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22nd August 2017

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Issue 357

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So much rain and mud here in North Otago!! I guess it's moisture just when new roots are in need - BUT we Gardeners are in need of the perfect breeze and sunny days to be enthused enough to get gardens ready for the Spring explosion. .

We are doing the final winter clean up here - pruning, mulching and planting out. Finish pruning Roses and supply food around the drip line, to give them the best start to keeping them healthy.

Remove all old Hellebore leaves - they harbour Greenfly over Winter.

Trim old leaves from Peony Roses - destroy and remove mulch cover to let sun onto new shoots.

Prune Hydrangeas spent flower branches back to the second bud from the bottom and feed manure enriched compost. A dressing of lime for pink, alum sulphate for blue - or coffee grounds / epsom salts. White do best in shade. Trim Catmint edging back to new growth and feed.

If you have not trimmed back ornamental grasses yet - do it now. Cut the old seeded ends well back and clean out the dead thatch around the base - it's amazing how much you will need to cart away after this hair cut, but they will grow back to their soft wafting shape in no time. Use what you have cut off as mulch around the garden, a cover for the compost or in the chook or calf pen.



I imagine the weeds have started at your place as they have at mine! - mostly chickweed. With the soil being so soft, hand and hoe weeding is really easy - get them out before they take off and seed everywhere, or dig them in before they seed.

Lawns: Best to stay off sodden lawns to avoid compaction. Moisture brings worms up, so they will be working away below the surface helping to aerate, but lawns can be fed now, - pick a day when rain is expected to wash powdered fertilizer into waiting roots.

Vegetables: Here on the coast, get Spring planting off to an early start - use cloches if you have them for colder gardens. Inland, the soil will need thawing, but I am sure seed sowing will be happening, clear polythene could be stretched out to warm and dry the soil for an earlier planting of Potatoes and seedlings. Asparagus is a vegetable that repays planting over many years. To prepare beds, cultivate deeply and add generous amounts of compost. Existing Asparagus beds should be cultivated carefully to avoid damaging the crowns that lie just below the surface. Add a new layer of mulch.

Seed Potatoes should be sprouting and early varieties like Rocket, Cliffs Kidney, Swift and Jersey Benne, may already be planted with protection from frosts, in warm well drained sites. Rocket, Swift, Cliffs Kidney, Maris Anchor, Jersey Benne, Agria and Ilam Hardy, are all good for container growing.

Fruit:

I was pleased to hear a few Bees out during the warmer days we have had - lets hope for sun filled days when Fruit blossom is needing those busy Bees. Remember they are about if the sprayer comes out... *Cheers, Linda*

Clinical Pharmacists Could be the Answer to Reducing Medication Harm

While recent published research has shone light on the problem of medicine-related harm, some innovative pharmacy programmes are helping find a solution.

Medwise, a Tauranga-based group of pharmacists, go in to patients' homes and check the medicines they are taking to ensure they are correct and being taken appropriately. Clinical Pharmacist with Medwise, Pauline McQuoid, said medications are an essential component of medical care but they can also cause harm and it is a positive development that we are now talking about the problem. "Medication harm is difficult to identify and often goes unnoticed until it causes obvious problems. We have found medication errors in about one out of every five medication reviews that we have carried out over the past nine years.

"GPs have many demands on their time and they are under so much pressure. It's difficult for them to find the time to carry out medication reviews. So part of the solution could be to make better use of clinical pharmacists, who are medication experts and can focus on getting the right combination and the most suitable doses of medications as intended by the GPs." In the UK, in response to the national GP shortage, the National Health Service is employing clinical pharmacists and pharmacist prescribers in medical centres to help GPs manage medications. Ms McQuoid said clinical pharmacists are an under-utilised resource within the health sector.

