



I am loving this real Summer weather... The light rain which fell late last week, had me out doing some early morning lawn fertilizing and results were noticeable the next day.

With all the growth, I do tend to repeat myself with the cutting back all early

Summer Perennials and Shrubs before they make seed. You can be especially hard now on hedges if height and width need reducing - grow back rate is fast to cover any unsightly scalping and height can be taken out of shelter Shrubs like Pittosporum, Laurels and Conifers, should they be getting taller than required. Remove the centre leader to a point where lower branches will cover the cut - this will stop these Shrubs from becoming the trees they were created to be. Growth removed from tops and sides will regenerate, but branches removed from the bottom will seldom regrow - so remove.

The heat this Summer is hard on the shallow rooted Rhododendrons, Camellias and Azaleas and pushing spent flower heads to make seed. Removing as many as can be reached, will benefit growth. Some here have outgrown the space allotted, so width and height has been reduced now before budding becomes too advanced. I am collecting Rose petals on sunny days for potpourri - laying them out on a table until dry, then storing in a large paper carrier bag which needs to be shaken about often, to keep petals separated. Seed collecting is well under way now - a few warm days in a row ripen pods that have been slow to mature. I like to store mature pods into small paper bags / envelopes where they can pop in their own time.

Continue to mulch with light scatterings of un-sprayed grass clippings to keep moisture in the soil - they break down into humus quickly with Summer rain. Tree foliage benefits from moist Summer soil. This time last year, hot drying winds had really affected the new growth on our trees.

Lawns are scorching badly as they experience day after day of intense heat. They will eventually come back - early morning soakings and feeding during rain helps.

Weeds can be sprayed out during dry days. There are a few different lawn weed sprays on offer - even one that weeds and feeds at the same time. Use a product at the suggested strength and consider spot spraying for the sake of worms.

Fruit & Veg: It's proving to be a bumper year for both fruit and veg. Corn and Pumpkins have really taken off here now after a slowish start and gardeners are telling me their Tomato and Cucumber plants are producing and ripening really well - so pollination has been good. Plums are plentiful for Plum sauce and we still have a few Blackcurrants ripening for the last pie. Keep rotating root and leaf vegetables to get the best results. French, Butter and Runner beans should be flowering and producing well now and new Potatoes will be loving the warmth. I leave them in the ground until ready to use - even when the tops have died back. I have dug a wonderful crop of Garlic planted from local Kakanui stock around the shortest day - now ready to tie and hang. I still find it surprising when I lift such large bulbs produced from single cloves.

The moon calendar for the 25th January (The first quarter) suggests sowing green manure such as Mustard in vacant areas. Dig in before flowering stage. Also the best time to plant seedlings - especially crops with seeds inside and Dwarf Beans for Autumn harvest.

② Cheers, Linda

Books to Spare?



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Rights, Rules & Remedies

A Column by Consumer Affairs Writer, Jordan Kelly.

Financial Abuse is NOT OK

Elder abuse is an unhappy topic receiving increasing attention both in New Zealand and worldwide. One of its most common forms is financial abuse.

There's an obvious despicability associated with taking advantage of someone who is elderly, ill or impaired in any way.

But what makes financial abuse one of its most heinous forms, is the well-established fact that those most frequently found to have been associated with this crime are family members, friends or other trusted parties.

The concept of "financial abuse" might perhaps bring to mind hard core scenes like forcing the hand of a dying person on the matter of an estate or a big-ticket insurance policy, the criminal misuse of power of attorney, or other like scenes that are the stuff of thrillers and detective novels (albeit, no doubt these things happen).

A Broader Definition

However, there are other forms of economic abuse, including but certainly not limited to:

- Without permission, taking or using the person's money or property.
- Forging or forcing the person's signature.
- Misusing the person's ATM card or any other form of access to the person's funds or accounts.
- Misappropriating funds.
- Negligence or mismanagement in the handling of entrusted assets.
- Coercing the person into any form of agreement or contract, or using any form of deception to achieve a related objective.
- Offering misleading information that influences the person's commercial judgements.

Other Perpetrators

Worse still, abuse can be perpetrated in other ways, by persons and organisations with a broader association to a victim. By way of example, overbilling by a service provider, services billed for and not provided or not provided to standard (including, but definitely not limited to care-giving), or fraudulent charging.

We need to ensure that those in our community who are elderly, ill, impaired or otherwise vulnerable, are looked out for. Not in an intrusive, interfering manner. I don't suggest that for a moment. But the elderly and other vulnerable, dependent individuals need our protection.

