

BUGLE

Published by
Kurow Information Centre
as a service to our community



Issue 576
Wednesday
13 December 2023



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

30th & 31st December 10am - 12.30pm (subject to volunteer availability)

1st January (open at volunteer discretion)

2nd 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

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10 Coquet Street, Oamaru

TO BOOK A COMMUNITY CAR: 03 4360 950

BUGLE PUBLICATION:

The Bugle is at the Kurow Information Centre - Please send your pieces to kurowbugle@gmail.com and please ensure they are in by strictly 12pm on the Friday before publication or they won't be in until the following issue.

STEADY AS YOU GO EXCERSISES:

Kurow Steady As You Go Age Concern exercise classes have finished for the 2023 year. We will be starting again on Monday 15th January 2024.

THANK YOU



The family of Ian Robert McGregor would like to sincerely thank all those people who have supported them with flowers, food, friendships, visits, phone calls and messages of sympathy and love. Thank you for attending the funeral for Ian and especially the Waitaki Collie Club for the guard of honour and the "bark up". A fitting tribute for our man of the land. Sincere thanks to everyone.



TE REO CLASSES:

"HSC will be hosting the final Te Reo Maori lesson for 2023 at the Kurow Memorial Hall on Thursday 14th December at 5.30pm. Everyone welcome. Email info@hakatarameasc.co.nz for more details."

LOOKING FOR A PADDOCK:

I'm looking for a long term lease on a paddock for 1 horse that I'm able to park a self contained bus on. Please phone: 021 134 0560

Kurow, Otematata, Ōmārama Transfer Stations:

7 days a week from 26 December 2023 (First Day) thru 21 January 2024 (Final Day) with extended hours below

- Kurow: 1pm – 5pm
- Otematata: 1pm – 5pm
- Ōmārama: 8.30am – 12.30pm

Normal summer hours resume after January 21st.

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 2023/24

Monday 25 Dec	CLOSED
Tuesday 26 Dec	CLOSED
Wednesday 27 Dec	OPEN in Kurow, Twizel
Thursday 28 Dec	OPEN in Kurow, Twizel and Omarama
Friday 29 Dec	OPEN in Kurow and Twizel
Saturday 30 Dec	CLOSED
Monday 01 Jan	CLOSED
Tuesday 02 Jan	CLOSED
Wednesday 03 Jan	OPEN in Kurow and Twizel
Thursday 04 Jan	OPEN in Kurow, Twizel and Omarama
Friday 05 Jan	OPEN in Kurow and Twizel
Saturday 06 Jan	CLOSED

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 Kurow: 03 4360 760 or Twizel: 03 976 0566

Dr Tim, Juliet and all the staff at Kurow Medical Centre & Mackenzie Health Centre would like to wish you all a very Merry Christmas and a Happy & Safe New Year!

NEXT ISSUE: 10/01/2024

COPY IN: 12pm 05/01/2024

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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Kurow Community & Waitaki Valley School Library



Merry Christmas! Our holiday hours are:

Normal hours until Sat Dec 23rd, then

Thurs 28th Dec 1 - 3pm

Sat 30th Dec 10.30am - 12pm

Thurs 4th Jan 1 - 3pm

Sat 6th Jan 10.30am - 12pm

Tues 9th Jan 1 - 3pm

Thurs 11th Jan 1 - 3pm

Sat 13th Jan 10.30am - 12pm

Tues 16th Jan 1 - 3pm

Thurs 18th Jan 1 - 3pm

Sat 20th Jan 10.30am - 12pm

Normal hours resume Tues, Jan 23rd 2024

1 Settlement Rd Kurow. Between Waitaki Valley School & Waitaki Valley
Preschool

Ph 03 4360660

Facebook - Waitaki Valley School/Kurow Community Library





WAITAKI VALLEY COMMUNITY SOCIETY

Chairs Report AGM 29th November 2023

Good evening, many thanks for your attendance.

Thank you to our 2022/23 committee, special thanks to our Office bearers, Anna, Seanne, & Sarah. This organisation is very well organised with most of the town projects under one umbrella headed by Residents with the knowledge and energy to make these projects happen.

I congratulate the community of Kurow township supporting each other and having ongoing projects backed by this one group, meetings always exciting and updates free and informative from each organisation.

An extract from WDC Kurow/Duntroon Community Conversation.

“ The people of Kurow are at the heart of what makes the community special, Residents know many of their neighbours, and the community’s kind and welcoming nature fosters strong connections. Kurow prides itself on being a close knit, small community with inclusive values, a strong sense of positivity and enthusiastic outlook.” Similar to many organisations our Kurow community need younger locals to drive projects forward.

I thank you all for taking me on as your Chair which has been a wonderful experience.

