



Ōmārama Gazette

May 2024

Local support for new parents

It can be a little overwhelming becoming a parent for the first time, even the second, third or more times and you may wonder how you will cope being this far away from main centres. But now there is local guidance at hand.

Transition to Parenting educator Deidre Sutherland, of Ōmārama, plans to run regular antenatal classes beginning this month. Deidre, who has a New Zealand certificate in pregnancy, childbirth and early parenting education, said her role was to share relevant information so by the time people found themselves at the doors of the maternity unit they felt prepared and confident. It helped to be able to demystify the enormity of the physical and hormonal changes that women underwent during and after pregnancy, and to share information about all aspects of those early parenting days, she said. She began working in the field of women's and children's health when working as peer support for breast feeding mothers and found that 90% of the job was helping a mum at home with a new baby. *- continued over*



Transition to Parenting educator Deidre Sutherland, of Ōmārama, will bring antenatal and early parenting education to the area this month.



ANTENATAL CLASSES

MAY 2024

Prepare for Parenthood together

Welcoming a new life into the world is a remarkable journey. We are here to ensure you are equipped with the knowledge and confidence for every step.

What you will learn about:

- Pregnancy and ways to support your labour and birth.
- Discover and learn about breastfeeding your baby in a supportive environment.
- Get hands-on new born care tips, including keeping your baby safe
- Meet other parents and form a support network in your community
- Prepare for life as new parents with hands on and fun learning activities

To register your interest for a weekend set of classes in May,
Call Deidre on: 0276868879



Local support for new parents, continued

She realised there was this greater need which motivated her to extend her training. As a transition to parenting educator she can take a much more holistic approach supporting people through pregnancy, birth, and post natal - often called the fourth trimester. "It's about giving them the tools, so they...don't arrive [at the hospital] like stunned mullets. They have a bit more confidence." Some more experienced parents-to-be might not think the classes were for them but they could be surprised, and everyone who came along would have something they could contribute from their life experience, she said.

The course she runs is usually a 12-hour course but with smaller classes she is able to share what is needed in a day and she can tailor it to work for the people involved. She hopes to run the classes about four times a year. She used a lot of 'hands-on props' in her classes. They covered a range of topics including how couples could nurture their relationship, and discussion about the 'Five languages of love' was always of interest, she said.

One key piece of work she completes with parents-to-be is to develop a post-natal checklist, when the mother writes down what she would like prioritised once they get home and the reality of day-to-day-life with a baby sets in. It covers setting boundaries with visitors, so mum and baby get enough rest, and noting who to reach out to when the going gets tough, as it inevitably does at some point, she said.

"It's something they can get out and look at again."

Often couples who might have done all the necessary preparation before the birth become overwhelmed when they realise they are now at home alone with a new-born. "They say; we never talked about coming home with the baby."

Deidre remembers a welcome visit from an experienced mother when she was home with her first baby. That mum also brought the 'baby baking' which Ōmārama Playgroup organises. She had been quiet and unassuming but reassuring and Deidre valued that. Her advice to new mums was; "trust your gut".

"When you come home and sit in this moment, soak this up. It will be gone just like that. "[Remind yourself] whatever you are doing, you are nailing life."

Seeds of self-doubt were often sown by the well-meaning but nevertheless unwelcome advice and opinions of others, she said. And people tend to view busyness as a badge of honour. Deidre said her farmer husband had pointed out that even a new-born lamb and ewe are left alone to nest, bond and feed in the early days.

Going into her training she had some preconceived ideas, believing isolation would be the greatest challenge for new parents in rural areas, she said.

What she found surprised her – urban dwellers could be isolated by what suburb they lived in, what school they went to and what kind of car they drove, she said.

In comparison, while Ōmārama may be remote from many resources in other ways the experience of isolation was not as acute.

"We live in a supportive community. We look after each other. We might not have everything at our fingertips, but we look after each other."

She has been offered work in other areas but she said she was adamant she wanted to work here "to bring something back to the community". It was rewarding watching the confidence grow in a couple. "I get to do the fun stuff, the midwives and doctors get to do the hard work."

Playing the long game - challenges of the dry

This year has been a dry one, “there’s no doubt about that’.

And Ginger Anderson should know, he’s seen a few in his time.

There’s rain in the forecast but, if there’s snow and cold on the back of that, growth will be minimal, he said.

Ginger’s son Johnny is the fourth generation to run the 8000ha Ben Omar Station with Ginger there to lend a helping hand when required.

Ginger has farmed through these times before and has no doubt he will again but it’s always been a balancing act and he’s careful not to say he has the answers, or to give advice. Having experience could be a double-edged sword, he said.

While experience told you the signs to look for, those who were younger had the optimism of youth to get them through. “[But] also, you know what their worries are.”

“We had a wonderful spring and nice rain in January, but it was staring to look dry.”

“January’s rain was a good timely rain and we got a lift out of the dryland lucerne”.

February and March were normally the driest months in Ōmārama , “there’s nothing unusual in that “. But with the continuous westerly winds and the heat "even the irrigation was having difficulty keeping up”.

Normally, an El Niño year is when Ōmārama gets good rainfall, sometimes flooding because rain comes in on the back of the North Westerlies, he said. But this year it was persistent winds which came in hard after any rain which kept things dry.

Despite having a reliable creek, they were beginning to worry about their water supply, he said. “It was dry, no doubt about it, and we were all praying for rain,” he said. The spring growth turned gold then to the grey of drought and there was still a fire risk even now.

how farmland is managed has changed markedly since his youth. The Andersons developed a private irrigation scheme in 2002, and finish all the progeny of their stock on the property. Nowadays, more use was made of over sowing – pasture renewal – fencing and irrigation so properties could run more stock than they once were able to . “We manage the country better.”

