

# BUGLE



Published by  
Kurow Information Centre  
as a service to our community

Issue 521  
Wednesday  
6 October 2021



SPIERS BARKLEY PICNIC AT THE HAKA RIVER

## WAITAKI VALLEY COMMUNITY CAR



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TEXT  
027 282 0615

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**10 Coquet Street, Oamaru**

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### **BUGLE PUBLICATION:**

The Bugle is at the Kurow Information Centre - Please send your pieces to [kurowbugle@gmail.com](mailto: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.

### **WAITAKI VALLEY PRESCHOOL AGM**

7pm, Wednesday 20th October at Waitaki Valley Preschool. For further information or to request a nomination form please email [board@wvp.kiwi](mailto:board@wvp.kiwi) Or contact the Preschool on **03 4360 999**. Nomination close at 5pm, 28th September.

Meridian would like to inform you of our planed road closures at Benmore or Aviemore over October. All dates and times are subject to change but we will endeavour to complete the works as soon as possible. As per standard road closed we will have signs at both Aviemore Dam and the Lock Laird Road to State Highway 83 intersection indicating what Dam road is closed. We will disestablish the road closed at the completion of the works at which time these signs will be removed. These road closures are accordance with CAR no.1881013.

**16 and 17 October (Weekend) – AVIEMORE** Dam road closed for intake screen change out. The road will be closed to ALL traffic (motorised, peddle power and walking traffic) due to open hatches, large loads and cranes working overhead. This work will be between 0700 to 1900 on both days but will have the road open overnight.

**13 October (Wednesday) – BENMORE** Dam road closed for intake gate install. The road will be closed to ALL traffic (motorised, peddle power and walking traffic) due to open hatches, large loads and cranes working overhead. This work will be between 0700 to 1600. This work is subject to date changes, but notification will be sent to all road users prior to the close.

**28 October (Thursday) - BENMORE** Dam road closed for stoplog removal. The road will be closed to ALL traffic (motorised, peddle power and walking traffic) due to open hatches, large loads and cranes working overhead. This work will be between 0800 to 1300.

**30 October (Saturday) – BENMORE** Dam road closed for intake screen change out. The road will be closed to ALL traffic (motorised, peddle power and walking traffic) due to open hatches, large loads and cranes working overhead. This work will be between 0700 to 1900.

The road closed applies to **ALL** traffic including: motorised, peddle power and walking traffic. We will have cranes and open hatches in the road way which make it dangerous for the general public to pass though. We thank you in advance for your understanding during these outages as we maintain the integrity of our assets.

Thank you for your understanding and compliance.





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M 027 436 5131 E [barry.meikle@pb.co.nz](mailto:barry.meikle@pb.co.nz)

**John McCone** Rural Sales Consultant  
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Application forms are also available at Waimate Accountants Ltd, 52 Queen Street, Waimate 7924



**APPLICATIONS CLOSE 31ST OCTOBER 2021**



NEXT ISSUE: 20th October 2021

COPY IN: 12pm 15/10/2021

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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The GLOW SHOW team is back with WONDERLAND GLOW SHOW, a 'kiwified' interpretation of the classic 'Alice in Wonderland' tale for tamariki, educators and whanau! Let your imagination soar as you are transported by the magic of giant scale glow-in-the-dark puppetry. This year there are 2 shows- the 10am show designed for preschools, ECEs, and kōhanga, and the 11:30am show designed for primary schools. Playing at the Oamaru Opera House on October 20<sup>th</sup>.

Bookings through  
[www.oamaruoperahouse.co.nz](http://www.oamaruoperahouse.co.nz)  
 or **03 433 0779**

## **JUSTICES OF THE PEACE IN KUROW:**

- Heather Gray                      027 436 8348
- John Sturgeon                    021 355 172
- John Currie                        027 453 1165
- Contact can also be made via the Kurow Info Centre 03 4360 950

## **JPs are available by appointment only to:**

- Witness signatures on documents
- Certify copies of documents
- Take oaths, declarations, affidavits or affirmations
- Confirm identity

## **Justice of the Peace visit checklist:**

- Do not sign anything beforehand
- Take photo identification
- Remember to take original as well as the copy to be certified
- Check that a NZ JP can complete your documentation

**The service is free of charge**

## Dorothy Nicol

Judith and Sally would like to express their sincere thanks to the Kurow Community for the care, support and kindness extended to Dorothy, particularly over this past year.

What you did enabled her to live at home, as was her wish.

Special thanks to the Meals on Wheels Team and Sarah at Whalan Lodge, Sandy at Kurow Medical Centre and Cindy at Access Community Health.

So fortunate to be part of such a connected and caring community.



