

# BUGLE



Published by  
Kurow Information Centre  
as a service to our community

Issue 569  
Wednesday  
6 September 2023



Ready for the Oamaru Show in 1964

## WAITAKI VALLEY COMMUNITY CAR



PHONE  
**4360 950**  
Mon-Fri

In July 2,468kms were travelled, 15  
passengers were transported and 70  
volunteer hours given



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Talk to the team at your local Aon Oamaru branch on

**03 434 0080**

**10 Coquet Street, Oamaru**

**TO BOOK A COMMUNITY CAR:** 03 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

**NETSAFE:**

Netsafe have launched an awesome new tool which helps you identify whether a link or website is legitimate or part of a scam.

Visit [www.checknetsafe.nz](http://www.checknetsafe.nz), type in or paste the web address link you want to check and within seconds you will know whether is likely a scam or legitimate.

We think this is a great tool and encourage you to share it with your friends and family.

**VOLUNTEER WANTED:**

Whalan Lodge Rest Home is looking for an enthusiastic, caring and health-focused volunteer to run a weekly exercise class for our residents. If this sounds like you and you can spare 1-2 hours per week then please call the Facility Manager, Susan Scott on 020 4162 4474. An exercise programme will be provided."

**THE WHALAN LODGE TRUST**  
**ANNUAL GENERAL MEETING**

Thursday 21st September 2023 at 4pm  
Kurow Information Centre

Apologies to Barney McCone 03 4360 707

**Or**

Judy Croft 021 105 3330

# Waitaki Valley Weekly

1/9/2023



## Tennis

On Tuesday Robin came to Waitaki Valley School to teach tennis skills. Throughout the day, each class rotated to participate in different activities that he had provided at the gym. First, we began with a competition to see who could lay down their team's rackets the fastest. Then we moved on to practising throwing the ball accurately to our partner so they could confidently hit it. We turned that into a competition to see who could get the most balls.

Overall, we had a great time.



## Skiing

**What a Mahutonga ski day looks like:** First we arrive at Ohau ski field around 10:15 am and begin our lessons with our instructors at 10:30 until 12:30 pm. Throughout the 2 hours we learn confidence, resilience, new skills, and teamwork. All of these are important to help gain control going down the mountain, and help us face challenges that may lay ahead. After the lessons are completed, we stop to take a break for lunch and to re energise before continuing practising what we learned. We continue doing this for 3 more hours and stop around 3:00 pm to pack up and head home.

## Clubs

While Mahutonga are skiing, the remainder of school are participating in clubs on Fridays. Each student will be given the opportunity to try new experiences for the next 4 weeks. There are many options which include: gymnastics, music, mechanics, and more. All the students enjoy their clubs thoroughly and a big thanks to the parents and teachers.



NEXT ISSUE: 20/09/2023

COPY IN: 12pm 01/09/2023

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.



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



Meridian.

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027-4399253 / [maguroken@mac.com](mailto:maguroken@mac.com)

## Chopped Butchery Summer hours...



**Starting Friday 15th of September,**  
**we will be reverting back to our summer hours. We will be in...**

Kurow every Fortnight outside the Waitaki Hotel from 9.30 till 10.30

Otematata parked up alongside Real Fruit Ice Cream and the Hungry Hydro every Fortnight from 11.15-12.15

Remember, you can order online at [www.choppedbutchery.co.nz](http://www.choppedbutchery.co.nz), and collect free of charge from the trailer or get Wednesday courier delivery, which is free for orders over \$170 or if you arrange with Farmlands Kurow or PGG Kurow, we can drop your order there for collection.

Keep an eye on our Facebook site for any last minute changes including extra days we might be visiting over the busy summer months.

Thanks for all your continued support, we really appreciate it!

Adam and Eddie (the two Chopped Butchery brothers)



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## River-T News

Mark your calendars – we are thrilled to announce the reopening of our Cellar door on the 9<sup>th</sup> of September. We can't wait to welcome you back! We have some exciting new releases happening over the coming weeks including our much-anticipated River-T Rosé. With our 2022 vintage selling out in record speed, we've been working to ensure our 2023 vintage lives up to your expectations- and we promise it does not disappoint! We look forward to seeing you soon.