The downside of that was there were “more mouths to feed”.

“Nothing makes a drought ‘droughtier’ than too many mouths.

“Thank God for all this high country, is all I can say, it’s a wonderful asset.”

Many of the larger sheep and beef properties in the area had lost their hill country through tenure review. The high country is used to finish animals, which consequently means less dependence on irrigation.

“In our instance stock is weaned on the high country where they are able to roam and there are plenty of streams for water, plenty of room to wander. Under irrigation you can run more stock but when it gets dry, you’re under more pressure. The sad thing is losing the high country through tenure review, that land was so valuable.”

Destocking early was the answer and, if possible, it was nice to have more feed than you needed going into winter. “You recognise the signs and you quit stock early”, he said. “A surplus of hay is money in the bank.”

This year on Ben Omar they have been feeding grain as well, and feeding stock now to go to the ram – something he never had to do in his time. But it was vital to look after the capital stock.

“Ōmārama is a dry area, we have to understand that, but the country is in a far, far better shape than it was.”- Far better than it was back in the days of rabbit plagues, and before irrigation.

“In 1976, when my father was farming he went from Ōmārama Sale to Ōmārama sale and there wasn’t three inches of rain [about 75mm] and not one of those rains was over three points (a third of an inch).”

Looking at his son he remembers and knows the worries playing on his mind, like servicing debt when interest rates are high.

“You know everything that can go wrong. This year it was a bit doom and gloom.

“Wool and lamb prices are definitely down, and everything else is up. It’s a perfect storm.” But experience taught that you had been through it before and you would “come out of it”.

“It will rain.”

It was worthwhile to take time out and spend time with others in the same boat, he said.

“Go to the pub, golf, or the dog trials, meet up with like-minded people.

Talking things over with others in similar situations often put things in perspective.

“You can realise your problems aren’t that big after all.”

The rain last month was very timely and provided there is a mild May it should boost growth, he said.

“I have seen lucerne grow through May. When they [stock] come off the hill in autumn it is nice to have the autumn growth.”

The Otago Rural Support Trust supports rural people through challenging times. If this is you, or you’re concerned for someone call 0800 787254.

Ginger Anderson, of Ben Omar Station, says while farming practices have improved over the years, the challenges posed by drought remain the same.



Function honours dedicated service

The list of accolades is long and the queue of those who wanted to thank Fenz Ōmārama operation support firefighter Liz Komen for her contribution to Ōmārama's emergency services was longer.

Last weekend, those who have seen Liz's work first hand took time to thank her for her tireless service and farewell a much-loved community member.

Those who gathered at the Ōmārama Fire Station for the function included former fire chiefs and their spouses as well as colleagues who had served with Liz including two volunteers who had been with her since she began in 1997, with Rural Fire and as a foundation member of the brigade's First Response Unit – Station Officer Maurice Cowie and First Responder Geva Innes.

Two of Liz's four daughters and their children were able to be present to see their mother and grandmother honoured.

Leading into the evening event Fire and Emergency New Zealand group manager Michael Harrison presented Liz with the Long Service, Good Conduct Medal. The medal is issued by the crown on the recommendation of Fire and Emergency New Zealand after 14 years' service, and in Liz's case, it was "exemplary" service, Mike said.

Second in line, and for the first time in his new role as Otago Southland Provincial Fire Brigade Association president, Fenz Ōmārama fire chief Greg Harper presented Liz with her 2-year bar for 17 years' service. Liz had completed 22 years, seven months and 26 days service, Greg said. She has served both in Ōmārama and with the Whataroa Volunteer Fire Brigade, was a member of Ōmārama Search and Rescue and a Prime nurse. Liz resigned from duties when she and husband Mike moved to Oamaru at the end of last year to retire.

"Her very calm way of going about her work has been a great asset for the First Response team here in Ōmārama," Greg said. Greg also presented Liz with a Life Honorary Membership of the brigade.

On behalf of Ōmārama Search and Rescue, Senior Constable Nayland (Bean) Smith, thanked Liz for her "commitment to the Ōmārama community".

"With my Search and Rescue hat on, I can say that Liz has been involved with search and rescue for almost three decades...she first became involved with Sar as early as 1998. Liz has been a field team member and more recently an Incident Management Team member.

"[Liz's] training meant that Ōmārama Sar had a highly-skilled searcher and also someone with a lot more medical expertise than normal.

"As a search manager, I was lucky in that I had Liz who I could seek medical advice from to help in making decisions when coordinating a search.

"On a more personal note, I can also say that when attending a bad crash it was always a comfort to me to know that Liz was on her way to render aid, rather than me having to try and fix someone up. I'd say the patient would've been more than thankful as well.

"I did note that in a recent news article by the Ōmārama Gazette published beginning of March this year, Liz mentioned that she had formally resigned from Ōmārama Sar and Fenz and wasn't too sure if or when she would volunteer her time in Oamaru.

"I can inform you that she waited until the 28th of March to ask me for Oamaru Sar's contact details...Good to see she took some time off!"

The speakers also thanked Mike and Liz's family.

"What I will say is that your support and sacrifice in sharing Liz's time to help us, and the wider community is really appreciated so thank you," Bean said.

Former Rural fire chief Lex Perriam was unable to attend but in messages thanked Liz for all the time she dedicated to the Ōmārama Rural Fire Team

Last month Liz signed up with the Waitaki Rural Fire Team and North Otago Sar, in Oamaru. On Sunday, daughters Lee and Donna noted she had still not cleaned out her locker at the Ōmārama Fire Station.

Liz and Mike will continue to holiday at their Ōmārama home.



