



Positively MĀNIATOTO!



MANIOTOTO THEATRE GROUP

presents

THE WIZARD OF OZ

By Alex Jackson



Ranfurly Town Hall

Sunday 8th September (Matinee)

Wednesday 11th September

Friday 13th September &

Saturday 14th September

Tickets on sale soon

FROM THE EDITORS' DESK

We're starting this edition with a MASSIVE shout out to the local Fulton Hogan team - what a fantastic job they do getting up so early to grit the roads and footpaths in town on these icy cold mornings! Thank you also to our local businesses for salting the areas outside your shops in an attempt to keep everyone's steps safe during the past few chilly weeks.

How wonderful the Baxter Cup curling competition was held late last month, after a seven year hiatus. The Baxter Cup, for those new to this event, is a major trophy of the Naseby Curling Council, a one-day event that must be played on natural ice. It is one of New Zealand's oldest sporting trophies still competed for. On the day 10 Naseby Council Clubs played with superb ice conditions. After four 21-end games, Ranfurly were the champions with four wins and 81 points. Naseby were the runners up with three wins and 79 points, and Garibaldi in third place with three wins and 75 points. Congratulations to all involved.

Keep those photos coming in for the 2025 Calendar - with the dramatic hoar frosts around at present there must be some cracker photos out there! Send us your high resolution landscape format images with details of where and who (if necessary) to positively.maniototo@gmail.com

Here's to the last month of winter, and spring starting to make an appearance again.

Stay positive!

Emily and Kristina

Cover photo: MAS Year 3 student Musa Ismail makes an ice angel at Naseby Adventure park.

TRIP OF A LIFETIME

In 2025 senior students from Maniototo Area School (MAS) will embark on what is likely to be a life changing overseas trip to Vietnam. Positively Maniototo caught up with MAS Principal Melissa Bell, and some students involved in the trip, to get the low-down on

how things are going with actually getting there.

The trip will see 23 students from Years 10 to 13 and three staff members travelling, along with a group of parents "who have been fantastic in driving fundraising events". Of course, the logistics involved in organising a trip like this is mammoth.

Melissa says, "It starts about 18 months out with developing an itinerary. Then we need to consider health and vaccination requirements, risk management, budgets and fundraising. As Vietnam is a socialist country, we have to obtain visas - managing this for a group is a big job. The preparation goes right through until departure. A big focus is fundraising - and that is a massive endeavour."

The group leaves Tuesday, 8 April 2025, and returns on Tuesday, 22 April. One day will be spent in Singapore on the way, with plans to go to a water park.

The last MAS overseas trip was 10 years ago, coincidentally also to Vietnam. It is a country offering a vastly different insight to how people live elsewhere on the globe. "There is a big focus on the history of Vietnam - we spend a lot of time visiting sites of historical significance like the Hanoi Hilton prison, the Cu Chi tunnels and the War Museum. We visit the village of My Lai, where a terrible massacre took place - that is definitely a tough day. We then break up the history with cultural activities and experiences - this includes a



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cooking school for a day, making lanterns in Hoi An, and a cyclo tour - like a rickshaw - through the Old Quarter in Hanoi. A highlight of this trip will be to the remote area of Sapa, where we will do some hiking.

"The history of Vietnam is one of our main senior History topics," says Melissa. "It is also a country that is so incredibly different from ours - the weather, the food, the language, the geography. I think it's also humbling for our students to visit a country where there is so much poverty and adversity - but people are happy despite the challenges."

Melissa hopes students will absorb the experiences from a culture so vastly different to their own. "I hope that this then leads to them being interested in other people, cultures, religions, languages. I hope that for some, it ignites a passion for travel. I know it will develop their confidence and help them see things from different perspectives. From the trips I have led before, I know it makes students think about their own values and identity. It will be fun, but also challenging and sometimes confronting."

Ella acknowledges she feels the trip will make a real change in her daily perspective on life, especially when seeing firsthand those locations where war atrocities took place, such as the use of landmines and Agent Orange. Jonty says, "We're going to see the escape route tunnels and we can choose if we want to go in them. They were the transportation tunnels from North Vietnam to the South in the Vietnam War, and they used them to transport items."

Mac adds: "There's a train ride for a day and a bit. We're also visiting Ho Chi Minh."



Above: Jonty Russell, 13, Ella Owens, 14, Mahaliya Pike, 16, and Mac Dowling, 13, are busy saving to travel to Vietnam in 2025.

The trip will cost \$7K per student and \$80,000K in total. The students say they'll likely be eating a lot of rice, that they might try dog and/or cat meat, and there's weasel coffee - also known as civet coffee or kopi luwak - produced using the partially digested coffee cherries eaten by Asian palm civets then harvested from their poo...They might leave that for the adults!

MAS has several fundraising events still to come on the calendar. Mahaliya says, "We recently had the fashion show and we've got our Quiz Night coming up." The MAS Vietnam Fundraiser Quiz is being held at Maniototo Park Stadium, on Saturday, 17 August, with doors opening at 7pm. Celebrity Quiz Master Matt Chisholm will be on the mic for the night. A cash bar, supper, auctions, raffles and prizes are all set, and at \$20 per person (teams of eight people), it's sure to be an event to get behind and support. Register your team at Maniototo Pharmacy or call Becky Bruhns at 027 417 3987.

Melissa sums things up by saying, "One of our beliefs at MAS is to dream big, and not think



we cannot offer opportunities bigger schools provide. I met with secondary students in some focus groups last year, and one of their requests was to have an overseas trip. Then this year, we introduced History as a senior subject. The idea of a trip to Vietnam really came out of these things colliding. Travel costs are quite high at the moment, so we knew that we would need the support of the community in making this work. I am blown away by how the community has come out to support us. This is so different from my experiences working in bigger city schools. This just doesn't happen. I really think that when we step off that plane in Hanoi, the students going will feel that they have the whole community with them in spirit!"

DAFFODIL DAY

Daffodil Day is returning to the Maniototo on Friday, 30 August, from 9am, outside the old bookshop on Charlemont Street in Ranfurly.

A huge welcome, one and all, to our annual Daffodil Day event. Our stalls are manned by loyal and dedicated volunteers. We will have beautiful daffodils on sale, delicious baking, odds and ends - and of course all our raffles!

