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Omarama Gazette



The Daily Wire

Keeping us connected

Monday, March 30, 2020

In this issue...

What are you doing 7pm, Wednesdays? A new post from the Kurow Medical Centre, emergency Waitaki District Council meeting decisions, loads of links to elsewhere, and today's diary entry.

Hi everyone

Please scroll to the end for email order instructions and forms for Four Square, instructions from Kurow Medical Centre and info from the Waitaki District Council.

Let's stay close whatever the distance

- Ruth

**Click here to message, contribute, or
subscribe to the Daily Wire.**

Something to make a song and dance about

whistles, ukers and recorders.

At 7pm, each Wednesday night for the duration of this 'war' when the fire siren is tested let's find what ever instrument we can lay our hands on, go to our front doors and make a joyful noise.

Instead of fear let's spread courage and solidarity.

Let's acknowledge that what we are doing - keeping our distance - is tough but the most caring thing we can do right now. Each week let's get louder and stronger...

Pump up the volume and hit play (below) for a wee test...

PS. Maybe you shouldn't practice too long under your neighbour's window, especially you bagpipe people. Just saying :)



Video - Toot for Tucker, 2017.

Thinking of escaping your place ...

Think of escaping your place during the lockdown.
Great idea! So long as you do it this way.

From Fenz Omarama Volunteer Fire Brigade.

"With all this time on our hands, why not visit www.escapemyhouse.co.nz and create your escape plan.

It only takes five minutes and a few practice runs are a great way to keep the kids

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completed plan and we'll drop round a tree, save meeting place sticker once the alert level drops.

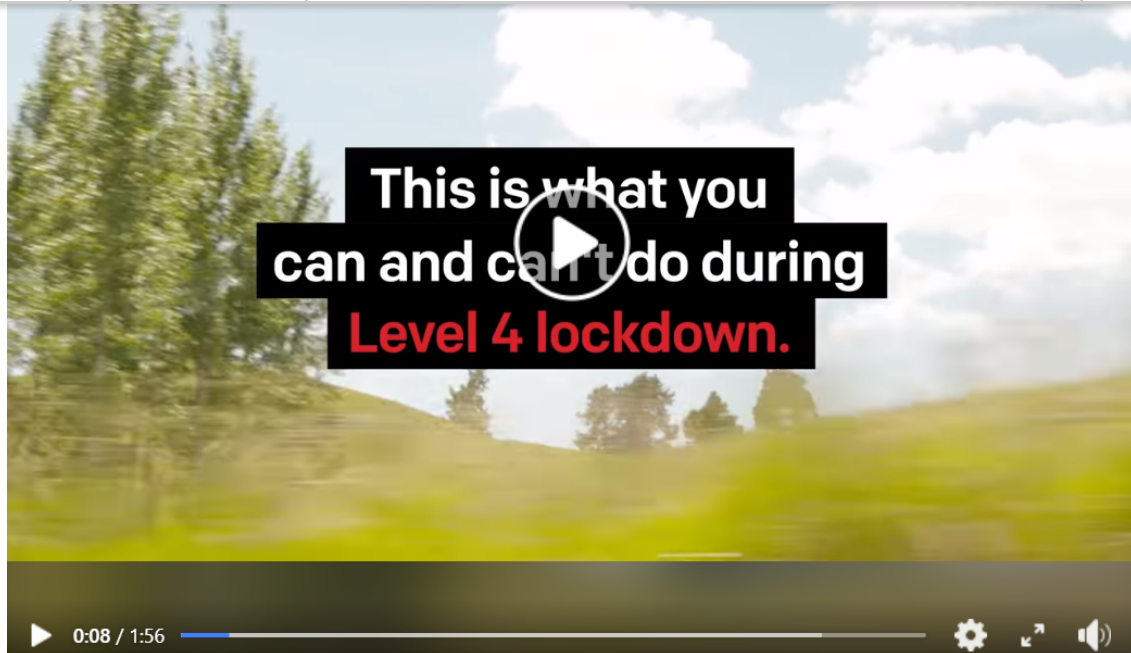
Anyone who messages the Facebook page with a picture of their plan and their Omarama address will get a visit from a fire truck and a free sticker once the lockdown is over! "



A special request from Fire and Emergency New Zealand

FENZ has asked that people do not light outside fires during the lockdown. Fewer fires will mean firefighters get fewer callouts and so there will be less risk of Covid-19 infection.

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



What you can and can't do during level 4 lockdown - RNZ National

The Noticeboard

SEE a safety notice from the Waitaki District Council (*below*) about how to handle deliveries and courier packages.