Generating funds to power community

The Ōmārama Emergency Management Group, together with the Ōmārama Residents' Association and Ōmārama MenzShed have begun fundraising for a generator to provide power for the Ōmārama Community Centre in the case of an emergency.

In 2019, as part of the Civil Defence Emergency Management strategy, Ōmārama Police, Fire and Emergency, Search and Rescue and other volunteers put together an emergency management plan for the area to be put into action in case of a disaster.

The Ōmārama Community Centre has been designated as the 'community shelter' where 'displaced' people, including visitors to town can gather for safety, warm shelter, food and medical attention, if required.

The potential for the Alpine fault to rupture was largely the motivation for this, but the plan can be put in place for any major emergency.

Because of our location Ōmārama can be cut off from help for days or weeks by snow or flooding – as happened in July 2022 when all roads in and out of the town were closed for two days. It can take some time for help to get here to reinstate power and other services.

The Ōmārama Emergency Management Group has long held the goal to have a generator large enough - 40KVA - to meet the needs of evacuees and enable the town to be self-sufficient in such an emergency.

The formation of the Ōmārama MenzShed group has made this joint project viable. MenzShed needs a portable generator to power its facility and to give it the flexibility to work at other sites on community projects.

This asset will be used to develop the skills and capacity of the group.

Membership of this group and the potential of its workshop continues to grow as it continues to focus on promoting well-being.

In return for the use of the generator MenzShed has committed to its regular maintenance and upkeep.

Each of the groups involved in this project - the Ōmārama Emergency Management group, the Residents' Association and MenzShed are volunteer-driven and rely heavily on fundraising to enable their activities in the community.

The Waitaki District Council has been asked to consider paying for a lockout switch or change-over switch, and the installation of this at the Community Centre, from its emergency management funds in this current budget round.

Last month funding applications were made to Meridian Energy and Network Waitaki.

Ōmārama Community Generator Project

Any business who would like to contribute to this project may deposit a donation to the Residents' Association bank account
Number: 06-0927-0054362-00, reference:: generator

or contact:

* Stephen Grundy (RAOI Treasurer and MenzShed) 021 545 150

email: omarama.treasurer@gmail.com

* Snr Constable Nayland Smith, Emergency Management Group and Search and Rescue.

* Maurice Cowie, Ōmārama LandSAR, MenzShed and RAOI.

Calling all you bright sparks...

Remember Boaty McBoatface?

Let's start a competition to #NameOurGenerator.

In return for a donation to the Residents' Association generator fund (bank account: 06-0927-0054362-00) you may put forward your suggestion for a name – 'Jenny' may already be taken?

We'll judge the best and christen the beast at a community function to celebrate our efforts once fundraising is done.



Anzac Day in Ōmārama, 2024

Rainbows wreathed Anzac Day commemorations in Ōmārama as brief showers skirted the hills around the Ōmārama Memorial Hall.

Between 150 and 200 people from Ōmārama, Ōhau and Otematata, including many children and young people, gathered at the Hall and Memorial Rock to commemorate those who served and lost their lives in war.

A heavy shower prior to the service saw organisers move seating and proceedings under cover,.

However, many still chose to gather outside and the sun came out.

Many present commented that the tributes paid by Upper Waitaki Returned and Services president Indi Gard and Ahuriri Community Board chairman Calum Reid were relevant and moving.

Mrs Gard acknowledged the children and young people present.

Anzac Day was a time to “show gratitude” to all service personnel, she said. That same Anzac spirit shown at Gallipoli was still “reflected” in the 21st century in the values of “courage, endurance and discipline”. Those who served were not only “fighting for country” but fighting for the person beside them”. The Anzac Spirit was both “warm and tender” and “fierce”, Mrs Gard said. Those gathered should not only remember the sacrifices made but “treasure the peace...it never should be taken for granted”.

Mr Reid gave a personal recount of his memories of meeting those New Zealanders who survived flying with RAF Bomber Command during World War Two.

More than 50,000 young men – aged between 18 and 23 years-of-age – who flew with the Bomber Command, lost their lives. Crews came from across the globe – including 6,000 men from New Zealand.

Mr Reid said, after meeting RAF navigator Tom Wilson as an eight-year-old which had spurred his life-long passion for the Lancaster Bomber, he had been privileged to know three others from the Waitaki Valley in later life; Jim Rogers, of Kurow, Sid Hurst, of Georgetown and Ron Blackstock, of Ōmārama.

Along with remembering the sacrifices made, Anzac Day also brought the nation together.

There was a “sense of unity” as the country gathered to pay its respects, Mr Reid said.

Former Ōmārama resident and Royal New Zealand Navy Leading Weapons Technician Dani Walsh, who is at present serving on HMNZS Te Mana and stationed at Devonport, was asked by the Ōmārama Volunteer Fire Brigade to lead the parade from the Ōmārama Fire Station to the Memorial Hall.

Immediately the service concluded the Fire Brigade, First Response and Police were called to an incident at Glenbrook.

Master of Ceremonies: Mike King

Laying of Wreaths: Calum Reid and Greg Harper

Reading of the Ode: Alice Griffiths

Bugler: John Sturgeon

Padre: Karen Hofman

Flag orderly: Bill Wallace

Ōmārama Volunteer Fire Brigade flag bearers: Jason Pryde, Arron Chambers.



19C motherhood in NZ recounted in book

A newly published book has two interesting links to Omarama.

Last month, Otago historian Dr Robert Peden released his latest book 'Nailed Boots and Crinoline Gowns' which uses diaries, letters and memoirs interspersed with photos to recount the contribution women pioneers made to rural colonial New Zealand.

