# TALK UP TAIHAPE



Taihape Community Development Trust - February 2023

Looking back, looking forward...

2022 Community Christmas Lunch:

This was a great day, great weather with great company!

It is also a reminder that this Luncheon can only happen with the support of the community, volunteers and donations.

Setup started on Friday night, Saturday morning into the early afternoon, with final prep on Sunday morning, thank you to those that gave your time over those days.

With so many to name all I can do is say a Big Mihi to you all!

- Taihape Rugby & Sports Club
- Taihape Working Men's Club
- Taihape New World
- Mokai Patea Services
- Mayor Andy Watson and his wife Beth
- Those who made donations be it food, Christmas decorations or much appreciated funding
- The many volunteers: cooks, including those that prepared vegetables, salads, desserts, and the delicious Christmas Cake, decorators, servers, table setters, musicians and cleaners.

Gumboot Day and A&P Show:

Mother nature was not kind to us this year! We will be back in 2024.

Here's to a great 2023.

#### Pania Winiata

#### Taihape Memorial Park Grandstand Update

Thanks to the efforts of the Taihape Heritage Group, the Taihape Memorial Park Grandstand has been granted Category 2 heritage building status by Heritage New Zealand.

Heritage New Zealand have found that the Grandstand reflects the development of sports and recreation amenities in Aotearoa New Zealand and is closely connected to the history of club rugby in our country. The Grandstand is architecturally significant and is of considerable social significance to the Taihape community.



# Apply for funding for your project, event or organisation!

The second round of funding is open for the Creative Communities Fund, Events Sponsorship Scheme and Community Initiatives Fund!

Whether you have an idea for an epic event that you want to bring to life, or a creative vision for a community-based or creative project you need help getting off the ground - take a look at the funding criteria and get your applications in for 2023.

- Events Sponsorship Scheme closes 5 March 2023
- Community Initiatives Fund closes 2 April 2023
- Creative Communities Fund closes 7 May 2023

www.rangitikei.govt.nz/fundingopportunities



#### Rates are due soon!

The third instalment of rates notices are due on Monday 20 February 2023. If you pay by automatic payment, please make sure your payment amount is correct to keep your rates up to date. If you would like your rates to be emailed to you rather than to come by post, please enter your details at www.rangitikei.govt.nz/rates

To pay online or for more payment options visit www.rangitikei.govt.nz/paymyrates









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# FROM THE Mayor's Desk

#### t is with great sadness that I acknowledge the recent passing of Terry Steedman, Ngāti Hinemanu / Ngāti Paki.

I attended Terry's service at Winiata Marae with Councillor Gill Duncan, a service attended by a huge number of people and a large number of army veterans many of whom had served with Terry in Vietnam. Terry had given many years of service to our Council and community, serving on TRAK (Te Roopuu Ahi Kaa). I have had a friendship going back with Terry for a large number of years and respected that he always gave me his views which at times were strong and he will be sorely missed.

Last weekend was the weekend of the A&P Show/Shearing Sports/Gumboot Day in Taihape and the organisers made the right decision to cancel the Gumboot Day and A&P Show. The weather was programmed to be atrocious. The shearing sports continued as part of the national shearing circuit and I watched for some time. My congratulations go to the organisers - it can't have been easy making sure there were semi-dry sheep for the shearing and the difficulty they faced in getting truck and trailer units down to the stands. My congratulations go specifically to the trucking companies and Joe Coogan for providing the assistance that was required on the day.

I understand the frustration that people in Taihape must have around State Highway 1 and the access especially between Taihape and Marton. There are a huge number of roadworks going on at the moment and it seems as though virtually every road cone in New Zealand seems to be centred on this area of road. However it's important this resealing takes place and it needs to happen during a tight timeframe through summer when



conditions are at their best. I sympathise with Waka Kotahi – their budgets like our Council budgets are extremely tight and they are having to face major reconstruction on roads right throughout northern New Zealand at the moment due to extreme weather events. We need to come to understand that this is the new norm and our planning needs to reflect that.

