

THE FAIRLIE ACCESSIBLE

ISSUE 19-16

Delivered FREE to residents of Albury • Fairlie • Lake Tekapo and Districts

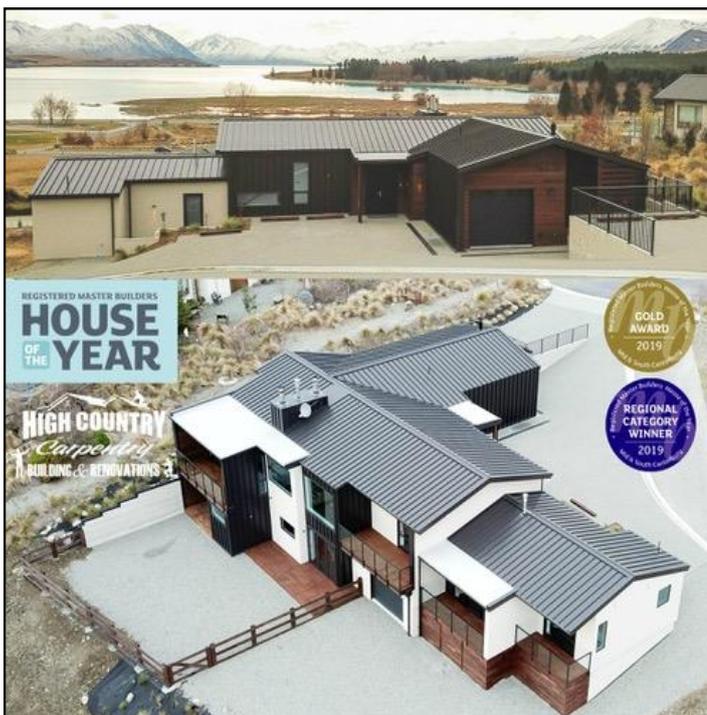
14 AUGUST 2019

The High Country Carpentry team had a wonderful night at the recent Mid and SC Registered Master Builders House of the Year Awards, held in Timaru.



The team had two entries in this year's competition, and came away with six awards.

Their Lake Tekapo entry, the luxurious Ranginui B&B, owned by Ann-Maree Grant and Sab Lord, was beautifully designed by Nic Zuppich, and took home a Gold Award and Category win! This multi-level architectural residence was designed as a high-end three bedroom retreat, with attached three bedroom living quarters for the hosts. Five bathrooms and three open-plan living areas round out the 381sqm plan, and it is well positioned for views across Lake Tekapo to the snow-capped mountains.



Their Pioneer Log Home entry, built on the banks of the Clutha River near Tarras, took home the Gold Award, Category win, Lifestyle Award for Interior Design, and the highly coveted Craftsmanship Award! Occupying a spacious 550sqm, the home has five bedrooms, three bathrooms and three living spaces including a billiard room. The log shell, built from sustainably milled, untreated Western Red Cedar logs, was constructed in British Columbia, Canada and imported to New Zealand. It was then assembled by crane on top of a prepared concrete slab, and finished by the Carpentry team, a task taking 18 months to complete.

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Polly's Patchwork

www.pollyspatchwork.co.nz

Recently opened by Rebecca Kerr on Sunday 23rd June, Polly's stocks a range of sewing, patchwork, cross stitch, crafts, fabric items and more.



The store is located in Bobby Square, right beside Rebecca's other store, Mint.

The store is for everyone to visit and they welcome people of all ages to pop in and say hi. Even if you've never done any crafty projects before, the staff can help you and get you sorted for a winter project!

Their aim, in time, is to increase their online store and have a focus on their instore service by providing more, and possibly having classes for patchwork in the near future.

This is something they look forward to doing.

The store has seen great success so far with huge support from locals. They have also opened online at www.pollyspatchwork.co.nz where all items are open for purchase. This has been a great success with customers from all over New Zealand using this service.

We are open 7 days currently, from 10 am - 4 pm.

The judges said: "The rustic and organic nature and imagery of the house is deceiving, as the technology, engineering and construction detail that went into the construction is incredibly innovative. This home displays a high attention to detail, and the logs are just the start of the overall skill and workmanship that went into this successful build."

Lain, Heather and the team thank the many local sub contractors who have helped them on these builds, and now wait to see if they qualify for the National Awards in Auckland later in the year.

St Joseph's School Fairlie,
With the local support of PGG Wrightson
invites entries for the



Sale of Plant, Machinery & Supplementary Feed

Friday 16th August 2019, 1pm - Clayton Road, follow the signs!
Gates Open 10am




Daffodil Day Breakfast

Sunday 25th August 9 - 11 am
Kindly hosted by *eat café bar*
Ticket Price \$25.00
Please purchase tickets from
Heartlands Fairlie Pharmacy Divine Hair

*Supporting Fairlie's Cancer Support Group.
All funds raised stay in Fairlie.*




New Winter Hours

Starting on Saturday
17th August

Kitchen Hours
10 am-8.00 pm daily
(closed Monday and
Tuesday evenings)

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)



Fairlie Federated Farmers

Annual General Meeting
Thursday 15th August 5.00 pm
Fairlie Golf Club

Various topics for discussion
Haidee McCabe in attendance to talk on water issues
Miles Anderson to discuss meat and wool
Everyone welcome



We are reopening for Cafe style lunch on Wednesday 28th August

Wednesday - Sunday, 11:30am - 2pm
or by prior arrangement



One **FREE** regular Tea or Coffee everyday!!

* No purchase required



Fathers Day Special!!! Fathers eat HALF PRICE!!

Sunday 1st September 2019

11:30am - 2pm or 5:30pm - Close
Bookings preferred :) 03-685-8058



One **FREE** regular Tea or Coffee everyday!!

* No purchase required

Sports Clubs



Congratulations to the Under 14.5 team making the final to play against Roncalli this Saturday at Alpine Energy Stadium at 11.15 am.
Come along and support the boys to bring the cup home!

