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## Omarama Gazette



## The Daily Wire

*Keeping us connected*

Tuesday, April 14, 2020

### In this issue...

*Our diary - A caravanning holiday Easter 2020-style; treasured recipes; notices and more.*

Hi everyone

**NB. Tomorrow, we're counting out week three - LET'S MAKE A BIG NOISE! - 7pm Wednesday, when the fire siren goes.**

**\*Our community 'lockdown' recipe book is under way** - check out favourite treats (below) to fill the tins. We'd love to have your contributions - all that is required is for you to grab your phone/camera and take a quick snap of a favourite recipe and email it to [omaramagazette@gmail.com](mailto:omaramagazette@gmail.com) - don't worry if there's a few buttery smears - all best-loved recipes have those!

**\*Please get in touch** if you have a message you want to get out to the community.

**\*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.

**Remember we'd love a diary entry** from you for our community record about how you've spent your 'day in the life' in these extraordinary times.

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

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

## Our Coronavirus Diary - Day Twenty



*Caravanning Easter 2020, photos supplied*

*By Camp Chief and Chiefette, aka [Fenz Omarama Volunteer Firebrigade chief fire officer] Greg and Adrienne Harper.*

Dear Diary

### **Easter Camping during lockdown,**

Thursday 9th April: tow caravan to secret powered site, erect the awning and set up for a few days R & R. Once the setup is nearly done getting a bit thirsty, better have a beer, after all no more driving for a few days (thanks Jacinda). Camp set up, now another beer and a wine for Chiefette. Let's sit down and chill for a while. The lamb shanks are cooking on BBQ, Chiefette taking care of mash, peas and gravy. Another

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things have cooled and we have moved indoors to the comfort of the caravan, heater on. Set up and play the first game. Chief wins. Chiefette accuses Chief of cheating, as if!? I don't think so! Moving on to a game of euchre. Chief wins again, but all ok, fair and square. Off to bed after a busy day.

**Day two** Chief wakes early, feeling a bit chilly. Chiefette had some extra blankets on. So an early start. Cup of tea under way before 7am. Sorry about that. Up and cooked breakfast underway. Bacon, eggs and all the trimmings, bloody lovely. Chief off on his bike for a bit of exercise. Chiefette prefers walking so she's off for a brisk walk. Back in an hour or so and into the swimming hole for a relaxing dip. Chief starts sorting a few camp duties. Chiefette employed by camp owner and heads off with cleaning equipment and gives the main amenities block a good scrub. This is great as it means we get the weekend camping at no cost, not that I'm a tight arse. A Hot Cross bun for lunch and then, mid-afternoon, a social drink with fellow campers with social distancing, of course. Dinner was going to be roast chicken but we ended having cheese and crackers etc. all we needed, and of course a couple of wines. Inside, watched a movie on the laptop TV on demand, no worries. Off to bed, more blankets and a good sleep.

**Day three:** A lighter breakfast then a repeat of the day before, exercise and back to the swimming hole. A chill out day, both a bit puffed, a longer bike ride and a way longer walk. Chief spent afternoon chilling and reading while Chiefette reading and sleeping, bloody great.

Still, we had worked up thirst. We had a couple of stubbies and a bottle of bubbles. Not sure what the celebration was but I'm sure there must have been one. We decided we might like to catch up on some news while cooking dinner so off to the camp lounge to watch the news, social distancing not required as we had it to ourselves.

Dinner was going to be roast chicken on the BBQ but ended being old fashioned toastie pies cooked on the BBQ (bloody fire ban!) but they were very tasty and brought back a lot of memories of camping and even further back. Inside to watch another movie. I'm all over this TV on demand, no worries. That's until Chief tries to log in wrong password more than once, Bulls\*#! reset and off we go to watch movie of choice but either our hearing has deteriorated over night or the volume is set differently. We suffer it for about 30 minutes then give up and off to bed. We both have another good night's sleep, something about this amazingly quiet camping ground.

**Pack up day** is a lovely day. Breakfast; bacon, eggs and hash browns to bind us for the trip home. We pack up like a well-oiled machine and off early, hardly saw any traffic so we were home by lunch time.

The team at Tin Peaks Camping Ground wish to advise 'secret' camping sites at their popular grounds are fully booked well into the next decade :)

**[Important clarification - to make the most of this Easter like no other Greg and Adrienne moved their caravan from one side of their property to another, took daily dips in the 'swimming hole' and 'lake under the stars' - their spa pool, and enjoyed the 'local' attractions. Omarama really is the place to be! - Ed]**





## Opening Omarama's recipe book

Our most treasured recipes,  
as contributed by the cooks of Omarama, the country's finest!

