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on the face of men's health -


MOVEMBER®



THE FAIRLIE ACCESSIBLE

ISSUE 19-22

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

6 NOVEMBER 2019



Te Manahuna Kāhui Ako

Education is a strange beast with the language of learning and preconception of learning at times getting in the way of teaching children. One of the difficulties that Schools and Early Childhood Centres face is the articulation of what people already know, based on what we have all experienced. Schools have become incredibly complex spaces and over the past few years, the Schools and Early Childhood Centres in the Mackenzie District have been working together to produce an overarching document for our children.

This document (Te Manahuna), is focussed on achievement and priorities across all of our organisations and ensures that as a collective group, we are communicating and sharing common goals for our Mackenzie children and Staff.

Last week this hard work, led by Ginny Neal from Fairlie Primary saw the culmination of ideas and ideals brought together in the form of our Kahui Ako Achievement Challenge Document. With the Ministry of Education's endorsement, the implementation of the Achievement Challenges will form a big part of our planning for 2020 forward.



Ginny Neal and Simon Waymouth

The concept of collaboration or sharing appears easy on the surface and self-explanatory, but the dynamic of bringing together individual schools, individual Boards of Trustees, different transition points for the children and differing community perceptions, means that delivery of our goals becomes multifaceted. The Kahui Ako group recognises this balance, with the unique nature of each learning centre still central to each organisation, while enhancing their practice as a collective group. This is a positive step forward for our Mackenzie children with the transference of information, the sharing of best practice and the promotion of collegiality, all aimed at the progress and achievement of all our Mackenzie children.

Fairlie Accessible Issue 19-22

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Fairlie Information Website
Website: www.fairlie.info.com
(www.fairlienz.com)

For locals and visitors wanting to quickly find information about businesses, clubs and community services in Fairlie we have developed the new website which will be fully launched this week in conjunction with this issue of The Fairlie Accessible. The site features some of our wonderful local photographers and a guide to places to eat, meet and explore around the area. Find out about clubs, organisations, and there is also a page for visitors to read the latest copy of The Fairlie Accessible.

If you would like your business to be included, or if you need your business details updated in the directory, please email heartlandsfrontline@gmail.com

Fairlie Accessible

*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 welcome articles and pictures from you
- email accessible@xtra.co.nz*

One of the aims for me personally, is to share with you the good things that are happening in all of our centres and to help explain the 3 Achievement Challenges from our newly endorsed document, Digital Fluency, Coherent Pathways and Wellbeing. By sharing with you as parents and community stakeholders, we are hoping that you will see a coordinated approach by all the parties involved, Staff, Board of Trustees, Ministry of Education and Supporting Agencies for the benefit of our Mackenzie children.

Simon Waymouth, Kahui Ako
6 November 2019

What's Happening!



ARTS ON TOUR NEW ZEALAND
IN ASSOCIATION WITH
IMPI THEATRE COMPANY
PRESENTS

THE SOUTH AFREAKINS

Written and performed by **Robyn Paterson**
Produced by **Xiomara Meyer**

The South Afreakins - a dark comedy
Arts on Tour NZ in Twizel 15th November
Book at the Twizel Info Centre Adults \$20
Written and performed by Robyn Paterson

Helene and Gordon are stuck in the same armchairs, on their same farm and in the same rut. One longs to leave and experience everything the world and retirement has to offer, while the other won't leave his milk tart.

When they finally immigrate to Otemoetai in rural Aotearoa, the result is hilarious and heart-breaking, as they discover it's hard work to find 'home'.

A solo comedic show about leaving everything you've ever known and starting over again, it was performed with a sell-out season at the Edinburgh Festival, followed by the VAULT Festival in London.

"A flawless performance" - The New Zealand Short and Sweet Theatre Festival

"The script cuts deep to the bone" - Theatreview

"Paterson takes us on this journey with wit and emotional insight" - Sunday Express



\$30 a ticket
Afternoon
Tea Supplied

Winchester Rural School
Garden Ramble
Sunday 24th November 2019
11.00 - 4.30 pm

Open Gardens
S & G Leslie
Mia Flora
Oranui Estate
Vernon Gardens
Capricorn Gardens
Fallgate Farm

Get your friends together and meander your way around 6 wonderful gardens in the greater Winchester Area. Within the last garden, Fallgate Farm, there will be afternoon tea, a variety of stalls and entertainment.

Tickets can be purchased from the 3rd October onwards from Trio Boutique, Geraldine, Plantorama Timaru, Mia Flora, Temuka Hammer Hardware, Winchester Rural School Office or online at pta@winchesterruralschool.nz



文化山东 · 齐风鲁韵
2019 Golden Ribbon China-New Zealand
International Culture & Arts Festival
5pm - Tuesday 12 November
24 Pioneer Drive, Lake Tekapo
Music · Carving · Sculpture · Painting · Embroidery
Singing · Martial Arts · Kites · Silhouette Puppetry
Bring a rug and a picnic to enjoy!

科大讯飞 iFLYTEK | Golden City Helicopters | we, Together. | 盛世立业集团 Shengshi Liye Group | TOPA ELECTRICAL



RED STAG RESTAURANT PHONE: 03 685 8058

CHRISTMAS DAY BUFFET LUNCH

We would love you to join us on Wednesday 25th December for a 3 course Christmas Buffet LUNCH.
Buffet served 12.30 p.m.
Bar opens 11.45 a.m.

Adults: \$60
Children under 12: \$25

Bookings essential as numbers are limited.

BOOK NOW to avoid disappointment

Christmas and New Year Opening Hours:
Lunch and Dinner (normal hours until 24/12)
Christmas Day Buffet (from 11:45am)
Open Boxing Day (normal hours)
CLOSED: 27th and 28th (normal hours resume 29/12)

53 Mount Cook Road, Fairlie, SH8

MACKENZIE COMMUNITY ENHANCEMENT BOARD
AGM to be held at Heartlands Fairlie Resource Centre on Monday 18th November at 7.30 pm

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



Our People

Hi Fairlie,
My name is **Sue Ussher** and along with my husband Robert live on the outskirts of Fairlie. A beautiful very friendly and supportive town, that we came to live in 6 years ago.



I started at the Toy Library as the Librarian at the beginning of this year and I'm enjoying meeting all of the mums and children every Monday. Both Robert and I love gardening and seeing the beauty in our garden, especially at this time of the year. It changes every week. I've always loved growing plants, so decided this time last year to get a selection of plants growing. My nursery - **Sue's Garden Den** has now opened. So check us out on our Facebook site. We will be extending our plant range in the future so keep checking back. We grow every day affordable plants, so if any queries, please message or phone me on 027 412 5880.

Robert has also started a business up in the last couple of weeks called Stone Worxz. These are beautiful, unique, Gabion products made up with mesh and stones with flat tops and bottoms of concrete. Robert has developed this product range over the last couple of years. He has made a machine to lift these and transport into your garden without any effort. They are stunning.



He has just developed a scooped gabion product, where you can have a potted plant in the scoop then replace as the season changes. All different sizes, whether that be on the patio, terrace or in all types of gardens. Please message through Facebook site Stone Worxz if wanting more info or contact on 027 412 5880.

Catherine Day is one of a number of artists living in the Fairlie area who have shown their work at the Aigantighe Art Gallery in Timaru. The South Canterbury Art Society annual art award 2019 features award winning artworks by Rachael Williams and Sue Tennent.

Catherine also won an award at the Annual Art Award in 2017. She has been exhibiting her artwork at Fairlie's own gallery, 77 Art + Living, since it opened two years ago. Now her watercolour paintings are going to be exhibited in her upcoming show, *Undercurrents*, at the Aigantighe Art Gallery. These abstract paintings are inspired by the dramatic landscapes of the Mackenzie.



The Friends of the Aigantighe Art Gallery are providing an opening function for Catherine's exhibition on Saturday 16 November at 2.30 pm. Anyone interested is welcome to attend. The exhibition will be on show until 9 February, 2020.

Michelle Campbell was born in Fairlie and is an ex-student of Mackenzie College. She studied art at High School and later at Otago Polytech. At Christchurch University she studied psychology and art history. She left New Zealand twenty years ago and now lives in Perth with her partner and son.

