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Omarama Gazette



The Daily Wire

Keeping us connected

Monday, April 6, 2020

In this issue...

Cribbies appear to be playing by the rules; some puzzles and challenges; Let's face it, here's a stylish idea; plus other stuff you need to know, and today's diary entry.

Hi everyone

We're back, tho' a little later today! Hope you enjoy all the contributions.

We would love to hear from you about how you're spending your '**Day in the life of Covid-19**'. Feel free to email or phone and I'll take down your words. Send photo's videos, whatever you find easy. Let's create a community diary about how we're spending this extraordinary time.

***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.

Let's stay close whatever the distance

- Ruth

**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/>

Cribbies appear to be playing by the rules

Cribbies and campers appear to be playing by the rules and staying home despite reports on social media of people breaking the lockdown instructions.

People have voiced concerns on various social media pages throughout the Waitaki district about holiday makers making the trip inland and to the lakes for the holiday period, despite the lockdown rules.

Omarama's Senior Constable Nayland (Bean) Smith, who has investigated the reports he received, said the problem appeared to be somewhat exaggerated.

He said he was "well aware of the recent commentary and concerns" expressed.

"I think we may need to take a breath here."

There was one report that people had arrived at three to four addresses in Otematata during the lockdown.

This was followed by another Facebook post repeating the same information.

Consequently, the numbers allegedly breaking the rules appeared to be "twice the problem" it was, Bean said.

In the cases which had been reported to the police he found those people were at their holiday homes legitimately.

"Yesterday, I checked three addresses which I was informed all had new arrivals.

This was incorrect."

Bean asked that any "actionable" information be given to him directly.

"If you have any concerns you can contact me rather than taking it to social media."

"I am actioning any 'actionable information I get and will continue to do so."

"To do that I need actual addresses not 'generic' emails or texts saying there is an issue but not actually giving me any information."

Bean said there would be a larger police presence in the Waitaki Lakes area over Easter "to ensure everyone's safety".

"I would ask all holiday home owners to stay at home.

"Come for a well-deserved holiday once we're permitted to travel again."

Under the Covid-19 level 4 restrictions you can only travel if you're accessing essential services or if you're an essential worker travelling to and from your essential work.

Our Coronavirus Diary - Day Twelve

By Tanya McAughtrie.

Dear Diary

10am

As I sit here with my hot cup of coffee suddenly I'm wishing that life was normal again.

I'd have a customer or two to serve in front of me wanting coffee or a freshly baked scone.

I could ignore my ringing phone. I've always hated to be put on hold by a shop assistant when a call comes in. (I'm here now and in front of you I'm real, I don't like being ignored.)

But I seem to have the time now for answering that phone. I have all day to chat and catch up. Talk about your kids or mine, the weather. The virus, the state of my to-do list, or lack of, or so I thought.

As my phone rang this morning, never in my wildest dreams or nightmares would I have imagined what was about to unfold. So without a resume, job application or that uncomfortable interview in front of a panel of peers. I've suddenly become employed again. A fully functional member of the workforce and society. All will be unpaid?? I am a reporter with a 4pm deadline!!

My name is Lois. Lois Lane (aka Tanya). Pulitzer prize winner, investigative journalist, working for editor-in-chief, Perry White (aka Ruth Grundy) at the Daily Planet (Daily Wire) in bustling Metropolis (of Omarama, North Otago, NZ). Working alongside Clark Kent (Dannie) and Jimmy Olsen (Clint/Wyatt & Courtney)

Oh Boy!! Whilst I was sitting contemplating my sudden, but slightly reluctant, new found employment I've just realised that the Editor-in-Chief (Perry 'Ruth' White) must be truly desperate to have employed an unpublished, out of work columnist, correspondent, fact-checker, copy editor, news presenter, photojournalist, political commentator, barista, gardener, cleaner, referee, chauffeur, personal-shopper, juggler, paramedic, chief censor, dishwasher, chief diplomat (ok!! So I lied about this one), librarian, loan officer, curfew warden, waitress, scone (doer) maker, with not that much experience and the most boring of lives now.