"Janie Reynolds, or Nana, as she was known by all, was born a twin in a large family on a farm at Clandeboye and went to work in a kitchen on a local estate to learn to cook and sew. She did some formal training and became a hospital dietitian cook. Nana was also a dressmaker and I remember all the beautiful wedding gowns she made, including my own. Having to provide meals for a family on a small budget Nana was very frugal and would turn game into a delicious meal, and had huge supplies of jams, sauces, and preserves in the storeroom. I still remember complaining about having to rub this preservative stuff on the eggs so they would keep while the hens stopped laying. Baking was her best love though. She made and iced many wedding cakes. As children, we were banned from the house while she iced these on the kitchen table - beautiful tiers of flowers, lattice work and scalloped edgings. Many of my cousins had their gowns and cakes made with love by Nana. My children got tuck boxes of baking from her when at boarding school. In the later years she loved coming to stay on the farm and would bake to her heart's delight, and everyone else's! She would ask the men what they would like today, and have great satisfaction at presenting it that evening, biscuits, cake, puddings galore. Her memory lives on in all her wonderful recipes." - *Ann Patterson*

1/2 lb Butter

1 cup Icing Sugar

3 tbsp Cornflour

2 cups flour

1 tsp vanilla Essence

Cream butter and icing sugar, add essence.

Add cornflour, then flour. (may not require all the flour, soft mixture)

Shape into a log, cut off ½ inch thick slices

Place on tray and bake at 150C for 20 minutes approx



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3 Egg Whites

Pinch of Salt

3 tbsp Cold Water

1 ¼ cups Castor Sugar

3 tsp cornflour

1 tsp vinegar

1 tsp vanilla

Beat egg whites and salt until stiff

Add water and beat

Add sugar gradually

Add vanilla, cornflour and vinegar

Bake at 140c for 45 minutes, turn oven off and leave in oven to cool

Place upside down on plate, decorate with whipped cream, fruit - chocolate etc.

HINT - Fresh eggs best at room temperature.

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## Message of thanks





Sending a "Virtual Bouquet" to Blair and Alona and all the staff at 4 Square Omarama, for keeping us so well supplied with goodies and essentials right to our door at this strange time. Well done, and thank you!  
- Gillian and Justin Wills

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## Together at home

### Trouble in the bubble?!

Bill Napier (aka Rhys Darby), New Zealand's finest park ranger is in lockdown with Jason Chaseman and his nemesis, Aussie ranger Ron Bradman. Taking a break from all the park work they create a TV show to inform and entertain, The Alone Rangers. In this first episode they look at what sports they can still play, post lockdown.

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The Alone Rangers S1 E1

Get yourselves some good energy ...Go Noodle!



See if you can puzzle this out...

(Click on the photo to do the puzzle)



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The answer - We're Better Together.  
*Omarama Calf Sale 2018*



Memories are made of this...SUNRISE ON SALE DAY  
*Omarama Calf Sale, Thursday, April 4, 2019*  
☀️☀️☀️🌊🌊🌊

# The Noticeboard



**Mobil Omarama will be open from 8am to 6pm**  
seven days a week including the Easter weekend.

*Stay safe and be kind*

**Challenge Omarama - the store is closed.**  
Fuel is available 24-hours via the pump pay station.



#### FROM OTAGO CIVIL DEFENCE AND EMERGENCY MANAGEMNET

🧊 We're in for some cold weather over the next few days, with the possibility of snow on the Lindis and Crown Range roads. Remember, if you're in need of

## FROM NETWORK WAITAKI

*"To ensure that we can keep the power flowing safely and reliably, we need to get back into essential maintenance and equipment replacement to ensure our network remains safe and reliable. Like any system it needs maintenance and attention so it doesn't break down.*

*Over the coming weeks, you'll start to see our crews out there getting back into work.*

*Some of the work we do means we can't keep everyone two metres apart, but they are working in their own extended bubbles and we have health and safety measures in place to minimise the risk.*

*Where possible we will do the work in such a way that we keep the power on, but there might be some work we have to do where we need to switch the power off.*

*We'll let you know well in advance if this is going to affect you - we know the timing isn't great but with enough planning we hope to minimise the disruption to your household. We apologise in advance for the inconvenience."*

**Network Waitaki ask that you refer to its [Facebook](#) page for regular updates**

## RUBBISH COLLECTION SERVICES

People are advised to put on disposable gloves before moving bins and to wash hands thoroughly afterwards. The handles can be a coronavirus hot-spot and must be treated like any other surface, doorknobs, stair rails etc, collectors say.

