TALK UP TAIHAPE



Taihape Community Development Trust - August 2023

Where has the year gone?

The odd sunny day reminds us Spring is less than a month away. It's always a busy time, not only for farmers with livestock, but for everyone.

It's time to think about being a part of our annual town day—Spring Fling. We are returning to Huia Street this year.

We are working with the Daybreaker Rally New Zealand, who will be in town with their service park just around the corner on Kokako Street.

There will be a market, food stalls and live entertainment. The Baby Animal Fair will have classes for a whole range of pets—even pet rocks!

If your business or community group would like to hold a stall, email us admin@taihape.co.nz or pick up a form from the Library.

Entries close on 8 September, 2023. First in, best dressed!

Ngā mihi Pania Winiata Project and Events Coordinator



Taihape Ngā Awa Block official opening 12 August

A well needed upgrade to the existing facilities the Ngā Awa Block has been completed and is ready to be handed back to the community. The upgrade has provided four changing rooms, each with toilets and showers, two smaller multi-purpose rooms, extra referee rooms, and a small commentators/observation room. The building will be fully accessible, there will be three public toilets, two of which include showers and a car park.

The opening and Blessing of the facility will be held on the 12th of August at 10am.

During the official opening of the Ngā Awa Block there will also be a tree planting to commemorate His Majesty King Charles the Third's Coronation. We invite you to join us in celebrating the completion and opening of this fantastic addition to our Taihape Community.



rangitikei.govt.nz

f)



Council News

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

FROM THE Mayor's Desk

Kia ora koutou, it feels as though every Council report includes mention from me about Three Waters and the water entities. Government has now settled on10 entities rather than four as the option and invited public and Council submissions. I submitted on behalf of Council and used the time to argue for the removal of the rural water schemes from their transition to the entity and questioned Government on detail, particularly



how true regional representation will be facilitated. The reality is that Government is moving at a 'break-neck' pace to have the legislation in place before the house rises for the general election. We are truly on a set course dictated by Government.

On 24 July a presentation was held at Te Matapihi from The Office for Māori Crown Relations – Te Arawhiti. The meeting discussed the Mokai Patea treaty settlement negotiations. Mokai Patea are a grouping of four iwi – Ngāti Te Ohuake, Ngāti Hauiti, Ngāti Tamakōpiri and Ngāti Whitikaupeka. Council and I will be particularly interested in the recognition of land locked lands and how they are to be accessed as for many, many years iwi have been denied any resolution on these matters. How iwi and Council work together and recognise the injustices of the past to forge future relationships is incredibly important.

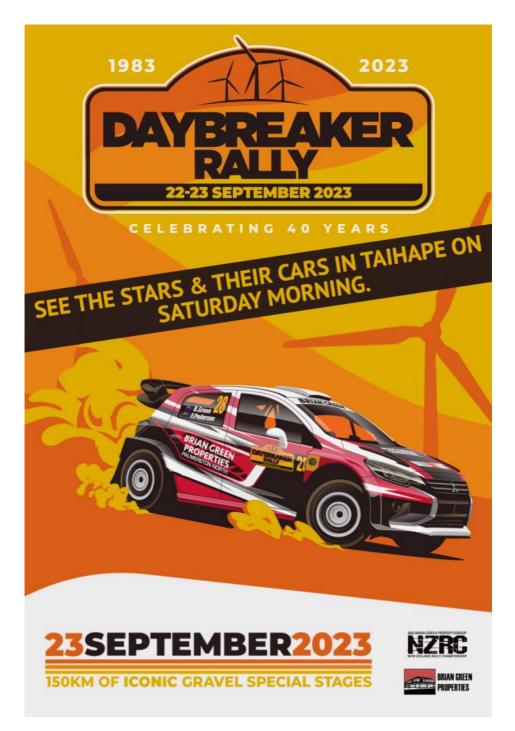
Peter Beggs (Chief Executive), Arno Benadie (Chief Operating Officer) and I met with a local contractor from Hunterville who has come up with some refinement/cost saving measures to cope with low value roading maintenance and repair on our minor rural roads. It is easy to say that there are difficulties with process and there are, but we need to find solutions. If there can be more empowerment given to local input, a greater working relationship with local farmers including the establishment of more local approved dump sites, we should at least look at these options ahead of our roading procurement. We will not get a better chance.

