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Issue 377

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Half page and full page options are available.

Over heating can be a problem in this weather - remember to keep hydrated and keep an eye on the elderly and little ones..

Enjoy your week - **regards The Telegram.**

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ISuch a lovely Summer day today -
Tuesday the 23rd January, with not a
cloud in the sky and a gentle warm breeze
following me around the garden, as I
worked with keeping cutting back. I am
still filling the wheelbarrow time and time
again with cut back early Summer plants

finished flowering . Cutting will promote a new lot of
blooms - but remember to feed what you cut back, because
they need help to make the new growth required of them.

Roses are budding up again after the first flowering prune - it
takes about six weeks from cut to new bud. I am still finding
Rust affected leaves to remove and destroy on some, but see
the organic fungicide has slowed down the spread.

This Summer is proving a challenge for Rhododendrons,
Camellias, Azaleas and Hydrangeas. They all do best in
moist soil, so good soakings are needed to keep moisture up.
Mulch with un-sprayed grass clippings. Hot drying days have
also really affected new growth on trees, causing early leaf
drop - good soakings will also help with this.

Cut English Lavenders back by 2/3rds and give a dressing of
Blood and Bone - if they are too old and woody, they will
probably not put out new growth, so take cuttings from what
you cut back and grow a few new plants. Catmint and
Alyssum are also needing a cut back to encourage another
flowering.

Seed collecting begins again and the sowing of seeds for
colour during Autumn and early Winter. Pansy, Poppies,
Statice, Calendula, Primula, Cineraria, Alyssum and
Snapdragon will all get an early start if sown now into seed
trays, then placed in semi shade.

Lawns: All lawns will be stressed now. Weeds can be
sprayed out with product at the suggested strength, -If too
heavy handed, even the grass will be affected in this hot
weather and please consider only spot spraying for the sake
of the worms.

Fruit & Veg: It's proving to be a bumper year for both fruit
and veg - sunny days with slightly cooler nights down here in
the south and pollination good, with warmth bringing Bees
and Insects out. Corn, Tomatoes and all in the Pumpkin
family are getting the growing conditions they love. Berries
and Currants were in abundance, Apricots and early Peaches
are dropping from trees, so I am sure there will be a lot of
sauce and jam making going on.

Keep rotating root and leaf vegetables to get the best results -
i.e where Carrots have been growing, plant Lettuce. I have
just sown Carrots and Parsnips, picked all the Broad Beans
and replaced the spot with Lettuce plants.

Looking back through my notes, the growing pattern of dull
days over the last five years may have been broken - lets
hope so.... Cheers, Linda



Total fire ban for Otago

Fire and Emergency New Zealand (FENZ) has imposed a Prohibited Fire Season throughout Otago until further notice.

A Prohibited Fire Season requires a total fire ban and/or the suspension of certain operations that pose a fire risk. A Prohibited Fire Season may apply in both Urban and Rural Fire Districts.

In a Prohibited Season, Council will no longer issue fire permits. Current permits issued under the Waitaki District Urban Fire Prevention Bylaw do not allow a permit holder to light a fire in the open air during a prohibited fire season.

During Prohibited Fire Season gas barbeques authorised however the lighting of fires in the open air or use of pyrotechnics (eg fireworks) is prohibited.

For more information on Fire Seasons and Zone Boundaries, visit www.otagoruralfire.org.nz/fire-season/fire-season/

Support for Enviroschools

A recent Council grant of \$25,000 will contribute towards the funding of an Enviroschools school facilitator.

Mayor Gary Kircher says the funding will enable the facilitator to work with local school children throughout the Waitaki district, teaching them about the environment, what sustainability means and what practices can be learned.

"It's an important part of children's education and is becoming more relevant every day," says Gary. "If we can teach the younger members of our community about sustainability issues such as growing their own food, managing waste, and recycling, it's well known that those messages will also reach parents, caregivers and others throughout the community."

