

Omarama Gazette

March 2022

The Noticeboard

To have your community notice included here email: omaramagazette@gmail.com

Very happy belated birthdays to Lex Perriam, Malcolm Cameron and Blair Shaw - our February birthday boys!!

And very happy March birthdays to Ross Tangey (65) and Shona Smith (70). (see photos over by Julie Dyson and Ruth Grundy)

A special milestone birthday - 80 years - was celebrated by our gentle matriarch of Ōhau (see over).

Congratulations to Upper Waitaki Young Farmer Club member Tom Adkins, 23, who has won the Aorangi reginal final and will go on to compete in the FMG Young Farmer of the Year Grand Final. Tom is a block manager on Caberfeidh Station.

Our sincere condolences to family and friends of Kathleen Sutherland, formerly of Benmore Station

Our condolences to family and friends of Dr Joe Chambers, of Kurow. Our respected Upper Waitaki GP for many years.

The Upper Waitaki Returned and Services Association will hold its annual meeting at 2pm, Saturday, March 19, at the Back Bar of the Kurow Hotel. Contact Karen Hofman 027 208 2669

Kurow Medical Centre Ōmārama Clinic at the Ōmārama Community Centre, is open Thursdays, 8.30am to 12.30pm. To make appointments for all clinics, order repeat scripts or make enquiries please contact Kurow Medical Centre 03 436 0760 (Monday to Thursdays). www.kurowmedicalcentre.org.nz

The Ömārama Community Library is open 9.30am to 11am, Wednesdays and Saturdays. Library hours can change. Contact Yvonne: 027 476 7473.

St Thomas' Ōmārama Church Community:

chairperson: Ven Dr Michael Godfrey, phone 022 342 9977 or email Dylanfreak@gmail.com; committee secretary (Presbyterian): Rev Lee Kearon, phone: 021 250 1060 or email: lee.kearon@gmail.com

- continued over

The Noticeboard, continued

The Ōmārama Golf Club Saturdays cards in 12.30pm, tee-off 1pm. Club captain James Moynihan phone: 027 215 8266; email jwmoynihan@yahoo.co.nz www.omaramagolfclub.co.nz

The Upper Waitaki Young Farmers Club meets at 7.30pm on the first Monday of each month at the 'Top Pub' - the Blue and Gold pub, in Kurow. All welcome. Join the Facebook group.

Ōmārama Playgroup meets at 9.30am each Wednesday during the primary school term at the Ōmārama Community Centre. For more information phone president Tarryn Benton 027 201 7065 or secretary Aimee Snelgrove 022 350 5536 aimeesnelgrove@hotmail.com

Bridge Club - The Ōmārama Bridge Club meets on a regular basis and would welcome new members. If you are interested please phone Sylvia Anderson 438 9784 or Ann Patterson 438 9493.

The Ōmārama Model Aircraft Club meets on Saturdays from 9.00 am to 12.00 noon at its flying ground at the Ōmārama airfield. All welcome - Contact Don Selbie on 027 435 5516.

FENZ Ōmārama Volunteer Fire Brigade meets 7pm each Wednesday and has its meeting at 7:30pm on the third Wednesday of the month. New members welcome.

A gentle exercises and social afternoon group meets at the Otematata District Club at 1.30pm Thursday afternoons. Gold coin donation and a cuppa after the exercises.

Learn to play Bridge Otematata, 7pm Thursdays at the Otematata District Club. We have several persons learning at the present time. people can just sit in and watch to begin with if they prefer. Contact Ethel Gray 03 438 7764 or just arrive. Non members of the club will need to be signed in by an existing member.

Plunket Line: 0800 933 922

Ōmārama Plunket Committee: phone Petrina Paton 027 345 6192



Many Happy Returns to all



Many Happy Returns to Rae Spiers, of Lake Ōhau Alpine Village, who turned 80 last month. Photo: Louis Campbell, The Village Collie









Sophie's choice - food for thought

By Ruth Grundy

Sometimes it can really spark the imagination to see ourselves as others see us.

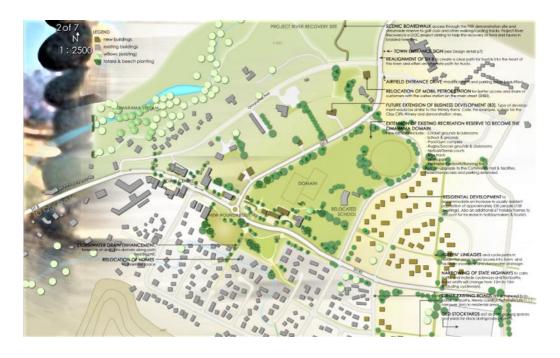
Back in 2009 a young Sophie Gilchrist had Ōmārama on her mind. Into the fourth and final year of her Bachelor of Landscape Architecture (Hons) degree at Lincoln University the townscape of Ōmārama was front and centre of her thoughts.

Her task for her final year was to complete a major design project to demonstrate she had grasped all the skills taught to her throughout the course and show she was ready to move on out into the world of landscape architecture.

Sophie, who grew up in Otematata, chose Ōmārama as her final design study. The tutor urged the students to choose a place they knew well which might have a "number of issues or challenges" ahead of it as it grew in size.

