

TALK UP TAIHAPE

Taihape Community Development Trust - *March 2023*



Kia Kaha Aotearoa

Thank you Taihape for how you have reached out to communities devastated by Cyclone Gabrielle. Your response was swift and generous.

Many of us have families in the affected regions. Everyone has come together as Kiwis always do in times of need, and we continue to do so for as long as it takes.

Congratulations to the organisers of the mini-Gumboot Day on 26 February on a great day.

All around the main street there are signs that Taihape is a busy hub for not just our locals but for the many travellers up and down State Highway 1.

In February, the Trust farewelled Sarah Day, and welcomed Kathy Clark to the role of Administrator.

Planning is well underway for events throughout 2023 and beyond. Watch this space...

Ngā mihi

Pania Winiata

Project and Events Coordinator

Taihape



**Kōrero
Mai**

Pae Tawhiti RANGITĪKEI BEYOND



How do you think our district should grow over the next thirty years?

As our district grows, we're making plans to grow in a way that works for our communities; with enough land available in the right places to accommodate new homes and businesses.

To make sure our Community Spatial Plan, Pae Tawhiti Rangitikei Beyond, captures the needs of our community, it's important that we hear your thoughts.

- *Have we got it right?*
- *What do you feel is most important for Rangitikei over the next 30 years?*
- *What should we prioritise first?*

For more information and to make a submission, visit www.rangitikei.govt.nz/paetawhiti

***Have your say on the future for Rangitikei
by 5pm, Tuesday 25 April 2023***



Council News

March 2023

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

FROM THE *Mayor's Desk*

Rangitikei fortunately suffered a low level of damage during Cyclone Gabrielle.

People have been questioning me around how they can help and asking what is Council doing to help Hawke's Bay, Tararua, Gisborne, Wairoa and other districts. We have as a Council sent a response team with our solar powered communication system to the Hawke's Bay which has been much appreciated. My thanks to Hew and Roger Dalrymple and the other companies that have trucked over vegetables and stock feed etc. One of the difficulties is still getting supplies to where they are most needed or being able to move sheep/cattle off farms. The Local Government family is working out how we can best support the affected areas. If you would like to support some of our neighbours who've been affected by Cyclone Gabrielle, the best way you can do this is by providing financial support. You can do this by donating to some of the registered charities or the Givealittle pages listed on our website home page - Supporting those affected by Cyclone Gabrielle.

Recent Council meetings have focused on putting together a draft Annual Plan to go out for consultation. That draft should be available after the Council meeting in March. The inflationary pressures on all Councils at the moment is extreme, especially in the roading and salary categories. Various reports for instance give the increased cost of repairing and rebuilding roads to be in the range of a 20-30% increase in terms of cost. This is challenging and in my view the 2.5% inflation cost that we put into place when budgeting the

Long Term Plan a year ago is unachievable. Council will need to consider what rate increase is both realistic and affordable for our communities. The workshops so far have

proved the difficulty of that task. What we are seeing anecdotally around the country coming out in the press is that some Councils are looking at increases well in excess of 10%, I don't believe that we will be in that position however to keep our rates affordable we may well need to review what services we provide.

Finally, the last national Census was a disaster, with a large number of people not engaging or filling out census forms. Many people either thought it was only for landowners and not for people renting or just simply unimportant. Census figures and data are incredibly important - as a Council we use this information to look at such things as housing needs, assisting in our growth planning and understanding social needs. Often people say things to me like "we need better health support or more police personnel in our district". Government support and education, health, policing and much more is planned for by using census data. Simply put, it generates money and support for Rangitikei.

CENSUS DAY IS 7 MARCH. PLEASE MAKE SURE YOU ARE COUNTED!

Census packs are being delivered to all households from 13 February. Please visit www.census.govt.nz for more information. If you have not received your packs you can contact the team this way.

Ngā mihi, Andy Watson, Mayor of Rangitikei.





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Tātau tātou

All of us count

Tuesday 7 March 2023 was national Census Day, your opportunity to be in the data that influences decisions about community services and resources and to be a part of the snapshot of New Zealand today.