Michelle won the 2015 City of Belmont Acquisitive Art Award, was a 2016 Black Swan Prize for Portraiture finalist and a 2017 Doug Moran National Portrait Prize semi-finalist. Her paintings also reside in the collections of the Cities of Belmont and Armadale. She continues with her passion for art, her work being widely recognised within the art world in Australia.

Her current art practice explores our relationships to the homes we inhabit with the urban landscapes and suburbs we've created. She believes that urban development can have a direct impact on our physical and mental wellbeing when we lock ourselves inside and seldom relate to our neighbours - close proximity seems a burden.



Follow on Instagram @michellemcampell4025



Albury Inn

*** GRAEME'S SPECIAL ***

Singapore Noodles

Fri-Sat open from 4.00 pm
Sunday open from midday

Phone 685 5910



Strathconan Pool

39 School Rd, Fairlie – Ph: 685 8569

POOL HOURS 2019/20

PRIMARY SCHOOL TERMS

Tues & Fri: 3.15 pm – 5.00 pm*

(NB Tues & Thurs shared with swimming lessons)

Mon, Wed, Thurs: 3.15 pm – 6.30 pm*

Sat & Sun: 1.00 pm – 5.00 pm*

SCHOOL HOLIDAYS

Mon – Sun: 1.00 pm – 5.00 pm*

PUBLIC HOLIDAYS

1.00 pm – 5.00 pm*

(Closed Christmas, Boxing and New Year's Days)

LANE SWIMMING

Mon - Fri: 6.00 am – 8.30 am

*A lane will be available for lane swimming during all public sessions (some exceptions apply).

*** Pool closes 15 minutes prior to session end ***

See www.mackenzie.govt.nz for more information

Inflatable Days

Saturday 9th November 2pm – 4pm

Saturday 23rd November 2pm – 4pm

Saturday 30th November 2pm – 4pm

Saturday 7th December 2pm – 4pm

More dates to be advertised.



Fairlie Swimming
fairlieswimming@xtra.co.nz
03 685 8496 | 0210 837 5775



FAIRLIE SWIMMING LESSON DATES:

Term 4: 5th November to 15th December

After School Tues / Thurs and Saturday mornings

January Holiday Program: 13th to 18th January

6 consecutive 30 min lessons Monday to Saturday

Term 1: 4th February to 14th March

After School Tues / Thurs and Saturday mornings

Join our
Team

WANTING A SWIM PROGRAM CO-ORDINATOR: after 6 seasons, Kylie is looking for someone suitable to help run the swim programs. It is seasonal work that consists of approximately 120 hours, 4 hours a week. Please get in touch

Pool is Open !! Fairlie Swimming lessons have started. Pictured are our swim teachers, who were completing their qualification of NZ Certificate in Aquatics (Swim and Water Safety Teacher Level 3) - Lauren Verstappen, Libby O'Connor, Amy Hay and Niall Phillips.



MACKENZIE CAVE HOCKEY PRIZE GIVING 2019

President's Welcome and Report: Welcome to our Patroness Mrs Mc Kerchar, Patron Warren Leslie and special guest Mrs Di Anderson.

Primary Division 6 Aside Yellow:

Kevin Booth report/Mrs Mc Kerchar present:

Most Improved Player: Tayla O'Leary

Most Outstanding Player: George Hellier (Certificate and Cup)

Primary Division 6 Aside Blue:

Trish Cameron report/Mrs Mc Kerchar present:

Most Improved Player: Emily Foote

Most Outstanding Player: Gus Cameron (Certificate and Cup)

Primary Division 7 Aside Team:

Kathryn May report/Warren Leslie present

Most Improved Player: Ben Slade

Most Outstanding Player: Sam Cassie (Certificate and Cup)

11 Aside Team:

Dougall report/Warren Leslie to present

Most Improved Player: Evelyn Holden

Best Non-Rep Player: Evelyn Holden

Kate Leslie Memorial Trophy "for a player who shows resilience, respect and resolve": Ceara Harris

Ray Leslie Memorial Trophy "for determination and contribution to the team": Lachlan Hurst

Darling Family Cup 'Most Outstanding Primary Boy Player' Oscar Gibson and Luke O'Connor

Di Anderson presented the Lucy and Annabelle Anderson Cup for outstanding Collier Rep: Annie Shearer

Division 3 Boys Team:

Mark Ross report/present certificates

Most Improved Player: Damien Clements

Most Outstanding Player: Alex Holmes (Certificate and Cup)

Sportsmanship Certificates: Jacob Heap

Club Trophies:

Annabel Gibson present:

Presidents Cup: Ted Herlund

Sportsmanship Cup: Kaleb O'Neill



Blessed Hope Project

Imagine if you can, sharing a mud wall and floor home, 3.5 mtrs x 3.5 mtrs, with 7 other people. And then imagine that your toilet facilities were a hole in the ground shared by 49 other shacks. This is the reality for the residents of Kibera, the largest urban slum in Africa.

The Government owns all of the land and only 10% of residents are shack owners. These owners let out their shacks to tenants, thus making 90% of residents "tenants with no rights". Young boys are employed to empty the toilet into the river, making the river water unclean to drink and the biggest cause of typhoid and cholera in the region. The unemployment rate in Kibera is approximately 50% and for those employed the average salary is less than \$1 per day. Schooling is a privilege denied to many of the children in Kibera due to financial strains.

Elsa Atieno founded the Blessed Hope Primary School in 2012 and is the school's principal. The school has grown from 1 student on that first day to over 200 students today. The children are aged from 2 ½-11 years old. Elsa and her husband, Shem, live just outside of Kibera and she is a proud member of the wider Kibera community.

In 2016, Michael Hobbs, a former pro rugby player from NZ, volunteered as a teacher at the school, which had dirt floors and no walls between the classes. He was shocked at the conditions but amazed at the way the children turned up every day with beaming smiles, almost oblivious to their dire surroundings. The 5 weeks with these children helped change his outlook on life so much, he promised the children he taught, and the teachers with whom he taught, that he would find a way to build them a school they could be proud of. Blessed Hope Project was born.

In January 2019 the flagship Blessed Hope School was completed. Volunteers have also raised money to donate new uniforms, sports equipment, stationery and other learning materials.

Two thirds of the children enrolled at Blessed Hope regularly struggle to pay for tuition and the meals (2 meals per day). The total cost to attend Blessed Hope, including the meals is \$10 USD (\$16NZD) per month. To sponsor a child for the whole school year, it is only US\$105.

Albury residents James Rennie and Lesley Roy got chatting about their involvement with sponsoring children through World Vision and decided that they wanted to do something to help the children of Kibera, including building a scholarship fund to take one child through to University. They are reaching out to our community to find sponsors for as many children in Kibera as possible. Both James and Lesley are sponsoring a child each right through to the end of their schooling.

If you are interested in becoming involved with this amazing project, please contact James or Lesley, james.o.ennie@gmail.com or royfamily@ezykonect.co.nz to talk about options for being involved.



**TALKING ABOUT ANXIETY!
Can't get rid of that nervous,
panicky feeling?
You are not alone in this!**

Anxiety can get so bad you can feel that it's not worth going on or that everyone would be better off without you. If you're feeling this way, you need to get help right now.

There are different types of anxiety disorders too. It helps to know which one you're dealing with. Generalised Anxiety is when you feel anxious and worry heaps about everyday things like school, mahi/work, friendships or health. You could be really hard on yourself about being perfect, fitting in and doing everything super well. Or you could be worried about more extreme events like earthquakes or someone dying. Whatever it is, if this excessive worry gets in the way of your life and goes on for more than six months it could be a generalised anxiety disorder.

Another common type of anxiety disorder is Social Anxiety. This can take hold when you meet new people, go to parties, hang out in big groups or have to talk in class. Your fear of embarrassing yourself or being made fun of can be so intense you'll start avoiding these situations and not even want to go out. Some people might drink or use drugs a lot to try to cope with those situations.

Phobias are about something specific - like spiders, injections, flying or being in enclosed spaces. These might sound harmless (and they often are) but for the person with the phobia it's a nightmare. If you're experiencing a phobia you'll probably start avoiding certain situations and that gets in the way of living your life.

