

THE FAIRLIE COMMUNITY VEHICLE TRUST - VOLUNTEER DRIVERS NEEDED!

The Fairlie Community Vehicle Trust is a not for profit organisation committed to providing transport options for residents of the area.

The Trust is governed by volunteer trustees and administered by Heartlands. The four vans are cared for by Hec Cox, and Maureen McColl looks after the community car. The vehicles are driven by volunteer drivers. The fleet is regularly upgraded so the name of the Fairlie Community Vehicle Trust travels with distinction. Bookings can be made at Heartlands.

The vans regularly travel all over the South Island, carrying sports teams and social groups to events. The community car can be hired – with a driver – for travel to Timaru for just \$50, to Christchurch and other towns in the Canterbury region, as required, as well as providing a service in Fairlie – anywhere in the township for just \$6 dollars!

Being a volunteer driver of the community car is a rewarding experience and many a friendship has been forged on these trips.

This is a vital service for some of our elderly residents enabling them to attend hospital and other medical appointments, or simply to be able to shop or visit family and friends in Timaru.

A reduction in the number of volunteer drivers means that we are looking for people to give a little of their time to help their community. You decide how often you would like to volunteer, and you always have the choice to turn down a drive. The car is very busy with trips undertaken most days.

To be a volunteer driver you require a full licence and a Police Clearance. The Vehicle Trust will obtain the police check at no cost to you.

If you are interested in giving time to your community in this manner or have any questions about what's involved, please contact Anne Thomson at Heartlands. Heartlands Fairlie Resource Centre – 685 8496.

Chris Clarke
Chair – Fairlie Vehicle Trust



An opportunity to keep your Fairlie Community Board, Mackenzie District Councillors and Mayor informed as well as hearing the issues of the day!

As part of our plan to provide more options and activities we will be having an education/consultation morning tea once a month, eg: talking with the Fairlie Community Board, morning tea with the Mayor, dessert with the Councillors. Keep a look out for these dates and come along! It is all about communication and those who lead our communities knowing what the community thinks, wants and hopes for! Keep a look out for the first date!

Tiki Tours with the Crew!

Book at Heartlands 685 8496



COMING UP:

Thursday 31st January

- Back Roads to Waimate

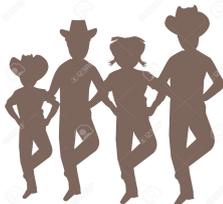
Thursday 28th February

- Mid Canterbury – exploring back roads!

LINE DANCING ...

Resumes Monday 4 February at 1.00 pm St Columba Hall. Great exercise for mind and body. The only requirement is knowing your right hand from your left - easy! Would anyone be interested in attending a beginners class at 7.00 pm Monday evenings? Please call or message me on 021 144 2525 or 685 6255, need a minimum of 6 to start.

Geri Hogan



MACKENZIE COLLIE DOG CLUB

129th ANNUAL DOG TRIALS

Balmoral Station

(property of Mr & Mrs A W Simpson)
5km west of Lake Tekapo

Friday & Saturday, March 1st-2nd, 2019

All Welcome

Enquiries:

Dion Anderson (President) 03 685 8303
Jo McAtamney (Secretary) 03 685 4848

A ghost walks into a bar.
Bartender asks, "What'll you have?"
Ghost says, "I'm here for the BOOs!"



Albury Inn

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*Prawn Sesame Noodles *

Thu-Sat open from 4.00 pm
Sunday open from midday

Let us take you home - courtesy van
Phone 685 5910



Lions Club of Lake Tekapo

The Lions Club of Lake Tekapo invites applicants for the following two grants.



BILL APES MEMORIAL GRANT

Applicants are being sought for worthy recipients of the Bill Apes Memorial Grant for 2019. The grant is for up to \$1,000 towards course costs for study. Applicants must be residents in the area served by the Lions Club of Lake Tekapo, and must be aged 17 years or older. The funds must be used by the successful applicant to better themselves or the district e.g. health or education. Sporting applications are excluded.

BERWICK OUTDOOR EXPERIENCE

10 – 18 MAY 2019

- ◆ Are you a resident of the Mackenzie living in the Tekapo or Twizel areas?
- ◆ Are you between 18 – 80 years of age?
- ◆ Are you up for a challenge?

Lake Tekapo Lions Club is offering a sponsored place on this years 8 day course. The aim of the course is to broaden ones experience in life by using team work to improve individual confidence and self esteem.

Further information can be found at
www.berwickoutdoorexperience.co.nz
where you can find an application form.

Closing date for both applications is 28 February 2019
Applications to be made in writing to ...

Club Secretary,
Lake Tekapo Lions Club
PO Box 52, Lake Tekapo 7945



2019-2020



TEKAPO FAIRLIE AND DISTRICTS COMMUNITY DIRECTORY

Is now printed and for sale at:

Heartlands Fairlie Resource Centre
Aorangi Electrical
Farmlands
BP 2Go Fairlie
or any Lions Club member

Mobile Coffee Van

Premium Espresso Coffee prepared freshly for you
from our mobile coffee van.

We welcome invitations to attend markets, fetes, school fairs, sports meetings, weddings and special events in and around Lake Tekapo, Fairlie and surrounding areas.

Please call Emily on 027 741 2876 to arrange for us to visit your special event

 [facebook.com/ShotTekapo](https://www.facebook.com/ShotTekapo)



SUMMER FOOD SAFETY

New Zealand Food Safety (NZFS) has launched its summer 2019 food safety campaign. This focuses on preventing people getting food poisoning by doing three simple things: Clean - Cook - Chill.

Head of New Zealand Food Safety, Bryan Wilson says foodborne illness strikes about 200,000 New Zealanders every year with around half of those cases occurring in the home and Campylobacter is the most common cause.

"Campylobacter bacteria occurs naturally in the gut of animals and birds, especially chickens. It can easily be spread around the kitchen from raw meat to surfaces and other foods, and it can make you very sick unless you use good food safety practices.

"The risk is greater in the summer months as the bacteria grows faster in the warmer weather. To avoid getting sick during the summer months, we want everyone to remember the three C's: Clean - Cook - Chill."