**Cheers from the River-T Team!**

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Check out

**[www.kurow.org.nz](http://www.kurow.org.nz)**

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

# Kurow Community & Waitaki Valley School Library

Regular opening hours:

Tues, Thur, Fri 12.30 - 4pm

Wed 12.30 - 5pm

Saturdays 10.30am -12pm

Free Wifi and computers  
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Located at 1 Settlement Rd, between Waitaki Valley School & preschool  
Ph 03 4360660

Facebook -Waitaki Valley School/Kurow Community Library



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**Contact Toni 021 1848470 or  
Nat 021 2037833**  
◆◆◆—

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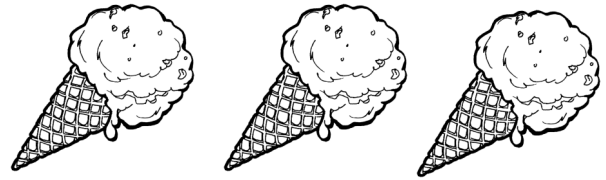
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Further details please contact Rosina 027 2280 677



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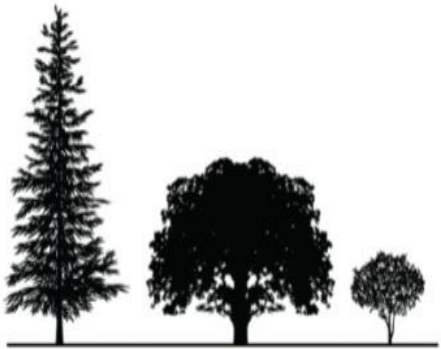
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# Kurow Medical Centre

8 Wynyard St, Kurow  
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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)

**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
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- \* Hearing & sight tests for adults & children \* Ear syringing
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- \* 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*

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*1. Journal of Veterinary  
Parasitology / The effect of  
mid-lactation treatment with  
topically applied eprinomectin  
on milk production in nine New  
Zealand dairy farms. 2017 /  
K.E.Lawrence et al.*

*2. McPherson, W.B., Slacek, B.,  
Familton, A., Gogolewski, R.P.,  
Gross, S.J. 2000. The Impact Of  
Eprinomectin Treatment On Dairy  
Cattle Reproductive Performance.*



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**Get in early! Monthly prize  
draws of \$1000 vouchers**

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October: Noel Leeming  
November: Mitre 10  
December: New World

Order in September to be eligible for all 4 draws  
Offer runs from 1st September to 15th December



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# Duntroon Digest



**There is always something happening in the Duntroon township...**

Right now, the Vanished World, the Nicol's Blacksmith Shop and the Duntroon and District Development Association members are fully engaged with planning activities that will be included in the Waitaki Whitestone Geopark Festival to be held from Friday 27<sup>th</sup> through to Sunday 29<sup>th</sup> of October.

While this festival is held over three days, folks at Duntroon are focusing on Saturday the 28<sup>th</sup> of October.

Already an arts and craft market has been scheduled, with twenty-five stalls booked to come. There will be guided tours of the Duntroon Wetland. The Duntroon Photography Group will be displaying their favourite images of the Geopark, Nicol's Blacksmith Shop will be operating, and the Vanished World Centre will be offering a special entrance fee of only \$5.00 per adult for the three days of the festival. Children will be free as usual.

A mini coach will bring people from Oamaru and will stop at geological sites on the way.

The Flying Pig Cafe and the Duntroon Hotel will be open too.

But, you don't have to wait till October.

Call in to the Vanished World Centre sometime and bring the children and let them spend time in the dig room extracting their own fossils. A very popular activity with children of all ages. Or buy a fossil kit for yourself or someone else to enjoy. School Holiday activities include extra Geodiversity rocks activity.

[www.duntroon.co.nz](http://www.duntroon.co.nz)

[www.vanishedworld.co.nz](http://www.vanishedworld.co.nz)

[www.blacksmith.net.nz](http://www.blacksmith.net.nz)

A fossil waiting to be excavated at Vanished World



*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](mailto:boardproperty@wvp.kiwi)** or drop them at Preschool.