The final concept was just that, broad-brush in scope, ideas to inspire, she said. Quite by chance the design work has found its way back to Ōmārama – but she is happy for it to be published as a "good way to spark people's ideas" and encourage people to "think a little more big picture".

Back in 2009 in the course of her work, she received input from Waitaki District Council planners, including then planning manager David Campbell, who has



recently returned to the council as heritage and planning manager. Much of the task involved looking at the "planning level challenges" of the concept, she said.

She remembers the key to the plan was to work through the issue of the two state highways running through town, to create a town centre that was pedestrian and people friendly but "not be a hassle for vehicles to get through"; to make it more of a "stopping point".

It was about creating a "gateway" – "to create a location that will become a base for exploration...to make Omarama a memorable part of the journey for all those who pass".

"I think that's one of the biggest challenges that plenty of small towns around the country have to deal with."

The project earned her an A- grade.

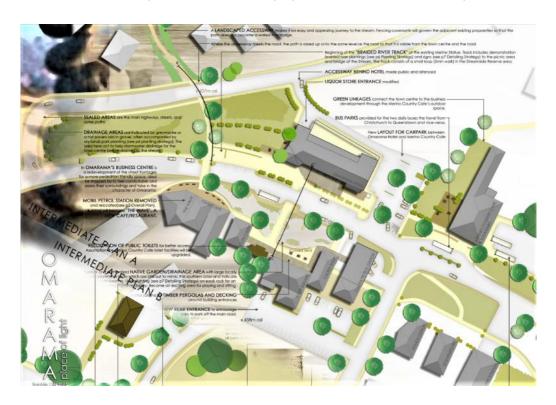
Sophie, who has since married, is now Sophie Strachan and lives in Christchurch.

She is still a regular visitor to Otematata and much of her time away from the office is spent as a rowing coach.

Sophie became involved in rowing at school when she was at Craighead Diocesan in Timaru, where she later became involved as a coach.

This year she is coaching Rangi Ruru Girls School having coached Christchurch Boys High since 2018 and will be spending the next few weekends in Twizel. Sophie still works as a commercial landscape architect in contract/consultancy-type roles which has involved varying work.

Full size views of Sophies work are on display at the Omarama Community Centre



Sophie's choice, continued

Previous pages:

Cropped in view of how Ōmārama's town centre could look taken from concept design plans by landscape architect Sophie Strachan née Gilchrist Green spaces are a focus of the town centre.

Below:

Key to the design is a round-about a new junction point where the two state highways could meet.

To see the full size graphics and design concept, in particular the detail which was difficult to reproduce check out these links:

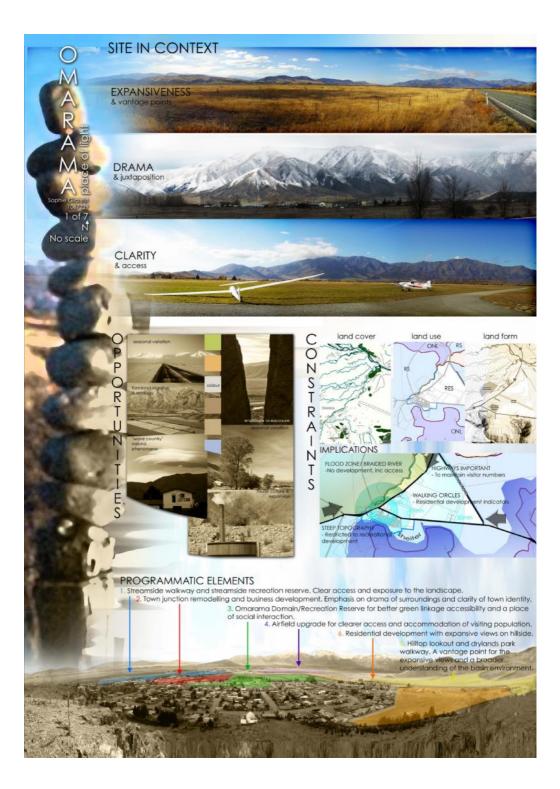
https://livingheritage.lincoln.ac.nz/nodes/view/34708

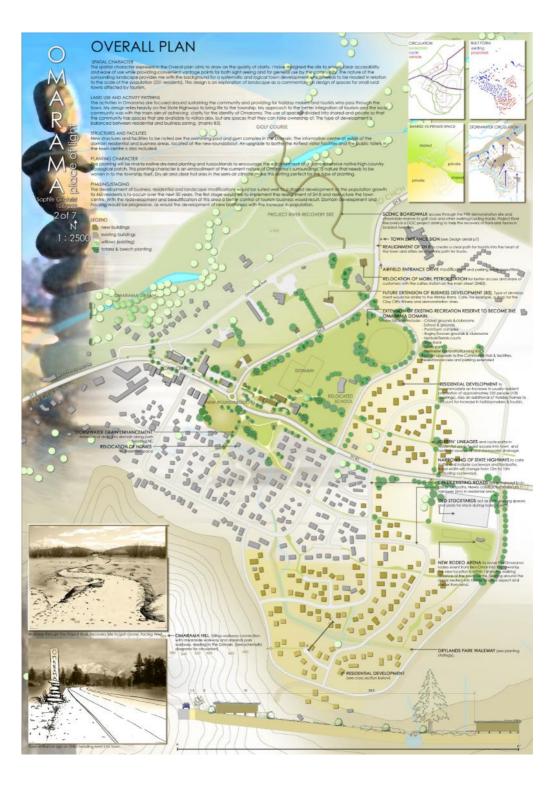
https://livingheritage.lincoln.ac.nz/nodes/view/34709

