### TALK UP TAIHAPE

Taihape Community Development Trust AUGUST 2020

Mamma Mia was a wonderful success!

CONGRALULATIONS EVERYONE!

Small Town, Big Stand

Thank you to Peter Kipling-Arthur and Geoff Duncan who presented the Taihape Grandstand petition of 648 signatures to RDC last council meeting. A request to change the upgrade of amenities to under the grandstand will be put to RDC at the next Council meeting, 27th August.

Next on the calendar of events is Spring
Candidates for the general election, which will be held
on the 19th September, have been invited by the
Taihape Rotary Club to present at a Candidates Night
at the Kokako Hall 7pm, Tuesday 8th September.
Supper to follow; your chance to chat
with your next MP.

Voting opens 9am Saturday 5th Sep until Sat 19th September until 7pm at the Town Hall. Times vary daily, check with the I-Site.

Spring Fling same day as General Election. Calling all Clubs and non profit organisations great chance to fund raise or do you have a home craft to sell?

Register today! Turn the page to find out more.

Enjoy this months read.....

# Unveiling of the 125 Kowhai Tree Memorial Plaque

opposite the Kokako Street Hall.

Time: 2:30pm Date: 19th September

Cake cutting ceremony ~AII WELCOME~

A special THANK YOU to Jo Coogan & team for the amazing boulders around the Kowhai Trees





# 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). All prices include GST

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

Advertising deadline Wednesday 2nd September 2020

Publication and distribution Thursday 10th September Email Frances: admin@taihape.co.nz or call 06 388 1307.On line version available through www.taihape.co.nz



The Annual Spring Fling is a way to shake off the Winter blues.
Celebrate the re-birth of the land and animals and have fun with the whole family.

There will be something for everyone with the Baby Animal Fair

and competitions on the grounds of Taihape Museum. St. David's lawn will be a hive of activity: market stalls, food and crafts with a bouncy castle for the kids, a great outing for all ages. Part of Huia Street will be closed to traffic to allow foot traffic from Museum to St. David's.

While at the Museum, see inside Rose Cottage (1904) marvel at machinery from bye gone era's and look inside the Museum to find perhaps your great grandmothers wedding photo!

### **BUSINESS SHOP DISPLAY COMPETITION**

Get involved in Spring Fling fever!

Decorate your shop front to the theme of SPRING!

Your Judges will be the Public!! Votes will be collected at the information centre between 29th August—17th September.

Prizes for the BEST DRESSED WINDOW!

Please register your Business name with Taihape Community Development Trust so we advertise your participation.





Please Register Your Pet: For those of you bringing a pet, registration is recommended as some animals are unable to be included (calves). Plus numbers and needs must be catered for.

Pets can arrive 9:30am onwards.

Those without Pets are welcome to come along and cheer on the animals!

Taihape Museum are providing us with their outside area for the venue. Please arrive latest by 10am as the event starts at 10am. A schedule of events will be decided closer to the time.

Please register with Frances on 3881307, email: admin@taihape.co.nz or take this form to the Town Hall addressed to: TAIHAPE COMMUNITY

DEVELOPMENT TRUST



SPRING FLING—BABY ANIMAL FAIR—Registration Slip	
Your Name:	
Your Pets Name & what it is:	

Contact	PHHUII	iber:	

If you would like to receive notifications regarding the event please include your email address:



### Sponsor Spring Fling 2020

Help the Taihape Museum, The Market and the Baby Animal Fair achieve a street festival to welcome back

Spring. We will spread the word about your business though social media FB and Taihape Community pages, Talk Up Taihape: the community focused newsletter hand delivered to over 1200 households with online subscribers plus receive acknowledgement at event.

Show case your business throughout this family day. Fill out/scan the following along with your business logo to make it happen. Tick the box you want to help with: -

Two adverts in Feilding Her					
Two adverts in District Mon	itor \$115.0	00 incl gst			
Two adverts in Talk Up Taih	ape \$100	incl gst			
Donation \$50	\$75	\$100	\$150	Other:	



### SPRING FLING MARKET DAY

Be part of *SPRING* with a stall on the day.

### Contact:

admin@taihape.co.nz or call #388 1307 for a registration form today. Copies at I-Site.