Proceeds go towards finding a cure for, and helping support those whose lives have been affected by cancer. Come down for a chat! Come down for a browse! Come down and join us for this very special day!

Any donations towards our grocery hamper would be greatly appreciated. These can be left with Irene O'Malley at 17 Knowles Crescent.

TUESDAYS HAVE NEVER LOOKED SO GOOD!

Central Otago REAP and the Community Trust of Maniototo have co-funded a day devoted to Te Ao Maori, weekly at the Maniototo Arts Centre in Ranfurly.

Those involved in business, governance, tourism, community development, environmental roles, health providers, social services etc. these courses are for you! An understanding of te reo and tikanga

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[protocols] are an advantage in all the previous mentioned places, and for personal development.

These courses are absolutely suitable for beginners and if you miss the odd class, catching up isn't a problem. During the day raranga/weaving is being held, and in the evenings Te Reo. Each course costs just \$50 for the entire term.

These are great opportunities for valuable discussions and learning in the Maniototo community.

You can register for either (or both) courses at www.coreap.org.nz



Above: This kete whakairo woven by one of Marcanui's students in Ranfurly.

THANK YOU

Andrews, Dickson

Elizabeth, Jenny, John, Peter and their families, wish to thank so many people for their kind messages, food, flowers, and support when Dickson passed away. Your kindness will always be remembered. Thank you to the Maniototo Hospital staff for their care of Dickson during his time in hospital.

Blue, Ros

Andrew, Karen and families wish to thank the many people who have sent messages, flowers, food, and support after Ros's passing. Ros was much loved and will be sorely missed. Special thanks to the Maniototo Rugby Club who she so loved. We are very lucky to live in this amazingly caring community.

JOB VACANCY

Teacher Aide/Support Person

Maniototo Area School is looking for a teacher aide to support a Secondary, ACC funded student. The ideal candidate will be supportive, positive, compassionate, and be able to build a good rapport with the student.

Term 4, 2024, and Terms 1 and 2, 2025 (term time only) with the possibility of further work. 19.5 hours a week, Monday to Wednesday.

An application form is available from the school website <https://www.maniototo.school.nz/staff/>

Please complete the Support Staff Application Form and send along with your CV and a covering letter to: office@maniototo.school.nz The closing date is 3pm, Friday, 6 September 2024.

STEPTOE AUCTION

Maniototo Lions Steptoe Auction will be held on Friday, 16 August, at the Ranfurly Town Hall from 6pm. Doors open at 5.30pm. Enquiries to Tony O'Neill at 027 272 3649.

MANIOTOTO TOY LIBRARY

Located at the Pipe Band Hall on Charlemont Street.

Upcoming opening mornings:
Sunday, 4 August from 10-11am
Sunday, 8 September from 10-11am

We are happy to open by appointment outside of these times - please contact our Facebook page.

E-WASTE DROP OFF

You can dispose of old cell phones, computers, wires and cables, and any electrical appliances for free at 20 Stafford Street, Ranfurly. Pop them in the labelled bin at the gate. Items will be pulled to bits and recycled.

AVIAN RESCUE OTAGO NEEDS YOUR HELP

Avian Rescue Otago is on the hunt for donations to keep their doors open.

Run by volunteers who often pay for materials and supplies out of their own pockets, the rescue team are trained and qualified in native bird rescue and rehabilitation. Birds can be suffering vehicle strike, lead toxicity, entanglements and more. As well as caring and releasing native birds, the team also care for hundreds of orphan duckings each year.

Each mouth needs feeding and housing, and some cases require intensive care and treatment, and the costs for this mount up quickly. The team would be grateful for any donation you are able to make to keep their doors open and able to keep rescuing birds.

To donate, head to givealittle.co.nz and search for Avian Rescue Otago.

If you would like to learn more, or become a foster home for duckings, check out the Avian Rescue Otago page on facebook.

WINTER WILDFIRES

Winter brings us not only cold, frosty mornings, but also the opportunity to light the bonfire pile that has been stacked for the last few months.



From our friends at FENZ, here's a quick reminder on how to keep safe when lighting outdoor fires:

- Keep your burn pile at least 10 metres away from other combustible material
- Monitor the fire for the duration of the burn and be ready to respond to changing weather or fire behaviours
- Keep something to extinguish the fire nearby
- Ensure your fire is completely extinguished and monitor old burn piles as wind can rekindle ashes, days or weeks later

If the burn escapes, call 111 immediately

Remember, even when it's open fire season, ALWAYS check the fire danger level before you light at <https://www.checkitsalright.nz/>



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ST JOHN'S SCHOOL NEWS

Over three weeks in Term 2, St John's School students took part in different activities that involved working as a team using simple materials to solve problems. In the first week children had to make a structure that would survive an earthquake, with dry spaghetti and marshmallows.



In week two children had to make a stretcher that could carry a certain weight out of newspaper, sellotape, and string. Students then had to walk through an obstacle course carrying the stretcher and not dropping their load.



In week three the children had to make a bridge out of newspaper that would go between two chairs and hold 500g of butter. Our students had a lot of fun, and it was interesting to see all the different approaches to the challenges.



FEEDBACK TO BE SOUGHT ON DISTRICT-WIDE RATING



As Positively Māniototo goes to print, Central Otago District Council (CODC) is planning to consult with the community about whether to take a district-wide approach to funding and decision-making on more of its activities and services.

Currently, many of Council's services (82 percent) are funded at a district level, such as Roding, Water and Waste disposal. Council is proposing 'districtising' the remaining 18 percent of services and activities, which include Parks, Community Facilities, Pools and Property. These services are currently rated at a ward level.

The Council, the four community board chairs, and some Board members from the Vincent, Cromwell, Ranfurly and Maniototo wards met at the end of May to talk about the pros and cons of the proposed 'districtisation'.

Council worked with community boards, including the Maniototo Community Board, throughout June to hear and understand their views, with the formal paper to have been presented at the July meeting, which will include feedback from the boards.

Council was planning to seek community opinion after this meeting, with public consultation currently planned for August 2024. The decision from this consultation will feed into the development of Council's 2025-34 Long-term Plan.

Public sessions in the Māniototo, the Teviot Valley, Alexandra, Cromwell and online, have been planned from 8 to 27 August for people to come along and ask questions. Details will be posted on the Council's 'Let's Talk' page at <https://lets-talk.codc.govt.nz/> along with any updates about consultation.