"With the looming GP shortage in New Zealand, it makes complete sense to use this highly capable workforce of clinical pharmacists to ensure we are getting the maximum benefit from medicines with an equal focus on reducing harm." A study of medication harm in New Zealand hospitals published in the latest New Zealand Medical Journal found that 28% of patients admitted to hospital experience medication-related harm. Sixty-one percent of these harms were minor but 4% were serious and resulted in permanent harm, death or required intervention to sustain life. Three out of ten medication harms occurred in the community and caused hospital admission.

Some general practices in New Zealand are using clinical pharmacists and pharmacist prescribers to carry out medication reviews, which is taking pressure off the GPs and helping patients. This approach has been studied in Hawkes Bay and achieved a significant reduction in falls as well as improvements in diabetes and high blood pressure.

Keyboard Cleaning

The computer keyboard is usually the most germ infected items in your home or office. A keyboard may even contain more bacteria than your toilet seat. Cleaning it helps remove any dangerous bacteria and keeps the keyboard working properly.

Procedure: Before cleaning the keyboard first turn off the computer or if you are using a USB keyboard unplug it. Not unplugging the keyboard can cause other computer problems as you may press keys that cause the computer to perform a task you do not want it to perform.

Clean the keyboard by turning it upside down and shaking. A more efficient method is to use compressed air which can be purchased in a can with a very long nozzle. Clean the keyboard by aiming air between the keys and blow away all of the dust and debris that has gathered there. A vacuum cleaner can also be used - but make sure the keyboard does not have loose keys as they can be sucked up by the vacuum.

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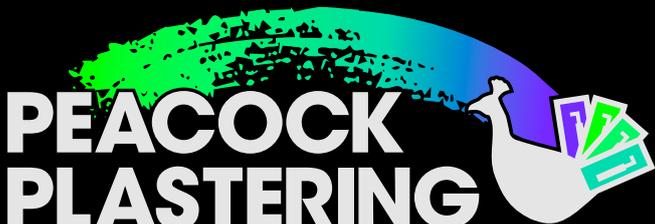
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Enhancing Quality of Life for District's Seniors

Safer Waitaki, Age Concern Waitaki and Grey Power North Otago are joining forces to conduct a survey of people aged 65 years and over so that information can be gained to enhance the lives of the district's elderly population.

Community Safety and Development Facilitator Helen Algar says the survey will include a series of questions ranging from where people live, the types of social activity they're involved with, wellbeing, health and personal safety. Mrs Algar says, "The survey has been designed so that we can learn more about the needs, priorities, and barriers for senior people living in Waitaki. With this information we will be able to review the services we provide and, where necessary, make changes so that elderly residents have an improved sense of belonging and value in our community."

The survey can be completed online by emailing Helen Algar at halgar@waitaki.govt.nz and paper copies can be collected from libraries, Iona Rest Home, Age Concern, Safer Waitaki Network, Grey Power and the Northside New World and Countdown supermarkets. "We would like to have a minimum of 400 responses which will give us a very credible sample and provide valuable information for us."

Grey Power North Otago President Paul Hyde says, "We are happy to be a part of this survey and to sponsor some of the printing costs. This is a great way to find out more about a significant proportion of our community."

The survey opens today for four weeks, closing Fri 8th Sep.

Spudtacular Competition

Did you know that a potato (skin on) contains more potassium than a banana, nearly half your daily vitamin C, and almost as much fibre as an apple?

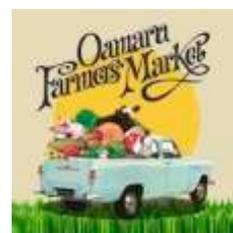
Oamaru Farmers Market has launched it's annual Spud-in-a-Bag competition - a fun, family friendly activity and a great introduction to gardening and food production for kids. Entry kits are

available free from the Oamaru Farmers Market Stall on Sundays, 9.30am - 1pm, during August and September. Kits include a bag, a seed potato and some handy tips on growing your own bag-full of spuds. Robertsons Mitre 10 Oamaru has once again sponsored the competition with seed potatoes and grow bags. Contestants can have fun trying to work out



optimal growing conditions for their potato crop, or just leave it up to a bit of water and a bit of luck. The Weigh-in will be at the Farmers Market on Sunday, December 17, and rumours are that it may coincide with the Great North Otago Taro Race down Wansbeck St this year. There will be great prizes up for grabs with First Prize going to the heaviest crop of potatoes, and other prizes awarded for 'Super Spud' (biggest potato)

and 'Mr Potato Head' (ugliest/weirdest potato). The market will be celebrating the humble spud over the coming weeks with recipes and nutritional information available for customers to take home.