### Council New August 2020 0800 422 522 (24 hrs) | info@rangitikei.govt.nz | @ RangitikeiDC

JOHN TURKINGTON RANGITIKEL

### Awards now accepting nominees

The Rangitikei Youth Awards is Council's way of recognising the achievements of the amazing youth in our district. This year, the awards are once again sponsored by John Turkington Forestry, with each of the category winners receiving \$500 kindly donated by local sponsors. Award categories include leadership, youth encouraging other youth, giving back, sports, environment and employment.

If you know a deserving young person or a group of youth aged between 12 and 24 that are exceptional, you can nominate them for an award.

Nominations open 13 July and close 14 August. The award winners will be decided by a panel comprising the Mayor, Deputy Mayor and representatives from local iwi, schools and youth agencies.

Eligibility criteria and forms are available on our Council website.



(O) rangitikeiyouthawards

week Celebrating Youth Aged 12-24years

### Kõrero mai Taihape

AN EVENING WITH COUNCIL

You are invited to attend an evening with Rangitikei District Council's Mayor Andy Watson, Councillors and Chief Executive, Peter Beggs on Wednesday 19 August, from 5-6.30pm, Supper Rooms, Taihape Town Hall.

We will be giving an update on Council and Local Government decisions and the changes we see coming in the future.

This is an opportunity to listen to the Council's future direction as we work towards recovery from Covid-19 lock down and the process of our upcoming Long Term plan.

Everyone is welcome to attend



### www.rangitikei.com

The main focus of this website is to promote the Rangitikei District as a visitor destination and great place to live. We always welcome new business, community groups and events to the website. To get your information online call in at. the Taihape Town Hall, call 06 388 0604 or email us at tourism@rangitikei.govt.nz.





rangitikei.govt.nz



invite you all to a

### Candidates Night

7pm Tuesday 8th September 2020 Kokako Hall, Kokako Street Taihape

Supper to follow - time to chat with the candidates



THE TAIHAPE MUSEUM NEEDS YOU!

Volunteer to help out on SPRING FLING
9th September.

Can you smile, inform, sweep or even make a cuppa? We need you for an hour, a half day what ever you can spare.

Call Frances #027 203 14052



# FROM THE Mayors Desk August 2020

0800 422 522 (24 hrs) | info@rangitikei.govt.nz | 1 RangitikeiDC

Last week I attended Mamma Mia – I see it even made Seven Sharp this week! It was scheduled to be done much earlier this year, and due to Covid-19 was delayed, and I was



really pleased it was able to happen. I have sent my congratulations to all involved it was a truly upbeat and professional show. It was virtually sold out for 9 performances which means that every man and his dog in Taihape pretty much attended.

The Long Term Plan will be the most significant document that this Council has ever put in place, because of changes to population and the high volume of capital build that we have planned. This is the replacement of aged infrastructure to comply with legislation, earthquake prone building laws, and compliance with wastewater and drinking water standards. We want to engage with as many groups and people as we can, I never turn anyone away, if you interested in meeting with me and /or our Councillors please contact me through our office on 0800 422 522 or 027 617 7668. Timings for engagements across our District will be publicised soon.

I made several comments recently about the changes the Government is looking at, for what we refer to as "the three waters space". Essentially this is where the Government is looking at amalgamation between councils for wastewater, potable and drinking water. This is likely to mean that Council's assets go to a private entity and you would be rated separately for the delivery, e.g. similar to the

model for provision of drinking water in the Greater Auckland area.

The difficulty for our Council and every other council is we don't know the details of these impacts on us and so the rest of this year will be spent understanding the effect on our ratepayers.

Very shortly we will be voting in the Government elections. Part of that process seems to be the government's desire to promote the rural and regional economy through the Provincial Growth Fund (or Minister Jones's) fund. I spent a day following the Minister around while he made announcements to Manawatū, Palmerston North and Whanganui, I am hopeful that the government will meet this month and we will be in position to make a positive announcement for Rangitīkei.

Lately I have heard several people talking about the cold conditions in their homes. I am aware there is a government subsidy programme that is available for some homes in our District, there are subsidies up to 90% for those that qualify, so I would urge you to consider insulation and contact the experts to see if you qualify – here is a link to more information - www.energywise.govt.nz/tools/warmer-kiwi-homes-tool.

### Invitation to Engage (



Our Mayor Andy Watson is always available to meet with the community. If you would like to speak to the Mayor please contact him to arrange a time.

