

TALK UP TAIHAPE

Taihape Community Development Trust - *May 2023*



Autumn is doing its best...

The weather continues to be unpredictable, perhaps more so than usual. It's hard sometimes to remember that this is a season of change—though four seasons in a day is pushing it a bit for some.

There are some new businesses in town and it is encouraging to see our main street busy most days. Shout out to the owners and staff doing the mahi and working the long hours.

May is New Zealand Music Month and its great to see so many local groups getting involved.

It's also the Breast Cancer Foundation's annual 'Pink Ribbon' drive, and there are events around the region.

Check out our events calendar on page 8 for more information on what's happening in Taihape.

Our website www.taihape.co.nz is operational. Pete Smithies Media continues to support its development.

Finally, have you thought about being a part of our annual town day, Spring Fling? Registrations are now open, so start planning your stall, or activity.

Ngā mihi

Pania Winiata

Project and Events Coordinator

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Council News

May 2023

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FROM THE *Mayor's Desk*

Tena koutou katoa, this year I elected to attend the ANZAC Day Dawn Parade in Taihape rather than attending Marton as I do every other year.

For me, it was a case of sharing the love in the wider district and to be able to recognise the local RSA in Taihape. I have done this previously and also attended Dawn Parades in Hunterville. I found the parade in Taihape this year extremely moving - the flames surrounding the cenotaph gave it an eerie feel. The turnout was huge for what was a bitterly cold morning, in fact there was still ice sitting on local cars so there was a reasonably heavy frost. The number of wreaths laid by virtually every organisation in Taihape and most of the surrounding schools I found especially poignant. The large crowd represented most of the community groups in Taihape but what was really pleasing to see was the number of young people that attend ANZAC Day services not only in Taihape but throughout our district. As part of ANZAC Day I was also able to attend a service in Marton and the service for Bess the Warhorse at Parewanui Road in Bulls. Again, the crowds at the other services throughout the district were high and it gave us a chance to reflect on a generation of young people who were lost to our district and the debt that we owe our RSA veterans.

The Regional Land Transport Plan described as the RLTP is currently being developed and in my view there is a real danger that the shift on priorities is from maintenance of the network to alternative transport modes, climate change and safety.

The reality is that safety is being compromised by the standard of the network. These plans are important – what flows from them is the transport investment priorities. I have been invited to a meeting representing rural Councils at the Waka Kotahi Board on 1 May in Wellington to discuss this further.



There are some things that concern me from a Local Government New Zealand position, the major one is that Auckland has withdrawn its membership from LGNZ and as I understand it the value of LGNZ is being questioned by several other Councils too. I personally believe that Rangitikei sees incredible value in the membership of LGNZ and the ability to have a voice to Government through LGNZ is something that we rely on. We work with them extensively with regard to submissions and we are funded directly from them for such things as the Mahi Tahī programme which has resulted in a huge number of local people gaining skills and obtaining jobs.

In recognition of the upcoming coronation of His Majesty Charles III we have indicated to Internal Affairs that we are interested in participating in a tree planting ceremony in our district. Due to timing we will unfortunately not be in a position to hold the ceremony on the weekend of 6-7 May when the coronation occurs but are able to do this at the earliest available opportunity. We will inform you all once a date has been decided.

Ngā mihi, Andy Watson, Mayor of Rangitikei.



RANGITĪKEI
DISTRICT COUNCIL



[rangitikei.govt.nz](https://www.rangitikei.govt.nz)

Local lifeguard attends Māori Leadership Programme

Kāhu Kōrako, CLM's (Community Leisure Management) Māori Leadership Programme, proudly supported by Te Puni Kōkiri kicked off 2023 with its first wānanga in Te Tai Tokerau in March.

Local Taihape Lifeguard Masana Hirini-Barker was fortunate to attend the wānanga and said, he highly recommended it. He found the wānanga really helpful for his development as a person and as a lifeguard. Wānanga also opened a lot of firsts for Masana in finding out more about him being Māori and learning different ways to help combat work life, and life in general, and to help to proceed in a path in the aquatic industry and CLM as a company.

The programme, in its third year, looks to support Māori leadership aspirations within CLM and is delivered largely in a series of wānanga across the regions the network is spread across.

This first wānanga included visits to the Waitangi Treaty Grounds, Tāne Mahuta,



Image provided by: CLM

Hokianga, and Tutukaka in Whangārei. Mātauranga around whakapapa, Te Tiriti o Waitangi, and connections to place and each other were shared as well as engagement in traditional recreation pursuits. A visual of wānanga highlights can be found: Kāhu Kōrako Wānanga Tuatahi - Tai Tokerau - YouTube.