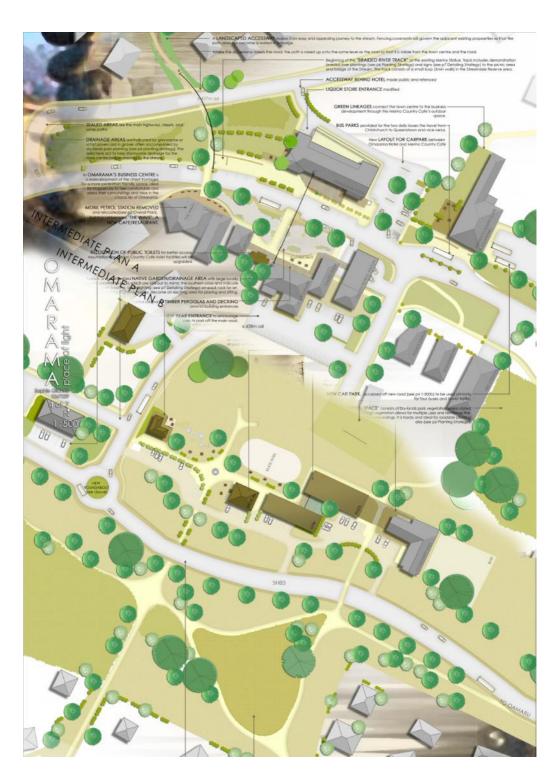
Overleaf: the concepts behind the plans.

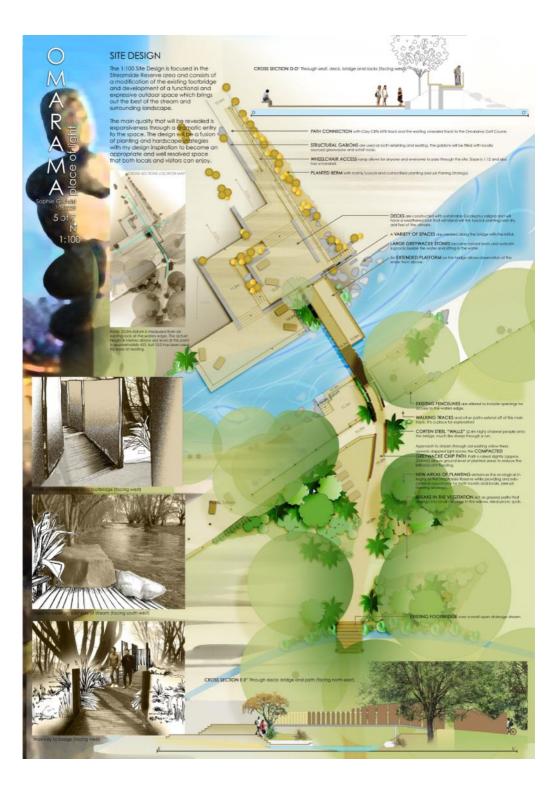
Full size views of Sophies work are on display at the Omarama Community Centre











ICYMI - ECan land, discussions continue

This story is brought to you by; the anonymous resident who posted the sign below (the old fashioned way), our roving reporter Michelle Kitchen, and with the assistance of Ahuriri Community Board chairperson Vicky Munro and several others!

Last month, Environment Canterbury councillor Peter Scott met with the Omarama Residents' Association to discuss the status of the parcel of land – the old Rabbit Board Land - and houses that ECan has been maintaining on behalf of LINZ. (See minutes of the meeting below)

Fenz Omarama Volunteer Fire Brigade chief Greg Harper said Fenz had also raised concerns with ECan (see Greg's report over).

The Residents' Association had written to ECan in December to ask for answers.

ECan replied via Facebook that it had begun a new maintenance contract for these properties to ensure they are well-kept.

Some were tenanted, and some were used by field staff on occasion, instead of using motels, it said in it's Facebook post.

"The reason why there hasn't been any major upgrades or development is that Environment Canterbury has instigated the process to dispose of this land, which will involve a report from to the Commissioner of Crown Lands and right of refusal to Te Rūnanga o Ngāi Tahu."

Vicky referred the matter to Peter.

Cr Scott said it was his understanding ECan had no further use for the land and he would follow up the two issues; future maintenance and land ownership, and report back to the next meeting of the Residents' Association.

A NEW APPROACH PROPOSED RE LAND DISPOSAL.



Here is the background to Peter's visit, published on the Omarama Gazette Facebook page, February 11, 2022, in response to issues raised by Michelle Kitchen and the anonymous signwriter!

A NEW APPROACH PROPOSED RE LAND DISPOSAL.

Maintenance issue also addressed

The posts on the Omarama Gazette Facebook page regarding ownership and maintenance of the property in central Omarama have motivated some new action. Environment Canterbury's South Canterbury councillor Peter Scott contacted the Omarama Gazette this morning with this message.