Clean

Before you prepare food and after handling raw meat:

- Wash hands, chopping boards, dishes, and utensils (like knives) in hot soapy water to kill bacteria and stop cross contamination between raw and cooked food.
- Dry properly. Preferably air dry and not with a towel.

Cook

- Cook food (especially chicken and mince) thoroughly all the way through until the juices run clear. If in doubt, cook it a little longer.
- Reheat until hot. (Warm does not kill bacteria. Hot does.)

Chill

To stop bacteria growing in your food:

- Don't leave food out. Refrigerate cooked meat ASAP (within two hours) to stop bacteria multiplying. If in doubt – throw it out.
- Separate and cover cooked and raw meat in the fridge
- Store raw chicken and parts below ready-to-eat food in the refrigerator.

"Another tip is that you shouldn't wash raw poultry as this helps spread Campylobacter to the hands, clothes, other food, and contact surfaces. So no washing that Christmas turkey! Have a safe and happy holiday," says Mr Wilson.

Fairlie Foodbank

Now that the holiday season is over, there is a need to restock the Fairlie Foodbank. Life is not easy, especially for folk living on fixed incomes - with costs rising and it is these folk who could do with a wee help now and then! So open your cupboard and donate a tin to the Fairlie Foodbank at Heartlands please!

Courgette Chutney

Grate and mix together 10 courgettes and 5 red capsicums. Finely dice 3 medium onions and add to the bowl of courgette mixture. Add 4T salt and mix well, cover and leave overnight. Rinse well, drain and put into a large pot. Add 2 cups sugar, 1T turmeric, 1T cornflour, 2½ cups white vinegar, 1T wholegrain mustard and grated zest of 1 lemon. Bring to boil, turn down to simmer 30 minutes. Spoon into sterilised jars, seal immediately. Leave for 2 weeks to develop the flavour before opening.



Cucumber Relish

Put 8 cups chopped cucumbers into a bowl. Sprinkle with 2T salt. Leave to stand overnight. Next day drain off the liquid. In a saucepan put 4 onions 2 green and 2 red peppers (finely cut). Add 3 cups sugar, 1 pint white vinegar and the drained cucumbers. Boil 20 minutes. Thicken with 5T cornflour, 1tsp turmeric, ½ tsp mustard seeds and ½ tsp celery seeds. Mix with white vinegar and add to mixture. Spoon into jars and enjoy.



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Home Deliveries
\$4 PER LITRE

Vending Machine
\$3 PER LITRE
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REAL MILK
TIMARU

info@realmilktimaru.co.nz | 22 Fairview Road, Timaru
www.realmilktimaru.co.nz

A new supermarket opened near my house. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain. When you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.



When you approach the egg case, you hear hens cluck and cackle and the air is filled with the pleasing aroma of bacon and eggs frying.



The veggie department features the smell of fresh buttered corn.



I don't buy toilet paper there any more.

SUN PROTECTION, RISKS AND SKIN CANCER

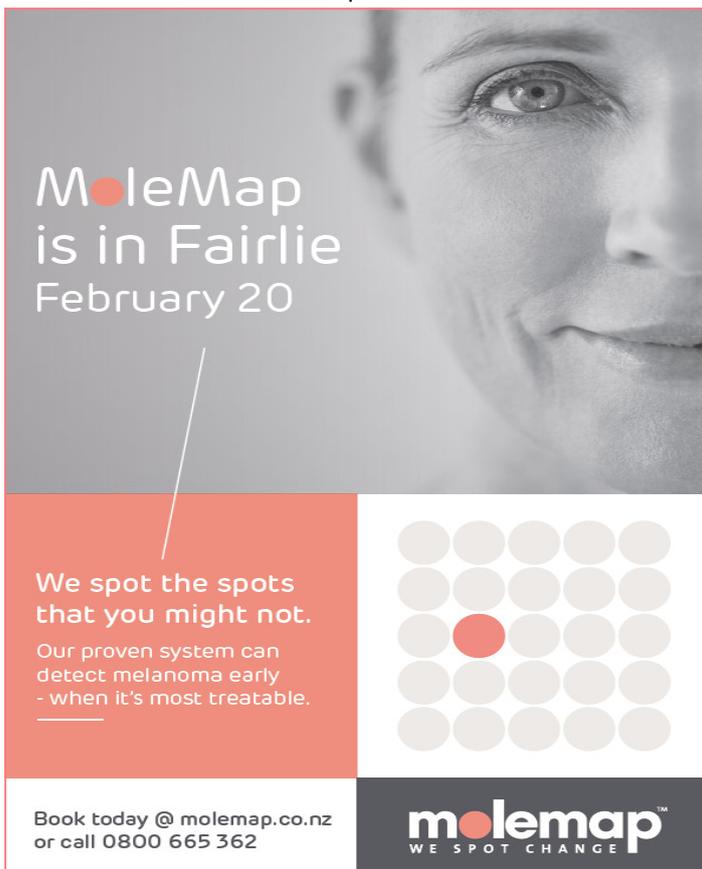
Did you know that New Zealand has the highest Melanoma rates in the world? Every day, about 7 people are diagnosed here in New Zealand, with Melanoma. Melanoma is the most serious form of Skin Cancer. It can become deadly. There are 6 key factors that increase your risk for developing skin cancers.

- Fair skin
- Family and or personal history
- History of sun burn
- Age
- Many Moles
- Unusual Moles

Regularly checking your own skin for changes is important, because our skin is changing every day – even if we don't notice. It is very important to get a change checked, particularly if it is in a mole. Listen to people if they say "have you had that mole checked?"... it can be life saving! MoleMap can assist with specialised checking. While it is important to check your own skin regularly, it's not always easy to spot early skin cancer with the naked eye. At Molemap we combine proven technology with skin cancer expertise to track changes in your skin over time. It is an effective way to spot Melanoma early – when it is most treatable.

Remember to slip, slop, slap and wrap when you are outdoors, even on a cloudy cool day from September to May. Try to avoid the sun between 10 am and 4 pm.

Alison will be holding a clinic in your area soon. Please see the advertisement below and book through MoleMap on 0800 665 362 or Molemap.co.nz



MoleMap
is in Fairlie
February 20

We spot the spots
that you might not.