All Star Equestrian

Pip Thompson 0211059720

<p>All weather dressage arena, show jumps, round yard, stables and paddocks. Short or long term livery and grazing available.</p>	<p>Coaching, schooling, lunging and rehabilitation. Professional care and advice.</p>
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Fairlie Community Vehicle Trust
ANNUAL GENERAL MEETING
MONDAY 23 SEPTEMBER 2019 7 PM
HEARTLANDS FAIRLIE RESOURCE CENTRE

The Fairlie Accessible would love to hear from you! Please share our community's success stories, let us know of special events, special occasions and the achievements of our amazing people! We rely on contributions and welcome articles and pictures from you - email accessible@xtra.co.nz

THANKS!

Albury Inn

*** GRAEME'S SPECIAL ***

*** CHICKEN SCHNITZEL ***

Winter Hours (not open Thursdays)
Fri-Sat open from 4.00 pm
Sunday open from midday
Phone 685 5910

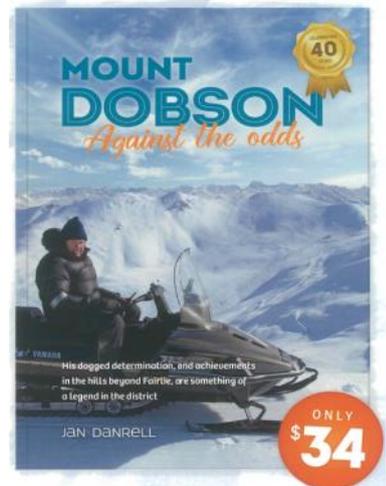


Mt Dobson - Against the Odds

Mt Dobson Ski Area is celebrating it's 40th Anniversary in September and a special highlight is the release of the book "Mt Dobson - Against the Odds".

Author Jan Danrell and our very own legend, Peter Foote, are pictured above, celebrating the book's release.

This book can be purchased up the mountain, at the Fairlie Ski Shack or at the Heartlands Fairlie Resource Centre.



The Ski School team at Mt Dobson Ski Area:
Kiwi - Steve, Sam - USA, Ella - Sweden, Zac - Canada,
Aurelien - France and Fabi - Germany.



RUN JUMP THROW is coming to Fairlie. The equipment has arrived and plans are in place. The SC Athletics Club are initiating and supporting the provision of Athletics NZ Run Jump Throw (RJT) programme to keen and eager 6–9 year olds in the Fairlie area.

To enable this programme to run in Fairlie we need a willing group of local adults to complete some basic training and work together to facilitate the fun and active one hour sessions.

The **Facilitator Training** workshop is being offered on **Sunday 25th August 2019 10.00 am to 2.00 pm** at the **Mackenzie College Gym**.
(Bring a bite of lunch)

This will include some basic theory and coaching tips, followed by practice using the equipment and your imagination to plan and run the RJT sessions.

Facilitator training is suitable for parents, teachers, previous athletes, and senior high school students capable of managing and guiding this age group. No previous coaching experience required. The Club will provide on going mentoring and support. Sadly, no facilitators – no RJT programme so please come and have a go!

The 8–10 sessions have been booked to run on Tuesdays after school beginning on **Tuesday 3 September 2019 (3.30 pm – approx. 4.30/5.00 pm)**.

Gather at the College Gym.

- ⇒ **To register for the facilitator training**
Please provide your name, and best contact number to scathleticsclub@gmail.com, and/or
- ⇒ **To register your child/ren**
Please provide your child/ren's name and age and their adult's best contact number to:
scathleticsclub@gmail.com

If you would like to chat or need some more information, please phone Jenny on **03 614 7456** or **027 415 0402**.

Slink Skins

Farmers! The Mackenzie Rugby Club is offering a pick up from your farm for all your casualty young stock losses - calves and lambs. For collection phone - **Peter 027 724 1883**



ST JOSEPH'S SCHOOL FUNDRAISER

Father's Day Fun Golf

SUNDAY 1ST SEPTEMBER
HAM MUSTER 11:30 TEE OFF

Teams of 4 ambrose
\$20 per person
Target greens
Cash bbq
Fairlie Golf Course

Great prizes, come and have some fun!
Entries to Kelly Cassie
0274 749 221

Mackenzie Old Girls Netball Update

The Mackenzie Old Girls Netball team have had 11 wins and 2 losses over the season with one more game to play in the final round against Craighead on the 14th August. Table standings at this stage: 1st - Craighead 21 points, 2nd - Mackenzie 21 points, 3rd - Old Boys 20 points, 4th - Pleasant Point 12 points. Semi-finals will be played on the 21st August with the top two teams playing off in the final on the 28th August.

Thanks for your continued support and to the following sponsors:

Barwoods, Cassie Plumbing & Gas, Farmlands, Fairlie Bakehouse, Cab Projects, Challenge Tekapo, Queen Bee Laundry, Dobson Contracting, Greenwood Pastures, RTO Construction, Quentin Hix Legal, Les & Wendy Blacklock, J Rowland, P Wardle, Thomas No Tillage.



Health and Fitness

The Aoraki Foundation, a charitable trust, hopes to launch a Women's Fund aimed at "supporting projects that help and empower women and girls to reach their full potential and achieve the best outcomes".

The idea for the initiative stemmed from a white paper produced by the National Council of Women of NZ which showed 20 per cent of female secondary school students experience sexual harassment, a quarter of women run solo-parent households and one third of women experience domestic violence in their lifetime.

A similar fund was launched in the Auckland branch of the Foundation's network last year and has so far donated to projects including Puketapapa Community Driving School, who help women, youth and migrants obtain a driving licence; feminist groups; and The Aunties, who support women/children who are victims of domestic violence.

The Aoraki Foundation has been running since 2009 and invests money donated by South Canterbury people and businesses who want to "give where they live", distributing 100 per cent of income to local causes and charities.

Aoraki Foundation Trustee Lesley Roy, will be hosting a presentation in Fairlie on Wednesday 21st August at 5.30 pm to speak about establishing a similar fund in South Canterbury.