Finally, I attended the powhiri for the Spanish Women's Football Team in Palmerston North on 17 July. The FIFA Women's World Cup is a major world event and I hope that we as New Zealanders attend in numbers, enjoy the spectacle and support this fabulous event.

Ngā mihi, Andy Watson, Mayor of Rangitīkei.







The Taihape Community Development Trust

invites you to

Register now

for



Spring Fling 2023

Saturday 23 September 2023



Stroll around our main street Enter fun competitions Sample local produce Enjoy local entertainers Feast on food from local cafes

...and don't forget the Baby Animal Fair

Register your interest e: admin@taihape.co.nz p: 06 388 1307

Find out more www.taihape.co.nz/events

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

Taihape Community Board update

In the June issue of TUT we talked about the role of the Taihape Community Board in general. This time the focus is on how we can help the people of the Northern Ward access the Board, the Rangitikei District Council and related services. There are two main methods

REQUEST FOR SERVICE

If you want to fix, solve or repair an issue that you believe the council can help with please use a Request for Service. The Request For Service [RFS] <u>Report it -</u> <u>Request for Service: Rangitikei District Council</u> is available on the Rangitikei District Councils Website. If you fill this in and provide as much information as possible and even a photographic image. This will enable the council to respond and keep you informed of how the issue is being resolved.

If you do not have access to a computer and email, you can always lodge RFS by going to the library and council offices in Hautapu St and lodge it in person. The office staff are friendly and skilled in assisting people to complete their requests. All requests will be responded to within 48 Hours and information regarding a solution will be given as soon as possible. Once you lodge a request, if you don't hear back, please don't hesitate to ask your local councillors for assistance in following up on your concern.

PUBLIC FORUM

At each board meeting there is a space for a public forum. This is where you, the public, can speak to us about a concern or project that you would like us to address or consider. So far this year we have had speakers from the Housing Group, concerned Ohingaiti Residents amongst others plus written requests from Taihape Neighbourhood Support, Taihape Museum and Historical Society. The advantage of a public forum is that it allows the board to explore with the speakers or groups what the needs are. It allows all of the board to be involved not just the one member that may have been approached initially.

The Taihape Community Board welcomes people to the Public Forum. Do not hesitate to contact a board member and put ideas forward.

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



Taihape Rotary

invite you all to a

Candidates Night

Candidates standing for the Rangitikei & the Te Tai Hauauru Electorates will be invited to speak

7.00pm Tuesday 26th September 2023

Kokako Hall (old Bowling Club) Kokako Street Taihape

Do you have an issue you would like answers to? We are asking our constituents to email in questions and we shall select the best eight to ask the candidates on the 26th. Forward to jlbyford46@gmail.com

Events Calendar

16 Aug Monthly crotchet toy workshop starts at REAP

16 Sep The Mudder

6 Sep Taihape Neighbourhood Support Network AGM

- 23 Sep Spring Fling
- 23 Sep Daybreaker Rally

Regular events

Taihape Community Market every 2nd Saturday of the month

Koha Shed10.30am to 1.30pm Monday to Wednesday St David's Hall on Huia Street

> List your event for free in Talk UP Taihape Email admin@taihape.co.nz or call 06 388 1307

TAIHAPE MUSEUM: Updating you... thirteen years ago, all our buildings were painted & it's time to do it all over again. In the next month you may see a 'thermometer' go up outside the museum as we

fundraise for the estimated \$20,000 dollar upkeep bill.



Very exciting ... we are revamping the old vestry, to a working research area. First stage completed which is access via a non-slip metal ramp, a thank you to Taihape Engineering for the design & speed on which it was completed.

We need new **Custodians:** -Be the smiling face of the museum to greet visitors from all over the world. We require a person or couple to volunteer once a month on a Sunday. Training given.