PODCAST PLAYLIST

Love a good podcast? Us too. Podcasts are a great way to learn, be entertained, or keep up with current events.

In basic terms, a podcast is an audio recording that is available for streaming or download from the internet. Some podcasts are a one off, while others may be more like a tv series with episodes. Some look at one topic, some look at a variety of things, some are in Q&A form - there is truly something for everyone.

You can find podcasts on Spotify, Apple Podcasts, Google Podcasts, Audible, and on various websites that host podcasts.

A recent post on the Otago Rural Support facebook page caught our eye with this list of farm related podcasts, and we reckon it's worth a share:

- Bull-Shit and Bravery. A rural mental health podcast to help people by sharing stories from real people on the land.
- DairyNZ - Talking Dairy <https://www.dairynz.co.nz/podcast/>
- Federated Farmers Podcast <https://bit.ly/3VOH1KK>
- NZ Dairy Exporter <https://bit.ly/3S0phLj>
- Country-Wide <https://country-wide.co.nz/podcasts/>
- Beef + Lamb New Zealand Scene + Herd <https://bit.ly/3XVFDsA>
- Rural Women New Zealand Black Heels & Tractor Wheels <https://bit.ly/4cSNFX8>
- Ag in Conversation - Emily Walker & Myfanwy Alexander
- Farmers Weekly NZ <https://www.farmersweekly.co.nz/podcasts/>

A couple of our favourite podcasts include No Such Thing As A Fish, and Ologies - great for car rides or listening to while you're exercising.

If you have got a favourite podcast or two, we would love to hear about it. We will publish a list of the best ones.

Send in your podcast recommendations to positivelymaniototo@gmail.com, or flick us a message on Facebook.

CASE OF THE MONTH

Vanessa Love

Faye

This month we have Faye, a pig dog, who was let out for a run one night and wound up with a stick in her eye. Sure enough, when she came to the clinic, you couldn't even see her eye, just the jagged end of a bit of firewood sticking out.

Expecting the worst, Faye was booked in for an enucleation (eyeball removal) the following day and sedated that night to pull it out and try and relieve her discomfort until whatever was left of her eye could be removed.

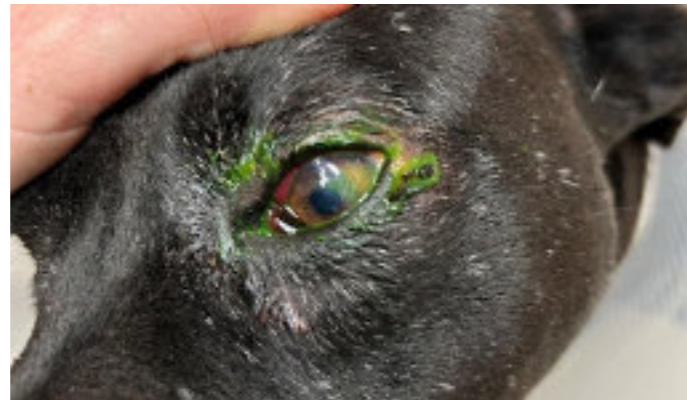


Above: The stick pulled from Faye's eye.

Once she was deeply sedated, forceps were used to pull on the wood steadily until - much to my surprise - a 50mm stick was removed. Even more amazingly, her eye was intact! The following day her eye was determined to have vision, the pupil was constricted and not dilating properly, but incredibly well preserved considering the size of the wood she stuck into it.

We see a lot of eye problems in pets and working dogs, ranging from barley grasses to scratches, to blunt trauma and glaucoma. The main thing is not to wait for eyes to see if they get better - if they're

holding it closed give us a call and bring them in! You can sometimes expect sedation to be needed to allow a full examination of the eye, and you can almost always expect to be putting in eye drops when you get home! On that note, in preparation for if your pet ever hurts their eye, make sure they are comfortable with you looking at their eyes and touching around them gently, or giving eye drops becomes a really hard job.



Above: Faye's eye after stick removal with fluorescein staining showing slight abrasions on her cornea.

Faye went home the following day with both her eyes, and drops for the week. The last update from her owner was that a small chunk of wood had since come out from somewhere behind her eye but she is doing great.

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2025 CALENDAR

We're excited to be running our calendar fundraiser for 2025, and we invite you to submit your photographs from today! Every year the calibre of images received continues to show just how magnificent this magical part of the country really is. There is no set theme for the calendar - simply put, it is a reminder of time. Past meets present. However, we are hopeful to receive some different photos this year of places perhaps not seen as easily as the vista across the Plain on a clear day. Do you have or know of a place that moves you - perhaps one corner of a cemetery that holds significance? Old rabbitier's huts, a deserted building, or stone wall out the back of the farm. Think about how you might get the shot that no one else has captured - different angles, maybe a particularly good looking bull sneaking wild apples from a tree over the fence, a sunrise coming up in the centre of a far off unsealed backroad. Bundle up and head to a dam on a still day when water reflections are at their finest. Amateur or professional, we welcome your entries.

Please keep in mind that photographs must be:

- In landscape format (but not necessarily a landscape)
- High resolution
- Taken by you in the Maniatoto area in the past 12 months

When sending in photos:

- Please email your photo(s) as an attachment to positivelymaniototo@gmail.com
- Include your name and the location - where you were or what the photo is of
- Please send the original photo file (e.g. not a copy from social media)
- Edited photos will be accepted

Photographers can submit as many photos as they like.

Other details:

Entries open on 1 July.
On Sunday, 29 September, entries close at 6pm.
On Monday, 30 September, online voting starts.
On Sunday, 6 October, online voting ends and 13 images will be chosen.

Calendars will be available to purchase at the Burn Radio Labour Weekend Markets.

Funds raised from the calendar mean that when Positively Maniatoto holds promotions or competitions, we are not reliant on local businesses for donations. We are also able to subsidise some printing costs for other local fundraising events.