**With the Waitaki Valley Preschool Jubilee being held on the 14th of October, it was thought to be a nice idea to share a few stories from over the years...**

## **Preschool- Looking Back**

When my son Barry Gard was 3 years old my sister Thea Chapman decided he was not getting enough stimulation!! Thea was a qualified kindergarten teacher and was passionate about her work with young children. Those of you who remember Thea know if she decided to do something she followed it through! Allen and I lived in the Haka Valley at the time on John Benny's property which was then owned by one of the Senior McCaw Families.

Thea decided to do something about the young children in the district and set up a preschool in her own home. She had 8 local children to start with, but this soon grew in numbers, so we had to relocate somewhere else. We moved to the Buffalo Lodge Hall (which is now the Kurow Museum & Information Centre) in 1966. We used the building for around 4 years until we negotiated a more permanent site. We were "offered a lease from the Domain Board on the old schoolhouse should the property be vested in them by the Lands Department" (extract taken from minute book). This building had been used as a hostel for the unmarried school staff. The offer was accepted after much discussion and inspection by the preschool dads.

We went into fundraising mode big time! A plan to renovate the building to make it suitable for purpose was organised. We enlisted the help of Piercy & Patterson builders for the major demolition/reconstruction! They removed walls and changed position of windows/doors and added the wee toilets and hand basins. The preschool dads gave freely of their time and took to this task with gusto. With their many skills such as building, plumbing, electrical work, painting (the mums helping with this too!) making of playground equipment, heating, upgrading the kitchen, new flooring & fencing the property. The Jaycees gave freely of their time as well.

We raised funds by organising a ball, a dance with Brendan Dugan as guest who was an international country and western singer at the time, and a children's concert. We had a fashion parade and held evenings where we exchanged patterns, made toys and sold them on a stall. All parents worked with enthusiasm and by February 1970 we were ready to move in and operate from our new premises. The Preschool was opened in a small ceremony by Mrs. Alan Dick and Mrs. Joy Easton. We had 40 children enrolled in groups of 20 per session. "It was decided a fee of 20 cents per child per day and 50 cents enrolment fee be payable" (from the minute book!).

We had many happy productive years working from that building as mother helpers under the expert guidance of Thea Chapman. It is delightful to see preschool education still thriving in the Valley.

Joy Gard

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# Within Reach

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THE HEART OF THE UPPER WAITAKI

CHARLENE BLIGNAUT



Charlene is an artist from Zimbabwe, moving to Oamaru in 2020 with her family. Growing up on a farm in Zimbabwe and spending lots of school holidays in the bush, Charlene has always loved drawing and painting wildlife from a young age, being predominantly self taught but also influenced by her favourite art teacher in high school!

The 'Within Reach' program was mentioned to Charlene by a friend, and Charlene was very excited to be given the opportunity to show an example of her work to the local Kurow community.

Charlene has recently started branching out to pet portrait commissions and New Zealand birds, deer and farm life, using a variety of mediums including acrylics, graphite and watercolors. Her dream is to become a full time artist, and currently displays some of her larger paintings at the Badger and Mackerel Cafe in Oamaru, as well as her Facebook page, Fine Art by Charlene.

'Tui' will be displayed for the month of September.

**November & December '23 & January '24 are all still available for submissions. Contact Chloe Lodge via [chloelodge.com](http://chloelodge.com) or pick up a form from Kurow Museum & Information Centre. Exhibit YOUR art work in the Heart of the Upper Waitaki**

# **CarpetPlus+**

**I'd like to make you aware of the opening of this area's newest retail flooring showroom. It is locally owned, and operated.**

CarpetPlus flooring shop. We can cater for all your flooring needs, with top brands, latest fashion colours including wool carpets, solution dyed nylon carpets, laminate, wood, vinyl, vinyl planking and much more.

I've had 45+ years in the industry as an installer laying carpet, laminate and vinyl and will continue doing the installations here locally for you. Owner operated in the Mackenzie and Waitaki Districts.

