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Issue 379

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regards The Telegram.

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What a glorious rain last Monday night - just what North Otago needed as we move through this scorching Summer towards Autumn. Now while growth is rapid, is the perfect time to sow seeds and have seedlings pricked out then potted up ready to plant out for mid Autumn/early Winter

For the garden I have sown - Iceland

Poppy, Pansies, Viola, Stock, Statice, Polyanthus, Wallflower, Kale and Primulas.

For pots and baskets - Nasturtium, Virginia Stock, Pansy, plus Cineraria Silver Dust and the Aluminium plant cuttings. Collecting Summer seed as it ripens is still on going here - already I have a number of small paper bags labelled and stored for sowing for Spring colour. If you sow now for Spring, plants will need nursing through Winter - best to wait and sow in early Spring. Seeds to collect now would be Sunflower, Aquilegia, Dianthus, Poppy, Marigold, Sweet Pea, Violas / Pansies. Delphiniums and other Spring perennial seed can be sown now, as they will need to make the roots required of them.

I am finding an abundance of native seedlings growing all over the garden.. this is the work of birds doing their bit to regenerate fauna. I pot up the small ones at this time of the year, but leave digging the larger ones until Winter as they will have a better survival rate lifted then.

Lift Summer flowering Gladioli as leaves begin to dry off and hang upside down inside, to ripen before cleaning and storing.

It's the right time from now on to plant large flowering (hybrid) Clematis to get roots established before Winter. A fungus spray at planting will help eliminate the wilt problem some Clematis suffer from. When planting, try not to disturb the root too much and sprinkle a little lime to sweeten the soil. There are some stunning hybrid Clematis on offer, with huge or delicate flowers in vibrant shades that to me have a tropical look climbing and spilling through gardens.

Start planting Spring bulbs as they become available, or break up existing clumps. Clumps planted are much more effective than one bulb planted here and there.

Continue dead- heading Dahlias to keep them bushy and flowering longer. Take stalky old growth right back to where the stem is plumper.

Compost should be cooking well with all the grass clippings and soft green waste, but a dry layer is needed as you build. Old compost or straw / hay and manure layered between the fresh greens will help with the cooking process. Heaps should be damp - a cover during these hot months will help retain moisture.

Begin preparations for Autumn sown lawns. Start by spraying out all perennial weeds, then the area should be dug or rotary hoed then raked to ensure there is a fine tilt and no underlying hard pan. To ensure a level firm planting surface, the soil should be gently compacted again after digging by raking and treading or rolling. Test the ph and if soil is too acid, bring it up to about 6 with lime - leave as long as possible for the lime to be absorbed. Fertiliser is applied when sowing or once grass is up. Our lawns have been hard hit in places with the heat and Grass Grub. Dry patches have been raked out and filled with peat mixed with grass seed - peat is fine, but becomes heavy and doubles in size when wet, to settle into patches and seed should germinate fast.

Moisture must be kept up until grass takes hold. This is a major harvest month for vegetable and fruits. Keeping the water up to everything - especially the late ripening fruit trees is a must to get the best crops. I am sure it must be a favourite time of the year for birds with so much on offer to them. Pick and store before they take all. I feel there will be monster Pumpkins in gardens -judging by the size of Courgettes and Cucumbers. Plant French Beans and Peas to be ready for Easter. Cheers, Linda

www.Consumer.org.nz - Sunscreens

Sun safety tips

- Look for sunscreens with an SPF of at least 30+, plus water resistance and broad-spectrum protection.
- Apply sunscreen at least 15 minutes before going out in the sun.
- Apply plenty – about one teaspoonful (5ml) for each arm, each leg, your back, your front and your face (which includes your neck and ears). That adds up to about 35ml for a full-body application.
- Ignore “once-a-day” claims. Sunscreen should be reapplied often – every two hours you’re in the sun.
- Mopping up sweat or towelling dry reduces protection: apply another coat of sunscreen immediately.

Remember – a sunscreen is only one part of your defence against UV radiation. When the sun’s rays are most intense (between 10am and 4pm, September to April), limit your time in the sun and wear cover-up clothing, a hat and sunglasses.

Up to standard

Nine sunscreens in our test met their SPF label claim and the requirements for broad-spectrum protection (see our table and test results). They ranged in price from \$5.60 per 100ml (Smart365 Sun Sunscreen Lotion SPF50+ from The Warehouse) to \$43.69 per 100ml (Soleo Organics All Natural Sunscreen SPF30+).

Oasis Sun Sensitive Skin Family Sunscreen SPF30 met its SPF claim but failed our broad-spectrum test. It doesn’t claim to be broad-spectrum but how well a product protects you from UVA rays is just as important as its SPF. The manufacturer told us this product was being reformulated and was undergoing testing to ensure it provided broad-spectrum protection.

Daylong Suintivity Liposomal Sunscreen Lotion SPF50+ passed our tests but it claims to provide up to 8 hours’ protection from one application. You should ignore “once-a-day” claims on sunscreens because they can mislead you into thinking sunscreen doesn’t need to be regularly applied. These once-a-day claims are banned in Australia.

