



The North Otago St John Service Awards were held recently, where 3 Waitaki Members were recongised for an amazing combined total of 132 years of service to St John. Congratulations to Graham Hill (50 years), Margaret McLeod (32 years) and Paul King (50 years) for your many years of voluntary service to The Order of St John. More information on each individual can be found on the Kurow Ambulance Station Facebook page.

Photo Credit - Dana Johnston Imagery



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

THE WHALAN LODGE TRUST:

Many thanks to Sonia and the team of volunteers who spent two Saturdays splitting and stacking the large pile of logs at the Lodge. There's certainly no shortage of firewood!!

Dave Sheppard took out all the flax bushes edging the car park, some of which were blocking the view down the road - now making it much safer when exiting the park. Thanks Dave- Great job.

At last it is happening!!! Last week Breen's builders were preparing the site (safety signs & gates etc). This week the construction is underway on the dining room, kitchen, laundry, nurses station, five new bedrooms, and a new front entrance.

KUROW THEATRE: SPECIAL MEETING

Thursday 31st August, 7.30pm at the Kurow Memorial Hall.

We are looking for people to carry on this tradition. For many years this Theatre group provided fun and entertainment for, both, the participant and the community.

If you have participated in the past, remember how much fun you had, and, if it is new to you, then there is as much, or as little, as you want to contribute. This can involve: set production, stage management, stage tech support, lighting, sound, script writing, makeup and wardrobe and, of course, acting.

The group has been self funded over the years and if it can no longer continue the reserve will be used for community projects, as decided by the current membership.

WHAT'S OUR FUTURE, CANTERBURY?

Freshwater is in high demand, and impacts of climate change will add extra pressure. How, when and where we use our water is critical to ensure we are prepared for the future. Have your say and help us get the balance right.

Tell us what you think at ecan.govt.nz/ourfuture

Environment Canterbury is responsible for supporting the wellbeing of our region by delivering environmental management, public transport services, and helping build community resilience.

We want to hear from our communities about the visions and outcomes we should work on for our lived-in and natural environment. We're asking for your feedback and thoughts on:

Air

Clean air is vital for supporting human health and healthy ecosystems. What more should we do to keep odour, dust and pollutants from our air?

Land

Our landscape supports the rural economy and unique biodiversity, and has immense historical and cultural significance. Have we got our priorities right?

Water

Unhealthy waterways are unacceptable for our community. How much more should we do to protect water quality for future generations?

Coast

Our coastal environment is of special significance to mana whenua as an important source of kai moana and home to a range of taonga species.

Built environment

However we choose to live in the future, we need infrastructure like transport, energy and water networks in the right places.

Climate change

We are already seeing the effects of climate change on our communities, businesses and ecosystems. What more can we do to prepare for future changes?

Do we have the balance right, are we doing too much or not enough? Tell us what you think at ecan.govt.nz/ourfuture, and help shape our future, Canterbury.

NEXT ISSUE: 23rd August 2023 COPY IN: 12pm 18/08/2023 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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Apply now for Meridian's Power Up Community Fund

We're proud to support and fund local projects in the communities around our wind farms and hydro stations with Power Up. Together we're working to build strong, sustainable communities. Power Up Waitaki provides grants for projects in Aoraki/ Mount Cook, Twizel, Omarama, Otematata, Kurow, Hakataramea, Duntroon, Ikawai, Papakaio, Glenavy.

How to apply

Applications for the next funding round are open until midnight on 24 September 2023.

For more information and to apply:

- visit meridian.co.nz/pu-waitaki
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Hakataramea Sustainability Collective AGM

Join us for our Annual General Meeting to sign off on and celebrate the year that has been and appoint our 2023-2024 Committee.

Following the AGM you will have the opportunity to listen to our guest speaker Jonathan Wallis from Minaret Station, Wanaka. Jonathan manages Minaret Station for his family which has owned it since 1995, where through a major development phase it has gone from 2000SU to 25,000SU running a mix of deer, sheep and cattle. Jonathan also chaired the High Country Accord which is a not-for-profit trust established in 2003 to promote and protect the rights of pastoral leaseholders and to ensure the long-term economic, environmental and social sustainability of South Island High Country.

Come and listen to Jonathan talk about how he navigates the challenges of ensuring viability, meeting regulations and getting enjoyment out of what he does.

Tea, coffee, cakes and a chat to end the evening.

If you would like to join the committee, please email info@hakatarameasc.co.nz for a nomination form. Nominations close Tuesday 22nd August at 5.00pm.

To vote at the AGM or join the committee you must be a member of HSC so please ensure you have completed a membership form, these can be requested by emailing info@hakatarameasc.co.nz.

HSC membership is currently free of charge.

Date: Tuesday 29th August, 2023

Time: 6.30pm

Location: Waitaki Rod and Gun Club, Hayes Road, Hakataramea Valley

RSVP: By Friday 25th August to info@hakatarameasc.co.nz

Nassella Tussock Workshop

Nassella tussock is a significant threat to the farms within the Hakataramea Valley and has recently been identified on several new sites in the catchment. Nassella 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.