Council is currently heavily involved with our Annual Plan budget rounds. The inflationary pressures on all Councils at the moment are extreme. The cost of doing roadworks has increased by somewhere between 20 and 30%. Councillors are involved in a huge number of workshops to nail down a consultation budget that will go out in late March looking for submissions to be held for the adoption of the Annual Plan in June.

Thanks to those who have submitted names for recognition of the volunteers in our district. By the time you read this nominations will have closed and the Committee is looking forward to shortlisting and the awards function to be held at Te Matapihi in March to announce the winners.

Ngā manaakitanga, Andy Watson, Mayor of Rangitīkei.

(f)



rangitikei.govt.nz

# PLANT GIVEAWAY

February is the last month of summer, so what better way to salute the farewell of the season than joining in our plant give away?

Come into the Garden Centre and spend \$100 or more in one transaction on plants, and go into the draw, to win one of three chances to receive a \$100 gift voucher. This voucher can then be redeemed in our garden centre for more of your favourite plants.

Promotion runs for the month of February and will be drawn on the 1st of March 2023.

For more details call in and talk to Robyn.



Hautapu Rural Supplies - 123 Hautapu Street Taihape – Phone O6 388 9136





# Do you own an earthquake-prone building?

Come along to a free presentation in Marton on the 24th February to explore how to future-proof earthquake-prone masonry buildings in Marton.

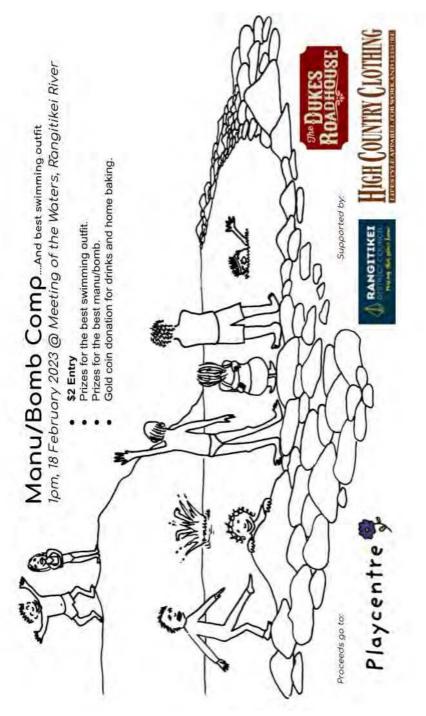
Hear from our keynote speakers as they describe the earthquake strengthening process, outline what support is available, and discuss how it affects building asset value and return on investment.

Keynote speakers

9.30am – 12.30pm | Friday 24 February Centennial Park Hall 17 Totara Street, Marton

Arthur Morgehster sprent is brought to spuil and it is bistrict Council RANGITIKET REGISTER NOW by calling 0800 422 522 or

emailing jaime.reibel@rangitikei.govt.nz



## **Events Calendar**

16-18 March 2023 Art Exhibition & Sale, St Margaret's Anglican Church, 41 Huia Street, Taihape
26 March 2023 Marton Harvest Festival, Sir James Memorial Park, Rira Street, Marton, 10am to 3pm

#### TAIHAPE OLDER AND BOLDER COLLECTIVE

#### CO-ORDINATOR

Taihape Older and Bolder Collective requires a part-time co-ordinator, working 15 hours per week, to initiate, support and co-ordinate an imaginative programme of activities for the over-50's in the Taihape Community.

Application Form and Job Description available at Ruapehu REAP, 1 Tui St Taihape

Applications close 23 February 2023

Drivers Licence essential.

For further information contact Marian Cleaver Ph 06 388 0056

#### TAIHAPE WOMEN'S CLUB

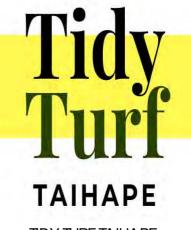
NEXT MEETING: Wednesday March 1st

WHERE: Presbyterian Rooms.