Our proven system can
detect melanoma early
- when it's most treatable.

Book today @ molemap.co.nz
or call 0800 665 362

molemap
WE SPOT CHANGE

FAIRLIE'S SWIM NZ HOLIDAY PROGRAMME

Fairlie's January Swim NZ Holiday Programme 2019 was completed on Saturday 26th January with 55 swimmers attending a week (6 days) long course Monday to Saturday - great effort!

Every school holidays Fairlie Swimming runs an intensive swim programme in the month of January. What makes this holiday programme unique is that we offer water safety and for the first time a "Beyond Level 5" focus, so it keeps it really fun for the children.

Doing a daily 30 minute swimming lesson in the school holidays can be a great progress booster if your child has been 'stuck' at the same level for a while and is struggling to master a skill. The repetition of daily lessons is great for reinforcement, but also the children don't have time to 'forget' between lessons! This is also a fantastic option for anyone considering starting regular, weekly term time lessons. It can be a great intro and also a good kickstart into term time lessons.

Congratulations to all those involved and a particular thank you to our senior swim teachers Kate Nixon and Catherine Young. A big hooray to our swim assistance team of Penny Wilson, Molli O'Neill, Libby O'Connor and Niall Phillips; and to Georgia Prosser who brought her skills from being trained by Tim Brazier to our Beyond Level 5 group.



Mackenzie Swim Club

Prior to Xmas we had a group of 18 swimmers head to Ashburton for the Development Champs (all age groups). We stayed overnight and had a very successful meet with three swimmers getting Medals.

Molli and Niall headed to Canterbury Champs in Dunedin for 13 years and over. Molli came away with 2x Division 2 times (National Level) which qualified her to swim in March in Dunedin.

The Junior Champs (12yrs and under) were held at Christchurch's Jellie Park this last weekend and we had 9 swimmers stay overnight at the Top 10 Holiday Park. Again this was a very successful meet, with all swimmers achieving great Personal Best times. Blake Jordan received 2x Bronze and 2x Silver Medals plus 3x 5ths in all his events – Blake along with Koa and Charli have made Mako's times (National Level) for their age groups and will swim in Invercargill in February.

We are thrilled to have 17 of our swimmers this year make the Regional times at the South Island Country and Town meet which will be held in Blenheim in February.

Huge thanks to the parents and the local Coaches (Kat May and Dylan Bradley) for their time and effort that goes into getting these children to these meets.



Pass 2 Pub
Mountain Bike Ride

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PlaceMakers
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Sunday 3 March

Enter Online: www.pass2pub.com



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Showing kindness to others is one of the nicest things we can do for ourselves

1. Put yourself in the other person's shoes
2. Give empathy, not sympathy
3. Understand your own needs
4. Exercise self-love
5. Mediate/tune into yourself
6. Embrace silence
7. Spend time in nature
8. Express gratitude for yourself and others
9. Connect with others and be really present
10. Silently bless the first 40 things you see each day

Mackenzie Swim Club members at SCWC Junior Champs in Christchurch.

Back L-R: Luke Jordan, Kaleb O'Neill, Zayden Slocombe, Blake Jordan, Kaia McKenzie, Annie Shearer
Front L-R: Alice Orbell, Charli McKenzie and Koa Day



Fairlie Kyokushin Karate

New term starting 29 January at 5.30 pm St Columba Church Hall. We welcome current and new students for a great new year of training.
Enquiries to Sensei Pauline, phone 027 212 5727



ActiveHealth
More than just great physios

PHYSIO

Tuesdays & Thursdays from 7.30

Fairlie Medical Centre
www.activehealth.nz

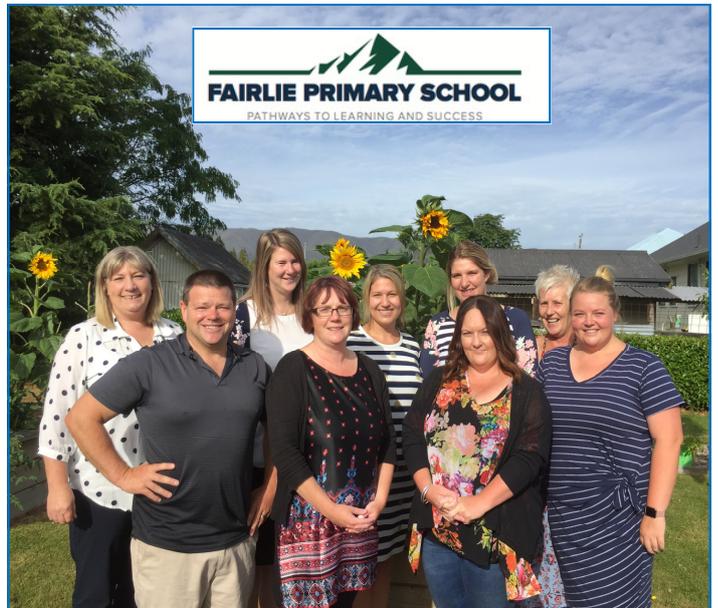
03 683 1122



SCHOOLS CALENDAR

Term 1

30 Jan	Year 7 starts	Mack College
30 Jan	Start of Term 1	Fairlie Primary
30 Jan	Start of Term 1	St Joseph's
1 Feb	Whole School attends	Mack College
8 Feb	School Assembly	Fairlie Primary
12 Feb	Soccer in Schools	Fairlie Primary
22 Feb	2.20 School Assembly	Fairlie Primary
	4.30 Open Classrooms	
	5.00 School Picnic	
19 Feb	Road Safety Training	Fairlie Primary
28 Feb	Science in a Van	Fairlie Primary
4 Mar	Life Education	Fairlie Primary
7 Mar	SC Triathlon	Mack Schools
8 Mar	School Assembly	Fairlie Primary
15 Mar	Swimming Sports	Fairlie Primary
12 Apr	Last Day of Term	Mack Schools



Back row from left: Mrs Ginny Neal (Principal), Miss Jamie-Lee Sadler (Kakapo Year 4-5), Miss Bethany Marett (Tui Year 1-2), Miss Pip Oliver (Takahe Year 2-3), Mrs Karen Dunbar (Principal Release/Reading Recovery). **Front row from left** Mr Brent Tonkin (Kereru Year 5-6), Mrs Melissa Tonkin (Kea Year 3-4), Miss Michelle Fowler (Release Teacher), Miss Courtney Cox (Korimako NE-Year 1).

