# TALK UP TAIHAPE

Taihape Community Development Trust - July 2022



The Taihape Community Development Trust proudly presents



# 24th September 10am -2pm The Outback

For more information or to register your stall call 06-388-1307 or email info@taihape.co.nz

#### Markets

Food

Gumboot ThrowingEntertainmentHat and GumbootBaby Animal FairDecorating CompAnd Lots More



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- Use of an e-bike for a full day to explore the Laughing Moa cycle trail
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- · Use of the spa facilities at the lodge



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# Council News

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

FROM THE Mayor's Desk

Having had a couple of early morning starts in Taihape and the north recently I have been welcomed to some frosts which we have seen little of over the last couple of years. The upside is that the parasite loadings on our farms drop and with the mountains looking amazing the skiers are back to support our

hospitality industries. Last week I had to Zoom into the Council meeting, passing the chair to Deputy Mayor Nigel Belsham which he handled incredibly well. I was at home with a particularly nasty 'flu which seems to be doing the rounds. With 'flu and the resurgence of covid please get vaccinated. In my case I had an appointment for a 'flu vaccination and put it off with an apology to do other things something I surely regretted later.

The building work going on in Taihape is great, with the new Fire Station, the Amenities Block under construction together with assurances around the Squash Building upgrade and new St Johns building, things are looking very positive. Council had the first, of what will be a couple of working meetings, to discuss the business case for the Taihape Town Hall and Centre. I will expect that in the near future options will be put in front of the community for discussion. We do have some approved figures within the Long Term Plans to be able to progress



this, however I'm sure we will be challenged by forecast cost function.

Elections for Mayor and Councillors take place in October and nominations open on 15 July and run until 12 August. Please consider running for Council and if you are interested either attend a Council meeting or talk to myself or a Councillor to understand what is involved or refer to the Council website for information.

The Friends of Taihape, Hautapu River Parks Collective Planting Day is scheduled to take place on Saturday 13 August at 9.30am. All are welcome – bring spades, gumboots and a smile! The day will conclude at 1pm with a BBQ. This is a child-friendly event but please note that it will take place beside the Hautapu River.

Ngā manaakitanga, Andy Watson, Mayor of Rangitīkei District.



# **Events Calendar**

**17 July 2022** Midwinter Swim and Manu Competition (Postponed), Meeting of the Waters, Rangitikei River, Taihape, \$2 entry

**06 August 2022** Taihape Community Market, St Margaret's Anglican Hall, 41 Huia Street, Taihape, 10am to 2pm

**13 August 2022** Three Choirs in One Concert, St Mary's Catholic Church, 51 Huia Street, Taihape, 2pm, \$15 admission

**13 August 2022** Planting Day, Hautapu River Park, Taihape **24 September 2022** Taihape Spring Fling, The Outback, Taihape, 10am-2pm

## **Lottery Community Committee Fund**

Lottery Community grants are available for not-for-profit organisations with a community or social service focus. This can be used for ongoing operating costs or projects which help improve the quality of people's lives in their communities.

The Lottery Community Committee fund is currently open, and closes on the 20 July 2022.

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

If you have any inquiries please email <a href="https://www.novembolic.com">lowernorth&nelson@dia.govt.nz</a>

## Welcome to New Residents

The Trust welcomes all families

who have recently moved to our community.

# Local Group Contact Details

**Taihape Arcadian Singers** contact Esmé Haigh 027 309 1809 **Taihape Art Society** meets every Monday at 10am to 2pm, contact Raema Mickleson 06 388 1138

**Taihape Community Garden** help out at the community garden, contact Evelyn George 021 089 8672

**Taihape Contract Bridge Club** meets every Monday at 7pm, contact Marion Cleaver on 06 388 0056

**Taihape Friendship Group** meets every 2nd and 4th Wednesday at 10am, contact Karen 027 240 2593

**Taihape Garden Club** meets every 1st Thursday at 7pm, contact 021 072 7500

**Mainly Music** meets every Thursday 9:30am to 11am for babies to pre-schoolers at St. David's, contact Jessica Baird 021 143 1591

**Taihape Men's Group** meets every 2nd Friday at 1pm, contact Warren Couper 06 388 0199

**Taihape Museum,** open Sundays 11am to 2pm, contact Frances McKeown 021 0880 5952

**Taihape Older and Bolder** contact Beth Carter 022 174 6611 **Taihape Spinning Group** meets every 1st and 3rd Wednesday 10.30am to 3pm, contact Jenny Abernethy 06 388 1620

**Sustainable Taihape**, sewing and working bees, contact Vanessa Witt 020 410 31577

**Te Roopu Oranga** meets every Tuesday 2pm to 3pm and Thursday 10am to 11am for Tai Chi/Sit Fit for Kaumatua 65+, Kokako St Hall (Bowling Club), contact Mokai Patea Services 06 388 1156.