[Yeah, and she makes the very best custard squares :)]

As I sit wondering what my diary entry should report... My now quiet life of daily boredom?... My coffee has now once again become the temperature I've become accustomed to... COLD!

As a normal day unfolds now in everyone's life... our thoughts turn to... Chores / Job Sharing / Daily distribution of employment.

To keep staff morale high we have now renamed the following jobs and positions.

Rubbish removal * Waste management & disposal technician

Dishwasher * Underwater porcelain cleaning technician

Cook - Lunch * Sandwich Artist; Dinner * Refreshments and Nutrition Supervisor

Bathroom cleaning * Environmental Maintenance officer for sanitation

Window cleaner * Transparent wall maintenance worker

Laundry * Fabric sanitation controller

Gardener * Jungle Control Surgeon

Pet Care * Dolittle animal controller

And just for you parents who are now the substitute teachers * Dispellers of the darkness of ignorance

Trying to get the kids outside * Eviction Technicians and the anti-social behaviour coordinators or in short, referees.

I'm so glad that my kids have grown and I'm not in charge of... $6 \div 2 (1 + 2) =$ OR $X + 10 = 4$ should I care?

So.. my Daily Diary reads as follows:

Get up, shower, dress, coffee, wake up, tidy up, animal control (still have kittens x2).

Black board Quote + Post on insta + Fb.

Lunch, 1pm news special. Do something outside, constructive, Dinner, eat, Drink ,

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are fading fast on these early few days of lockdown.

Let's just say that having a fully stocked chiller of cafe food is not all it's cracked up to be!!

Having tortured myself and the family by eating the perishables from the chiller I never ever want to relive the "Lets clean the fridge out party" in isolation ever again. There's only so much you can suffer with salad and salad...

So last night's dinner for two was the ever popular, but I haven't had for 6+ months, out of the box, with not an added extra in sight, Rice Risotto!! Thanks Diamond.

Having spent a number of the beautiful fine days in my overgrown jungle - some would call it the garden - I still haven't found Tarzan, but with my trusty pruners + saw in hand, I've toiled away and one day the end may be in Who am I kidding? The end never comes with gardening. It seems to grow back by the time you get round to where you started. Oh!! To be (I dream) Jeannie or Samantha instead of Lois in the garden, so where's Superman now?

As I'm watching the world go by on the road outside my jungle, it has definitely changed dramatically. Out there now is "the Essential Workers" that's 6-8 cars every morning and evening going past, seems like clockwork.

Only normality I see out there.

"The Trucker" - stock and freight seem to outnumber everything else on the road these days. Those drivers must love getting the straight runs through, now with no distractions anymore.

"The Neighbours" - going out for the essential supplies - most of them I guess are like us and don't need to venture out that often - even before the lockdown.

Then there's a new breed of road users "The Spreaders" the nickname we've started using around here. The multi-occupants in a vehicle that aren't regular/locals on our roads.



Here's my thoughts on this. Oh!! Shit... the day has gone.

Can you extend my deadline? It's 4 o'clock.

But on a serious note

I'm not considering putting myself forward for this position at the Daily Planet beyond today's extended deadline.

As a wise man once said

"Sooner be home poking sticks in my eyes"

I Quit!!

Yours Lois xx

P.S. Keep safe everyone. I wanna see you all soon

Who will build a another bale bear?

They've set the 'bear' high.

In the spirit of the great 'bear' hunt sweeping the country and the world, the Parson

Bearing in mind as Easter under lockdown is fast approaching maybe an Easter bunny may also be appropriate, Wendy says.

The family were inspired to create their hay bale bear when they realised no one would see a teddy in their window.

Tara and Hannah set to, drew up plans and galvanised mum Wendy, dad Richard, and Granny into action.