Find out more about Kāhu Kōrako and Aroora at www.clmnz.co.nz/aroora

Get ready for Winter

With the weather getting cooler and the nights getting longer, it's a good time to make sure your home is ready for winter.

- Clean your gutters of any Autumn leaves. When your gutters back up, they overflow, and when they overflow, that water runs down your home, speeding up the deterioration of your exterior.
- Have your fireplace cleaned and inspected before you start having fires.
- Check that the fireplace is safe to use, and if there are any maintenance problems that need fixing. If your woodfire needs replacing remember this requires a Building Consent.
- Visit our website for more information on woodburners.
- Check all your smoke detectors to make sure they are working and that they have good batteries.
- Check your heat pump and if necessary, change the filter.



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rangitikei.govt.nz

Taihape Housing Steering Group update

On Thursday 20 April the Group hosted an open meeting to talk about options for social housing in Taihape.

More than 20 residents gathered in Kokako Hall to hear an update from Group members Susan Benson, Gary Johnson and Les Clarke on progress being made by the Steering Group toward finding a site and funding accommodation in Taihape.

Susan Jenkins, Executive Director, Abbeyfield New Zealand joined the meeting via audio link to talk about what an Abbeyfield House in Taihape might look like.

The cost of residency in an Abbeyfield home is covered by New Zealand Superannuation, leaving funds for personal expenses.

An Abbeyfield House has 14 independent rooms, which are typically bedsits with an ensuite, with shared areas for cooking, laundry, dining and socialising.

Have you looked at our website

www.taihape.co.nz?

**The Trust thanks Pete Smithies Media
for their mahi and ongoing support
of our online channels**

Taihape Ambulance Station build begins

Construction of Taihape's new Hato Hone St John (HHSJ) Ambulance Station is underway.

Nigel Watson HHSJ Central South Area Operations Manager says after four years of planning and fundraising, he is pleased to announce that work has begun on the new station and he would like to extend a "huge thanks" to the community's commitment and support to get it going.

"The community have done a great job raising funds towards the new build, which has now enabled us to start work," Mr Watson says.

Mr Watson says Whanganui company W & W Construction Ltd leading the project as main contractors.

"We're lucky to have W&W Construction who have gained a good profile in Taihape, having just completed a new station for Fire and Emergency New Zealand and undertaking a local civic project currently."

Prior to the construction starting, a special blessing ceremony was held on February 7, led by local Iwi Ngāti Tamakōpiri and joined by staff, volunteers, Mayor Andy Watson and the HHSJ Area Committee.

While most of the fundraising had been achieved, Mr Watson says more is needed for some of the little extras.

"We would like to thank everyone who has contributed towards the new build, but we are still needing to raise funds that will provide our new station with what it deserves – such as window treatments, furniture, kitchen appliances and, possibly the most important item of all– a generator, so we can keep the station in operation during loss of power from network outage or natural disaster."

If you would like to donate please send your deposit to: 03 0726 000034 00.



The frame is up for Taihape's new St John's Centre

Taihape Community Board update

Although the Taihape Community Board has not yet put into place some of the ideas that were raised at March's workshop; April has been a very busy month for members.

At our April meeting, we had presentations from two groups; The Taihape Housing Steering Group and the Taihape Heritage Trust Town Hall subcommittee. Both expressed concerns regarding the current annual and spatial plans. The TCB welcomes groups to make presentations in our public forum about concerns Taihape and district residents want brought to both the Board and Councils attention.

In March and April, Community Board members together with councillors attended as many of the Northern Wards consultation meetings as possible, both to show the flag for the TCB plus to listen to the thoughts and needs of the smaller settlements within our district. There are ideas and requests from these meetings that we may be able to facilitate in the oncoming months by using our workshops. There was also concern about the notification of the consultations to the wider community. Cllr Wong and the TCB Chair have displayed the spatial plans and the annual plan discussion summaries on the windows of the vacant shop, George Edward.

After consultations closed, the Community Board held an extra workshop to finalise its submissions to council. In addition to the requested items, the board submitted to council on the provision of pedestrian walkways in both Mangaweka and Taihape as well as a need for pedestrian safety planning near Mangaweka School.

The board also expressed concern about proposed cuts to funding for community groups as well as supporting plans for housing in Taihape.

We also asked that the council work with Waka Kotahi and other organisations regarding the traffic flow through the town on holiday weekends.

The Taihape Community Board will be making oral submissions to Rangitikei District Council on both the Annual Plan and the Spatial Plan.

Remember the community board is the first point of contact for community groups.