ADVANCING SOUTH CANTERBURY
FOR NOW. FOREVER



+ Women's Fund

<https://aucklandfoundation.org.nz/womens-fund>

Welcome/Guest speaker:

Mackenzie Mayor Graham Smith to open the evening followed by Lesley Roy

When & where:

Date: Wednesday 21st August 2019

Time: 5.30 pm

Where: The Little Red Fox, Fairlie

Drinks and Nibbles provided

RSVP: Monday 19th August 2019

Leah Bradley, Executive Officer

Email: admin@aorakifoundation.co.nz

Call: (03) 687 7363 or 021 905 402

Community Foundations throughout New Zealand, including the Aoraki Foundation in South Canterbury, have collectively distributed over \$17.5 million into their communities over the last five years.

The Auckland Foundation have established the Women's Fund, which now has more than 60 members and which made its first grants in September 2018 to celebrate the spirit of New Zealand's suffragists.

Lesley Roy, Trustee of Aoraki Foundation will be hosting a presentation in Fairlie to share the story behind the establishment of the Women's Fund, and why giving for women is different to men, and the benefits to our local community.

This is not a fund raising request; we are interested in your thoughts on whether there is value in establishing a similar fund in our local community.

We invite you to come along and listen to Lesley and in doing so provide us with feedback on the relevance and importance of a Women's Fund for South Canterbury.

Fairlie's Health Week

16-20 September *(Save the Dates!)*

Check out the programme which is to be included in the next Fairlie Accessible - please contact Kylie at Heartlands Fairlie 685 8496 or mackenziecommunity@xtra.co.nz

HOW TO STAY
HEALTHY
WHEN LIFE GETS BUSY

FORREST GUMP'S PASSWORD? I FORREST!

ActiveHealth
More than just great physios
PHYSIO
Tuesdays & Thursdays from 7.30
Fairlie Medical Centre
www.activehealth.nz 03 683 1122

"Know that you are the perfect age - each year is special and precious for you shall only live it once.

Louise Hay

Over 60?

7 reasons why you should read every day

Every day we hear about new ways we should be looking after our body and physical health, but what about the most important "muscle" of them all? The brain needs to be taken care of just as much as the rest of the body, and reading is a fantastic (and fun!) way to do so. Let's take a look at some of the benefits daily reading can have on your health.

Mental stimulation – just as it's important to work out your muscles, it's essential to exercise your brain, too. Studies have shown that mentally stimulating activities like reading can delay and even prevent the onset of Alzheimer's disease.

Relaxation – life can be stressful, so we all need to find a way to unwind at the end of a busy day. A good read can make you completely forget about your troubles and immerse yourself in another world. Education – even non-educational books have something to teach you, whether it's about friendship, love or life itself. You never know when what you've read in a book might come in handy! People who are well-read tend to be well-spoken, too, and have a larger vocabulary.

Improved memory – this one becomes more useful the older we get. Ever walk into a room only to forget why you went there? Each time you make a new memory from a book, your recall ability is strengthened.

Better analytical skills – are you one of those people who can guess the ending of a mystery novel early on? We're betting you're an avid reader. Book lovers tend to have better analytical and problem-solving skills than non-readers.

Greater focus – the modern world is full of distractions, but people who read tend to be better at blocking out all the noise and concentrating on the task at hand. Try reading before work and you'll find you're much more focused.

Improved writing ability – they say readers make the best writers, and it's not hard to tell why. Thanks to your aforementioned expanded vocabulary, you'll be much better at stringing together coherent and poignant thoughts.

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Tiki Tours

Thursday 29th August

- Timaru Back Roads
(sightseeing and time to shop)

Wednesday 4th September

- Iconic Kiwis (Operatunity)

Thursday 26th September (full day trip)

- Around the Lakes

Wednesday 16th October

- Three Tenors (Operatunity)

Thursday 24th October

- 'Spring, Spring, Hey Ho it's Spring!'

Thursday 14th November

- Oamaru, Kakanui, Moeraki and return

Thursday 21st November

- Magical Mystery Tour - 1.00-5.00 pm



Movie Group – for the more senior members of our community

Join our Fairlie Movie Group by sending your txt number and your name to 027 285 8824 and we will let you

know what movies we are going to in Timaru or Geraldine, plus the screenings we have planned in Fairlie.



Coming to the area!

9-13 September

Clean up NZ Week – Keep NZ Beautiful!

16-20 September

Health and Wellbeing Week in Fairlie

14-20 October

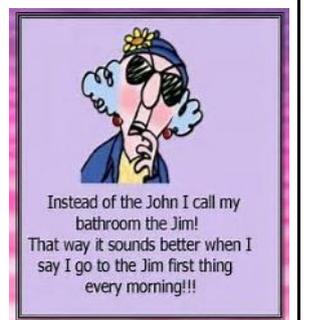
Spring Festival In Fairlie

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 Wider District

Starlight Conference in Tekapo will showcase the Aoraki Mackenzie Dark Sky Reserve for stargazing and astro-tourism

The Aoraki Mackenzie International Dark Sky Reserve board will host the New Zealand Starlight Conference in Tekapo in October. The conference will bring together people engaged with astro-tourism, star-gazing and protecting dark skies for three days of talks by world experts on issues around light pollution and its effects on star-gazers, on the environment and on human health.

The conference will open on the evening of Sunday October 20 in the new Dark Sky Project Building in Tekapo. Over the following three days the venue will be the Tekapo Community Hall. Over 100 participants from New Zealand and around the world are expected.

John Hearnshaw, who chairs the conference organizing committee, said that this will be a very multi-disciplinary event, bringing together astronomers, star-gazers, tourism operators, environmental experts, health professionals and lighting engineers. The conference will be open to anyone interested in these issues in the Mackenzie, and members of the public are very welcome to register as participants at the conference website <https://starlightconference.org>.