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# Kurow Medical Centre

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W: [www.kurowmedicalcentre.org.nz](http://www.kurowmedicalcentre.org.nz)  
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**We also offer the following services from external Health Care Providers:**

- \*Podiatry and Ear Health (Kurow only)
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## **Open**

**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  
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**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.*



## Campbells Butchery Home Delivery

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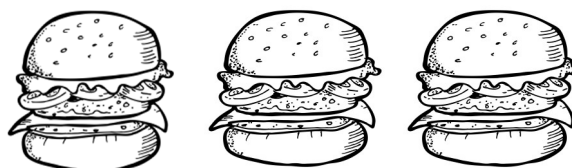
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WAITAKI VALLEY  
COMMUNITY SOCIETY

## **Waitaki Valley Community Society AGM will be held on 27th October 2021 at 7pm In the Back Bar at Kurow Hotel**

In order to present audited accounts each year at the AGM, the Executive propose changing **Rule 10.1 (in relation to the AGM)** from “An AGM of members shall be held before the end of October each year” to “An AGM of members shall be held before end of November each year”

Nomination forms are available from the Information Centre and must be received by 3pm, 25th October

### **Golden rules for Alert Level 2**



**Everyone can return to work and school.**



**Use the NZ COVID Tracer app to scan in everywhere you go, and have Bluetooth tracing turned on.**



**Wear a face covering when you go out and about.**



**If you have cold or flu symptoms, isolate immediately and call Healthline for advice about a test.**



**Get vaccinated.**



**Physical distance 2m from others in public.**

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## **WAITAKI COLLIE CLUB AGM**



To be held at the collie club rooms on Old Slip Road, on  
Tuesday, October the 26<sup>th</sup> at 7.30pm.

Everyone is welcome to attend.

Apologies to Jody Macdonald 0273532874



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# Waitaki News

## Back To School

Lockdown is finally over!

We're all excited to be back at school. Throughout lockdown, everyone continued their learning from home. But now at level 2, we're back in the classroom and ready to learn.

The teachers have been keeping us all busy with some cool activities. The Year 7-8s are back to Ohau Ski Field for their last day of skiing on the 24th of September, and almost everyone has been up the chairlift!

Pukepuke has been working hard on a StoryAthon (3 stories with 100 words). Miss Shearer has been drawing some awesome spring artwork with Moana and they have been busy learning cool science experiments. Ben Ferguson came last Thursday and flew his drone for the excited Teina Hub.

We are all looking forward to some fun activities planned for us in Term 4 such as clubs and the school production. Lastly we would like to say a huge thank you to the FOTS for raising \$22,000 to go towards the improvements to our pools.



Aoraki and Hauwhenua outside watching the drone.



Pukepuke on Wacky Hair Day.

## Change For The Better

For the last few months there have been many new improvements being made to the schools multi-purpose courts. These include new basketball and netball hoops, a more even surface and a new colourful turf. It has just recently been finished and all of the students are really enjoying playing on them at lunchtime. Several senior students commented that they really liked how many sports that the new courts offer and that this would encourage them to use the courts everyday. Other students say that the changes have definitely been a change for the better.



The whole school on our new multi-purpose turf.

## Wacky Wednesday

Coming back to school and we are straight into it and our first activity was a wacky hair day. Everyone came with crazy hair; we had some plates in peoples hair, hair chalk, and all sorts of things. The point of Wacky Hair Day was to raise money for the Child Cancer Society. In total we ended up collecting \$167.30. A few students said they enjoyed being able to style their hair in wacky ways they wouldn't normally do. They also mentioned that they were happy to give a donation to the Child Cancer Society because they knew it would help other kids get better treatment or be put towards equipment to help them recover. We had a positive response from everyone and they all said they really enjoyed Wacky Hair Day.

By Charli Thornley, Bessie Heyes, Georgia Bell





## WAITAKI CREATIVE WELLBEING

Weather events (drought, flood, wind, snow), financial or family distress, uncaring government decisions (many without thought of the long-term consequences), disease (whether it be Covid-149 or M. Bovis), earthquakes; all happenings we cannot change. Except rail into the darkness. Internalisation of issues occurs. Where they might fester. NZ has the second-highest youth suicide in any OECD country; rural suicides remain unacceptably high.

We may begin to see no escape. Seeking professional help

may not be a personal choice. Such is the stigma and discrimination attached to the 'words' mental health', no matter the extraordinary work achieved by John Kirwin and Mike King. We might feel our wholeness as a human diminishes. We believe we fail. The very thought of 'mental health' deepens the internalisation to where a simple accident such as dropping a cup on the floor can set off a chain reaction.

