

# BUGLE

Published by  
Kurow Information Centre  
as a service to our community



Issue 482  
Wednesday  
25 March 2020

## FAREWELL FROM KUROW INFORMATION CENTRE

*CARRON COSSENS*



Carron, you will be so very missed from Kurow Information Centre! Your knowledge of all things Kurow and Waitaki Valley along with NZTA, and Community issues will be very difficult to replace as will your wonderful smile and your own unique way with everyone that has walked through the door in the last 12+ years!

On behalf of everyone in this community we'd like to thank you and wish you all the very very best for your future endeavours. We're sure you will still grace the Information Centre with your presence and that your knowledge will only be a phone call or email away!

Enjoy your 'free-er' time, we're sure Richard will enjoy seeing more of you as well!

Carron's last day at the Kurow Information Centre is Wednesday 25th March. I'm hoping for the next Bugle (putting you on the spot Carron) that you'll share some memorable moments with us!



We welcome the opportunity to offer you a review on your business, personal or farm insurances.

Talk to the team at your local Aon Oamaru branch on

**03 434 0080**

**230 Thames Highway Oamaru**

**TO BOOK A COMMUNITY CAR:** Phone 027 282 0615 or 4360 950

### **WAITAKI VALLEY PHONE BOOKS:**

Get your address and phone/cell/email in the Waitaki Valley Phonebook: ring Seanne on 4360 950 or just leave a message for us to ring you back. We are even happier to receive an email on [info@kurow.org.nz](mailto:info@kurow.org.nz) with your details. We constantly update our versions as we receive new numbers. There is also lots of space to record the contact details of your loved ones from out of the area.

### **BUGLE PIECES:**

Have you ever written an article you'd like published, maybe a poem or even a story...please let us know, we'd be happy to consider your piece for the Kurow Bugle! We are loving all the pieces that we've been given so far and hope that you are too!

### **BREAD BAG TAGS:**

Please save your bread bag tags and drop in to Feliz, Gifts & More, Kurow Information Centre or Kurow Holiday Park.

### **KUROW GOLF CLUB CANCELLATION:**

It is with regret RD Petroleum/Superior Mineral golf competition scheduled for April has been cancelled. We feel at this time it is the sensible thing to do. Looking forward to your entries next year.

### **KUROW SENIOR RUGBY:**

All Kurow Rugby Senior games have been postponed until further notice.

### **LOCAL COVID-19 ASSISTANCE:**

Anyone needing assistance during the covid-19 outbreak please feel free to contact me at anytime.

This includes help with self isolation or even if you are living alone and just want someone to come by and check how you're doing.

For sound current advice go to website - [covid19.govt.nz](https://covid19.govt.nz).

If computers are not your thing and you want information about Covid-19 contact me anytime.

Stay safe everyone.

Peter Scott - Kurow Police

[Peter.scott@police.govt.nz](mailto:Peter.scott@police.govt.nz)

Cell 021 1923851

# Stages of alert

## **ALERT LEVEL ONE: PREPARE**

### **Covid-19 in NZ, but contained**

- Activate border measures
- Contact tracing
- Cancel mass gatherings of more than 500 people
- Stay at home if sick and report flu-like symptoms
- Intensive testing for Covid-19
- Physical distancing encouraged

## **ALERT LEVEL TWO: REDUCE**

### **Contained but risk of community transmission growing**

- Entry border measures maximised
- Further restrictions on mass gatherings
- Physical distancing on public transport
- Limit non-essential travel around country
- Employer to begin alternative ways of working if possible (shift work, working from home etc)
- Business contingency plans activated
- High risk people to remain at home (over 70s, people with existing conditions)

## **ALERT LEVEL THREE: RESTRICT**

### **Heightened risk that disease not contained**

- Travel in areas of community transmission limited
- Affected educational facilities closed
- Mass gatherings cancelled
- Public venues closed
- Alternative ways of working required and some non-essential businesses closed
- Non-face-to-face primary care consultations
- Elective surgeries and procedures deferred and healthcare staff reprioritised

## **ALERT LEVEL FOUR: ELIMINATE**

### **Likely that disease not contained**

- People to stay at home
- Educational facilities closed
- All non-essential businesses closed
- Rationing of supplies and requisitioning of facilities
- Severe travel restrictions
- Major reprioritisation of healthcare services