Data Entry: - Entry level only & it would be in your own time too! We need a volunteer to enter catalogued objects into our PC with descriptions/ photos.

Call #021 0880 5952 or email taihapemuseum@gmail.com

NATUROPATH

- KAREN HUGHES -

Fatigue -Do you have it?

Feeling exhausted and rundown?

Fatigue is a real issue for many people, Iron deficiency, Thyroid fatigue, Adrenal fatigue, Post viral fatigue, or an overloaded liver, poor sleep patterns, can all cause fatigue

Is it iron deficiency? These are all tell-tale signs you may need an iron assessment, Dizziness, Allergies; Frequent colds or flu, Headaches. Paleness on the inside of lower eyelids, Restless legs.

Is it Thyroid Fatigue: May be slowing down your metabolism, resulting in symptoms such as an unrelenting fatigue that lasts all day, and, you have to be in bed by 9.30pm! Also; Hair loss, Wight gain, no matter what eating regime you do this weight -will -not -shift!, Low mood/depression, Intolerance to cold, cold hands and feet, Dry skin and/or Constipation

Adrenal Fatigue; is characterised by an energy pattern where it is hard to wake up in the morning, better energy levels in mid to late morning, then, wanting to have a wee nap after lunch or mid-afternoon, and finally, energy levels pick up after the evening meal, and then it is hard to go to sleep at night!

Sleep; A good quality sleep, goes hand in hand with energy levels, and ability to focus during the day.

Poor quality sleep affects our energy levels!

Liver; when the liver is overloaded, this can also affect our energy levels, and slow down our digestive process.

Some Self Care Options

- Yoga/stretching/work out/daily activity
- Drink more water
- Take daily supplements (a high-quality multi, probiotics, fish oil)
- Aim for 7–8 hours of sleep per night
- · Eat healthily / make good food

Sleep Hygiene

- · Limit caffeine after lunchtime
- Increase your daily activity/exercise, once fatigue has passed
- Create a bedtime ritual Do a 10-minute calming breath, where your exhale is twice the length of your inhale
- · Limit screen time before bed
- Try to go to bed by/before 10 pm
- Take magnesium or sleep-supporting herbs if you have a hard time going to sleep or staying asleep
- Do Yoga "Sun Salutation a few rounds before bed. This drops our cortisol levels making it easier to go to sleep and to have a more restful sleep

If symptoms of fatigue persist then seek out the help of your Health Care Provider.

Naturopathic Consultations;

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



Available off the floor now

CAN AM:

Outlander 570XU \$17,219.00

Defender HD9XU \$29,058.00 pre order

HUSQVARNA:

TS138 Side chute \$ 5,290.00

TS138T Rear catcher mower\$ 8,790.00

SUZUKI:

LT-F 400 Manual \$13,999.00

LTZ50 Kids quad \$ 3,999.00

All prices include GST

Manager/Sales: Richard Troon Workshop : Luke Smith, Elise Fannin, Tyler Smith, Maddison O'Hara

122 HAUTAPU STREET, TAIHAPE

0800 001986



Proud to be local



Whether you're looking to buy, sell, rent, or need help managing your properties the first step to achieve your goal is having the right information

As your local property expert, if you need to know what the market is doing, predictions for the future or what your property is worth.

Talk to me today; it's absolutely free.

Elisabeth Bunn Sales Consultant Property Manager M 027 282 4895 E elisabeth.bunn@pb.co.nz



Property Brokers

pb.co



89 Hautapu St / Ph: 06 388 1211 Email: sales@taihapehonda.co.nz

Gumboots Band hits high note

The Gumboots Band came to Taihape in July, performing at a church service and concert.



A compact and balanced group put together a program of hymns and light entertainment in just a day's rehearsal time.

The regional band program was in town to promote the new Taihape Town Band, which will be coming together for its first rehearsal later in August.

