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## Omarama Gazette

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## The Daily Wire

*Keeping us connected*

Saturday, March 28, 2020

### In this issue...

*An update from Senior Constable Nayland (Bean) Smith, today's important notices, What to do when you can't run from the bear? Today's diary entry.*

### Hi everyone

Please share this email and encourage others to subscribe if they need to get Omarama notices. I apologise, I am not able to print copies at the moment. Perhaps, those who can could print one off for someone they know who would appreciate it?

Please feel free to contact the Daily Wire and share your 'day in the life of Covid-19', or phone and I'll take down your words. Send photo's videos, whatever you find easy. Let's share.

Please get in touch if you have a message you want to get out to the community. 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/>  
(There are daily updates, check it out.)

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

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](mailto:omaramagazette@gmail.com) to your email contacts address 'book' the servers will know we are friends and not spam.

If you want to view previous issues click on '[view this email in your browser](#)' at the top right

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 <https://covid19.govt.nz/>



#### LOCKDOWN UPDATE #2

Friday, March 27, 2020 5pm

Hi everyone,

Firstly I'd like to thank every single one of you for complying with the lock down protocols.

I've not had any issues at all within my areas of Omarama, Otematata and Ohau.

What has been really good is the fact that if unsure, people have rung me to find out if they're able to undertake an activity before actually doing it.

If you're anything like me the actual do's and don'ts of the lockdown have been fairly ambiguous for some issues, which is understandable as the Government can't perceive every single scenario or what's an essential business and what's not.

Main reason for this wee note is to clarify a couple of things.

Initially when I read that it was okay to enjoy the outdoors. I like many others, took this to mean we could still do some outdoor activities as long as we kept within our "bubble". I was picturing me taking the kids for a quiet blat in the boat on the lake and catching the odd fish, or maybe even sneaking away for an evening shoot. I perceive fishing to be a low risk sport if fishing from the side of the lake or our wee river and in my last article made the suggestion that this would be okay, obviously since then it's been declared that it's not okay, nor is hunting. Poor Ange!

When I made the suggestion, I didn't think about the consequences to others (such as SAR or Ambo's) should something go wrong, so I totally understand why we can't do this.

In regards to exercise, I think a lot of what we do just requires some good ol common sense.

The guidelines are that you can still go outside but

you have gone out of your neighbourhood. Again as we get further into the lockdown period Police are becoming more aware of the various issues and trying to come up with guidelines to keep everyone safe. Obviously Omarama is different to Christchurch (any city for that matter) so the same guidelines which makes sense there may seem strange here.

Driving: It is okay to drive to the supermarket etc but you must remain within your "neighbourhood". It is deemed that if you need to drive somewhere for exercise you are no longer in your "neighbourhood". Obviously your "neighbourhood" is a lot different to somewhere such as Riccarton, due to our isolation, as if we leave the neighbourhood there's just paddocks or mountains. It would be wrong of me to say it's okay to drive to a certain place such as Pumpkin bay to take a walk, or drive down to the Ahuriri to let the dog have a run, both areas which I would say are in our neighbourhood. So please if you're unsure if you can or can't do this, ring me. I think it is going to become more and more important for our mental health to get outdoors for a bit each day so make sure you do.

**BUT REMEMBER WHATEVER YOU TOUCH OUTSIDE OF YOUR HOME MAY BE INFECTED OR YOU MAY INFECT,so be careful of things such as handrails for example if walking over steps that cross a fence, or run parallel to the lake on the A2O track. DON'T FORGET GATES.**

The new normal should be going for a run with antiseptic wipes in your pocket, or rubber gloves if you know how to take them off and avoid contamination. See <https://www.youtube.com/watch?v=ATU383lIfT8&feature=youtu.be>

Cycling – Conditional - Stay within the limits of your respective town please...again good ol common sense. Riding from Ohau to Omarama or vice versa on the A2O is 100% out. No high risk mountain biking where injury is a possibility i.e fast downhill tracks, off road etc.

Bike Park - NO - risk of injury to great.

Tennis Courts – NO – risk cross contamination from gates, nets, cross contaminated tennis balls from sweat transference to ground.

Playground - NO- cross contamination.

Walking/Running - YES – promoted.

Anything you do that has an inherent risk should be avoided not only for your safety, but the safety of those that may be called upon if things do go wrong.

Again any issues/questions I am only a phone call away.

Stay safe, Bean

*Senior Constable Nayland Smith, Omarama Police.*

*021 191 4808 or email*

*nayland.smith@police.govt.nz*

# The Noticeboard

## **A MESSAGE FROM WASTECO MANAGING DIRECTOR CARL STORM**

Put gloves on before you move your bins and wash your hands thoroughly after you move them.

The handles can be a coronavirus hot-spot and must be treated like any other surface, doorknobs, stair rails etc.

Here is the link to the [website](#) for other updates about services.

## **A MESSAGE FROM SIMON FOX - WAITAKI LAKES CAMPING GROUNDS SUPERVISOR**

The caravans which were at the at the lakes camping grounds at 11.59 Wednesday (March 25, 2020) evening will remain there for the period of the lockdown.