As a Ahuriri community Board member I was lucky enough to be part of the 5 towns in our Ward, each town have such diverse communities and their projects just slot into the existing environments. Our communities are successful because we have the views, the walks and the “sense of place” that larger towns can’t compete.

At a recent Meridian Powerup meeting the panel members were asked to specifically outline the most unique project supported by the fund. All panel members if they chose one project it was the Kurow Island clean up project.

Those ladies gave it 100 % while satisfying many govt departments, raised funds and turned the town dump into a beautiful recreational area enjoyed by all.

Unfortunately as a local in our community I personally shouldn’t use this platform to add my preference to a up and coming enthusiastic project.

Kurow Island should be enjoyed by all but kept the same for many generations to enjoy, unfortunately I am not a personal supporter of the proposed disc golf based on the island.

Once again, sincere best wishes to you all, sending all my love.

Vicky Munro

Chair - Waitaki Valley Community Society



WAITAKI BRAIDS LODGE



Waitaki Braids would like to wish all their customers a Very Happy Christmas and a fun filled New Year.

We look forward to seeing you all over the Holiday period.

Best Wishes from, Odelle, Dussan, Bridget, Gaynor, Barbara, Anisa, Jacob, Eloisa and Kate



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Contact Toni 021 1848470 or Nat 021 2037833

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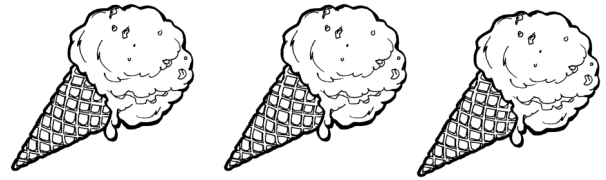
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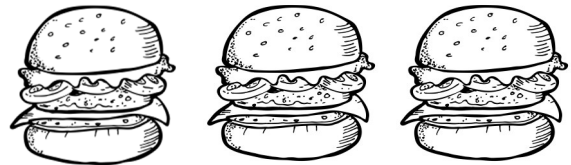
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or to read the Bugle Online

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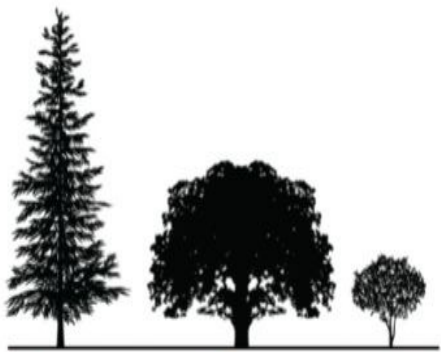
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www.facebook.com/kurowmedicalcentre

**Providing 24/7 health care and support to
the people of the Upper Waitaki and Mackenzie**

Kurow Medical Centre and its satellite clinic In Twizel Mackenzie Health Centre and Outreach Clinic at Omarama Community Hall

are proud to offer our registered and casual patients the following services:

- * Ultrasound performed by a qualified clinician (great for minor fractures, gallstones, kidney stones, heart & lung problems, foreign bodies, blood clots, detecting early pregnancy and much more) * Minor surgery * Vasectomies
- * Mole checks & removal * Steroid injections * Venesection
- * Aviation, workplace & driving medicals * Botox for wrinkle reduction
- * Workplace health screening * Counselling
- * Spirometry to diagnose asthma & COPD
- * Hearing & sight tests for adults & children * Ear syringing
- * Liquid nitrogen for warts, verruca's, & skin lesions
- * Cardiovascular risk assessment and diabetic checks (funded for eligible patients) * Travel advise and vaccination
- * Cervical smears (funded for eligible patients)
- * Seasonal flu shots and shingles vaccine (funded for eligible patients)
- * Childhood Immunisation * Before school checks
- * Postnatal and six-week baby health check

And much more!

GP consult fees: Under 14yrs free, Adult \$45.00
Care Plus - Free to eligible patients only

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

Counselling , Ear Health (Kurow only), Health Coach (free service provided by Wellsouth)
Health Improvement Practitioner – HIP a free service provided by Wellsouth in Kurow, Audiometry

Open: Omarama: Thursday 8.30am to 1pm

Kurow: Monday to Thursday 8.30am to 5pm & Friday 8.30am to 1pm

Twizel: Monday to Friday 8.30am to 5pm & Saturday 9am to 12pm

Please note: We provide 24/7 on call after hours cover by our doctors and PRIME nurses for all our registered & casual patients!

**If you require further information or an appointment, please contact us on:
For Kurow 03 4360 760 or for Twizel 03 976 0503 - Dr Tim & Juliet Gardner.**

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

Waitaki Valley Preschool 2023 AGM Chairperson Report



Welcome and thank you for joining us for the 2023 AGM. Just like the previous years we have seen some challenges, but it's a great feeling to finally be on the other side of the pandemic.