Your courage to say something could mean all the difference to their entire existence. If you see any form of abuse or commercially opportunist behaviour, speak up.

And if you're the one being abused or you suspect someone is taking advantage of you in this manner, don't be afraid to reach out and ask for help.

You can do so easily and anonymously.

Age Concern funds a free and confidential help line and advisory service:

ELDER ABUSE LINE 0800 32 668 65.

Again, if you see a vulnerable individual experiencing abuse or opportunism in any form, I urge you to call this number

③ **NEXT ISSUE: Psychological Abuse is NOT OK, Either**

CLARKS FLOUR MILL OPERATING DAY



Waitaki District Archive 692P

**Sunday 28th January
12 - 4pm**

Mill Machinery Operating 1pm, 2pm, 3pm

Teas in Miller's House • Music in Smokey Joe's
Vintage Machinery • Children's Activities



State Highway 1
12km South of Oamaru
www.clarksmill.co.nz

Entry fees (cash only)
Adults \$15
Students \$5
Children Free

Clarks Mill – Open and Operating Once Again

If you missed seeing Clarks Mill open and operating on its 150th anniversary weekend last year you are in luck – the mill is holding some special operating days on the last Sunday of January, February and March between 12 noon and 4pm. The mill will be open for longer and the machinery will run more often on those last Sundays.

A lesser known story about the mill is that it also produced oatmeal until about 1907. You can still see the oat kiln where a fire was used to dry the oats and kill the germ so that the oats would keep for longer. For those with a Scottish origin who settled in the area porridge would certainly have been on the breakfast menu. With this in mind the operating day on the 28th January will have a Scottish theme.

Supported by Harraways, now New Zealand's only oat mill located in Dunedin, there will be Scottish themed activities and games. The horse and carriage will be back offering rides. Tea and scones will be served in the original Miller's House and music will be playing in the old social club Smokey Joe's with some Scottish dancing in the garden. To add to the day the North Otago Vintage Machinery Club will be showing their wonderful collection of vintage farm machinery.

Are you future proofed?

Whichever way you look interaction with technology is increasing. It is taking collecting information, making communication easier, and relieving us of repetitive work. What do you want for yourself and your family in 6 months, 12 months or 5 years?

More money, a better figure, use your cell phone/tablet properly?

What do you want to know in order to make the difference to your life before life makes a difference to you?

When to start, how to do it, who can support you?

Where can you find the answers?

One place is The Community Learning Centre and Literacy North Otago, 20 Ribble St., Oamaru.

Here, we will work with you to find out what you need to learn, and work with other community agencies in Oamaru to set on the path that, when you look back after 6 months, 12 months or 5 years you will perhaps see the change that has taken place.

We offer courses that where possible, will fit into your schedule: computing, cooking, driving licence, English language conversation, ESOL, drawing, creative writing, business start-up, and leading to NCEA level 1 & 2 amongst others.

Learning is lifelong and fun. It leads to greater opportunities in work, life and the community, and greater confidence for people who can then make wiser choices and enjoy the people they live and work with and the places they live and work in. It is proven to increase the chance of longer life.

Hey, the other great thing is that at **The Learning Centre, it is FREE!** Come and start to future proof yourself. Call in at 20 Ribble St., or call 03 434 2236.

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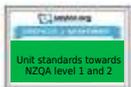
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Abandoned vehicle

How do I report a vehicle on the road which I think may have been abandoned ?

- If the vehicle is on a State

Highway:

Vehicles abandoned on State Highways are the responsibility of the NZ

Transport Agency and they are to be

contacted in the first instance. NZ Transport Agency contact information (<http://nzta.govt.nz/contact-us>).

- If the vehicle is parked in a dangerous position (eg blocking a driveway or intersection):

Please contact the Police in the first instance with the number plate details.

- If the vehicle is on a local road and is not parked in a dangerous position:

Please contact us on 03 433 0300 during office hours. You will need to give us the following details:

- The type and colour of the vehicle
- The registration number
- The exact location
- How long the vehicle has been parked there
- Your contact details

A compliance officer will go to the vehicle, take note of the details, and attach an 'Intention to Tow' notice on the windscreen advising the owner that they have seven days to remove the vehicle. A letter is sent to the last registered owner. If, after seven days, the vehicle remains there, it will be towed away.

What can I do if I think a vehicle is parked illegally?

