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Issue 401

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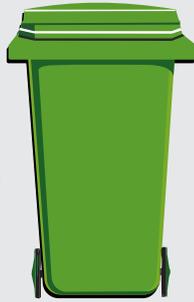
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Still no gardening for me while in recovery mode, coming from Dunedin and home a few days I was fortunate to then fall into the very capable hands of our wonderful Oamaru Hospital and equally wonderful caring Staff and now as this unusually mild mid Winter weather will be getting bacteria

working in my compost heaps, I am concentrating on the same process for my inner well being...

Gardens will be stirring as they would in early Spring during mild weather North Otago has been experiencing - very confusing for Trees, Shrubs, Plants and Bulbs, as resting time is disturbed, but they will no doubt duck for cover again as we Gardeners will when temperatures plummet again.

How special each new bloom is in a bare Winter garden - MULCH works well now on all bare ground and tucked around Winter flowering blooms, helping to keep ground warmer and smothering annual weed seeds wanting to germinate. The clean mulch on offer by our local Pukeuri (Alliance Group) meat works is ideal for this - dry ground will need a wetting if rain hasn't done this before applying the mulch. Contact for this mulch is Gregg 0272293215

PRIMULAS AND VIOLAS should be well clumped up now after an Autumn cut back and because they multiply well, these plants make fantastic borders. First dig out a clump and pull apart - each section with roots will become a new plant to clump up. Trim ragged Perennials - like Cat mint, back to the new growth you should be able to see coming through, then dig around or mulch to encourage the new roots.

IF YOU HAVE LEGGY RHODODENDRONS, this would be a good time to cut back the height to healthy new growth lower down. This will encourage the bush to thicken up through the middle. Flower buds will be removed and it is not a quick fix, as will probably take a number of years for a bush to push out enough new growth to compensate for what was removed, but worth the wait.

BOOST BEDDING PLANTS with fish based fertiliser or a little dried blood to encourage buds during sunny Winter days.

VEGETABLES: This mild Winter weather has been kind to producing vegetable gardens here on the coast. Soups will be brimming with the addition of Silver Beet, Broccoli, Cauliflower, Carrots, kale, Leeks and all those lovely Pumpkins stored before the frosts arrived. When areas of the veg garden become vacant, work some compost in and let frost and worms work on soil in readiness for an early Spring plant out. In cold areas, start Garlic off in containers and plant out later when the ground warms up.

FRUIT: If your Strawberry patch is manured and ready, plant new Strawberry runner plants in now while the ground is soft and moist.

Finish planting deciduous fruit trees and bushes in a sunny site - avoid frosty hollows for early starters such as Plums and Pears. Frosty sites are no disadvantage for soft fruits as Winter chills will stimulate fruit buds. Continue to shelter Citrus in frosty gardens - they should be offering a lot of fruit to pick now (Marmalade sounds good ..) This is the best time of the year to prune fruit trees, however early to

Late Spring is best for Peach trees - they should be pruned yearly to maintain an open centre. Prune off the damaged wood in the early Spring - this will allow the wounds to close faster as growth begins. In the early Spring you should also be able to see how many flower buds have survived the cold weather. Be sure to thin the fruit on the trees to about 6 inches between fruits. The best fruit often grows at the top of the trees. Keep the tops of trees low, so they are easily accessible.

Winter for Apples and Pears. The best time to prune your Apple and Pear tree is when it is dormant - you will want to cut away any overly vigorous stems, which are usually high in the trees. Cheers, Linda

OAMARU + PHARMACY

Reducing Your Cholesterol

What is Cholesterol?

Cholesterol is a fatty material circulating in the blood. Your body needs a certain amount to build cell walls, and to make bile acids and sex hormones. Your body makes its own cholesterol in the liver, and takes some from the food you eat, so the more high-cholesterol food you eat the more difficult it is for your body to balance blood cholesterol levels and so they rise. Eating foods high in cholesterol is also likely to increase your weight because of their high fat content.

As well as what you eat, your family history is a factor in raised blood cholesterol levels. You are at risk of developing high levels yourself if family members have had raised blood cholesterol.

Why Is High Blood Cholesterol A Problem?