Since our AGM last year, the board has welcomed on Emma Rapsey. 'Welcome Emma!' We have also said farewell and thank you to Charlotte Montgomery, with her Children now at school her preschool days had come to an end. Charlotte contributed so much to the board; and we were very lucky to have her knowledge and Support.

Sadly, Dr Natasha Sharp will be resigning from the board after the AGM. Natasha, you have been a valued member of the board and been involved in many things during your time, but we understand it's your time to pursue other things and we wish you all the best for whatever you have in your sights.

In December 2022 we said goodbye to Faye Zhou & Jordyn Walker, we would like to acknowledge all their hard work and dedication to the community and Tamariki of Waitaki Valley Preschool, we wish them all the best. With Jordyn's resignation we were excited to offer Edwina Ryan the position of Centre Manager. Since she has been appointed, she has led the team and navigated her fair share of challenges. Exciting times ahead for the Preschool under her leadership.

The beginning of 2023, we had the privilege of welcoming two amazing new teachers, Jane Atkinson & Jess McDowell. We look forward to continuing to work with you and watching you flourish and find your place here.

To the board and fundraising committee, a special thank you for your support and commitment to the preschool, as volunteers it can feel like a lot but the time, we put in is very important and helps work towards creating positive learning outcomes for the children of our community. We had the privilege of being offered to help with the River T grape harvest again last year, a big thank you to Paul & Alisa for the opportunity and to all the friends and whanau that helped make it happen.

Our 50th Jubilee, it was such an amazing celebration, well done to the jubilee committee, Kylie Paterson, Ashleigh Williams, Edwina Ryan, Sonja Edmondston, Charlotte Bell, Helen Russell & Bev Wilson for all their hard work and organisation to pull off such a successful event. ERO visited during Term 3 and has brought us valuable insight for the future direction of the preschool, we look forward to working with Edwina and the staff to implement and grow from the findings of this.

To our teachers and support staff, you are the reason our preschool is as special as it is, we are so lucky to have such a caring and dedicated team for our Tamariki and community. Gaye, another year of keeping us in business, we are so lucky to have you, thank you for your hard work and being there to support Edwina in her new role. Edwina, almost a year into Centre Manager, the time has flown by and you're constantly growing and learning in your role. I'm excited to continue working with you and watch you achieve great things.

Finally, I would like to recognise our wonderful families and thank them for their trust and continued support.

Thank you!
Ashleigh Fenwick



On the weekend of 13/14th of October we celebrated our 50th Jubilee. A great weekend was had by all. Here is the oldest committee member Joy Gard, Our oldest past student of preschool Jules Taylor and our current youngest member of preschool Parker.



Joy Gard and Jules Taylor doing the honours of cutting the cake.





FELIZ & SAGE
and artspace



Everyone at Feliz & Sage would like to say a massive THANK YOU for supporting us this year. Taking over the cafe has been a huge undertaking but you've all made it that much easier and we appreciate each and every one of you. We wish you all the best for Christmas and a wonderful 2024!



Christmas Opening Hours

Sage Cafe
Mon-Thurs 6.30am - 5pm
Fri-Sun 6.30am - 8pm

Feliz Gifts
Mon-Sun 9am - 5pm

CLOSED CHRISTMAS DAY





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 22 December at 3pm and re-opening Monday 8 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

Waitaki Valley Preschool and the Jubilee Committee would like to thank the following people for their support during the Jubilee-

- Kate White
- Liz Hayes
- All our wonderful panel guests.
- Gaynor Lines
- Josie Murray – High Country Flowery
- River t
- Waitaki Hotel
- Whistle & Pop
- Kevin Sadler
- Catalyst Performance Agronomy
- Rural transport
- Farmlands
- PGG Wrightsons
- Waitaki Valley Community Society
- Mayor Gary Kircher
- Jules Taylor
- Joy Gard
- Waitaki Valley School
- Tom Edmondston
- Kurow Fire Brigade
- Tumble Tots
- Junebug
- David and Jenny Grant from the Old Preschool



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River-T Christmas Giving Tree

Our Christmas Giving Tree is back, and this year, we're extending the joy to families in need and elderly on their own in our local community. Times are tough for many right now and we would love to ensure every senior on their own or child having a hard time has a magical Christmas.

How to participate:

- 1: Choose a gift for a child or elderly person.
- 2: Wrap it with love and care, labeling the age and gender clearly on the gift.
- 3: Drop off your wrapped gift to our Cellar Door.

You may also nominate a deserving family or individual in our community and we will make sure a gift gets to them.