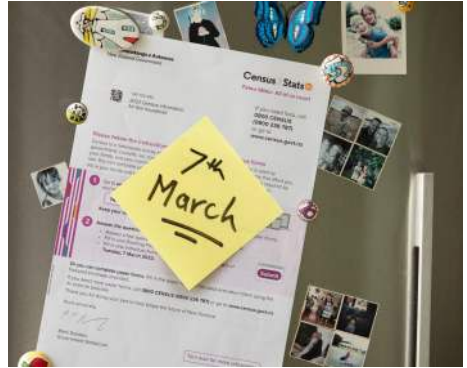


Photo credit 2023 Census NZ stats

If you haven't filled in and returned your census forms don't worry as there is still time. Collection stays open until 4 May 2023.

Still not sure about the what to do?

Contact Stats NZ Freephone: 0800 CENSUS (0800 236 787)

did you know you can do your census online?

Visit <https://www.census.govt.nz/>

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St Margaret's Anglican Church Fundraiser

Art Exhibition and Sale

St Margaret's Church Hall

March 16 to March 18 2023

Opening night

7pm Thursday March 16 2023

Tickets \$20

includes Wine and Cheese

Free to the public

9am to 5pm Friday 17 March

10am to 4pm Saturday 18 March

St Margaret's Church Hall

47 Huia Street, Taihape

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Events Calendar

16-18 March 2023 Art Exhibition & Sale, St Margaret's Anglican Church, 41 Huia Street, Taihape

23 March 2023 "Marton Harvest Festival" & "Pedal 4 Pleasure" Sir James Wilson Memorial Park - Marton

24 March 2023 NZSC Manawatu Tough Kid® 2023b Mt Biggs School Manawatu Tough Kid 707 Sandon Road, Halcombe

1 April 2023 Taoroa Scenic Tiki Tour/Side by Side Ride

1 April 2023 Kimbolton Sculptural Festival Kimbolton Sports Domain

1 April 2023 Apiti Route Gravel Race

6 April 2023 Matt Chisholm's Time Out Tour for the Rural Support Trust. Te Mataphi Bulls Community Centre

25 April 2023 ANZAC Day services



giordano stolley
photographer

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NATUROPATH

- KAREN HUGHES -

Viral News

Finding the Root Cause of Fatigue

With the recent COVID-19 pandemic, the impact of viruses on long-term immunity and energy levels has been brought into sharp focus. Research shows that viruses can persist in the body, evading host immune and inflammatory defences, in addition to impacting mitochondrial function. The outcome of viral persistence is physical and mental fatigue along with immune system dysfunction presenting as a decreased resistance to infection.

Most viral and some bacterial illnesses are followed by a self-limiting period of fatigue, however, in some cases it can linger for weeks or even months post-infection, known as post-viral fatigue syndrome (PVFS). When PVFS lasts longer than 6 months, it is considered chronic fatigue syndrome (CFS). As such, the World Health Organisation (WHO) classifies PVFS under the same category of as myalgic encephalomyelitis (ME)/(CFS). PVFS is considered a chronic neurological disease; with no defined aetiology, diagnostic tests or defined medical biomarkers.

Characteristics of post-viral fatigue syndrome

PVFS is characterised by long-term fatigue and other symptoms that severely limit a person's ability to carry out ordinary daily activities. A patient with PVFS may also experience non-restorative sleep, brain fog, orthostatic intolerance, myalgia, headaches, joint pain, and tender lymph nodes, in addition to a multitude of other immune, neurological and autonomic

symptoms. A key feature of this condition is malaise that worsens following minimal physical or mental exertion, which can persist for days, which is not relieved by adequate rest or sleep. The progression of illness is prolonged and includes cycles of relapse and remission.

Treatment considerations

Naturopathic and herbal treatments help to modulate immune responses, improve mitochondrial function, increase cytoprotection, in addition to provide symptom relief. Adaptogens are indispensable to an PVFS treatment plan and are key to improving the health outcomes.

Adaptogens (plants and mushrooms that help your body respond to stress, anxiety, fatigue and overall wellbeing) prevent and treat respiratory infections and play a vital role in convalescence. They increase resistance to viral infections, inhibit severe inflammatory progression and promote recovery and wellbeing. Clinical studies show several adaptogens can modulate innate and adaptive immunity, promote anti-inflammatory activity, provide cytoprotection and repair by inducing detoxification and antioxidant pathways in damaged cells and directly inhibit viral docking and replication. They reduce the effects of toxic stress by increasing resilience and adaptability by acting as 'stress mimetics'.