If there is a vehicle that you believe is parked illegally (for example: parked facing the wrong way on the street, parked over or within one meter of a driveway, parked on yellow lines, illegally parked in a mobility space) you can notify us by calling 03 433 0300 during office hours. A compliance officer will go to the vehicle and ticket any infringements.

Who do I contact to report a burnt out vehicle?

To report a burnt out vehicle you can contact us by calling 03 433 0300 during office hours. There is a statutory process that must be followed before the vehicle can be declared abandoned and removed. If the vehicle is causing a danger please be sure to give details of this.

Vehicles abandoned on State Highways are the responsibility of the NZ Transport Agency and they are to be contacted in the first instance.

Recipe of the Week:

Tomato and Potato Savoury

1lb cooked potatoes,

1lb Tomatoes,

1 onion,

3 oz grated cheese,

1/2 pt milk,

2oz breadcrumbs, salt and pepper.

Put layer of sliced potatoes in casserole, then layer of sliced tomatoes and a little onion.

Sprinkle with some of the cheese, breadcrumbs, Salt and Pepper. Fill dish with alternate layers, finishing with cheese and breadcrumbs.

Pour the milk on and bake in mod oven about 45 mins.



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BRIDGE LESSONS

Mondays & Fridays

Beginning Monday 12th February from 7pm

Introductory Package - 12 weekly lessons for \$25
Lessons will be repeated Friday mornings from 16th Feb, 10am - 12noon. You may go to either or both.

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For more info Ph. Frances (434 8894) or Peter (021042 6997)

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Community Diary

Wednesday 24th

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

Thursday 25th

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. Tuesday & Thursday. Everyone welcome. Ph. Jan 437 2348.

Early settlers Assn, monthly meeting at Early settlers Hall at 1:45pm. All welcome, contact Helen Stead 027 434 1173.

Oamaru Karate Club Training at St Paul's Church Hall, 7 - 8.30pm.

Friday 26th

Indoor Summer Bowls 7pm, indoor bowls centre Centennial Park. Ph. Bob 4371704.

Sunday 28th

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

N.O. Scottish Society Burns Concert, 2pm, Scottish Hall, Tyne St. All welcome.

Oamaru Farmers Market fresh local produce, 9.30 - 1pm, Cnr Wansbeck & Tyne St.

Monday 29th

Waitaki Woodturners, 1-5pm, clubrooms, Oamaru Race course. Ph. 439 5795.

Tuesday 30th

Age Concern Gentle Exercise Programme, Orwell St Church Hall Tuesdays 1.30 - 3pm, \$3 per person. Contact: 434 7008.

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. Tuesday & Thursday. Everyone welcome. Ph. Jan 437 2348

Justice of the Peace 11am - 1pm, WINZ Building, Coquet St.

Oamaru Karate Club Training at St Paul's Church Hall, 7 - 8.30pm.

Up & Coming

Triathlon, Duathlon and Fun Walk / Run

series - 6pm Wednesdays, 7th, 14th, 21st February 2018. Friendly Bay. Oamaru Triathlon and Duathlon and SISS Champs, Sunday 4th March 2018 at 10am, Friendly Bay. Kiwikids Tryathlon - Thursday 8th March, 4pm at OIS. Contact Oamaru Multisport Club, Adair 021 309439 or Diane 021 08150688. Enter online www.sporty.co.nz/oamarumultisportclub.

Waitaki Road Safe Cycle Skills Fun Day, Saturday 10th Feb at Takaro Park commencing at 1.30pm. Free entry, heritage cycles to ride and plenty of skills to practice on your bike. Children 4 - 12yrs welcome. Ph 434 7213 for more info.

Excelsior Rugby Club AGM, 31st January at 7pm. Enquires 021 261 7881.

Classifieds

For Free

Horse Manure, Ph 434 5607.

Cherry Trees available from Monday to Sunday 9am-9pm; 296 Teschemakers Road Oamaru. Ph 027 539 5961.

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Compactum cupboard on left, 4 drawers on right with mirror above, \$55 ono. **2 x 4 drawer Talboys** \$30 each or \$50 for both. Ph. 437 1276 or 027 4902005.

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Waitaki District Community Group Directory 2017, updated version \$3 avail Citizens Advice Bureau N.O, 100 Thames St.

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Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.

Yoga Term 1 - 2018, Classes Tues morning & evening, Thurs morning. \$121 term fee (\$16 casual) & Thursday evening \$88 term fee (\$12 casual). Beginning from Jan 30th. Ph. John or Dominique 03 689 7586 or email karunaayoga@kinect.co.nz

Situations Vacant

Cleaning Position Available: up to 5 days per week. 11am-2pm Ph. Barbara 027 3199310.