Oh, and BTW they may owe Uncle Bryan a bit of pink spray paint.





The Teddies go Time Travelling

Another chapter in the Great Omarama Teddy Bear Adventure Story for every boy and girl! By Lynda Allen.

(Lynda has kindly allowed the 'Daily Wire' to share her bears' adventures. Thank you Lynda.)

The story so far...

Lynda's teddies have escaped with one thing on their minds - creating mischief! Last week they decided to have a picnic on the roof - well, that was bound to turn to custard.

Luckily, Lynda and her magic needle soon had them mended, ready for all new adventures.

TEDDIES GO TIME TRAVELLING

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what ever will they do
Build a time machine or call the
Doctor Who
To use the TARDIS, cause they heard
it flew
(Like she'll turn up out of the blue
And no I'm not building one, don't
have enough wood nails or glue
OK back to the story, where were we
up to)
Go back in time to stop this awful
Covid flu
But no, that's not what they intend
to do.

Move the clocks forward, go four weeks
Into the future, they would sneak
When all of this, has passed it peak
Is everyone healthy, they will seek
Eyes will water, and then will leak
Tears of happiness, down their
cheeks
Cause we did our part and got this
beat
Our bubbles are burst, that's so neat
So stay safe, until we next meet 💜



Together at home

Here are 10 links to discovery.

1. Georgia aquarium tour and review:
<https://youtu.be/zXYZs4XW1IQ>
2. Magic videos you can do at home
<https://www.youtube.com/user/EvanEraTV>

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4. Play games and learn about animals:
<https://switchzoo.com/>
5. Art for kids
<https://www.artforkidshub.com/>
6. Learn Maths with Arcade Style Games:
<https://www.arcademics.com/>
7. Farm Virtual Tours:
<https://www.farmfood360.ca>
8. Virtual Tour of the Great Wall of China:
<https://www.thechinaguide.com/destination/great-wall-of-china>
9. Story Books Read by Famous People:
<https://www.storylineonline.net/>
10. Hang out with Dr Suess:
<https://www.seussville.com/>

See if you can puzzle this out...

(Click on the photo to do the puzzle)



The answer - We're Better Together.

Omarama's community picnic, March 2019

C'mon now, all join in the chorus :)

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Definitely time for a bit of a sing-a-long with Officer O'Leary
Grab your guitar and join in.



Now just to try to get this tune out of your head.



Let's face it - lockdown inspires stylish idea



Photo: supplied

Omarama's Beckie Wilson has turned her creative talents to making protection from Covid-19 a little more stylish.

She is quick to admit wearing a face mask on the street was not something she ever thought she would do.

"It's not the Kiwi culture to wear a mask out and about."

But, as the national number of Covid-19 cases increased, some people wanted to wear one as an extra precaution, she said.

So, with more time on their hands, she and mum Karen Ward, of Total Interiors, set out to create reusable fabric face masks to help people feel that bit safer when leaving home for essentials.

After some research and designing, Face It masks was born.

Handmade by Beckie, with Karen's help, the one-size-fits-all mask is double-layered with a patterned tightly woven fabric lined with 100% breathable cotton and adjustable elastic straps.

Global research was evolving daily, and while there were conflicting studies out there, most showed the use of a fabric mask was better than wearing no mask at all, she said.

"I wanted the masks to be a good balance of taking care of your health and your community's health while also feeling confident in wearing something you are not accustomed to."

She said she is lucky to have the help of her mum who has plenty of fabric on hand as it's a case of using what you have as many suppliers have closed for the lockdown.

The Ministry of Health says it is waiting on the World Health Organisation to release information on whether people should wear masks in public before advising Kiwis.

New evidence suggests wearing a mask could help contain the pandemic as some people can be asymptomatic.

The masks are not a replacement for medical masks.