He would like the community to know that he is most unhappy about the situation and has spoken to - Toitū Te Whenua Land Information New Zealand- who are charged with actioning the disposal of the properties about the matter "a number of times". He is following up the maintenance issue to ensure it is being addressed. Plus, he has sent the following email, which he has allowed me share, to: ECan Councillor John Sunckell, who is the ECan Audit, Finance and Risk Committee chairperson. (This committee deals with property.); ECan chairperson Jenny Hughey; Waitaki District councillor Bill Kingan, who is the WDC Assets Committee chairperson and interim Ahuriri Ward co-councillor; and Ahuriri Community Board chairperson Vicky Munro, among others.

The text is below;

"Subject: Omarama Properties

Mōrena John

As discussed with you I have been contacted by Vicky Munro (Cc) regarding the ex rabbiters accommodation in Omarama.

The issue about their future has been previously discussed with Miles McConway [former Ecan director of finance and corporate services], and Bronwyn Simmonds [ECan asset services manager].

The properties are legacy properties from the changes made when Regional Councils were established.

ECan has no further use for these properties and so their future sits with LINZ. I have had a similar discussion about a property at St Andrews that is bare land. LINZ have to my knowledge yet to respond to ECan about the future of these properties.

The Omarama properties are within the village and are in a sad state. FENZ (neighbour) are concerned about fire risk as the properties are untended and a fire risk. The grass has since been trimmed and some risk lessened.

I would hold out little hope of any speedy response to this issue as any process with LINZ is glacial in movement.

My suggestion would be to put a proposal to LINZ that the properties be put in the care of Waitaki District Council and or the local community board.

I have spoken the local Waitaki Councillor Bill Kingan and he is happy.

My suggestion is that you take this forward as Chair of PARC and see if we can gain some resolution.

These properties are not ours to sell but could we on lease them.

Could LINZ allow a 50 year lease to the community,

Other opportunities ??

Regards, Peter Scott."

Peter said people are welcome to contact him: Councillor.Scott@ecan.govt.nz 027 491 6413

EXPRESSIONS OF INTEREST

Gaining expressions of interest for boot camp sessions and other fitness classes of 45 minutes in the community hall.

These sessions are for all levels of fitness!

At this stage, it is to be confirmed of exact days and times, but will be a range of mornings, day times and evenings.

Please email me, if you're interested, and your preferable times/days.

Once I've had some interest, I will put together a timetable and more details of what the classes look like.

These will begin, end of March/ early April.

email: lm.mccormick92@outlook.com Looking forward to hearing from you!

Lauren

SOCCER REGISTRATIONS

Time to start thinking about winter sports.

Soccer is a great team sport for kids and your local club is Riverside Football providing teams for kids aged 4yrs to 13yrs from Twizel to Papakaio. Information about registration day will be coming soon and posted on the RFC FB page (link below) head on over and like and keep informed about Soccer for the Waitaki Valley. https://www.facebook.com/groups/1609805512616065

OPPORTUNITY IN OTEMATATA

The Otematata Sports Club is looking for a person/people to help volunteer to run the community gym. Duties include signing up new clients, re-signing existing clients, and cleaning of the gym area. A full gym membership will be thrown in for the right person. There is also an opportunity for this person to set them selves up as a PT and run fitness classes. Contact Nick Chapman 021 355 681

kiwijoe63@gmail.com

The April issue of the Omarama Gazette is Wednesday, April 6, 2022

Please submit copy by Thursday, March 31, 2022

Omarama junior tennis - in the news

Last week's Oamaru Mail captured all the action at the North Otago Tennis junior Town vs Country tournament in Oamaru.

Omarama coach Becky Martin said, for our young tennis stars it was their first real match and they did us all proud.

They have all entered into the Oamaru closed champs next weekend - will keep you posted.

Photos: Oamaru Mail, Kayla Hodge



Acing it . .. Team Country's Lucy Radford heads back to the baseline to serve.



Aced it . . . Country's Wilfed Morgan won his singles match at the weekend. PHOTOS: KAYLA HODGE



Back and forth ... Team Country's Hazel Mason returns a shot.

The Community Reports

Ömārama Volunteer Fire Brigade



Here we are in March already. Time to tick off the pre-winter check list. If not already done get the chimney cleaned. Make sure there is plenty of dry firewood, have a metal container for ashes. If you use an electric blanket please get it checked by an electrician.

Omicron is moving throughout the country at a great pace now. Let's try to keep ourselves as safe as we can. Masks and sanitiser are our primary defence and remember if you are unfortunate enough to need our assistance we will be asking some question around Covid and wearing extra

PPE to protect ourselves before we start assisting any patients.

On a brighter note isn't it great the grass in the land adjacent to the Fire Station has finally had some attention. The squeaky wheel finally got some action. Well done to the Residents' Association. I believe a letter was sent to ECan.

Fenz has also had our risk reduction team dealing with the situation I had a call to check if there had been any action.

Let's look out for each other over the next few months.

The stress will be high for some of us so chat or a phone call may be all that is needed.

Stay Safe
Greg Harper and the team at the Omarama Volunteer Fire Brigade
Greg Harper
Chief Fire Officer
021 293 1171

greg.harper@fireandemergency.nz Facebook: /Omaramafirebrigade

'The Community Reports' is dedicated to news from clubs, groups and sports teams. Contributions are welcome. omaramagazette@gmail.com

The **Ōmārama** Shed

The Ōmārama Shed group meets at 10am each Saturday

and at other times, too.