Simon is patrolling the camping grounds every three days.

However, he asks if people could keep an eye out while out on their walks for any signs of untoward behaviour and report this to himself – 027 686 6901, Carson Welsh or the police.

The Otematata Boat Harbour camping ground is open only to displaced people in self-contained vehicles. A register will be kept of who is staying at this facility and distancing measures between sites will be enforced.

## **PLAYGROUNDS ARE CLOSED**

To prevent the spread of the virus all playgrounds are closed - this includes the school playground. This is because the disease can be spread on hard surfaces like swings and slides.

**CORRECTION TO PREVIOUS:** The Omarama Golf Club course is closed.

## **OMARAMA AND OTEMATATA RESOURCE RECOVERY PARK**

Omarama open: Wednesday and Sunday – 9am to 11am

Otematata open: Wednesday and Sunday – 1pm to 3pm

**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 two bags per car, per week** (car registrations are recorded to monitor this).

**Commercial rubbish:** commercial waste from current account holders will be accepted with no gate charge, and invoiced later.

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 a recovery park 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!

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### **Essential services operating in Omarama:**

Omarama Four Square (see below for how to place an order)

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



### A SPECIAL REQUEST FROM ALONA AND BLAIR

To ease the pressure on staff...

**orders need to be in by 4pm – for delivery the following day.**

Email is preferred. (scroll down for order forms and how to place an order by email) *We realise some don't have email, so were happy for these customers to phone in orders. However, if you do have email please use it, as this will reduce the work load.*

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.

1. Email order - and collect
2. Email order - and delivery (within the township).

This service is available Monday – Friday  
Please send orders to - [omarama@foursquare-si.co.nz](mailto: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

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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](mailto: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.

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## Omarama, always the place to be:)

A big shout out to our Lexy ...

### **The Beer Essentials.**

Lex you're the Man... The Rural Run continues through lockdown, delivering our essential groceries...Omarama - Place to Be - Covid 19

*Caption and photo at right: Wendy Parsons*

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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 we can send you a link to download). All screening appointments i.e. Health Heart Checks, Diabetic checks, Cervical Smears etc. will be re-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.

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](mailto:info@kurowmedicalcentre.org.nz)

W: [www.kurowmedicalcentre.org.nz](http://www.kurowmedicalcentre.org.nz)

[www.facebook.com/kurowmedicalcentre](https://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.

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## Farmers will be keeping busy

(Click on photo to go to Friday's Oamaru Mail story)



together at home

## What to do when you can't run from the bear? Eat cake!

Please, pass the cake. Yes, the whole thing! :)

Here's a useful post from Imogen Wall, a UK independent communications trainer and advisor who specialises in in crisis response with a particular emphasis on mental health with the reasons why we're felling overwhelmed right now and what we can do. [AKA Pandemic Anxiety 101.](#)

**'Need to talk?' phone 1737.** This service is free, available 24 hours a day, 7 days a week and gives you the chance to talk things through with a trained counsellor.

## Do try this at home!

(click on photo below to go to the You tube link to the series)



Fun Science Live On-line, with Mr Science  
11am NZST Everyday  
**Viral Lockdown Series**, for kids of all ages, Crazy  
Fun  
Connect to ZOOM enter **265-351-3815**  
plz share, and be nice



Hi there...

Here are a few pics  
for the kids to colour.  
Stay safe, stay home,  
and have a little fun x

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## Waitaki District Council update

**Update 4pm, Saturday, March 28.**

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](http://www.waitaki.govt.nz)

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Visit the dedicated Pandemic Response Page on our website: [www.waitaki.govt.nz](http://www.waitaki.govt.nz)

[covid19.govt.nz](https://covid19.govt.nz) 

Unite  
against  
COVID-19



### Message from the Mayor

"May you live in interesting times." This ancient quote which is an ironic curse, seems to be an appropriate one for us in the current situation. These are indeed interesting times!

Life has changed significantly for many of us, and we will have to adapt to it. For others who have been housebound or have limited mobility, sadly it may be more of the same. But for all of us, this is a time to step up and take responsibility for ourselves, and the people around us.

Please remember to stay connected to friends and family. Even though you can't visit them, you can still phone them on landlines, or contact them electronically. Keeping connected to other people is more important than ever, and it's necessary for most people's mental health. I'm looking forward to having a little more time to 'Facetime' with my extended family, using video chat whenever possible to see how everyone is.

Please make the most of the month ahead of us, and please take care of yourself and your family. These are interesting times, and we all have the ability to make them positive times. Best wishes,

Gary Kircher, Mayor for Waitaki



### How to self isolate

All NEW ZEALANDERS who are outside essential services are asked now to stay at home, and to stop all interactions with others outside of those in your household. You can leave your home for fresh air, a walk, exercise, to take your kids, or the dog, outside but **only spend time with those you are in self-isolation with**. If you are outside, keep your distance from others. That means 2 metres at all times. Try not to touch any surfaces. If you do, wash your hands.