0800 422 522 | 027 617 7668





rangitikei.govt.nz



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## KEEP IN TOUCH WITH THE TCDT

You can visit us on Facebook but why not subscribe to the Talk Up Taihape online ?Visit www.taihape.co.nz 'News ' section and sign up it's FREE! Get the monthly community news and business contacts at your finger tips. Its that easy!





### GARDENING IN TAIHAPE

August ushers in the last month of winter and the anticipation of spring but we are not out of the woods in terms of winter's grip on the garden. It's time to start thinking about the ground and paying attention to the health of your soil. Remove any weeds and add food and fertiliser the soil to improve the growing medium. In the vegetable department it's a good opportunity to keep and turn those compost heaps and apply the well rotted compost to the ground, also adding animal manure if necessary.

Remember to plant new season spring vegetables from previous months sowings and harvest vegetables such as Broccoli, cabbage, leeks and silver beet and continue to pick those winter leafy lettuces also.

In the flower department we will notice that our flowering bulbs such as daffodils, jonquils and hyacinths will be eagerly awaiting blooming if they haven't already in slightly warmer conditions. Nurture them along with this process by removing any weeds or garden debris that may impede this process.

The 15th of August through to the 23rd is the Department of Conservations - Conservation Week which is another brilliant opportunity to get out in your garden and immersed in nature among the many unique flora and fauna endemic to New Zealand. Taihape is a great place to see some of these with our various bush walks and tracks. This FEATURE is written with advice from the Taihape Garden Club.

Like/share/read/comment on their



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# Housing Unit Vacancies

Community housing is operated by Rangitīkei District Council for the purpose of providing affordable housing for those aged 65 years or older.

Council will soon have two housing units available in Taihape.

These single-person units are self-contained and are in complexes with other units. They provide for privacy and independence, while also providing a community atmosphere.

To be eligible for these units, certain criteria must be met.

For more information, please contact Sheryl Srhoj, Property Officer, on 06 388 0604.

Application forms are available online: www.rangitikei.govt.nz or at the Council offices and libraries in Talhape, Bulls and Marton.





rangitikei.govt.nz

### **Taihape Community Board Comments**

I have to confess that I am not an enthusiastic social media user however recently I have been tuning into the Alternative Taihape Community Board on Fb and find it a very good indicator of what is happening in our community and the feelings and concerns of residents. Most postings reflect a positive and caring community appreciative of efforts made by others. We are lucky to have so many folk prepared to give up their time to help, to keep others safe and/or to entertain us.

I never like to single people out for thanks as it is so easy to overlook some but as we enjoy a near normal way of life again a big thank-you must go the Taihape Community Response Team co-ordinated by the Neighbourhood Support Group and to the volunteers and essential workers who together ensured the health and welfare of our community. To the cast and crew of Mama Mia, thank-you for a great show only made possible by many, many hours of practise and organising for the enjoyment of the community. The recent review on TV1's Seven Sharp was a show case of local talent and community spirit.

Taihape as a Motorhome Friendly Town was featured in the I latest Motor Caravanner magazine and again Taihape was portrayed in a positive way . Sadly it seems to be the way that with the good comes the bad and it was disappointing to read of recent vandalism – broken glass, littering, unsightly 'wheelies' on grass verges. All I can say to the perpetrators is that their actions do not impress anyone indeed it is just the opposite!

Now for an update on current projects involving the Board – the defibrillators are set to go ready for the contractor to secure in place, the seating for the Cemetery and Kaka Road are ready for placement, the Event Boards have been designed, colour chosen and quote underway, a quote has been received for the materials to complete the Dog Park and if this is approved by the Board we are certainly getting closer to completion while the Information Board at the Town Hall is on the agenda for our next Workshop.

Many of what the Community Board undertakes requires input from Council staff but we are making progress and planning for new projects. Board members welcome hearing from the community and there are opportunities for doing so – the Talking Table is set up from 11a.m to 1p.m on the last Monday of a month and the Public Forum

is always on the Order Paper for Community Board meetings – next meeting is at 5.30 p.m., Council Chambers September 9.

Ann Abernethy (Chair)

On the 22nd July Veronica Yardley from the TAIHAPE FRIENDSHIP GROUP presented Anne Mould with a cheque for



\$100 towards the St. John's Taihape Building.





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### TAIHAPE TOP NOTCH SNIPPETS

2020 MUSTER- 14th August Taihape Golf Club prideinourland.co.nz

Taihape Musicians Club AGM-1ST September 7pm

Mac's Motor-Cross Track is closed due to lambing 9th August - 4th September.