Lets make this season brighter for everyone!

Christmas & New Years hours

We remain open 7 days from 10am – 5pm throughout the season. Please note we will be **closed on Christmas Day and the 30th** of December this year.

Cheers from the River-T Team!

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Hato Hone St John



Waitaki St John would like to thank you for your support this year and wish everyone a safe and happy festive season



St John Kurow Ambulance Volunteers

Back Row: Fiona Cox,
Summer McDougall,
Nikki Ormandy,
Cassie Johnston
Front Row: Joy Campbell,
Vicky Laughton,
Carol Harding,
Jaime Archer



Waitaki St John Area Committee Volunteers

Back Row: Carol Harding,
Andrew Fisher, Paul King,
Heather Gray
Front Row: Graham Hill,
Trish McCosker, Denise
Cochrane, Anna Haugh

We would like to thank the Waitaki Hotel for their November Quiz Night where funds raised were donated to St John. Thank you to all those that attended and supported us by purchasing raffle tickets and bidding on the silent auctions. A total of \$1369.50 was raised that will be put towards the replacement of the ceiling in the ambulance bay of the St John Kurow Ambulance Station.

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OAMARU FOOD BANK/TOOT FOR TUCKER...

What a wonderful turnout once again to help with the collection. On Monday 4 December the Local Lions Clubs combined to run the Annual Toot for Tucker collection to stock the Oamaru Foodbank.

The North Otago Lions with support from St John Ambulance, The Fire Service, Oamaru Police, businesses and individuals collected the goods left out by residents. We really appreciate the help of runners from ATC, Columba Scouts, Sea Scouts and St John Cadets who do the running.

Thank you also to the residents of the Waitaki Valley, Omarama, Kurow, Otematata and Glenavy who also ran collections as did many work places.

The great response means our shelves are now well stocked for the coming year .

The Oamaru Churches Foodbank is open every Friday from 10am to noon at 4 France street, Oamaru.

We wish you and your families a very Happy Christmas.
Thankyou from The Oamaru Combined Churches Foodbank Team.

Duntroon Digest

For many years now our volunteers have been slogging away with weed eaters and mowers valiantly maintaining the pedestrian section of the Duntroon wetland's walkway. Honourable mention must go to Geoff Keeling and Colin Martin for devoting so much time and energy to this task.

With an eye to the future, the Duntroon and District Development Association (DDDA) decided to apply for funding for a person to take over this work. It is therefore very gratifying to receive funding from Environment Canterbury from the Lower Waitaki South Coastal Zone Action Plan budget.

This will free Geoff and Colin for other tasks, not a holiday as they may have hoped, ha ha. Seriously, we are very grateful for their many hours of hard work and thank Environment Canterbury for their support.

In fact, the F word features in this month's digest. Funding has been received from Meridian Energy's Power Up Community Fund for two separate projects. The first is the upgrading of the power boxes at the Duntroon Domain and Camping Ground.

The DDDA, which manages the camping ground, has been renovating the camp. Part of this program has been to replace the old power boxes with updated boxes. Meridian Energy has granted funding from its Power Up Community Fund for this, and it could not have come at a better time. The camp is busier than ever because of the glowing reviews from patrons.

The second project, Meridian Energy, has seen fit to support with funding from the Power Up Community Fund is the Duntroon Hall committee's plan to upgrade the back meeting room into a functional space. When the project is finished it will be a "collaborative work-space" available to hire.

The Duntroon hall proved to be a real asset on Saturday night the 2nd of December. The hall was rocking to some fabulous music by John McCabe, and he had everyone one up and dancing. Local man Peter Thorn organised the event and there are plans to do it again. Both the acoustics and the quality of the floor were given rave reviews from the serious dancers in attendance.

Meanwhile back at the forge a wonderful team of volunteers spent Saturday 25th of November tidying up and rearranging everything. Soon there will be a new park bench installed. This bench was made and donated by Owen King. The timber used came from the old Pharmacy building that was demolished to make way for the new toilets. Stop off and use the bench and the toilets anytime.



Shifting the farm implements at Nicol's Forge



One of the old power boxes



One of the new improved power boxes



**Waitaki
Valley**
Preschool

2024 ENROLLMENT NOW OPEN

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Merry Christmas and thank you for all the continued support from the Waitaki Valley Preschool Team





VALLI WINE BAR

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Wednesday & Thursday

12 - 6:30

Friday & Saturday **12 - 8**

Sunday **12 - 6:30**

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Photo Credit: Chloe Lodge

Hi,

We thought if we haven't met you yet, we would like to introduce ourselves as we have taken up commercial residence on Kurow's main thoroughfare.