I offer a free measure and quote for price comparisons and expert advice with an in-home service to your door.

**You will find us at 13 Chain Hills Hwy Omarama.**

***Call John direct on 027 208 7383.***

## **Whalan Lodge Rest Home is looking for a new Kitchen Manager/Cook.**

This role involves cooking a range of meals for the residents of Whalan Lodge and our Meals on Wheels clients. As well as ordering ingredients and preparing food you must be able to ensure compliance with all Food Service policies and procedures.

Computer skills including the use of word and excel are preferred. The successful applicant will be required to work Monday to Friday 8.30am to 3pm.

For a job description and application form contact the Facility Manager Susan Scott on **020 4162 4474.**

Applications close on the 20<sup>th</sup> September 2023.

# Wellness Matters

## A regular health column from the Kurow Medical/ Mackenzie Health Centre Team

**As the colours of spring start to paint the world around us and the weather warms up, it is also a good time to think about our health.**

### **Breathe easy this spring!**

Respiratory tract infections continue to affect people of all ages in our community. Here are some tips for staying and getting well.

Breathe clean air! Quit smoking and avoid exposure to environmental pollutions, being mindful that some indoor chemicals can also irritate our lungs.

Help support lung health by staying hydrated, exercising, and eating foods rich in antioxidants, vitamins and omega-3 fatty acids like berries, citrus, leafy greens and fish. If you are prone to allergies, developing a self-management plan is a good idea, as usually early intervention can minimise progression of allergy symptoms.

Vaccines are an important defence against illness. Find out more about the range of vaccines available at [www.immunise.health.nz](http://www.immunise.health.nz).

Antibiotics are for bacterial infections and can't fix a virus like a cold or flu, so if you do get sick with a virus, self-care measures are recommended. Contact your healthcare provider for advice if needed.

### **Cervical Cancer**

September is cervical screening awareness month and from the 12<sup>th</sup> of the month, the primary test for cervical screening will change to a human papillomavirus (HPV) test, with the option of self-testing.

If you are between 25 and 69 and have ever been sexually active, screening should be every five years unless advised otherwise. This can detect abnormal changes in the cells of the cervix caused by HPV. Left untreated these can develop into cervical cancer over time.

Together, the HPV vaccine and test are your best protection against cervical cancer. Anyone under the age of 27 can receive the HPV vaccine for free. For more info call 0800 729 729 or check out [www.timetoscreen.nz/cervical-screening](http://www.timetoscreen.nz/cervical-screening).

## Prostate Cancer

September is prostate cancer awareness month, the most diagnosed cancer in men. Early detection can save lives and there may be no warning signs. The most common sign is problems with urination. If you have unusual symptoms like this, is important to see your doctor. This can happen as men get older and can be due to prostate enlargement, not cancer.

If you are between 40 and 50 with a close family member affected by prostate cancer (e.g., father or brother) you should be tested.

It is recommended that men learn about the benefits and harms of testing and treatment and what they might mean. You can ask your doctor about this or use a helpful decision-making tool at [www.kupe.net.nz](http://www.kupe.net.nz) and check out Blue September at [www.prostate.org.nz](http://www.prostate.org.nz).

Until next time enjoy the warmer weather and longer days and stay well!



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

## Kurow Wetland Group

We have been busy down the Alps2ocean end of the wetland clearing as much willow in the water as possible as well as clearing all the scrubby stuff on the sides. Gary Hawkins Earthworks Machinery has been assisting in this clearance. The focus is getting this end of the wetland cleared before the cycling 'season' commences in October. The site is being prepared for planting in the future. We had representatives from DOC walk the wetland with us and they were very supportive of the work being undertaken in the wetland.

Enjoy

Karen Turner 021 1908875 & Rosina Russell 027 2280677





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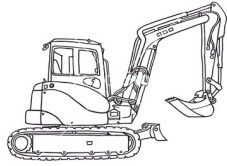
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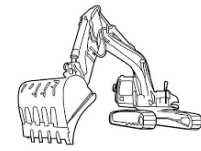
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