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CENTRAL OTAGO FARMING FOR PROFIT

The Silver Lining Webinar Series
Monday 19 Aug, 26 Aug, 2 September
7.30 pm via Zoom

Learn how to improve efficiency, boost farm profits, and enhance your future outlook in this practical and insightful webinar series. Delivered across three short webinars:

1. **LeanFarm short workshop** – learn simple, effective tools to increase efficiency by eliminating waste, saving time, reducing costs, and improving results.
Speaker: Jana Hocken (The LeanFarm Project).
2. **Managing farming businesses through a high-cost environment** – tips for reducing costs, protecting income, financial planning, and managing banking relationships.
Speaker: George Collier (Director, ICL Chartered Accountants)
3. **Silver linings and opportunities in the NZ red meat sector** – reasons to be positive about the outlook for NZ red meat, based on market research and data around purchasing and trends.
Speakers: Dr Jacqueline Rowarth (Adjunct Professor, Lincoln University) and Jen Corkran (Animal Protein Analyst, Rabobank).

For more details on the webinars and to register, visit the B+LNZ website events page:
www.beeflambnz.com/events.

CHANGE IN RETAIL HOURS

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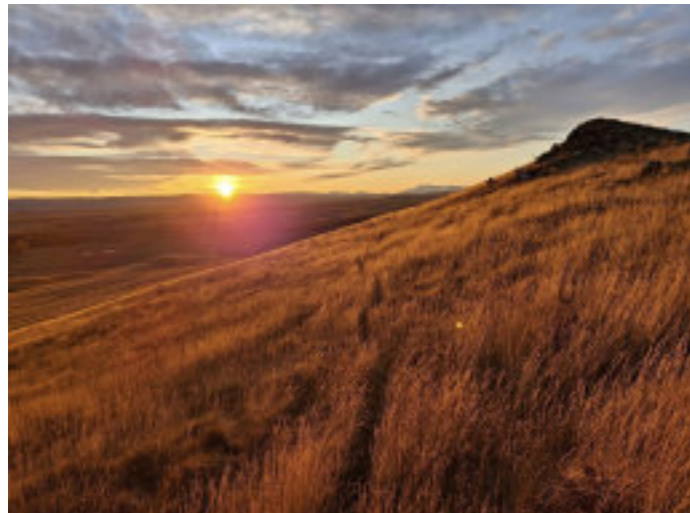
Rural event

16 August 1:30pm at the Maniototo Golf Club.

Scan to find out more information and to register! 

WINTER WONDERLAND

Check out these shots - from one day to the next!



Above: taken from Waipiata with Mount St Bathans in the distance.

Right: after a hoar frost - feathery frost patterns on a rock.



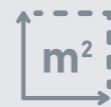
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QUIZ NIGHT

MAS Vietnam Trip Fundraiser
Saturday 17th August 2024
Maniototo Park Stadium

Doors open at 7pm - Quiz starts 7.30pm

Celebrity Quiz Master - Matt Chisholm
 Cash Bar - Supper - Auctions - Raffles
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Craig is hosting CV clinics and advice sessions for young jobseekers.

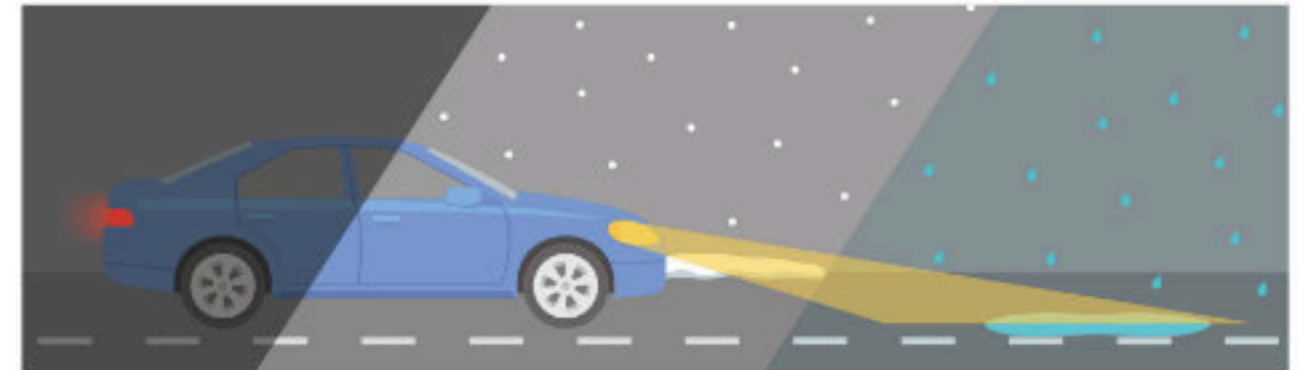
Pop into:

- **Alexandra**
Community House, 14-20 Centennial Ave
Tuesday 23 July, 1pm - 3pm
Tuesday 30 July, 1pm - 3pm
- **Cromwell**
"The Hangout" Youth Centre, 3d Murray Terrace
Thursday 25 July, 1pm-3pm
Thursday 1 August, 1pm-3pm

For other locations, or for more information,
please get in touch with Mayors Taskforce for Jobs
Coordinator Craig directly:

mtfj@codc.govt.nz
022 621 5739

Using your headlights



It's important to be visible when it's dark or in bad weather such as rain, snow, or fog. Use the correct lights for the conditions, keep your lights dipped, and check your headlight settings — even if they're automatic.

Fog lights

You can only use fog lights when you're driving in fog or snow. If you're using fog lights when it's snowing, turn them off once you're out of the snow.

Full / high beam

You can only use full beam when you're not around other people and driving on an unlit or poorly lit road. Don't use full beam in the snow — the light will reflect back on you.

Parking lights

Also known as position lamps, these show the outline of a vehicle when it's parked. You should never drive with just park lights on.

Our website has more information about how to safely drive in winter: nzta.govt.nz/winter-driving

WINTER DRIVING REMINDER

With the recent fog in the district, and the number of drivers seen with no lights or park lights on while driving in the fog, we reckon a reminder might be due.

It's important to see, and be seen. When visibility is reduced to a few meters, your lights may be the difference between being seen or not. Likewise, pedestrians may not see you when trying to cross roads - fog can be disorienting and you may hear a vehicle but not be able to see it. Electric cars are even quieter and can seemingly appear from

nowhere. Fog can be accompanied by ice making the footpaths and roads slippery which can make crossing the road slower than usual too (on that note, it's a good idea to wear bright colours so you can be seen - white or grey can be difficult to spot).

Remember to drive to the conditions - reduce your speed, increase your following distance, plan your journey and delay leaving if needed.