Each mask costs \$12 and comes with a washable, reusable bag. Postage is an extra \$5 outside of Omarama township. Contact Beckie at nzfaceit@gmail.com or on Instagram @faceitnz.

The Noticeboard

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 or suspected case of Covid-19. Thank you!

Essential services operating in Omarama

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

Omarama Veterinary Clinic

The service stations

Firewood supplies

Rock gas supplies

Waitaki District Council update

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. 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 or calling 0800 22 66 57 (9 am to 5 pm).

Waitaki District Health services

From today, 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.

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?

<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 of 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

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

Open Monday to Saturday, 9am to 6pm

CLOSED SUNDAYS

Easter trading hours

Good Friday CLOSED
Easter Saturday 9.00am to 6.00pm
Easter Sunday CLOSED
Easter Monday 9.00am to 6.00pm

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...

to. omarama@oursquare-st.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)

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.

How goes it today?

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

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Be kind




RuralSupport

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)

Bless you 😊



LIVING at Alert Level 4

Monday 6 April Update

Our lives depend on us all staying home. Here are answers to some of our most frequently asked questions:

FOR EVERYONE:

How can I purchase essential, non-food items that I need for winter?

Only businesses who have registered to sell essential, non-food items with the Ministry of Business, Innovation and Employment (MBIE) can do so. All stores selling these essential items must adhere to strict guidelines to avoid the spread of COVID-19. This includes **limiting sales** to items that keep people warm, replace key household appliances, or maintain people's health, eg: blankets, heaters, kitchenware and appliances, whiteware, computer equipment, and mobile phones.

Where can I purchase essential, non-food items?

Stores that are open for essential, non-food items include Noel Leeming, The Warehouse, Harvey Norman, Briscoes and Farmers. If you need to order, do so responsibly, only purchasing items that are absolutely necessary to help your household safely isolate, stay connected to work, or study from home while we all unite against COVID-19.

Will supermarkets be open over Easter weekend?

As with previous years, supermarkets and other essential businesses that are usually required to close on Good Friday (10 April), will still do so. Trading for essential services business can resume on Saturday 11 March and remain open on Easter Sunday (12 April).

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

If you feel you are not coping, it's 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 service is free, available 24 hours a day, 7 days a week and gives you the chance to talk it through with a trained counsellor.

How can I keep myself safe if I live in an apartment building?

- Keep a 2-metre distance from people who are not part of your household.
- Wash your hands before you leave home and as soon as you get back. Use hand sanitiser, if available, as you enter and exit the common areas of the building.
- Gyms, swimming pools, and other gathering areas should be closed.
- If you need to touch a frequently used surface in a common area (such as a door handle, stair rail or lift button) use your elbow instead of fingers or use disinfectant handwipes after contact.
- If you need to use a lift, wait until it is empty and only use with people from your household.
- Ask for deliveries to be left at the apartment building entrance for your collection.

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. Where possible, try to keep the phones free for those that need them in an emergency.

FOR BUSINESSES AND WORKERS:

How do I find out more information on essential businesses and what they cover?

Essential businesses, and those that support them, will continue to provide the necessities of life for everyone in New Zealand. This means food, medicine, health-care, energy, fuel, waste-removal, internet and financial support will continue to be available. If you have any queries about what an essential service is and if it applies to your business sector, you can get in touch with general enquiries at **0800 22 66 57** or email essential@mbie.govt.nz for advice regarding your specific business.

Thank you New Zealand

If we all do our bit, we'll get through this. Thank you for working together and staying home. We can and must stick with it.

Got questions?

Find the answers faster at Covid19.govt.nz

New Zealand Government

Unite
against
COVID-19

Stay tuned...catch you again Monday :)

Housekeeping...

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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
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. Listen Live FM 97.3 MHz Omarama, Ch-50 on Freeview TV, CH-421 on Sky TV, Via Internet rnz.co.nz/audio/live/national

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.

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.

Omarama Gazette

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