FAIRLIE PRIMARY SCHOOL

The Teachers at Fairlie Primary School extend a warm welcome back to students and families for 2019. An extra special welcome also, to new families who join the school this year.

Fairlie Primary begins with a roll of 121 students across six classrooms. Caretaker Mr John Shaw has been busily working throughout the school holiday period and has the grounds looking exceptional. Teachers have also been busy setting up the classrooms ready to provide new bright exciting learning environments for all students.

As usual the first term will be a busy one. A series of events for getting to know the teachers and classroom routines will be in place for the first few weeks. Families can look out for more information on this through Class Dojo.

School Assemblies will take place on Friday afternoons this year. The school welcomes you to attend these held fortnightly from February 8.

On Friday February 22 there will be an open afternoon where families are invited to view the classrooms, the students work and meet the teachers. This will be followed by a school picnic from 5 pm. All welcome, just bring your own meal and enjoy the evening getting to know the wonderful students, staff and families that make up the Fairlie Primary School community.



Mackenzie Toy Library



Open - Mon 9 am-11 am (throughout school term)
Located - School Road, Fairlie (beside Rugby Clubrooms)

We have more than 300 toys, puzzles and DVDs as well as a bouncy castle! Enquiries to President Anna Wallace
 027 635 4413 or mackenzietoylibrary@gmail.com
 (Castle - Rachael Handy 0274117091)





FAIRLIE EARLY LEARNERS

Nurturing Inquisitive Young Minds

We are a purpose built preschool offering the highest standard of early childhood education for children aged 0-6 years. Open 8 am-5 pm Monday-Friday (including school holidays)
 We offer 20 hours ECE and WINZ subsidies are available.

19 Hamilton Street, Fairlie
 Phone: 03 685 6263
 Email: admin@fairlieearlylearners.co.nz



FAIRLIE KINDERGARTEN

Children recently attending the holiday programme at Fairlie Area Kindergarten run by Anne, Marie and Michelle enjoyed a range of experiences such as baking pikelets and making pizza, cooking a barbeque, learning about quail eggs, engaging with a range of art medium and gardening.



This is a new initiative at Kindergarten and provides an extension of the term dates by giving families the option of an all year round Kindergarten programme.

Term 1 2019 has commenced with a full roll and children again eager to be back amongst their friends and familiar routines. The teachers are looking forward to all that lies ahead during the



year as we plan our teaching and learning programme around the strengths and interests of the children.

MACKENZIE PERFORMING ARTS ACADEMY

Group drama and musical theatre classes and 1:1 singing lessons for ages 4-18years

Growing communication skills, confidence, self belief and performance skills



ENROL NOW FOR TERM 1
 Visit our website for details on programs, fees and other services
www.mackenzietherapy.co.nz

BACK TO SCHOOL - Road Safety

As the kids return to school, their numbers will increase on our roads and with that comes the risk of danger, if we, as motorists are not aware. What is the speed limit passing a school bus that has pulled over to let students off! 20km – with no exceptions to this rule! And what about kids on bikes? Be aware that they can accidentally change direction without notice so take a wide berth!



Mackenzie Community Adult Education FAIRLIE

We are in the process of arranging courses for the year and need your input.

Do you have an interest or activity which you would like to pursue?

If so, register your ideas at **Heartlands Fairlie**
 ph 685 8496

It takes an entire community to raise one child!

What does that mean? To me it means that even though the child may not belong to our whanau they belong to our community and so their well-being is of concern to all of us!

Here in Fairlie we have folk who show keen interest in what others are doing, some may call them gossips and nosy! But with that too, comes those who genuinely care and go out of their way for others. They look out for the welfare of others - children included. So it is, that we ask the question – parents/care givers – do you know where your children are at all times? Recent anti-social behaviour in a local school grounds forms the basis for this inquiry!

We are a small town! We still hold firm to small town values and that is one of the best things about the place. If your kids are mixing with others who lead them astray – do something about it! Nip it in the bud before incidents grow and the Police become involved. AT



FAIRLIE GARDEN GROUP

The Garden Group kicked off 2019 activities with a ramble around three local gardens. Despite the strong north-wester, it was a delight to visit Janine and Warren Walker's garden consisting of mainly native trees and shrubs developed on a sloping site with views across to the Two Thumb range.

Heather Whitehead explained to the group how she developed her garden in sections and this is reflected in a manageable site with different shapes and forms and a very tranquil looking Buddha sitting cross legged, overseeing her work, amongst the plantings.

The wind didn't ease when we arrived at Daphne and Hank Calder's garden, where Daphne has many perennials, paeonies, lillies and rhododendon. The shady trees were a welcome spot for some while having a nice afternoon tea.

For information about the Garden Club or interest in joining us, phone Arlene 03 685 8657.

Pictured below is Shirley Trotter and Alma Wright.



Saturday Second Hand Market

Community projects will benefit from the proceeds generated by your donations! They do not accept clothing and encourage you to support our local clothing shop on Main Street, or take it to Timaru stores - Red Cross, St Vincent de Paul, Salvation Army – to name just a few!

The market continues to support Borrow Bags with the purchase of fabric, recently paid for the band on the Village Green at New Year, shouted our hard working St John Staff a dinner out, gave funds to the fabulous Fairlie in Focus group for photos on Main Street! And wait there is more! More groups will benefit as the year goes by! Thank you to the men and women who give this time serving our community!

FAIRLIE CHILDRENS ART GROUP

Are Looking for a New Volunteer Co-Ordinator!

The current co-ordinator is standing down after five years, so we are looking for a new person to take over the organising of Art Group. Classes are generally run for 2.5 hours on a Sunday afternoon, for children aged 7–12 years, with approx. 7 workshops held per year. Dates can be set to suit the co-ordinator, any time between April – August.

This role would suit anyone who enjoys seeing our local kids have the opportunity to explore their own creative talents!