Visit our website for more information about driving during winter: <https://www.nzta.govt.nz/winter-driving/>

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IDA VALLEY ADVENTURESS Jenny Grimmett

It is said that good things take time ... and I am regularly telling myself that ... trying not to feel grumpy when none of my projects start or finish when I hoped they would. Contractors can't get to my place for months because they are too busy. I hope that's a good thing because it means they are in demand and good at what they do. I try to see the positive side of things but I've realised it's crazy to keep my life on hold while I patiently wait for projects to happen in the order I was hoping for. I need to think outside the box, pivot, reinvent myself and my plans, and more importantly ... learn to relax and just chill out.

I can revel in the simple joys of life and make new plans. This week my wonderful neighbour turned up with a truckload of sheep manure bagged up needing a home. A gift of poo for me is worth gold! I got a catch-up chat with my neighbour, a work out unloading the bags, and again when I distribute the manure around my section, I can now dream of garden improvements, and look forward to the benefits when the trees and vegetables and flowers come back to life in spring. I'm already excitedly thinking about what I could grow and cook.

I was meant to plant garlic on the shortest day, but it is still sitting in my kitchen being used in cooking. The strawberries need their runners cut and transplanted. The greenhouse needs to be dug over and have lots of manure added. There's fruit trees and berries to prune at some stage. But that can all wait a few months while plants are dormant. Meanwhile, I'm enjoying seeing waxeyes flitting around eating insects in the branches, hoping Tussock is sleeping somewhere and not watching them too. I've been picking up windblown sticks so the lawn is clear if I decide to mow it (assuming the battery is not flat). I have a huge bonfire pile waiting for a gathering. It's nice to get to the time of year when things slow down, the pressures of the garden duties ease, and I can just enjoy a good book or a walk.

It's a good time to be social too. I have been lucky to attend a couple of community bonfires and share in the joy of the flames licking around huge logs, red and orange and fluid with sparkles and crackles, coming home smelling of smoke and scatterings of ash in my hair. There's nothing like beating the cold weather by hanging out with friends around the fire and enjoying winter

barbecue food, with some singing and dancing. It can be daunting to go to a big gathering, but once you get there the people make it worth it. I come home thinking of baking bread and making huge marshmallows for the next bonfire, and being grateful for the kind and caring community I live amongst.

This recipe for Turkish Bread is a favourite adapted from Annabel Langbein's book Simple Pleasures.

Turkish Bread

Place 1 2/3 cups of warm water into a large bowl with 2 teaspoons of SureBake yeast granules, and 1/2 teaspoon of sugar and leave for 5 minutes to activate the yeast.

Mix 1/2 cup olive oil with 5 tablespoons of Greek yoghurt and add to the bowl, mixing to combine. Add 4.5 cups of flour (you can use half and half wholemeal and plain) and 2 teaspoons of salt and mix with a wooden spoon or on low speed with the dough hook on a hand mixer. Knead by hand 20-30 times or for 6 minutes with a mixer, adding an extra half cup of flour until the soft wet batter becomes a very soft loose mix that you can pick up in one blob. Leave to rise in a warm place for 2 hours or until doubled in size (cover to avoid it drying out).

Preheat the oven to 190 degrees Celsius, and line a baking tray with baking paper.

Punch down the dough and divide into two balls. Using well-oiled hands (olive oil) pull each ball out to an oval about 33cm by 13cm. Drizzle with olive oil and dimple the tops with your fingertips so the oil seeps into the holes. Sprinkle with 1 teaspoon of nigella or black sesame seeds (or white sesame seeds) and 1 teaspoon of flaky salt. Bake until well puffed and lightly golden. Then enjoy as it is or with lashings of luxurious butter. I love Lewis Road Creamery lightly salted butter.

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CHAIRPERSON WANTED

The Central Otago Museums Trust seeks a Chairperson to join the Board. This will be someone with a passion for the museum and heritage sector, a clear understanding of governance, and demonstrated leadership experience. If this sounds like you, please submit your expression of interest by Friday, 2 August.

<https://www.heritagecentralotago.org.nz/comt-chair/>

NASEBY CRAFT CORRECTION

Naseby Information and Craft 25th Celebration's correct email to register interest reply is: jlo74778@xtra.co.nz

MANIOTOTO A&P MEETING

Maniototo A&P Association AGM will be held at 7pm, Wednesday, 7 August, at the Ranfurly Golf Club. Apologies to the secretary maniototoshow@gmail.com



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FUNDING APPLICATIONS OPEN



The Community Trust of Maniototo and Maniototo Trust Fund

invite funding applications from

- individuals or community groups within the Maniototo.
- projects must have clear benefits for the Maniototo Community.

For queries about the funding scheme or assistance filling in your application, please contact:

Janice Remnant (Asset Management Team Leader - Property) at the Ranfurly Service Centre (03) 262 8502.

Application forms are available from:

- Ranfurly Service Centre, 15 Pery Street, Ranfurly,
- email janice.remnant@codc.govt.nz
- at www.codc.govt.nz

Applications close at 4pm, Friday, 15 November.



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As we come into the thick of calf rearing around the region, consumption of raw milk increases, and with it bacteria risks. Raw or unpasteurised milk is milk that comes directly from a cow's, goat's, sheep's or other animal's udder, and has not been treated to kill bacteria.

Pasteurisation is the safest method to minimise the risk of illness from consuming milk which is why it is recommended. For people such as dairy farmers and workers, and owners of 'house cows', or other milking animals, home pasteurisation is recommended before it is consumed.

Pregnant women, young children (particularly babies), the elderly, and people with weakened immune systems due to chronic illness, long-term medication, or a recent operation are at greater risk of getting sick, and consequences may be severe. Illnesses that can occur are:

- Campylobacteriosis;
- Salmonellosis;
- Bovine Tuberculosis;
- Listeria monocytogenes;
- Verocytotoxin producing E. coli (VTEC) - a serious diarrhoeal disease which may lead to kidney failure and death.

When handling milk, wash and dry your hands thoroughly before starting to milk, and also when washing udders and teats of animals. Milk does not need to be boiled to reduce bacteria numbers. Heating to 70 degrees C for one minute or alternatively 63 degrees C for 30 minutes is sufficient to kill disease-producing bacteria.