He points out that pākehā histories often overlooked the contribution women made to 19th century New Zealand working shoulder to shoulder with their menfolk to carve out a life in the isolation and unforgiving backblocks of the new country.

Dr Peden – Bob – worked for more than 20 years as a shepherd and farm manager in the South Island high country including for AgResearch at its Tara Hills Research Station, in Ōmārama. He returned to university in 1999 to complete a Master of Arts at Canterbury University and a PhD in History at Otago University.

As part of his research for this latest book he searched for living relations of one of his central characters, diarist and homemaker Hannah Rebecca Frances King (known as Frances), born in the UK in 1834, the daughter of John King, a farmer, and his wife, Martha Wykes.

Coincidentally, Martha's direct descendent turned out to be Ōmārama's Mike King. On John's death in 1850 Martha King, her three daughters and son emigrated to New Zealand on board the Cressy and arrived in Lyttelton where she set up a boarding house. Frances spent her early life in Lyttelton before marrying a regular boarding house guest, farmer and explorer John Scott Caverhill.

They first farmed at Motunau in North Canterbury where the first three of their eight children were born, later moving to Hawkswood on the road north of Christchurch which was not as isolated.

They then moved to Highfield Station before moving to the North Island and then returning to Christchurch before their deaths in 1897.

John was often away for lengthy periods, leaving Frances to run things at home and they wrote to each other daily. She was John's business secretary.

Her writings provide insights into daily routines.

Monday was washing day, and every day there were the household duties to supervise. She needed to be able to do all these duties, for at times she had no servants.

As a young woman much of Frances time was taken up with the bearing and rearing of children and her mother came and stayed with her during her confinements.

In the book, Dr Peden says our "cultural memory" may not match the reality of childbirth, children and family size when it comes to colonial New Zealand and uses Frances's experiences while giving birth to and raising eight children to provide examples. As well, as the attendance of her mother and other women of the household at the birth it was usual for the time for the new mother to spend several weeks 'lying-in', confined to bed and resting for up to three weeks.

"The practice of lying-in was so entrenched that if the new mother did not follow it her behaviour was considered odd."

Frances's mother, who attended each of the births, would arrive about a month before the baby was due and stay for several months afterwards to help with household tasks.

However, in more isolated places many rural women gave birth with only their husbands present.

Frances recounts difficulties breast feeding, battling infections and having, at times, to resort to the practices and tools of the times to provide her babies with nourishment – feeding a mixture of cow's milk and water, or cornflour and water, or gruel

Her mother made her a makeshift bottle by tying a piece of rubber to a bottle before a feeding bottle was “sent up from town” - although this was still a rudimentary device. Inevitably, there were the complications of finding satisfactory milk substitutes and hygienic ways to feed them to the baby.

The custom of employing a wet nurse was difficult in sparsely populated rural areas, Dr Peden says.

Frances had a difficult time giving birth to Alice, her last child. And the couple had no more children.

Dr Peden says in those days the decision would have been made “as a couple” and by 1870 a variety of birth control measures were available, condoms and diaphragms among them.

Child mortality was high, however Frances and John lost none of their children at birth or during infancy despite Frances's trouble breastfeeding and suffering poor health.

The book relates many stories of women pioneers from a wide spectrum of experiences on New Zealand's rural frontier, the earliest recorded being the first Pākehā woman to live in the South Island, Ann Hempleman, wife of whaler Captain George Hempleman.

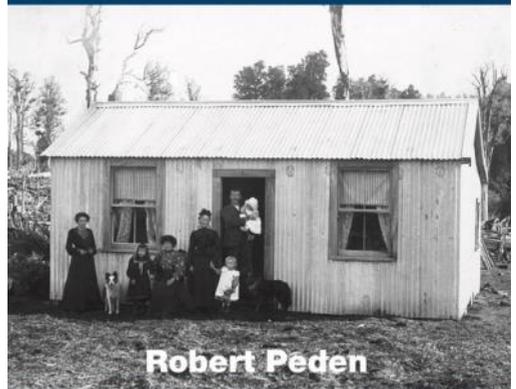
She accompanied him during the 1835-6 whaling season. Few women were found on whaling ships at this time, not only was whaling hard, dangerous and brutal it was dirty and foul smelling, Dr Peden says.

“Nailed Boots and Crinoline Gowns' reassesses the historical record and argues that not only were pākehā women present in settlement from its very beginnings, they also laboured alongside their husbands to make a success of their farms and businesses despite the Victorian culture of domesticity,” the blurb on the back says.

Published by Fraser books

Nailed Boots and Crinoline Gowns

Women on the rural frontier in nineteenth century New Zealand



Cancer support services come to Twizel

For those negotiating their journey with cancer help and advice is now a little closer. From last month, in what is a trial project, the Cancer Society's Timaru office has two of its 'Cancer Navigators' visiting Heartland Services, in Twizel, one day a month to run support sessions.

In a press release, the organisation said the program would be piloted for a six-month period at which time the uptake and response from the local community would be assessed.

South Canterbury Cancer Society community manager Tracey Barratt said it was "excited" to be able to bring our face-to-face supportive care services to Twizel. "It's such a key part of what we do, and something that is always valued by those we support.

"We recognise that Timaru is a long way to travel for many people in this area, and it means we can also potentially reach members of the community living in Tekapo, Ōmārama and Mt Cook areas as well," she said.

The rate of cancer diagnoses in New Zealand is set to double in the next ten years. Alongside this, there are recognised inequities in access to cancer care and support driven by the geographical nature of our region.

These issues present a challenge to the healthcare sector and organisations like the Cancer Society, the press statement said.