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Oamaru Heritage Radio

Tuesday evening, 4pm to 10pm. "Trevor's Tuesday Variety Time" Oamaru 88.3. Internet listening at www.ohr.nz

Tuesday: August 29th

- 5.30 Item for Younger Ears: Traveling Song
- 6.00 Classic Comedy: I'm Sorry I'll Read That Again
- 7.30 Concert Piece: Chopin, Sonata for Piano and 'Cello in C min, Barenboim and du Pre
- 9.00 Reading: We Of The Never Never, by Mrs Aeneas Gunn, read by June Salter, Pt 1 of 8



Waitaki Multicultural Council - International afternoon at the Scottish Hall on Sunday 13th Aug.

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Community Diary

Wednesday 23rd

Excelsior Petanque Club Day, 1pm. Ph. 437 1590 or 437 0388.

Eveline Indoor Bowls 7pm at the Centre. Ph 437-2471.

Parents Centre Playgroup (0-6yr) 10am, Salvation Army Hall.

St Patrick's Indoor Bowling Club, Centennial Park, 7pm. Ph. 434 7196.

Waitaki Community Gardens Working Bee, Wednesdays 1-3pm. All welcome! Call Ra on 021 115 4884 for 2 hours of fun!

Weston Indoor Bowls, 7:30 Weston Hall Ph. 4348281.

Yankee Bowls 1:30pm, Centennial Park. Ph. Bob 437 1704 or Gilda 437 2471.

Thursday 24th

Awamoa Indoor Bowls Club at 1:30 pm, Bowling Pavilion Towey St. Ph. 434 5061.

Diabetes Walking Group Chelmer St Gardens carpark 10.30am. Ph Jan 437 2348.

Kakanui Playgroup 9am-12pm, Kakanui School. 1st 3 visits free.

Mainly Music - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. Ph Angela 437 0911. mainlymusic.org.nz

N.O. Asthma Society Respiratory Exercise Class, 10am, St John Hall Lounge, Exe St. Ph. 434 3202.

Friday 25th

AA Meeting, Orwell St Chapel, 12 noon. Ph.432 4191 or 437 2928.

Lunchtime Recital, Waitaki Valley Singers, Oamaru Opera House, 12.15-1pm.

Saturday 26th

CAR BOOT SALE. \$10 per car. 9am-12, Car park in Trent Street. Signage out. Booking-text/call Liz. 0273294218. WGHS ASTRA Service Club. Proceeds to Charity.

Meadowbank Community Stadium Bowls 14 Conway St, 1.15pm. all welcome Ph 4340951

Sunday 27th

Excelsior Petanque Club Day, 1pm. Ph. 437 1590 or 437 2557.

St Paul's Church, Coquet St, 10am.

AA Meeting, Orwell St Chapel, 6pm. Ph. 437 2928 or 437 2337.

Oamaru Farmers Market 9.30 - 1pm, cnr Wansbeck & Tyne St. Hot food, fresh produce.

Monday 28th

Altrusa International of Oamaru meet, Ph Robyn 027 4312858.

Breastfeeding Support Group 10am-12pm, Plunket rooms. Ph.0274 186 731 or oamaru@lalecheleague.org.nz

Tokarahi Rifle club indoor range - Tokarahi Hall at 7-30pm.

Have a Go at Croquet - Awamoa/Gardens Croquet Club, Awamoa Rd. 10.30am - 3pm, wear flat soled shoes. All welcome.

