



We at the Kurow Information Centre and Museum wish you a very Merry Christmas and a safe, happy and prosperous New Year!

KUROW MUSEUM & INFORMATION CENTRE HOLIDAY HOURS

CLOSED - Christmas Day & Boxing Day

27th December 10am - 12.30pm (subject to volunteer availability)

28th/29th/30th December 9.30am - 4.30pm

31st December 10am - 12.30pm (subject to volunteer availability)

1st January 10am - 3pm

2nd & 3rd January 10am - 12.30pm (subject to volunteer availability)

NZTA & COPYING SERVICES ARE NOT AVAILABLE ON WEEKENDS OR PUBLIC HOLIDAYS



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.

KUROW MARKET DAY:

Is now being held by the Memorial Hall on Gordon Street. For any queries please email **kurowfestival@gmail.com**

CLEANER REQUIRED:

The Kurow Museum is looking for a cleaner for approximately 2 hours a month. If you are interested please phone Gaynor **021 362 181** or John **021 355 17**

Kurow, Otematata, Ōmārama Transfer Stations:

7 days a week from 26 December 2022 (First Day) thru 22 January 2023 (Final Day) with extended hours below

•Kurow: 1pm – 5pm

•Otematata: 1pm – 5pm

•Ōmārama: 8.30am - 12.30pm

The Waitaki Valley 2023 Calendar

Available now from Kurow Museum & Information Centre or Feliz

\$20 each (A4 envelope included) Postage within New Zealand \$4.30







WAITAKI VALLEY











Haka Valley Sunset - by Wayne R A Kurow Museum Fundraise kurowmuseum@gmail.com www.kurow.org.nz

Cattle Valley Rd - by Dorothy I

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KUROW COMMUNITY LIBRARY HOLIDAY HOURS

Merry Christmas! We are open normal hours until Dec 23rd,

> then: 29th Dec 1-3pm 31st Dec 10.30am-12pm 5th Jan 1-3pm 7th Jan 10.30am-12pm 10th Jan 1-3pm 14th Jan 10.30am-12pm 17th Jan 1-3pm 19th Jan 1-3pm 21st Jan 10.30am-12pm

Normal hours from Tues 24th Jan





WAITAKI BRAIDS LODGE

All the staff at Waitaki Braids would like to wish our loyal customers and the communities of the Waitaki and Hakataramea Valleys a Safe and Happy Christmas and New Year.

The Braids will be closed for the stat holidays (December 25th, 26th, 27th and



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To view please phone 027 358 7856 after Friday 15 December LOOKING FOR 2 STRONG BOYS TO DO A DAY OF HEAVY LIFTING.

PAYING \$30 AN HOUR

PLEASE PHONE EVE:

021 136 5713



RING GRANT: 4360 018 or 027 4360 018

NEXT ISSUE: *11th January 2023* COPY IN: *12pm* 6/01/2023 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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Merry Christmas from Kurow Medical Centre and Mackenzie Health Centre!



Kurow Medical Centre, Mackenzie Health Centre and Omarama Hall

Opening and closing dates for Christmas and New Year 2022/23

Saturday 24 Dec OPEN in Twizel

Monday 26 Dec CLOSED

Tuesday 27 Dec CLOSED

Wednesday 28 Dec OPEN in Kurow and Twizel

Thursday 29 Dec OPEN in Kurow, Twizel and Omarama

Friday 30 Dec OPEN Kurow and Twizel

Saturday 31 Dec OPEN in Twizel

Monday 2 Jan CLOSED

Tuesday 3 Jan CLOSED

Wednesday 4 Jan OPEN in Kurow and Twizel

Thursday 5 Jan OPEN in Kurow, Twizel and Omarama

Friday 6 Jan OPEN in Kurow and Twizel

24/7 ON CALL COVER WILL BE PROVIDED AS USUAL TO ALL OUR REGISTERED AND CASUAL PATIENTS BY OUR DOCTORS AND PRIME TRAINED NURSES

Call 03 4360 760 Kurow or 03 976 0566

We would like to thank all of our lovely customers both old and new for your continued patronage during these often challenging times, your support is very much appreciated.