(Exerts from; ProHerb Pract-E-News

For full article go to Karen Hughes
Naturopath facebook page)

Naturopathic Consultations;
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& Taihape 22nd March
Karen Hughes
027 316 2341
Email; karenhughes@xtra.co.nz



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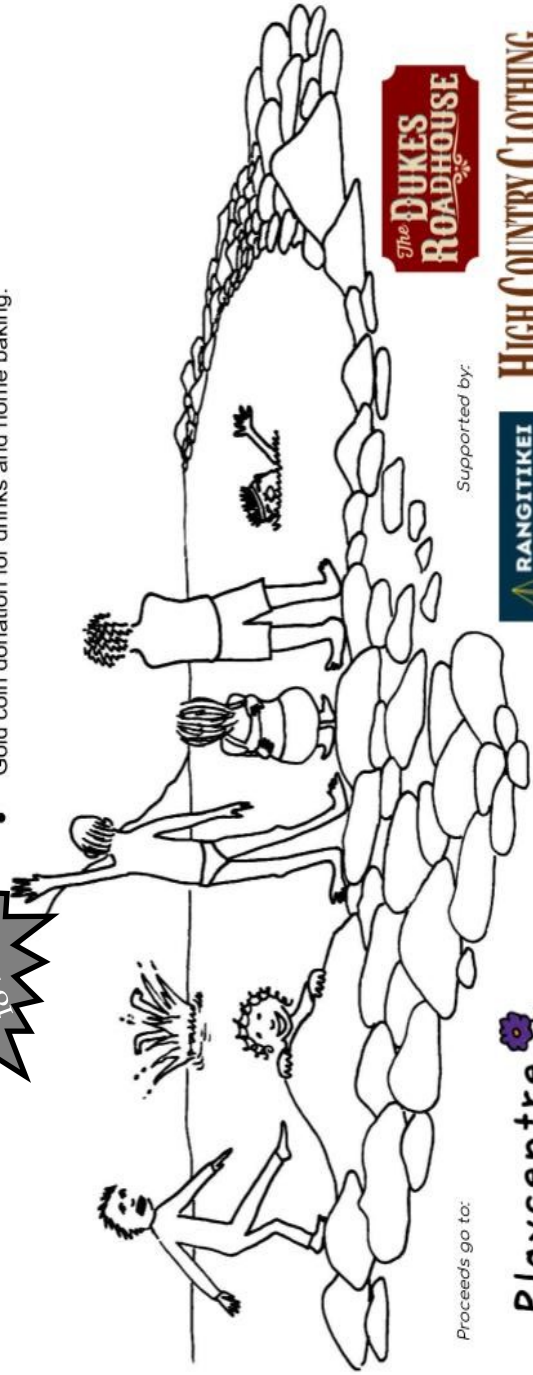
Manu/Bomb Comp

....And best swimming outfit

14 February 2023 @ Meeting of the Waters, Rāngitikei River

New date
18 March

- \$2 Entry
- Prizes for the best swimming outfit.
- Prizes for the best manu/bomb.
- Gold coin donation for drinks and home baking.



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Be a part of history

The Taihape Museum is run entirely by volunteers and relies on grant funding and the support of the community. Help is needed for gardening, scrap booking, collecting articles relating to Taihape from local newspapers, polishing cleaning, sorting and cataloguing the many exhibits at the museum and Custodians to welcome visitors each Sunday.

"Perhaps you can be the Guardian of our 'Lithotype and Press Project', help restore our machinery, have photographs to keep our History of Taihape Business up to date, or use your data entry skills to maintain our records", says Museum Secretary Frances McKeown.

Help keep Taihape's rich heritage alive. Contact Frances on 021 0880 5952 or taihapemuseum@gmail.com.

"Definitely come to our AGM on Monday 17 April at 6pm in the Museum Hall and find out more."



*PRESERVING OUR PAST
FOR THE FUTURE*

What's in store for 2023 in our little rural museum?
Here are just some of our plans...

- Maintenance of the old buildings (circa 1900s)
- A designated research area within the Museum
- Being part of local events and holding our own events

Taihape Museum. Open Sundays 11am to 12pm
Enquiries: Frances 021 0880 5952
or taihapemuseum@gmail.com



Local groups contact pages

Serving Taihape and our region

Taihape Arcadian Singers

contact Esmé Haigh 027 309 1809

Taihape Art Society meets every Monday 10am to 2pm
contact Veronica Yardley 027 412 8885

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

Taihape Contract Bridge Club meets every Monday 7pm
contact Marion Cleaver 06 388 0056

Taihape Freemasons meets every 3rd Thursday 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 for babies to pre-schoolers Thursday 9:30am to 11am at St. David's, contact Jessica Baird 021 143 1591

Looking for a local group that shares your interests?

