



The DUNTROON DIGGER

June 2024

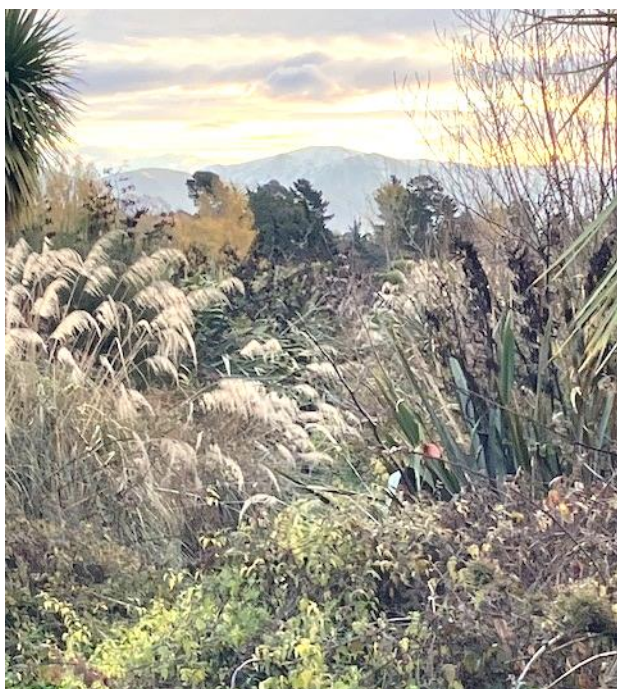
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Duntroon Digger – Looking to the future.

The DDDA is considering some changes to the publication of the Duntroon Digger.

- **We have some interest in carrying on the Duntroon Digger in its present format.** Negotiations continue to clarify editing, publishing and distribution roles etc. In the meantime, enjoy this June edition.
- Hopefully the **July edition** will have a new editor and publisher.



Wetland Update

Recently the DDDA the received funding from ECan's biodiversity fund to allow us to employ a person for a few hours per week to maintain the tracks and surrounds of the wetland area. Local man of many talents Lloyd Grafton has been appointed to undertake this role.

We are starting to see some serious progress on cutting back some of the flaxes and plants crowding the walking tracks and overgrown areas being cleared.

It is great to see – take a wander down and see the progress.

Looking west from Harris Street.

While there, please pick up any cabbage tree leaves you see lying on the tracks and make a pile in the long grass somewhere – it makes mowing so much easier. Thanks to Lloyd for his work so far and thanks to Ecan Lower Waitaki Zone Committee.

Geoff Keeling



Towards the village from Rodneys bridge

In need of catering for your next event?

We'll look no further, The Buzz can look after all of your food catering needs for your next big or small event! Flick us an email at thebuzzfoodtruck@gmail.com or message us through our Facebook Page for more details.

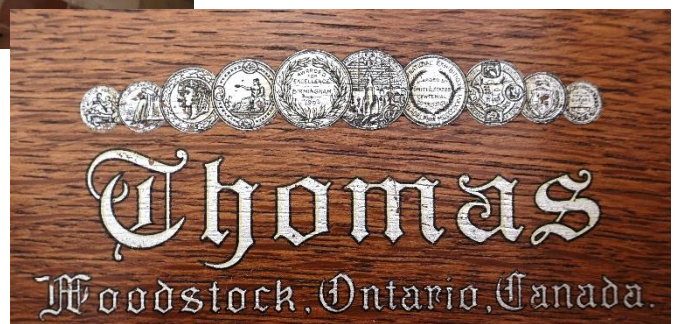


A touch of history.

Wikipedia has its place, but there is no substitute for local knowledge. Better still, firsthand knowledge.

That was brought home to me the other day when talking to Alison Simpson about a pleasing interlude that took place at Saint Martin's Church this week.

I was telling Alison about the local woman whom I had met at the church the other day. This lady was so excited to visit such a beautifully constructed church and she and her little girl soaked up the atmosphere and took in all the information on hand. Then, to my surprise and delight, she sat before the organ and started playing.



The strains of "The Old Rugged Cross" filled the stone building and brightened the whole day. She had obvious talent.

On relaying this incident, Alison informed me that the organ had actually come from Saint Magnus Church. When Saint Magnus Presbyterian Church closed on April 25th 2010, Eion Rutherford had suggested to Alison that the organ would be better than the organ at Saint Martins and apparently, according to Alison he has been proved correct. This little snippet of local history may not be well known

According to Wikipedia the Thomas Company was founded by Canadian [Edward G. Thomas](#) as the "Thomas Organ & Piano Co." in [Woodstock, Ontario](#) in 1875, the company's first instruments were [pipe organs](#), moving later to [pump organs](#). How old the Saint Martin's organ is and who imported it into New Zealand would be interesting to know. Perhaps there is someone else with local knowledge who can answer these questions?