The sessions will be run on a one-on-one basis and are open to anyone affected by cancer, whether that is an individual with a cancer diagnosis or someone caring for a person with cancer.

Cancer navigators Monica Scannell and Sharon Tindle will travel from the Timaru office on an alternative basis to run each session.

Specific support services provided during the one-on-one sessions will include practical support in navigating the healthcare system and associated documentation, emotional support and advice and provision of digital and printed resources specific to the cancer journey.

The Cancer Society can also assist with referral to, and connection with, additional support groups and workshops, counselling services, peer-to-peer support and rehabilitation and nutritional services.

Bookings for a time with Sharon or Monica can be made with the Cancer Society Timaru on 03 680 0124 or clients can drop in to the centre on clinic days between 11am and 2pm.

Twizel Community Care Centre
Mount Cook Street
Twizel

Phone: 034350687

Email: admin@twizelcare.co.nz

Heartlands Coordinator: Vicky Hayes

Open hours:

Monday - Friday 9:00am - 2:30pm

Cancer Society Support Sessions Twizel



Monthly **one-on-one** sessions are now available at Heartland Services in Twizel, run by cancer navigators from the Cancer Society Timaru. Sessions are open to anyone affected by cancer, including whānau.

Support services provided by the Cancer Society include:

- Practical support in navigating the healthcare system
- Emotional support and advice on living well with a diagnosis
- Digital and printed resources
- Referral to and connection with additional support groups, workshops, and counselling services

To book a time with a cancer navigator in Twizel or to find out more, please contact the Cancer Society Timaru on **03 680 0124**.



Cancer Society

Te Kāhui Matepukupuku o Aotearoa

The Noticeboard

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

Congratulations to Twizel Area School junior rower Sadie Mason, of Ōmārama, who continues to progress strongly in the sport after being selected to row for the South Island U18 Team.

Sadie placed third in the North vs South junior girls U18 single sculls, and she and her crew placed second in the Girls U18 coxed quad sculls at Lake Karapiro, last week.

Congratulations to Trent Spittle, Quailburn Downs, for being awarded overall winner of the Nikke Child Cancer Foundation fleece competition run by the Otago Merino Association. Trent also won the association's Fine Wool Photo competition.

The New Zealand Sheep Dog Trial Association will hold its South Island Championships at Meadowbank, Blenheim beginning Monday, May 6 and its North Island and New Zealand championships at Mangamingi, Taranaki in the week beginning Monday, May 27.

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

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

Ōmārama MenzShed meets each Saturday at 10am and at other times too. For further information please contact Malcolm Cameron 022 476 2225

St Thomas' Ōmārama Church Community:

Rev Lee Kearon, phone: 021 250 1060 or email: lee.kearon@gmail.com

The Ōmārama Golf Club Saturdays cards in 12.30pm, tee-off 1pm. NB from Sunday April 7, when daylight saving ends, it will be cards in at 12 noon and tee-off at 12.30pm. Club captain: Greg Stuart 027 438 9018, secretary: Arron Chambers 027 203 2340. Twilight golf has finished for the season. www.omaramagolfclub.co.nz

The Ahuriri Community Catchment Group meets once a month. For time and place contact facilitator Bridget Pringle, 021 072 2113 or bridget@irricon.co.nz

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

Ōmārama Playgroup meets at 9.30am each Wednesday during the primary school term at the Ōmārama Community Centre. For more information phone president Nic McKerchar 022 612 7570 rn.mckerchar@hotmail.com or secretary Olivia Black, 027 833 0869.

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

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

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

A gentle exercises and social afternoon group meets at the Otematata District Club at 1.30pm Thursday afternoons. Gold coin donation and a cuppa after the exercises. The exercises are run with the guidance of personal trainer Lauren Maree. Gold coin donation and a cuppa after the exercises. Contact Ethel Gray 03 438 7764.

Waitaki Newcomers Network: For more information about this group send contact details to E: waitaki@newcomers.co.nz W: www.newcomers.co.nz F: facebook.com/WaitakiNewcomersNetwork/

Plunket Line: 0800 933 922

To read more, enjoy more photos and watch our place 'come to life' check out our Facebook page and website.

[www.facebook.com/omaramagazette/
omaramagazette.nz](http://www.facebook.com/omaramagazette/omaramagazette.nz)

To receive email alerts between monthly editions of the Omarama Gazette sign up to our 'Local List'.
Email omaramagazette@gmail.com

Thank you to all who share your stories and contribute in other ways to the Gazette.
We all really appreciate what you do.

**The June Issue of the Omarama Gazette
is Wednesday, June 5, 2024.**

Please submit copy
by Thursday, May 30, 2024

The Community Reports

Ōmārama Volunteer Fire Brigade



by Arron Chambers

A very quiet April, so far, as we approach end of month with Anzac Day and school holidays finishing off the month. The Brigade has attended three call-outs this month - one medical, one power line sparking and one car crash.

A big shout-out to our employers nationally who support our volunteers in attending call outs. We have recently updated our appliance and building signage to capture those employers so please check out who supports us and look to also support them where possible.

With daylight savings happening during April, we have also been offering smoke alarm testing and fittings within the local area. Thank you for those that took us up on a visit - well enjoyed by all involved and please reach out if you missed out and would like some advice.

You may have noticed a large contingent of "Fireys" within Ōmārama on the weekend of April 20 as we hosted the Otago Southland Provincial Fire Brigade Association Conference here in Ōmārama. This conference consisted of representatives from all the brigades within Otago/Southland and was a great success for all who attended. It was a great opportunity to showcase Ōmārama and its surroundings. One of our own was also in the spotlight during conference. Brigade chief, Greg Harper, was formerly sworn in as the new president for the Otago Southland Provincial Fire Brigade Association. Busy times ahead for Greg and congratulations from all within the Brigade.