Panic Disorder is when feelings of anxiety become so overwhelming it can affect you physically. You might shake, faint or even think you're having a heart attack. If you suffer from panic disorder you can start fearing having a panic attack, which can feed your anxiety even more. And you'll find yourself doing everything you can to avoid it ever happening again.

With anxiety you can lose confidence and start feeling really down. If it's been going on for more than a few weeks you should watch out for depression as well. Sometimes you can hear voices. It might feel like your mind is playing tricks on you and you're worried about what's going on. Sometimes there's a simple explanation for voices – they might be pretty common in your culture or in your church. And what some people think is a voice is actually their own thoughts. But if weird experiences are messing with you, you might want to call the Fairlie Medical Centre to make an appointment.

Kia ora!
I'm Sprout

Help me and the children of Tekapo to grow and plant native seedlings around Tekapo to improve the environment, increase recycling and waste disposal and benefit our community.

We need your help. It's as easy as 1, 2, 3



1. 
**CLEAN YOUR
PAINT TINS***

We're growing native seedlings in them and the seedlings will only grow in thoroughly cleaned tins.

2. 
**PLACE TINS IN THE
COLLECTION POINT**

Outside Tekapo Auto, located behind the Challenge Petrol Station, State Highway 8, Tekapo.

3. 
**TINS ARE POTTED
WITH SEEDLINGS**

With the help of Lake Tekapo School children and the community we'll grow them until they're ready to be planted out around Tekapo.

Donate your old paint tins and help us make Lake Tekapo environmentally sustainable.

*for advice on environmentally friendly ways of cleaning your paint tins, call in to Binns Property Works.



**PAINT
THE TOWN
GREEN**
a sustainable community project

Key sponsor



Partners

Lake Tekapo School, Tekapo Auto,
Lake Tekapo Regional Park,
NZ Safety Blackwoods, YHA Lake Tekapo,
Resene, Southern Woods, Shot Tekapo

The Wider District

Starlight Conference – Messages for everyone By The Hon Margaret Austin

Tekapo hosted an International Starlight Conference over four days (20-23 October) in October and left us with important messages, said John Hearnshaw, Chair of the Aoraki Mackenzie International Dark Sky Reserve and Chair of the conference organizing committee.

Well done Mackenzie was the first message. You welcomed us, you got on board with dark skies and astro-tourism and put in place ordinances to control artificial light at night and now over a dozen communities want to follow to work towards New Zealand being the first in the world to be designated a "Dark Sky Nation."

We do not want the Blues – we want the stars and a good night's sleep said the 112 conference participants from 14 countries including NZ. We want skies unpolluted by artificial light for astro-tourism, astronomy, nocturnal life and human health. "Did you know that humans are as sensitive to light as cockroaches?" said one presenter.

"International guests saw NZ as a thought leader, the people as environmental custodians with the power to engage its citizens. We were reminded that everyday needs a dark night and that sleep is a reset button" said John Hearnshaw.

Come on NZTA – get on board, remove the blue light from the LEDs and direct the light downwards. We will all be safe and our well-being and that of nocturnal life depend on it. We must have a platform for action if we are to achieve Dark Sky Nation status. The Mackenzie has done it, as have Great Barrier Island and Stewart Island. Dunedin and Hamilton are following. No one said it would be easy, but it is achievable. We need NZTA, DOC, and the Ministers for Environment, Health, Education, Tourism, Conservation all involved. We must get the young out as Ambassadors for Dark Skies.

The figure of 930 000 tourists in the Mackenzie in 2018-19 is not wrong. Star maps show NZ as dark except in the cities. People from all over the world come to see the stars, the Milky Way and the planets. They lament what they have lost in Europe, China the USA and say to us "Cherish and preserve what you have here in NZ".

We have a goal – A Dark Sky Nation by 2025. Now we need a strategy to support the Districts interested in achieving the goal, collaborating and agreeing on guidelines and asking serious questions of those that determine policy. We need scientists talking and writing about the science of illumination. We have a responsibility to build on well-being of citizens and looking after wildlife.

The conference was held at the Tekapo Community Hall and hosted by the Aoraki Mackenzie International Dark Sky Reserve. You are invited to tell us what you think on: Contact Margaret Austin (austinme@xtra.co.nz), Steve Butler (s_butler@xtra.co.nz) or John Hearnshaw (john.hearnshaw@canterbury.ac.nz) of the Starlight Conference Organizing Committee.

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Notice of AGM

The AGM for the
Lake Tekapo Recreational Park Inc
will be held on
Wednesday 13th November, 7 pm
at the Tekapo School.
Any enquiries or apologies contact
Sharron Binns on 0275 725063

Lions Club of Lake Tekapo

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



BILL APES MEMORIAL GRANT

Applicants are being sought for worthy recipients of the Bill Apes Memorial Grant for 2020. 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.

Closing date for your written application is
Friday 13 December 2019.

Applications to be made in writing to the Club Secretary,
Lake Tekapo Lions Club, PO Box 52, Lake Tekapo 7945

Kiwi Treasures

Lake Tekapo Post Centre
03 680 6686



Petronella's

GALLERY AND BOOKSTORE

BOOKS - ART - STATIONERY - GIFTS

8 Simpson Lane, Lake Tekapo Ph: (03) 6806789 / 021 1541014
(just west of the 4 Square Supermarket) www.petronella.co.nz

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.





SCHOOLS CALENDAR

Term 4

11 Nov	Athletics Day	Mack Schools
12 Nov	Teacher Only Day	Fairlie Primary
20-22 Nov	Yr 5-6 Camp Mt Ck	Fairlie Primary
20-22 Nov	Senior Camp Mt Ck	Albury
21 Nov	Jnrs - Timaru/Sleepover	Albury
23-24 Nov	Trail Ride	Fairlie Primary
26-28 Nov	Leadership Camp	Mack College
28 Nov	Te Reo Singalong	Mack Schools
30 Nov	Tekapo 10	Mack College
3 Dec	SC Athletics	Mack Schools
6 Dec	End of Term Celebration	Albury
6 Dec	Awards Ceremony	Mack College
13 Dec	End of Year Assembly	Albury
18 Dec	Prizegiving	Fairlie Primary



Fairlie Kindergarten

At Fairlie Kindergarten we intentionally model and nurture a culture of gratitude, kindness and respect for people, places and things. This informs one of our localised learning priorities of whanaungatanga/relationships.

We recently invited our wonderful neighbours, June and Ken Robertson for morning tea. Tamariki welcomed them with waiata and presented them with baking that they had prepared in addition to a bottle of worm juice for their garden from our worm farm. This was to acknowledge and thank June and Ken for very kindly tending to our hens during weekends over term break.



St Joseph's School Fairlie



We had our Enviroschool Reflection Day last Wednesday. We welcomed Andrea Taylor and Debbie Eddington from Environment Canterbury with a haka and waiata. They were then given a tour around the school grounds by the Nature Bugs. At the end of the tour, there was a period of reflection, which led the Nature Bugs to their own conclusion that the group had achieved to the Bronze standard, thereby gaining the Bronze Award. Well done to all involved.



Our Year 6 leaders also went on the Canterbury/Westland Enviroschool Camp in Arthurs Pass recently. Here is a brief review of the camp from Archie Holden.

Last week on Wednesday the Year 6's set off for the Enviroschools camp at Arthurs Pass Outdoor Centre. There we met up with other students from other Enviroschools and learnt a lot about native wildlife. For example, we learnt a lot about the kea. We learnt that it is attacked by stoats which steal their eggs and then sometimes kills the kea. The kea will try and find the perfect stick to put through a stoat trap to make it go off, just because they like to hear the loud noise. We did all sorts of fun activities and went on long walks to amazing waterfalls. Overall, it was a great experience which we all learnt something from.

By Archie Holden



*"If you're not willing to learn,
no-one can help you.
If you're determined to learn,
no-one can stop you."*

Education

Fairlie Primary School

Fairlie Primary School held their annual pet day on Friday. The children brought along a variety of animals from dogs, ponies, fish and frogs to birds, hens, ducks, rabbits, lambs and cats.

