

Council has kicked off its Shop Local Rangitīkei initiative with a new Facebook page dedicated to showcasing all the incredible businesses on offer through the district. FB: Shop Local Rangitikei

https://www.facebook.com/

groups/3266757513369701 It's more important than ever that we Shop Local, Support Local, Love Local. Together, we are the best chance for our district businesses surviving the impact of COVID 19. Check out the FB page for your next purchase or if you are a business that isn't yet on the page get in touch with Nadia Gower nardia.gower@rangitikei.govt.nz

#### MANGAWEKA BRIDGE NEWS

RDC put forward the Mangaweka Bridge replacement as a "Shovel Ready" project. NZTA approved Implementation (construction) funding on 2nd April 2020, the funds were made



available on 20th April 2020. Resource Consent has also been granted.

Contractors were invited to register their interest in this project at the beginning of the Pre-Implementation Phase. As a result four contractors have had early engagement throughout the design process to ensure the constructability of the new bridge. On 4th May 2020 these four contractors were invited to submit tenders closing on Thursday 25th June, (8 weeks).

<u>Indicative Project time frame</u>: Call for tenders on 4<sup>th</sup> May 2020. Tender award: June/July2020

Construction: July/ August 2020 - April 2022

# TALK UP TAIHAPE

Taihape Community Development Trust MAY 2020

What a great town and district we live in!

Rangitikei's strengths have been highlighted through a strong agricultural base, "Food is the new Black", and we produce fabulous primary product right here with solid support from farm-supply businesses.

Thank you Taihape Health, New World, all the brave and innovative local businesses who have stepped up to support our Essential Services and Jacob's team who picked up the pieces and filled the gaps of our rubbish woes over lockdown.

Now, going into Level 2, all our businesses are allowed to open up and every one of us can support with great 'Shop Local' initiatives. Several "Kiwi Made" Facebook pages have sprung up where Taihape businesses can be found, such as "Kiwi Quinoa" and "Moa Valley Garlic", that is grown in the Moawhango Valley.

Helen's HQ coffee cart kept us going in Level 3 but how exciting that our restaurants and cafés can fully open up using the 'Seated, Separate, Single Service', level 2 rules. And, with this opening up, we will once again be able to welcome travelling Kiwis and encourage them to stay and play!

Great news: the Mangaweka Bridge project has received NZTA funding, to read more see the last page. What good ideas have you had for Taihape coming out of lockdown? Share them with us! We will pick three to print in next month's TUT June issue Please email us or post to PO Box 25 Taihape. Enjoy the newsletter...

### \*\*\*Eat the Frog\*\*\*

Mark Twain famously said that if the first thing you do in the morning is eat a live frog, you can go through the rest of the day knowing the worst is behind you. Your frog is your worst task, and you should do it first thing in the morning.

(Promoted by motivation experts as one of the Best Habits for more productivity).



#### KEEP IN TOUCH WITH THE TCDT

Visit us on Facebook to be kept informed about what's going on in Taihape! We advertise our events, newsletters and more. Click 'follow' to join to become one of our over 2,100 followers. <a href="https://www.facebook.com/TaihapeNZ">www.facebook.com/TaihapeNZ</a>



# TALK 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 3rd June 2020 Publication and distribution Thursday 11th June 2020 Email Frances: admin@taihape.co.nz or call 06 388 1307



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#### NOTICE TO ALL

Taihape Information Site and Library will be open with restricted entry on Monday 18th May. Please call for confirmation if you are making a special trip into town

06 388 0604

Taihape Community
Development Trust office
upstairs in the town hall will
have reduced hours but will
be open also Monday 18th
May with social distancing in
place.

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, Earl Creativity and Development Trust, Community Matters - Lottery Communities



















JBS Dudding

Managed by Public Trust

#### Covid and the future thoughts.

#### From the Mayor

To all of the people in and around Taihape, firstly my thanks for all you are doing, the response and the communication to those at risk within the Taihape region has been superb. It has been a frustration to me that under lockdown level three I am still unable to travel and support you directly. When we move to level 2 I intend to remedy that and will stay in Taihape for a couple of days and resume travelling back and forth as needed. Until then needs to be by computer and phone, please feel free to text me on 0276 177668, I will call back. Up until now I have relied on personal contact with several of you and the feedback through our council staff. Concerns around welfare have been handled through the contact numbers on the council website and failing that could be made through Nardia, at council, or myself.