**Taihape Walkers Group** meets every 3rd Saturday, contact Warren Couper 06 388 0199

**Whanau Hobby Hutt** meets every Wednesday and Thursday at 6pm to 8pm, contact Gary Johnston 027 446 4498

**Taihape and District Womens Club** meets every 1st Wednesday at 1.30pm, contact Viv Tantrum 06 388 0635

#### Taihape Health Centre Development update

The governors group for the Taihape Health Centre Development met post COVID 19 face to face in June as a group and with the architect. Duncan Sinclair, Black Pine Architects managed to "wow' all of us that were at the hui with a very slick presentation of the key elements of the design which will be necessary for this facility to really come alive and deliver to all the stakeholders; Iwi, community and providers. The governors believe that by the July hui we will be at a stage when we can start communicating these design plans to the wider community and get your feedback.

We have met with various groups in the community that utilise the space to understand what their current and future needs are, and to understand what is mportant to consider when we unpick some of the design elements. The Kaumatua / Rangitahi group talked about how the place made them feel and it was important that we think about the welcome area and not have public facing spaces where others could hear you sharing personal information on arrival. Ngawini and Gemma will work on extending and connecting with wider groups in the community over the next month to understand "what matters to you".

It was clear that community groups would like to have access to a part of the Centre that would be used for activities and hui and could be shut off from the health and social services spaces so it could be used afterhours and at weekends. We see that with a bit of design tweaking the space that is the current café / kitchen could be remodelled to work for this purpose. This would work for Whanau waiting for loved ones in Chris Bennett's care, Tai Chi and social gatherings and connection activities.

With COVID 19 / Flu and other pandemic illness we need a space for the clinical team to assess patients and whanau in their cars. Duncan has proposed a turn-around area called the "Hilux Turnaround" which could be used for this purpose and connects with the old wing that many years ago was Dr Young's general practice wing. It does require us to cut into the retaining wall so we are ensuring from an engineering perspective this is 'do-able'. To connect directly, we have proposed a linking corridor. This will give better access to that space for the clinical workforce and we think that the space could then be used more often than it was in the past.

The model of care is being worked on. This involves the team at Taihape Health Ltd working alongside the Whanau Ora team at Mokai Patea Services. How these two teams work together in the future will be key and the process of designing this model together is even more important. Gemma Kennedy and Ngawini Martin have worked together for many years and we are confident these two will create a model that works for the future.

Other business activity that is being worked on with the DHB (now Health NZ from 1 July), is the campus lease with Otaihape Health Trust. Marian Cleaver the Trust Chair has forwarded the draft to their legal advisor and we await further negotiation to get this agreement right. The DHB also agreed some time ago to tender for the removal of the Staff Quarters facility. Tender interest has been gathered and we are waiting on the commencement date for this building to be removed.

The next meeting is scheduled for July and we hope to then agree to come out to the community to share our learnings and planning to date in a face-to face hui.

Tracey Hiroa Michael Andrews Gemma Kennedy Mary Freeman Marian Cleaver Jaime Reibel

# **Those Lodge Guys**

Freemasonry encourages moral standards, individual rights, and hands-on involvement in community and charitable issues, as well as the opportunity to socialize with men from all walks of life.



I am Bob Isles, Chairman of the Membership Committee. I am writing to invite you and your wife/partner to a Friends afternoon at the Lodge Room in August. Find out what Freemasons do, and our contributions to the local community. Did you know in 2021, we donated funds to Taihape Health to buy a Bone Marrow medication system?

We are a non-religious organisation; men of all faith are welcome. We do have a belief in a superior being with the Bible as our guide. We do not talk about politics or religion in the Lodge Rooms.