Peter Kipling-Arthur
Chair, Taihape Community Board 021-023-39254

Events Calendar

- 6 May "QEIII: Black Betty"—Centrepont Theatre, Palmerston North. Season runs until 3 June.
- 14 May "Mothers' Day" Pink Ribbon lunch and dinner—River Valley Lodge
- 20 May 7pm "Elton in Taihape"—Taihape Musicians Club
- 28 May 11am "Pink Ribbon Brunch"—Taihape Workingmans Club

SAVE THE DATE—SAVE THE DATE—SAVE THE DATE

- 16 Sep Spring Fling at the Outback, Taihape. Register your interest at admin@taihape.co.nz

Do you have an event you would like to list for free in the events calendar in Talk UP Taihape? Email details to admin@taihape.co.nz or call 06 388 1307



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N A T U R O P A T H

- KAREN HUGHES -

Trust your gut!

The Gut-Brain Axis (GBA) is a bidirectional pathway in which biochemical signals are transmitted from the gut to the central nervous system (CNS), and back again. These signals travel through the blood or via the vagus nerve, and are understood to substantially influence appetite, behaviour, cognition, the brain reward system, and mood regulation.

This bidirectional relationship is increasingly being recognised as a critical influence on mental health.

Dysbiosis, gut microbial imbalances and dysfunction in the GBA has been linked to anxiety, depression, insomnia, fatigue, and cognitive dysfunction.

Common causes of GBA dysfunction include:

Psychological stress: Release of cortisol can alter the microbiota profile which effects intestinal permeability causing inflammation.

Dysbiosis: Overgrowths of pathogens within the small and/or large intestine are known to cause GBA dysfunction through increased intestinal permeability, inflammation, and impaired nutrient absorption.

Nutritional deficiencies: A lack of nutrients has a detrimental effect on the GBA, as does a lack of short-chain fatty acids in the colon, which maintain gut integrity.

Diet: Unhealthy, low fibre, high saturated fat, and/or very high protein diets have all been shown to negatively affect the GBA.

Lifestyle: Poor sleep, lack of physical activity, and increased alcohol intake can all detrimentally affect gut flora balance and disturb the GBA (Gut Brain Axis)

Breaking the Cycle

When the body experiences psychological and physical stress, gut bacteria can help protect stress-induced changes to the microbiota.

Stress stimulates the release of cortisol, released by the adrenal glands, which can lead to changes in the microbiota profile and intestinal gut wall. In this way, stress can disturb gut microbial balance- disturbing GBA function.

This then reduces the body's defence mechanisms, resulting in an increased immune response, release of pro-inflammatory cytokines (inflammation) and can lead to neurological diseases, including depression.

Gut microbiota and sleep

Improved gut function - better sleep!

Poor gut function is found among poor sleepers. Sleep disruption can negatively affect gut bacteria, promoting insulin resistance and systemic inflammation.

Conclusion

Rebalancing the GBA is now recognised as a key therapeutic target for many patients with mental health disorders such as anxiety, depression, and insomnia.

Better sleep quality is linked to:

- High diversity of bacteria
- Lower inflammation & better mental health

Poor sleep is linked to:

- Low diversity of bacteria
- Increased risk of inflammation, depression & anxiety

If a GBA dysfunction, certain strains of probiotic are known to improve intestinal microbiota, improving sleep, anxiety and depression.

Notes from; BioPractica Health review Jan 2021

Naturopathic Consultations;

Clinics in Ohakune 2 days per week & Taihape 17 May 2023

Karen Hughes 027 316 2341 Email; karenhughes@xtra.co.nz

Taihape Community Development Trust E: admin@taihape.co.nz P 06 388 1307



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Alzheimer's Whanganui

We are here to support family/whānau and any one in our community affected by Dementia

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 Monday 22nd May 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



We think it's important you as the Taihape community know what we are doing to keep the museum running & relevant. A small attendance at our AGM highlighted our need for more active community members. For instance, become a **custodian** (a volunteer) to keep your museum open on Sundays. Can you spare 3 hours a month? to greet visitors & care for displays? Please get in touch if you are interested."

We can use almost any skills if you want to help - If everyone does a little, nothing becomes a burden.

Voted in at the AGM were Tracey Peters Chairperson, Trevor Prime Joint Vice President, Ken McKinnon Joint Vice President, Angela Oliver Treasurer, Frances McKeown Secretary, Elizabeth Mortland Assistant Secretary, Betty Tierney, Barry Cleaver, Peter Kipling-Arthur. Trevor Prime is our Patron. You're welcome to any of our monthly meetings, every 3rd Monday at 6pm in our museum hall.

So, check out our FB page, website taihapemuseum.wordpress.com, become a **'Friend of the Museum' (\$15 single, \$20 family)**, & we would love to see you & your friends on Sunday, open 11am to 2pm, 14 Huia Street. Email Frances right now on taihapemuseum@gmail.com or 021 0880 5952 for more information.