## PLAYGROUNDS ARE CLOSED

## OMARAMA GOLF COURSE IS CLOSED.

## SPORTS COURTS ARE 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



## Essential services operating in Omarama

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

**Risks to veterinarians and questions over what essential services they should offer.** Read more [here](#)

**Omarama Veterinary Clinic** - please phone ahead. **03 438 9868**

*"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.*

**Firewood supplies:**

**SupplyMoore Yard**

*"Under current conditions we are still able to deliver your firewood if supply is necessary, we would like to do this without any contact so delivery instructions are important, post delivery we will text our bank details for payment, the yard will be closed for pick up so please text or message orders to us or Emma on 027 635 5664*

**Gas supplies:**

**Rockgas Mackenzie Country** <http://www.rockgasmackenziecountry.co.nz/>

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## From AA New Zealand

Effective from Friday, April 10, WoFs, CoFs and driver licences that expired or after 1 January 2020 will be temporarily extended.

Once we start adjusting back to business as normal, the New Zealand Transport Agency will advise of expiry dates for these documents, which could extend up until 10 October 2020.

Vehicles are still required to be safe to operate on a public road.

If you're an essential worker, 15 AA Auto Centres nationwide can provide appointment-only WoFs and urgent vehicle repairs.

We've covered the key info about the extension and all of our services at [aa.co.nz/covid-19-faq/](http://aa.co.nz/covid-19-faq/)

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## The Otago Welfare Help centre operates 7am-7pm on 0800 322 4000 or [help@otagocdem.govt.nz](mailto:help@otagocdem.govt.nz)

**Oamaru Hospital has released information** about the plans it has in place to deal with the Covid-19 pandemic. Read about these and find answers to frequently asked questions [here](#).

**All boat ramps at the Waitaki Lakes are now closed**, this includes those administered by the Waimate District Council.

### WHAT'S OPEN?

The council has launched a 'What's open in Waitaki' [page](#).

The directory will be part of the Covid-19 Waitaki Response page and aims to list all businesses that are staying open during New Zealand's Covid-19 Level 4 alert. The response page also includes information on council services and facilities, support for people and businesses.

At present, the list includes medical centres and pharmacies, vets, food and service providers, service stations and transport options.

Council economic development manager Gerard Quinn said it was still working with local businesses to fill this list and encouraged everyone who wanted to be included to get in touch and register by emailing [wcded@waitaki.govt.nz](mailto:wcded@waitaki.govt.nz). The council needs to know your location, contact details and a website link so people can check for any specific conditions.

Business owners are reminded that it is the business's responsibility to ensure they are acting according to the law while staying open. If businesses are uncertain about whether or not they can continue to operate they are urged to contact MBIE by emailing [essential@mbie.govt.nz](mailto:essential@mbie.govt.nz) or calling 0800 22 66 57 (9 am to 5 pm).

### Waitaki District Health services

There is a bright green tent by the side door of Oamaru Hospital's Emergency Department. This tent has been supplied by St John.

It will provide a clinical space for hospital staff to see persons that may have Covid-19 or other infectious conditions.

There will be security presence around the tent and no one is to enter this tent unless directed to by an ED staff member. ED staff members will use this space to take history and swabs where this is clinically indicated.

The tent will be used to keep the ED Covid-19 free for as long as possible.

The public are to present to the side door of ED if unwell.

Staff will talk to you through the intercom and may either have you enter ED or be directed to the tent.

IMPORTANT: Unless it is an emergency - call your GP anytime if you are unwell.

There is a GP available at all times

**HOLIDAY HOME?** Thinking of heading to the crib for a change of scene during lockdown? Yeah, we're thinking of flying to Mars. Just in case you're wondering, Virus says NO. You can only travel if you're accessing essential services or if you're an essential worker travelling to and from your essential work..

**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.

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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?

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



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



[covid19.govt.nz](http://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](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, 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 KALUINHERA A ROME O WAITAKI



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

## CLOSED SUNDAYS

While New Zealand is at Covid-19 alert level 4 and in 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 email if at all possible and 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](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.

## [Shopping safely guidance now available](#)

31 Mar 2020

Simple guidance is now available for people in New Zealand to keep themselves and others safe while doing their supermarket shop.

The information covers:

- how to prepare so you can get in and out quickly
- tips to keep 2 metres away from other shoppers and supermarket staff
- hygiene tips for while you shop
- what to do with your groceries when you get home.

[Find out more about shopping safely.](#)



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!**



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**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](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: 03 436 0780

Omarama Clinic at Omarama Community Centre, Chain Hills Highway, Omarama.

