

BUGLE

Published by
Kurow Information Centre
as a service to our community



Issue 566
Wednesday
26 July 2023



WAITAKI VALLEY COMMUNITY CAR



PHONE
4360 950
Mon-Fri

July has been a very busy month and it wouldn't be possible without all of our amazing volunteers.
Thank you to the keen drivers for the hours they give.



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

10 Coquet Street, Oamaru

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

BUGLE PUBLICATION:

The Bugle is at the Kurow Information Centre - Please send your pieces to kurowbugle@gmail.com and please ensure they are in by strictly 12pm on the Friday before publication or they won't be in until the following issue.

ST JOHN MORNING TEA:

Held on the second Tuesday of every month @ 10am in the St John rooms on Gordon Street. Please phone Trish if you need a ride: 027 472 2674

EXERCISES FOR OLDER PERSONS:

Are held at the Kurow Presbyterian Church Hall every Monday afternoon between 2-3pm. Cost \$3 per session. These exercises follow the Age Concern designed programme. No age or ability restrictions. Come and join us you'll be most welcome. For further information ring Pam on 4360677 or Betty 4360 659.

WALLABY CONTROL:

Kurow Hill including the public walking track will be closed to the public on 7th August for wallaby control. There will be warning signage in place. Contractors will be wearing high vis clothing and will observe safe firearm practices. On the 8th-10th the control operation will still be active in areas not adjacent to the walking track.

Scams...

Texts are being sent out to customers advising it's the bank fraud team trying to contact them-and enclosed is link they are to click on in order to make a return call.

The scammers know enough information to convince customers that they are speaking with the bank.

Banks will **NEVER** make contact with a link to be clicked - and customers should **ALWAYS** call the contact centre or call into a branch to verify before taking any action.

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WESTPAC: 0800 400 600

KIWIBANK: 0800 113 355

BNZ: 0800 275 269

ASB: 0800 803 804



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M 027 221 9133 E john.mccone@pb.co.nz



NEXT ISSUE: 9th August 2023

COPY IN: 12pm 04/08/2023

email: kurowbugle@gmail.com phone: **03 4360 950**

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



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Farm Trainer Session

1pm - 3pm

Thursday 27th July, 2023

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A huge thank you to the Oamaru Licensing Trust & The Lion Foundation for their generous contribution to the Waitaki Valley Community Society towards running costs of the Information Centre.

“Taking Leave” a play by Nagle Jackson
Oamaru Repertory Theatre, Itchen Street, Oamaru.

Tickets \$20, students \$10

7.30pm performances: July 20th, 21st, 27th, 28th, 29th

2pm matinees: July 22nd and 23rd

Available at Roses General Store, 5 Tyne Street Oamaru

Ph 03 434 0403 or email tickets@oamarurepertory.co.nz



Kurow Presbyterian Church Mid - Winter Dinner



Friday, August 4th at 6pm

Tickets \$25 and available from:

Taieri Hore: 4360 220

June Taylor: 4360 414

Janet McGregor: 4360 404

Kurow Community & Waitaki Valley School Library

Regular opening hours:

Tues, Thur, Fri 12.30 - 4pm
Wed 12.30 - 5pm
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Facebook -Waitaki Valley School/Kurow Community Library



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Nat 021 2037833**

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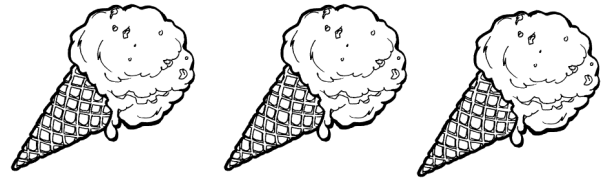
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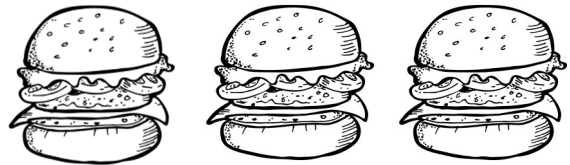
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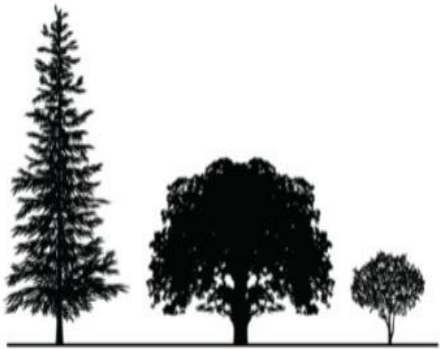


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W: www.kurowmedicalcentre.org.nz

www.facebook.com/kurowmedicalcentre

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

Kurow Medical Centre and its satellite clinic In Twizel Mackenzie Health Centre and Outreach Clinic at Omarama Community Hall

are proud to offer our registered and casual patients the following services:

- * Ultrasound performed by a qualified clinician (great for minor fractures, gallstones, kidney stones, heart & lung problems, foreign bodies, blood clots, detecting early pregnancy and much more) * Minor surgery * Vasectomies
- * Mole checks & removal * Steroid injections * Venesection
- * Aviation, workplace & driving medicals * Botox for wrinkle reduction
- * Workplace health screening * Counselling
- * Spirometry to diagnose asthma & COPD
- * Hearing & sight tests for adults & children * Ear syringing
- * Liquid nitrogen for warts, verruca's, & skin lesions
- * Cardiovascular risk assessment and diabetic checks (funded for eligible patients) * Travel advise and vaccination
- * Cervical smears (funded for eligible patients)
- * Seasonal flu shots and shingles vaccine (funded for eligible patients)
- * Childhood Immunisation * Before school checks
- * Postnatal and six-week baby health check

And much more!

