

# THE FAIRLIE ACCESSIBLE

Lock Down Edition 3

17 April 2020



## ANZAC DAY - 25 April 2020

The entire Mackenzie is welcome to come join us and stand at our gates at **6.00 am** on ANZAC Day in silent respect and then sing the NZ National Anthem. Make your own ANZAC flag and display it at your home with pride.



## Who is your NZ Soldier?

### Short Story or Poetry Competition

Are they a brother, father, uncle, grandparent, neighbour or mate? Write a short story or poem on who you think the NZ Soldier is. Tell us in 500 words or less.

Let us know which category - adult, youth (at the College) or child. Post your stories or poetry online:

<https://www.facebook.com/mackenziecommunitydevelopment/#>

[Or email to mackenziecommunityfairlie@gmail.com](mailto:mackenziecommunityfairlie@gmail.com)

Entries close Wednesday 22nd April 2020. Just send me a message if you want to know more.

**Lisa North - Mackenzie Community Development**

## Driveway Lanterns for Anzac Day Dawn Service

These are made using 2ltr milk cartons and permanent marker pens. Sand in the bottom will weigh them down on the day, then the tea light candle gets popped on top to light the way! For the pictures all you need to do, if artistically challenged! is to get online and pick a simple picture, create your own stencil by printing it and then placing it on the inside of the milk carton to trace, then colour in. Pick a different pic for each side if you want!



## Mackenzie District RSA

This year's ANZAC day remembrance will truly be like no other. RSA National have advised us that in lieu of a public service, we should stand at the end of our driveways at **0600** and hold silent vigil.

*"We stand alone, together"*

We are all individuals, each with our own beliefs and perspectives on life and what it means to be free, and how we find our own happiness. The spirits of the all of the New Zealand soldiers, sailors, airmen, firefighters, police officers and medical personnel gone before us do not just reside in our halls, fields, or monuments. They are in every one of us. They're in our hearts, minds and thoughts. They're in our blood, our DNA and the very fibre of our being.

When average Kiwis are called from their farms, factories, schools, shops, offices and homes to take action, it is the ANZAC spirit that helps us to draw the strength to take upon ourselves the duty to help make the world a better place, in spite of overwhelming odds.

The enemy our nation has been called upon to fight is not the Boer, the Ottoman, the Nazi, the Viet-Cong or the Taliban. In this global struggle we are living through, we are faced with our greatest enemy - fear. It is not on a foreign shore, forest or mountain. It is within us.

The ANZAC fighting spirit, and the spirit that lives within you is far greater than fear because it is made from the humility, humour, compassion and care of all those who made the ultimate sacrifice in the name of our people. The way we overcome fear is to recognise the strength we have within us by giving those thoughts to those we love, and being strong for those who struggle. We find our strength in our families, our friends, our communities and our hearts.

On ANZAC day this year, put those thoughts in your heart and remember that those gone before you stand forever at your side to remind you how strong you really are.

**Ryan Gilbert**

**New Zealander, Soldier, President of the Mackenzie RSA**

**Unite  
against  
COVID-19**

**Local Welfare Helpline: 0800 24 24 11**

This number is available 7am to 7pm, seven days a week for people who feel vulnerable and have no alternative means of accessing essential services such as food and medicine. Please pass this number on to anyone you think needs it.

I'd like to introduce you to my 'bubble' - myself, my husband Scott, Oscar and Nala (pictured below). You may have seen us out walking around the community. I'm staying safe with them so I can be ready to help you, when you are having bubble trouble.

On behalf of the whole St John team I would like to say thank you for only travelling when it is essential and not participating in risky outdoor recreational activities. This has meant our response team has only had to respond to medical emergencies over the last 3 weeks. We would also like to thank our amazing Primary Response Doctors for supporting us, so we can allow paramedics to remain in Timaru.

At St John we still have the same friendly crew but many of our procedures have changed during this time. The biggest one is the way that we dress. When you call us you may see us wearing personal protective equipment, don't be alarmed, this is so we can keep safe and return home to our bubbles at the end of the day. Also within the response crew we have our own bubble buddies. This is so that we can reduce the number of interactions we also have, in a bid to reduce the spread.

Please if you are feeling unwell, call Healthline on 0800 611 116 for general advice and information. There is also a free, dedicated COVID-19 number 0800 358 5453 that is available 24 hours a day, 7 days a week.

If you have an emergency call 111. We are willing, able and here to help you.



**Courtney McKenzie**  
Station Manager  
Fairlie St John



***"There are decades when nothing happens, and there are weeks where decades happen"*** said Lenin of the October Revolution, but he could just have easily have been referring to the past month!

The pace of change has been so fast, we can barely absorb it. People focus on things that seem trivial – Is there flour at the supermarket? What day will my bin be emptied? – perhaps because the bigger issues are too hard to face - Will COVID-19 kill someone I love? Will it kill me? Even so, despite the fear, the loneliness, the claustrophobia and the economic hardship of lockdown, our wee community remains overwhelmingly positive and optimistic.

Privately, our lives have been pared down to their barest essentials: no sport, no live entertainment, no nights out – just work, for those of us who still have it, family and remote contact with friends. Work has changed – all laptops, pyjamas and Zoom – and family life has changed too, becoming much more concentrated and intense. For some, that has been an unexpected joy; for others it's been an ordeal.

Our public life has also been stripped to its essentials. We've come to see what's indispensable and what is not. It turns out that we can manage without pop stars, celebrities or athletes, but we really cannot function without nurses, doctors, care workers, posties, delivery drivers, the stackers of supermarket shelves or, perhaps most importantly, good neighbours. If you didn't appreciate the value of those people before – you surely do now.

Let's hope that wherever we end up as a result of this crisis, as the distractions and clutter creep back into our lives, that we see those things for what they are, and remember what and who really matters.

If there's something positive in all of this, it's that coronavirus has changed our view of what's important.

### Special Birthdays in Lock Down

- 30 March – Nic Guerin 50<sup>th</sup>
- 14 April – Lisa Forrester 40<sup>th</sup>
- 16 April – Keith Walker 90<sup>th</sup>



### Time rich at present and yet where do the days go?!

As a Physio I am really missing the hands on side of my work and the people contact. I am conducting facetime consults as needed and every morning at 9 am I teach Pilates via facetime, still seeing people and still having lots of laughs too. Please do remember that that is an option. I have had a few new patients who, buoyed up with all the spare time have suddenly taken up running, or massively increased the distance they are running and have now got issues as a result. I have been able to help with this, even instructing how to make heel inserts from cardboard as a short term relief until the heel insert can arrive via courier from Auckland! We now have many people who are getting very skilled at self or 'bubble buddy' taping! New skills from a situation none of us wanted, but are managing to cope with ... most of the time!



Some won't be getting out much, especially the over 70's who have been advised to not venture to the grocery store and instead have supplies delivered. There are a few very simple exercises that can be done at home to keep fit. Standing up from a chair a few times in a row can raise the heart rate and help to strengthen the leg muscles. Standing beside the bench top or table, practicing standing on one leg will help the balance, which is very important to maintain as when we all leave isolation, the pavements and ground will still be rough and bumpy, unlike the floor in the house that we have walked on for a month, or more.

If you need Physio help or advice email me at [catherine@macphys.co.nz](mailto:catherine@macphys.co.nz), text 021 131 9296 (I will only receive texts when out for my walks as no cover at home, but I make sure to take the phone when I do go out for that reason) or send me a facebook message to Mackenzie Physio and Pilates. Stay safe and well, this too will end.