An important theme of the conference will be to promote the concept of New Zealand as the world's first dark sky nation, an idea that recognizes the growing momentum of astro-tourism here and the fact that many areas of New Zealand already experience very low levels of artificial light pollution at night compared with much of the developed world. About a dozen communities in New Zealand aspire to gain accreditation as dark sky places from the International Dark Sky Association (IDA) in Tucson, Arizona, thus following the lead taken by Aoraki Mackenzie in promoting dark skies and astro-tourism. Most of these aspiring dark sky communities will be represented at the conference and learn more about the IDA and its dark sky accreditation programme from the IDA CEO, Ruskin Hartley, who will be a keynote speaker.

A public talk will be offered on the evening of Monday October 21 at 7:30 pm in the Tekapo Community Hall by Maori astronomy expert Professor Rangī Matamua from Waikato University, on the topic of Matariki and Maori celestial navigation. Professor Matamua is one of ten keynote invited speakers expected to contribute to the conference.

... continued



Kaki (Black Stilt) Release

Thursday 8th August was the first time the Department of Conservation's Kaki Recovery Programme have released birds into the Godley Valley since the Te Manahuna Aoraki project started. The extensive predator control established by the project will give these birds the best chance of survival. The 45 birds released at Mount Gerald Station, were raised by The Isaac Conservation and Wildlife Trust in Christchurch. Thanks to George Empson for sending in these photos.



The Starlight Conference will also welcome Babak Tafreshi, one of the world's leading astro-photographers, known for the great beauty of his starscape images. And also we will have Paul Bogard, a creative writer from James Madison University in Virginia, USA, whose book *The End of Night* has become a best seller. He has described how light pollution has robbed city dwellers in the northern hemisphere of any chance to see the stars.

More information about the New Zealand Starlight Conference can be obtained from the conference website at <https://starlightconference.org> or from John Hearnshaw at john.hearnshaw@canterbury.ac.nz.



Let my knowledge & experience of Lake Tekapo Real Estate work for you



Steve Howes
021 801 216
steveh.tekapo@ljh.co.nz
[@ljhtekapo](https://www.facebook.com/ljhtekapo)



Mackenzie Country Real Estate Ltd MREINZ
Licensed Real Estate Agent (REAA 2008)

JUSTICES OF THE PEACE - LAKE TEKAPO

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

Please do not sign any documents before you see the JP. Take the originals and copies of documents that you want verified. Please phone to make an appointment.



Fairlie Primary School News



Fairlie Primary started their winter options programme last week. Students got to choose their activities and will take part in them each Friday for six weeks. The options include drama and musical theatre, lego masters, card and board games, skiing and visiting local farms.



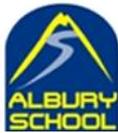
SCHOOLS CALENDAR

Term 3

15 Aug EPro8 Tech Ashburton	St Joseph's
15-21 Aug Yr 11-13 Exams	Mack College
16-22 Aug Yr 10 Exams	Mack College
21 Aug Schools Science Fair	Mack Schools
22 Aug Tekapo Ski Race	
23 Aug Spirit of Gold Mufti Day	St Joseph's
30 Aug Daffodil Day	Mack Schools
8-14 Sep Social Justice Week	St Joseph's
25 Sep School Photos	St Joseph's
27 Sep End of Term 3	

Albury School News

We have had a busy start to the term. Mairie, the Police Education Officer, has been working with the children as part of a unit on **Keeping Ourselves Safe**.



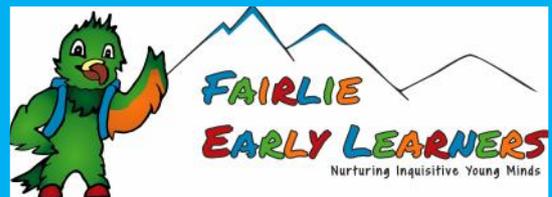
Alongside this, we are running a focus on science. Science Fair experiments throughout the school are well under way in preparation for the Mackenzie District Science Fair in Fairlie on 21st August.

Our Civil Defence evening around our community response to a Civil Emergency, in particular a major earthquake, was very successful. A big thank you to Phill Mackay for his skill in presenting and for spending his personal time with the Albury community.

It was a stunning day for our school skiing at Roundhill last Friday. Children and their families had a wonderful experience. We are fortunate to have this natural resource on our doorstep.



Finally, a very big thank you to the Saturday Second Hand Market who have kindly donated 4 plum trees to add to our school orchard.



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

Nurturing reciprocal and responsive relationships at Fairlie Kindergarten.



Fathers' Evening 2019

“Professional relationships asserts that teaching is not a professional activity that exists in isolation, but that we need to build and foster a range of relationships in the interests of learning and improvement for all involved: with colleagues, with family/whanau, with community.” (NZ Education Council)

Making valuable connections with whānau supports our curriculum priority of whanaungatanga (relationships). Our four year old tamariki enjoy the annual ritual of spending an evening with their father or other special friend at kindergarten and having a fish and chip dinner. It offers an opportunity for fathers to engage with their children in this environment, to meet other families and to informally chat with Kaiako (teachers).

Ngā tamariki performed a welcome waiata (song), the kindergarten mihi (a way to introduce oneself), and a karakia mō te kai (blessing of food).



Lake Tekapo Kindergarten

The teachers and children of Lake Tekapo Kindergarten would like to thank Heartlands and the Saturday Markets for the generous donation which enabled us to buy waterproof trousers for our tamariki.



Our children are 'outdoor kids' and we value the learning opportunities that occur outside. When the mud gets too muddy and the socks get too soggy, we now have some extra layers available to keep the children warm and comfortable. They have been "tested" in the snow and mud and have been given the thumbs up by our tamariki!



Young Writers of the Mackenzie Short Story Competition

Young writers of the Mackenzie are invited to enter our competition with a first prize in each category.

The topic is ...

“My environmental message for the Mackenzie”

The word limit is 400 words.

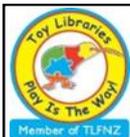
Limited to two entries per person. The name, address and age group of writer must be attached to the manuscript by paper clip.