Our names are Grant and Nicole and we have VALLI Vineyards. Grant is Winemaker and Nicole is a Goldsmith and Trade Jeweller. Grant was born in Kurow when Whalan lodge was still delivering babies. Though Central Otago based for the last 30 years he has been making wine from the Kurow district for the past 20. Nicole is an import from the USA and has worked in every facet of the wine biz.

Last September we bought the old Kurow Post Office building. Over the winter Nicole brushed it up with the help of fantastic Waitaki Valley tradies. No idea was out of the realm of possibility for their skill! Andrew joined us in October with an unparalleled wine hospitality history. You will see him with a warm smile greeting you from behind the bar. and if your lucky, he will sell you a case of wine.

The idea to open a wine bar was to be able to showcase our wines as well as tell the story and pay respects to the land from which they come. While small, the Waitaki wine industry is mighty! It's friendly, unified, cooperative and energetic. We love being part of this special group making magical wines.

We welcome you to our Wine Bar & Tasting Room. Taste and learn about VALLI wines, Waitaki wines, or just wine in general. We love to teach, so don't be shy. And if that is not your drop, we do carry a selection of Altitude beers, cause we know, nothing replaces a beer after a long day fishing or a stint up Kurow hill on a hot day.

Grant is coming back full circle when Nicole said she was staying in Otiake and if Grant wanted to see her, he would have to come up to Kurow. Nicole was serious and so now the Haka is home.



VALLI

WINE BAR

KUROW • WAITAKI VALLEY • NZ



The English



I once purchased a dog from a blacksmith.



As soon as I brought him home, he made a bolt for the door.

Yes, I know that play on words will have most readers hanging their heads. But such is the way of the English language. So many words have so many different meanings. It is little wonder that English is one of the more difficult languages to learn. (Arabic and Japanese take the lead in difficulty.) Take the word 'set' for example. It has 430 meanings or connotations listed in the second edition (pub. 1989) of the Oxford English Dictionary. The word also has the most extended entry in the dictionary at 60,000 words, equalling 326,000 characters.

So. Where did all this start? How did English grow from an insignificant language in the 1600s, spoken only in the British Isles by around four million people, to become the most dominant language in the world, with around 1.5 billion speakers today? Luck. Pure, blind luck.

According to the Cambridge Dictionary, lingua franca means a language used for communication between groups of people who speak different languages. For centuries, the lingua franca was French. (This does not preclude a person's native tongue.) If a person could not speak French, then business, political and other communications could not happen. It was also the language of royalty. English was the language of the peasantry! The top ten spoken languages depend upon the website one accesses! However, the consensus is English 1.5 b, Mandarin 1.2 b, Hindi 600 m, Spanish 500 m, Arabic 372 m, French 300 m, Bengali 265 m, Russian 258 m, Portuguese 223 m and Swahili and Indonesian 200 m. Mandarin, Hindi, Arabic, Bengali, and Swahili are language names that do not identify with a country's name. For example, Chinese is not a spoken language. It is a written language with two forms – Simplified (Official language, read left to right) and Traditional (read right to left and top to bottom). Chinese spoken languages are Mandarin, Cantonese, and over 40 different dialects. A Mandarin speaker cannot understand a Cantonese speaker.