Cardiovascular disease (heart attack, stroke and other heart and vessel diseases) is the leading cause of death in New Zealand. There is a clear link between high blood cholesterol and cardiovascular disease, which makes high cholesterol an important risk factor. By reducing cholesterol levels, death from cardiovascular disease can be prevented.

How To Reduce Your Blood Cholesterol Level

- Make sure the food you eat is heart-healthy
- Lose weight if you are overweight
- Be physically active (eg walk, jog, cycle, swim or mow lawns) 30 minutes or most on most days.
- Drink less alcohol- no more than 1 standard drink per day for women, no more than 2 for men.
- Quit smoking (talk to one of our pharmacists about nicotine replacement treatments that make quitting easier and increase the chance of stopping for good.

At Oamaru Pharmacy we offer Sanderson Premium Co-Enzyme Q10 which is an important supplement to use when taking cholesterol lowering medication. Long-term use of medications can lead to CoQ10 depletion in the body, supplementing with CoQ10 may assist in replenishing blood levels.

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Invitation for Waitaki Community Groups to apply for funding

The Waitaki District Council is inviting local charitable groups and community organisations to apply for their share of community grant funding to go towards special projects and programmes to help enhance their local community.

Councillor Jeremy Holding says "Our volunteers and community groups are integral in making the Waitaki District a more vibrant, creative, and more active community. Our grants are open to help achieve those goals."

Community Group Grants have been established by Waitaki District Council to assist not-for-profit organisations and groups based in the Waitaki District with projects. A project may include one-off programmes, services or activities that benefit the community. Waitaki community group grants have helped community gardens, counselling programmes, scout groups, sporting clubs, kids' holiday activities and lots more. Applications for Community Group Grants funding close on August 17.

The Creative Communities Scheme is supported by Creative New Zealand to encourage community participation in the arts, support cultural diversity and enable young people to engage with the arts. Previous rounds of Waitaki Creative Communities Scheme funding have gone towards publishing poetry, art exhibitions, drawing workshops, Christmas in the Park, youth acting workshops and music festivals. The current round of funding is for local arts projects that take place between April 2018 - April 2019. Applications close August 31.

All information including application forms can be found at www.waitaki.govt.nz, Council offices in Palmerston and Oamaru, and at all Waitaki district public libraries.

WAITAKI POWER TRUST PROPOSAL FOR AMENDMENTS TO THE TRUST DEED

Waitaki Power Trust (WPT) is proposing that the Trust Deed be amended as set out in the Proposal for Amendments to the Trust Deed, or otherwise suggested by public submissions.

An information pack on the Proposal for Amendments to the Trust Deed is available from the office of Network Waitaki Limited, 10 Chelmer Street, Oamaru during normal business hours, or by emailing the WPT Secretary at: waitakipt@gmail.com

The amendments, (or any one or more of them as the Trustees may in their discretion determine), shall be passed at a meeting of the Trustees which is open to the public, after the Public Consultative Procedure, as laid down in the Trust Deed, is completed.

PUBLIC CONSULTATIVE PROCEDURE AND SUBMISSIONS ON THIS PROPOSAL

Every person interested in this proposal may make submissions on the proposal to the Trustees and to the Directors of Network Waitaki Limited.

Submissions are to be made in writing setting out the matters the Trustees are asked to consider and should be made to: The Secretary, Waitaki Power Trust, C/- Mrs. F Ormandy, 116 Perth Street, Oamaru, 9401, or emailed to: waitakipt@gmail.com by 5.00 pm on Thursday, 26 July 2018.

All persons making submissions will be given reasonable opportunity to be heard by the Trustees at a public hearing of submissions which will be notified to submitters and publicly advertised.

All written submissions on the proposal will be available for inspection from Friday, 27 July 2018, by interested members of the public, and prior to the public hearing of submissions, at the office of Network Waitaki Limited, 10 Chelmer Street, Oamaru or by requesting a copy from the WPT Secretary at: waitakipt@gmail.com

A final decision in relation to the Proposal for Amendments to the Trust Deed will be considered and made at a public meeting of the Trustees held following the hearing of submissions, the time and place of which will be publicly notified.

Oamaru Repertory Society performers of the recent Winnie the Pooh production line up for a well deserved ovation, where they also invited the public to meet the characters.