FISH AND GAME NEW ZEALAND has created a [page](#) covering the most frequently asked questions about fishing and game bird hunting in New Zealand during the COVID-19 pandemic.

TVNZ PARTNERS WITH LES MILLS to broadcast [daily workout classes](#) during coronavirus lockdown

FOLLOW YOUR BLISS - Bliss Yoga studio is offering a yoga session each day on its [facebook page](#).

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.

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.

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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!

Essential services operating in Omarama:

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

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

Enjoying happy hour but at a distance



While taking care to monitor their social distance, and not to 'burst' each other's bubbles, this group enjoyed happy hour in last evening's sunshine.

Together at home

- oooh, there's rude words in this!

(Re-posted from yesterday, this time with link, hopefully? If clicking on the photo below doesn't work, copy and paste this link into your browser)

<https://www.facebook.com/NZPolice/videos/657666114996562>

Episode 2: Having fun at home

All the things you never knew you could do to have fun at home. A little bit of humou... See more



Our Coronavirus Diary - Day Five



By Paul and Christine Bowman, from the Bowman Isolation camp, in Timaru.

Dear Diary

For us this is the second week, as we had to self-isolate when we returned from the USA.

We do miss just being able to pop down to the supermarket, but thanks to our good friends who have kept our supplies up.

Once up and about we try and go for a walk around a 5km block.

On the first day of alert level four we saw 14 cars, one police car, four children, many dogs and 5 teddy bears (yes even adults like the bear hunt!). Great to see Timaru taking this seriously.

Paul is easily entertained by working in his toy shed on his American Chevy trucks. Heaps to do, luckily we brought back a number of parts from the USA to keep him busy.

Christine has occupied other parts of her days sleeping (not an early riser) lots of gardening, spring cleaning and trying new recipes in the kitchen.

As all golf courses New Zealand wide are closed we decided to practice in a new way. GOLF TENNIS!!! Luckily we have a grass tennis court, Paul was a bit worried about us taking divots but I reminded him we aren't that good! It's normal tennis rules and scoring but we clip the golf ball over the net, so by the end of the isolation period in theory we should be great chippers – this remains to be seen!

So we don't miss Omarama, we have set up our own little Omarama Hotel in our house (see photo) we called "Gloves & Masks". We even had a deer head in the garage that's over 100 years old, that reminds us of the décor of the hotel.

competitiveness remains strong.

Stay safe everyone, and we look forward to being back at Sutherland Road in the future and catching up with everyone.





Kurow Medical Centre

Providing 24/7 health care and support to the people of the Upper Waitaki and Mackenzie

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FROM KUROW MEDICAL CENTRE AND MACKENZIE HEALTH CENTRE

We as health care providers in the Mackenzie and Waitaki districts would like to extend our heartfelt support and comfort to everyone during these difficult and stressful times.

There will be many who have had to make huge sacrifices and adjustments with their lifestyles that prior to the lock down would never imagined possible. For some the biggest challenge will be isolation and for others too much close contact.

Thankfully the Community Care Centre is doing a fantastic job at reaching out to people who may need help with simple tasks like shopping or fetching wood for the fire, and Kurow and Twizel Community Vehicle Trusts continue to provide a great service for those unable to get to the shops or medical facility.

Friends and families are coming together like never before and even though they may now not be allowed close contact just talking on the phone or skyping etc. is such a valuable way to keep in touch and keep us motivated!

My daughter and three-year-old granddaughter were supposed to arrive from UK last week but missed the border closing deadline by one day! Heart breaking as it was for all of us we made a pact to talk every day on the phone, stay strong and not let this virus kill our spirits!

We as a medical facility are now doing the majority of Doctor and Nurse consults via phone or using virtual consults which is working well. We will continue to see all urgent patients requiring acute care at our clinics. In Kurow we have a separate building next to the medical centre and also fortunate to now have sole use of a building next to our Twizel clinic at Benmore Place. These buildings will be used solely for any potential suspected COVID-19 cases. This means our Kurow Medical Centre, Mackenzie Health Centre and Omarama Community Centre will be kept as safe as possible from the virus.

Flu shots are unfortunately in short supply across the country but will continue to be provided to all eligible patients once we have more in stock. When this restriction is lifted we'll be able to offer this to other patients. We strongly recommended you ALL get your shot this year to ensure our community is protected from the flu. Getting the flu and COVID-19 at the same time is not a good recipe.