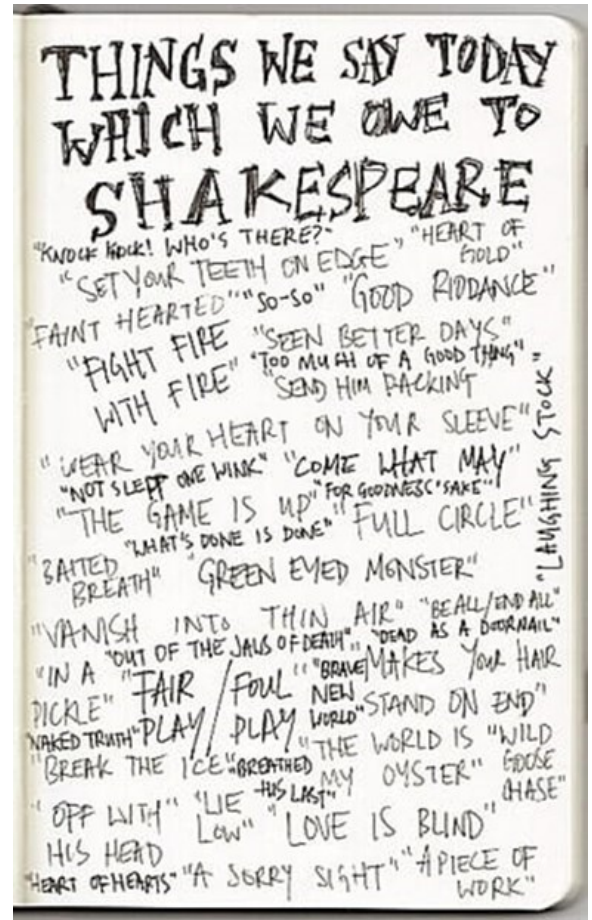
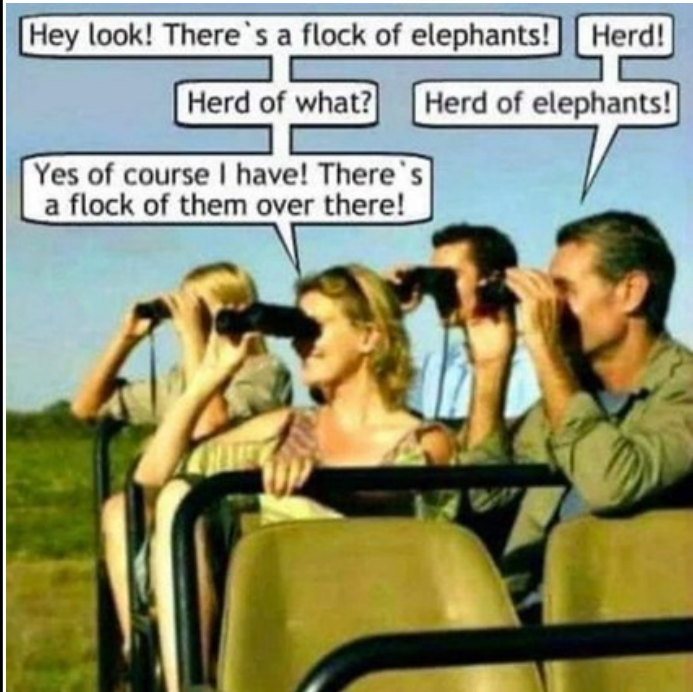
But, back to English. **West Germanic languages** are a group of Germanic languages that developed in the region of the North Sea, Rhine-Weser, and Elbe. Out of the many local West Germanic dialects, six modern standard languages have arisen: English, Frisian, Dutch, Afrikaans, German and Yiddish. English and Frisian descend from North Sea Germanic. English has two other fundamental characteristics: flexibility of function and openness of vocabulary.



<https://www.berlitz.com/blog/most-spoken-languages-world>

<https://www.britannica.com/topic/West-Germanic-languages>

Flexibility of function has grown over the last five centuries. Words formerly distinguished as nouns or verbs by differences in their forms are now often used as both nouns and verbs. One can speak, for example, of *planning a table* or *tabling a plan*, *booking a place* or *placing a book*, *lifting a thumb* or *thumbing a lift*. In the other Indo-European languages, apart from rare exceptions in Scandinavian languages, nouns and verbs are never identical because of the necessity of separate noun and verb endings. (The male and female versions of words which drove us up the wall at school trying to learn!)



And then, along came a guy named William Shakespeare. But, more on him next year.

From all of us at the Museum, we trust you have a happy Christmas, and we can only hope 2024 will be safer!

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KUROW POLICE - SEASON'S GREETINGS

Season's Greetings to all and best wishes for fast approaching Xmas. As the year wraps up I'd like to comment on a couple of things that happened this year and some ideas on keeping ourselves and our property safe this holiday season.

During January/February 2022 there was a spate of burglaries at campsites in Fisherman's Bend and Waitangi areas. As the matters are still before the Court it is limited what I can say but court appearances will continue and I do not expect verdicts until mid 2024. Happily this week one of the defendant's pleaded guilty to Burglary and part of his sentence, along with returning the stolen caravan, is to pay over \$6000 reparation to the victim. I'd have to say I am very happy with this result. It's a long road but these four arrests appear to have stopped the burglaries.

The court process has shown again how important it is to be able to identify goods you report as stolen. This can be by serial number, secret marking or possibly photograph. By way of example ...say I seize a 50 inch Samsung TV in a search warrant... you say it's your stolen TV while the suspect says he bought it on Facebook. A judge is most unlikely to agree it is your TV unless you can provide some extra evidence like a serial number or your initials scratched on one of the TV feet etc...one black flatscreen looks just like any other. Proving theft or burglary can be very challenging. I'd say you won't regret spending an hour or two this summer recording serial numbers or otherwise marking your property for identification purposes.

Camping is not what it was 'back in the day' when a canvas tent, chilly bin, sleeping bags and a barbie was all you needed. Now many sites have expensive TV, Sky, solar power units, generators, califonts, jetskis etc...remaining on the campsite all season. Please remember this creates a temptation for burglars who routinely steal these goods to order. I recommend the best way to protect your valuable belongings is either take the valuable items home, mark your goods for identity purposes and join the growing wave of campers installing solar powered security cameras. This is making a difference and instrumental in catching four Waitaki lakes burglars who are before the court at the moment.