Find out more about the Band on Facebook/NZMusicRoom



Rustic Steak House

NEW MENU

21 Mataroa Road Open 12pm to 8pm Taihape Tuesday to Saturday

Private function room—family friendly—locally owned phone 06 388 0913 to book your table

> Why not try Rustic Eating House in Waiouru? Open Tuesday to Saturday 9am to 4pm www.rusticnz.co.nz

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

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 Clubmeets every Monday 7pmcontact Marian 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 Clubmeets every 1st Thursday at 7pmcontact CateMcCartin 021988024

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

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

Taihape Men's Group meets the 2nd Friday of the month at 1pm contact Warren Couper 06 388 0199

Taihape Older and Bolder contact Marian Cleaver06 3880056

Taihape Rotary meets every 2nd and 4th Tuesday of the month 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 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 Saturdaycontact 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 meets every Wednesday and Thursday 6pm to 8pm, contact Gary Johnston 027 446 4498

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.

10am—3pm Friday 25 August 2023 Outside Taihape Honda Hautapu Street



Can you help?

The Cancer Society's annual Daffodil day is on Friday 25 August, and Taihape is hosting a fundraiser with raffles and fresh cut Daffodils and potted Daffodils for sale.

We would love to have your baking, jams and other goodies on our stall. You can drop your donation off to Taihape Honda on Thursday 24 August or by 9am on 25 August.

To register your support, call Lynda on 06 388 0604

Cancer effects most of us, our families and our friends. All money raised in Taihape comes back to support Taihape.



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 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 & Services102 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

You can recycle:

√Cans

√glass and plastic bottles √cardboard boxes √clean paper Special conditions apply to paint, green waste, e-waste, household appliances and dangerous goods

When in doubt- check it out

Bells Diesel Truck & Tractor

- √ For your local automotive windscreen repairs and replacement
- \checkmark Full workshop
- √ Servicing and repairs
- $\scriptstyle \lor$ Warrant inspections Cars, trailers and motorbikes
- ✓ Petrol and diesel
- \checkmark Diagnostic scan
- √ Cars, Trailers, Truck, Machinery,
- \checkmark Conveyors and much more

Your local Endurant and MotoBatt Battery Suppliers

Workshop 06 388 0449 Office 027 332 2471

e: <u>bellsdieseltruckandtractor@gmail.com</u>

Now stocking a small range of automotive products available to purchase

Taihape Community	The Gumboots Band
Market	is looking for:
9.00am—1.00pm Saturday	Players any age, any stageLoan/rent to buy instruments
12 August 2023	 Lovers of community band music
St David's Hall 19 Huia St, Taihape (beside the Presbyterian Church)	Taihape's community band is starting practices in August. Time to register your interest in New Zealand's newest
For information about the market or The Koha Shed Taihape please contact Beryl Kawau on 027 265 9414 or find us on Facebook	community band. If you would like to know more about the Gumboots Band, contact Kathy Clark 021 689 005 or email gumbootsbrassandwind@gmail.com

Taihape Neighbourhood Support Inc.



Annual General Meeting

6.00pm Wednesday 6 September 2023

Kokako Street Hall (old Bowling Club)

All Taihape/Mangaweka residents welcome

021 0261 6002

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 Street Keep up to date with The Koha Shed Taihape on Facebook Enquiries to Beryl Kawau on 0272659414

Gardening in Taihape

Our monthly meeting on August 3rd was our highly anticipated annual plant auction. This is a good time when choice plants are offered and shared - the bidding can be quite spirited. Takings on the night go into the bank making possible future trips away.

On the garden front its a time for cleaning up and composting leaves and soft garden clippings. Its also time to organize and rearrange. Pruning of roses is certainly timely; August is the best time, any later, growth will have started. Its a matter of opinion how hard to do this but always cutting slantwise just above a node. Most people tip prune just cutting off top growth. This is quite effective though hard pruning results in better growth and renews older bushes. The roses at the southern entrance to town have already been attended to and are worth looking at if in doubt.