Date: Friday 25th August, 2023

Time: From 1pm with BBQ to finish

Location: Glen Cary Station, 428 Hayes Road, Hakataramea Valley

RSVP: By Wednesday 23rd August to info@hakatarameasc.co.nz

f @hakatarameasustainabilitycollective email. info@hakatarameasc.co.nz

www.hakatarameasustainabilitycollective.co.nz



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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:

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- * 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 "It is a privilege to be able to help people at their most vulnerable time and make a difference in their lives"

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- Georgia – Oamaru volunteer

A88 🔳 🔒

We are looking for volunteers to help crew our Ambulances in Kurow, Oamaru and Palmerston

Have you ever considered being a volunteer and helping your community in a time of need? St John is looking for people who are interested in joining our terrific teams based in Kurow, Oamaru and Palmerston. This will ensure we keep our service operating to the best standard possible for the wider Waitaki district.

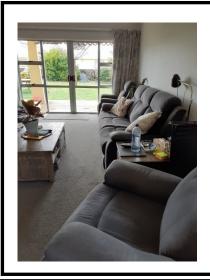
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THE HEART OF THE UPPER WAITAKI

CHLOE LODGE

Wow this year is flying, so far we've enjoyed the work of Lucy Tyrell, Emma Nowell, the Waitaki Creative Wellbeing Group, Dana Johnston and Alex Munro who is now exhibiting in Feliz and Sage.



This month we're delighted to exhibit the work of Chloe Lodge; photographer, artist and creative 'encourager'.

Chloe approached the Kurow Museum and Information Centre back in November 2021 with a proposal for a unique exhibition to be displayed in the window on the West Wing. 'A Window on the Haka - 10 pictures in 10 weeks' was extremely popular with locals and visitors alike.

In late 2022 Chloe, keen to keep the creativity flowing, proposed a second idea of exhibiting local artists work as a rolling exhibition. 'Within Reach, the Heart of the Upper Waitaki' was born.

The work exhibited during August is one of the original photographic prints from Chloe's exhibition 'a Window on the Haka'. A painter at heart and creative soul throughout Chloe loves to cross the lines of medium and thought. In this work entitled, *Vibrant Spring*, Chloe has used acrylic and Resene house paint on the photographic print expressing her love of the season. Pop by in the sunlight and enjoy the shimmer.

www.chloelodge.com @chloelodgephotographer



The next Ahuriri Community Board meeting is currently scheduled for 2pm, Monday 11 September.

Check Council's website for venue details and to register for the public forum.



ÖMĀRAMA WATER TREATMENT PLANT

Council's contractor, Corde, have laid the foundations for the new water treatment plant at Ōmārama.

All going well, the plant is expected to be completed by December this year and will provide residents with water that meets the Government's Drinking Water Standards.

Next stages of the project will include work on the bores and installation of electrical systems and switchboards in the treatment plant building. Specialised water treatment equipment is being provided by Filtec.

A special thanks to neighbours who have provided support for this project. More detailed updates on the work and photos will be provided soon as work progresses.

OTEMATATA Community Park

The new playground equipment has been installed in the Otematata Community Park (already a huge hit with locals and visitors) and now it's time for landscaping to tie it all together.

Earthworks are scheduled to start at the beginning of August and the landscaping will be carried out across various sites on the park until 1 December 2023, to include new cycle and pedestrian tracks, planting, benches, a community BBQ and picnic shelter.

Work will be staged so there'll still be plenty of areas accessible for public use while it's going on.

This Community Park and village beautification programme initiative is led by the Otematata Residents Association Inc with funding from the Department of Internal Affairs who have provided outstanding support throughout this project.

Find more details about the project at **www.otematata.nz**

RATES REBATES

Application forms for Rates Rebates can be downloaded from the Department of Internal Affairs website or picked up from Council offices.

If you're eligible and on a low income you can apply for a discount on your rates bill. If you need help with your application, give us a call on 03 433 0300.

Waita





Waitaki Valley Weekly 4/8/2023



Colour Run

On Thursday the school took part in a colour run organised by Mr Rawson, to raise money for extra sports equipment. As the students ran laps around the field and adventure zone, powder paint was thrown at them. As a result, they were covered in paint as they ran, a recipe for a fun time! Chloe Lodge kindly took photos of the event and it was great to see all the colour in the pictures!!



Cross Country

On the 30th of June, the Upper Waitaki Schools had participated in the cross country. It was held on a fresh morning. It was held at the Omarama Sale yards. When we arrived, people from different schools such as Omarama, Twizel, and Duntroon joined us for the event. Once everyone had gathered, all the students were separated into year groups to run around Omarama Station. Everyone put in a great effort, people were super supportive and encouraged others to do their best!





The Elgregoe Show Last week, a magician called Elgregoe came to our school. He brought exotic parrots and his clever illusions. He asked a few contestants to come up and help him with his tricks. He also taught us about values and what cyberbullying is. WV Preschool also enjoyed the show.







Reported by Lulu Heyes, Mikayla Maau & Arabella Green

Kurow Wetland Group

We have applied for funding for a 10ft container to be situated near the wetland to store pots/spades/ rakes /plant guards/wheel barrows etc etc . We have spent the last few years with all the gear in the boots of our vehicles and the time has come for us to need a permanent storage site close to wetland.

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 cabbage tree? Take a stroll through the wetland.

Enjoy Karen Turner 021 1908875 Rosina Russell 027 2280677



SPORT WAITAKI Coach

GETTING PEOPLE ACTIVE

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.

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