Entries can be emailed to fairlie@xtra.co.nz or posted to Young Writers of the Mackenzie Competition, c/- Heartlands Fairlie. The closing date is 30th August. Winners in each category will be published in the Fairlie Accessible.

8-10 years 11-13 years
14-16 years 17-18 years

Judges decision is final.

Mackenzie Community Development Project



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)





Join us for a coffee!

10 am – Fairlie Heartlands Resource

11 am – Tekapo Reflections

1.30 pm – Twizel Care Centre



Wednesday 4th September



Katy Houston from Aoraki Migrant Centre will be joining Kylie and Tanya for coffee and we welcome all those new to the areas to come along for a cuppa and say hello Wednesday, 4th September at 10 am.

Community Development Workers

Kylie (Fairlie) and Tanya (Twizel)

Neighbourhood Support New Zealand

Random Acts of Kindness – August 1st to 31st

All it takes is a kind gesture to change someone's day. From paying it forward in line at a cafe to giving flowers to a friend 'just because' - this month we're encouraging our members and supporters to make New Zealand a better place one random act of kindness at a time.

The options for doing so are endless! Being kind doesn't have to cost a thing, after all a smile is free. For those who want to go the extra mile, here's some other ideas: Buy extra kai at the grocery store to donate to a food pantry, help someone with a broken down car or flat tire, bring treats into work for colleagues, send an encouraging text to someone who needs it, let a car into the traffic ahead of you, take a gift over to new neighbours and introduce yourself, write positive messages in chalk on sidewalks around your neighbourhood, or surprise loved ones with a visit.

This month also coincides with World Humanitarian Day on August 19th and Random Acts of Kindness Day (New Zealand) which is on September 1st.

Let us know how you're spreading kindness in your community by tagging us in your posts + using the following hashtag so we can see what you get up to: [#NSNZrandomactsofkindness](https://www.instagram.com/NSNZrandomactsofkindness)

Washing 1 synthetic garment releases 2,000 plastic microfibres that enter the ocean and food chain.

Every second, one truck full of discarded clothes is either burned or ends up in landfill.

Worldwide, 3 out of 5 items of clothing will end up in landfill within a year.

2,700 litres of water are used to make one cotton shirt- this is the equivalent of what one person drinks in 2.5 years.

120 million trees are cut down every year to make our clothes- 30% of rayon and viscose clothing is made from ancient or endangered forests.

The fashion industry contributes to 10% of all greenhouse gases.



0800

559 009

or Heartlands Fairlie Resource Centre 685 8496.

Heartlands is pleased to print off forms or information you may require.



Come and talk to someone from Inland Revenue about....

**Working for Families
Income Tax**

**Tax Credits
Student Loans**

**WE ARE BACK IN FAIRLIE
3 SEPTEMBER 2019**

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

ECO ETHEL

Eco Ethel's friends are becoming more and more overwhelmed these days, reducing waste is a fight being driven mostly by consumers - meanwhile out in the world, industry seems to be doing its best to keep us swimming in trash.



Eco Ethel comforts her friends by saying Recycling is good; using less and using sustainably is better. The "R" words continue to grow with REFUSE, reduce, reuse, recycle, REHOME, REPLANT, ROT...

Don't buy anything at all! Not buying things is tricky when it comes to groceries (where consumption is, well, a matter of life and death), but there are still plenty of items at the supermarket you could quite happily do without. Make your own. Agreed, there are so many factors at play, it can be overwhelming and hard to see what is actually the best choice.

No one said it would be easy to make all these changes, but if every person began right now, little by little, the effect would be enormous. Don't beat yourself up if you aren't doing every single thing mentioned here - the point is to make a start.

Don't ever let someone make you feel you shouldn't bother because you can't yet afford an electric car and there is no public transport near you. Everything you do helps, and the biggest thing you can do is talk about it, to your friends, to your neighbours and importantly, to companies and government officials.

Begin by caring for what you already have, and make it last as long as possible. Those 'single-use' plastics? Use them as many times as you can. Avoid buying things encased in packaging as much as you can, and wherever possible, get the very best products possible - ones that will hopefully see you out after a long and environmentally-friendly life.

Start today and make a difference!

Great Aunt Daisy says "Packaging is driving us nuts at the moment, there are so many things with excess packaging!" Great Auntie says, "With spring only a month away there's plenty to do in the garden." It's time to start preparing and planning for spring planting, including sprouting your seed potatoes to ensure a Christmas harvest. August is also the perfect time for a winter tidy up - clip the hedges, edges and prune a selection of fruit trees.

Mackenzie Community Development - Fairlie

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



RECYCLE FOCUS:

Kiwis have a bad habit of 'wish-cycling': tossing items into the yellow bin that we're not sure really belong there, but do anyway with the far-flung hope that someone at a recycling plant will pick them up off a conveyor belt among thousands of other items, clean them and dispose of them properly on our behalf. It's just not realistic.

RECYCLE MESSAGE from MDC: "The message probably comes down to check for recycling triangle and number, clean and remove lids. Also, to remember that lids and containers can be different materials, so check each and remove lids anyway before putting in the yellow bin."

- **Let's decorate the town for Daffodil Day!**
- **Decorate your shop windows with the theme in keeping with Daffodil Day.**
- **Will be judged that day - 30 August.**
- **Supporting Fairlie's local Cancer Group**



BORROW BAG CONCEPT

Borrow Bag Mackenzie Creative Project for the Mackenzie Community "Our Beautiful Mackenzie"

The concept of Borrow Bags is for bags to be used locally and kept within the District, if you are able to return your bags, that would be awesome.

Otherwise bags can be returned to the bin at the supermarkets in Twizel, Tekapo and Fairlie.

Join us, in thinking of the best ways to help our district to become plastic free.

No, not for visitors – simply because we could never keep up the demand!

The project will go on into the future with your support and which will require more bags to be made by sewing groups in our communities! 7 pm Monday fortnightly at St Patrick's Hall, Gall Street. Check details with Heartlands, Fairlie.