We also have two of our recruits heading to Volunteer Recruit Fire Fighting Training in late April, so look out for a couple of new helmets within the brigade. All going well we will have both Vaughan Williams (Ōmārama) and Tanya Humphreys (Otematata) sporting firefighter helmets on completion of the course.

We practice every Wednesday at 7.00 pm and if you think you would like to join our team then give one of us a call and we will bring you along.

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

**Ōmārama Volunteer Fire Brigade chief fire officer
Greg Harper, 021 293 1171**

Thank you from Greg and Adrienne

To the Ōmārama Community

Just a few words of thanks from myself and Adrienne to all that helped with the Otago/Southland Provincial Fire Brigades Association Conference recently held in Ōmārama.

- * Thank you to the Boots and Jandals Hotel. The pizzas on Friday evening were a real hit with those who were at the gathering at the fire station.
- * The Oasis Café and Bar - for the Past Presidents' dinner also held on Friday evening, There was nothing but high praise for a lovely meal, lovely host and a great atmosphere.
- * To Sharon and Murray Stuart, of Omaradise, for looking after our partners during the day on Saturday. Everybody thoroughly enjoyed the relaxed setting.
- * To the Friends of the School for the great country style food you provided us with on Saturday. There was nothing but high praise from all attending the conference.
- * To all the accommodation providers for making everybody welcome, thank you.
- * To the team at the Ōmārama Fire Brigade. Everything ran like clockwork for the whole weekend thanks to all of you. As the saying goes 'Teamwork makes the dream work' and when all the Fenz management team are singing the praises of the brigade I hope it makes you all as proud as we are.
- * Thank you to the rest of the community for things borrowed and the helping hands.

Thank you all once again from Adrienne and myself. We are very proud to live in such a wonderful caring community which has once again punched above its weight.

Greg Harper
Chief Fire Officer – Ōmārama Volunteer Fire Brigade
021 293 1171
WELLBEING – Looking out for each other He Waka Eke Noa



Ōmārama Golf Club

by Arron Chambers

It was a busy month of golf in Ōmārama with the Easter Tournament being well supported with a full field and a great day had by all. The recent rain has been welcomed with some growth being evident on fairways.

Easter Tournament Results:

Men's Division 1 Winner – John Cleverley 37 Stableford Points

Men's Division 2 Winner – Arron Chambers 40 Stableford Points (Winner Over the Field)

Ladies Division Winner – Christine Bowman 37 Stableford Points

Also, Congratulations to Ian Niles for winning the Summer Stableford competition for 2023/2024.

Ian also achieved a rare result in submitting a score that was below his age. This achievement is not something many players ever achieve in their golfing careers so well done Ian!



Saturday Club Day, cards in 12 noon and tee-off at 12.30pm.

If you are interested in joining the club email Arron Chambers, secretary@omaramagolfclub.co.nz for details.

**Club captain: Greg Stuart phone: 027 438 9018
Secretary: Arron Chambers phone: 027 203 2340
email secretary@omaramagolfclub.co.nz**

www.omaramagolfclub.co.nz



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Pink Ribbon Brunch
11am to 4pm
Thursday, May 23

Raffles, prizes, games

\$30.00 entry

Enjoy a two-course brunch
and a free glass of bubbles



Come together for good

Pink Ribbon Afternoon Tea

1pm, Tuesday May 14

at the Omarama Community Centre

A warm welcome to all

Come spend the afternoon with us in the pink!

Donations at the door

All proceeds to Breast Cancer Foundation NZ



**Help fund breast cancer research,
education and patient support.**

Age Concern in Ōmārama

Coffee afternoons are
on the second Tuesday of each month
at the Ōmārama Community Centre.

The next Pop Up Café is
an all pink affair
1pm to 3pm, Tuesday, May 14

Kathryn Bennett is the coordinator for Age Concern Waitaki, based in Oamaru. Kathryn's contact details are:

03 434 7008, 027 4347 089

NthOtago@ageconcernotago.co.nz

Hours: Mon-Wed 9- 4.30pm / Thur- Fri 9-12.30pm

PINK Pop Up Café

Guest Speaker: Fliss Butcher "Breaking Bald!"

- A light hearted informative chat about the surprise of suddenly being a bald woman.
- This is a way to share knowledge and to cheer up other women grieving from hair loss due to chemo or Alopecia.
- Fliss will have some Ruffle Beanie samples that she has designed and made to show as an alternative to expensive wigs.

Let's not grow old, let's grow awesome together".



Join us!



Tuesday 14th May 1pm to 3pm
Oamaru Community Centre



Returning soon...
Community Housie
from June
- watch this space!

Ōmārama School

By Ruth Grundy,

An action-packed term of learning inside and outside the classroom ended with a chance for Ōmārama School pupils to showcase their scientific skills.

Term one ended with assembly and a shared lunch plus an opportunity to view the science display in the library. In the end-of-term newsletter, principal Alison Holden congratulated the pupils on their hard work on these assignments “They are amazing and so much effort has gone into them all.”

Pupils followed six steps of a science inquiry to complete their investigations. Amelia asked, “Which brand of chocolate melts the quickest”? and the results, displayed in her presentation board, surprised her, Alison said.

There had been many swimming opportunities through term one including learning water safety skills. Other outdoor activities included bike safety and a netball coaching session.

The senior pupils’ leadership team has organised a sports afternoon and have been leading younger pupils as they experiment with EPRo8 – a challenge where teams use basic electrical circuits, building materials and everyday objects to solve problems.

Constable Jay Morris, of Oamaru police, paid a visit to discuss cyber safety and shared a video, <https://theinteryeti.govt.nz/>.