2pm Sunday 14 August Lodge rooms (opposite the school) Huia Street

RSVP Stu Alden-Smith on 027 374 3145 by 10 August for catering. Like one of the Lodge member to visit you? If so, just give Stu a call.

Bob Isles



#### **Three Choirs in One Concert**

#### Saturday 13<sup>th</sup> August, 2 pm at St Mary's Catholic Church Taihape

#### Admission \$15

After a long break due to covid restrictions, the Taihape Arcadian Singers are pleased to host a concert that brings together three choirs to present a selection of their music for your enjoyment.

The participating choirs are

- The Volcanic Singing Group from Raetihi, a small a capella group who meet to sing songs from all over the world in 3 or 4 part harmony.
- The Lyric Singers from Wanganui, a larger community choir who have a wideranging repertoire, and are well known in the region for their public concerts and support of local charities

The Arcadian Singers, a community choir well known in the Taihape area

The programme will be diverse and interesting as each choir performs a selection of their own music. The concert will conclude with the three choirs combining to sing two well-known choral pieces, Mozart's Ave Verum, and The Chorus of the Hebrew Slaves by Verdi. Choir members regularly experience the joy of singing in groups and look forward to sharing that joy with their audience.





#### Men's Health

Men's Health Week, the 3<sup>rd</sup> week June, was part of a global health campaign to raise awareness of the health issues men can face and the steps they can take to support themselves.

Did you know that the top 7 causes of death in New Zealand men are ischaemic heart disease, cerebrovascular disease (stroke), suicide, lung cancer, motor vehicle accidents, diabetes and colorectal cancer?

We encourage men to be open to preventative health & wellbeing strategies;

- Get our blood pressure down, keep our heart as healthy as we can, get a prostate check, keep our mates close and don't set our goals where we can't reach them.
- •
- That's the message from Men's Health Week – small steps, small changes can make big differences to your health and your life.

Chronic stress underlies many conditions including cognitive dysfunction and fatigue. Both physical and mental fatigue can feed back into the chronic stress cycle by impairing performance at work and at home, placing further stress on the nervous system.

Some symptoms that are a result of:

Acute and Chronic stress, do you have?

No Stress Felt stressed Early stage of Burnout

Energy Levels,	do you?
Wake up with Energy for the day	
Wake up feeling unrefreshed	
Unable to bet out of bed/stay awake	
Cognition,	do you have?
Mental clarity	·
Brain fog	
Small errors	
Reduced capacity to get work done	
Sleep,	do you?
Sleep 8 hours easily per night	
Occasional difficulty falling/staying asleep	
Insomnia?	,
Anxiousness,	are you?
Relaxed	m e y e u e
Uptight	
Tense	
Anxious	
Mood	are you?
Full of Joy	ure you.
Brief periods of low Mood	
Persistent Despondency	
i ersistent Despon	acticy

If you feel that you may have some stress or tension that is impairing your ability to work, and your energy is low, then please consider making an appointment with your Health Care Professional today.

For more information: https://www.menshealthweek.co.nz/mhw-media-2/

> More information on previous topics of discussion, go to Facebook: Karen Hughes Naturopath

Naturopathic Consultation: Karen Hughes 027 316 2341 Email; <u>karenhughes@xtra.co.nz</u>



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# Gardening in Taihape

#### **Ground Covers and Accent Plants**

Leading on from creating layers in the garden, an often overlooked and very important structural elements in any garden are often overlooked.

Ground covers can be essential to many garden schemes but also provide interest. Ground covers provide the softer and less defined element in planting schemes, they are the in-between elements of larger shrubs and offer a protective layer over the earth. Ground covers can have a great success in weed reduction and moisture retention and therefore less maintenance.

A good place to start if you are thinking that ground covers could be the answer in your garden are species like Ajuga reptans and Pachysandra terminalis. These both have thick foliage and great spring flowers. Both have a creeping nature and will establish quickly. With any garden it is important to have a coherent schema in mind. Planting ground covers with accent trees and shrubs will provide contrast but also can accentuate an accent plant. Take pachysandra for example, its striking green foliage with white spring flowers can provide a striking contrast to an accent tree like an Acer with its red leaves. This type of thinking will ensure areas of your garden provide impact.