RealFood Pantry Goji Berries - The happy berry

The Goji berry is a Chinese berry that has been getting attention as an anti-aging wonder. Goji berries (also called wolfberries) are used in a wide variety of traditional Chinese medicine preparations. Goji berries have high levels of antioxidants, making them a popular superfruit, and opening the potential of health and anti-aging benefits. They also contain a wide variety of healthy vitamins and minerals.

How to use Goji Berries. They are a great snack food, but we also recommend adding them to smoothies, muesli, soaking them overnight with oats (this adds a subtle sweetness to your porridge), putting them in desserts and they can also be left to soak in water and then drunk or made into anti-oxidant rich tea.

Health Benefits of the Goji Berries. They are the richest source of the antioxidants carotenoids including beta-carotene of all food known to man, therefore they help to repair free radical damage which strengthens our body to fight of diseases.

By weight they contain 500 times more vitamin C than oranges so are great for fighting off colds and boosting your immune system. They are believed to be a food which increase youthfulness and longevity this due to its high content of sesquiterpenoids, which help to strengthen the immune system and stimulate the secretion of rejuvenative human growth hormone by the pituitary gland, this hormone believed to help protect the eyes and heal the membranes. In Asia Goji berry tea has been used as a treatment for people who suffer with diabetes this is due to their ability to balance our blood sugar levels. This in turn helps to improve the function of our vital organs. Finally these little berries are an abundant source of nutrition as they contain 18 kinds of amino acids, including all the 8 essential amino acids, have 11.7% protein, are also rich in trace minerals including zinc, iron, copper, calcium, germanium, selenium and phosphorus and the vitamins B1,B2,B6, and vitamin E. So when you eat Goji berries you know you are getting a whole array of benefits and giving your body the nutrients it needs to provide you with outstanding health.

Grey Power to meet monthly

Grey Power North Otago is planning to hold social gatherings at 2.30pm on the third Friday of each month until the end of the year. To be held in what was the old ice cream parlour of Lagonda (191 Thames Street), the first is planned for July 20th.

The meetings offer a chance for members to get to know each other and discuss informally issues affecting them. The meetings are also a chance for non-members to find out more about Grey Power.

Grey Power is not just an advocacy group for people 50 years+. There are economic advantages for members, such as access to cheaper power and discounts from local businesses. There is also the chance to meet new people and learn more about how you can play an active part of the wider community.

Members are asked to pay for their own drinks — remember to bring your membership card to get the 10% discount offered by Lagonda — while the committee will cover the cost of food (up to two items each) from general funds.

5



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Community Diary

Wednesday 18th

Age Concern Golden Oldies Afternoon
Sponsored by Network Waitaki, 1st & 3rd Wed of the month, 1.30-2.30pm, LandSAR Rooms, 1 Severn St, gold coin donation, some transport avail. Ph 434 7008.

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

N.O. Orchid Club, 1.30pm, St Johns Hall, Exe St. New members welcome. Ph. Irene 434 7324.

St Pat's Indoor Bowls, 7pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

Yankee Bowls, 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

Weston Indoor Bowling Club, Weston Hall at 7.30pm, Ph. Ian 434 8281.

Thursday 19th

Awamoa Indoor Bowls, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

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

Footstep Ladies Trendy group, for chat, coffee and some crafts. 1:30pm - 4:30pm at Oamaru Baptist Church Hall. 14 Sandringham St. Ph. Chris 021 0268 7567.

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

N.O. Asthma Society: Respiratory Exercise Class, 10am, St John Hall, Exe Street. Phone Fiona 03 434 3202.

Friday 20th

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

Grey Power Social Group: 2.30pm, Lagonda. A chance to socialise and ask questions. Members bring membership card for discount. Non-members welcome. Ph. Graeme 437 2220.

N.O. Astronomical Society Observatory Open Night: The Observatory will be open to the public between 7.30pm and 9pm. Gold coin entry at the door. For further details please contact Hans: marg-hans-briens@xtra.co.nz

Puzzle Club, love to jigsaw & want to meet other? Come to Community space at Oamaru library. 10am.

Oamaru Poultry, Pigeon & Caged Bird Show: Drill Hall, Itchen St.

Saturday 21st

Meadowbank Community Stadium Bowls, 1.15pm Bowls available. Ph. Graham 434 0951.

Oamaru Poultry, Pigeon & Caged Bird Show: Drill Hall, Itchen St.