How about we change the understanding – or description - of mental health to that of Mental Healthiness. If we become aware of something – no matter what that something is - outside or inside ourselves, we start taking control. Healthiness means we can make that first remedial step – the one attention to understanding gives.



Creativity; we all have it. Using it is another matter. It is a matter of self-belief, not one of ability. A line drawn on a blank page is art; a second intersecting line may be people joining. Colour those lines and the picture may represent humanity. You are the artist. It is not up to others to question. Those who feel in a likewise manner surround us to talk about whatever in a non-judgemental environment. It is that finding a quiet place at home to finish your masterpiece, one that is unsullied by the world around us. A peer-support worker links people with services designed to complement and supplement an individual. They support

across all health disciplines. A mentor can be a teacher, coach, or individual who can offer advice or support.

The main principles of intentional peer support are learning and growing, caring, building relationships, and moving towards wellness. We recognise mutuality and that we are in this together, and that you're not alone. By meeting people with similar stories, we create hope and connection.

We design our creative projects to be easy and accessible for everyone. Using art and craft as a tool to connect people, we can try something new, break up our routine and find satisfaction and joy in trying out new processes.

Thus, we come to the Waitaki Creative Wellbeing project. Hosted by a peer-support worker and an artistic mentor, it is an outreach project funded by the Ministry of Culture & Heritage and supported by the Waitaki District Council. Free, weekly classes occur in the Kurow Info Centre (Mondays), Palmerston





Community Centre (Tuesdays) and Oamaru's Ara Campus (Wednesdays) between 12.30 and 3pm. They are a haven of peace where talk, laughter and creativity function in a safe, supportive environment. No requirement exists to open up and talk, only to enjoy learning new skills. No experience needed! Simply a need to wonder at what is achievable with the proper tutor-led guidance. All classes are confidential.



We all live inside our rivers of belief. What many of us fail to understand is the tributaries flowing into our rivers, those affecting us.

Until we do.

Ignore the media, the news, politics; those influences seek to divide us

To influence us

To manipulate us

Only the river matters.

Active creativity can bring all of us to this point. Healthiness of life around each one of us lifts the soul away from depression to hope. And that is all we can ask of ourselves.

Contact [waitaki@artsenta.org](mailto:waitaki@artsenta.org) Look for Creative Waitaki Wellbeing on Facebook to see the range of art-related peace and pieces of which you can be a participant. Mental Healthiness follows...

Wayne Reid on behalf of the Kurow Creative Group



If we are at Level 1 on Tuesday 26th October the School Pool will open to the public. If we remain at Level 2, the School Pool will only be open for school use.

Pool Keys are available for purchase through the school office or the Information Centre at Level 1.

1 Week \$20

1/2 Season \$70

Full Season \$100

All require a \$50 bond



# Kurow Community & Waitaki Valley School Library

October school holiday hours:

Open Tuesday 5th & Thursday 7th October 1-3pm

Saturdays 10.30am-12pm

Normal hours from Monday, 11th October

(Mon, Tues, Wed, Fri 12.30-3.30pm

Thurs 1-3.30pm

Saturdays 10.30am-12pm)

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*Exit* by Belinda Bauer

*The River between us* by Liz Fenwick

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*My name is Eva* by Suzanne Goldring

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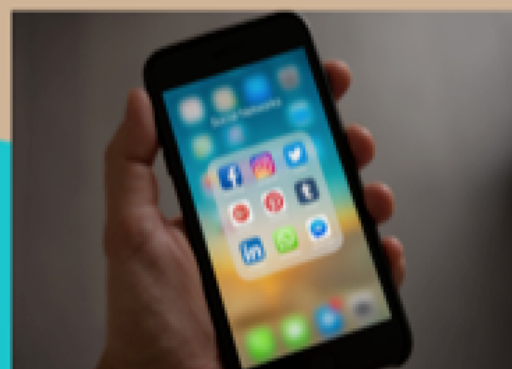
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Check out

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

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



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# Virus; A Brief History

Medical terminology can create considerable confusion due to similarities between like-sounding words such as - in today's Covid world - **epidemic**, **pandemic** and **endemic**.

An **epidemic** is a disease affecting large numbers of people in a specific region or community. Whilst confined to the Wuhan area, Covid-19 was an **epidemic**.

A **pandemic** is an **epidemic** with a passport – one that defies borders by travelling internationally. Once Covid-19 left Wuhan by plane, it became a **pandemic**.

An **endemic** is neither of these, instead being something confined to a particular people or country. Malaria – for example - is **endemic** to Africa and other Asian countries.