Congratulations to the category winners who were able to tell the guest judges all about their pet, how they take care of it and show any cool tricks they could do. The day also featured a recycled scarecrow making competition, won by Ella Newport's family with their 'Recycle Ruby' entry.



Guest Judge - Glenda Kellahan chats to Gus Biggs about his pony Toffee Pop.

Fairlie Primary also celebrated its recent achievement in becoming a Bronze status Enviroschool.

Enviroschools is an environmental action based programme where students are empowered to design and lead sustainability projects within the school.



Albury School News

Albury is a small school with a very big heart. Last Friday's Pet Day was a great example of this. The day was well supported by whanau with lots of grandparents, pre-schoolers and friends of the school joining us alongside mums and dads. The sun shone, The grounds looked a picture—and I'm pleased to report both animals and children were very well behaved.



This year we had an exciting array of pets in attendance including a pony, goats, a turtle and cats alongside the usual dogs and lambs. Congratulations to Reeko McCambridge and Jimmy, his dog who received the Supreme Award.

A big thank you to our judges and to our wonderful Home and School for afternoon tea and for their work with our new uniform which we look forward to launching next year.

Book Week was run concurrently with this event and children were able to dress as their favourite book character. During the week whanau were invited in to school to read to the children. The children love when their parents come into class and this was a great success. Our Book Fair was well supported and the sales will enable us to buy new books for our library.



Fairy Maggie Bray puts the finishing touches on her sand saucer.



Pre-schooler Alice Bray works hard to get her unicorn under control.

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

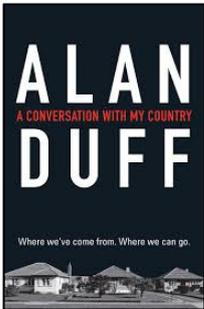
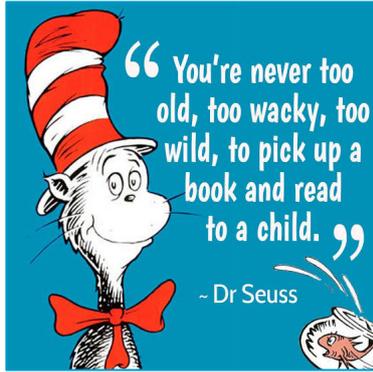
Mackenzie Toy Library

Open - Mon 9am-11am
(throughout school term)

Located - School Road, Fairlie (beside Rugby Clubrooms)
We have more than 300 toys, puzzles and DVD's as well as a bouncy castle! Enquiries to President Anna Wallace
0276354413 or mackenzietoylibrary@gmail.com
(Castle - Kate Coochey 0279112542)

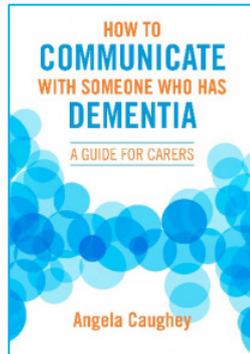
Mackenzie Community Library News

I say to customers almost daily that no-one's ever too old to read picture books, especially when reading with a child! Look for books that will interest your child. Picture books often have great rhythm and rhyming which makes them fun to read out loud. Change your voice for different characters, involve your child by asking them questions and encourage them to interrupt when they have questions. Also ask them to turn the page at the correct moment. As they get older, take turns in reading a page each. I guarantee that at some stage you will look back and be grateful you put time into reading with your children.



Alan Duff, New Zealand author and Duffy Books in Homes' philanthropist has been helping to get books into traditional non-reading homes for the past 25 years. This is making a massive difference to children's literacy levels and therefore educational outcomes. In Duff's latest book, A Conversation With My Country, he dedicates an entire chapter to books and how valuable they are. I highly recommend reading this thought-provoking book that offers opinions on often contentious issues such as colonialism, parenting, prisons, education and the welfare system.

We have just purchased How To Communicate With Someone Who Has Dementia by Angela Caughey. Written by a New Zealand author, it comes highly recommended. It offers very practical advice about how to manage the challenges of communicating with someone with dementia in a positive and respectful way.



Bags of Joy!

Fairlie woman Gillian Palmer, is leading the way in a project to give handbags of cosmetic items to women in need.

The concept is to use a decent handbag or toilet bag, one that you would be happy to use, as the receptacle for items such as soap, deodorant, sanitary items, hand cream and makeup. You can either do this at home, fill the bag and give it to Gillian or drop into Heartlands, or you can chat to Gillian and donate to the bags she has underway! The bags will go to Women's Refuge and other groups that support women in need.



Op shop-eration

Come to The Twizel Op shop, Twizel Promotions office or the Community care centre and purchase a numbered Op shop-eration bag. Take this item and upcycle it into something new and fashionable.

The two categories you can enter are - **Clothing and Non garment**

Entries will be displayed at the Upcycle market on 30th November.

Entries only open to Mackenzie District residents or holiday home owners (and Omarama residents)

For more information contact Lisa 027 4353014 or Melissa 0210454929

Entries \$10 for adults/\$5 for under 16 year olds (payable when you collect item)

Twizel Op Shop-eration is a competition run by the Twizel Op Shop. People may purchase a bag that contains an item of clothing that needs to be up cycled. This can be in a garment or non garment form. The items are then collected in and displayed at the Twizel Upcycle Market and the place getters will be awarded their prizes. The items are judged by a panel of local judges, but also have a Peoples' choice voting and award on the day. The bags are available for purchase at Heartlands Fairlie.

We are blessed with some warm weather - long may it continue!

In the last month the Brigade have attended 6 calls.

25/10/19 – Tractor Fire

28/10/19 – Tractor Fire

31/10/19 – Alarm Activation

02/11/19 – Scrub Fire and Motor Vehicle Accident

03/11/19 – Building Fire

It's that time of year where the birds are looking for some where to nest, perhaps have a second look before driving off in that machine.

If you are new to the area, please be aware that the rural roads are very busy at this time of year. Farmers are working paddocks and the roads can be busy with tractors and trucks. If a road doesn't have a centre line marked perhaps reduce your speed, as these roads are often narrower than the main roads and makes it harder to pass larger vehicles.



On Sunday the 3rd the Fairlie and Twizel Brigades assisted the Tekapo Brigade with a large structure fire. The building was saved but was badly damaged. About 25 fire fighters attended this call and used 25 breathing apparatus bottles. These bottles have to be refilled and all the level two fire fighting gear that was worn at this job has to be laundered. This job is done by the Volunteer Support Officers (VSO). There are two VSO in our area - Murray is based in Ashburton and Wayne McColl in Timaru. On Sunday, Wayne and Murray drove over 600km replacing all the equipment that was used at this job so that the appliances and fighters are ready for the next call.

Have a great week everyone.

Wayne Dixon

ECO ETHEL

RE-GIFT!! 3 more things that don't belong in your recycling bin: When these items are included they often prevent the rest of your bin from being recycled.



- **SHOPPING RECEIPTS**

Shopping receipts are deceiving. They look like paper and feel like paper. But most are made from unrecyclable thermal material. If it's shiny and smooth it's a no.

- **GIFT WRAPPING AND DECORATIVE CARDS**

Ditto here. Re-gift wrapping paper you've received as much as you're able to before throwing it out. The glossy textures and decorations prevent recycling centres from treating it as they would regular paper.'

- **MIRRORS**

Mirrors might seem recyclable because they look like glass - but they're not.

BATHROOM

Toilet Scrub

Sprinkle 1/2 Cup baking soda into the bowl. Leave for 30 minutes, spray with disinfectant and scrub.

Cleaning Paste

Mix 1 Cup baking soda + 1/4 Cup liquid soap. Works like a mild abrasive cleaner.

Disinfectant Spray

Shake 1 Cup water + 1 Cup vinegar + 3 Tbsp liquid soap + 20 drops tea tree essential oil in a spray bottle.

- Many multicultural events in Timaru are happening soon – why not car pool from Fairlie - ask at Heartlands for details.

- **Making Tufa Pots to give as a Christmas Gift!** *Cheap and not so nasty!* \$5 to make 2-3 three planters! Saturday morning workshops! Interested? Call Heartlands if keen - 685 8496

Giving thanks!

