemary bread, add the chopped rosemary too.

- 1. Mix together the milk and lemon juice in a jug, and wait for a minute as it magically turns into buttermilk. Then stir in the honey, and simply pour it into the flour mixture. Stir it with a knife for a minute until the whole thing comes together into a sticky dough.
- 2. Tip onto a floured work surface and shape it into a ball.
- 3. Put the ballon a floured baking tray and, using a sharp knife, make a deep c ross on top.
- 4. Put in the oven and bake for 40 mins.
- 5.Coolon a wire rack until warm, then slice and serve. YUM, YUM, YUMMY

Time to prep your home for WINTER

* Kick Rodents and Other Pests to the Curb-Rodents, spiders. cockroaches, and other pests also seek shelter from the winter elements Seal cracks and holes on the outside of your home to help prevent rodents from getting inside. A mouse can fit through a hole the size of a \$1 coin. * Replace loose mortar and we ather stripping around the basement foundation and windows. * Store fire wood at least 20 feet from the home. Mice and ants can make their nests in wood piles and easily gain access. Rodents can hide in clutter, so keep storage areas well organized, and store boxes off the floor.

Eliminate all moisture sites, including leaking pipes and clogged drains. Keep attics, basements, and crawl spaces well ventilated and dry.

*Stock Up on Your Outdoor Hardware - You would n't face an impending winter storm without the properessentials indoors bread, milk, to iletpaper, WINE — and you shouldn't forget about the supplies you'll need to take care of the outside of your home either. Do an early check to make sure you have a working generator. & yourgasbottles are full *Inspect vents and chimneys to make sure they are unobstructed. *Install, check and/or replace smoke a larms and carbon mono xide detectors. *Take Preventative Measures Against Pipe Freezing. * Outfit Your Car for Winter We ather, tyre sespecially! *Clean Your Gutters. Be READY.



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Q:What kind of jewellery is the best Easter gift? A 14-carrot gold necklace.

O: What has T in the beginning, T in the middle, and T at the end? A: A teapot.

I have cities, but no houses. I

have mountains, but no trees. I have water, but no fish. What am 13

A: A Map





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Why soap is preferable to bleach in the fight against coronavirus

Soap is a salt of a fatty acid used in a variety of cleansing and lubric ating products. In a domestic setting, so aps are usually used for washing, bathing, and other type of house keeping. Foam hand sanitizers are disappearing from store shelves, even though many lack the necessary amount of alcohol—at least 60 percent by volume—to kill viruses so check the packaging. When used for cleaning, so ap so lubilizes particles and grime, which can then be separated from the article being cleaned. Where soaps act as surfactants, emulsifying oils to enable them to be carried away by water. So ap is created by mixing fats and oils with a base, as opposed to detergent which is created by combining chemical compounds in a mixer. Using bleach "is like using a bludgeon to swat a fly," says Jane Greatorex, a virologist at Cambridge University. It can also comode metal and lead to other respiratory health problems if inhaled too much overtime.

No matter what you to uch, so ap and water is the best way to remove any potential comna virus from your hands before it can lead to infection. The comnavirus does not penetrate through skin because your outermost layer is slightly acidic, which prevents most pathogens from entering the body. Soap works so effectively because its chemistry prises open the coronavirus's exterior envelope and causes it to degrade. These soap molecules then trap tiny fragments of the virus, which are washed away in water.

Why not make your own soap? Here is a few links to help you find a so ap for you, palm oil or not.

https://www.thesprucecrafts.com/basic-soap-making-recipes-517179 https://www.divnaturalcom/how-to-make-soap/ https://thisnzlife.co.nz/div-make-vour-own-soap/







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GARDEN COLOURS

With Autumn well and truly underway this is a great time to begin planning for next years leaf colour and foliage. It's a time to start thinking of the shape, colour and contrast you want to achieve for the coming spring and leading through into the summermonths, particularly if you are wanting big changes and/or are starting a new garden. There are a few factors to take into consideration mainly with Autumn colour these being:

-warmerdays and coolernights -some stronger winds and Autumn rains - onset of potentially a long dry summer.

The es for planting that not only will provide a perfect back drop to the garden with fantastic shapes and colours include:- Acerormaples which come in a vast variety

and Prunus which include a host of flowering and fruiting varieties.

With Autumns shorter days and longer nights and less growth in the garden its the perfect time to get those winter crops planted out in your vegetable garden. Pot out seed-lings of beans, beet-root, cabbage, sweetcom, salad leaves & fertilise existing herbs. This new FEATURE is written with advice from the Taihape Garden Club





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The Taihape Heritage Trust is responding to community concern and interest in the preservation of our key historic buildings. Although the trust has had marked success with the preservation and rejuvenation of the Majestic Theatre, it has been pointed out to the Trust that there are currently only three buildings recorded by the Rangitikei District Council as having significant heritage status. These being St Mary's Catholic Church and St Margaret's Anglican Church, plus the previously mentioned Majestic Theatre.

The Taihape Memorial Park Grandstand and the Town Hall are both public buildings of major significance to the town and its people, yet they are not recorded as heritage buildings. There are also houses that reflect our Taihape history in their architecture, from the turn of the century Rose Cottage at the Taihape Museum, through to the pre war villas on the hill, the large houses of the 1930's to the modernist builds. There are also a range of commercial buildings that have been in use, often for the same purpose for over 100 years.

The Taihape Heritage Trust is seeking to work with the Rangitikei District Council to create a cohesive management plan for heritage buildings in the Taihape Area. Initially the focus will be on the public heritage buildings. The Trust has been in communication with the council regarding the council's intentions and plans for the Memorial Park Grandstand and is endeavouring to co-operate with the council to create a coherent and feasible plan for Taihape's public heritage buildings. In doing so the hope is that the trust and the council will build a resource for Taihape that will be available to assist private owners of heritage buildings.

Information release by Rita Batley, Chair on behalf of Taihape Heritage Trust.

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