Taihape has a vibrant network of groups for everyone.

List your group here for free.

Contact the Trust on 06 388 1307

or email admin@taihape.co.nz for details.

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 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 for Tai Chi/Sit Fit for Kaumatua 65+

Tuesday 2pm to 3pm and Thursday 10am to 11am
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

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



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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 holders half-price

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 Support

Contact Elizabeth Mortland 06 388 565 or 021 0261 6002

Koha Shed

Contact Beryl Kawau 027 265 9414

Taihape Transfer Station

Manu Road, Taihape

06 388 0170

Monday 7:30—1:30am

Tuesday CLOSED

Wednesday 7:30—11:30am

Thursday CLOSED

Friday 7:30—11:30am

Saturday 8am—3pm

Sunday 8am—3pm

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Community classifieds

Taihape Museum AGM

6pm Monday 17 April

Museum Hall, Tuia Street

Contact Frances 021 0880 5952

taihapemuseum@gmail.com

Taihape Gymnastic Club AGM 2023

All welcome

6pm Wednesday 22 March

Old Taihape College Gym, Rauma Road

Contact Danielle taihapegymnsports@gmail.com

Gardening in Taihape

With all the rain we have had over the summer it has brought the garden back to life. Garden and flower beds should be bursting with life and if it's anything like mine a full array of green.

The main harvesting of apples and late stone fruits should have begun, this is the month for harvesting most orchid fruits and tidying up these fruit trees. Some spraying may be required but after all this wild weather it should be a matter of timing any broken and loose limbs.

New lawn areas could be implemented this month and tidying up of those patchy areas. Sowing new seeds sounds easy but be mindful of trying to get the right seed for your specific needs, this can make all the difference down the track when it comes to maintenance and general wear and tear.

Mulching Trees

A good tip for trees is to mulch the base. When mulching around our trees keep mulch and grass clipping free of the trunk. It is best to create donuts around the tree base rather than piling it up and smothering the trunk. Feed before applying the layer of mulch or if need be spray first to ensure a clear drip line around the base and use the mulch to lock in all that moisture for a successful growing season next year.

Happy Gardening

Brook O'Donnell

Taihape Garden Club.

Like/share/read comment on our Facebook Page



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Spring Fling
2023

16 September 2023



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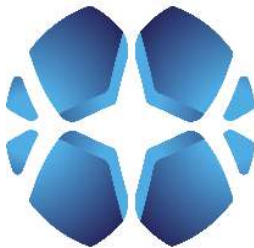
CONTACT OUR AGENTS

Stephen Harris (0274 423 546) Blair Robinson (0274 855 356)
Mark Anderson (0274 691 004)

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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

1 page (A5)	\$50
1/2 page	\$30
1/4 page	\$15

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).

Advert formatting & assistance \$15

All prices include GST

April issue advertising deadline **12pm Thursday 6 April 2023**

Publication and distribution **Thursday 13 April 2023**

Films coming up at the
Majestic Theatre

5c Tui Street Taihape

“Cinemas are where memories are made”

MET OPERA: THE HOURS 195min
one screening Thu 16th Mar 4pm

CHAMPIONS (tba) min
7pm Fri 17th Mar, 4pm Sun 19th Mar, 7pm Sat 25th Mar

EMPIRE OF LIGHT (M) 115min
7pm Sat 18th Mar, 7pm Sun 19th Mar, 4pm Sun 26th Mar

REDEMPTION OF A ROGUE (R) 169 93min
7pm Fri 24th Mar, 7pm Sun 26th Mar, 4pm Sun 2nd Apr

RED, WHITE AND BRASS (PG) 85min
7pm Fri 31st Mar, 7pm Sun 2nd Apr, 4pm Sun 9th Apr

AIR (tba) 112min
7pm Sat 1st Apr, 7pm Fri 7th Apr, 7pm Sun 9th Apr

JOHN WICK 4 (tba), tba
7pm Sat 8th Apr, 7pm Fri 14th Apr, 7pm Sun 16th Apr

Please check our Website, Facebook page or phone recording
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