For further information contact: Murray Stuart 027 432 7537



Ömārama Collie Dog Club

The Omarama Collie Dog Club trials begin on Sunday,
March 6, at its grounds on Dalrachney Station, 2180
Omarama/Tarras Lindis Pass Hwy. They continue Monday,
March 7.

Secretary: Carla Hunter P O Box 53, Omarama 9448;

email: smithyc66@gmail.com

Entries close 10am on the second day.

Boots and Jandals Hotel social club

By Philip Jannink

A great day was had for the annual Boots and Jandals, Omarama Hotel Social Club Spud in a Bucket function.

A special thank you goes to Bruce and Julie and the great team at the Boots and Jandals Omarama Hotel for their great support and assistance throughout the day. Also, to Laurie and Ross for judging the overall winners of the spud in the bucket and to Ricky and Malcolm for taking care of the barbeque duties.

In the child category for most potatoes, Isabella was the winner, Balin second and Paige third

For the adults Jenni was the winner, Malcolm second and Simon third. Tracy won the prize for the best-looking potatoes and in a very tough category Laurie won the prize for the least potatoes.

And no prizes for Paddy, those little blue pills didn't help with your potato growing.

There was a great turn out and a special thank you to all who attended so a fun filled day was had by all

Photos: Julie Dyson











Ömārama Community Library

Two urgent requests from our dedicated volunteers

- could you have a check around for any summer reading books that maybe pining for their library home now their borrowers are back at school. There's a few still to be returned after the holiday reading programme.
- **volunteers are needed urgently.** Numbers have dropped again which means our dedicated few do not get necessary time off.

Please consider giving a couple of hours a month to help run this important community asset.

Please contact Georgie 027 486 1525 or Yvonne 027 476 7473

The Ōmārama Community Library is open 9.30am to 11am, Wednesdays and Saturdays, at the Ōmārama Community Centre. omaramalibrary@gmail.com



Ōmārama Residents' Association

The next meeting of the Ōmārama Residents' Association is

7.30 pm Thursday, February 17, 2021

at the Ōmārama Community Centre
An invitation is extended to all

Contacts:

Lindsay Purvis, chairperson, 027 438 9630 Yvonne Jones, secretary, 027 476 7473 (Minutes of the previous meetings are available from Yvonne)

THE ASSOCIATION HAS ITS OWN POST OFFICE BOX

Could all those who want to contact the association by mail, send accounts to be paid, or have correspondence considered at the monthly meetings ensure it is addressed to:

The Secretary, P O Box 93, Ōmārama 9448.
The association's email address is omarama.committee@gmail.com

ŌMĀRAMA COMMUNITY CENTRE HALL HIRE

To make a booking for an upcoming event or for more information about hall hire and availability please contact Michelle Kitchen 027 280 5446 or email hallhire.omarama@xtra.co.nz



Apply now for Meridian's Power Up Community Fund

At Meridian, we only generate from 100% renewable resources: wind, water and sun. We're committed to doing good things with our energy. That means good for people, and good for the environment.

We're proud to back local projects in the 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, sustainable communities.

Power Up Waitaki provides grants for projects in the Waitaki area, including Aoraki Mt Cook, Twizel, Omarama, Otematata, Kurow, Hakataramea, Duntroon, Ikawai, Papakaio and Glenavy.

How to apply

Applications for the next funding round are open until midnight on 24 April 2022.

For more information and to apply:

- visit meridian.co.nz/powerup
- email community.fund@meridianenergy.co.nz
- call 03 357 9732





The Waitaki Newcomers Network

The Waitaki Multicultural Council has established the Waitaki Newcomers Network and Migrant Support Service which are both very successful initiatives. Within the Oamaru area there are many events where people can meet up and establish new friendships which helps them to settle happily into a new community. It can be difficult adjusting to a new place, especially if English is your second language, the culture is new and you have no family in the area. Making friends and learning about the area and what it offers is key to developing a sense of belonging and well being.

In rural areas these challenges of isolation can be even greater.

For more information about this group and to subscribe to regular updates Contact: Christine Dorsey 027 242 8643.
waitaki@newcomers.co.nz
Abacus House,
102 Thames Street,
Oamaru
03 434 7544. www.newcomers.co.nz

Justices of the Peace

JPs are available by appointment to:

- * Witness documents such as applications for citizenship
- * Certify copies
- * Take declarations, affidavits and affirmations

The service is free of charge

To make your visit quick and easy:

- * Do not sign anything beforehand
- * Do take photo identification
- * Remember to take the original as well as the copy to be certified
- * Check that a New Zealand Justice of the Peace can complete your documentation



Georgie Robertson Omarama 03 438 9554 027 4861525



Vicky Munro Otematata 03 438 7855 021 438745



Alona Shaw Omarama 027 773 4214



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)

Advertising pays for production and distribution.