Happy Gardening

Brook O'Donnell

This feature is written with advice from the Taihape Garden Club. Like/share/read comment on their Facebook Page



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# Services Available in Taihape

#### Horizons Bus

Pick up 1st Thursday every month to Whanganui Pick up 3rd Thursday of every month to Palmerston North Buses leave at 9am from the Taihape Railway Station and then at 9:05am from the Town Hall Return by 3.30pm Return fare \$28.00pp, children under 5 are free

#### **Taihape Transfer Station**

Manu Road, Taihape 06 388 0170 Monday 7:30am to 11:30am Tuesday CLOSED Wednesday 7:30am to 11:30am Thursday CLOSED Friday 7:30am to 11:30am Saturday 8am to 3pm Sunday 8am to 3pm

#### **Taihape Rural Health Centre**

3 Hospital Road, Taihape 06 388 0926 Monday to Friday 8:30am to 5pm Saturday 9am to 12pm

**Taihape Public Library, Information Centre & Services** 102 Hautapu Street 06 388 0604 Daily 9am to 5pm.

#### **Taihape Pharmacy** 85 Hautapu Street, Taihape 06 388 0000 Monday to Friday 9am to 5pm

Taihape Neighbourhood SupportContact Elizabeth Mortland 06 388 565 or 021 0261 6002

Koha Shed Contact Beryl Kawau 027 265 9414

#### St Margaret's Church

Huia St. Taihape

#### THANKSGIVING SERVICE

24 July 2022 @ 10am

The Arcadian Singers will be leading the singing

Everyone welcome to join us on this joyous occasion

## New to our community

St David's Church is hosting a community fellowship afternoon every second Sunday of the month starting 14 August at 2pm.

Everyone is welcome to come along and share old favourite songs, stories and have fun. It's all free, and it's for everyone.

The afternoons will include an afternoon tea from 3pm.

You don't have to book, you just have to show up.

WhatCommunity Fellowship afternoonsWhen2pm to 4pm, second Sunday of the monthWhereSt David's Church Hall, Huia Street

For more information

Llew 027 435 7009 or Chrissy 06 388 9256

Everyone is welcome. Transport a problem? Get in touch and we will help you .

#### TAIHAPE WOMEN'S CLUB

Next Meeting Wednesday August 3rd, 1.30pm.

WHERE: St Davids Church Lounge

#### PLEASE NOTE OUR CHANGE OF VENUE.

Our Guest Speaker will be Denise Burrows who will talk about being a contestant on and winning My Restaurant Rules

ALL WELCOME

#### TAIHAPE FRIENDSHIP GROUP

New to town or looking to meet new people?

Looking to get out of the house for a couple of hours and have a few laughs?

Then come and join us for a cuppa and a chat, join in on a planned activity and even stay for lunch. New members are always made to feel very welcome.

**Meeting:** the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month between 10.00am and 1.00pm.

**Venue:** Taihape Rugby Rooms – 34 Kuku Street, Taihape

Cost: \$ 5.00 - on the day if NOT staying for lunch

\$10.00 - on the day if you would like to have lunch with the group \$15.00 – Annual Membership Fee

Contact: Karen – 027 240 253 (please RSVP for catering purposes)



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Tom Whittle and Olivia Davis-Attfeild are taking over and we are sure they will carry on providing a great service for you. We will be staying on to help support them as they start off in the Business

We would like to thank you all, New and old customers for many years of business you have given us.