What is taught, and how classes are organised, would be largely up to the co-ordinator. For anyone with an interest or skill in Art, there is the option of teaching some classes themselves, and bringing in external tutors for the remaining workshops. We have a large file of tutor contacts and resources, a group of enthusiastic kids, supportive parents, and a very helpful Treasurer.

I am very happy to help the new person organise this year's classes. To date, we have been extremely lucky to have a large part of our funding sourced from the Council's Creative Communities Grant. It would be a shame to see this opportunity lost to our Mackenzie kids, due to lack of a Co-ordinator. If there is anyone remotely interested, please call Tina Hendry on 685 8742, and we can chat further. Thank you!

Firewood!

Don't leave your ordering of firewood too late or you may be disappointed! Firewood becomes such a necessity in the Mackenzie over the winter months and we all need to be prepared for the worst. If you need to, ask the firewood seller about payment methods and perhaps discuss layby with the seller, as an option. You never know!

Mackenzie Community Library

... thanks the following generous sponsors of our 2018-2019 Summer Reading Programme. 22 children were able to take part in this valuable community programme. Visiting author/illustrator Gavin Bishop had the audience enthralled!
Huge thanks to:



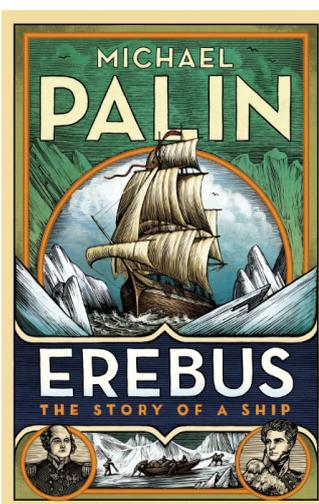
*Creative Communities NZ
Lions Club of Fairlie
Musterer's High Country Accommodation
Mackenzie District Council
Heartlands Fairlie & Borrow Bags
Fairlie 4 Square
JR's General Store
Carnegie's Old Library Restaurant*

Mackenzie Community Library News

Our 2018-2019 summer reading programme was a huge success and would not have been possible without the generous support of the following sponsors: Creative Communities NZ, Lions Club of Fairlie, Musterer's High Country Accommodation, Mackenzie District Council, Heartlands Fairlie Resource Centre and Borrow Bags, Fairlie 4 Square, JR's General Store and Carnegie's Old Library Restaurant – thank you so much. 22 children completed the programme and 15 children and their parents were able to attend the finale party last Friday. Well-known New Zealand children's book author and illustrator Gavin Bishop came from Christchurch to present the children with their certificates and talk to the audience about his writing and illustrating. Gavin was highly engaging and the children were enthralled by his presentation.

The Lit Nits informal book group is meeting at the library on Thursday 7th February, 5.00-6.30 pm. New and existing members are all welcome to discuss their holiday reads and recommend books to others.

A busy year is planned for the library with Stepping Up courses for digital skills starting up again in February, school visits/support and offering a new South Island consortium e-book/e-audio platform (Overdrive) as well as all our usual services.

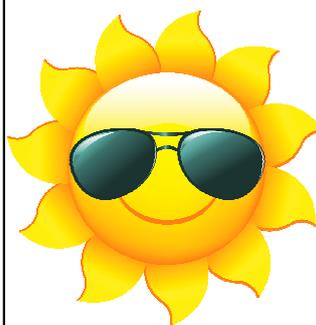


Coming Soon – Erebus: The Story of a Ship by Michael Palin

In this major new work, Michael Palin brings to life the world and voyages of HMS Erebus, from its construction in the naval dockyards of Pembroke, to the part it played in Ross's Antarctic expedition of 1839-43. Palin explores the lives of the men who shared its journeys and describes what life on board was like for them.

To help tell the story, Palin travelled to various locations across the world to search for local information, and to experience at first hand the terrain and the conditions that would have confronted the Erebus and her crew. Illustrated with maps, paintings and engravings, this is a wonderfully evocative and epic account, written by a master explorer and storyteller.

*I am not a great cook, I am not a great artist,
but I love art and I love food
... so I am the perfect traveller.
Michael Palin*



Heat can cause adverse health effects even at temperatures lower than the conditions required for a heatwave. It is therefore important that everyone is aware of the health risks of heat and can take actions to protect their own health and the health of others during all periods of warmer weather.

Effects of heat on health- During warmer weather, the body regulates temperature by producing sweat that evaporates and cools the body. However, when a combination of high heat and high humidity occurs, the evaporation slows and the body must work harder to maintain a normal temperature. This extra work can stress the body and lead to illness and possibly death.

The main causes of illness and death during periods of high heat are related to cardiac conditions and to asthma and respiratory illness. Specifically, the cardiovascular system can experience stress from increased pumping of blood to the skin to cool the body, while higher levels of air pollution exacerbate respiratory symptoms. Exposure to excessive heat also can cause:

- heat rash – due to excessive sweating
- sunburn – overexposure to UV radiation
- heat cramps – due to low salt levels in the muscles from dehydration; heat cramps are often the first sign the body is struggling to deal with heat
- heat exhaustion – from dehydration; if left untreated, it may evolve to heatstroke
- heatstroke/sunstroke – failure of the body's thermoregulation mechanism; it can result in cell death, organ failure, brain damage or death.

Protecting your health

Actions that can prevent or mitigate these health effects include staying cool and out of the heat, limiting physical activity, adjusting work practices and drinking plenty of water.

Vulnerable populations - risk factors for heat-related illness include:

- older age – especially those over 65 years of age, or living on their own and socially isolated
- chronic, acute and severe illness – including kidney disease, diabetes, heart conditions, respiratory insufficiency, Parkinson's disease, cancer and severe mental illness.
- pregnant women – who are more susceptible to heat exhaustion and heatstroke, which may in turn lead to an increased risk of birth defects and other reproductive problems.
- young age – with infants vulnerable due to their immature regulation and high level of dependency
- alcohol and/or drug dependence – which is associated with poorer overall health and social isolation.