GUEST SPEAKER: Denis Robertson, Author of the book "Give me Taihape on a Saturday Night"

TIME: 1.30 PM

ALL WELCOME



TIDY TURF TAIHAPE Phone: 022 467 6512

Email: <u>turfcurenz@gmail.com</u>

## 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 Freemasons** meets every 3rd Thursday except January at 7pm, contact Greg 0274887555 or Stu 0273743145 **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 Brook O'Donnell 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 Sundays11am to 2pm, contact FrancesMcKeown 021 0880 5952

**Taihape Older and Bolder** contact Beth Carter 022 174 6611 **Taihape Rotary** meets every 2nd and 4th Tuesday at 5.45pm, Rustic Steakhouse, contact Theona Ormsby 021 122 2792

**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+, Hospital Cafeteria, 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 Women's Club** meets every 1st Wednesday at 1.30pm, contact Viv Tantrum 06 388 0635

### Administrator to Rangitikei Environment Group (February 2023)

#### About the Organisation

The role of the Rangitikei Environment Group is to help with the eradication and control of Old Man's Beard plus general environmental restoration and tasks associated with improving environmental outcomes within the Rangitikei District.

The Rangitikei Environment Group Administrator performs the following duties:

Generate Reports; Manage Paperwork and files; Pay roll; Schedule meetings; Invoicing; Take meeting minutes; Manage expense reports and generate reports based meeting minutes; Engage soft skills (communication, collaboration, decision making, time management, respect confidentiality, use good judgement, Understand our Business in the Community); Liaise with funders; Other tasks as agreed.

Hours: as agreed to meet the requirements of the role

To apply and for more information on this role contact either:

Chairman Angus Gordon 021 111 4767 Project Manager: Neil Gallagher 027 640 2485 Email: <u>info@rangitikeienvironmentgroup.co.nz</u> Taihape Dance Academy Now Taking Enrolments For 2023 Ages 3 Years & Up Come And Learn The Love Of Dance Ph Or Txt Yve On 0274 552 773



#### New News !

Recently whilst my mum stayed with us in the holiday season, we watched the 6pm news on TV.

2 great news clips to share with you from that 1 news programme;

**Firstly**; a study had just been completed from Massey university regarding cow's grazing on Plantain. The findings from this study being that the cows were healthier on this food source.

Does this mean that cows on crops which are faster growing grasses, essentially a mono-diet, be harmful to their digestive systems, and their general wellbeing? Would that also mean their digestive systems produce more gas?

How would we humans fair on a mono-diet? An example could be if you ate only apples, or burgers for breakfast, lunch and dinner – how good is that on the human digestive system, and how healthy would we be? Does the burger or apple diet (example only) give us all the nutrients we need for a healthy, well balanced body? Similarly, does a mono diet work for cows? Massey University have found that incorporating Plantain in their diet, helps to the overall wellbeing of the cows in this study.

I recall a programme on Country Calendar years ago demonstrating cows on 2 dairy farms. Of the 2 farms, one of them grazed their cows on a varied diet, of many types of plants, some which would be considered as weeds, were milked once per day, and the herd small. The second farm showed cows in a larger, conventional dairy farm- essentially on fast growing, mono-crop type grass, and milked 2 times per day. The cows from the second farm shown in the programme, showed prominent hips and ribs, with more liquid bowel motions. The first farm, the cows very well nourished, in good physical condition, with solid bowl motions.

Second news flash; that a human diet of 2 days fasting, and then 5 days of eating what you want - isn't actually that healthy for you. In more detail, the 2 days fasting, means no eating for 12, 16, 18hours. The participant apparently chooses the length of time fasting. This type of eating wont suit those who have fluctuating blood sugars, as those people need more regular meals to keep their blood sugar levels more even (and often their mood - if we are hungry some of us can get a little "cranky") There are choices in the fasting times apparently. On the fasting days - the foods are essentially proteins, fruits and vegetables (Which all of us would benefit from) and the other 5 days in the week are "Eat whatever you Like". Burgers, pizza's, fish and chips, chocolate, chippies and so on! - the article suggested these latter foods are actually not healthy for us!!

If you would like more information, or an overview of foods that are beneficial for you, your overall health and your stage in life, make an appointment today.

#### Naturopathic Consultations;

Clinics in Ohakune & Taihape Karen Hughes 027 316 2341 Em ail; <u>karenhughes@xtra.co.nz</u>



89 Hautapu St / Ph: 06 388 1211 email: <u>sales@taihapehonda.co.nz</u>

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#### 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) Taihape Community Development Trust E: admin@aihape.co.nz P 06 388 1307

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## Gardening in Taihape

If your garden has been well maintained then this will still be visible through the strong growth and vibrant colours coming through.