The Healing Team - 2-3pm, St Mary's Hall.

Sunday 22nd

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

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

N.O.T.M.C Mystery Bike Ride: Taking in some off the road trails, backcountry roads & mountain bike sections. Departing 9am & returning - Medway carpark. Distance approx. 45km. Ph. Maurice & Phyllis 4346166.

St Paul's Church, Coquet St, service and kids club. All welcome, 10am.

Monday 23rd Term 3 begins

Genealogy Club 10am-12pm at Oamaru Library - learn how to research your ancestors.

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Complex. Ph. Mike 4370224 or Garry 434 1463.

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

Tuesday 24th

AA Meeting, Orwell St Chapel, 7.30pm, Ph. 432 4191 or 437 2337.

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

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

Indoor Bowls Oamaru Club, Severn St, 7pm, new members most welcome. Ph. Bev 434 9678 or Bede 027 201 3907.

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

Meadowbank Indoor Bowls, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

St Pauls Indoor Bowls, 2pm Ph. 437 1294.

U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

Up & Coming

The Light Christian Store, 27 Thames St, Oamaru - **SPECIALS on BIBLES, BOOKS & CARDS** until 31st July. Come in & browse.

AGM

North Otago Recreational Turf Trust, Tuesday 31st July 2018 at 7.30pm, at the Turf, Centennial Park, Oamaru. New members welcome.

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Horse Manure, Ph 434 5607.

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Pair Colonial Doors, white aluminum/glass, height 2080, width 1850, 1 door has opening window - \$850 or N.O. Ph. 437 1276 or 0274 902 005.

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Garage Sales

Saturday 21st July - Caledonian Road - Signs out 8.30am.

The Paper Industry's Carbon

Do you feel guilty when you ask your bank for paper statements and not just eDelivery? Electronic banking helps banks save money on printing, mailing, and postage - but don't confuse their paperless marketing with environmental awareness.

Myth: Making paper uses a lot of energy and has a high carbon footprint.

Fact: Much of the energy used to make paper is renewable, and the carbon footprint is surprisingly low.

More than 65% of the total energy used by North American pulp and paper facilities comes from renewable forest biomass. A look at the entire life cycle shows that paper's carbon footprint can be divided into three basic elements: greenhouse gas emissions, carbon sequestration and avoided emissions. Each of these elements is influenced by important characteristics that make paper's carbon footprint smaller than might be expected: it's made from a renewable resource that stores carbon, is recyclable and is manufactured using mostly renewable energy including biomass, biogas, and hydroelectricity.

Wood stores carbon indefinitely, even as a finished product, helping to reduce the effects of greenhouse gas emissions over the long term. Growing trees also release oxygen into the atmosphere, thereby supporting life on our planet.

What's carbon footprint?

Since 1990, the fossil fuel energy used to produce U.S. pulp and paper mill has been reduced by 25.4%, and 14.6% since 2000.

In Canada, 98% of wood residue is now being used for either energy generation or composting. More than 66% of mills' wastewater sediment is being used for either energy generation, composting, or land application.

Greenhouse gas emissions by the Canadian pulp and paper sector have dropped 79% since 1990 by decreasing its reliance on fossil fuels, increasing energy efficiency, and reducing energy use.

With 1% of the world's greenhouse gas emissions, the value chain of pulp, paper and print are one of the lowest industrial emitters.

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- ▶ Oamaru Transfers434 9506
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- ▶ Oamaru - Dunedin/Hospital Shuttle.....
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- ▶ Smash Palace.....433 1444
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- ▶ Nathan Oakes TV, Sound, PC Install &
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Window Tinting

- ▶ Tint a Window.....0800 368 468
.....www.tintawindow.co.nz

Cheese and Onion

2 eggs, Small cup grated cheese,
1/2 cup milk, 1 small onion finely cut,
Salt and pepper.
Grease shallow dish - sprinkle with
breadcrumbs.
Beat eggs and mix milk, cheese and
onion. Cook 20 mins in mod oven. Cut
when cold.

The yellow-eyed penguin

(Megadyptes antipodes) or hoiho is a
penguin native to New Zealand. Previously
thought closely related to the little penguin
(Eudyptula minor), molecular research has
shown it more closely related to penguins of
the genus Eudyptes. Like most other
penguins, it is mainly piscivorous.