Newcomers Network - New to town? Want to meet new friends, need some help to settle in? Inquire at Heartlands

ENGLISH LANGUAGE CLASSES in Timaru

Consider travelling to these courses with others from Fairlie. Contact Kylie Murphy and we will get a car load together to travel to Timaru - you can practice your English on the way back to Fairlie! If there is enough interest, I could take a car to the Tuesday morning sessions. Give me a ring, I'm sure we can help you at Heartlands Fairlie Resource Centre 685 8496.

.....
STARTS 05 FEBRUARY 8 week term

Tuesday mornings only 9.00 am-12.00 pm. These classes are informal and flexible and the emphasis is on conversational English

Fee \$50 residents, non-resident \$80

.....
EVENING CLASS 05 FEBRUARY 8 week term

Intermediate + level 6.30-8.30 p.m.

Fee \$50 residents, non-resident \$80

ENGLISH FOR EMPLOYEES

45 hours - Evenings 2.5 hours

Free part-time flexible programme for NZ residents

.....
Individual assistance is available with voluntary tutors.

There is no fee for one-to-one tuition.

This help is **FREE!** **CONFIRM YOUR PLACE.**

*There was an owl, sat in an oak
The more he saw the less he spoke
The less he spoke, the more he heard
Wasn't he a wise old bird!*



RETURN REMINDER!

Please return Borrow Bags to participating retailers.

COMMUNITY REGULAR EVENTS

MONDAY	Toy Library Playgroup The Combined Club of Mackenzie Yoga Fairlie Garden Club Line Dancing
TUESDAY	Music and Movement Senior Exercise Classes Patchwork Group Fairlie Bowling Club - Cracker Jacks Fairlie Ladies Golf Pilates Mackenzie Swimming Club Spur Road Challenge
WEDNESDAY	Silver Beats Marching Mackenzie Highland Pipe Band Newcomers and Locals Coffee Crawl Fairlie Dinner Group Pilates Yoga Gentle Aqua Exercise Fairlie Twilight Ambrose Golf
THURSDAY	Tai Chi Ukulele Fairlie Flukes Mackenzie College Netball Tiki Tours
FRIDAY	Senior Exercise Classes Plunket Coffee Group Pilates Yoga Fairlie Indoor Bowling Spur Road Challenge

For more information on the above events or if you would like your event listed, please contact Heartlands Fairlie Resource Centre 685 8496

Multi Cultural



WAITANGI DAY
6th February 2019
10am - 2pm
East Street, Ashburton

The Multi Cultural Bite is a celebration of cultural diversity in the Ashburton District. The festival is about sharing and experiencing different food, culture and performing arts.

Ashburton's main street is transformed into a pedestrian walkway featuring stalls where you can eat foods from around the world.

Come along, bring the family and try something new.



www.facebook.com/AshburtonMCB/

ECO ETHEL

It is confusing to know what is a recyclable dishcloth! Especially with words such as polyester, polyamide or polymers. At times, when marketing dishcloths, it is said to be "recycled" however, it should be more accurately said to be downcycled. Aside from the environmental issues associated with creating "plastic" compounds, these materials are not readily degradable and will be with us for some time to come.



A **dishcloth** is used in the kitchen to clean dishes and other surfaces. Dishcloths are often left damp and provide a breeding ground for bacteria. Not all dishcloths are compostable. I always stick with my Great Aunt Daisy's idea - knitting her own dishcloths from cotton. Cotton knitted dishcloths can be purchased at Heartlands Fairlie Resource Centre \$3 (or 2 for \$5). If you are wanting to be creative, get in touch and we can set you up with cotton, knitting needles and even some tutoring if needed!

Mackenzie Community Development - Fairlie

Kylie Murphy - 685 8496
mackenziecommunity@xtra.co.nz



"The greatest threat to our planet is the belief that someone else will save it." - Robert Swan.

There are so many easy things we can do to reduce waste and it is so important that we do. Pick something small and easy to get going and you will be surprised at how easy the next step is. Now that plastic shopping bags are gone, take along reusable net fruit and vege bags to the supermarket. Choose products with less packaging, or at least recyclable packaging. Use a lunchbox with separate compartments to avoid the need for wrapping sandwiches in Gladwrap. Get a compost bin, make food for your garden and avoid sending so much to landfill. Make a small start and see where you go.

Grow A Bunch

Well done to the families who entered the Grow a Bunch Challenge last month. Growing vegetables in contained spaces is an easy way to experience the flavor and freshness of home-grown vegetables. Here's a little-known secret - most vegetables grow really well in contained spaces. By picking the right plants, you can create your own vegetable container garden and grow a fair amount of food in just a few pots! Very impressive plants were grown by Magnus, Poppy, Olivia, James, Johnny, Abi, Hunter, Harry, Lucas, Bella and Ava ... and in our photo is Courtney, Callum, Tayla and Ben. Well done!



CAR BOOT SALE

Fairlie Village Green
Saturday 23rd February at 9.00 am
Time to declutter!

Register at Heartlands for a free site.
Great opportunity for fundraising!

Good wishes go with our local uke stars, Maryanne and Debra!

We send our good wishes to Maryanne Ward and Debra Tipa as they head south to take part in the LAUDER UKULELE FESTIVAL Waitangi Weekend 1-4th February. What a fabulous time of song and music and what superb a representation from Fairlie!

Go safely and enjoy!

Why you shouldn't wait until retirement to travel



Aged Home Visiting in Fairlie-Albury-Kimbell

Heartlands tries to visit all our older folk, and to do this we need help! We need names of new folk to the area and those who might like a little cheer now and then! Please contact us and let us know and if you want your name added – ring us 685 8496.

Heartlands has invited Erin Geary to do part of the home visiting, so you will know who she is when she calls! Erin will leave her contact details in case you have a little job that needs doing, that she can sort for you.

CAUSES OF FALLS

1 IN 3 OLDER ADULTS FALL EACH YEAR!

Medication - Many drugs (ie sedatives, anti-depressants, painkillers) can reduce mental alertness, affect balance and gait and cause drops in systolic blood pressure while standing. Mixing certain medications increases these effects, causing falls.

Solution - Check with your doctor or have a home care professional carefully monitor medications and interactions. Plan your day accordingly.