### Essential Services are still running

Supermarkets, doctors, pharmacies, service stations, and access to essential services like banking, power, communications, postal services will all be available throughout New Zealand at every alert level.

If you do not have immediate needs, do not go to the supermarket. It will be there for you today, tomorrow, and the day after that. We must give time for supermarkets to restock their shelves, there will be enough for everyone if we shop normally.



### Be kind. Check-in on the elderly or vulnerable

Now's the best time to start yelling over the fence at your neighbours! Swap phone numbers. Think of ways to keep people who aren't online in touch. Think about dropping supplies to those at home sick or that can't make it out. Just remember good hygiene and leave at the door or an agreed spot. Always stay 2 metres apart or more.



### Need financial support?

Don't wait! Apply now. Visit [www.covid19.govt.nz](http://www.covid19.govt.nz) for info on how to access the government's economic response package or phone the Ministry of Social Development on 0800 599 009.

### Need Help?

The Waitaki District Council call centre will remain open: 03 433 0300

For health advice call your GP, or Healthline on 0800 358 5453

**Stressed? Call or text: Need to talk? 1737** This service is free, available 24 hours a day, 7 days a week

**Womens Refuge:** 0800 733 843

**Youthline:** 0800 376 633

**Age Concern Otago Waitaki:** 021 0234 5882

**Whitestone Taxis & Post (transport, delivery):** call 0800 434 1234

### How we're updating you

On our website, we'll post updates on Facebook and Twitter, broadcast updates via Real Radio 104 every morning (plus send updates to other stations). If you live in the Waitaki Valley check the Oamaru Gazette. In Palmerston listen to Happy Days Radio and Puketapu Radio. We are also finding ways to reach those of our customers who might not use these channels and get print material out to them. Stay safe, everyone.

[www.waitaki.govt.nz](http://www.waitaki.govt.nz)



### Changes to Council Services

Our offices are close to the public but Council is still operating and focused on delivering essential services during this time.

Our call centre will remain open 03 433 0300, you can email us too at [service@waitaki.govt.nz](mailto:service@waitaki.govt.nz)

### Building

No building inspections will be undertaken. Proceeding with uninspected building work will ultimately delay a project and limit our ability to provide Code Compliance Certification. Please be patient and delay your building work until after the alert levels are reduced. If there are any safety concerns with respect to Building/Construction, contact Council for further guidance.

### Rubbish and Recycling

Waitaki Resource Recovery Park is closed. If you don't currently have a kerbside rubbish collection service, please call one of the following businesses directly to organise this - Awamoa bins on 03 434 9445; WasteCo on 0800 341 1111; or Waste Management on 03 434 0031.

Our rural Transfer Stations and the Palmerston Landfill will continue to be open for rubbish drop-off but with limited opening hours and restrictions. Check our website for details.

Recycling isn't an option for hygiene reasons - please clean and store or treat as rubbish.

### Council Facilities

#### Parks

All playgrounds are closed for hygiene reasons. When using the open spaces of our parks and reserves please follow social distancing guidelines.

#### Cultural Facilities

Oamaru Opera House, Forrester Gallery Waitaki, District Archives and North Otago museum are closed. Check the Culture Waitaki website for updates.

#### Waitaki Aquatic Centre

The Aquatic Centre is closed. All pre-payments have been automatically frozen for all customers (swim school & squad). Expiry dates on concession cards & memberships will also be extended.

#### Waitaki District Libraries

Libraries are closed but online resources including e-books, press reader, story box and movie streaming are available from the Library website. Please keep all library items in your home until Libraries are open again. No overdue fines and fees will be incurred.

#### Camping Grounds

All WDC camping grounds are closed. Our Camp Manager will endeavour to facilitate collection of units if necessary - phone 027 6866 901. Otherwise units may stay on site until it is publicly advised that the grounds are open for collection of units again.



## Other places to find support

- click below to go to websites

[Ministry of Health](https://www.health.govt.nz/)

**Be kind****Rural Support**

**When circumstances beyond your 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 Three



*By Jill Dickie, Big Sky Motel manager.*

Dear Diary,

Yes, we're closed for a little while but it's no holiday around here and my jandals are parked up! My list of jobs includes: replenish salt and paper shakers, dishwashing liquid, and handwash. Sync all microwave clocks, clear odd settings on air conditioning controls, and remove guest passwords left on the Smart TV's. Wash the ensuite ceiling vents and cooktop extraction vents. Keep the skirting boards and lightshades dust-free. Pull fridges out and clean floor underneath, same with microwave shelves. Put the BBQ away in the shed along with the Cycle Journeys maintenance trolley, spray weeds popping up through the stone gardens. So if you're thinking business owners and operators having nothing to do, think again, this is our

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# Let's Dance!



Old Movie Stars Dance to Uptown Funk

*No excuses, we all have time to practice.  
There's a massive dance party coming up when this is over  
and I'll be checking out your moves!!*

Stay tuned...catch you again tomorrow :)

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## Omarama Gazette

Editor: Ruth Grundy,  
021 294 8002, 03 438 9766

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