GP consult fees: Under 14yrs free, Adult \$43.00
Care Plus - Free to eligible patients only

We also offer the following services from External Health Care Providers:

Counselling , Ear Health (Kurow only), Health Coach (free service provided by Wellsouth)
Health Improvement Practitioner – HIP a free service provided by Wellsouth in Kurow, Audiometry

Open: Omarama: Thursday 8.30am to 1pm

Kurow: Monday to Thursday 8.30am to 5pm & Friday 8.30am to 1pm

Twizel: Monday to Friday 8.30am to 5pm & Saturday 9am to 12pm

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

**If you require further information or an appointment, please contact us on:
For Kurow 03 4360 760 or for Twizel 03 976 0503 - Dr Tim & Juliet Gardner.**

Look us up on our website or Facebook page for more information

Proceeds to:



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- Top 3 Heaviest Red Stags
- Top 3 Heaviest Fallow Bucks
 - Best Tusks
- Ugliest Red Stag Head
- Ugliest Fallow Buck Head
- Top 3 Heaviest Wallabies
- Highest Wallaby Tally

Junior Section (11 years and under):

- Heaviest Junior Pig
- Top 3 Mixed Bag
- Top 3 Possums
- Top 3 Hares
- Top 3 Rabbits



Further information is available from:
noboarnstagemuster@gmail.com
or Thomas Edmondston 027 939 1504
Send entries to: Any of The Above

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Open + Ladies Entry: \$40
Intermediate \$15 (12-16 years)
Junior Entry: \$10 (11 years & under)
Entries Close Wednesday 2nd August 2023

Bank Account Details: 06-0927-0008649-02 Please
Reference Your Full Name and send your entry in.



(Please Circle): *Open* *Intermediate* *Juniors*

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Waitaki Health Coach



Hello everyone! My name is Andrea, I am the new Health Coach based in the Kurow Medical Centre.

I hail from Central Otago, where I previously managed vineyards and a small sheep farming side hustle, before moving to the Waitaki to help the Turners at River-T Estate Cellar Door.

I have trained in Health Coaching and am currently continuing postgraduate studies in Health Sciences, with a project underway in women's mental health during perimenopause.

What is a Health Coach?

Think of me as your health and wellbeing champion, supporting you to self-manage your physical and emotional wellbeing. We can work together to understand aspects of your nourishment, movement, mood, and connectedness. I can assist you in implementing healthy habits and self-management techniques across a range of areas, including stress, nutrition, sleep, activity, long term health conditions, and emotional wellbeing, or help you connect with and navigate through the healthcare system and social service providers.

So, let's have a chat! No need to see your GP first, I am **free of charge**, and often available for same-day appointments.

Appointments can be in person, over the phone, or via video-call.

Available every Tuesday at the Kurow Medical Centre - 03 436-0760.

Kurow Wetland Group

The entrance to the wetland is getting opened up with a few big old gnarly willows being removed by the arborist Brodie from TreeKraft .

We are preparing the entrance for digger work and a couple of the problematic willows are in the way. Have you seen the signage panel on the dragonflies? Take a stroll through the wetland.

Enjoy.

Karen Turner 021 1908875

Rosina Russell 027 2280677



Celebrating
50 YEARS



Save the Date

FRIDAY 13th OCTOBER 2023

12 noon to 3pm - Preschool Open Day

6pm onwards - Reunion Evening at Waitaki Braids Barn

SATURDAY 14th OCTOBER 2023

10am - 3pm - Waitaki Valley Preschool 50th Jubilee

If anyone has any photos they would like to share please email to
boardproperty@wvp.kiwi or drop them at Preschool.

UPCOMING HSC EVENTS



HSC have a busy calendar of events coming up so be sure to mark those of interest to you in your diary.

Wednesday 9 August - The Great Winter Break

It can be a long winter winding in breaks and stepping in standards, so take a break and come and join us for an afternoon of learning and fun. Starting with a practical workshop talking all things winter grazing from environmental considerations, to maximising utilisation and winter feed options. This will be followed by a fun agri-sport competition with some great prizes up for grabs, and a BBQ. Held at Caberfeidh, starting at 2pm.

Friday 25 August - Nassella Tussock Workshop

Nassella tussock is a significant threat to the farms within the Hakataramea valley, yet it can be tricky to spot and if missed can spread quickly. So, join the experts to scout a hillside to get your eye in for identifying this invasive grass, and learn more about effective methods of control. Workshop held at Glen Cary Station starting at 1pm, finishing with a BBQ.