I know I can speak for all my staff when I say we are sending you all our very best wishes and will continue to support you all during the lockdown.
Please don't hesitate to pick up the phone even if you think it's trivial. We don't mind and will be more than happy to answer your questions or just chat! Tel: 03 436 0760 or 03 976 0503

Please stay safe everyone and ensure you follow the Ministry of Health guidelines for self-isolation: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-self-isolation-close-contacts-and-travellers>

Yours in health
Juliet Gardner
PRACTICE MANAGER

Kurow Medical Centre and its satellite clinics

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.

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.

Waitaki District Council update

Update 4pm, Monday, March 30.**Today's messages from the Waitaki District Council**

DELIVERIES please have the necessary items left at your door. Avoid any physical interaction with the delivery person and keep a distance of two metres. This will protect you both from exposure to COVID-19. Wash your hands thoroughly after receiving anything.

COURIER or post parcels and packages.

You should only post or courier items that are essential to the provision of the necessities of life. the postal and courier service is busy helping society receive items and goods that are essential. Adding additional pressure and burden to that service may impact on society's wider ability to get through this period and stop the virus.

WET WIPES Please pop them in the bin - don't flush them down the toilet. Wet wipes don't disintegrate like loo paper, so flushing them can cause major blockages and breakdowns at wastewater plants, and they'll break your loo, too. Do you really want to be stuck at home with your kids and a blocked toilet?

From the emergency Waitaki District Council meeting on Friday.

Here is the [link](#) the 'unconfirmed' decisions made at the emergency Waitaki District Council meeting on Friday. Please note these are an extract only from the full minutes of the meeting which have yet to be published.

Councillors voted to:

- approve the Omarama Masterplan with these amendments;
 - i) that reference be made on the masterplans of the need for road safety improvements to the intersection of State Highways 8 and 83 in Omarama; and
 - ii) that a pedestrian link shown on the Omarama masterplan that runs behind the hotel be removed.
- approve the Otematata Masterplan with these amendments;
 - i) that reference be made in the Otematata masterplan that the masterplans will also feed into the Community Led Development Programme;
 - ii) that the area of land adjoining Loch Laird Road and State Highway 83 also be identified as potential future housing land;
 - iii) that reference is made on the masterplans of the need for road safety improvements to the section of State Highway 83 that runs through Otematata.
- Establish an emergency committee for the duration of the COVID-19 National Alert Level 4, with a membership and quorum of three elected members; mayor Gary Kircher (chairperson), deputy mayor Melanie Tavendale (deputy chair); and one elected member whose portfolio aligns to the matter of urgency. (*Read more in the above link.*)
- approve, for the purposes of the COVID-19 emergency, the chief executive's financial delegation be set at \$2.5 million, to allow for any unanticipated urgent expenditure.
- set up the parametres around the Support and Stimulus Fund.
- approve a zero rate increase, and not to put the annual plan out for full 'formal' public consultation
- approve the previously "approved in principle" building fees and charges, with some amendments.
- not to approve the proposed new fees to cover the cost of implementing the legislative requirements under the Building (Earthquake-prone Building) Amendment Act 2016.
- approve a budget of \$2.5m, to be drawn from accumulated depreciation reserves for wastewater-pond de-sludging.

The full unconfirmed minutes will be included in the final agenda papers for the Additional Council Meeting scheduled to be held Tuesday 7 April 7, 2020 (via Skype).

<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

COVID -19 Alert Level 4 in Waitaki

Visit the dedicated Pandemic Response Page on our website: www.waitaki.govt.nz



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 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



For the latest information and advice go to the national response website:

covid19.govt.nz



Unite
against
COVID-19

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

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, Horroster 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.



Waitaki
DISTRICT COUNCIL
TE KAHUHERA A ROHE O WAITAKI



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

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.

* 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.

Other places to find support

- click below to go to websites

"Others have said this but it is worth a reminder: When you go out and see the empty streets, the empty stadiums, the empty train platforms, don't say to yourself, "It looks like the end of the world."

What you're seeing is love in action. What you're seeing, in that negative space, is how much we do care for each other, for our grandparents, for our immuno-compromised brothers and sisters, for people we will never meet.

People will lose jobs over this. Some will lose their businesses. And some will lose their lives. All the more reason to take a moment, when you're out on your walk, or on your way to the store, or just watching the news, to look into the emptiness and marvel at all of that love.

Let it fill you and sustain you.

It isn't the end of the world. It is the most remarkable act of global solidarity we may ever witness."

[Ministry of Health](#)

Be kind

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)

Oops :)



Stay tuned...catch you again tomorrow :)

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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 to your email contacts address 'book' the servers will know we are friends and not spam.

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Omarama Gazette

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