Our Community

Getting through the winter blues!

Some people feel tired more frequently than normal this time of year. If this sounds familiar, you might be dealing with winter tiredness. It's a condition that happens when our bodies increase the output of melatonin in our brains. It is the hormone that makes us feel sleepy, and its production is directly linked to light and darkness. When the sun sets earlier in winter, more melatonin is created and leaves us feeling tired more often.

Try a few of these tips to beat the fatigue and boost energy levels.

Get outdoors

Spending all day inside can really mess up your internal clock. Some people can't avoid it because of work or other reasons. So keep the blinds and curtains open or sit closer to a window. Any exposure to light will be beneficial in fighting off feelings of fatigue.

Increase vitamin D intake

Vitamin D deficiency is common in the winter months. Usually we get enough by being outside in the sunlight throughout the summer. In winter consider tweaking your diet to increase intake of both vitamin D and iron to improve physical energy. Iron is plentiful in dark leafy greens, nuts, lean red meats, lentils, and whole grains. Eggs, fish, and fortified cereals are great sources for vitamin D.

Get some sleep

A solid night's sleep is always a good way to make sure you wake rested and refreshed in the morning. Yet thousands of people nationwide suffer from sleep disorders that make this difficult to accomplish. Still others just simply don't get enough sleep due to their lifestyle or work schedules. A visit to the doctor can help find a solution to sleep problems.

Get moving, keep moving

Regular exercise is a good way to boost your mood during the winter. If you're dealing with winter tiredness, this is probably the last thing you feel like doing. Exercise releases endorphins that leave us feeling more energetic and give us a much-needed lift. Staying active helps us to sleep better at night.

Minimise stress

Stress has been proven to leave an affected person drained and without energy, so the root cause of any excessive stress should be addressed as best as possible. Always try to set aside some time each day to relax. Figure out what works best for you, whether it's watching a movie, reading, listening to music, or something else.

If none of these solutions work, then the fatigue may be a sign of something else. If you're not sure, talk to your doctor.



Shepherd's Pie



A kiwi classic and perfect this time of year! Can't beat the slathering of tom sauce on top!

- | | |
|--------------------------------|---------------------------|
| 500 g Quality Mark lamb mince | 1 onion, finely chopped |
| 2 c vegetable stock | 1 T Worcester sauce |
| 2 T parsley, finely chopped | 1 t thyme, finely chopped |
| 1 carrot, finely chopped | 500 g red kumara |
| 400g chopped tomatoes in juice | 1 c grated cheese |

Preheat oven to 190°C.

Lightly grease a medium sized oven proof dish.

Lamb -

Heat a dash of oil in a large heavy-based saucepan over a medium-high heat. Add the lamb mince and brown, stirring with a wooden spoon to break up the mince as it browns. Remove to a bowl and set aside.

Reduce heat to low, add another dash of oil and add the onion and carrot. Cook for 10 minutes until the onion is soft.

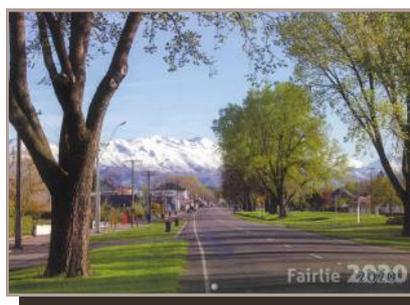
Return lamb to the saucepan with the tomatoes, stock and Worcestershire sauce. Bring just to the boil, then reduce heat, partially cover and cook mince at a gentle simmer for 30 mins, stirring occasionally. Stir through the chopped herbs and season. The mince should be thick but not dry.

Kumara Topping -

Boil kumara in lightly salted water for about 25 mins or until tender. Drain, then using kitchen paper to help you, peel away the skin. Cut kumara in round slices.

To Assemble -

Spoon mince into the greased ovenproof dish and top with the kumara slices. Sprinkle with the grated cheese and place in the oven to cook for 25 mins or until hot and bubbling. Serve with cooked peas.



Fairlie Calendar 2020

On sale \$15 at Heartlands - with all funds raised going to projects in the community.

An advertisement for Real Milk Timaru. It features a black and white cow grazing in a green field next to a large white milk bottle. The text includes: 'Non Homogenised', 'Non Pasteurised', 'Environmentally Friendly', 'Free Range', 'Home Deliveries \$4 PER LITRE', 'Vending Machine \$3 PER LITRE at 22 Fairview Road', and contact information: 'info@realmilktimaru.co.nz 22 Fairview Road, Timaru www.realmilktimaru.co.nz'. A 'REAL MILK TIMARU' logo is also present.

Our Community

SC Rural Support

After 13 years chairing the SC Rural Support Trust, arable farmer David Hewson from St Andrews has decided to step aside. I was privileged to be elected his successor.

Under David's chairmanship, the scope of the Trust has grown and its purpose has evolved. Originally set up to deal with adverse weather events, the Trust has continued to evolve and is now at the forefront of promoting the need for good mental health.

As one of 14 Trusts from around New Zealand, we are linked in to a growing national awareness that in regards to rural mind health, all is not well. Farming can often be stressful, and in times of stress its good that rural people can turn to rural people for help. The Trust has trained co-ordinators who are prepared to travel to where they are needed. We are not counsellors, but rather facilitators, who are able to refer people to the appropriate professionals and to the appropriate organizations. We have strong relationships throughout the province, and also work closely with Civil Defence.

My wife, Maja and I farm sheep and cattle in the Fairlie Basin as well as running an Airbnb. I am a previous Provincial President for South Canterbury Federated Farmers and am currently chairing the Beef and Lamb Environmental Reference Group.

For me taking over the Chairmanship is a huge honour. Working with like-minded people who have strong connections to their communities is very rewarding. As well as being able to respond quickly to any rural crisis, my aim is to continue positioning the Trust to be relevant to the people we serve. We live in a disruptive world where change is constant and the pace of change increasing. Having somewhere to go when it all gets a bit much is very important.



JOHN BISSET/STUFF

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

Fairlie Skate Skooter Park is rolling!