August TBC - Hakataramea Sustainability Collective AGM

We welcome you to join us for the AGM followed by a guest speaker, more information will be in the next Bugle.

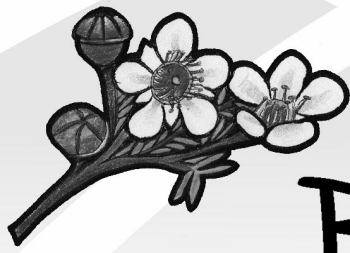
Date TBC - Understanding our Catchment Waterways Workshop

More information about all events will be posted on the Hakataramea Sustainability Collective Facebook page and sent out via email.

If you would like more information or wish to attend any of the events, please contact Leigh Fodie at info@hakatarameasc.co.nz

 @hakatarameasustainabilitycollective
email. info@hakatarameasc.co.nz

www.hakatarameasustainabilitycollective.co.nz



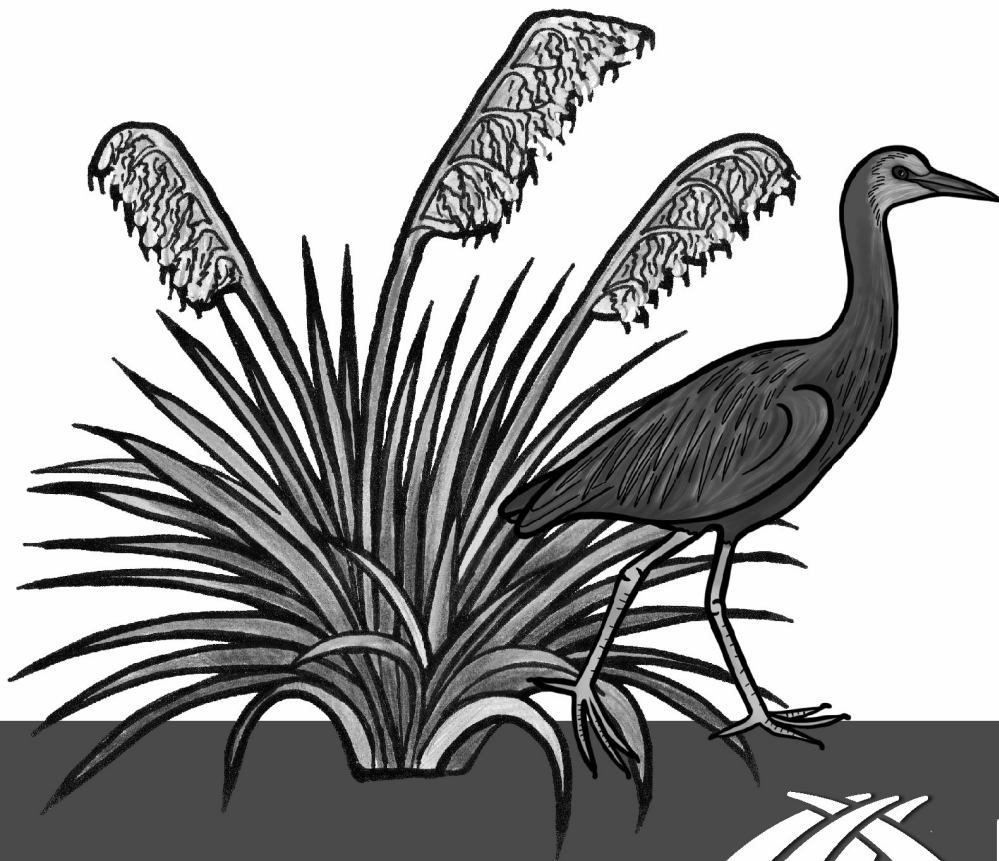
Protecting Biodiversity

The Hakataramea Valley is home to an array of native plant species which are suited to the natural landscape and climate of our area. Under the New Zealand Threat Classification System, species range from being 'not threatened' to 'at risk' due to declining numbers.

It is important that we all do our part in ensuring that these species not only remain in the valley but also thrive and increase in numbers. This helps to promote healthy habitats for all species including birds, reptiles, insects, and fish which increases biodiversity. This biodiversity creates resilient ecosystems which has positive flow on effects for all aspects of society.

HSC has its own Native Plant Resource which provides more information of each plant which can help you identify them on your own property.

If you would like a copy of this resource, please let Josie know via email josie@hakatarameasc.co.nz



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Chopped Butchery Change in Hours

Over winter we are visiting Kurow fortnightly, every 1st and 3rd Friday of the month from 4pm until 5.30pm

We are still parked up outside the Waitaki Hotel

HAKATARAMEA WATER SCHEME INC SOCIETY ANNUAL GENERAL MEETING

To be held on the **AUGUST 2ND 2023 at 8.00p.m.**

At the Waitaki Rod and Gun Club rooms

Hayes Road, Hakataramea Valley

Discussion: Water Rate

Apologies to Pete Cleave 027 278 9971

Ear Health Waitaki is coming to the Kurow Medical Centre on Tuesday, 1st August.

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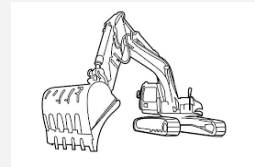
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