Wanted

Books - always buying at Oasis Oamaru, 10 Harbour St. Ph 4346878.

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Raffle results

SPCA raffle has been drawn - a huge thank you to the public and businesses for your generous support.

Notices

Oamaru Karate Club Training at St Paul's Church Hall, Starting Back on Monday 22nd January, Mondays & Thursdays 7pm-8.30pm.



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Boating

Whether you're into fishing, sailing, diving, cruising or just having fun, boating safety awareness is essential.

Many boating tragedies are caused by an error in judgement relating to equipment, the weather or behaviour. Make sure you keep out of trouble by knowing the environment, having the right equipment on board and acting responsible at all times.

Boating Safety Code

Follow the five rules of the boating safety code:

1. Life Jackets

Boats, especially ones under six metres in length, can sink very quickly. Wearing a life jacket increases your survival time in the water.

2. Communications

Take two separate waterproof ways of communicating so we can help you if you get into difficulties.

3. Marine Weather

New Zealand's weather can be highly unpredictable. Check the local marine weather forecast before you go and expect both weather and sea state changes.

4. Avoid Alcohol

Safe boating and alcohol do not mix. Things can change quickly on the water. You need to stay alert and aware.

5. Skipper Responsibility

The skipper is responsible for the safety or everyone on board and for the safe operation of the boat. Stay within the limits of your vessel and your experience.

Visit the AdventureSmart website for more information on the Boating Safety Code.

<http://www.adventuresmart.org.nz/boating-adventures/>

Cruising 2018/2019

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Tuesday evening 5.45pm-7.15pm

Thursday morning 10.00am-12.00pm

Above classes \$121.00 term fee (\$16.00 casual)

Thursday evening 6.30pm-7.30pm \$88.00 term fee (\$12.00 casual)

At St. John's Rooms in Exe Street.

Register with John or Dominique: 03 689 7586

Email: karunayoga@kinect.co.nz

Letters to the Editor

Do you have something to ask, say
or to inform!

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If you have any questions, please
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The Oamaru Telegram retains the right not to publish.

Keep cool without blowing your energy bill

You can keep your home cool without blowing your energy
bill, according to EECA ENERGYWISE. Technical expert
Allen Davison says more New Zealanders are using their

heat pumps as air conditioners
in summer and there are tactics
to avoid big energy bills. For
example using the fan only
setting helps you feel cooler by
creating a breeze, he says.

“This setting uses a lot less
electricity than the full cooling
mode. Keep your windows
open while using the fan only
mode.”

Selecting the dehumidifying
mode also uses less electricity
than the full cooling mode, Mr Davison says.

“This works well if it's humidity rather than the
temperature that's the problem. Shut your doors and windows
in the rooms you're dehumidifying.”

Mr Davison suggests only using cooling mode on really
hot days when the other methods aren't enough.

“Shut all your doors and windows in the rooms you're
cooling. It's best to cool one room as this is what most heat
pumps/air conditioners are sized for. Set the thermostat to
around 22°C. The room won't cool down any quicker if you
set it lower, but you are likely to use more electricity by
overcooling.”

Avoid using auto settings because if you forget to switch
the unit off, it will start heating if the temperature drops
below the thermostat setting, he says.

“It's also important to clean the filter of your air
conditioner regularly because clogged filters stop the
appliance running efficiently.”

Use fans

Floor and desktop fans are relatively cheap to buy and install,
and are much cheaper to run than air conditioning, Mr
Davison says.

“They're especially good if you only get a week or two of
extremely hot weather during the year.”

Close blinds and curtains

Closing blinds and curtains at windows that receive direct
sun provides shade from the hot sun.

Longer term solutions

- Plant deciduous trees on the north and west sides of your
home - they provide shade in summer, but lose their
leaves in winter and allow sunlight through. You can also
use trellises for growing plants to shade your windows in
summer.
- Install external window shades - such as blinds, awnings
or louvres. They allow you to shade rooms in summer, but
let light and heat in at other times of the year. External
shading is much more effective than internal shading as it
blocks the sun's heat before it gets inside your home.
- When building, design eaves (or roof overhangs) above
north-facing windows - to stop direct sunlight entering
rooms at the height of summer, but allowing direct light in
the rest of the year. They won't help you with low-angled
morning and afternoon sun from the east and west.

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