Phone: 03 4360 760, Cell: 027 434 7464.

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## How goes it today?

Other places to find support - click below to go to websites

### **YOUR SAFETY COMES FIRST**

#### **- Police message to people facing family harm**

The police are urging anyone with concerns or information about family harm in their community to get in touch as soon as they can, as level 4 restrictions bring new pressures to whānau and home environments.

"We want everybody to know police will continue to prioritise family harm incidents and we will come when you call," assistant commissioner Sandra Venables said.

"We realise this is a hard time for some families and we want them to know police are there for them.

"We know that for some people, home right now may be an uncomfortable or scary place.

"It may also be harder for some people to contact police or other agencies as they may not have easy access to a phone.

"Let me be clear, if you are in immediate danger and you cannot call us on 111, leave your house and get out of harm's way. Your safety comes first. Get to a safe distance and then ask a neighbour, or a passer-by (at a two metre distance) to call 111 for

think something's not right, it probably isn't.

"It's okay to call Police if you're worried about someone as they may not be able to speak up for themselves. It's everybody's responsibility to help keep each other safe right now through this challenging time. You could be saving a life.

"We know there are also people out there who don't want to harm their loved ones but who are facing an internal struggle. To them I say: please stay strong, please walk away and take a moment so you don't do something you'll regret to someone you love.

"You can reach out to us, or you can contact one of many support services listed on the Covid-19 website. They are there to support every member of your family and whānau."

The police have worked closely with Ministry of Social Development to ensure there is temporary accommodation for people under Police Safety Orders.

And police, the Joint Venture Business Unit, and MSD have also worked together to ensure 0800 Hey Bro (a number for men who feel they're going to harm a loved one) has been able to operate nationally during COVID-19.

"We know being around the same people 24/7 can be a challenge, and we know for some people this may make them fearful, at risk, or on the edge of doing harm. So if you feel fearful or threatened, please reach out."

**A list of support services is below:**

211 Helpline (0800 211 211) – for help finding, and direct transfer to, community-based health and social support services in your area.

Find your Local Women's Refuge by calling 0800 743 843 (0800 REFUGE) to be linked up with an advocate in your area.

Victim Support – call 0800 842 846.

Victim Information Line/Victim Centre – call 0800 650 654 or email [victimcentre@justice.govt.nz](mailto:victimcentre@justice.govt.nz).

Shine domestic abuse services – free call 0508 744 633 (9am to 11pm) if you're experiencing domestic abuse, or want to know how to help someone else.

Family violence information line – call 0800 456 450 to find out about local services or how to help someone near you.

Elder Abuse Helpline – call 0800 32 668 65 (0800 EA NOT OK) - a 24-hour service answered by registered nurses who can connect to local elder abuse specialist providers.

Tu Wahine Trust – call 09 838 8700 for kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau.

Shakti New Zealand – call 0800 742 584 for culturally competent support services for women, children and families of Asian, African and Middle Eastern origin who have experienced domestic violence.

Safe to Talk – sexual harm helpline. Call 0800 044 334, text 4334 or email [support@safetotalk.nz](mailto:support@safetotalk.nz).

Rape Crisis Centres – call 0800 88 3300 for contact details of your local centre.

Male Survivors Aotearoa New Zealand – call 0800 044 344.

Tu Wahine Trust – call 09 838 8700 for kaupapa Māori counselling, therapy and support for survivors of sexual harm (mahi tukino) and violence within whānau.

ACC Sensitive Claims Unit – call 0800 735 566 for access to services related to sexual abuse or sexual assault.

Hey Bro helpline – call 0800 HeyBro (0800 439 276). 24/7 help for men who feel they're going to harm a loved one or whānau member.

Korowai Tumanoko – text or call 022 474 7044 for a kaupapa Māori service for those

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counsellor.

Youthline – call 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz).

Kidsline – call 0800 54 37 54 (0800 kidsline) for young people up to 18 years of age (24-hour service).

Skylight– call 0800 299 100 helping children, young people and their families and whānau through tough times of change, loss, trauma and grief.

Oranga Tamariki – call 0508 325 459 (0508 FAMILY) or email [contact@ot.govt.nz](mailto:contact@ot.govt.nz) for concerns about children and young people.

### MENTAL HEALTH TIP:

# LIMIT THE AMOUNT OF NEWS YOU FOLLOW



[Ministry of Health](#)

**Be kind**





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*from the Waitaki Emergency Response group*

Otago Rural Support Trust: 0800 787 254 (0800 RURAL HELP) continues to provide its support service over the phone or on Skype/Zoom during lockdown.

They can help connect farming families with business advice, suppliers, financial information, health, and counselling services. Their services are free and confidential.