Enviroschools Co-ordinator Robyn Zink says the facilitator will help schools to put a sustainability lens on their curriculum topics and on their practices.

"We will be approaching all the schools in Waitaki and asking them to provide an expression of interest. The funding we've received will allow us to support 12 schools."

"Enviroschools is an on-going programme and the stronger the relationship between the facilitator and the school, the more embedded a school's sustainability practice becomes, and the stronger the community networks are."

Enviroschools aims to foster a generation of children who instinctively think and act sustainably. Facilitators work with schools to identify sustainability issues relevant to the pupils, such as food production and distribution, waste reduction, enhancing biodiversity, or minimising water and energy use. Students are then empowered to act on those issues.

"The programme integrates all aspects of sustainability and weaves Māori perspectives throughout. Strong links are built with communities through this process, enabling learning and action to move beyond the school boundaries, and building sustainable communities."

Gary adds, "Council recognises the importance of these issues and we're very pleased to be able to support such a valuable community programme. We have full confidence that our younger generation will learn skills that will lead to a greater awareness of environmental issues, and bui

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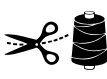
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Debbie & her staff would like to thank all clients & customers for their support over the last 29 years.

The new owner, Kay takes over on the 9th February. We wish her all the very best.

For all enquiries before the take-over feel free to contact Debbie Shields on 434 5086

Rights, Rules & Remedies

A Column by Consumer Affairs Writer, Jordan Kelly.

Psychological Abuse of the Elderly and the Vulnerable NOT ON

In my last column, I wrote of the various forms of financial abuse of the elderly and other vulnerable members of the community.

In this week's issue, I'll move on to another form of abuse that almost invariably goes hand-in-hand with it: **psychological abuse.**

Just like financial abuse of the elderly and the vulnerable, this takes many different forms. Some are specific to the elderly and disabled, and some constitute abuse of a less age-specific nature. But whichever category these cruel and opportunistic behaviours fall into, and whatever form they take, they're unacceptable – and just like economic abuse – they need to be detected and called out.

According to New Zealand's **Age Concern**, a national charitable organisation, a substantial percentage of elder abuse goes unreported. The organisation says only 16 percent of abuse cases are brought to the attention of service agencies. And of the currently 2000 cases being reported to Age Concern each year, a whopping 75 percent relate to psychological abuse.

'75% of Cases Relate to Psychological Abuse'

Psychological abuse includes the more subliminal and gradually erosive, right through to the overt, immediately impacting and outright heinous. According to **Age Concern**, it can include ridicule or threats, harassment or humiliation, prevention of choice and decision-making power, and the intentional withholding of affection or withdrawal of relationship. It can also take the form of wantonly destroying an individual's privacy and thus, their remaining sense of dignity.

Elderly Have Much To Give, If We Will Listen

In my last year of school – many moons ago – I was a volunteer at the then-Victoria Home (now, Harbour View Rest Home). As I filed toe nails and read aloud tracts of residents' favourite books, I realised just how much the elderly have to offer, in terms of accumulated wisdom, and the compassion that comes with the time to reflect back on a lifetime of human experience and observation.

But more than anything else, I came to understand their intense degree of vulnerability on all levels.

Just *some* of the insidious and long-lasting impacts of psychological abuse include loss of confidence and morale, fearfulness and/or a sense of hopeless and powerlessness, anxiety and/or insomnia, an increased sense of social isolation, possible onset or intensification of depression, loss of vitality, loss of appetite and resultant physical decline, worsening of existing physical ailments, and even a loss of the will to live.

Age Concern funds a free and confidential help line and advisory service: **ELDER ABUSE LINE 0800 32 668 65**

If you witness or suspect a case of the psychological abuse of an elderly or vulnerable individual, have the courage to either call it out or to use the above hotline. Your advocacy might represent the last link in that person's lifeline.

Books to Spare?