# Gardner Medical Practice Ltd

Kurow Medical Centre, 8 Wynyard Street, Kurow, 9435. 034360760  
Mackenzie Health Centre, 3a Benmore Place, Twizel, 7901. 039760503

**17 March 2020**

Letter to the Twizel Update

COVID-19 (Novel Coronavirus)

We woke this morning to the news that the iconic Maadi Cup, New Zealand's Secondary School Championship Rowing Regatta to be held at Lake Ruataniwha this year, has been cancelled due to the COVID-19 pandemic. Gatherings of more than 500 people are forbidden. Travel around most of the world has been severely restricted. Most people will shortly discover the ramifications of closed borders, disrupted trade, and resource limitation. Events and institution closures such as schools will likely follow.

All this in response to a new virus that we have no immunity to. Most people have few or minor symptoms in the two weeks or so it takes to run its course. However, COVID-19 disproportionately provides more severe health problems – including death - to our elderly and those with major co-morbidities (heart and lung diseases especially). Our young and the vast majority in the workforce have markedly less to fear. The Worldometers website provides a good overview of the world situation as this virus is tracked. <https://www.worldometers.info/coronavirus/>

To date we only have 8 confirmed cases in this country. With the government and health officials taking a strong lead with advice about travel, contact tracing and self-isolation the current aim is to aggressively keep this virus out as long as possible. We need to delay community spread as long as possible. A vaccine to protect us against it is at least a year away (once testing and safety is assured), and multiple trials are underway with conventional and alternative medicines worldwide. Currently only Intensive Care beds with ventilation equipment and Oxygen have been proven to make a difference in outcomes to those severely affected – and these are a limited commodity. If and when this virus gains a hold in our communities efforts will shift to manage the spread so that our ICU and other health resources are not overwhelmed.

So what can we all do to help here?

- ★ First of all – stay calm and don't panic! There's plenty of loo paper out there!
- ★ Find out what you need to know from the Ministry of Health website: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public>
- ★ Don't go out if you're sick – (Temp > 38deg C/ cough/ shortness of breath)
- ★ If you have these symptoms AND have recently been in contact with someone with COVID-19 or recently been to a country or area of concern get on the phone instead to either HealthLine 0800 358 5453 or your doctor immediately.



- ★ This virus spreads via coughs, sneezes and talking via droplets over short distances onto surrounding surfaces. If you touch those surfaces then touch your eyes/ nose or mouth you may get infected. SO: good hygiene, regularly wash and thoroughly dry your hands, and use good cough etiquette. We should be doing this anyway with any colds and flues coming our way!
  
- ★ How to protect yourself and others:
  - Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
  - Put used tissues in the bin or a bag immediately.
  - Wash your hands with soap and water often (for at least 20 seconds).
  - Try to avoid close contact with people who are unwell.
  - Don't touch your eyes, nose or mouth if your hands are not clean.
  - Avoid personal contact, such as kissing, sharing cups or food with sick people.
  - Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
  - Stay home if you feel unwell.
  
- ★ Self -isolation is effective and necessary if any contact with someone with proven COVID-19 or travel from overseas - for 14 days.
  - a. Try to separate yourself from the people you live with: limit travelling except with family members/ avoid visitors other than family, get food delivered.
  - b. Avoid more than 15mins within 2metres contact of those you live with (then they don't need to isolate).
  - c. Use your own toothbrushes, eating and drinking utensils, dishes, towels, washcloths or bed linen.
  - d. Do not share food and drinks. Do not prepare food for others. Wash your clothing and dishes separate to others in your home.
  - e. Don't bed share with others - and avoid kissing and hugging (it's only 14 days!)
  - f. Minimise time in shared spaces (bathrooms/ kitchens and sitting rooms) as much as possible – perhaps be the last to use the shower or bathroom each day.
  - g. Keep shared spaces well ventilated
  - h. Clean surfaces after you use them (especially sinktops/ kitchen benches) - soap, diluted household bleach, alcohol solutions (at least 70% alcohol) and most EPA household disinfectants are all effective. This virus is easy to kill.
  - i. You can still get out and about but it is important you avoid gatherings or close contact with others.