The Black Death

*“First, they felt pain all over their body. Next, a lump -- sometimes as small as pea, other times as big as an apple -- protruded from their skin. Then, as the disease spread throughout their body, they coughed up blood. Finally -- for many of them -- came death. That was how people hundreds of years ago described the Black Death, which began sweeping across Europe in the 14th century, killing up to 60% of the continent's population in one of the worst pandemics in human history.*

*Today, many of us think of the plague as something confined to the history books -- a grim symbol of the medieval period, before doctors knew about the existence of viruses or bacteria.”*

Enduring for seven years from 1346, up to 200 million people may have died due to the Black Death - technically referred to as the bubonic plague pandemic - making it the deadliest pandemic in history. Carried by a species of flea, it spread from Asia to Europe, creating devastation.

The first known epidemic (unknown cause) occurred around 5,000 years ago in the Hamin Mangha and Miaozigou areas of Northeast China, where several villages were wiped out.

Known as the Plague of Athens, one of the first known plague-like events occurred in 430 B.C. and killed around 100,000 people.

In the past 500 years, about fifteen flu pandemics have occurred. In all probability, the Spanish Flu of 1918/1919 was the first genuinely international pandemic. Whilst the exact origin of this Avian Flu remains disputed, it was not Spain. Countries such as the United States, France and China were all implicated. Following World War 1, a news blackout occurred, discouraging coverage of this new –yet unexplained – medical threat. Allied governments felt that such news would destroy what little morale remained in Europe.



Because of Spain's neutrality during World War 1, its media began openly reporting the increasing death toll in their country. Thus, 'Spanish' Flu became synonymous with the disease. (Except in Spain, where it was known as the 'French' Flu!)

Its rapid international spread was attributed to soldiers returning to their home countries. An estimated fifty million people died. Arriving in New Zealand in October 1918, the Flu showed no mercy to those of all ages. About 9,000 New Zealanders died within two months – just shy of 9% of

New Zealand's population at the time; half as many as lost their lives during the entire war.

Children adapted a song from the 1889–90 flu pandemic into a skipping-rope rhyme which became popular in 1918.

I had a little bird,  
its name was Enza.  
I opened the window,  
and in-flu-enza.

The flu claimed around 83 lives in the North Otago area – Waitaki 22, Hampden 4, Oamaru 46, Waihemo 6, Palmerston – 5. "One action taken in many towns and cities was to set up inhalation sprayers that dispersed a solution of zinc sulphate. Though 'medically useless', this was the only approved preventative for influenza known to New Zealand's Public Health Department. Most sprayers were set up in public buildings." Once the flu was declared a medical emergency similar actions to those taken today against Covid were enacted.

In 1918, it was unknown that a virus caused influenza. Doctors believed it to be bacterial. Medical researchers did not find that conclusive proof until 1933 – forty years before the first antiviral medication became available. It was not until 1928 that Alexander Fleming first isolated what would become the first antibiotic – Penicillin.

So. What is the difference? Less than 1% of bacteria - found almost everywhere - can cause human disease; most treatable by antibiotics. Reproduction is by cell division.

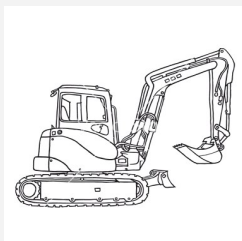
A virus - around 100 times smaller than an antibiotic - needs a living host to survive; treatable with antiviral medication. Reproduction is within living cells which is why antibiotics are not effective.

The treatment regimens are NOT interchangeable. Seldom will a doctor prescribe an antibiotic for a viral infection unless it is prophylactically. In other words, to prevent a potential bacterial infection

SARS; Severe Acute Respiratory Syndrome, 2003, mortality rate 11%. MERS; Middle East Respiratory Syndrome, 2012, mortality rate 33%. Covid-19, 2019, mortality rate 2.08%. All are corona viruses which cause respiratory infections in mammals and birds.

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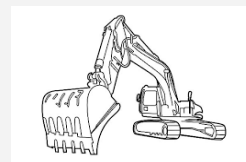
<https://nzhistory.govt.nz/influenza-pandemic-reaches-peak-mortality>  
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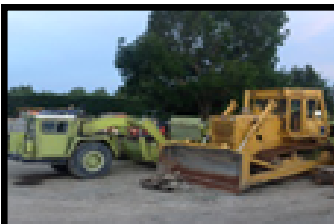
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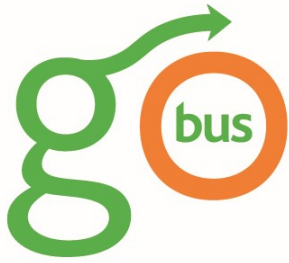
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