February Activities for Retired and Older Folk (all welcome – both sexes)

7th Cooking up a Storm! 10.00 am

For yourself and to deliver to others! An invite also to those wanting to learn to bottle fruit! St Pat's Hall

14th Valentine's Day 2.00 pm

Afternoon Tea in Mc Lean's Park BYO camp seat please. Can drive in to the picnic. Afternoon tea provided!

19th Movie in Fairlie 1.30 pm

Mackenzie Community Theatre 'St Vincent' Afternoon tea \$5. Will take a van to town when 'Collette' is released!

21st Cooking 10.00 am

Come join some of our great older cooks and learn how to make pickle and relish - St Pat's Hall.

28th Tiki Tour to Mid Canterbury

Exploring back roads! Please ensure you are on our txt or phone list! All most welcome.

CARING FOR THE CARERS

Alzheimer's and Dementia Support Group – For Carers Only

Heartlands Fairlie is hosting an afternoon tea for those who give care and support to those with Alzheimers and dementia. The purpose of this support group is for these good folk, the carers, to get together and have a chat and gain information to help them get by. The afternoon tea will be at Heartlands at 2 pm on Tuesday 26th February.

Fairlie Exercise Classes on Fridays

10 am St Columba Hall

Easy, low impact, good company!

Please call Kylie 0210 837 5775 or Heartlands Resource Centre



Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!

The men who live on their own were invited by Peter Foote to have a meal at the Red Stag Restaurant. Their response to this concept was very enthusiastic and they now plan to meet for a dine out meal twice a year.

Living alone can be very lonely and the support of others in the same situation is uplifting. Please contact Peter if you are interested in joining the group 685 8039.





BUILDING WARRANT OF FITNESS RENEWAL OBLIGATIONS

SIMILAR TO THE WOF ON A VEHICLE IT IS ALSO CRITICAL FOR BUILDINGS THAT HAVE SPECIFIED SYSTEMS TO BE MAINTAINED AND CHECKED BY THE APPROPRIATE INDEPENDENTLY QUALIFIED PERSON (IQP).

Failing to do this can lead to all sorts of legal and invalid insurance issues. Other concerns are, building consents that have not received a Code Compliance Certificate (CCC) and operate on an invalid Certificate of Public Use (CPU).

OWNERS OBLIGATIONS

- Section 101 of the Building Act provides that the owner of a building for which a compliance schedule is required under section 100 must obtain a compliance schedule. Failure to do so is an offence carrying a fine of up to \$20,000 and a further \$2,000 for every day the offence is continued. The owner is responsible for being aware of any specified system installed in their building and ensuring it is listed on a compliance schedule. Owners of a building for which a compliance schedule has been issued also have a responsibility to ensure:
- Each of the specified systems are performing and will continue to perform to the performance standards for that system.
- They provide the territorial authority with an annual BWOFF on the anniversary of the issue of the compliance schedule, accompanied by form 12a(s) form an IQP for each specified system and any recommendations to amend the compliance schedule by an IQP.
- The compliance schedule is kept at the place stated on the schedule and agreed to by the owner and the territorial authority.
- The compliance schedule is available for inspection by any person or organisation with the right to inspect the building under any act.
- For the first 12 months after the compliance schedule is issued, a compliance schedule statement is displayed in a public place within the building and thereafter the BWOFF shall be displayed in a public place.
- They obtain annual written reports relating to the inspection, maintenance and reporting procedures of the compliance schedule signed by the IQP.
- They keep the annual written reports together with the compliance schedule for a period of 2 years and produce these reports when required by the territorial authority or person/organisation that has the right to inspect the building.

Please contact the Mackenzie District Council for further advice on 03 685-9010

www.mackenzie.govt.nz

Church Services

MACKENZIE COOPERATING CHURCH

www.mackenziechurch.org.nz

*"To worship is to experience Reality, to touch life.
It is to know, to feel, to experience the resurrected Christ
in the midst of the gathered community."*

- Richard J. Foster

WORSHIP TIMES

St Stephen's, Eucharist (Communion)

8.30am First Sunday of each month

St Columba Sunday Worship

10.00am Sunday Morning

The Church of the Good Shepherd, Eucharist

4.00pm Sunday Afternoon

Kid's Sunday 10am

1st and 3rd Sunday each month at St Columba (School Term)

MINISTER: Andrew McDonald

OFFICE: 685 8389 **VICARAGE:** 685 6124

www.anglicanlife.org.nz

www.presbyterian.org.nz

Evangelical Presbyterian Church

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(Grace Presbyterian Church of New Zealand)

www.gracepresbyterian.org.nz

Mackenzie Catholic Parish

Sunday Vigil Mass - 6pm every Saturday in Twizel

Sunday Mass - 9.30am every Sunday in Fairlie

Last Sunday of every month

Mass at the Church of the Good Shepherd

in Tekapo at 6pm

St Patrick's Church, 7 Gall St, Fairlie Tel: 685 8148

Public Notice



MACKENZIE DISTRICT COUNCIL

Mackenzie District Council contractor will be conducting smoke testing of the Sewer system in Fairlie over the next few weeks. This is to identify possible ingress of storm water into the system which creates an issue every time it rains. Access to each property will be necessary so if you have dogs or locked gate please contact Whitestone and make the appropriate arrangements. Your cooperation is much appreciated.

Geoff Horler - Utilities Manager

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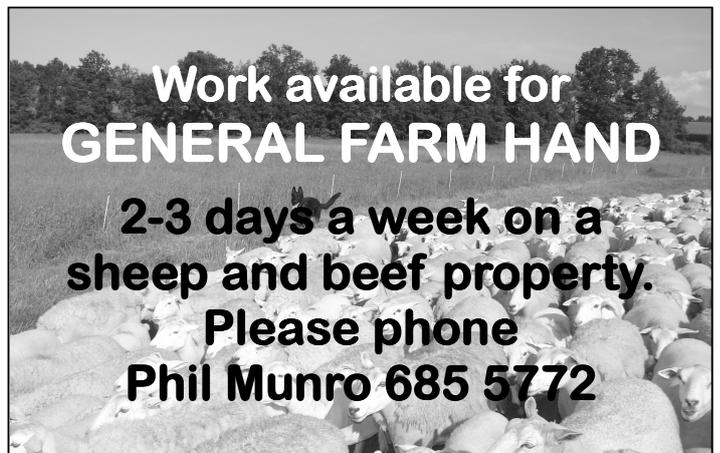
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The Fairlie Accessible 2019 - We need you!