An enthusiastic turnout to last night's community meeting about a proposed skate/skooter park for Fairlie, was delighted to see the final plans and commit to moving forward with the project.

Skate Park Designer Dave North's quote of \$120,000 was tabled and the group, under the chairmanship of Jamie McMurtrie, voted to apply for funds from both Lotteries Community Facilities and the Trust of Mid and South Canterbury, to help fund the remainder of the project.

With \$10,000 in the bank and a promised grant of \$25,000 from the Mackenzie District Council if the project proceeds, the group is hopeful to have gained the necessary funding by early December, with the park due to be started in February!

Further fundraising will be done locally to help pay for landscaping, seating etc. Well done!



Mackenzie District RSA

My name is Ryan Gilbert and I am the President of the Mackenzie District RSA. I served in the New Zealand Army from 2006 to 2016 as a Rifleman with 2/1 Battalion in Burnham Camp, Christchurch. I have served overseas in East Timor and as well as two tours in Afghanistan. I currently work as a teacher at Fire & Safety Training Ltd in Timaru, as well as running my own initiative called Phorge_nz, providing programmes to help people deal with anxiety and depression.

The Mackenzie District RSA is a service for not only veterans, but also our community. Please reach out if you have any questions or you know of anyone who may need any assistance and we will do our best to help you out.



Our Community

WHY ARE KIDS IMPATIENT, BORED, FRIENDLESS AND ENTITLED?

Part 4 in our little series

Some simple ideas to help with parenting! Of course none of us are perfect parents but every little idea does help.



Endless fun!

We have created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again, because otherwise, we feel that we are not doing our parenting duty.

We live in two separate worlds. They have their "fun" world, and we have our "work" world. Why aren't children helping us in the kitchen or with laundry? Why don't they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under "boredom," which is the same "muscle" that is required to be eventually teachable at school.

When they come to school and it is time for handwriting their answer is "I can't. It is too hard. Too boring." Why? Because the workable "muscle" is not getting trained through endless fun. It gets trained through work.

You can make a difference in your child's life by training your child's brain so that your child will successfully function on social, emotional and academic levels. Here is how!

TEACH YOUR CHILD MONOTONOUS WORK FROM EARLY YEARS, AS IT IS THE FOUNDATION FOR FUTURE "WORKABILITY".

Folding laundry, bringing in the firewood, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunchbox, making their bed. Be creative. Initially make it stimulating and fun so that their brain associates the task with something positive! eg: unpacking groceries - get them to count how many involve plastic? What do they think about that? Hanging clothes - get them to hang in colour tones - just a bit different!

Less	More
Junk Food	Real Food
Sitting	Walking
Late Nights	Rest
TV Watching	Reading
Frowning	Smiling
Talking	Listening
Complaining	Encouraging
Negativity	Gratitude
Arguing	Understanding
Worrying	Praying
Taking	Giving

Video: April.com

KEEP THIS DATE FREE!

Meet the Candidates in Fairlie

Wednesday 2nd October 2019, 7.30 pm

Mackenzie Community Theatre

Be informed to make the best choices!

Candidates for Mayoralty, the Mackenzie District Council and Fairlie Community Board plus South Canterbury District Health Board will be invited to attend.

Hosted by Heartlands Fairlie Resource Centre

Police Notebook:

It's been an interesting few days with some fun and games in the snow.



There weren't too many problems reported apart from a few vehicles sliding off the road and fortunately not causing any injury or damage. I'll just remind everyone again to use good defensive driving habits and always drive to the conditions. Don't get complacent when stretches of road appear good again as just around the corner you may strike a shady patch of ice.

A local young lady had a very lucky escape when she tangled with a heavy truck and trailer on the highway near Mt Michael. Her vehicle was extensively damaged beyond repair and a seat belt saved another life.

The Fairlie Ice Skating Club was the target of burglars a few weeks ago. They have caused a lot of unnecessary damage and stolen several items. Taken were the two stereo units used to play music for the skaters along with a green coloured material first aid kit. Some items were also taken to the scene and left behind by the offenders such as, a brown checked Mackenzie district borrow bag (containing a small jigsaw puzzle piece), a claw hammer and a child's spade which is blue with a red handle. If anyone recognises these items or has seen the stolen items anywhere please give me a call. I can be very discreet if you want to remain anonymous.

A strange menacing dog turned up at an address in Albury which gave the family a scare and held them hostage in their house until we could help out. The owner was found in Cave and the Council are following up.

Till next time, stay warm and drive safe.

Russell Halkett, Fairlie Police



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MACKENZIE DISTRICT COUNCIL

Nominations slow for Mackenzie District Council



With just over one week of the four week nomination period remaining, only 1 nomination has been submitted to the Mackenzie District Council Electoral Officer, Anthony Morton to fill the 19 positions currently available.

[Refer http://www.electionz.com/LGENominations/ELT65MK19_candidates.htm for details]

"Most candidates tend to leave lodging their nominations until the last ten days, so the slow start wasn't unexpected. We're expecting a busy last week, so we'd like those intending to stand to submit their nominations as soon as possible to allow time to check the paperwork and correct any problems found" Mr Morton said.

An information handbook and nomination forms are available from the council office or from the Mackenzie District Council website, or by phoning the election helpline number 0800 300 052. To stand, candidates must be over 18, a New Zealand citizen, enrolled as a parliamentary elector and pay a \$200 deposit for each position they want to stand for.

The nomination period closes at midday on Friday 16 August 2019. A list of the confirmed candidates will be advertised as soon as possible following the close of nominations.



Nominations Closing this Friday!

With nominations closing this Friday, the Mackenzie District Council encourages anyone planning on standing to lodge their completed papers as soon as possible.

Nominations close at 12 noon on Friday, 16 August 2019.

Don't leave it until the last minute, as often there are errors or omissions in the nomination papers and if left too late, we may run out of time to sort any issues.