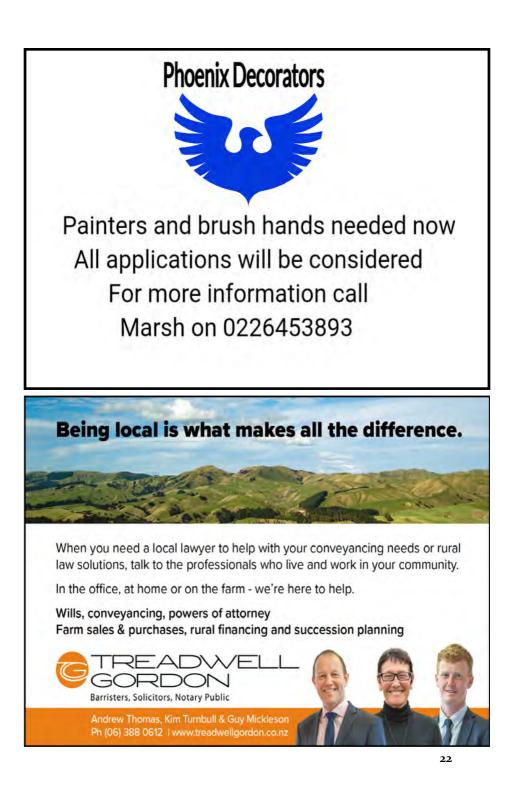
Kind regards,

Beth, Tony & Steve



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# YOUR COUNCIL, YOUR SAY YOUR RANGITĪKEI

# Are you passionate about making big decisions that best represent your community?

Council members are elected to represent the voices of their community by making decisions that act in their best interest.

#### What makes a good elected member?

Councillors make decisions on things that affect us every day, from water and roads to libraries and sports facilities. To do this effectively it helps to be a strong leader and communicator who can engage with a variety of different people and manage expectations.

Many of the decisions that Council makes are focused on the long-term so it also helps to be a strategic thinker and a confident decision maker.

#### What can I stand for?

We've got 20 positions to fill across the district including a mayor, general ward councillors, Māori ward councillors and community board reps.

#### Who can stand?

You can stand if you're

- a New Zealand citizen; and
- aged over 18; and
- enrolled on the parliamentary electoral roll.

Our community is diverse and it's important that our council is too. We encourage people from all sorts of walks of life to stand.

#### Think you've got what it takes?

Candidate nominations are open from 15 July 2022 until 12 August 2022 at 12 noon.



Visit rangitikei.govt.nz/stand to download a copy of the nomination forms

www.rangitikei.govt.nz/elections







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# **John Hewitt**

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# THANK YOU

The Taihape Community Development Group would like to thank the following organisations for providing grants towards projects and events that were organised for our community.

> Taihape Community Board Community Matters - Lottery Communities





## TALK UP TAIHAPE

Advertising Prices 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).

1 page (A5) \$50

1/2 page \$30

1/4 page \$15

Advert formatting & assistance \$15

All prices include GST

Advertising deadline 12pm Thursday 4th August 2022

Publication and distribution Thursday 11th August 2022

Email Sarah: admin@taihape.co.nz or call 06 388 1307.

Online version available through www.taihape.co.nz

#### Films coming up at the Majestic Theatre

5c Tui Street, Taihape

#### Cinemas are where memories are made

#### WHINA (PG) 112min

#### 4pm Sat 2<sup>nd</sup> FINAL

#### DOWNTON ABBEY: A NEW ERA (M) 125min

4pm Sun 3rd FINAL

#### JURASSIC WORLD: DOMINION (M) 147min

7pm Sat 2<sup>nd</sup>, 7pm Fri 8<sup>th</sup>, 7pm Sat 9<sup>th</sup>, 7pm Sat 16<sup>th</sup>, 4pm Sun 24<sup>th</sup>

#### MINIONS: THE RISE OF GRU (PG) 87min

3pm Sat 9th, 12pm Sun 10th, 12:30pm Fri 15th, 2pm Sat 16th 3pm Sat 23rd

#### LIGHTYEAR (PG) 105min

12:30pm Sat 9th, 2:30pm Sun 10th, 3pm Fri 15th, 1pm Sun 17th, 2:30pm Fri 22nd

#### TOP GUN: MAVERICK (M) 131min

7pm Sun 10<sup>th,</sup>, 7pm Fri, 15<sup>th</sup>

#### MOTHERING SUNDAY (M) 104 min

7pm Sun 3<sup>rd</sup>, 7pm Sun 17<sup>th</sup> FINAL

#### ELVIS (M) 154min

3:30pm Sun 17th, 7pm Sun 24th

#### THOR: LOVE AND THUNDER (M) 119min

7pm Fri 22<sup>nd</sup>, 7pm Sat 23<sup>rd</sup>

OPERA RIGOLETTO (E) 196min 4pm Thu 28th July, ONCE ONLY

\*Do check website that dates and times haven't changed & any new films added

www.majestictaihape.co.nz www.facebook.com/majestictaihape/ Or join our newsletter majestictaihape@gmail.com PH for timetable 063889152 or leave a message for more info