At present, Alison is in Canada to take part in a principals’ leadership course. She has made the trip with 50 other New Zealand principals and will attend workshops, hear from international speakers and visit elementary schools in Calgary.

Looking ahead to term two, the school is running a programme on Wednesday afternoons to introduce four-year-olds to school. Please contact the school if you know of anyone that may be interested.

The school is also working to “build connections” with the community. The whanau groups are hoping to visit people in the community that may enjoy their company for 30 minutes or need support to complete a household task. The school is also looking for businesses who would welcome pupils for a short visit to discuss the skills required to run a business. Ms Holden said the school would really appreciate community support in making these connections.

This term learning will focus on local history and science and technology opportunities. It will include the school camp, a trip to Aoraki National Park and learning about stream health. As part of the local histories curriculum pupils will study Te Maiharoa’s journey and the walk that took place to recreate this event. Please make contact if you have knowledge to help with learning about this topic or if you can put the school in touch with someone who may be able to help.

In news from the Board of Trustees - Jemma Gloag has temporarily stepped down from the Presiding Member role and Karl French has taken up that position. Community members are encouraged to consider joining the board, as fresh ideas were welcome, Alison said.

Alison, Clair, Bailey, Kay and Ange

Ōmārama School contact details

Phone: 03 438 9815

principal@omarama.school.nz office@omarama.school.nz



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See inside for competition entry form



Omarama Rodeo: Charlotte Montgomery
027 347 0329 | mont001@xtra.co.nz

Central Barrel Racing: Ange Smith
027 227 786 | james.ange@xtra.co.nz

Tarras Young Farmers: Charlie Chisholme
021 039 7021 | tarras@youngfarmers.co.nz

Catalyst Agronomy: Ross Dowling
027 567 0994 | rossd@catalystag.co.nz

Ōmārama Rodeo Club

By Charlotte Montgomery

Ōmārama Rodeo held another ripper rodeo on December 28. We are very thankful to have such a great community that support us year on year which allows us to put on a great rodeo. The contestants gave great feedback, with many citing it was the best rodeo yet! We are planning ahead and will continue to re-fence the perimeter of the arena, add in some more yard space (with the sport growing in popularity we have more stock to yard each year) with our ultimate goal being to run the National Finals Rodeo in upcoming years.

We would also like to congratulate our president Daniel Montgomery (Monty) and Clint McAughtrie who both made it to the National Finals Rodeo held in Methven in March. It was great to have Ōmārama Rodeo Represented at a National Level.

As mentioned above we have a great community.

We are proud to have your support, so in return we have made donations to the following community projects and clubs as a result of our 2023 rodeo making a profit.

Ōmārama School \$500

Residents' Association \$500

First Response for a new defibrillator \$500

Upper Waitaki Young Farmers \$500

Ōmārama MenzShed- after a completion of some projects

Keep a look out for our upcoming fundraising events; the winter feed Competition - new for 2024, and our favourites the Quiz Night and Hill Billy Hunt.

We are looking forward to running another great rodeo on December 28, 2024.

NB entries for the competition have closed.

Winter Feed Competition - Ōmārama Rodeo are proud to be included in the Catalyst Performance Agronomy Winter Feed Competition for 2024. We all know that this year has been challenging and many farmers are still worrying about the upcoming winter. This feed competition is more about getting farmers together to share their stores.

Listen to the great MC Richard Loe and awesome guest speaker Matt Chisolm, with the topic being "Farming F**kups and Taking care of the Top Two Inches" .

We are encouraging people to come along for the evening. You can buy a ticket for \$25 per person which includes dinner.

We are arranging transport to ensure that everyone can get back from Tarras.

The crop competition has some pretty good prizes up for grabs - Beet seed, Cultivation and Heli vouchers, agronomy needs and straight up Cash! This is a new fundraiser for the wider Central Otago and Waitaki Valley Area, with all proceeds going to three grass roots clubs.

It's not too late to book tickets and a spot on the bus.

Contact Charlotte 027 347 0329.

Ōmārama Residents' Association

The next meeting of the
Ōmārama Residents' Association is
7pm, Thursday, May 16, 2024
at the Ōmārama Community Centre

Contacts:

Lindsay Purvis, chairperson, 027 438 9630

Vicky Chambers, secretary, 021 296 5782

(Minutes of the previous meetings are available from Vicky)

THE ASSOCIATION HAS ITS OWN POST OFFICE BOX

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

The Secretary, P O Box 93, Ōmārama 9448.

The association's email address is omarama.committee@gmail.com

ŌMĀRAMA COMMUNITY CENTRE HALL HIRE

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



Ōmārama MenzShed

The Ōmārama MenzShed meets
at 10am each Saturday
and at other times, too.

**For further information contact:
Malcolm Cameron 022 476 2225**

Ōmārama Playgroup

Ōmārama Playgroup meets at 9.30am each Wednesday
during the primary school term at the Ōmārama Community Centre.

For more information contact:
president Nic McKerchar, 022 612 7570, rn.mckerchar@hotmail.com
or secretary Olivia Black, 027 833 0869.

Ōmārama Community Garden

We are a group of gardeners who work together to create something
for everyone in our community
Anyone is welcome to pop along to the Community Centre and enjoy
Join the Facebook group: <https://www.facebook.com/groups/742877880594146>

Contact Heather Smith, 027 330 0249

Ōmārama Community Library

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

Contact: Yvonne 027 476 7473

Ahuriri Catchment Community Group

By Nicola McKerchar

After the successful AGM in November 2023 and some new faces on the committee, we have been busy launching into the Wai Connection funding made available to our group.