To allow us to have some well-earned rest and relaxation, we will be closing the garage on Friday 23 December at 3pm and re-opening Monday 9 January 2023 at 8am.

We wish you all a very Merry Christmas and a Prosperous New Year, Barry & Di, Dave, Sue, Evan and wee Baz



Annual General Auction/Clearing Sale

Whalan Lodge Annual General Auction is to be held Saturday February 25th at the Kurow Racecourse, commencing at 10am.

This is a General Auction to raise funds for the major redevelopment of the communities Aged Care Facility in Kurow – Whalan Lodge.

No auction item too big or too small, items able to be sold either as a donation to the Lodge or on behalf of the seller.

Please consider what you may wish to put in the auction and contact one of the auction team if you wish to discuss this further.

Further details will be advertised nearer to the time. Contact Details:

Pete McIlraith - 0272 803 133

Barney McCone – 4360 737

Allan Cleave - 4360 469

Jim Meehan – 0276 889 537

Simon Taylor – 0275 413 070

Michael Smith 0274 360 188



KUROW TRAILS REPORT



Kurow Hill

The rush is on to get the hill in the best shape we can before the visitors arrive to the Valley over the Christmas holidays. This period sees the numbers of holiday makers who venture up the hill swell.

We have been trimming the side growth away from the track and weed eating the grass growing on the side of the track.

With the funding from the Waitaki District Councils Community Group Grants contestable fund of \$4000, we have bought the timber to be used for the replacement stairs at the start of the Hill. We are currently meeting with another community funder to fund the labour and machinery needed to build the stairs and 'fix' the 100 meters at the start of the hill track.

A reminder that Kurow Hill track is on a working Farm Station and the track is up to the top and back down the same track. We are very thankful to Awakino Station who have supported the public use of this track for many years.

Kurow Wetland

We have had a very busy few weekends in the wetland.

The entrance to the wetland by the highway is having a makeover with all the blackberry and old mans beard and other scrubby weeds cut back and sprayed to open it up a lot more and as preparation for more native planting this season. Our Wetland Volunteers have been doing this. We will let it die down and any new weedy growth will be sprayed again and then this will be a project sometime next year for native planting.

Have you walked the wetland yet and looked at the signage panels ? Who knew about the migration of eels!

The Kurow Wetland was successful in its funding application to the Meridian Power Up Community Fund. \$1200 was granted for the removal of problematic Willow limbs overhanging the track. Treekraft arborist has now removed the limbs.

The Ecan funded sprayed willows near the water edge of the wetland have now died and looking brown. We will remove those that we can access.

We continue to mow the grass between the highway and the wetland.

If you are interested in native plants/wetlands or just want to be part of an outdoor community team offering some volunteer hours now and again then we will add you to the "friends of Kurow Wetland' group

Contact Karen 021 190 8875 or Rosina 027 228 0677

26th October 2022

2022 Waitaki Valley Preschool AGM Chairperson Report



Tena koutou katoa

It is with great pleasure that I get to present this year's chairperson report to you all, Just like the previous two years 2022 has come with many challenges, but we are finally seeing light at the end of the tunnel regarding the pandemic.

At our last AGM, the board welcomed Mel Heddershaw and Matt Lyng but unfortunately both had to resign at the beginning of 2022, we wish them both all the best. After their resignations we were excited to have Ashleigh Williams join us, Ashleigh brings a great wealth of experience from her corporate background and brings thought provoking ideas.

At the beginning of this year, we received Rowan de Wits resignation after her parental leave ended, we would like to take this opportunity to thank Rowan for all her hard work and dedication to our preschool over the past several years. During her time Rowan lead the redevelopment of our interior and our last ERO visit that was greatly successful, we wish Rowan and her family all the best.