Council met for the first time via zoom on Friday where we looked at a number of support steps for council to consider, several of which have been adopted and circulated. Council is sympathetic with those affected by Covid and by the drought, we realise some ratepayers and businesses are going to struggle, as such we are encouraging those parties to engage with us early. We will look to put in rate payment plans, without penalty, on a case by case basis. I have asked Council also to look at a new rate deferment policy. Staff have been tasked with providing options to save money in our annual plan budgets balanced against the need to invest in shovel ready projects to get people back working. Council will meet late May for further consideration of these items.

There may well be suggestions that you as locals can offer for council to think about. Those thoughts can be directly passed on to me or one of the ward councillors.

I hear comments and concerns around employment and I have called most of the principal employers throughout the district, including Taihape, asking what we can do, how are they are impacted and whether they are taking all of the support available through government. I have just had information to say that our district may be one of 4 rural councils offered extra government funding to support employment initiatives and there will be more to come on this soon. We are asking that all of the employers register through us to enable a

complete data base which we can use as a point of contact. We are also working with Louise at MSD to look at employment/training opportunities.

Our district is well placed to come out of this Pandemic better than other areas as we have had no cases and our principal employment is around essential services such as farming and forestry which will be in demand. However, the effects of this pandemic will be felt for years, there will be businesses that will struggle to survive and we need to support them and our people that are out of work. I have asked Council to set up a Mayoral relief fund, which has been approved, to provide some extra support in the future.

While our immediate focus has been welfare and our annual plan, Council and I will devote a lot of time this year in thinking about how we plan for the future through our long term planning and I would like to engage with you all sooner rather than later. Provision of health services, community housing, building programs and how we will partnership with Iwi will be on that agenda.

On the local news front Council has decided to progress the build of a single story building on Memorial Park, any discussion in the future regarding the grandstand is a separate discussion. Our decision will not please everyone, that is understood and expected, however we have deliberated too long and we need to service our sports facilities now. One of our failings has been not to make a decision.

Nga Mihi Andy 0276 177668

#### **MAJESTIC THEATRE TAIHAPE**

We are missing everyone & we are looking forward to reopening soon. When we do:-

- All regulations will be followed to keep you safe & to enjoy your outing
- Please note we will have to wait for content to come available before opening

Watch our website/facebook & theatre window for up to date information www.majestictaihape.co.nz www.facebook.com/majestictaihape/

Join our newsletter *majestictaihape@gmail.com PH* 388 9152 for more information





#### Where are Taihape's

Defibrillators?

An ongoing project means the Taihape Ward will have more locations to access defibrillators. Currently they are located in:- St. Johns ambulances, McDonald's McCafé, between 6am and 11pm & New World Taihape 7am to 8pm. Download the app to find more in NZ.

https://aedlocations.co.nz

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## **COUNCIL NEWS**

4ay 2020

#### Message to our Ratepayers - Please talk to us...

The Covid-19 pandemic has changed the world as we know it. The full impact is still unknown.

New Zealand's action of going early and going hard into lock down (Alert Level 4) has put us in a good position to eliminate. Covid-19. This however has come at a considerable personal and financial cost on some individuals and businesses.

Council met at the end of April and agreed on measures to assist businesses and individuals with hardship caused by COVID-19, the outcome from that meeting is covered in a media release included in this publication. Further measures will be discussed at the next Council meeting on Thursday, 28 May.

Council provides, and will continue to provide, essential services to the community i.e. water and waste water, roading, animal control, community housing, and leading the Civil Defence pandemic response. Other services like playgrounds and sports parks aren't open at the moment, but they will be when the Alert Level conditions allow.

Your next rates invoice is due Wednesday 20 May. This may put an extra financial burden on some people, and we understand this. If this applies to you, please talk to us early as we can put payment plans in place to help you through this difficult time.

Remember there are other places you can seek help - your bank for assistance with mortgage repayments, and Work and Income (MSD) for wage subsidy scheme and financial assistance. Please ring us if you want to discuss a payment plan – our number is 0800 422 522 or email into Council on info@rangitikel.govt.nz.

Getting this far in the fight against Covid-19 has required a collective effort by every New Zealander, in every community. Together, we will get back to business as usual.

Official government information is available at covid19.govt.nz

Kia kaha, be kind and stay safe,

# Taihape Water Restrictions have been lifted.

There are no water restrictions now in place for the Rangitikei District.

# Need help?



If you need essential household goods and services or an emergency food parcel and are unable to make arrangements through your own support networks, we can help you.

Available 7am to 7pm - Seven days a week.

0800 422 522 (24 hrs) | info@rangitikei.govt.riz | 46 High Street, Marton





rangitikei.govt.nz



MEDIA RELEASE - 4 MAY 2020

# Council's Response Package to COVID-19

Making this place home.

