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Omarama Gazette



The Daily Wire

Keeping us connected

Wednesday, March 25, 2020

Apart but not alone

Hi everyone

Today, steps are ramping up nationally as we unite in the fight against the spread of Covid-19.

The country has moved to alert level 4 and, don't be alarmed, but between 6pm and 7pm tonight you may receive a text alert to tell you a state of national emergency was declared at 12.21pm.

From today, all those on the Omarama Gazette's 'Local list' will receive a daily round up of notices at 4pm-ish each day.

Called The Daily Wire, it will replace your regular Omarama Gazette for the time being.

Each day there will be an update of the serious stuff, stuff we need to know.

But we're going to share the lighter side of 'life in lock-down' too...

For this, I'll need your help.

We'll be living differently, let's record it.

I'm starting Our Coronavirus Dairy - *check at the end* - a diary entry each day from someone different (hopefully?).

Please write in and share your 'day in the life of', or phone and I'll take down your words.

Send photo's videos, whatever you find easy. Let's share.

Why email?

Facebook is a bit of a wearisome place right now, too much information and no easy filter.

(Although, this will be copied to Facebook)

Here, I'll give Omarama-relevant information and only refer you to sites I consider reliable.

I'm sorry, we won't be able to produce a printed copy of The Wire, our resources are limited.

You may like to print one off for someone who you think might appreciate a copy.

I won't be giving advice because I'm no expert.

Here is the link to the Government's one stop shop for all things Covid-19- related <https://covid19.govt.nz/>

[Radio New Zealand](#) is the best radio station to tune to for the latest updates, or check its site for news.

One more thing,

If you know of someone who is not getting these emails and they are on the 'local list' it could be because some servers believe these messages are spam.

If you add this email address omaramagazette@gmail.com to your email contacts address 'book' the servers will know we are friends and not spam.

Let's stay close whatever the distance

- Ruth

Click here to message, contribute, or subscribe

Here is the link to the Government's
one stop shop for all things
Covid-19- related <https://covid19.govt.nz/>

Upper Waitaki Police



Howdy all,

I wanted to touch base to offer some reassurance as no doubt some of you will be feeling some trepidation coming into the lock down period. I'm not going to go on about the reasons why we are entering this alert level, as I'm sure you are all well and truly informed with the news and internet and understand why the lock down is necessary.

Actually I'm going to start with a negative first. It's been brought to my attention that there are some people on local social media wanting to name and shame some people they believe have failed to self-isolate. Regardless as to whether or not this is true, we don't need it! All you are doing is creating further

concern about any issue be an adult and report it to the correct authority, don't take to social media and create further issues. It's the worst thing you could do right now...in fact any time at all.

FOOD/GROCERIES

There is absolutely no need whatsoever to panic about groceries. I visited the Four square this morning. Blair and Alona well and truly have things in hand. They have already gone above and beyond with organising staff requirements, stock taking and organising food deliveries.

In an effort to lessen the risk of exposure to themselves and staff, they ask that if at all possible to utilise the delivery service they have set up. **(See notices below)**

I would ask that should you need to go into any essential store/petrol station etc to remember your social distancing and make sure you sanitize your hands before you go in and as you leave.

I'd recommend to any retail outlet remaining open has signage and a hand washing station set up at the entranceway.

OUTDOOR EXERCISE

To promote mental wellbeing I recommend you get outdoors for at least a couple hours a day. It'll be good for the soul and your fitness. The Government's stated that you may go for a walk or exercise and enjoy nature. Remember, whatever you do must be solitary. They instruct that you only spend time with those whom you are in self-isolation with, and keep your distance (Min 2 metres) from all others, at all times.

This means you can still walk your dog, go fishing or take a walk near the lake or a bike ride. It's recommended you don't partake in any high risk activities as if injured, you will not only be putting yourself at risk but also any emergency service workers should you or they have Covid 19.

Remember, whatever you do must be solitary. The Government's asking that you only spend time with those who you are in self-isolation with, and keep your distance from all others at all times.

ELDERLY/AT RISK PERSONS

I think it would be a good idea to have a register of people who are at home alone/elderly or vulnerable. Speaking of which some of the "older reprobates" around here don't want to put anyone out with their issues so will suffer in silence. I'd ask that if you know of anyone who fits into this category to get them to send me their contact details (or do it for them) i.e. name address phone, email. That way I can make sure they're okay on a regular basis.

As usual, when things go to custard there are a heap of good Samaritans offering their help (the reason I love this community). I'd ask that if you want to volunteer to assist, you contact me in the first instance and I can put you in contact with anyone who requires assistance. No point in having four volunteers all picking up groceries for others all on the same day. If we have one person who can organise any voluntary aid we are mitigating the risk of community transmission.

INFORMATION

I read on the interweb thingy a good piece of advice and that was to put yourself on an information diet. That is pick one information source about Covid 19 and leave it at that, don't start googling more, as there is a heap of misinformation out there too. I recommend you visit the government website <https://covid19.govt.nz/>

BUSINESS AS USUAL

For me and the other emergency services including SAR it is business as usual. We may take some extra precautions i.e. facemasks, gloves etc or where as in the past I'd pay a face-to-face visit this may be done on the phone. Regardless, we will still be available when required.