Heat the milk in a saucepan until just below boiling, stirring regularly to ensure an even temperature. Use a thermometer to check the milk has reached the required temperature for the amount of time stated. Cool quickly by

storing in a sterilised container with a lid, place in the refrigerator and keep refrigerated at 4 degrees C.

To minimise the risk of getting ill from raw milk it is recommended you discard raw milk if it has spent more than two hours at room temperature, discard if it has not been used within four days of milking, avoid consumption if you are in any of the 'at risk' categories, inform anyone you are giving raw milk to such as visitors so they can make their own decision to drink it.

You can find more information about consuming raw milk at mpi.govt.nz under: Is it safe to drink raw milk and eat raw milk products?

WINTER BOOST

Feeling a bit like a slug in winter? For a fast and easy fix head to your fruit bowl. Oranges, green and gold kiwifruit and lemons give an instant boost and are great for lifting our mood, energy and immunity levels. Top tip: lemon zest and a squeeze of lemon juice can be added to sweet and savoury foods. Try adding to a stir fry or curry - you'll brighten the flavours and the acidity is great at enhancing flavours.

HEALTHCARE DIRECTORY

IN AN EMERGENCY, CALL 111

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Maniototo Health Services.....(03) 444 9420
Hayley Foster, MHS Physio.....extn 53121

Maniototo Pharmacy.....(03) 444 9111

Peter Dick Optometrist.....(03) 444 9111

Alice Lindemann Hearing.....0800 727 484

Central Dental.....(03) 448 8159

Lisa Denny Physiotherapist.....(03) 448 6688

Healthline.....0800 611 116

Wax Out (wax removal service) 027 419 6463

Rural Support Trust 0800 787 254

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TIAKI MANIOTOTO

Bill Morris

Could the Māniatoto/Maniototo become the gravel cycling capital of New Zealand? This is something we have been exploring as part of our programme. Tiaki Maniototo is charged with not only improving water quality in the Taiari/Taiari catchment, but also with raising awareness of the freshwater ecosystems of the area.

One way to do that is by creating a network of sites where people can access the river and the wetlands, provide information panels and access, and link them together in a network of trails that takes cyclists (and drivers) around the district.

We are calling this loop the Tiaki Maniototo trail. Its hub will be in the centre of Ranfurly at a site on the main street we are developing with planting and an artwork painted by renowned Dunedin street artist Bruce Mahalski.

From here, riders will be able to choose one of two loop paths, one heading up to Naseby and around the Kyeburn, and the other south, towards Patearoa. Along the way they will be able

to check in on some of the freshwater highlights of the basin, including Spec Creek, our headline planting site at the Winmill family farm and the Sowburn.

More adventurous riders can access trails up into the Styx basin, or over the Rock and Pillar Range, the Lammermoor ranges, and elsewhere.

The market we are targeting is the fastest growing segment of the cycling market – gravel cycling. In general, gravel cyclists are looking for empty gravel roads with a variety of skill challenges in spectacular environments. They also want lots of great hospitality options and places to stay.

The Māniatoto offers all of this in spades and that's why we're promoting it as a destination for this kind of riding. As riders look for new challenges and opportunities to explore beyond the Rail Trail, we think the Tiaki Maniototo Trail could be a great boost for the area and a great legacy for our project to leave the community.



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AUGUST CHALLENGE Kim Hollebbon

Controlled Social Media

Wintertime could be a great time to try this challenge! This is not only good for your mental health but your physical health too, as you will be able to get moving more. You may not realise how much time you spend sitting scrolling through your phone or laptop etc. This is a good time to get moving a bit more.

Have a look in your Settings - find digital wellbeing and you can see how long and where you are spending time on your device. Decide what your challenge will be for August, and give it a go.

Interacting with social media can trigger a dopamine response in the brain. This response can leave you wanting more and feeling addicted. Here's how to fight it.

TAKE A SOCIAL MEDIA BREAK

- People with internet access worldwide spend an average of two hours and 27 minutes on social media every day, yet research indicates that limiting social media use to 30 minutes a day is optimal for mental health. Controlled use of the internet is recommended, it's not necessary to give up social media entirely, but it is important to have strategies for setting limits.
- Go on a social media cleanse: Challenge yourself to go a certain time without checking social media, whether it's for a few hours or an entire week. A recent study found that people who went for five days without social media experienced a 'sense of serenity', although others were afraid of missing out.
- Delete apps, or disable notifications from social media: Most people check into social media mindlessly, so put a small barrier in the way by turning off notifications. If you don't see a social media icon or alert every time you pick up your phone, you're less likely to spend time there.
- Set limits and stick to them: Most phones and tablets allow you to see the time you've spent on certain apps. Set a limit for your time spent on social media and stick to it, or use an app that blocks social media after you've hit your limits. Recommendations are that social media use not interfere with activities like

family meals, exercise, or 'unplugged downtime'.

- Dedicate time to hobbies or activities: Start a hobby or new activity can help curb your desire to check in to social media. The idea here is to fill up your free time with things that you enjoy that are good for you. Try reading, walking, yoga, a puzzle or take up a new hobby. Naturally you will find less time to be on social media and more time to be present in life - and hopefully even socialize in person instead of through a screen.
- Bedtime routine: Put your phone down two hours before you go to bed, this will give your brain time to relax and in turn you will get a better night's sleep. Turn on the 'do not disturb' button from, for example, 8pm until 8am and pop your phone away. This is good for everyone in the family to do.




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IN THE GARDEN

Maggie Smythe

With the long, slow descent into true cold winter conditions this year plants have been very reluctant to enter dormancy. So it was good to be finally experiencing a cold snap in July, all the better to give the garden a rest and slow down pest and disease activity.

Now snowdrops and other early bulbs are peeking through, hellebores are budding up pointing to Spring being not too far away. Pruning of fruit trees and roses should be completed this month if not already done.

Clean up any old dead foliage from around the roses to prevent harbouring disease and bin or burn. Best not to put them in the compost bin. On older roses a gentle scrub around the base with a wire brush to remove flaking bark will stimulate the formation of fresh new canes. Banksia roses are an exception to the winter pruning programme and should be pruned after flowering in early summer. Flowers occur on wood produced the previous season so pruning in winter would result in fewer blooms. Removing some of the older stems easily distinguishable by their grey/brown colour will keep the shrub vigorous and healthy.