Rangitikei District Council met on

Thursday, 30 April and agreed on a number of assistance initiatives to help businesses and individuals as part of its response to those suffering hardship due to COVID-19. These include:

Small to medium businesses will be paid weekly rather than on the 20th day of the month following an invoice.

No increase in fees and charges (or any new fees) for the 2020/21 year, compared with 2019/20, and there will continue to be no borrowing or overdue charges at the District libraries.

A refund of half the annual fees received for use of Council's sports fields will be made to sporting organisations.

A refund of three months' licence fees to all food outlets, hair-dressers and other registered premises operating in the District that closed during alert 3 and 4 of the COVID-19 response.

A refund of application fees lodged for building or resource consents which are withdrawn because of hardship or other issues associated with the COVID-19 alerts.

Council also committed to reviewing its rates remission policy on the grounds of financial hardship and, in June, will look at projects and budgets to ensure any increases are kept to a minimum. Council unanimously agreed to establish a Rangitikei Mayoral Relief Fund Trust to assist the livelihood of individuals and businesses in the District following the disruptions caused by the COVID-19. An initial grant of \$5,000 was made to the Trust, which is now open to receive public donations.

Mayor Watson said a locally administered fund provides an opportunity for a more targeted approach to complement what the Government response is. "Local businesses will be contacted to seek their views on what they need Council to assist with.



## **TAIHAPE HONDA**

89 Hautapu Street | Ph: 06 388 1211 | www.taihapehonda.co.nz

# NATUROPATH

- KAREN HUGHES -

#### Your Health Guide to; Calming Your Nervous System

We know that being out in nature is well known to help calm and reduce our stress levels, (even if social distancing is required).

However it has remained unclear how much is required, how often, and what type of nature experience is of benefit. Studies reveal that 20

to 30 minutes sitting or walking in a place that provides a sense of nature, was the ideal duration to efficiently lower cortisol levels.

The most optimal benefits of this activity were derived when participants avoided the use of social media, internet and phone calls, and did not read or converse while enjoying the great outdoors!

At its worst, anxiety can be debilitating, affecting us physically and mentally and stopping us from living our best lives.

• Reflecting over everyday life factors, including work and family and financial issues and health levels can spiral out of control, leading to anxiety, difficulty sleeping, or both.

• The resulting impact of stress and/or poor sleep either short or long term, may negatively effect the nervous system, metabolic, endocrine and immune systems.

Herbal Medicines have traditionally been used to help reduce anxiety and low moods.

Whilst meditation and yoga, and exercise have the ability to modify the complex neurotransmitters in the brain, certain herbal medicines may also moderate these neurotransmitters.

Carefully selected herbal medicines can have positive effects to help overcome symptoms of anxiety and disturbed sleep; however a truly holistic approach will also include nutritional and dietary and lifestyle changes that provide a solid foundation for long-lasting improvements. Education on healthy eating, exercise and lifestyle modifications, stress reducing tips, and the benefits of goal setting and practicing gratitude, are all considerations when experiencing anxiety, stress and insomnia.

More information on "A Happier Nervous System" on Facebook.

Karen Hughes P 027 316 2341 E karenhughes@xtra.co.nz Clinics; Taihape Tuesday Level 2 Mayor Watson said a locally administered fund provides an opportunity for a more targeted approach to complement what the Government response is. "Local businesses will be contacted to seek their views on what they need Council to assist with.

In the past Mayoral Relief funds have been established and provided much needed financial help and it is hoped this fund can do the same.

We understand COVID-19 has put added financial pressure on many businesses and ratepayers so we will continue to look for ways to help.

Rangitikei District Council is working closely with our regional economic development agencies and with

Government. We're periodically sending out surveys to our database of local businesses so that the decision makers can hear directly from our community. This input helps to shape the

Government's response and ensures that the needs of Rangitikei are captured, along with guiding Council on how we should prioritise Council's local relief efforts. I encourage businesses that haven't heard from us to email info@rangitikei.govt.nz to join our database."

#### Contact:

Mayor Andy Watson 027 617 7668 Carol Gordon 0275 412 523



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#### HOW TO SAVE MONEY IN THE HOME

Simple ways to lower your energy bills this winter and keep healthy. Keep your home warm - Draw curtains at dusk to keep in the day heat. Draughts can be stopped by making sure window and doors fit their frames, try a door snake or draught stopping tape around windows.