Last week on my way back from Oamaru Police Station I received a call to say someone was smashing their way into the Kurow Police Station. They had smashed the rear window in-between the house and the station and were attempting to get in and retrieve their car keys and then motor vehicle. This happened while my wife Susan was at home and only metres away. Susan confronted the man and stopped him entering the station. "Uni" the German Shepherd was with Susan and helped restore order with a look only a shepherd can give. A big thankyou to the neighbours next door at Hakataramea Motors and the builders at Whalen Lodge who made their way urgently to the station when they were told of the break-in. Susan and I really appreciated your assistance. What a great town!

As always if you need help during the holiday period you can call 111 for emergencies (if you need immediate help) or 105 for non urgent matters. I will be working right through and a team of traffic and general duties staff will be working night and day shifts in the valley as usual.

Enjoy the festive season and summer break and please plan how you're going to get home after any celebrations.

Merry Xmas and happy safe New Year.
Pete, Sue and Uni





Left to right Laine, Josh, Lucy, Lilly, Gaynor, Sandy, Andy and Reese

The Island Team thank Ping Horn and her Growing Future Farmer Students

We were extremely grateful and delighted to have Ping and her students undertake a work day at the Kurow Island. A fantastic group of young who line trimmed around the plantings, sprayed , mulched, tidied up trees and branches operated weed eaters and chainsaws.

The committee were able to combine this practical work experience with informing the farmers about the history of the Island restoration, resource consents and riparian plantings. A memorable and most enjoyable day – topped off with a sausage sizzle, Sage hot chips and chocolate milk at the Shelter!

Well done team, you portrayed great work skills, enthusiasm, energy and willingness to learn. Special thanks to Ping Horn - Liaison Manager: Growing Future Farmers for making this day possible.



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Womens A grade – Brittney Haugh

Womens B grade – Sonja Edmondston

Kurow Squash Club Committee would like to wish everyone a very Merry Christmas and Happy New Year

Next season begins March 2024 contact us at kurowsquashclub@gmail.com

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Adam, Eddie and Family would like to thank everyone for their support over 2023 and to wish you all a relaxing summer break.

We will be operating over the Xmas period as well as having some time off ourselves.

Keep an eye on our Facebook page for our whereabouts over summer.





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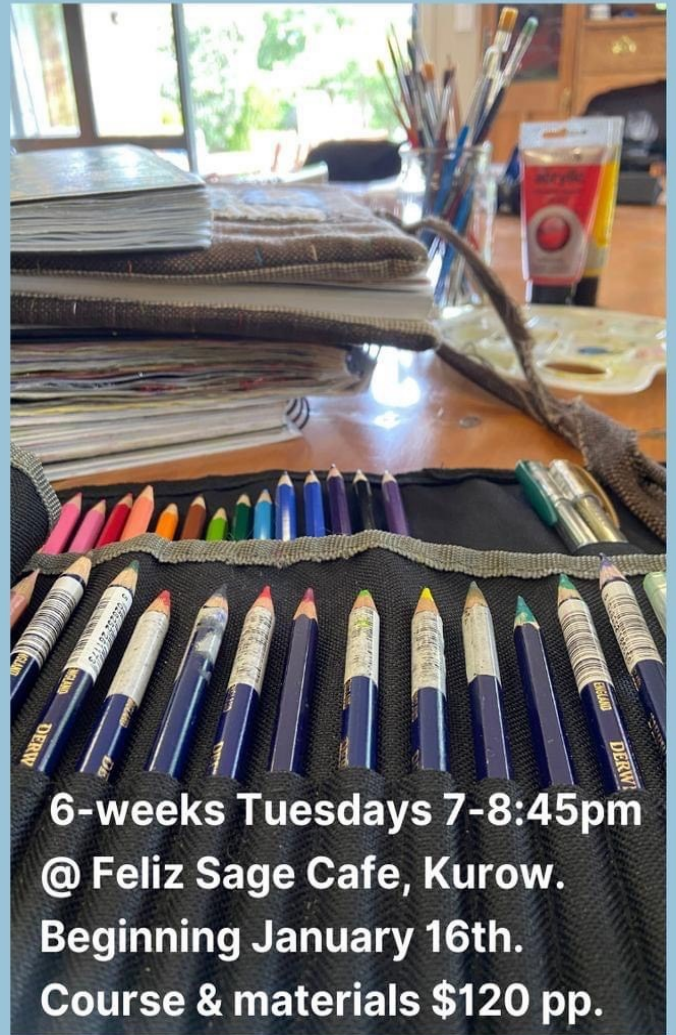
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This is not a 'how to write or draw' course. Gently begin a creative journal as an outlet for your thoughts and for **calming your mind**. You will be guided on how to incorporate daily journaling practices that build on **mindfulness** and provide a special memoir that can be reflected upon later, and continued on beyond the course. A journal and notebook is included in the fee.