Kakanui Playgroup 9am-12pm, Kakanui school. 1st 3 visits free.

SeniorNet Oamaru 10am, 2 Trent St, Ph. Dorothy 434 7278.

Woodturners, 1pm @ Clubrooms, Oamaru Racecourse. Ph. 439 5795.

Tuesday 29th

AA Meeting, Orwell St Chapel, 7.30pm. Ph. 4324191 or 4372337.

Age Concern Gentle Exercise Programme, over 60's Orwell St Chapel Hall, at 1:30pm. Ph. Heather 437 2404.

Barnardos Kidstart Playgroup 9-12noon, preschool children & parents, St Mary's Anglican Church Hall, Bring morning tea.

Diabetes Walking Group, Chelmer St Gardens carpark 10.30 am. Ph Jan 437 2348.

Justice of the Peace, 11am-1pm, W.I.N.Z building, Coquet St.

Meadowbank Indoor Bowls, 7pm at the Centre, Centennial Park, Ph. Noel 437 0217 or Bob 437 1704.

Oamaru Club Indoor Bowls 7-9pm, Oamaru Club Hall, 32 Severn St, Ph Maria 439 5240.

Oamaru Garrison Band Practise Nights, Band Rooms, Cnr Severn & Isis St, 7.30pm.

St Paul's Indoor Bowls, 2pm Church Hall. Ph. Mike 434 6722.

U3A Waitaki St Johns Hall Lounge, 2-4pm. Ph. Linda 434 6613.

Up & coming

Cancer Society Volunteer meeting - 1st Wednesday of each month. Held at the Dean O'Riley Lounge - beside Basilica, Reed St at 10.15am. Ph. Rayna Hamilton 431 7897.

North Otago Early Settlers Assn to be held Thur 31st Aug commencing at 1.45pm at the Early Settlers Hall, Severn St. Portraits copying continues. New members Welcome. Helen Stead (President) 434 1173

Classifieds

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2nd hand red bricks to give away, Ph. 434 6766 or 022 600 3837.

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AGM notices

AGM for N.O. Toy Library at Northstar Restaurant, 7.30pm, 30th August.

Oamaru Performing Arts Society - AGM Thursday August 31st 7.30pm. Blind Foundation Hall Steward Street.

Raffle Results

Oamaru Repertory Society 'On Golden Pond' raffle winner: no. 40, Breda O'Brien.

Notices

Rec Centre - Spring Special! New members - buy a 3 month membership during the month of **SEPTEMBER** and get a 4th month **FREE** Ph 434 6932/waitakicrc@xtra.co.nz www.sporty.co.nz/waitakicrc

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Mix well and pour into bowl over Rice bubbles. Place in sponge roll tin and chill.

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Oamaru Repertory Society

AUDITION NOTICE

Farndale Ave Murder Mystery
Saturday 26th August, 2-4pm

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4 woman, 1 man
Production dates 15-19 Nov.
Info. Ph. Judith 021 223 8255

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Indoor Recreation Centre Feasibility Report

In September 2016, Council commissioned Sport Otago to prepare a report to identify future district-wide sports and recreational needs and prepare a feasibility study for a possible indoor recreation centre.

In preparing the report, Sport Otago have engaged with sporting codes and stakeholders in Waitaki, and have also conducted a public survey to gather information on what sport and recreation facilities the district has and what changes the community would like to see.

The 152-page report includes comprehensive information on the Waitaki sporting assessment including information on existing sporting facilities, the Recreation Centre Feasibility Study, costings and project risks. See the full report on the Waitaki council website www.waitaki.govt.nz

Fish & Game has dismissed as

“scaremongering”

claims that imposing a royalty on commercial use of water will hurt the public.

Labour leader Jacinda Ardern announced the policy at the recent Environmental Defence Society conference saying New Zealand already charges royalties for gold, oil and gravel, and water should be no different.