Just as we sit down to write some little items for the Accessible, the fire alarm has gone off and the Fairlie Volunteer Fire Brigade has just shot up School Road! In the city, such people are paid to be firemen, however in our little community, as in many others, we rely on our local volunteers to respond to emergencies. Fire Brigades are doing more than just putting our fires these days. They can also be called to health emergencies and have been trained to do so!

Mackenzie Community Development - Fairlie

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



2 hour Red Cross First Aid Course

- **Wednesday 20th November**

RETURNS to Fairlie thanks to Fairlie's Saturday Second Hand Markets and Mackenzie Community Development Project - another opportunity to attend a short, sharp FREE course, limited spaces, enrol today at Heartlands.

'Patiti Point' is a Young Enterprise Scheme team comprising of 3 passionate young business people (pictured below) from Roncalli College in Timaru. 'Patiti Point' has created a reusable tote bag that highlights landmarks around NZ while at the same time promoting Road Safety!! Of course the Mackenzie Community Development Project would support this!! Bags \$10 each.



Join us for a coffee



1pm – Fairlie Heartlands Resource

3pm - Tekapo Springs Cafe

Wednesday, 20th November

Katy Houston from Aoraki Migrant Centre, Timaru will be joining Kylie for coffee and we welcome all including locals and those new to the area to come along for a cuppa to talk about Immigration Law Changes – put it in the diary NOW!!

Our History

FIRST WORLD WAR

- The New Zealand Mounted Rifle Brigade

A mounted rifleman was essentially an infantryman on horseback who fought most efficiently in open countryside. Mounted riflemen were expected to ride to the scene of a battle but – unlike traditional cavalry – dismount and go into action as normal infantrymen.

The NZ Mounted Rifles Brigade comprised around 22% of the NZ Expeditionary Force which left New Zealand in 1914. It numbered 1680 men, divided between the Auckland, Canterbury and Wellington regiments of around 550 men each. An Otago Mounted Rifles Regiment was also sent as a separate stand-alone unit. The Mounted Rifles fought on Gallipoli in 1915 without their horses.

The NZEF was reorganised in early 1916 in preparation for the despatch of the bulk of the force to the Western Front as the NZ Division. It was clear by this time that mounted riflemen had little value in stationary trench warfare, so the NZ Mounted Brigade – with its Auckland, Canterbury, and Wellington regiments – was retained in the Middle East. It joined with several Australian and British units to form an Australian and NZ Mounted Division which served in Sinai and Palestine for the rest of the war.

In Sinai and Palestine the mounted rifles were valued for their ability to patrol and reconnoitre over a much larger area than could be covered on foot. The key battlefield advantage of a mounted rifles regiment over a standard infantry battalion was superior mobility. Key disadvantages were that it had fewer men and fewer support weapons.

The Otago Mounted Rifles Regiment, reduced to a single squadron, moved to the Western Front with the New Zealand Division in April 1916. Renamed the 1st OMR Squadron, it was part of I Anzac Corps before joining II Anzac Corps in July 1916 as part of a 2nd Anzac Mounted Regiment with Australian troops. It fought at Messines (June 1917), Passchendaele (October 1917), against the German Spring Offensive (March–July 1917), and in the Advance to Victory (July–November 1918).

From April 1916 to January 1917, the Egyptian Expeditionary Force, made up of units from across the British Empire, including the 1800-strong New Zealand Mounted Rifles Brigade and the New Zealand companies of the Imperial Camel Corps, pushed the Ottoman Army back to Palestine in a series of battles fought in the harsh Sinai Desert.

World War 1 took approximately 100,000 New Zealanders overseas, many for the first time. Some anticipated a great adventure but found the reality very different. Being so far from home made these New Zealanders very aware of who they were and where they were from. In battle, they were able to compare themselves with men from other nations. Out of this, many have argued, came a sense of a separate identity, and many New Zealand soldiers began to refer to themselves as 'Kiwis'.



NZ Mounted Rifles Troopers – Cairo Dec 1914

WE WILL REMEMBER THEM

11th Hour of the 11th Day of the 11th Month

ARMISTICE DAY COMMEMORATION

At the Albury War Memorial
commencing at 11.00 am
Join the Mackenzie RSA for "smoko"
in the Albury Inn after the service.

Want to go to Armistice Day in Albury?

Heartlands is taking a minivan departing at 10.30 am for the 11.00 am service. Will pick you up and drop you off home again! And take a seat for you if you need it! Call Heartlands 685 8496 if you would like to go!

This is a free service from Heartlands

MACKENZIE DISTRICT ARCHIVE

Working to preserve documents, photos, etc
from the past for the future! Please contact :
Helen Beattie 685 6298 Rosemary Moran 685 8289
Maria Evans 027 289 5323

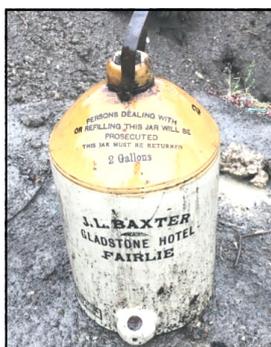


The men sitting round the table are shearers having a union meeting in the Gladstone Grand in the 1970's. They are (l-r) Ian Hubbard, Ken Robertson, Bill Perry, Graham Cullimore, Robin Wilson, Mac Cordes and Toby Johnston, with Jack Robertson in the background.

“Age is an issue of mind over matter. If you don't mind it doesn't matter.”
 Mark Twain



A local friendly face from the past called into Heartlands today! Warren Jowett (pictured with Anne Thomson) was Principal when Fairlie High School became Mackenzie College, leaving the role in 1998. Warren and Marita now live in Dunedin.



This beauty was recently unearthed in the Fairlie township (and in great condition!) by Dobson Contracting - thanks Pete! J L Baxter was the publican of the Gladstone Hotel 1911-1919. Rumour has it that he ended up in jail after stabbing his wife and her lover!

Apparently if the door to the bedroom hadn't been locked he would have been let off all charges for the stabbing, as he would have witnessed the adultery. Unfortunately for him the door was locked and he had to wait until they left the bedroom!



Fairlie Accessible Issue 19-22

Tiki Tours



Thursday 14th November

- Oamaru, Kakanui, Moeraki and return (4 seats available, taking two vans)

Tuesday 19th November

- Magical Mystery Tour - 1-5 pm

Wednesday 27th November

- Christmas at the Proms (Operatunity)

Thursday 12th December

- A Christmas Cracker

Saturday 14th December

- Christmas on the Bay



Join the text or messaging group for older folk so you can be well informed as to what is happening in your community. Anne Thomson 027 285 8824

Fairlie Exercise Classes on Fridays

10 am St Columba Hall

Easy, low impact, good company!

Please call 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!!!

Fairlie Medical Centre

www.activehealth.nz

03 683 1122



CAVE
GENERAL STORE
 & TAKEAWAY

53 Elizabeth Street Phone: 03 614 3800

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

Our Community



The NZ Ice Cream Awards have a long history – first held in 1997 with 6 categories and attracting 61 entries. The awards have continued to get bigger and better - 12 categories/228 entries in 2010; 13 categories/308 entries in 2019.

- The NZ Ice Cream Awards 2019 will be announced at an awards dinner on Wednesday 13 November.
- A tasting event in Auckland for invited media and industry representatives to sample award-winning ice creams on Thursday 14 November.
- The NZ Ice Cream Manufacturers Association holds its Annual Conference from 13-14 November where its members and the wider industry will discuss all things ice cream.
- Ice cream lovers across NZ are encouraged to find their own way to join in a national day of celebration of our favourite frozen treat on Ice Cream Sundae, on Sunday 17 November.

NZ Ice Cream Fun Facts and Trends

- New Zealanders are the second highest per capita consumers of ice cream in the world, having recently overtaken the United States.
- Kiwis consume around 26 litres of ice cream and related products per person, on average, each year.
- Almost \$1 of every \$44 spent on food by NZ households is on ice cream and other similar products.
- New Zealand exports approximately 11,000 tonnes of ice cream each year, at a value of around NZ \$62 million.
- Based on sales from 2017, New Zealand's top three flavours of ice cream are:
 1. Vanilla
 2. Chocolate
 3. Hokey Pokey



Take Note all you Gardeners!