Heat is expensive - many heaters are only big enough for one room so close the door and pull curtains. Unflued gas heaters can be bad for your health and never use in the bedroom! A cheap portable electric heater costs less to run and won't make your house damp. Set your thermostat, aim is between 18 to 20c. Heating the water for showers will boast you power bill-reduce your shower time, I know we all like a hot shower that's ok BUT a 15minute shower costs around \$1, a 5 minute shower around 33c. A family of 4 could be saving around \$18 a week just by taking shorter showers. That's \$900 a year! Mould in bathrooms can causes health issues try a spray bottle filled with white vinegar, let set and wipe off.

Open windows regularly this helps remove moisture and prevents damp and mould. Use cold washes for clothes - unless you have an especially dirty load. Modern washing machines and detergents clean well using cold water. A hot water wash can use 10 times more electricity than a cold wash. We all dry clothes inside but this can cause moisture to build up, try to dry outside or if you can't find a sunny spot, don't leave wet washing in a closed room. Also If you own a dishwasher - run it when it is full and on 'eco' mode.

If you have a heated towel rail, only use it when needed. A heated towel rail left on 24/7 can cost you \$170 per year to run. You can buy timers for towel rails that come on automatically. Lighting is one of the easiest places you can save energy around your house. Turn lights off when you're not using them. Replace incandescent light bulbs with energy efficient LEDs - and save \$100 or more a year on electricity in your house.

Find more tips at energywise.govt.nz



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#### Taihape Community Board Comments

It is certainly in the most unusual circumstances that I write this update from Taihape Community Board. It has been a difficult few weeks for all of us and I would like to thank you for your continued commitment to the isolation rules of Level 3. As the Government prepares to drop to Alert level 2 playing by the rules is still very important to ensure that we are not a vector for the virus.

One cannot help but be impressed by the response of our community in events such as we are experiencing – neighbours looking out for neighbours, iwi groups and community services organisations coming together to support vulnerable community members. A big thankyou to all members of the Taihape Community Response Group (TCRG).

While acknowledging that Taihape is essentially a strong agricultural area it is also important that we have a vibrant and positive urban community to be able to maintain the essential services our community needs. So please heed the message in the "Shop Local Rangitikei" strategy and support our local shops and businesses

At present it has not been possible to push ahead with the various projects that the Community Board is undertaking. However members have kept in touch with each other and with the District Council. I recently had a casual conversation with our Mayor, Mr. Andy Watson and he expressed support for our community and would like to hear any concerns, plans and projects that local folk, rural and urban, may have. Now is the time when Councils are working on District Plans both short and long term. Remember we are planning for an "unknown" future --possibly for a changing economic and social situation so do have your say. Feel free to talk to your Community Board.

Ann Abernethy (Chair, TCB)



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# Being local is what makes all the difference. OPEN Yes, we are still open for business!

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#### ROSES FOR THE GARDEN

As winter approaches keen gardeners will know this also ushers in the start of the 'new rose' season a prime time to explore

new breeds and stock up on some old favourites.

Choosing the right Rose.

- Pick a rose that has three or four healthy stems.
- Look out for wrinkled canes as this can be a sign the rose has dried out at some point.
- Try to avoid obvious signs of damage this may cause plant failure down the track.
- Highly fragrant roses can often lead to higher maintenance and shorter vase life.

Brook O'Donnell's personal favourite David Austin's Jubilee Celebration. (picture ) Most importantly says Brook 'Be

adventurous, I have seen climbers used in place of bush roses and the vigorous growth of bush roses trained into climbers.

This new FEATURE is written with advice from the Taihape Garden Club

TONY: Why are soldiers so tired on April 1?
TODD: Beats me!
TONY:

Because they just had a 31-day March!



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Taihape Neighbourhood Support is the lead agency of the Taihape Community Response Group during the COVID-19 pandemic. This organisation comprises the organisations providing health, social and

emergency services to Taihape and districts – Taihape Neighbourhood Support, Older & Bolder, Heartlands, Work & Income, HealthCare NZ, Taihape Voluntary Fire Brigade, New World, Police, Mokai Patea Services, Quick Stop, Taihape Health Limited, Winiata Marae, FoodBank, Presbyterian Church, Taihape Community Development Trust, Taihape Area School, Anglican Church, Healthy Families, Rangitikei District Council, St John.

The Taihape Community Response Group has met weekly by teleconference calls since 24 March. Organisations report the work they have been doing to meet the needs in our community and identify issues that need addressing.

The TCRG has 12 volunteers with ID badges and travel cards from Rangitikei District Council who assist people with their grocery and prescription shopping.

Call 0800 725 678 if you or a neighbour need assistance. Help can be provided, through the Council or the Food-Bank, if you do not have access to your money for groceries

# Taihape Neighbourhood Support Inc. 021 0261 6002

tnselizabeth@gmail.com