If everyone follows the advice we can do our bit to help protect ourselves, our loved ones and our community.

Yours in health

Dr Tim and Juliet Gardner



WAITAKI VALLEY  
COMMUNITY SOCIETY

As per instruction from the New Zealand Government the  
Kurow Information Centre and Museum is now closed.

If you have banking to be done this week this can still be done  
on Wednesday 25th March between 9am -10am, please phone  
436 0950 to gain access when you arrive.

Any messages left on the phone 436 0950 will be cleared once  
a day. If you require any information or need some help please  
leave a message and one of us will get back to you as soon as  
we can.

If you have an emergency please call 111.



Waitaki Valley  
Community Vehicle Trust

PHONE

4360 950

TEXT

027 282 0615

## WAITAKI VALLEY COMMUNITY CAR

*Given uncertain times there may be  
a restraint on travel. Please do still  
ring Carron on 027 282 0615.*

## Movies at Whalan Lodge



*For the next month Whalan Lodge movies will be for  
residents only. Thank you for your understanding.*



We would like to reassure everyone that at this stage NZ Post is considered an essential service and we will remain open for NZ Post transactions/pick ups between 10am-2pm Monday to Friday. We would like to please ask our customers to respect the procedures we have put in place if you are entering our store.

If you need anything at all and either do not wish to or cannot come in please ring us and let us know what you need.

Check out our website for gifts or give us a ring for any queries you may have, we are here to help.

Fiona & Lisa

*[www.feliz.co.nz](http://www.feliz.co.nz)*


## ● COVID-19

# WHO TO CONTACT:

 Latest Govt COVID-19 info:

0800 779 997

[www.covid19.govt.nz](http://www.covid19.govt.nz)

 If you're showing symptoms of COVID-19:

Please call your local GP

 For COVID-19 financial assistance:

0800 40 80 40

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

 For business and tax info:

[www.ird.govt.nz/covid19](http://www.ird.govt.nz/covid19)

 For up to date travel advice:

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

 For immigration and visa advice:

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



NEXT ISSUE: 8th April 2020 COPY IN: 12pm 03/04/2020

email: [kurowbugle@gmail.com](mailto:kurowbugle@gmail.com) phone: **03 4360 950**

or post it to: Kurow Museum & Info Centre, 57 Bledisloe St, PO Box 56, Kurow.

*We look forward to contributions from the Community to interest readers*



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**SYMPTOMS OF COVID-19, FLU AND COLD**

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19	✓✓	✓✓	~	✓	✓✓	✓	✓	~	✓	~
FLU	✓✓	✓✓	✓	✓	✗	✓✓	✓✓	✗	✓✓	✓
COLD	✓	~	✓✓	✓✓	✗	~	✓✓	✓✓	✓	✗

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 SOMETIMES 
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 RARE 
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For any enquiries phone  
Justine or Puna  
**03 4360 988 or 027 408 7482**

## **AVAILABLE AT THE** **INFORMATION CENTRE**

- Photocopying*
- Binding*
- Colour printing*
- Laminating*
- WIFI for free*
- Community Car bookings*
- NZTA services*
- Passport forms*
- Bus/Activity bookings*

**PHONE 4360 950**

## **Lakeside Laundries**

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All welcome

*Owner Debbie Smith 027 229 4376*



## **River-T Vine News**

About 6 weeks till harvest.

Cool nights; warm days is what we request from the weather gods.

Perfect growing conditions . The heat of the day promotes sugar accumulation, while the cooler night-time temperature helps the levels of acidity in the grapes. Waitaki Grapes actually get to experience an Autumn unlike other wine growing regions who have already harvested. It's what makes the Waitaki wine growing region sooooo speshial !