To find out about publication and close-off dates, and how much it costs to place your advertisement, please phone 021 294 8002, 03 438 9766 or email omaramagazette@gmail.com



Kurow Medical Centre

8 Wynyard St, Kurow P: 03 4360760 F: 03 4360780

E: info@kurowmedicalcentre.org.nz 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, gall stones, kidney stones, heart and lung problems, foreign bodies, blood clots, detecting early pregnancy and much more!) * Minor surgery * Vasectomies
- * Mole checks and removal * Steroid injections * Venesection
- * Aviation, workplace and driving medicals * Botox for Wrinkle reduction
- * Workplace health screening * Counselling
- * Spirometry to diagnose asthma and COPD
- * Hearing and sight tests for adults and children * Ear syringing
- * Liquid nitrogen for warts, verruca's, and skin lesions
- * Cardiovascular risk assessment and diabetic checks (funded for eligible patients) * Travel advice 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 \$41.00 Care Plus - Free to eligible patients only

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

*Podiatry and Ear Health (Kurow only)

*Physiotherapy, Acupuncture and Massage (Kurow and Twizel)

Kurow: Monday to Thursday 8.30am to 5pm. Omarama: Thursday 8.30am to 12.30pm. Twizel: Monday, Tuesday, Wednesday, Thursday and Friday 8.30am to 5pm and 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 and casual patients!

If you require further information or an appointment, please contact us on: For Kurow 03 436 0760 or for Twizel 03 976 0503 - Dr Tim and Juliet Gardner

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

Announcement from

KUROW MEDICAL CENTRE

and MACKENZIE HEALTH CENTRE

COVID-19:

We understand this is a very difficult and stressful time for the community and wish you all a very safe journey through the next phase of the COVID outbreak. We will do our utmost to ensure all our patients continue to get 24/7 access to good quality healthcare and are just a phone call away.

We are providing Rapid Antigen Tests to anyone with **cold or flu symptoms**, **incl fever**, **headaches or diarrhoea**, and to a close household contact at day three and day 10 from exposure to an infected household member.

Covid Boosters and Children over 5 years requiring their COVID shots can get theirs on our COVID clinic days during Tuesdays and Fridays in Kurow. Mondays, Thursdays, and Saturdays in Twizel and Thursday mornings in Omarama.

Please call reception on 03 436 0760 or 03 976 0503 to book in for a swab or COVID shot with the Nurse.

In order for us to continue protecting you all and our clinical staff please

DO NOT ENTER THE CLINICS IF YOU HAVE ANY OF THE ABOVE SYMPTOMS!

Please call the above number to inform the reception so that you can be seen either in your car or in our Red stream rooms situated outside the clinics.

STAFFING:

On a good note we are extremely fortunate to announce the engagement of Dr Steve Bannister who is working at our Twizel clinic on Mondays, Tuesday mornings and Wednesday afternoons.

Dr Natasha Sharp will be back in Twizel in the next two weeks and working Wednesday mornings. She will continue to work at our Kurow clinic on Mondays, Wednesday afternoons and Thursdays.

Dr Tim will continue to work Tuesdays and Wednesdays in Kurow, Thursday mornings in Omarama, Twizel afternoons, all day Fridays and Saturdays.

Yours in Health

Juliet and Tim Gardner

Here's an brief update on the work of the Community Care Group

Last week, Hana Halalele, one of our Waitaki 'community connectors', dropped off a range of personal hygiene gear including masks for us to hand out as required, with a lovely thank you card. (See photo).

We plan to distribute this gear to our volunteers as and when required, especially for those working in the kitchen, plus it will be popped into the care packs which we deliver to households affected by isolation rules.

We are also to be sent some rapid antigen tests - we'll update you further about this process when these arrive.

Fingers crossed things stay quiet on the Covid front - but for now, at least, we are as ready as we can be.

Thank you to all for the thought you have put into this and all the work behind the scenes

Our volunteers are here to help - just give anyone of us a call.

If you must self-isolate and there's a few things you've not had a chance to do or get in, or you need to put your mind at rest over something, please feel free to call any of the numbers listed above.

We're a bunch of volunteers able to help with most things.

BUT we will not approach you unless invited to by yourself or a friend.

And your privacy and confidentiality will be respected.

□ **Keeping connected** - keeping in touch and getting the info Ruth Grundy, ruthjgrundy@gmail.com 021 294 8002 Adrienne Harper, adrienneharper@gmail.com 021 139 2817

☐'Meals on wheels' and deliveries

Carolynne Grant, kevingrant@xtra.co.nz 03 438 9742 and leave a message. Georgie Robertson, huntly@xtra.co.nz 027 486 1525

☐ Rural tasks (complementing the work of the Rural Support Trust)

Annabelle and Richard Subtil; subtil@omaramastation.co.nz Annabelle 027 406 9522, Richard 027 208 9096

□ Taking care of visitors and hospitality industry advice

(If you are accommodating guests in any way eg airbnb and have questions, give Megan a call) Megan Talarico, gm@heritagegateway.co.nz 021 545 566

□ Drop-offs and deliveries (other than meals above)

Alona Shaw, Alona.Shaw@foursquare-si.co.nz 027 773 4214

□Pets and plants and necessary chores.