For gardeners new to the Maniatoto, learning what will or will not grow in our harsh conditions can sometimes be a disappointing and expensive exercise when plants succumb to freezing winter conditions. Labelling plants as 'hardy' might mean they will survive in Wellington or Christchurch but is not always a useful guide for us.

Most overseas publications provide a more accurate guide based on the USDA hardiness scale. This was developed by the United States Department of Agriculture and defines zones based on having a certain average minimum temperature. A google search designates Oturehua and Naseby as Zone 9a i.e. -7C to -3.9C, and Ranfurly, Patearoa, Waipiata, Kokonga and Hyde as Zone 9b i.e. -3.9C to -1.1C. To be on the safe side I prefer to buy plants that are hardy in Zone 9a or lower but within the district there are sure to be warmer microclimates. Hopefully New Zealand growers will adopt USDA guidelines so we can make more accurate choices.

I am pleased to announce that I have become the host of a "Gone to Seed" SEED POD at my property on the corner of Stuart Road and



Welles Street. Similar to Lilliput Libraries and part of the same group, it is a community sharing project. Anybody is welcome to take some seeds for their garden and anytime you have some surplus seeds to leave for others that would be great. If they could be placed in a clearly labelled envelope I am happy to repackage into smaller packets. Later in the season surplus seedlings and plants would also be welcome.

The first meeting of the season of the Maniototo Garden Club will be held on Thursday, 5 September, from 7.30pm in the Arts Centre Reade Street. New members are always welcome.

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IT STARTS WITH ONE STEP

Margaret Mitchell

'If you are in a bad mood go for a walk. If you are still in a bad mood go for another walk.' So a Greek philosopher recommended centuries ago. Hardly a new health fad. For people with very active physical lives like farmers, or mothers looking after children, or all others with their noses to the grindstone, the idea of going for a walk to get exercise or to sort out worries might seem ridiculous. But is there something different about purposely 'going for a walk'?

Some inspirational quotes suggest it is. 'Happiness is letting your mind wander on a long walk.' (Rowse); 'After a day's walk everything has twice its usual value.' (Trevelyan); or 'An early morning walk is a blessing for the whole day' (Thoreau). Admittedly, these quotes are by writers and historians rather than roofers, nurses or sheep shearers. But the point seems to be that 'allowing' yourself to go for a walk, hike or trek away from everything, can be a healthy indulgence. Things seem different, and better, afterwards.

In our local area there are plenty of places to walk. Naseby Forest Walks offer easy paths following the Mount Ida Water Race. Barry Becker and other community members had the foresight and generosity in Oturehua to create the Community Pathway which is a gentle circular five kilometres that follows the Ida Burn. Out of lambing season, a real treat is getting the OK from the Beckers to walk up fabulous Rough Ridge with its world class perspective over the Ida Valley and the Ranfurly Plain. A short drive takes you to Oteake Conservation Park with its breathtaking views and exhilarating rise, and to the walks at Falls Dam. We are so lucky. The Otago Rail Trail, of course, is not only for cycling. In a way it's surprising that more people don't walk its beautiful length, affording far more time to appreciate the landscape than is possible on a bike. One slight drawback is that, being a former rail line, there are lots of straight bits. I once headed along the straight stretch into Lauder. In the far distance was a van and two guys spraying weeds, who stopped as they saw me coming. Really tired having come from Oturehua, I walked as fast as I could but they never seemed to get any closer!

Facebook has probably encouraged hiking and broadened its appeal for people who may not naturally feel part of the woolly hat hiking brigade. While you can bet that there are many thousand vicarious walkers on these walking/

hiking Facebook sites, still the number of followers is staggering (no pun intended). 'Hiking in Australia and New Zealand' for example, has more than 60,000 followers and there are many, many other sites.

Women are a growing demographic to have taken up recreational walking. In New Zealand the 'Wahine Tramping and Hiking New Zealand' Facebook page has 32,000 members. As another measure of this, a woman in Scotland set up a Facebook page with a few friends so they could connect and make arrangements to get out and walk. Six years on, the group is now over 30,000 strong. It's very democratic - any member can put a walk up on the site with information on a meeting place, with difficulty and length so others can 'click' to join the walk. This is a really simple way to encourage people who want to go out, but lack confidence or just want company while out walking.

New Zealand is famous for its Great Walks. A frequent visitor to Oturehua, my friend Jo has walked the Milford and Kepler, and parts of the Routeburn and Greenstone and Caples tracks (part of the Te Araroa). She enthuses, "I love the stunning scenery being up in the mountains and in particular hearing and seeing the Takahē in the wild." In Europe, people hike all over the place following old pilgrim routes, including the famous Camino from France to Spain. About 25,000 people of all ages walk these paths annually, often in shorter 300 kilometre sections rather than the whole 1583 kilometres (the distance of the most popular path from Puy en Velay in France to Santiago in Spain). They are lucky, dressed in great hiking gear and bouncy, specially designed trekking boots. A very far cry from the original pilgrims who would be lucky to have a bit of hide to tie on their feet and a bit of hessian to keep them cosy.

But back to today: walking is a great, healthy, social exercise, and can be a good opportunity to problem solve too ... so just do it!

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SEPTEMBER DEADLINES

Positively Māniatoto advertisement deadline is Thursday, 15 August, and the content deadline is Sunday, 18 August.

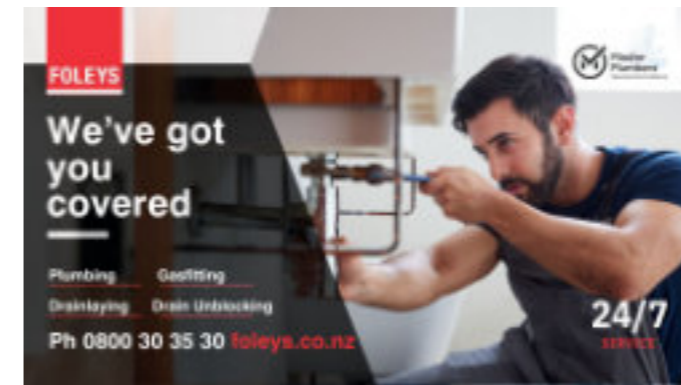
A FRIENDLY REMINDER

If you would like to see the editors face to face, please pop in and see us at Burn Radio on a Monday from 10am. Notices can be emailed to positivelymaniototo@gmail.com or popped into the mailbox at Burn Radio which is cleared regularly. Please don't drop off notices at our workplaces - besides being more likely to lose them, we are at work. Thank you.