Keep in touch via our website:  
[www.rivertestate.co.nz](http://www.rivertestate.co.nz)



Cheers Karen

Email: [karen@rivert.co.nz](mailto:karen@rivert.co.nz) or ph /txt 021 190 8875



## **Waitaki Valley Friends of the School Makikihi Fries Fundraiser**



*Please help us with our  
Community Pool Pump Upgrade*

10kg = \$25 steak, crinkle, straight, 10mm,  
5kg = \$15 steak, crinkle, straight, 5mm, 10mm

Contact Hayley at the school office 4360 660  
by Thursday 26th March





# Houses for Rent



We have 3&4 bedroom family houses available for short/long term rent. If interested in living on an English historic estate where peace & quiet is appreciated, please contact us on:

**021 104 5506**

[Admin.campbellpark@campbellparkestate.co.nz](mailto:Admin.campbellpark@campbellparkestate.co.nz)



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THE KUROW PLUNKET COMMITTEE  
WOULD LIKE TO INVITE

*The Kurow community and friends to  
the official opening of the new safety  
fence at the Kurow Plunket rooms.*

**POSTPONED UNTIL FURTHER NOTICE**

*Tea, coffee and afternoon tea will be served  
as well as the cutting of the cake.*

Please rsvp to Emma Nowell  
0274244147 or  
[ejv.nowell@gmail.com](mailto:ejv.nowell@gmail.com)



## Apply now for Meridian's Power Up Community Fund

At Meridian, we're committed to doing good things with our energy. To do good for people, and good for the environment.

So, we're proud to back local projects in communities around our wind farms and hydro stations with our Power Up fund.

With Power Up, your community has a say on what initiatives we support and fund. Managed by a panel of locals and Meridian staff, we're working together to build strong and sustainable communities.

Power Up Waitaki provides grants for projects in Twizel, Omarama, Otematata, Kurow, Hakataramea, Duntroon, Ikawai, Papakaio and Glenavy.

### How to apply

Applications for the next funding round are open until 26th April 2020.

For more information and to apply:

- visit [meridian.co.nz/powerup](http://meridian.co.nz/powerup)
- email [community.fund@meridianenergy.co.nz](mailto:community.fund@meridianenergy.co.nz)
- call 03 357 9732





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## **MENTAL HEALTH SUPPORT GROUP**

It will be no surprise to know all groups in Kurow and Oamaru have been cancelled.

Please ring or text 1737 if things are getting overwhelming  
Also know you can connect with one of our 40 members if  
you just want to chat.

Phone or Text 027 282 0615 for more details.

## **POSTPONED**

We would like to advise that our Centennial open day on  
Saturday 11<sup>th</sup> April 2020 has now been postponed. We  
hope to celebrate later in the year and will advise when a  
new date is set.

Regards, The Pavletich Family, Station Peak.

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Phone 03 436 0534

Helping grow the country



# Kurow Medical Centre

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](http://www.facebook.com/kurowmedicalcentre)

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

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    - \* Vasectomies
  - \* Mole checking and removal
  - \* Steroid injections
  - \* Venesection
  - \* Aviation, workplace and driving medicals
  - \* Botox for wrinkle reduction
    - \* Workplace health screening
    - \* Counselling
    - \* Travel advice & vaccination
  - \* Spirometry to diagnose asthma and COPD
  - \* Ear syringing
  - \* Hearing and sight tests for adults and children
  - \* Before school checks
    - \* Liquid nitrogen for warts, verruca's and skin lesions
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  - \* Seasonal flu shots and shingles vaccine (funded for eligible patients)
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- Physiotherapy, Acupuncture and Massage (Kurow and Twizel)
  - Reiki and Reflexology (Twizel only)

### **OPENING HOURS**

Kurow: Monday to Thursday 8:30am to 5:00pm

Omarama: Tuesday 8:30am to 5:00pm

Twizel: Monday and Friday 8:30am to 5:00pm,

Tuesday Wednesday Thursday 9am to 3pm      Saturday 10am to 1pm

Please note: We provide 24/7 on call after hours cover by our doctors and PRIME nurses for all our registered and casual patients

**For more information or an appointment please contact us on:  
KUROW: 03 4360 760    TWIZEL: 03 976 0503**



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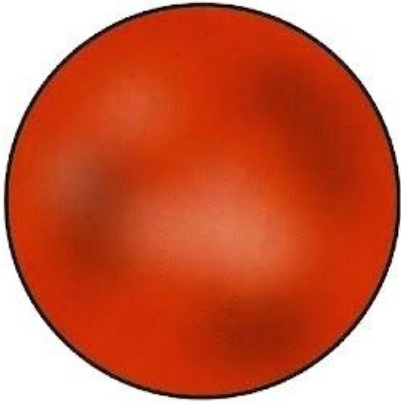
**ENTRIES TO BE RECEIVED INSTORE OR BY POST BY 20TH APRIL 2020**

**POST TO: 18 BLEDISLOE STREET, KUROW, 9435**

**EMAIL: [Feliz.homewares@gmail.com](mailto:Feliz.homewares@gmail.com)**



# KIDS STUFF



Mars is the fourth planet from the Sun. It is often referred to as the Red Planet. Water erosion shows that it used to have water. The southern part of Mars is mostly ancient, cratered highlands. The northern part consists mostly of plains.