Tanya Humphreys tanyahumphreys5@gmail.com 022 611 7099

Staying mentally well: This bugger takes its toll. We are all feeling anxious or stressed about this, it's normal. Don't be afraid to reach out for help. You can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

COVID-19 Healthline: 0800 358 5453

Healthline: 0800 611 116

Health advice about babies or children:

Plunket Line: 0800 933 922; Family Services: 0800 211 211

Work and Income: 0800 559 009 Alcohol Drug Helpline: 0800 787 797 Rural Support Trust: 0800 787 254

Business support: South Island 0800 505 096

OTHER USEFUL CONTACTS

Kurow Medical Centre: 03 436 0760 or Mackenzie Health Centre Twizel: 03 976

0503 kurowmedicalcentre.org.nz

Twizel Medical Centre: 03 435 0777 www.twizelmed.co.nz Mackenzie Pharmacy: 03 435 0883 mackenziepharmacy.co.nz

Four Square Omarama: omarama@foursquare-si.co.nz

FOR WELFARE SUPPORT

Our Waitaki Community Connectors

These people are available to help with non-health-related welfare matters.

Mafa Alaloto mafa@oamarupacific.nz 021 107 8163 8.30 to 1pm

Oamaru Pacific Island Community Group Inc

Lauao Havili lauao@oamarupacific.nz 027 213 8939 1pm to 5pm

Oamaru Pacific Island Community Group Inc.

A dedicated 0800 COVID-19 welfare support helpline (0800 512 337) is also available to those who need to self-isolate.

Help for businesses

https://www.mbie.govt.nz/about/open-government-and-official-information/

coronavirus-covid-19/

Free business helpline: 0800 505 096



Updated guide to self-isolation



You will need to self-isolate from others if you:

are positive for COVID-19

live with a positive case

You must isolate at home or in suitable alternative accommodation. If you test positive for COVID-19, a health professional will help you decide if managed isolation is suitable for you.

Isolate for 10 days from when you test positive

Isolate for 10 days

No further tests required unless directed to

Tests on Day 3 and Day 10

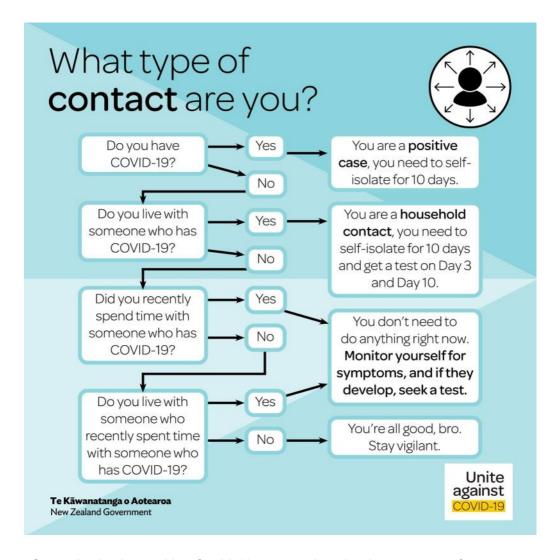
Financial support may be available - check our website to find out what you may be eligible for: Covid19.govt.nz/financial-support/

This information is accurate as at 24 February 2022. However, it may be updated if phases of the Omicron response change. For the most up to date information, please visit our website at www.Covid19.govt.nz

Te Kāwanatanga o Aotearoa New Zealand Government



NOTE: Because Facebook is unreliable and some people do not run a social media account, all important or urgent messages will be emailed to you, posted on the noticeboard and/or posted as flyers in your mailbox. To make certain you are on the list to receive these local notices email omaramagazette@gmail.com and put 'local list' in the subject box. We'll do our level best to get the messages to you. The volunteers involved in the development of our community plan include Omarama Police, FENZ Omarama, Otago Rural Support Trust, Omarama Resident's Association and Omarama business representatives. Outside agencies - emergency services, medical practices, health and welfare will be able to 'feed into' this plan.



So you've had a positive Covid-19 test result - what happens next? If you take a PCR test and return a positive result for COVID-19, you will be notified of your result by text message from the official 2328 number. If you take a rapid antigen test (RAT), you will have your result in person at the time. If you did this yourself at home, you should upload the positive result to your My COVID Record page. If you cannot do this, you can call 0800 222 478 for assistance. Once you have done this, you will receive a text message from the official 2328 number.

This text will include a link to a data free online form that you will need to fill out. Read more here:

https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/advice-people-covid-19

Test instructions vary depending on the brand. Many rapid antigen testing kits generally follow the instructions below, but not all. Please follow the manufacturer's instructions.

Collecting a sample



Remove a nasal swab from the pouch.



Insert the swab into one of your nostrils up to 2-3cm from the edge of the nostril.



Slowly roll the swab 5 times over the surface of the nostril. Using the same swab, repeat this collection process in the other nostril.



Check the kit box instructions to confirm the correct time frame to read your result. This may vary depending on the kit.

Testing the sample



Peel off aluminium foil seal from the top of the extraction vial, which contains the extraction buffer.



Place the swab into the extraction vial. Rotate the swab vigorously at least 5 times.



Remove the swab by rotating the swab against the vial, while squeezing the sides to release the liquid from the swab.

Reading your result

Negative

Positive

One line next to the C indicates the test is negative.

Two lines, one next to C and one next to T (even faint lines) indicate the test is positive.



CT

THE WARRANCE OF

Invalid Result
No line next to Cindicates
the test is invalid. With an
invalid result you should
retest. Follow manufacturer
guidelines on how long to wait.