I understand that there's a lot of concern as to what happens from here. In all honesty I'm not too worried, whatever happens I know that this community will rally together no matter what. Keep calm look after yourselves, check on your neighbours/family/friends (by phone or over the fence!). Try to enjoy time with your family, don't kill the kids no matter how much they argue with each other and husbands listen to your wives, your gonna be wrong.

If you need anything at all I'm available to help (answer questions if I can). Contact me on my cell 021 191 4808. If I don't answer, leave a message, and I'll get back you as soon as I can.

Sorry last thing.

If you have any suggestions to better help our community during this period please email them; Nayland.smith@police.govt.nz

Stay safe, Bean
Senior Constable Nayland Smith, Omarama Police.
021 191 4808 or
email nayland.smith@police.govt.nz



We understand this is a very worrying time for some in our communities. We want to reassure you that Fire and Emergency NZ are continuing to respond to all emergencies.

We have taken steps to reduce the exposure to our staff and added in some personal protective equipment for our crews to wear at an incident, both for their safety and yours.

We have been and will continue to follow advice from the

Ministry of Health - Manatū Hauora

In the meantime folks look after yourselves and keep in touch with your neighbours or family members, especially if they are vulnerable. Keep washing your hands and dial 111 if you need us!

For more information on COVID-19 and how we can keep ourselves protected click on the link covid19.govt.nz

- Keep yourselves safe. Chief Fire Officer Greg Harper



Kurow Medical Centre and its satellite clinics
in Twizel (Mackenzie Health Centre Private Clinic)
and Omarama (Community Hall)

IMPORTANT ANNOUNCEMENT FROM KUROW MEDICAL CENTRE AND MACKENZIE HEALTH CENTRE.

In order to reduce the spread of COVID-19 and to protect our vulnerable at-risk patients we have been asked by the College of General Practitioners to only see patients at our clinics if they really need to be seen.

For all other appointments, we will now do these via telephone OR virtual Consultations (for this you will need a computer, laptop or smart phone so

scheduled for a later date.

**PLEASE DO NOT COME TO THE MEDICAL CENTRE
(OR OMARAMA COMMUNITY CENTRE ON TUESDAYS)
UNTIL YOU HAVE PHONED AHEAD FIRST!
WE HAVE BEEN ADVISED TO TAKE THE PRECAUTION
OF LOCKING THE CLINIC DOORS!**

Call 03 436 0760 or 03 976 0503 to speak with the Doctor or Nurse.

Please be reassured you WILL be seen if your condition is urgent!

Our aim is to bring in patients one at a time from their cars.

Flu shots are now in and will still be given to patients who are eligible but this will now take place outside the clinics and preferably whilst you are sitting in your car.

Again phone ahead first to arrange a time with the nurse.

Thank you for your understanding during these difficult times.

Take care and keep safe, Juliet and Tim.

8 Wynyard St, Kurow

P: 03 4360760 F: 03 4360780

E: info@kurowmedicalcentre.org.nz

W: www.kurowmedicalcentre.org.nz

www.facebook.com/kurowmedicalcentre

The Mackenzie Health Centre is our Twizel Satellite Clinic at:

3A Benmore Place, Twizel. Phone: 03 976 0503 Fax: 03 4360 780

Omarama Clinic at Omarama Community Centre, Chain Hills Highway, Omarama. Phone: 03 4360 760, Cell: 027 434 7464.



Omarama Four Square | 10 Chain Hills Highway | Omarama 9448 | Phone: 03 438 9895

New hours: Open seven Days, 9am to 6pm

Following the recent Government announcement and our ongoing efforts to ensure the safety of our local and wider community, and our staff and their families - we offer the following options regarding your grocery requirements – should you be unable to, or simply prefer not to shop personally during this time of uncertainty.

This service is available Monday – Friday as from this coming Monday , March 23, 2020.

Please send orders to - omarama@foursquare-si.co.nz

Emailed orders need to be received by 4pm (Sunday – Thursday) for delivery/collection Monday-Friday between (10am-12pm). **Please refrain from phoning through orders.**

Please find attached a template grocery order form to be completed, which on receiving – our team will put together for you – for either collection or delivery. At this stage, communication indicates stock levels of core lines are being maintained, however further updates may see some non-essential lines reduced - alleviating unnecessary pressure on deliveries/transportation of goods.

Options for payment:

1. Charged to existing account
2. Payment by direct credit
3. Payment on collection

Any significant updates affecting this current service will be communicated.

Stay safe everyone.

From Alona and Blair, and your Four Square team

There are two ways to access the order form...

(In both cases the completed form must be emailed

to: omarama@foursquare-si.co.nz)

1. Click [here](#) to download the Microsoft Word form.

* save it to your computer.

* type in your order, save it, attach it to the email and send.

2. Click [here](#) to open the form as a PDF.

* download the form and save it to your computer

* print it

*write your order on the form

*scan it or photograph it, attach it to the email and send.

Omarama services and notices

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The Omarama School Playground is closed.