Legionnaires, also known as legionellosis, is a type of pneumonia caused by bacteria commonly found living in potting mix, soils and compost.

With the weather improving and people looking to get back out into their gardens, it is a timely reminder of the potential danger of Legionnaires Disease! People should watch out for signs of legionellosis as early treatment is usually effective.

Early symptoms can appear 2-10 days after exposure and are similar to the flu. The infection can cause a cough, shortness of breath, high fever, muscle pains, headaches, nausea, vomiting, and diarrhoea.

Anyone handling potting mix, soils or compost should wear a good quality mask, wear gloves to protect against skin infections, open bags in a well ventilated space, and wash their hands thoroughly after finishing work. If in doubt, make an appointment to see your doctor.



Fairlie Accessible Issue 19-22

Check out Barkers of Geraldine's new Food Store and Eatery behind the old St Mary's Vicarage on Talbot Street



Chipotle Chicken Fajita Bowls

Chicken Fajita:

- 500g chicken breast, sliced into strips
- ¼ c Barker's Really Useful Chipotle Sauce
- 1 T taco seasoning 1 t smoked paprika
- 1 garlic clove, crushed ½ red capsicum, sliced in strips
- ½ red onion, sliced ½ yellow capsicum, sliced in strips
- 1 tsp garlic infused extra virgin olive oil

Tomato salsa:

- 1 punnet cherry tomatoes, finely diced
- ¼ red onion, finely diced
- ¼ coriander, finely chopped
- ½ t taco seasoning ½ lemon, juiced
- 1 chilli, finely chopped salt and pepper to taste

Other optional sides:

- 1 x 400g tin of canned corn kernels, rinsed and drained
- 2 tsp garlic infused extra virgin olive oil
- 1 x 400g tin of black beans, rinsed and drained
- 40g goats cheese, crumbled
- ½ bunch coriander, finely chopped
- 2 cups red cabbage, finely shredded
- 2 cups kale, shredded
- 1 small head of cos lettuce, shredded
- 1 x 200g pouch of ready cooked brown rice, cooked
- 1 avocado, sliced
- Extra lemon
- Extra taco seasoning

Chipotle Yoghurt:

- 3 T plain yoghurt
- 4 T Barker's Really Useful Chipotle Sauce



✓ Non Homogenised ✓ Non Pasteurised ✓ Environmentally Friendly ✓ Free Range

Home Deliveries
\$4 PER LITRE

Vending Machine
\$3 PER LITRE
 at 22 Fairview Road

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

REAL MILK DELIVERY EVERY WEDNESDAY – NEED A MINIMUM OF 40 LITRES PRE-ORDERED @ \$4 per litre.

Contact Heartlands to place your order - 685 8496

Our Community

Neighbourhood Support NZ It's Not OK - 1-30 November

Creating safer communities means ensuring that no one lives in fear of harm on the streets or in their own home. For the month of November, we want to raise awareness and work together to end all forms of violence including family harm, elder and child abuse, sexual assault, gang violence, and more. These victimisations affect us all and can have lasting effects that spill into our everyday lives including at work and school.

To do your part this month, support others who may be experiencing tough times, get them information to give them options, or consider working with community leaders and the local Police in your area, to host an info night on how to identify elder or child abuse in your community. This month's campaign also coincides with White Ribbon Day on 25 November which is an internationally celebrated day that aims to prevent violence towards women.

Family Violence:

Any behaviour that makes someone else feel controlled and fearful is never OK. Everyone in a family or in a relationship should feel safe and nurtured.

A healthy relationship is supportive, trusting and warm. But in some relationships one person uses power and fear to control the other. These relationships are emotionally abusive and can become extremely unsafe because their actions, thoughts and choices are determined by the person who is controlling them.

Witnessing violence at home makes children feel scared and alone. It can affect the way they behave and lead to problems at school or with their friends. Experiencing violence can physically harm children, make them anxious and fearful and affect the way their brain develops. No one should be frightened of their partner or someone in their family. If you are frightened and fear for your safety, call 111 for immediate help.



Congratulations!

*A new regular column for the Fairlie Accessible!
(welcoming new bubs into our community/
engagements/weddings/special birthdays/awards)
Send all 'congratulations' notifications to
accessible@xtra.co.nz or leave at Heartlands*

Births:

25 Oct Andrea, Cameron and Leo Callaghan
welcome **Rosa Grace**

27 Oct Penny, Mark, Ellie and Tom Williams
welcome **Freddie**

30 Oct Anna, Hamish, Libby and Henry Wallace
welcome **Jack Stuart**

Engagements:

16 Oct Matthew Walker and Emily Gualter

Special Birthdays:

29 Oct Jean Jones - 93rd
31 Oct Mary Gibson - 92nd
3 Nov Helen Harris - 90th

We wish to thank the Fairlie Doctors - Paula and Lewis, St John Ambulance, Police, Fire Brigade, the Westpac Helicopter and all of our family and friends. The visits, offers of help, food and support from the Fairlie community has truly been a humbling experience.

Thank you!

Thank you all, Buster and Jo Hurst



Needing that special gift?

Accommodation vouchers available
Take it to the next level and add a hot tub!
Contact Jackie and Murray on 022 560 0196
or info@musterers.co.nz

Mackenzie Archive would like the loan of a
5 inch movie spool for super 8mm.

Phone Helen Beattie 685 6298



Congratulations Tom Cameron on winning the Fairlie Rocks competition. Presenting Tom with his \$200 prize is Maureen McColl on behalf of the Spring Fling Group.

Midland Masonic Lodges Charity Trust Bursary

Congratulations to Kengo Edmondson who has won \$500 bursary from the Midland Masonic Lodges Charity Trust after being judged the best senior musician at the Mackenzie College.

Kengo will receive his bursary at the Midland Masonic Charity Concert in Timaru on 9 November. He will be one of 11 students receiving a bursary. Each secondary school in the Midland area, ranging from Methven to Waimate, will make the award to their top music student. The Charity Concert, which will be held in the Savage Club Hall in Dee Street, will feature an item from each of the bursary winners. The concert will also feature items from the Waihi Boys Choir and the Midland Masonic Choir.

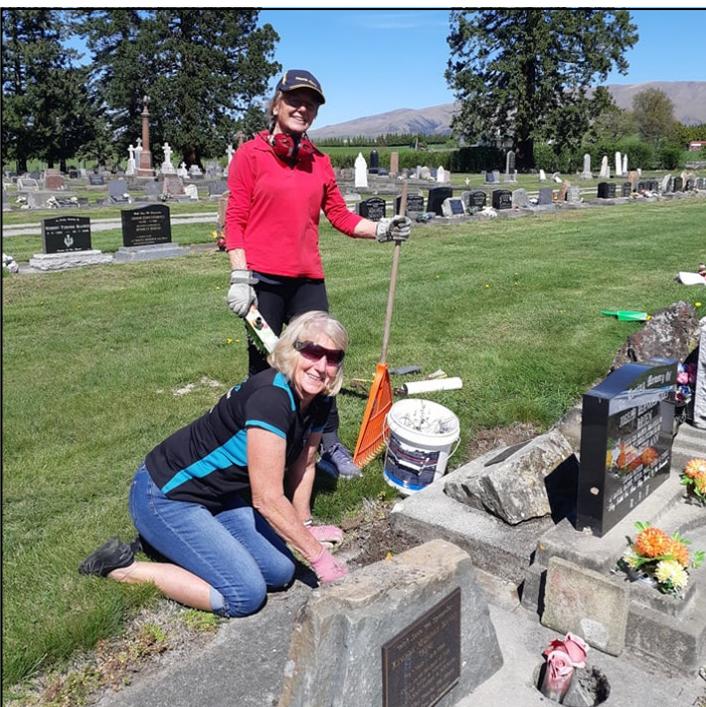
The proceeds from the concert and the sponsored raffle, the tickets for which will be sold at the door, will go the "Canterbury-Westland Air Rescue Trust" to fund the installation of navigation aids to enable rescue helicopters to fly in adverse conditions.

Allan Kerr

Fairlie Cemetery – a place of memories and peace!