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 8855

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 Cate McCartin 021988024

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 Marian Cleaver 06 3880056

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

Gumboots Brass and Wind Ensemble is a new community
band program based in Taihape, contact Kathy 021 689 005

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

Taihape and District Women's Club meets every 1st

Wednesday at 1.30pm, contact Viv Tantrum 06 388 0635

Whānau Hobby Hut is taking a break, contact the Trust for any
details 06 388 1307

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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—11:30am

Tuesday CLOSED

Wednesday 7:30—11:30am

Thursday CLOSED

Friday 7:30—11:30am

Saturday 8am—3pm

Sunday 8am—3pm

Closed public holidays

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The Koha Shed Taihape is a place where everyone can come to find something they need from the collection of donated clothes, toys, books, bedding, and other household items. It works with a balance of 'give and take' so needs can be met and nothing goes to waste.

10.30am to 1.30pm Monday to Wednesday
St David's Hall on Huia St

Working together for Taihape

Did you know the Taihape Community Market held at St David's Hall in Huia St on the second Saturday of each month, supports The Koha Shed Taihape?

Funds raised from the market are used to cover rent and other expenses for TKS Taihape. A variety of local stallholders sell food, crafts, plants, produce and second-hand items, while The Koha Shed is also semi-open with a limited range of clothing and other items available on market day.

The next market is on Saturday 13 May from 9am to 1pm. If you'd like to have a stall, please contact Beryl Kawau on 0272659414.

TAIHAPE FRIENDSHIP GROUP

Meetings 10.00am—1.00pm 2nd and 4th Wednesday of every month.

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)

Gardening in Taihape

I became chairman of the Taihape Garden Club back in 2019. It took some convincing from various clients to go along but once I did I never left and I was made chairman that very next year.

The club isn't just about gardening but more about how far gardening has come in the time since its inception as the Taihape Horticultural Society in the 1940's.

Fast approaching is the club's 80th anniversary and it has been a pleasure being a part of something with such a vast history.

Along the way I have met horticultural royalty and specialists in various areas of planting knowledge, this has helped a great deal within my own professional practice, but more importantly thanks to my time as member and later chair of the club I can now consider these people friends.

We walk many paths as individuals and ourselves specialists in many things, however I find that landscaping and gardens are a constant in life teaching us what others can't. It sometimes teaches us patience and it sometimes teaches us resilience.

Like the quote by William Kent 'Garden as though you will live forever'.

However after three years my time as chairman has come to an end, with most things I give my all and this position was no exception. I have grown personally and professionally and as such do encourage anyone to come along and visit the club for themselves, no experience required, you'll learn as you go.

We welcome our new chairwoman Cate McCartin. She herself a member of the club since 1992, I wish her well and can step away knowing the club is in good hands and can't wait for the many years to come. After all,

'Life begins the day you start a garden'.

With Thanks

Brook O'Donnell

Taihape Garden Club.

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Taihape Community Market

9.00am—1.00pm

Saturday

13 May 2023

St David's Hall

19 Huia St, Taihape

(beside the Presbyterian Church)

For information about the market
or The Koha Shed Taihape
please contact Beryl Kawau on

027 265 9414

or find us on Facebook



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Tony Hewitt

📞 027 449 2289

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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

Prices per issue

Full page (A5)	\$50	Note we print in black and white
Half page	\$30	Advert design and formatting \$15
Quarter page	\$15	All prices include GST

Voluntary Groups and Organisations, advertise your meetings and events in our community classifieds for FREE (subject to availability).

June issue advertising deadline **12pm Friday 2 June 2023**

Publication and distribution **Monday 5 June 2023**

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

Online version available through www.taihape.co.nz.

The Trust acknowledges the ongoing support of Pete Smithies Media.

Films coming up at the

Majestic Theatre

5c Tui Street Taihape

“Cinemas are where memories are made”

BIG GEORGE FOREMAN M 129min
7pm Sat 13th May, 4pm Sun 14th May

GUARDIANS OF THE GALAXY M 149min
6pm Fri 12th May, 7pm Sun 14th May, 4pm Sun 21 May,

80 FOR BRADY M 98min
7pm Sat 20th May, 6pm Fri 26th May, 4pm Sun 28th May

FAST X M 130min
6pm Fri 19th May, 7pm Sun 21st May, 7pm Sat 27th May,
7pm Sun 28th May

MET OPERA: LOHENGRIN E 295min
one screening- Thursday May 25th at 4pm

BOOK CLUB 2 M 108min
6pm Fri 2nd Jun, 7pm Sat 3rd Jun, 4pm Sun 11th Jun

A GOOD PERSON R16 128min
7pm Sun 4th Jun, 7pm Sun 11th Jun, 4pm Sun 18th Jun

HYPNOTIC TBA
6pm Fri 9th Jun, 7pm Sat 10th Jun

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

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