Following Rowans resignation, we were thrilled to offer Jordyn a permanent role, Jordyn you have been a fantastic addition to our team, you lead the preschool with integrity, and you have raised the bar setting exceptional standards in your leadership style. Jordyn continued the development of our outdoor space, our three- and four-year-olds were overly excited to finally get their own sandpit and veranda, our younger children were equally excited to get their awesome new swings, soft fall matting and fun new fence. We would like to thank both Trust Aoraki, the Oamaru Lions foundation and all the other wonderful tradespeople for their generous support with his project.

We were again offered the opportunity to help with the grape picking at River T, we would like to thank River T for their generosity with this fundraiser and to all the friends and whanau that were able to give up their time to help with this, money raised from this has been invested into our outdoor renovation.

At the end of term two, with great sadness we said see you later to two of our fabulous teachers, Moana and Judith, thank you so much for the many years of dedication to our preschool, we hope you are both doing well. And we welcomed Mel Attfield in Term 3. Mel, we hope you are enjoying your time in Aoraki and settling in nicely, it has been great getting to know you.

Like most industries, one of the biggest challenges at this time is staffing, especially in a small rural town, we are still advertising for a qualified teacher to join our fantastic team, if anyone in our amazing community knows someone who might be able to fill this position, please feel free to contact our management team.

To our amazing board, I would like to thank you for all your continued support and for giving your time so generously. This year we say bye and thanks to Courtney Fisher, with both her sons now at school her time at WVPS has ended, Courtney thank you for your professional support over the past two years. We wish you and your family all the best, we will miss you very much. To our wonderful families of the preschool, again we thank you for all your support during the year, over the next few months we look forward to seeing you in the centre now our COIVD restrictions are lifted.

And our amazing staff, as we always say we are nothing without our staff! Gaye yet again, even with all challenges that are mostly out of our control your cool calm collected thinking is a pillar of support to the board, thank you. Our teaching team and support staff, you are the face of our preschool, and we could not be more proud. Jordyn enjoy the next few months, we will continue to learn and grow with your help and Edwina, we are beyond excited to have you join our management team, we cannot wait to see what 2023 brings for the both of you.

On behalf of the WVPS board I would like to wish all our friends and whanau all the best for the festive season.

Thank you

Kylie Paterson

Check out www.kurow.org.nz

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

WANTING TO BUY

Do you have any concrete circular stones lying around your property. I need about 2 dozen to finish off my landscaping edge. If you have and want to get them off your property please contact me to discuss a fair price for them. Measurements are 30cm (12") length by 15cm (6") Width.

Contact me on 021 266 4849 Thank you





What a way to finish off the year!

Thank you to all those who came along to support our Bandages, Bangers and Beve's day at the Kurow Racecourse.



A special mention to our health and safety workshop presenters upskilling everyone on how to keep safe and help those in need, Kurow Ambulance Station, Network Waitaki, FMG, Fire and Emergency NZ and Waitaki Neighbourhood Support .

And to Matt Chisholm who finished the evening with his frank, honest talk about looking after our top two inches.



A day like this isn't possible without the help of many different groups, so thank you to Ministry for Primary Industries (MPI), Rural Support Trust, Waitaki New World, Rural Transport, PGG Kurow, Vet Centre Kurow, River T Wines, Dairy NZ and Kurow Recreation Group.

An amazing way to round out the HSC calendar for 2022 on what has been a busy year!



We are looking forward to many more fun community days next year!

Merry Christmas everyone, from the HSC







CONGRATULATIONS TO THE FOLLOWING STUDENTS **ON PASSING THEIR GRADING ON DECEMBER 5TH**

GEORGE SUTHERLAND-2nd KYU BROWN BELT BLACK TIP

HENRY SUTHERLAND-4TH KYU GREEN BELT BLACK TIP

DELILAH BROWN-6TH KYU YELLOW BELT BLACK TIP

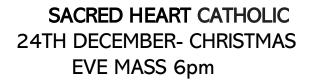
WELL DONE!!!!!