Thanks to the generous efforts of a number of good sorts, the Fairlie Cemetery hasn't looked as loved in ages! Yes, we know that for many it is a sad place remembering those who have passed but to see it so clean and tidy – edges clipped, broken jars and rubbish gone – simply beautiful! So thank you again to all who turned up to help. So good to see the young folk.

Once again we will be offering to place flowers on loved ones graves, for people who simply can't make it home Christmas Day! Just let us know the details! This is such a joy and people are welcome to come join us! Enquire at Heartlands.



Fairlie Accessible Issue 19-22



FAIRLIE LIONS SCHOLARSHIP



2020 YEAR SCHOLARSHIP FOR STUDY TO THE VALUE OF \$2000-00

This Scholarship is available for any Trade Training, Tertiary Study at University or Polytechnic Course's.

It will be made available to a present or past pupil who has completed their education at Mackenzie College and who is a resident within the Mackenzie District.

The scholarship will be disbursed in two equal payments, one at the beginning, and the other halfway through the academic year on proof that the course of study undertaken by the applicant is being continued.

This scholarship will be awarded to a person who has not gained any other scholarship, so candidates will be expected to indicate if they have applied for another scholarship. Lions reserve the right not to award any scholarship.

Short listed applicants will be required to attend an Interview to be held 30th November am, at the Resource Centre. Applicants will be notified of times.

Applications close on the 23rd November 2019

with forms available from :

The Secretary, 11 Alloway Street, Fairlie
or Mackenzie College Kirke Street, Fairlie

MACKENZIE COUNTY A & P SOCIETY

Has made available to a resident of the Mackenzie District or the child/grandchild of a Mackenzie A&P Committee Member.



For the 2020 Academic year.

A SCHOLARSHIP FOR TERTIARY STUDY

For a Student Studying Agriculture or Horticulture At Lincoln, Massey or Telford

Scholarship is NOT limited to first year students.

Applications close on Friday 15th November 2019

For Application Forms and Information please contact:

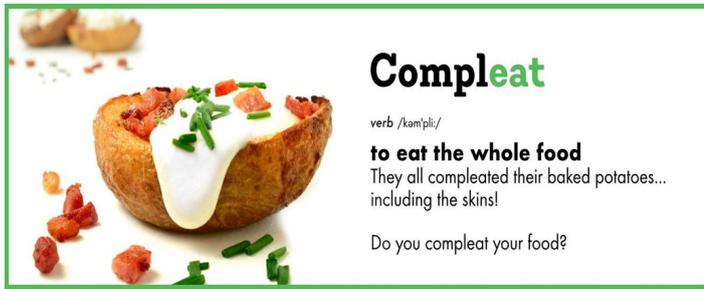
The Secretary

PO Box 53, Fairlie

Or phone (03) 685-8977

Email mackenzieapsociety@gmail.com

Pictured at left is Nancy Thompson and Marie Robinson helping at the recent Fairlie Cemetery clean up. The next clean up will be held on Saturday 21st December at 10 am - mark your calendar thanks!



Love Food Hate Waste has been investigating how well people in New Zealand *compleat* their food, and it turns out that some valuable food staples – like potatoes, bread, and apples – are wasted simply because of personal preference and habits.

Among the most wasted foods are crusts and end slices of bread. Of the 15,174 tonnes of bread we throw away in New Zealand every year, just under 20% is crusts and ends. We throw away the equivalent of 6 loaves of bread per person every single year! And yet there are hundreds of simple ways to use them up from cinnamon bread sticks to breadcrumbs or simply making a mini bread pudding in the microwave.

Broccoli stalks are perfectly edible, delicious and nutritious, but these are commonly wasted. Of the people Love Food Hate Waste surveyed, 37% never eat their broccoli stalks and so we throw out 282 tonnes of them each year.

Peel not appealing? 10% of us always peel our vegetables before cooking leading to 3,511 tonnes of going to landfill each year yet carrots, beetroots, kumara and other root veggies are perfectly edible without peeling. All they need is a quick wash before preparing – saving time as well as reducing waste.

As for the humble spud, *compleating* our potato skins is the perfect way to stay healthy, save money, and love the planet all at the same time. Many Kiwis don't eat their skins; currently we're throwing away 7,039 tonnes of potato peelings every year. But most of the fibre goodness is in the skin, so enjoying skin-on mash ensures that we get all the nutrients without wasting a single bit.

The *Compleat* campaign is filled with tips, tricks and tempting recipes to help Kiwis make the most of every bit of food, with a special food focus each week to encourage total use of the main offenders – meaning fuller purses and pukus, and less waste at the kerbside.

Council representative, Angie Taylor says, 'This is a vital campaign that we're proud to support. It's good for the local economy, the environment and the wellbeing of all our residents'.

To find or share more tips for *compleating* your food, visit Lovefoodhatewaste.co.nz and be sure to spread the word about the five week '*Compleat*' campaign. Also keep a look out on the Mackenzie District Council Facebook page for tips and links to get you started.

MT NESSING GOLF CLUB (INC)

80th AGM to be held in the Clubhouse,
Mt Nessing Road at 8 pm
Wednesday 27th November
All Welcome
(please note date change from that
published in 2019 Booklet)

Situations Vacant



MACKENZIE COLLEGE

ARA O TE TIKA - THE PATHWAY TO WISDOM

Vacancy: Music Teacher Long Term Reliever

We are seeking applicants for the above position (5 hours per week, traditionally completed as a day a week), which will commence at the start of Term 1 2020. Expressions of interest from non-registered teachers are also welcomed.

Applications close on 29th November 2019.

Please send to:

Christine Elliott,
Mackenzie College
Kirke Street, Fairlie
(or) office@mackcollege.school.nz

Please include a covering letter, CV and contact details of two referees. Questions can be directed to the school office (03 685 8603).

Church Services

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

Evangelical Presbyterian Church

Meets every Sunday

Community Centre Lounge 4.30pm

Everyone welcome

Phone Andrew Johnson 685 8222
(Grace Presbyterian Church of New Zealand)
www.gracepresbyterian.org.nz

WORSHIP TIMES

"In worship, God imparts himself to us."
- C. S. Lewis



**ST STEPHEN'S - KIRKE STREET,
FAIRLIE**

9.00 am First Sunday of each month

ST COLUMBA - MAIN STREET, FAIRLIE
10.00 am Sunday Morning

**THE CHURCH OF THE GOOD SHEPHERD
PIONEER DRIVE, LAKE TEKAPO**
4.00 pm Sunday Afternoon

THE MACKENZIE CO-OPERATING CHURCH
St Columba and St Stephen's, Fairlie

www.mackenziechurch.org.nz

The Church of the Good Shepherd, Lake Tekapo
www.churchofthegoodshepherd.org.nz

minister@mackenziechurch.org.nz

MEDITATION & MISSION IN THE MACKENZIE Community Discipleship House

Last Friday the Mackenzie Cooperating Church quietly launched a new community house project on Sloane Street. The old doctor's residence will become a place of study, prayerful reflection, service and community life for small groups of young adults who choose for a period of weeks and months to share a rhythm of daily life together.

This intentional approach to living together is one way, but not the only way, to live out Jesus' call to Discipleship ... seeking to have our actions and intentions arise from a deepening awareness of the God who creates and loves us. The residents in the house are selected on the basis of their own commitment to grow in the Christian spiritual life and to be prepared for a lifetime of servant-leadership wherever in the world the Spirit ends up leading them.

The residents will pray together, eat together and share life together with practical and spiritual support from the Mackenzie parish community. There will be a study night each Tuesday that young people from the wider community will be welcome to take part in. Initially this will be tutored by Andrew McDonald the local minister, who will also offer one on one spiritual direction for participants.

On Sunday evenings at 6.30pm there will be a shared pot-luck meal open to the wider community with a time of easy-going worship, prayer and conversation to follow. If you would like to know more about this community project please contact Andrew at 021 201 4798 or email minister@mackenziechurch.org.nz

MACKENZIE CHURCH
FAIRLIE - LAKE TEKAPO, NZ
1 NOV '19 - 1 FEB '20

MEDITATION AND MISSION IN MACKENZIE

Do you want to do something
unique and life-changing over
summer?