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Call, Text or email before 12th February 2018
Helen Algar: halgar@waitaki.govt.nz, 021 307747
Sandra Tonkin: swtonkin@xtra.co.nz, 027 77897533



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Kiwis lose over \$10m to online scams in 2017

Online safety organisation Netsafe says scam tactics are becoming increasingly sophisticated, and New Zealand's national response needs to evolve accordingly. Kiwis reported a combined loss of \$10.1 million dollars from online scams and fraud to Netsafe in 2017. The largest single loss reported was \$480,000, and the average loss was \$10,771. The reported losses likely only represent a small percentage of total losses, as many people feel a sense of embarrassment or hopelessness about reporting scams.

Netsafe CEO, Martin Cocker, says that New Zealand should not accept scam losses as inevitable and that more can be done to stop the losses.

"The first step is to stop thinking of scam victims as greedy or foolish," says Cocker. "We need to correct that misconception, get more creative with prevention education, and improve coordination between the agencies and organisations that can disrupt scam and fraud activity. Cocker says that some scammers have moved on from traditional scam models that use cheap communications technology to reach large volumes of people in order to find the small percentage of people who are vulnerable to a particular approach at that time. Netsafe now sees scammers taking the time to set victims up, often by leveraging the huge volumes of personal data now floating about on the web.

"Scammers are taking advantage of technology and digital marketing techniques to create scams that appear authentic. These scams are multi-faceted, often using several well-executed marketing elements designed to mimic well-known organisations and processes that people trust. The recent scams imitating Air New Zealand and Whittakers are good examples of this.

The simple message of 'If it seems too good to be true, it probably is' no longer reflects the reality of the online scam and fraud landscape. It would be more accurate to say 'Even if it seems like a reasonable deal, it could still be a scam,' says Cocker.

The scams most commonly reported to Netsafe are tech support scams. Scammers make contact about a fake issue

with a computer and offer to fix it by requesting remote access to the device. The largest loss reported to Netsafe in 2017 was \$480,000 to an investment scam. Kiwis lost \$1.4m to online romance scams in 2017.

People in New Zealand can get advice or report a scam to Netsafe by calling 0508 NETSAFE or visiting www.netsafe.org.nz

Tips to protect yourself from scams:

- Don't respond to phone calls or contact about your computer asking for remote access to fix it. No one will contact you out of the blue about a problem with your computer.
- Use good, strong passwords on your online accounts and don't tell anyone what they are. Legitimate organisations will never ask for your passwords. Use two-factor authentication on accounts where you can.
- Always keep your personal information secure. Think carefully before entering your details online, or giving them to someone.
- If someone offers you money or another offer, but you have to make a payment up front, ignore it. This is a common tactic of scammers.
- Use a good antivirus and keep your software up to date. This will help to protect your device from someone trying to access it.
- Be wary of unusual payment requests. Scammers try to use payments that can't be traced such as pre-loaded debit cards, gift cards that can be used online, iTunes cards or money transfer systems.

If you're using a trusted trading or booking website or app, always complete the deal using the payment system in the platform.

About Netsafe

Netsafe is New Zealand's independent, non-profit online safety organisation. Netsafe provides online safety education, advice and support for people in New Zealand. Taking a technology-positive approach to the opportunities and challenges digital tech presents, Netsafe works to help people in New Zealand make the most of technology by providing practical tools, support and advice for managing online challenges.

Netsafe's helpline is open 8am-8pm Monday to Friday, and 9am-5pm weekends and public holidays.

Netsafe.org.nz - 0508 NETSAFE (0508 638 723) - help@netsafe.org.nz

Recipe of the Week

Fruit Drink.

3 Oranges, 3 Lemons, 1oz Tartaric Acid
 3lb Sugar.

Squeeze juice and mince skins.

Boil sugar in 2 litres water for 10 mins.

Pour over juice and skins and leave 12 hours.