Close the vial with the provided cap and push firmly onto the vial. Mix thoroughly by flicking the bottom of the tube.



Turn vial upside down and hold sample over sample well. Squeeze vial gently. Allow the required drops according to the kit instructions, to fall into the sample well.



Please check on the kit instructions and follow the confirmed time to check for your test result.

Reporting your result

You need to report your result. This can be done on My Covid Record.

Log into mycovidrecord.health.nz or call 0800 222 478 and press option 3.

If you are in the Close Contact Exemption Scheme, you should advise your employer of your result.



Te Kāwanatanga o Aotearoa New Zealand Government







TWIZEL MEDICAL CENTRE

Community Owned, Community Focussed, Community Operated

Twizel Medical Centre is your local Ministry of Health funded, enrolling practice. Contracted by SCDHB for General Practice, District Nursing and 24/7 Urgent Care, contracted by St John for PRIME (Primary Emergency Response) Services across the greater MacKenzie area.

Hours: Monday to Friday 08:30 - 5:00 pm with extended hours over the summer months

Urgent and emergency care 24/7

Our Team: NP Gemma, GPs Drs Peter and George, Admin/Receptionists Donna, Jacqui, Annie and Sue, Nurses Paula, Ann, Zoe, Holly and District Nurses Libby and Jess are passionate about our community accessing a high quality service.

Twizel Medical Centre has charitable status so any surpluses are reinvested to ensure our community has access to sustainable general and urgent care services.

15 MacKenzie Drive, Phone: (03) 4350777

The Directory

For advertising rates and guidelines

phone 021 294 8002 or email omaramagazette@gmail.com







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Public Notice - Meridian Energy

ŌHAU RIVER - Planned Maintenance of sediment basin.

As part of our ongoing maintenance programme of the Upper Ōhau hydro sites, we will be undertaking maintenance work on the sediment basin, near where the Ōhau River enters Lake Ruataniwha. Works will commence on 21 February 2022 and will be completed by 8 May 2022.

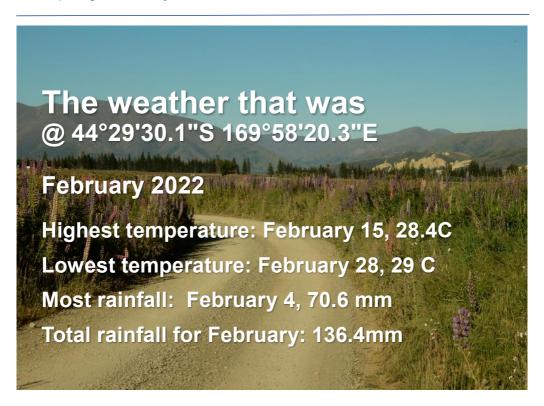
The area of land around the work areas will be closed to the public for this period.

For public safety, please follow all signage and keep out of the area whilst the works are in progress.

Non-powered watercraft will also be excluded from this section of the Ōhau River during this time.

The works will not restrict any boating activity on Lake Ruataniwha.

We apologise for any inconvenience.



Public Notice - LINZ

LAKE BENMORE WEED SPRAYING

Aerial and boat based aquatic weed spraying is scheduled to be carried out at Lake Benmore from Tuesday, 1st March and may be carried out intermittently until Friday, 29th April. This will exclude weekends and public holidays.

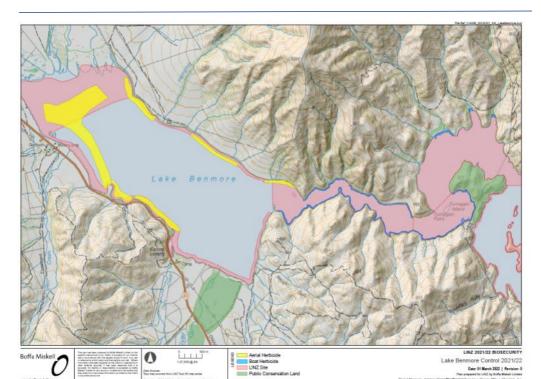
The following sites may be targeted for treatment:

- *Ahuriri Delta and Arm
- *The Neck

Diquat in gel form will be used to treat aquatic weeds. This work is dependent on suitable weed, water and weather conditions and therefore the timing is subject to change.

Advertisements have been placed in the Timaru Herald and The Press to notify the public of this operation.

We recommend a 24 hour stand-down on swimming, fishing or taking water for irrigation or domestic supply once the spraying is complete. If you have any questions in relation to this work, please feel free to call us on 0800 638 943 or keep up to date with treatment progress nearer to the time on the LINZ website.



The Last Page is Classifieds

BREEN CONSTRUCTION

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Order your winter wood now and every metre ordered goes into the draw to win a Hot Tub and platter for two at Hot Tubs Omarama. The more you order the more chances you have to win. Orders must be in before March 13 to enter.

You do not need to receive or pay for your wood to enter, just simply put in your order with email, phone number and delivery address and desired delivery date.

Delivery date must be before April 17 and winner will be drawn once all the wood for this competition has been delivered.

Hot mix - blend of larch and pine \$100pm emma@hottubsomarama.co.nz 027 635 5664

The Ōmārama Gazette

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