Get the confidence to discover your particular version of creativity for yourself rather than an audience, in a **safe and non-judgemental space**. Prepare to be motivated and inspired to find joy in calming processes.

Bookings essential as spaces are limited to 10
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Best Wishes for the Festive Season and thank you for your support.



"Nancy Lomogda and Mayor Gary Kircher at the Waitaki District Industry Trained Graduates Ceremony at the Oamaru Opera House on Monday 27th November.

Congratulations Nancy

Nancy is a senior caregiver at Whalan Lodge Rest Home and received a certificate from the Mayor recognising her achievement in gaining the NZ Certificate in Health and Wellbeing Level 3.

Well done Nancy from everyone at Whalan Lodge.

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

<i>Saturday 23 December</i>	<i>Closed</i>
<i>Sunday 24 December</i>	<i>Closed</i>
<i>Monday 25 December</i>	<i>Closed</i>
<i>Tuesday 26 December</i>	<i>Closed</i>
<i>Wednesday 27 December</i>	<i>Normal hours</i>
<i>Thursday 28 December</i>	<i>Normal hours</i>
<i>Friday 29 December</i>	<i>Normal hours</i>
<i>Saturday 30 December</i>	<i>Closed</i>
<i>Sunday 31 December</i>	<i>Closed</i>
<i>Monday 1 January</i>	<i>Closed</i>
<i>Tuesday 2 January</i>	<i>Closed</i>
<i>Wednesday 3 January</i>	<i>Normal hours resume</i>

Thankyou

2023 has been our busiest year to date, and we couldn't have done it without the support of our generous sponsors, and amazing community.

Thank you to everyone who has attended an event, participated in a survey, planted a tree, liked a post, read an article or donated their time, expertise and enthusiasm to our many projects.



We hope you have a wonderful holiday season, and we look forward to seeing you next year.

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HAKATARAMEA SUSTAINABILITY COLLECTIVE

Wellness Matters – December

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

Christmas music is playing on the radio and decorations are going up which means the silly season is approaching fast. Sadly, instead of being a happy and fun time of the year, Christmas and New Year can be stressful for some.

This period can bring many pressures, from feeling obliged to socialise more than usual to worries about how to pay for everything. Unmanaged stress can result in physical and psychological symptoms as well as health conditions, however it is reassuring to know that stress is a part of life and learning how to manage it is important to maintaining both physical and mental health.

Preparing in advance is important and if you think your mental health might be impacted over the holiday period, knowing what triggers you so as to avoid and manage stress can help.

It is easy to overcommit ourselves financially at this time of year. Spending time with friends and family and having fun can be much more rewarding than spending money on gifts.

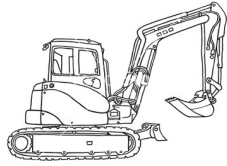
Setting aside regular time for recreation or exercise or doing something we love can also help. Walking, cycling, and enjoying the amazing outdoor spaces our country has to offer can relax the mind and body. A scientific study has shown that even the act of smiling can trick our minds into being more positive – all achieved by simply moving our facial muscles.

If you do feel yourself having trouble managing, seek professional advice early. You can talk to your primary care provider confidentially for support. You can also call or text 1737 for free any time of the day or night, 7 days a week, 52 weeks a year. The 1737 team provides brief counselling support and can help plan some steps to take, as well as connecting you with more comprehensive support services.

A range of support options can also be found here www.healthed.govt.nz/products/helplines-and-mental-health-services

“A SMILE COSTS NOTHING, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever” Author unknown.

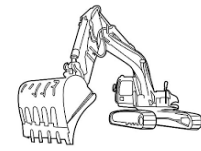
Season's greetings from us all. Wishing everyone a happy and safe festive season.



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Within Reach

THE HEART OF THE UPPER WAITAKI



Bouncing back in 2023 Kurow's Market Day was joyfully attended by approximately 6000.

Held on the proposed site of the Railway Reserve a new vigour and enthusiasm for this fantastic annual community event was felt.

We are delighted to share a collage of images to celebrate the on-going success of our market and also to encourage visitors to join us on January 1st, 2024.

January sees the final artist exhibiting in this run of artists 'Within Reach' of our beautiful valley. We'd like to thank everyone who has exhibited and enjoyed the work shared.