We hope you enjoy reading our Fairlie Accessible as much as we enjoy providing it! We do rely on you, the community, to contribute to this publication - it makes it so interesting for our readers. 1,200 copies are distributed district wide and it's available on the Fairlie NZ website in colour - it's worth checking out! We welcome reports and pictures of what you've got going on and we love hearing about success stories, personal challenges, new ventures, professional advice - don't be shy about sharing!

If you have an idea for an article, please get in touch. Ring Heartlands or email accessible@xtra.co.nz

On any normal day, we know that living and working rurally can be a challenge.

We also know that sometimes things can get a bit too much. If this is how you are feeling, or you are concerned for a family member or friend, call (0800 787254) for a free, confidential chat.

If more than a cup of tea and a yarn is needed, we can connect with the professionals who can provide further support, including **farming or business advice, financial information, health, mental health and counselling services.**

The trusts cover all aspects of rural agribusiness; dry stock, dairy, cropping, horticulture, forestry, poultry, and rural contracting. **We support all rural people - owners, managers, staff, and contractors.**

In a natural disaster, such as a storm or flood, your [local Rural Support Trust](#) is right here alongside you, working with Civil Defence, government and emergency services on behalf of our rural communities.

Most Trusts have facilitators trained in mental wellness support and many also run workshops for Rural Professionals. Get in touch and ask about [Good Yarn workshops](#) in your area.

We can talk over the phone or come to you for a free and confidential chat, anytime, anywhere.

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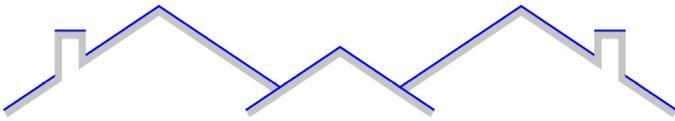
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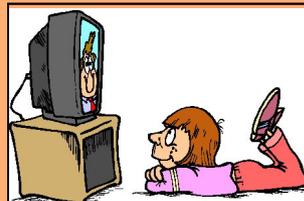
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 Te Tari Taake

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Heartlands Resource Centre
 Main Street, Fairlie 10 am-12.30 pm
 03 685 8496 for an appointment www.ird.govt.nz

Appointment essential - only travel to Fairlie for appointments

JUSTICES OF THE PEACE - LAKE TEKAPO

Steve Howes (021) 801 216
 Bruce Martin (03) 680 6537
 Graham Murray (03) 680 6780

Please do not sign any documents before you see the JP. Please take the originals and copies of documents that you want verified.



MACKENZIE DISTRICT ARCHIVE
 Working to preserve documents, photos, etc from the past for the future!

Helen Beattie 685 6298 Rosemary Moran 685 8289
 Maria Evans 027 289 5323

HOPE FOR ALL

Anyone is welcome to come along and explore this message of **HOPE** at an informal, mixed age discussion group.

Tuesdays at 10.00 am
 103 School Road, Fairlie - Jodi Payne 685 8181

Wednesdays at 7.30 pm
 Peter and Chrissie Bell 685 8415

www.hopeproject.co.nz and www.10daychallenge.co.nz

The Gladstone Hotel

Your 'LOCAL'
Main Street, Fairlie
Tel: 03 685 8140
gladstonethelocal@xtra.co.nz



Meals | Takeaways | Accommodation

Garden Bar | Courtesy Van Available



- NZ Post Shop & RD 14 Rural Delivery
- McKeown Petroleum 24/7 Card Fuel
- Open 7 Days
- Supporters of the Fairlie Accessible

FAIRLIE - ALBURY - CAVE - LAKE TEKAPO

What's Happening

January

- 29 Fairlie Kyokushin Karate St Columba Hall 5.30 pm
- 30 Operatunity, Timaru "Luck of the Irish" Book at Heartlands
- 30 Albury Water Supply AGM Albury Hall 7.30 pm
- 31 Tiki Tour - Back Roads to Waimate.

February

- 3 Pacers Triathlon & Duathlon 10 am start Timaru
- 4 Line Dancing St Columba Hall 1 pm
- 6 **New Zealand Waitangi Day**
- 6 Multi-Cultural Day Ashburton 10 am - 2 pm
- 7 Cooking up a storm St Pat's Hall 10 am
- 7 Informal book group meet Mackenzie Library 5-6.30 pm
- 12 "yogawell" Community Hall Lake Tekapo 9.15 am
- 14 "yogawell" Arohata Yoga Studio Fairlie 9.30 am
- 14 Valentine's Day Afternoon Tea McLean's Park

Orari Temuka Opihi Pareora Water Zone Committee

Lagoon lures funding to protect threatened species

A significant whitebait spawning site and habitat for threatened plant and bird species is receiving a helping hand thanks to a local landowner and the OTOP Water Zone Committee.

Milford Lagoon, near the Opihi River, is a large coastal lagoon along the South Canterbury coast that has significant cultural and biodiversity value.

The support from the zone committee's Immediate Steps fund will help protect the habitat by controlling predators, planting native plant species, clearing weeds and

removing willows in the lagoon and its wetland margins.

Protecting and enhancing coastal lagoons and wetlands that will have a long-term benefit in the zone is a priority for the water zone committee.

If you have a local biodiversity project that could benefit from funding support or want to learn more about caring for our environment visit www.ecan.govt.nz/biodiversity.

The Milford Lagoon is on the north side of the Opihi River mouth.

The Orari Temuka Opihi Pareora Water Zone Committee is a community led committee supported by councils.

[fb.com/canterburywater](https://www.facebook.com/canterburywater)



Next Closing Date - Friday 8 February

Email: accessible@xtra.co.nz Phone: Heartlands 03 685 8496 Editor: Anne Thomson Collator: Janine Walker

Read the Fairlie Accessible online in COLOUR www.fairlienz.com/community

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