Guidance is going out to farmers about managing under meatworks' capacity restrictions.

See <https://beeflambnz.com> for details.

Industry groups and MPI have launched a stock feed planning service for all farmers nation-wide.

Toll free numbers:

drystock farmers call 0800 BEEFLAMB (0800 233 352), dairy sector 0800 4DAIRYNZ (0800 4 324 7969), anyone can call 0508 AGFIRST (0508 243 477).

See MPI's [COVID-19 & Primary Industries FAQ](#) webpage for more information:

Industry and MPI are also preparing advice about the 1 June dairy "Gypsy Day" changes, which will be promoted by industry groups and Federated Farmers.



**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)**

Can't wait for the holidays to be over





what it's like



# LIVING at Alert Level 4

## Tuesday 14 April Update

Thank you to all the essential workers who worked over Easter. We're in week three at Alert Level 4, so it's important to be kind, and continue to support each other.

### What do I do if I have symptoms or other health issues?

If you're not feeling well, please ring your GP or Healthline as you normally would – don't hold off or wait until you feel worse. Our health system is open and running and ready to help. Healthline is free and available 24 hours a day, 7 days a week on **0800 358 5453**.

### Can my employer make me take annual leave if they are getting the wage subsidy?

If you have a complaint about your employer breaching any of your employment conditions you can either call the Employment line on **0800 20 90 20** or email [info@employment.govt.nz](mailto:info@employment.govt.nz)

Remember, all New Zealand employers – including the self-employed and sole traders – who have experienced at least a 30% decline in revenue due to COVID-19, are eligible to apply. Visit [Covid19.govt.nz](https://covid19.govt.nz) to find the list of employers who have received the wage subsidy scheme.

### Can I drive my car?

Using private vehicles for transport is only allowed if you are:  
1) accessing essential services 2) shopping for food or medicine  
3) or if you're an essential worker travelling to, from, or as part of your essential work.

Otherwise, you must stay home. Do not travel out of town.

You should also only travel in your car with people from your household. Remember, any unnecessary travel may spread COVID-19.

Also note that pedestrians in particular may not be as aware as they normally are, so if you need to drive for essential reasons, remember to slow down, and drive safe.

### Can essential workers come into my home or business to do essential work like fixing heating, water or internet issues?

Yes they can. They don't have to wear masks or gloves – unless required for the work – but do need to maintain their physical distance.

Now is the time to be kind and considerate towards neighbours and those working in our essential services.

### What can I do if I experience, or know someone who is experiencing, violence at home?

If you're not safe at home, it's okay to leave your bubble to ask for help. If you have to leave, you can contact a friend or neighbour. Call **111** in the first instance if you can.

Remember to keep an eye-out for friends and neighbours.

If you have concerns about a young person, call **0508 FAMILY** (0508 326 459).

### Where can I seek help if I'm feeling stressed or anxious?

If you feel you are not coping, it is important to seek help and professional support. Your family doctor is a good starting point. For support with grief, anxiety, distress or mental wellbeing, you can also call or text the 'Need to talk?' service on **1737**. This is free, and available 24 hours a day, 7 days a week, and gives you the chance to talk with a trained counsellor. If you're just looking for some extra support, you can go to [Covid19.govt.nz](https://covid19.govt.nz). It includes tips for parents or caregivers who want to discuss mental health and wellbeing issues with primary-school aged children.

### Who can I contact if I see people not following the rules on self-isolation?

You can tell the Police by completing the online form at [105.police.govt.nz](https://105.police.govt.nz). Where possible, try to keep the phones free for those that need them in an emergency.

### Thank you New Zealand

A big thank you to everyone in the country for your vigilance over the Easter period. Together, we are saving lives.

### Got questions?

Find the answers faster at [Covid19.govt.nz](https://covid19.govt.nz)

[New Zealand Government](https://www.govt.nz)

**Unite  
against  
COVID-19**

Stay tuned...catch you again tomorrow :)

**Please share this email** and encourage others to subscribe if they need to get local 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?

Here is the link to the Government's one stop shop



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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 of this page. Then click on '[past issues](#)' at the top left of that page.

**Just to let you all know, there will be no Omarama Gazette or Otematata Chronicle produced** while New Zealand is at alert level 4 in the fight against the spread of Covid 19.

Instead there will be the Daily Wire with the latest updates sent each day at 4pm-ish by email.

For those who advertise regularly in the Gazette and Chronicle, I will extend your present contract arrangement accordingly once regular transmission resumes. Please contact me if you would prefer a refund - many thanks for your support.

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# Omarama Gazette

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