Karan Lawrence

Next DDDA Committee Meeting is at 7 pm Mon June 10th
at Vanished World Centre.

Duntroon Wetlands Working Bee - Sat 15th of June.

Thank You Steve Fielding.

The DDDA would like to thank Steve Fielding for his generous donation of treated pine sleepers. This timber will be used to build a retaining wall below the Campbell Street entrance to the wetlands and is exactly what the project requires, so thank you Steve.

If there are any keen gardeners/home orchardists interested in a pruning workshop to be held in Duntroon in July (depending on numbers) please be in touch to register your interest .

Phone or text Gill on 021 230 1452.

We would like to extend

**A warm welcome to Russell and Coral
the new managers of the Duntroon Hotel**

Duntroon Photography Group

The God of photographers smiled on the Duntroon Photography Group when they traveled South to Waikouaiti on the 23rd of May to revisit the Hawkesbury Lagoon. The day was sunny and windless. The birdlife was content to loiter about on islands and logs posing for the group.



It has been two years since the first outing at Borton's Pond on 27th of March 2022. Since then, the group has grown in number and travelled to local sites and further afield to challenge their skills and stretch their abilities.

The members are very fortunate that Richard and Janice White have made a studio at their Reese Street home available for meetings each month at which, members can display and view their photos.

There is no committee and there are no competitions. The group are content to be getting out with their cameras or telephones, as the case may be, to enjoy a common interest.

Along the way the group had a presence at the Waitaki Whitestone Geopark Festival in October of 2023. They also set about updating a collection of photos depicting Duntroon residences in 2000 with comparable images in 2023. These were both interesting projects.

New members are always welcome to join. The group have their own Facebook page to share their images. Check it out next time you feel like immersing yourself in some of the beauty that is all around us here in Duntroon and beyond.

For more information about the group contact Richard White on 022 071 1081 or email richlwhite1950@gmail.com

[DUNTROON PHOTOGRAPHY GROUP | Facebook](#)

Karan Lawrence



Bird photo were taken by Richard White, at Hawksbury Lagoon, Waikouaiti.

Wellness Matters – June 2024

A regular health column from the Kurow Medical/Mackenzie Health Centre Team

Its winter and the cold weather is here and with it comes flus and colds - but is it the flu or a cold or something else?

Flu and the common cold are both contagious respiratory illnesses, but they are caused by different viruses. Flu is caused by influenza viruses only, whereas the common cold can be caused by a number of different viruses. Because flu and the common cold have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. Generally, flu is worse than the common cold, and symptoms are typically more intense and begin more abruptly. Colds are usually milder than flu. People with colds are more likely to have a runny or stuffy nose than people who have flu. Colds generally do not result in serious health problems, but flu can have serious complications and prevention with vaccination is recommended.

Cold symptoms usually include congestion, runny nose, sore throat, cough, sneezing and fever often lasting a week and sometimes as long as 2 weeks. Antibiotics are not appropriate for the treatment of colds and flus because they are caused by a range of viruses and antibiotics make no difference to viruses. Studies show that simple over the counter remedies can provide relief from respiratory virus symptoms. Decongestant nasal

spray can improve airflow and symptoms of congestion, honey can significantly improve symptoms of cough frequency and severity and VapoRub applied before bedtime to the neck and chest can reduce cough frequency and severity as well as nasal congestion. (Source - Antibiotic Conservation Aotearoa.) Do not give honey to children under 1 year of age. Simple analgesia like paracetamol can also help reduce pain and fever.

Those most at risk of more severe illness are children, older adults, pregnant women or people with long-term health conditions and although most colds and flus can be managed at home, it is important to seek urgent advice or call an ambulance (dial 111), if you or your child develop any of these symptoms:

- It is hard or painful to breathe or talk
- Clammy skin
- Lips or tongue turn bluish
- A very high fever (over 40 degrees C)
- Coughing up blood
- A severe headache or neck pain, lights hurting your eyes
- Confusion or struggling to wake up
- Rash with purple or red spots or bruises
- Chest pain
- Not peeing, or dark coloured urine
- Severe shaking, chills
- Feeling faint or fainting

The flu vaccine is free for those 65 years and over and people who are most vulnerable to becoming very sick if they get the flu. If you do not meet the eligibility criteria, the flu vaccine is available for a fee. COVID-19 vaccines are free for everyone aged 5 and over and those over 30 can have 6 monthly boosters. Individuals in other ages at a higher risk of more severe illness may also be eligible. COVID-19 RAT tests are available free to everyone until 30 June from participating pharmacies.

For all vaccine eligibility you can check online. Some useful websites for information on winter illnesses

www.healthify.nz/health-a-z/c/cold-the-flu-or-covid-19/
www.info.health.nz/planning-for-winter

“No winter lasts forever; no spring skips its turn!” Hal Borlund.