The species breeds along the eastern and
south-eastern coastlines of the South Island
of New Zealand, as well as Stewart Island,
Auckland Islands, and Campbell Islands.
Colonies on the Otago coast line are a
popular tourist venue, where visitors may
observe penguins.

On the New Zealand mainland, the
species has experienced a significant decline
over the past 20 years. On the Otago
Peninsula, numbers have dropped by 75%
since the mid-1990s and population trends
indicate the possibility of local extinction in
the next 20 to 40 years. While the effect of
rising ocean temperatures is still being
studied, an infectious outbreak in the mid
2000s played a large role in the drop.
Human activities at sea (fisheries, pollution)
may have an equal if not greater influence
on the species' downward trend.

Foraging behaviour

The yellow-eyed penguin forages
predominantly over the continental shelf
between 2 km and 25 km offshore, diving to
depths of 40 m to 120 m. Breeding penguins
usually undertake two kinds of foraging
trips: day trips where the birds leave at
dawn and return in the evening ranging up
to 25 km from their colonies, and shorter
evening trips during which the birds are
seldom away from their nest longer than
four hours or range farther than 7 km.
Yellow-eyed penguins are known to be an
almost exclusive benthic forager that
searches for prey along the seafloor.
Accordingly, up to 90% of their dives are
benthic dives. This also means that their
average dive depths are determined by the
water depths within their home ranges.

This species of penguin is endangered,
with an estimated population of 4000. It is
considered one of the world's rarest penguin
species. The main threats include habitat
degradation and introduced predators. It
may be the most ancient of all living
penguins.

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Commercial Airline Pilot Training Academy Set to Take Off in Oamaru

The New Zealand Airline Academy is coming to Oamaru in the Waitaki district of Otago. The Academy has signed a lease with the Waitaki District Council allowing the commercial airline pilot training academy to commence operations at Oamaru Airport.

The Commercial Pilot Licence Training Scheme has been approved by NZQA through the National Trade Academy "NTA" a Registered Private Training Establishment, based in Christchurch. NTA have subcontracted The New Zealand Airline Academy to deliver the training with an expected initial intake of approximately 20 trainee pilots. They will complete around 4,000 flights over the first 10-12 month period. The Academy will also use a flight simulator for additional training that could, in time, be used by commercial airlines needing flight simulator time.

Ultimately, it is expected that the Academy will employ 10 staff locally, and will have 30 to 50 commercial pilot trainees within a 2-3-year period.

Mayor Gary Kircher says initial discussions with NTA and the NZ Airline Academy gave Council a good steer of how the business could successfully operate in Oamaru and further negotiations have resulted in the Academy recognising the commercial viability of the venture.

"We're very pleased to see NTA and the NZ Airline Academy choose the Waitaki District," says Mayor Kircher. "This training facility is brand new and its directors see our district as the best place to kick start their operation. As there'll be a significant number of trainees and staff living and learning here, this is a win-win for everyone. The school will be a significant economic boost for Waitaki."

Mayor Kircher also acknowledged the huge effort that staff had made to secure the academy in the district. "I wish to pay tribute to our CEO and key staff throughout the organisation, especially the property team. They are responsible for the excellent work that attracted the airline academy to Waitaki, winning over the new company with a can-do attitude. This is a strategically important addition which could lead to even greater opportunities."

Chief Executive Fergus Power says that in addition to the investment of around \$66,000 by each trainee commercial pilot in their training course, it is estimated that each student will contribute a further \$20,000 to the economy in the time they're living in the district (10-12 months). "Clearly, this was a tremendous opportunity for our community and we pursued it. Deep attention to the needs of the incoming business meant that they came to the conclusion that the Waitaki district was the best district in New Zealand for them to commence their operation", he said. Mayor Gary Kircher congratulated NZAA on their vision, and said that he looked forward to seeing their enterprise steadily grow over the next few years.

NTA Managing Director Craig Musson said that he looked forward to working with "NZAA" and the Waitaki District Council to grow International Education in Oamaru and to diversify the company's delivery of programmes internationally.

Directors of NZAAL are very pleased with the support they have received from the Mayor, CEO and staff of Waitaki District Council and the people of Oamaru. They are starting operations this month and would be happy for people to drop by and cheer them along.