Daffodil Day—August 28th

### **EXPRESSIONS OF INTERST** WANTED

Would you like to try out a electric motor cycle? Would you hire one to have fun on a dirt track? Its located here in Taihape.

Call Kevin on # 021 1807748

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### NATUROPATH

- KAREN HUGHES -

### **Essential Fatty Acids**

They're deemed essential fatty acids because they're <u>necessary for health</u> but cannot be made by your body. Rather than being stored and used for energy, they play important roles in many bodily processes, including inflammation, heart health, and brain function.

### What are omega-3 fats? Essential Fatty Acids

Omega-3 fats are healthy unsaturated fats. There are three types of omega-3 fats:

- ALA (alpha linoleic acid)
- DHA (Docosahexanoic acid)
- EPA (Eicosapentaenoic acid)
   Omega-3 fats play a role in brain, nerve and eye development in infants. They also help keep your immune system healthy and may help lower the risk of heart disease in adults.

ALA is mostly found in plant foods. DHA is very important for brain development and may protect against heart disease, cancer, and other health problems.

EPA is an omega-3 fatty acid that can reduce symptoms of depression, and fight inflammation in your body. EPA and DHA are generally considered the most important omega-3 fatty acids.

### What foods contain omega-3 and omega-6 fats?

### Omega-3 fats are found in:

- fatty fish like salmon, mackerel, anchovies, sardines, arctic char and trout
- eggs (including omega-3 enriched)
- flaxseeds and flaxseed oil
- walnuts
- tofu
- canola oil

### What are omega-6 fats?

Omega-6 fats are also healthy unsaturated fats. There are four types of omega-6 fats:

- LA (Linoleic acid)
- ARA (Arachidonic Acid)
- · GLA (Gamma linoleic)
- CLA (Conjugated linoleic acid)
   Omega-6 fats play an important role in regulating our genes and promoting immune health and blood clotting. These fats can also help with the symptoms of arthritis and skin issues.

### Omega-6 fats are found in:

- soybeans
- corn
- · safflower and sunflower oils
- nuts and seeds
- meat, poultry, fish and eggs

They're mainly found in seafood, including fatty fish and algae, meat and dairy from grass-fed animals, and omega-3-enriched or pastured eggs. Even if you eat a lot of these foods, you may still want to consider supplements

Full Article on Facebook; Karen Hughes Naturopath

Karen Hughes Ph; 027 316 2341

Email; karenhughes@xtra.co.nz Clinics Taihape Tuesday's



### **TAIHAPE HONDA**

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# Q: Why is spring a great season to start a gardening business?

A: Because it's when you can really "rake" in the money!

Q: What do you call a well -dressed lion?

A: A dandy lion!

Q: What is the best flower for a boy to give his mom?

A: Son-flower!



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# TAIHAPE WOMEN'S CLUB MEETING

Wednesday 2nd September at 1.30pm in the Hospital Lounge

Come and join
us in a
uiz afternoon with
fun to be had.

ALL WELCOME.

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### Volunteers Required

Are you a fun person with a willingness to help your community?

Volunteer a few hours for

- \* SPRING FLING Sep 19th
- \* CHRISTMAS PARADE Dec 5th
- GUMBOOT DAY Jan 30th 2021.

Go into the 'Volunteer of the Day' Draw to win two tickets to the Majestic Theatre

Contact info@taihape.co.nz or # 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, Earl Creativity and Development Trust, Community Matters - Lottery Communities





















# Ken Deighton Contracting

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# Mac's Motor-Cross Track is CLOSED

Due to lambing

9th August - 4th September.



### 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\*\*

Met Opera Agrippina (PG) 242min: 4pm Thurs 13<sup>th</sup> August Military Wives (M) 112min 4pm Sun 16<sup>th</sup> August

\*Please Be Aware - Due to Covid 19 film releases can get changed without notice and new releases are being held back, so we are consistently looking at what we can bring you. If you are unwell please stay home.

Due to the lack of strong films have dropped down to one day a week for the time being

### Some of the films we hope to bring you.

23 Walks, The Personal History of David Copperfield, Where'd you go Bernadette, The Secret Dare to Dream, This Town, Savage, Irresistible, Hope Gap, Rams, Secret Garden, Four Kids & It

> 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

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