Many garden shrubs can be pruned too but hydrangeas are commonly mistreated. Just prune off any old flowering heads and thin out weak old stems. The shoots with terminal buds are next years flowers so leave them alone. Smoke bushes, belonging to the cotinus family, respond to hard pruning almost to waste height. (Cotinus 'Grace' is commonly seen, perhaps the most beautiful.) Bigger shrubs or trees like Gleditsia, or 'Honey locust' and golden elms though not really for small town gardens can receive the same treatment. No coat hangers please.

Brook O'Donnell has left us and settled into his new job in Hawkes Bay. Its a large firm; he works along side four other landscape architects. From time to time he expects to return to Taihape. We look forward to that and wish him well.

With Thanks

Gordon Collier

Taihape Garden Club.





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



When you need a local lawyer to help with your conveyancing needs or rural law solutions, talk to the professionals who live and work in your community.

In the office, at home or on the farm - we're here to help.

Wills, conveyancing, powers of attorney Farm sales & purchases, rural financing and succession planning



Andrew Thomas, Kim Turnbull, Jo Nikora & Naomi Maclean Ph (06) 388 0612 | www.treadwellgordon.co.nz

let's get social

SALT & HONEY

for him & her

Now open in Tui Street, Taihape

Daily 10am to 4pm

(closed Tuesdays)

FB: Salt & Honey

Insta: saltandhoney.co.nz

TAIHAPE FRIENDSHIP GROUP

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

Venue: Taihape Rugby Rooms 34 Kuku Street,

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)



Covering Waimarino, Taihape-Rangitikei, Horowhenua, Whanganui,

Introducing STOCKNZ Live Trading Platform - info@stocknz.com / www.stocknz.com







Ken Deighton Contracting

Tracks | Dams | Building Sites | Driveways Water Cartage | Hole Drilling | Truck-Transporter Hire Nova Flow | Tree Work | Demolition







Sell your property for a fairer commission fee!

Receive a Free Premium Marketing package worth \$2000

- Full service real estate with an experienced professional
- Smarter service & handling of the sale of your biggest asset
- Easy & stress free house selling with smart systems & processes
- 🕗 Local Taihape market knowledge
- 🖉 No upfronts costs no sale, no fee

Our value focused commission leaves you with **more money in your pocket.**



John Hewitt

& 020 4086 0204 ⊠ john.h@arizto.co.nz

Licensed Salesperson (REAA 2008)



Tony Hewitt

№ 027 449 2289 ™ tony.h@arizto.co.nz

Licensed Salesperson (REAA 2008)



0

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).

August issue advertising deadline 12pmFriday 1 September 2023

Publication and distribution Monday4 September 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 for its online channels and social media platforms.

Films coming up at the **Majestic Sheatre**

5c Tui Street Taihape

"Cinemas are where memories are made"

Some of the dates and times are tentative and may be liable to change without notice

THE MIRACLE CLUB PG 90min 4pm Sun 13 Aug CHEVALIER M 108min 7pm Fri 18 Aug, 7pm Sun 20 Aug, 4pm Sun 27 Aug GRAN TURISMO PG13 125min 7pm Fri 11 Aug, 7pm Sat 12 Aug, 4pm Sun 20 Aug MET OPERA: CHAMPION E 210min 4pm Thu 17 Aug THE UNLIKELY PILGRIMAGE OF HAROLD FRY M 108min 7pm Sun 13, 7pm Sat 19 Aug SOUND OF FREEDOM TBC 7pm Fri 25 Aug, 7pm Sun 27 Aug, 4pm Sun 3 Sept MEG 2: THE TRENCH M 116min 7pm Sat 26 Aug, 7pm Sun 3 Sept JULES M 87min 6pm Fri 1 Sept, 7pm Sat 2 Sept, 4pm Sun 10 Sept MET OPERA: DON GIOVANNI E 195min 4pm Thu 7 Sept **RETRIBUTION M 90min** 7pm Fri 8 Sept, 7pm Sun 10 Sept, 4pm Sun 17 Sept FOUAL IZER 3 TBC 7pm Sat 9 Sept, 7pm Sun 17 Sept facebook.com/majestictaihape www.majestictaihape.co.nz

Phone for timetable 063889152

email: majestictaihape@gmail.com