LEARN TO FOLLOW CHRIST IN THE WORLD

The Mackenzie Parish is launching a **Discipleship-Community House** for young adults in Fairlie which will pilot during summer 2019-2020. Participants will be helped to find paid work if needed, and will share meals, cook, pray, study and worship together at St Columba, St Stephens and the timeless Church of the Good Shepherd in Lake Tekapo. Participants also have the opportunity to receive one on one spiritual direction in the Ignatian tradition.

\$150 per/week + mission commitment

Limited spaces.
Expressions of interest to Andrew McDonald
minister@mackenziechurch.org.nz
mobile 021 201 4798

Real Estate

LISTING A RURAL PROPERTY?

If you are looking to sell your rural property, Hamish has the knowledge and resources to achieve a successful sale for you.

To discuss the very best way to sell your property contact Hamish for a free appraisal and together we'll help you on your journey.

Hamish Lane
027 685 6204
hamish.lane@bayleys.co.nz

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Mackenzie Highland Pipe Band

Mushroom compost \$60.00 tractor scoop
Contact Peter Johnson - 027 264 4755

Cleaned red bricks - 50c each
Contact Anne Irving - 021 162 5470

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Steve Howes

021 801 216

steveh.tekapo@ljh.co.nz

[@ljhtekapo](https://www.facebook.com/ljhtekapo)



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



Built For The Sun



A tidy roughcast home with spacious open plan living and modern kitchen. The log fire provides heating to the lounge and ducted heating to the 3 bedrooms. Carport over the back door, single garage, tool sheds & woodshed behind. 710 sqm section handy to the Main Street with colourful gardens and large deck.
Price By Negotiation Over \$395,000

Solid, Well Fenced, Great Views



A well presented home with sunny front deck and views to the mountains. Spacious and modern kitchen/dining with coal range and electric cooking. Sunny lounge with log fire and formal entrance alongside. 3 double bedrooms and a fourth bedroom or hobby room attached to the woodshed. Two car garaging and carport. Tidy, fully fenced 1012sqm section.
Price By Negotiation Over \$425,000

Spacious Family Living



An Oamaru Stone home well positioned to catch the sun. Large kitchen, sunny dining room leading into the spacious lounge with a heat pump and new log burner. Three double bedrooms and a handy office. Wet floor shower room, separate toilet with hand basin. Private garden setting with huge double garage. Fabulous for a family or retiring couple.
Price By Negotiation Over \$425,000

LJ Hooker Fairlie Ph (03) 685 8844

Annette Stanley – 027 432 9859

Kathryn May – 027 335 3780



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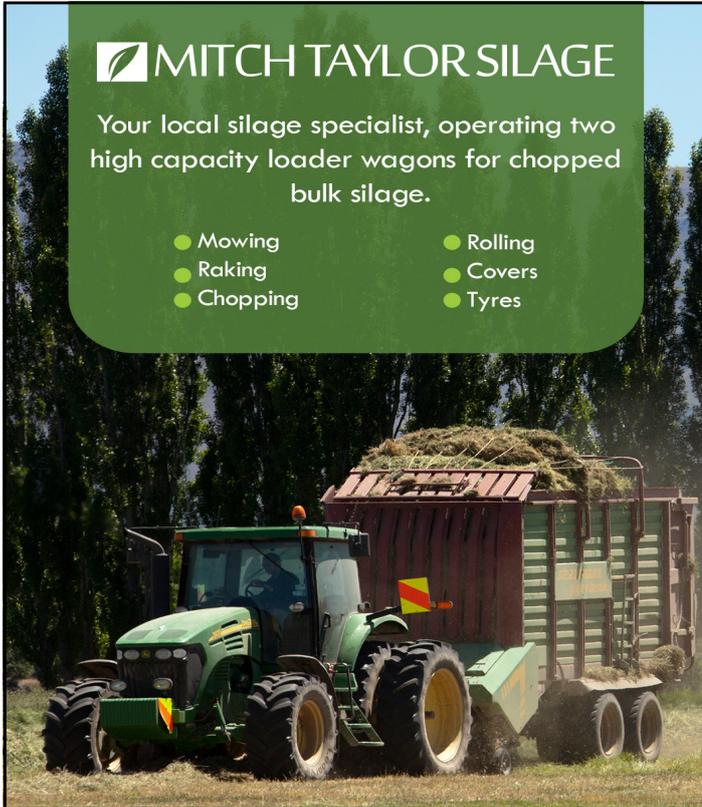
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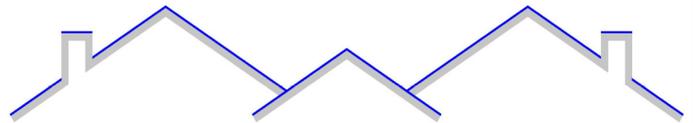
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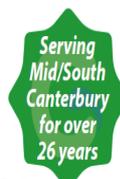


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Pop into Heartlands



**48 days till
Christmas!**

Friday 13 December 2019

Fairlie Christmas Parade
6.00 pm - Enter a float
at Heartlands!



(local community concert organised by the Mackenzie Theatre Group will be held in the Community Theatre afterwards)

Counting down and loading up the stress – Christmas

Prepare - be organised – consider alternatives to gifts
It's supposed to be the most wonderful time of the year, but also a time when stress levels soar. We have put together some top tips to stop stress in its tracks and make the season of goodwill more enjoyable.

Limit Spending

Money issues are one of the leading cause of stress during the holiday season. Avoid overspending by setting a budget or making purchases these few weeks leading up to Christmas – food included!

Gift buying, entertainment, and travel can all fuel financial burden, even for the savviest shoppers. However, here are some steps that you can take to limit financial stress. Set a budget. First of all, make sure that all your usual expenses are accounted for so that you do not fall short on bills such as rent. Plan for any other spending over the holidays, including any parties you may be hosting or traveling to visit friends or family.

Once these items have been subtracted from your budget, you can then work out how much you can spend on gifts. Being organized and realistic about your budget will help you to ensure that you do not overspend.

Hi Everyone,

Just a quick but HUGE thank you to all those who participated with Operation Christmas Child shoeboxes ... those who donated items or money, who packed shoeboxes, who helped box up all of the donations on packing day and the one who delivered them to Timaru.

Our community has been supporting this annually for quite a few years now. We usually average between 50 and 70 boxes. This year, we sent a record number of 105 boxes with enough money to cover their shipping costs! What an awesome, giving community we live in!

I'm happy to store donations throughout the year ... and we will see if we can match our record number in 2020. On behalf of 105 soon to be blessed children ...

THANK YOU! Jodi Payne 027 220 2872



FAIRLIE - ALBURY - CAVE - LAKE TEKAPO

What's Happening

November

- 9 Saturday Second Hand Market outside Heartlands 9.30 am
- 9 Woodbury Hill Challenge Orari Gorge Station
- 11 **Armistice Day Albury 11 am**
- 11 Albury Water Supply AGM Albury Hall 7.30 pm
- 12 International Culture & Arts Festival Lake Tekapo 5 pm
- 13 Lk Tekapo Recreational Park AGM Tekapo School 7 pm
- 13 Twilight Ambrose Golf begins
- 14 Tiki Tours - Oamaru-Kakanui-Moeraki and return
- 15 Arts on Tour "The Solith Afreakins" at Twizel
- 16 Saturday Second Hand Market outside Heartlands 9.30 am
- 18 Mac Enhancement Board AGM Heartlands 7.30 pm
- 19 Tiki Tour - Magical Mystery Tour 1-5 pm
- 20 2 hour First Aid Course
- 20 Aoraki Migrant Centre Coffee Morning at Heartlands 1 pm
- at Tekapo Springs 3 pm
- 23 Saturday Second Hand Market outside Heartlands 9.30 am
- 24 Winchester School Garden Ramble 11-4.30 pm
- 25 **White Ribbon Day**
- 25 Mackenzie Rugby AGM Clubrooms 8 pm
- 26 Fairlie Golf Club AGM Clubhouse 7 pm

Don't Drink and Drive

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Next Closing Date - Friday 15 November

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

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