Strain and add Tartaric Acid.



Blackcurrant or Grape Drink.

3lb of Currants or Grapes

16 cups water, 1 cup white Vinegar, Sugar.

Boil till soft and strain through stockinette.

Add 1 less cup of sugar than strained juice.

Add vinegar and boil 3 mins. Bottle when cold



Community Diary

Wednesday 31st January

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

Excelsior Rugby Club AGM, 7pm. Enquires 021 261 7881.

Glenavy-Waitaki Bridge Salmon Assn special meeting, 7.30pm. Applications for donations available at Glenavy Shop & Secretary Bridget Te Maiharoa. Meeting called with intent of dissolving above assn in October. Ph. 431 3859.

Thursday 1st February

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

Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

Migrants Meet and Share first 2018 meeting, at 10.30 am. Green Room, Opera House, down the driveway. Make New friends, discuss your needs. Everyone welcome. Ph: Maria 0210665143

Friday 2nd

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

Saturday 3rd

N.O.T.M.C: Hinewai Reserve – Banks Peninsula. Plan is to do day walks from a base at Hinewai Lodge. Numbers limited. Names to Robbie.

Sunday 4th

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

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

Monday 5th

The Happy Scoundrels Over 55 Tempin Bowling Club, 1pm, Galleon Family Complex. Ph. Mike 437 0224 or Garry 434 1463.

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

Tuesday 6th

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, Everyone welcome. Ph. Jan 437 2348

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

St Paul's Indoor Bowls - 2pm Church Hall, Ph. 437 1294.

Up & Coming

Age Concern Golden Oldies Afternoon Sponsored by Network Waitaki, 1st & 3rd Wed of the month, 2-4pm, LandSAR Rooms, 1 Severn St, gold coin donation, some transport avail. Ph 434 7008.

North Otago Horticultural Society's Autumn Flower Show 10th & 11th Feb, Scottish Hall, Enq to Reg: Ph. 03 434 5575.

N.O. Tramping and Mountaineering Club: Waitaki Lakes and River Committee next meeting to be held at the Kurow Museum at 10am on February 17th all welcome. Rob Douglas Acting Secretary 034394004

West Maerewhenua – Sunday 11th, a gradual climb through easy tussock to overlook the Otekaieke River. Round trip 5-6 hours. Contact Bill 437 0368. Departs Medway car park 8am.

Triathlon, Duathlon & Fun Walk / Run series - 6pm Wed 7th, 14th, 21st February. Friendly Bay. Oamaru Triathlon & Duathlon & SISS Champs, Sun 4th March at 10am, Friendly Bay. Kiwikids Tryathlon - Thurs 8th March, 4pm at OIS. Ph. Oamaru Multisport Club, Adair 021 309439 or Diane 021 0 8 1 5 0 6 8 8 . Enter online www.sporty.co.nz/oamarumultisportclub.

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

Waitaki Travel Club monthly meeting, 10am, Friday 9th Feb at the Manor Estate. Guest Speaker: Verna Chambers "3 Weeks in Italy". Subs now due. Ph 434 6713.

Classifieds

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Carpet for weedmatting, Phillips small music sound system. Ph. 434 3489.

Horse Manure, Ph 434 5607.

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Holden 20" Rims, near new tyres, very stylely 5/120 \$650. ph 021 350 957

Large Solid Rimu Desk - \$150, Semi Automatic Polypropylene strapping machine, good order \$550, 17cc Bonaire Deep Freezer - \$80. Ph. 4270955 or 0272207351

Twin single bed bases & mattresses in very good order. \$150ono. Ph. 434 5598.

Services

Mulching, Don't Burn - Mulch - Build up your soil, from \$80 Ph 4395787 or 0212339193

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Tools wanted! Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.

Wanted

Books - always buying at Oasis Oamaru, 10 Harbour St. Ph 434 6878.