DECEMBER CHURCH SERVICES



ST STEPHEN'S PRESBYTERIAN 18th DECEMBER- CAROLS- FESTIVAL OF THE NINE LESSONS 10am 25th DECEMBER- CHRISTMAS DAY 10am



ST ALBANS ANGLICAN 24TH DECEMBER- CAROLS 7.30pm COMMUNION- 8pm



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

Racing at Kurow 30 DECEMBER



FOR MORE INFORMATION CONTACT JO: 021 246 5889 / Jo@gallopsouth.co.nz

Kurow Memorial Hall AGM was held on Monday October 2022 at 7.00pm in the Kurow Memorial Hall foyer

All who attended the meeting were nominated onto the committee. The Kurow Memorial Hall Committee members are:

Graham Hill (Chairman)Karen Hofman (Secretary/Treasurer)Helen ComerBill WallaceJudy HunterJon Brocas

Chairman's report:

"Hi to you all. Another year has rolled by and what has happened? No major works this year but there are some coming up. Namely:

- The windows on the West wall
- •The ceiling in the men's toilet
- •More downpipe outlets for the spouting

These need attention soon before major damage is caused from spouting overload.

I wish to thank members of the committee for the great work that has been done throughout the year, with special thanks to Karen for her untiring work of looking after the bookings etc. Thank you Karen. And to other committee members for their work from time to time. And also to Bill for his attention to the water leaks that crop up from time to time. All members have freely given their time for various calls that crop up without notice.

Once again thank you for yoy support throughout the year.

Graham Hill"

Finance Report: Opening balance at bank as at 1 April 2021		\$19,286.01
Income: Hall hire Crockery etc Interest Rates Waimate District C Power Meters	\$5,390.93 ouncil	\$2,600.00 \$90.00 \$15.71 \$2,565.22 \$120.00
Expenditure: Power	\$3,713.27	\$3,713.27
Closing balance at bank as at 31 March 2022		\$20,963.67
Karen Hofman		

Secretary

Check out www.kurow.org.nz

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

Bugle Online





The team at PGG Wrightson Kurow thank you for your continued support this year.



PGG Wrightson Kurow | 36 Bledisloe Street, Kurow | Phone 03 436 0534

Phone 03 436 0534

Helping grow the country

The Goggle Box

Americans first watched television in 1928. In what now seems far-fetched, US television remained commercial-free for the next thirteen years. CBS introduced colour TV in 1950 and in the United Kingdom in 1936. BBC 2 introduced colour in 1967. Australia in September 1956.

Little ol' New Zealand had to wait another twenty-four years before the introduction of television, with the first broadcast from AKTV-2's Shortland Street studio at 7.30pm on Wednesday, June 1 1960. Total screening time? Three hours! (At least we were nine years ahead of China!) Programmes included one episode of *The Adventures of Robin Hood*, a live interview with a visiting British ballerina and a performance by the Howard Morrison Quartet. (Howard's hair gel created a shine problem



H. W. CLARKE (N.Z.) LIMITED

with the lighting!) That scourge of television, advertising, was introduced in April 1961. Programmes received from overseas in colour, NZ TV screened in black and white. By 1965 four stations were broadcasting seven nights a week for 50 hours.

Television screening (with a healthy dose of No 8-wire mentality) commenced in Christchurch on June 1, 1961, Wellington on July 1, 1961, and Dunedin on July 31, 1962. These four NZ studios - independent of each other – broadcast to their populations, leading to unusual programming decisions. Only one copy of any given programme was imported. It was first screened in Auckland, then made its way down the country to Dunedin. An ongoing series such as Coronation Street (first broadcast in 1964, four years after its debut on ITV in 1960) would have four different episodes screening: episode 1 screening in Dunedin whilst episode 4 screened in Auckland.