Labour says the royalty will be between one and two cents a cubic metre – a thousand litres – of water.

Money raised from the royalty would go towards cleaning up degraded rivers, lakes and streams.

Federated Farmers, fruit and vegetable growers and the National Party are opposing a royalty, saying it will cause consumer items like dairy products, fruit and vegetables to soar in price.

Opponents claim a two cent royalty for a thousand litres of water would result in cabbages costing \$15 each, while apples would be \$2.80 apiece.

Fish & Game New Zealand chief executive Bryce Johnson says that is nonsense.

“These figures just don't add up. Those sort of prices would mean using millions of litres to grow a single apple or cabbage and that just doesn't make sense,” Mr Johnson says.

“This is scaremongering of the worst

kind. It appears to be a panicked response to avoid paying the real cost of intensive agriculture production and the resulting damage to our rivers and lakes.

“It is a cynical attempt to panic New Zealanders and it is a shame this new found concern for consumers' wallets hasn't been evident at other times,” he says.

Bryce Johnson says the critics need to base their claims on facts, not hysteria.

“The people making these outrageous claims just haven't done their homework. How can they be advocating irrigation schemes where water costing 25 cents a thousand litres makes good business sense, yet a two cent royalty brings the world to an end?”

Mr Johnson says New Zealand agriculture cannot be successful if it is based on water costing nothing.

“At the moment, agriculture is taking and using a public resource at no cost to itself.

“This is just not sustainable and neither is the resulting damage to the environment.

“A water royalty will pay to repair this damage and frankly, it is the least the industry can do to fix the mess.”

Bryce Johnson says it is time the agriculture sector and its supporters started listening to the New Zealand public's growing anger over deteriorating water quality.

“People are fed up. They want to be able to swim, fish and gather food from their rivers and the agriculture industry needs to start listening, not scaremongering and fighting efforts to restore water quality,” he says

www.fishandgame.org.nz

Beware of Phone Scammers!

There is a group of phone callers claiming to represent well known NZ companies - telling you that your computer router is faulty and they will replace it, also giving you \$200. After getting you to change your computer, They then ask which bank you use and to lookup your internet banking to see if the \$200 is deposited. This allows them to get all your bank details - including password.

You will find a much larger amount deposited, and when telling the caller, they say they will give another \$200 for their error! They then tell you to visit the Post Office Bank and withdraw the amount by eftpos - sending it to the number supplied. If you were to check

with your own Bank, you will find that they have accessed your account - transferring money from your savings to cheque account - the large amount - supposedly in error. So be warned. If these people ring you, hang up immediately! Or waste their time with random comments - or ask them to explain over and over. This way you slow them down from calling the next person...

Oamaru breakwater area to be closed in evenings

Following concerns raised during a recent Seven Sharp screening about people walking on the Oamaru breakwater to view Oamaru's blue penguins, it has been decided to consider the closure of the breakwater in the evenings.

Acting Chief Executive Neil Jorgensen says the number of people going on the breakwater in the evening to view Oamaru's iconic birds returning from sea has increased and there are fears that both people and penguins are at risk.

Mr Jorgensen says, “Because this part of the harbour is outside the penguin colony and therefore outside the control of Tourism Waitaki, we have real concerns about the penguins being disturbed and harmed and that people may take undue risks and could potentially hurt themselves, especially in large groups in the dark.”

“It's for these reasons that we've decided to discuss the closure of the breakwater area in the evenings with access being reopened in the morning.”

Council will formally consider a permanent night closure at its next meeting. It is being recommended that the breakwater area is closed at 5pm from March to October and from 7.30pm from November to February, in line with daylight saving, and will reopen again early the following morning. In the meantime a trial closure is in place until Council makes a final decision.

“We've listened to advice and believe this is the best course of action to protect both the penguins in their natural habitat and lower the risk of people from harming themselves when in large groups on the breakwater in the dark. The breakwater is an important feature for Oamaru and access to the public during daylight hours will continue.”