Council website: http://www.mackenzie.govt.nz/Site/elections_2019.aspx

If you have any questions, please phone the Deputy Electoral Officer on 027 808 8154.



 Mackenzie District Council Notice of Meetings	
Tue, 13 August, 9.30 am Fairlie Council Chambers	Full Council Meeting
Fri, 16 August, 9.30 pm Mackenzie Country Inn, Twizel	Upper Waitaki Water Zone Committee
Tue, 27 August, from 9.30 am Fairlie Council Chambers	Forestry Committee meeting Strategy Committee meeting Finance Committee meeting Asset and Services Committee meeting Planning and Regulatory Committee meeting
Mon, 9 September, at 3.00 pm Twizel Events Centre	Twizel Community Board meeting <i>Public forum at 3.00 pm</i>
Wed, 11 September, at 4.00 pm Tekapo Community Hall	Tekapo Community Board meeting <i>Public forum at 4.00 pm</i>
Wed, 11 September, at 10.30 am Twizel Community Care Centre	Pukaki Airport Board meeting
Thu, 12 September, at 4.30 pm Fairlie Council Chambers	Fairlie Community Board meeting <i>Public forum at 4.30 pm</i>
Fri, 20 September, 9.30 pm Mackenzie Country Inn, Twizel	Upper Waitaki Water Zone Committee
Tue, 24 August, 9.30 am Twizel Events Centre	Full Council Meeting Citizenship Ceremony (to be confirmed)
Members of the public are welcome to attend unless the matters discussed are confidential. Agendas are available at www.mackenzie.govt.nz two days before each meeting, or from the Governance Advisor 03 685 9010.	

Church Services

✠ WORSHIP TIMES ✠
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 - C. S. Lewis

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ST COLUMBA - MAIN STREET, FAIRLIE
 10.00 am Sunday Morning

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www.gracepresbyterian.org.nz

Mackenzie Catholic Parish

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Sunday Mass - 9.30am every Sunday in Fairlie

Last Sunday of every month

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 in Tekapo at 6pm

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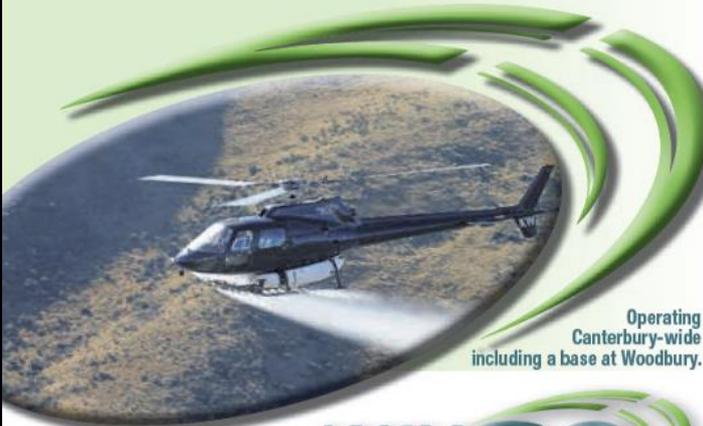
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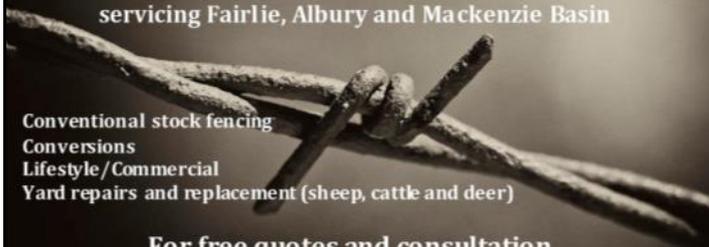
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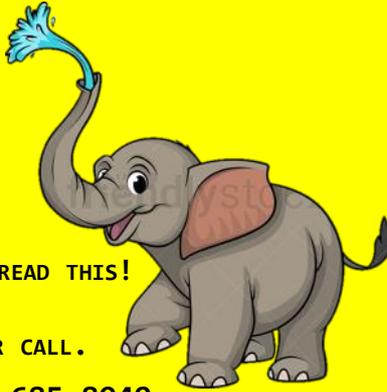
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- Live beneath your means.
- Return everything you borrow.
- Stop blaming other people.
- Admit it when you make mistakes.
- Give clothes not worn to charity.
- Do something nice and try not to get caught.
- Listen more; talk less.
- Every day take a 30min walk.
- Strive for excellence, not perfection.
- Be on time - don't make excuses.
- Don't argue - get organised.
- Be kind to unkind people.
- Let someone cut ahead of you in line.
- Take time to be alone.
- Cultivate good manners - be humble.
- Realise and accept that life isn't fair.
- Know when to keep your mouth shut.
- Go an entire day without criticizing anyone.
- Learn from the past - plan for the future.
- Live in the present.
- Don't sweat the small stuff.
- It's all small stuff.



FAIRLIE - ALBURY - CAVE - LAKE TEKAPO

What's Happening

August

- 15 Fairlie Federated Farmers AGM Fairlie Golf Club 5 pm
- 16 St Joseph's School Spring Clearing Sale Clayton Road 10 am
- 17 Mackenzie Rugby Under 14.5 final vs Roncalli 11.15 am at Alpine Energy Stadium
- 18 SC Pacers Triathlon & Multisport
- 21 Women's Fund Evening Little Red Fox 5.30 pm
- 21 Mackenzie District Science Fair Mackenzie College
- 25 Daffodil Day Breakfast Eat Deli Bar 9-11 am
- 25 Run Jump Throw Workshop College Gym 10-2 pm
- 28 Dinner Group meet Red Stag 6.30 pm
- 29 Tiki Tours – Timaru Back Roads
- 30 Tekapo Community International Pot Luck Community Hall at 5 pm

September

- 1 Father's Day Fun Golf Tee off 11.30 am
- 4 Coffee with Katy (Migrant Centre) Heartlands 10 am
- 4 Operatunity – Iconic Kiwis
- 7 Recycle at your gate
- 9-13 Clean up NZ Week

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