Wheelchair - foldable, Ph. 027 228 0241 or 03 437 0086

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Kakanui House by the sea 3 bedrooms, lovely garden \$315pw. Must like to garden as maintaining a small vegie garden and some flower beds required. Ph 022 0497253

Notices

North Otago Asthma Society are excited to announce applications are now open for the **ACTIVE ASTHMA KIDS PROGRAMME**, this program aims to support asthmatic kids aged 7-12 years to participate in subsidised sporting activities, such as swimming lessons, netball, rugby etc. Eligibility criteria applies - for more information call Nurse Educator Fiona on 4343202 or email northotagoasthma@xtra.co.nz. This program was made possible by a generous Network Waitaki grant.

Littering and illegal dumping

Illegal dumping (sometimes called 'fly tipping') is where someone takes their waste and discards it on public property or someone else's private property. It can range from someone leaving a food wrapper on the footpath, to a commercial company dumping large quantities of waste at a rest area by the road.

Not only does illegal dumping look bad, it can be insanitary, dangerous and a risk to the environment. It's not what we want for our district. The other big problem is that the cost of cleaning up illegal dumping falls back on ratepayers – something we don't think is fair.

Seen someone illegally dumping?

Report it to Council by calling 03 433 0300. If you are able to, record the registration number of any vehicle or take a photo with your cell phone. It is also helpful if you can write down a description of the vehicle and the driver. Please be discreet and careful not to put yourself at risk. Your safety comes first.

Found illegally dumped rubbish

Contact the Council on 03 433 0300 and they will organise for someone to visit the site, examine the rubbish for information on who the owner is, and arrange for it to be cleared up. They have a good success rate at finding out who dumped the rubbish and making them pay, so it's worth letting them know.

HANDY PH. LIST

Acupuncture

- ▶ Acupuncture & Massage.....434 9663
....(ACC) Rick Loos (NZRA) @ Health 2000

Art Studios

- ▶ Basement Gallery - Neroli.....434 1598
.....46 Nen St.....0211 511 647

Clairvoyants

- ▶ Clairvoyant & Healer Rosina.....434 8998
.....021 126 3329

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- ▶ Wayne Nuttall Builders.....437 2513
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- ▶ Citizens Advice Bureau N.O....434 9743
.....0800 367 222

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- ▶ A+ Services.....0800 155 166
Window, gutter & carpet cleaning 027 714 4812
- ▶ Headstone Cleaning Service 021 026 26115
- ▶ Oamaru Chimney Sweep.....434 8025
.....027 436 1315
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- ▶ Kaye Mattingley434 1188
.....DipGrad Otago NZRSW, MANZASW
- ▶ Orwell Street Counselling.....434 6168
.....022 192 4415

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.....027 653 0984

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.....434 7533.....027 724 1130

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.....027 284 9994

- ▶ Robinson Gray021 173 6161
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.....49 Humber St

Gardening

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Contact the Oamaru Telegram team on 03 434 9651, em: telegram@oamaru.net.nz or at Oamaru Print and Copy Ltd, 146 Thames St.

Water Safety

Pools

Pools provide wonderful opportunities for teaching young children water safety and swimming skills

and are often the central hub for family and friends to gather and have fun. Unfortunately, pools are also potentially dangerous places, particularly where young children are concerned.

It is your responsibility as an adult to ensure that the children you are caring for are safe. The vast majority of children who drown are alone and unsupervised, or in the care of other children at the time.

The only safe pool environment is one where young children cannot gain access to a pool without adult supervision.

You can cut the risks even further by:

- always supervising children in or near a pool;
- maintaining the fence and gate in good condition;
- always making sure the gate to the pool is safely shut;
- setting rules of behaviour around the pool and teaching your child water safety and swim and survive skills;
- clearing away toys and flotation aids from the pool area when not in use;
- NEVER prop open the pool gate;
- learn first aid and resuscitation.

<http://www.watersafety.org.nz>





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