The Waitaki District Council-owned playground at the Omarama Community Centre is closed.

The Friends of the School meeting and AGM March 26, is cancelled.

The Board of Trustees meeting on April 7 is cancelled.

You may use the Omarama Golf club course provided you remember those social distancing rules.

Essential services operating in Omarama:

Omarama Four Square
The service stations
Firewood supplies
Rock gas supplies

Omarama Veterinary Clinic

" The veterinary professional has been given an official 'essential service' status and therefore will continue to be able to supply seasonal requirements. We have had assurance from suppliers that there will be no issue with supply (or logistics), so we would urge everyone that there is no necessity to stock up or forward purchase. When you do visit our clinics you may be met at the front door to ensure that we regulate the number of people in the building at any point in time. Phoning ahead can allow orders to be prepared in advance and these can be brought to your car. We are currently awaiting advice from the NZVA/Vet Council and MPI on what veterinary based tasks will be considered essential over the next four weeks.

Regards

Veterinary Centre Ltd – Management Team



CALLING 'TIME', AT BOOTS & JANDALS

Social distancing observed.

Apart, but never alone!

Photo: Nayland Smith

**You *can* go for a walk or a bike ride,
remember to keep your distance :)**

You can smile and wave to all you see!



Waitaki District Council Covid-19 update

Update 4pm, Wednesday, March 25.

Council-owned rural Recovery Parks (transfer stations) in Hampden, Kurow, Otematata, Omarama.

These will continue to be open for rubbish drop-off over the next four weeks, but the following limited opening hours will be in place until further notice:

Hampden - Wednesday and Sunday – 9am to 11am

Kurow - Wednesday and Sunday – 1pm to 3pm

Otematata - Wednesday and Sunday – 1pm to 3pm

Omarama - Wednesday and Sunday – 9am to 11am

Household rubbish: Only bags of household/domestic waste and essential commercial waste will be accepted. There will be no charge for bags, however, there is a limit of 2 bags per car, per week (we are recording car registrations to monitor this).

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to safely manage these facilities under current circumstances and to protect the facility operators' wellbeing, please note the following conditions for using this service over the next four weeks:

- No recycling (either clean and store at home, or dispose of as rubbish)
- No green waste
- Place all waste in the marked area
- One person out of a car at any one time only
- Please do not talk to the booth operator
- Please leave promptly

And please, do not enter one of our recovery park sites if you are unwell, have travelled outside of NZ in the last 14 days; or have been in close contact with someone with a confirmed or suspected case of Covid-19. Thank you!

The Waitaki District pandemic response information page is here:

<https://www.waitaki.govt.nz/our-services/emergency-management/Pages/pandemic-response.aspx>

The Waitaki District Council facebook page is [here](#)

www.waitaki.govt.nz

Other places to find support

At Able we are now working from home supporting families and whanau in Mental Health and Addiction. I am available Monday to Friday 9am to 4.30pm by phone, email and online. Please check our website www.able.org.nz for more details. He waka eke noa.

Maria Buldain
ABLE Southern Family Support
Family and Whanau Fieldworker
26 Ribble Street, Oamaru 9400
021 353325
maria@able.org.nz

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control lead to a rural business crisis — be it financial, climatic or personal — the Rural Support Trust is ready to assist. Services are free and confidential.

0800 RURAL HELP (0800 787 254)

Our Coronavirus Diary - Day Zero

By Ruth Grundy.

(Like others, our family have moved home for the duration)

Dear Diary,

I need to have a chat with you about this working-from-home malarky.

Speaking as someone who has worked from home for the best part of the past 15 years finding out, overnight, I am required to share office space with four others has come as a bit of a rude awakening.

Not that I'm at all sure the new working-from-home staff have been properly inducted. They seem to be of the impression they can slouch on in whenever they please, take breaks as long as they like, spend all day downloading using the business wifi, and as for dress code - let's not even go there.

Not that I want to be the office nark, or anything. Just saying.

Plus, just where is my stapler? and my scissors? Pens - there were three of them right here!!

Sharing the 'office' does have some advantages.

There's been a requisition go out already for new office furniture. The new staff can't believe the sub-standard working conditions, it has to be a health and safety issue!

As well, the 'I.T. Department' is now directly through my cubicle wall.

Anytime there's an issue - and believe me there's been some - all I need do is thump loudly on the wall to 'wake' the staff and they're right there to assist. They moan and groan of course, and mumble about queue jumpers, and, sigh, 'we're so very busy'... but response times as a result of moving them 'on site' has been nothing short of superb. (Although there may have been a complaint of harassment go to management.)

Just one other thing.

Some of the new staff - and I haven't pinpointed just who yet - seem to think it's okay to just leave dishes in the sink and coffee cups to moulder on their desks... you know the types?

I'm considering putting out an A4 memo to all staff - I think arial 48 bold should do it. I'll tape it on the lunch room fridge. I have the wording worked out. It will say.

"Please clean up after yourself. Your mother doesn't work here!"

Stay tuned...catch you again tomorrow :)

Yes , I'm working from home today 🐾🐾🐾



Omarama Gazette

Editor: Ruth Grundy,

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