Heaven help the Aucklander who gave away storylines before earlier episodes had screened in other areas! *The Listener* listed the programme's broadcast time without any synopsis in its programming schedules.

Purchasing a television set (Why on earth was it known as a 'set'? I mean, there was only one of them!) involved a £4.00 (2020 - \$185) television licence from August 1960; 300,000 licences being sold by 1965; a levy which raised more money than advertising. A new pastime, introduced into the Kiwi psyche, became a national pastime. *"How to Avoid Paying One's TV licence"*. The Post Office made great use of advertising the presence of television detector vans. It was - mostly - fearmongering. Presence of a TV aerial was also an indicator of ownership. Viewers became smarter. Those close to a transmitter placed their aerials inside the roof cavity. Okay, with tiles, not so much with iron. Moving house made evasion easier. When moving house, a *Change of Address* form included a tear-



off page forwarded to the Broadcasting Authority. The house owner removed this page before submitting the form to the Post Office. Money saved.

Early television transmission was fraught, especially in outlying areas such as Invercargill; the received picture seemed as though it beamed in via Antarctica. Trying to peer through the murk to watch *"The Lone Ranger"* - white hat and horse - became a challenge!

The original aerials were highly directional, requiring pinpoint accuracy to ensure a clean signal, needing two people - one on the roof, the other looking at the TV. Once installed on the roof – in an unblowableaway manner – the top person would turn the aerial several degrees whilst listening to the TV viewer. The following conversation occurred on the roof of a 2-story house overlooking the Hauraki Gulf in the late 1980s. Great view. But....



"HOW ABOUT THAT?" (One had to shout!) "TERRIBLE" Another two degrees, "NOW?'" Armchair critic response, "NOPE." Another two degrees "NOW?" "BIT BETTER." "WHAT DO YOU MEAN A BIT BETTER? "WHAT DO YOU MEAN A BIT BETTER? "WELL, IT'S A BIT BETTER THAN LAST TIME YOU YELLED AT ME." "I'M NOT YELLING. I'M RAISING MY VOICE SO YOU CAN HEAR." "Now?" "WHAT?



Silence. I continue to twist without conversation, waiting for hope to glimmer. Frustration builds. Twenty minutes of two-degreeing pass into history. The view has caressed from lovely to enticing – sailing yachts. 270° later.

The armchair. "OOO. THAT'S QUITE GOOD."

With a feeling of immense relief, I clamber down the ladder. I walk into the lounge. To see a picture resembling a ball of wool.

"What do you mean that's quite good?"

"It got worse when you came in here."

Without uttering a single word, I exit, reclamber up that very high ladder and watch those enticing yachts. It took another half hour, but we got there. That night the wind rose. I had not tightened the bolts enough. A version of this exercise occurred throughout the country. The Test Card was screened for several hours before broadcasting commenced. It enabled the owner to obtain the correct black-and-white or colour balance.

Beverly Cotterill (daughter of Ewan Sutherland) brought Kurow's first TV during a Fijian holiday in 1968. Ewan and his son Ross traipsed all over the hills looking for a signal, locating one on Station Peak. Ross later remarked that one of the first programmes they watched was a Graham Kerr cooking programme recorded in England, *"It was so clear I could smell it."* Ewan and Ross formed a committee - The Tele-Viewers Society - with Bert Terral and John Burns (Electrician). The latter made the most of it as he sold television sets to everyone in the district.

Before national television coverage began on November 3 1969, considerable ingenuity engendered itself by how national and international events made it to our screens. Fifty-one people lost their lives when TEV Wahine sank in Wellington Harbour. An enterprising Christchurch cameraman drove to Kaikoura and filmed WNTV-1 coverage screening on a local TV. He then returned to Christchurch in time for that night's News.

On July 20 1969, Neil Armstrong took that "One Giant Leap For Mankind." Then-NZBC duty editor Doug Eckhoff remembered a studio set up in Wellington and two Air Force bombers flying to Sydney so New Zealand could watch history.