Even after all this rain we have seen it is still important to check on moisture levels throughout the garden. As we usually have more hot and dry conditions, the longevity of our gardens visibly has been pushed out, when this should indicate the end of their main growth season.

Our vegetables and fruits will be enjoying the much-needed extra moisture and will still be coming into maturity. However, moisture levels will still need to be maintained during the few dry days. Picking summer crops like cucumbers as they come to maturity will encourage new growth and further production of fruit. It's likely that summer pests will be a problem at various stages throughout the summer so pay close attention to this also.

Flowering species will also be hit by pests during this time and may also benefit from having a spray or two. Lightly pruning our roses and dead heads will encourage new growth for a second blooming. The constant rain will have also caused a fair bit of damage and any damaged, diseased or rotten foliage should be removed to allow fresh growth to come through.

Pay close attention to lawns and containers also. Where possible irrigate both to keep them green and vibrant, this is also a great time to prepare for implementing a lawn in the autumn and refreshing these spent container plants.

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 Leaving at 3.00pm to return to Taihape Return fare \$28.00pp, children under 5 are free Gold cards are 1/2 price

#### **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

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If you have concerns about Memory loss; Changes in cognitive behaviour or a Diagnosis of Dementia

And would like to see Fiona to discuss your concerns, please ring or email her to book a time to meet.

Fiona will be in Rangitikei on Thursday 9th March 2023

Taihape 9.30 a.m.—12.00 noon & Marton 1.30 p.m.—3.30 p.m.

Contact details:

Fiona 027-557-4073

Email: livingwell@alzheimerswhanganui.org.nz



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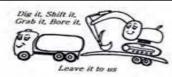
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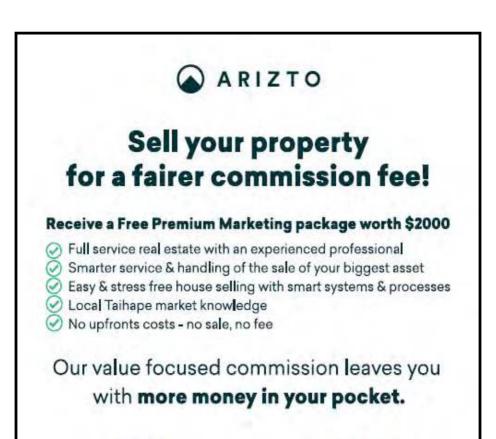


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1 page (A5)	\$50	
1/2page	\$30	
1/4 page	\$15	
Advert formatting & assistance \$15		
All prices include	GST	
Advertising deadline 12pm Thursday 2nd March 2023		
Publication and distribution Thursday 9th March 2023		
Email Sarah: admin@taihape.co.nzor 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

The Honeymoon M 97min 7pm Fri 10th Feb, 7pm Sat 18th Feb, 7pm Sun 19th Feb

Magic Mike's Last Dance M tba min 7pm Sat 11th Feb, 7pm Sun 12th Feb, 7pm Fri 17th Feb, 4pm Sun 19th Feb

> Operation Fortune M 114min 4pm Sun 12th Feb

MET OPERA: La Traviata E 195min- one screening only at 4pm 23rd

Feb

Antman and the Wasp: Quantumania M 125min 7pm Sat 4th Mar, 7pm Sun 5th Mar, 7pm Fri 10th Mar, 4pm Sun 12th Mar

> Missing M 111min 7pm Fri 24th Feb, 7pm Sat 25th Feb, Sat 11th Mar

#### Fisherman's Friends 2 PG 112min 6pm Fri 3rd Mar, 4pm Sun 5th Mar, 7pm Sun 12th Mar

Please check our Website, Facebook page or Phone recording for the movie schedule for the week in case of changes to the screening dates and times.

Website: majestictaihape.co.nz Facebook: facebook.com/majestictaihape/co.nz Phone: 063889152

EMAIL: majestictaihape@gmail.com