The Budget

MONDAYS	Maniototo Spinners, Weavers and Knitting Group Pilates: Scrap booking & card making Monday Night Memories:	2nd and 4th Mondays of the month from 10am - 3pm. Māniatoto Arts Centre. All welcome. Contact Helen 027 333 1267 MAS gymnasium. 5pm. Contact Barb 021 165 4872 10.30am at the Māniatoto Arts Centre. Contact Sandra on 027 847 5643 Burn 729am / 87.9fm 7 - 9pm
TUESDAYS	Steady As You Go Classes: Maniototo Golf Club	10.30am, Maniototo Stadium Rugby Club Rooms. Call Joan (03) 444 9629, Karen (03) 444 9814 or Maureen (03) 444 9493 Ladies Golf competition of the day, tee off 11am; Ladies 9 hole golf tee off 12.30pm. All welcome.
	Community Scrabble & Cards: Pottery Club	1.30pm Maniototo Health Services. Call Helen 027 333 1267 or Sandy 027 847 5643 Māniatoto Arts Centre 6.30pm. Contact Nina Healey for details on 027 271 3399.
WEDNESDAYS	Tai Chi: Maniototo Embroidery Guild: Catholic Women's Fellowship: Maniototo Bridge: Alternative Music Show: Ranfurly Karate Club Art Group	Classes 10 - 11am. Māniatoto Arts Centre. Enquiries to (03) 444 9831 10am - 3pm Māniatoto Arts Centre (back entrance) \$2 per session, all welcome. For details contact Diane Flockton on (03) 444 9831 Op Shop. Open 10.30am - 4.30pm. Contact Francie on (03) 444 9243 7pm at the Wallace Memorial Rooms. Visitors and new members welcome. Call Ang on 021 063 6630 or Judy on (03) 444 9798 Burn729am / 87.9fm. (03) 444 9729. 7pm - 9pm Māniatoto Arts Centre, 6 - 7.30pm. All new and graded members welcome. (03) 444 9831 Māniatoto Arts Centre 7pm - 9pm.
THURSDAYS	Art Group: Ballet: Pilates: Maniototo Garden Club	Māniatoto Arts Centre 10am - 3pm 3pm - 7.30pm depending on age group. Ph Jemma Robertson 027 314 6595. MAS gymnasium. 5pm. Contact Barb 021 165 4872 First Thursday of the month, 7.30pm at the Maniatoto Arts Centre. Stops during winter months.
FRIDAYS	Catholic Women's Fellowship: Ranfurly Playcentre: Kids' Art Club:	Op Shop. Open 10.30am - 4.30pm. All welcome. Contact Francie on (03) 444 9243 10am - 12pm at Bute St. All ages from 0 to 5 welcome. 3.10pm - 4.30pm All school age children welcome. Contact Ro at 027 259 2320
SATURDAYS	Maniototo Golf:	Tee off 12.45pm. Contact Club Captain - Tony Carson 021 293 8872
SUNDAYS	Presbyterian Church: Naseby Golf: Catholic Church: Choices: Country Show: Maniototo Anglican Parish:	10am Family Church Service at Ranfurly Club Competition. 12.30pm tee off. Contact Jacqui 021 220 0310 5pm Mass, Sacred Heart Catholic Church, Stuart Road, Ranfurly 8am - 9am. Burn729am/87.9fm 9am - 12pm Burn729am/87.9fm (03) 444 9729 First Sunday of the month from 10.30am - Feb, March, April, May, Sept, Oct, Nov and Dec

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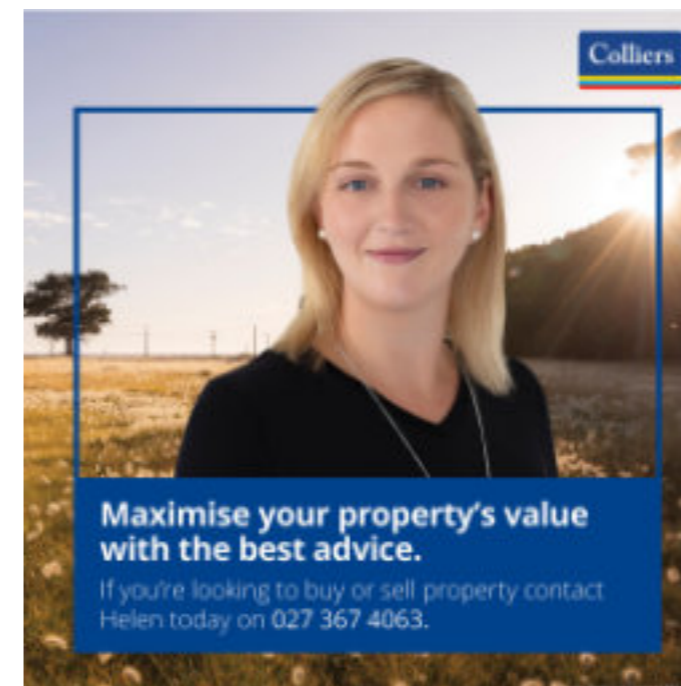
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COMING UP - AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Winter Warmers entries close / Toy Library open 10am	5	6	7 A&P Show AGM pg 20	8	9	10
11	12	13	14	15	16 Future Focus Event pg 14	17 MAS Quiz Night
18	19 Silver Lining Webinar pg 13	20	21 Business Group 5.30pm / International Senior Citizens Day	22	23	24
25	26 Silver Lining Webinar pg 13	27	28	29	30 Daffodil Day	31

Green bin (food/garden waste) goes out weekly with other bins

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SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Silver Lining Webinar pg 13	3	4	5 Maniototo Garden Club 7.30pm	6	7
8 Wizard of Oz Show Toy Library open 10am	9	10	11 Wizard of Oz Show	12	13 Wizard of Oz Show	14 MHO Grafting Workshops/ Wizard of Oz Show
15	16	17	18 Business Group 5.30pm	19	20	21
22	23 Spring Equilux	24	25	26	27 Term Three ends	28
29 Calendar entries close	30 Online voting begins for calendar photos					