"The second plane took off half an hour after the first - the first tape was rushed as the other was actually being recorded by the ABC in Australia . . . we were able, by foul means and fair, to bring to the public, the actual man landing on the moon within a little over two hours from when it actually happened. They linked them up, using outside broadcast vans and other temporary installations they would put on



top of a hill somewhere ... it was very much a belts and braces, number eight wire-type job. And it worked."

Wednesday, October 31 1973, saw the introduction of colour television using the Phase Alternating Line (PAL) system in readiness for the 1974 Christchurch British Commonwealth Games in January and February 1974. Except for France (SECAM), PAL was the European standard. NTSC became the US standard. (Euphemistically, known as Never The Same Colour Twice due to its propensity for changing colour!) In February 1975, black-and-white television sets cost \$350 (equivalent to \$3,900 in December 2021) while colour television sets cost \$840 (equivalent to \$9,400 in December 2021).

June 30 1975, saw the introduction of TV2 and the remote control. A long flex connected the remote control to the TV set. And yes, it was a tripping hazard eliciting strong words if pulled out! If the set did not have an input, changing channels required walking from the couch to said set; thus, the cry from the couch potato was, "*Can someone change the channels?*"

The answer to this was, "Who was your servant yesterday?"

Neither of these contained that essential button on all infrared remote controls today. The mute button. It also started the game of *"Where's the remote?"*

Me, "Where's the remote?" Her, "Are you sitting on it?" Me, "NO!"

Her, "Stand up!"

In those heady days, few evenings passed without at least one or two 'must-

watch' programmes. Many of the golden days of TV comedy and drama could not be made in today's PC world. The introduction of the independent TV3 on November 26, 1989, saw further viewer choice.

But even then, we could not have foreseen the hundreds of channels available by 2022. Plenty of choices exist. Yet it is now possible to traverse the entire listing pages and not find anything worth watching!

kurowarchives@gmail.com

Errata: In the past two issues of The Bugle, the Editor erred with the surname of the writer. My apologies for that. The writer's correct name is **Elaine Simpson Grant**







Are you or your wider whānau affected by a loved one's mental distress or addiction?

Able Minds is a free confidential and mobile service that provides support, advocacy, and education around mental distress and/or addiction.

At Able Minds Oamaru we offer two signature programmes: CUMIA - which addresses the needs for primary school aged children who have a loved one experiencing mental distress and/or addiction. RAW - a 12-week programme based on the principles of Te Whare Tapa Wha, designed for rangatahi aged 12 – 24 who are affected by emotional distress, poor mental wellbeing and/or addiction issues.

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www.able.org.nz

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Ages 5 years and older



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Kurow Medical Centre craig@craigdaunheimerhearing.co.nz craigdaunheimerhearing.co.nz





Health Improvement Practitioner:

Free wellbeing support at Kurow Medical Centre

Did you know that Kurow Medical Centre has a free mental health/well-being support service available every Monday? Margi Bryant is the Health Improvement Practitioner (HIP) and is here to support you.

1. What does a HIP do?

HIPs are registered health professionals who offer support to

help you get 'unstuck'. We're here to listen and talk through general life challenges affecting mental or physical health, and help create a plan to move forward (but a HIP is not a Counsellor).

2. Who can use the HIP services and when?

Margi works Mondays at Kurow and is available to anyone, any age or health concern, but must be enrolled at Kurow Medical. She offers half hour appointments.

3. How do I get to see the HIP and what does it cost?

Seeing a Health Improvement Practitioner is a <u>free</u> service. You can be referred by your GP or Practice Nurse, or just call Kurow Medical to book an appointment - no referral necessary. Appointments can be available same day.

4. Who is Margi?

Margi grew up on a South Otago farm, trained as a nurse in Dunedin, and worked varied nursing roles in NZ and Australia, city and rural. Widely travelled, she now lives in Oamaru, where she also works as HIP in two medical centres there.