Gundy Anderson has taken up the role of Chairperson, with the following people as committee members; Dave Ellis, Annabelle Subtil, Nic McKerchar, Pip Smith, Wendy Parsons. Ideally the group would like each sub-catchment or stream within our larger Ahuriri catchment represented.

Bridget Pringle as project manager has been instrumental in getting some traction for the group, and after Richard and Annabelle Subtil's successful application to the WAI Connection fund last year, Bridget has liaised with EOS Ecology group, as part of this funding, to start a Digital Map Series project for our catchment.

National level information has been combined with the Regional level information to create a base digital map. We are now seeking funding to be able to utilise this base to add our own consented and voluntary water quality data to build a more useful data picture of our catchment. This will be a huge step forward to quantify the already collected data into a useable format.

The next date on the calendar for ACCG is an eDNA and instream health and ecology field trip on Thursday, May 16 and the Ōmārama Stream Hangi on Friday May 17, at Ōmārama Station

If anyone is interested in learning more or being involved, please email Bridget Pringle on bridget@irricon.co.nz

We are happy to add you to our mailing list of updates/information.

Ōhau Conservation Trust

- By Viv Smith-Campbell, Chairperson

The Ōhau Conservation Trust has a very special event happening on Sunday 12 May 2024 at our Avoca Forest restoration area.

Two plaques are to be unveiled by Fenz Te Kei region manager Mike Grant the to acknowledge and list the 34 fire brigades who attended the October 2020 Lake Ōhau wildfire.

Local fire fighters and other Te Kei Fenz staff will also be there, as well as Waitaki District Council and Department of Conservation representatives. The Trust would love to see others from the wider community attend as well – it is special to be able to express our gratitude to those who give their time, to make sure others are safe.

Our event will start at 10am with planting of native plants – we've marked out where the plants go and pre-dug the holes with our earth auger. It is a great activity for all the family. The unveiling will occur around 1pm and then we'll have lunch including a barbecue and other food. Our special thanks to the Mackenzie Four Square in Twizel who are supply the barbecue food.

We meet at 80 Ōhau Drive in the Village – there is a map with directions on the Trust's website - <https://ohauconservationtrust.nz/news/> and we'll have signs out to show people where to come.

Wear some sturdy shoes, bring a spade and gardening gloves if you have them, bring a drink and be prepared for hot or cold weather.

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Georgie Robertson
Omarama
03 438 9554 027 4861525



Vicky Munro
Otematata
03 438 7855 021 438745



Alona Shaw
Omarama
027 773 4214

'The Community Reports' is
dedicated to news
from clubs, groups and sports teams.

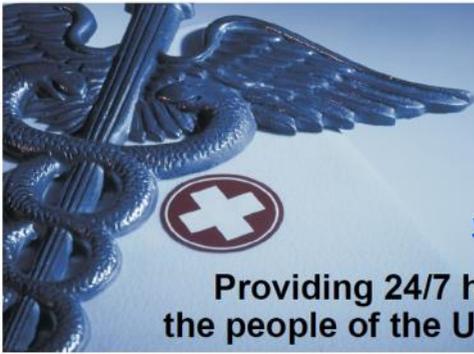
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Omarama: Thursday 8.30am to 12.30pm

Twizel: Monday, Tuesday, Wednesday, Thursday and Friday 8.30 to 5pm and Saturday 9am to 12pm

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

**If you require further information or an appointment, please contact us on:
For Kurow 03 436 0760 or for Twizel 03 976 0503**

-Dr Tim and Juliet Gardner

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

Care in the community

Ōmārama Community Care Group

If you are in need of any assistance please do not hesitate to contact Ruth Grundy 021 294 8002 and we can work together on options and put you in contact with those who can help or for whatever will best suit you.



Twizel Community Care Centre

If you need any of the services listed below please contact:

Twizel Community Care Centre

Mount Cook St, Twizel, Phone: 03 435 0687

Open: Monday - Friday 9am to 2pm

- A reminder we have a food bank available with no questions asked. With the lead up to Christmas, it can be a particularly difficult time for people so please call in to the Twizel Community Care Centre on Mt Cook Street if you are in need of food.
- Our contact details are 03 4350687 and email admin@twizelcare.co.nz if you would like to arrange a convenient time to collect a parcel.
- Twizel-Tekapo Community Car bookings – this is a community car that picks you up from your house and takes you wherever you need to go such as town here in Twizel or Timaru for an appointment, whatever you need. There is a cost involved depending on destinations.
- Work and Income – assistance with applying for benefits, helping with queries regarding superannuation, and any other financial assistance you may receive. Printing and scanning of documents.
- Inland Revenue – queries regarding anything IRD related, access to forms.
- Home Delivered Meals – We have small roasts for \$10, Regular meals for \$8 and small snack meals for \$4. We can deliver to your home.
- Printing/scanning services
- Assistance with finding jobs in the area.
- Foodbank – donations, and supply people with food parcels when in need
- Any other government services – ACC, Department of Corrections, etc
- Arowhenua Whanau services – Free health clinic on the first Wednesday of each month.
- Computer/cellphone assistance – needing help with something on your computer or cellphone. Free WiFi
- Rat tests/Mask supply free of charge
- Assistance with filling in any forms or paperwork.
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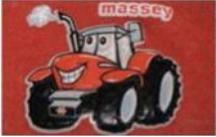


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April 2024

Highest temperature: April 10, 23.2C

Lowest temperature: April 23, -1.9C

Most rainfall: April 11, 26.2mm

Total rainfall for April: 69.7mm

The Ōmārama Gazette

Ōmārama's news delivered to your inbox
the first Wednesday of each month

To subscribe email:

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