## Mars

## DID YOU KNOW??



You can eat the whole beetroot plant, including the leaves. Beetroot greens are loaded with healthy vitamins and minerals. Eat them cooked or make a yummy salad!

## PIRATE WORD SEARCH

AHOY MATEY!

Find the 15 words below. You can go up, across or diagonally to find them. GOOD LUCK!

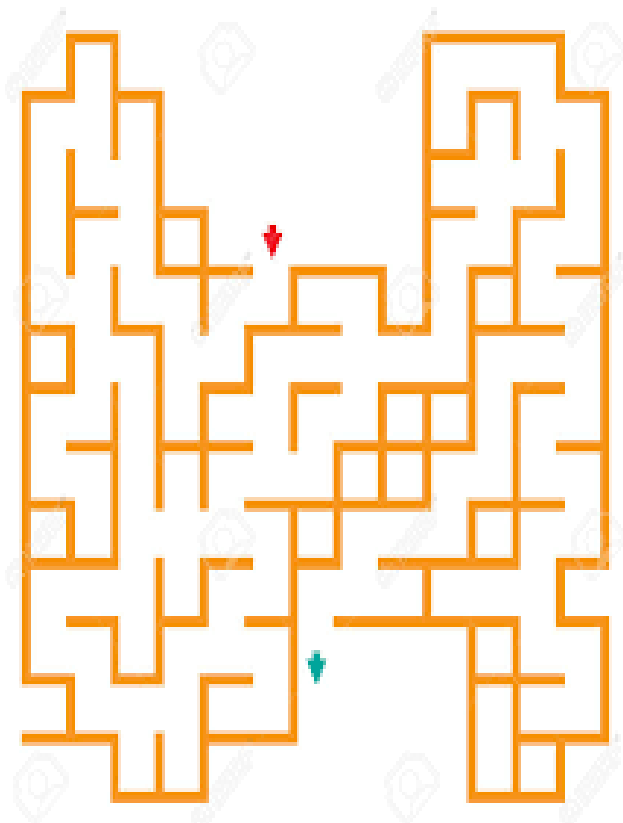


G	A	L	L	E	O	N	U	B	X
O	A	C	A	P	T	A	I	N	J
L	S	W	O	R	D	P	I	H	S
D	P	C	Y	N	I	T	U	M	D
P	I	A	T	E	K	Q	M	N	O
A	R	N	N	B	L	A	A	D	E
R	A	N	U	C	P	L	A	N	K
R	T	O	O	Y	S	J	A	F	G
O	E	N	B	I	L	T	P	C	Z
T	R	E	A	S	U	R	E	X	S

PIRATE  
BOUNTY  
GOLD  
GALLEON  
ISLAND

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\*The Bags will be charged out at \$109<sup>99</sup>. The Free bags will not be invoiced on your account. Only valid at Farmlands Kurow during March 2020.

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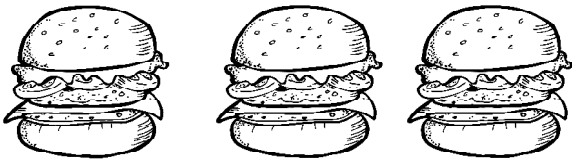
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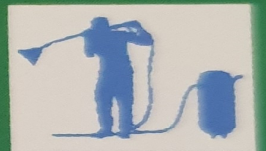
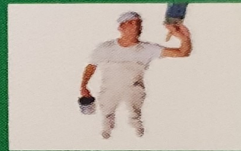
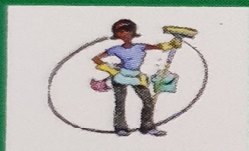
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For events, and to acquaint yourself with the Valley or to read the Bugle Online



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**Protect your family/whānau from COVID-19 (coronavirus)**