More about Health Improvement Practitioners

Kurow Medical Centre (03) 436-0760





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 \$42.00 Care Plus – Free to eligible patients only

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

Counselling & Ear Health (Kurow only)

Health Improvement Practitioner – HIP a free service proved by Wellsouth in Kurow

Open Omarama: Thursday 8.30am to 12.30pm

Kurow: Monday to Thursday 8.30am to 5pm. Friday 8.30am to 1pm Twizel: Monday, Tuesday, Wednesday, Thursday and Friday 8.30am to 5pm and Saturday 9am to 12pm. Clinics open all day close from 1–2pm for lunch

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.



RIVER CAFÉ



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03 4360 988 or 027 408 7482

LOOKING AFTER THE LOCALS

MENTAL HEALTH SUPPORT GROUP

The Waitaki Mental Health Support group meet twice a month in Kurow and seven times a month in Oamaru.

We meet to give and receive Peer Support in the face of or surviving mental distress.

Phone or Text 027 282 0615 for more details.



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Contact: Cameron Leckie

Phone: (03) 434 8020 Cell: 021 496 780 Office: 27a Coquet Street, Oamaru Email: cameron@surveywaitaki.co.nz Web: www.surveywaitaki.co.nz

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Apply to the WAITAKI BIODIVERSITY

This fund has been established to support landowners who are taking practical steps to protect and enhance indigenous biodiversity in the Waitaki District, principally on private land.

Priorities are: protection of native habitat through fencing and other measures, long term legal protection of native habitat through covenants and management of threats to biodiversity such as pest animals and weeds.

Applications for this round of the Waitaki Biodiversity Fund:

OPEN NOW UNTIL 24 FEBRUARY 2023

Find out more about what you can apply for and how to apply at <u>www.waitaki.govt.nz</u> - search 'Waitaki Biodiversity Fund'



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Best Wishes for the Festive Season and thank you for your support.

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Waitaki Orchards Ltd

Shop Staff Wanted



We are looking for staff to run our fruit shop for the 2023 season. Work is available from 04/01/2023 until mid-February, with the potential of carrying on into March.

To apply or for further information, please contact Ellen on **027 785 8884** or info@waitakiorchards.co.nz



Hi Waitaki Valley and District. We will be selling our Seafood at the usual Mobile Traders sites in Kurow on Thursday, December 15th from 3pm until 6pm.

We hope to have what you are looking for and look forward to seeing you all then!

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027 439 9253 maguroken@mac.com

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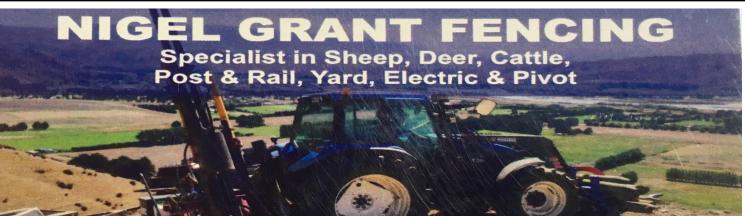


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Otago Rural Support Trust

When circumstances beyond your control lead to a rural business crisis — be it financial, climatic or personal — the Otago Rural Support Trust is ready to assist. Services are free and confidential.

Phone 0800 787 254





AHURIRI BY-ELECTION

There are still **3** seats to fill on the Ahuriri Community Board.

We're looking for people who will be a voice for their community, people who roll up their sleeves and get things done.

Know someone like this? Interrupt them right now (they'll be doing something awesome) to let them know that **candidate nominations are open now**. Perhaps it's YOU we're looking for?

Key dates:

Thursday 24 November 2022 Thursday 22 December 2022 Monday 26 January 2023 Friday 17 February 2023

Nominations Open Nominations Close Voting Opens Voting Closes

Thinking about standing? What are you waiting for?

More info on standing for the Ahuriri Community Board: www.waitaki.govt.nz/Ahuriri-By-election