What do the SPF numbers mean?

An SPF15 sunscreen that’s properly applied is meant to give you 15 times the protection you’d get with unprotected skin. So if you were outside in the sort of sun that burns unprotected skin in 10 minutes, then SPF15 would give you 150 minutes of protection. For SPF30 sunscreen that time would extend to 300 minutes and for SPF50 it would be 500 minutes.

That’s the theory. These times vary from person to person because of skin type, activities (such as heavy exercise or swimming) and how well the sunscreen is applied. No matter how high the SPF, any sunscreen should be reapplied regularly – every 2 hours you’re in the sun. No sunscreen blocks 100% of UV rays: SPF15 blocks 93% of UVB, SPF30 blocks 97%, and SPF50 blocks 98%

For more information visit www.consumer.org.nz/articles/sunscreen

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Letter to the Editor

Article to the Editor are always welcome!
Please email telegram@oamaru.net.nz with your general questions, tips, history and ideas. We will do our best to reply...
Oamaru Telegram - 03 434 9651.

Rights, Rules & Remedies

A Column by Consumer Affairs Writer, Jordan Kelly.

Silicon Valley Giants Hit By Backlash Over Child Tech Addiction

Silicon Valley's intensifying grip on the minds of children, at a younger and younger age, is the theme of a newly-launched U.S.-centred campaign, 'Truth About Tech'.

Two U.S.-based organisations advocating for the responsible use of technology – Common Sense and the Centre for Humane Technology – have come together in a bid to hold the big-name tech giants accountable for the consequences of their actions.

With teenagers now consuming an average of nine hours of media a day and “tweens” an average of six, today's youth are, they say, being harmed by deliberate decisions being taken by these all-powerful behemoths.

'A Massive Experiment on Today's Youth'

These prominent Silicon Valley former insiders and CEOs are concerned about the increasingly intrusive and addictive nature of many of their industry's products.

They plan to encourage fellow techies from right across the IT development sector to adjust their collective moral compass and recognise that some of their creations are potentially harming billions of kids.

Launching their campaign in Washington DC on February 7, the organisations' leaders said these tech giants are, effectively, conducting a massive and real-time experiment on today's youth. Listing off just some of the consequences on young targets, they say these include but aren't limited to attention and cognition disorders, depression, loneliness, stress and anxiety, impaired development, impaired critical-thinking skills, a contorted sense of culture, and even suicidal glorification.

What of Parental Example?

So that's the undercurrent building amongst the segment of the Silicon Valley populace with a social conscience. But what of the responsibility of parents? What of the example parents are setting for their children with their own technology consumption and habits?

I'll address this in my next column, and I'll unveil some of the sneaky marketing tactics used to suck YOU (the “responsible adult”) in to the social media and digital distraction vortex. Stay tuned. It will put hours back in your day, free up loads of neural real estate, and set a far better example for today's increasingly (unproductively and health-damagingly) tech-addicted kids.

An Important PS:

And for anyone concerned about our massively increasing exposure to the harmful electromagnetic frequencies that enable wireless internet and cellular devices, we've all been asleep at the wheel. The NZ Government is hoping to uneventfully slide through the 'Telecommunications (New Regulatory Framework) Amendment Bill', which seeks to remove telcos' obligation to provide the safe, reliable copper-based landlines that have, to date, been a right of our citizenry.

New Business - Mulching service

Have you recently trimmed your hedges or pruned some trees and have a pile of branches and twigs that need getting rid of? Instead of burning it or taking it to the tip/dump - why not get it chopped into mulch that you can then spread over your garden?

Spreading mulch will help stop weeds and also return valuable organic matter to replenish your soil.

Munch 'n' Mulch is a new business- we will come to your place with a mulching machine and munch up your twigs and branches into a pile of mulch for you to spread on your garden.

Our machine can munch branches up to 8cm in diameter. Ideal for small or big gardens and lifestyle blocks. Cost negotiable from \$80 depending on amount of branches to be munched and distance travelled. We will come as far as Moeraki, Five Forks and Pukeuri. Give us a call - Mark or Nicola 4395787 or mobile 021 233 9193.

Rating Valuations

A Rating Value (RV) is an indicative market value of your property at the date of valuation and is used to apportion rates within the district. The RV was previously known as the Government Valuation (GV). RVs are compiled in accordance with the Rating Valuations Act 1998. Quotable Value (Council's service provider) undertakes valuations on our behalf every three years. They are calculated using a mass appraisal process. The most recent revaluation was dated 1 September 2014.

For more information on rating values, visit QV's website <https://www.qv.co.nz/>

Your valuation components

Capital value (CV)

The capital value is a likely price that could possibly be paid for the property at the valuation date. It's the total of the land value and improvements value the total value of your property.

Land value (LV)

Land value is a likely price that could possibly be paid for the bare land at the valuation date.

Value of Improvements (VI)

Improvement value is the difference between the capital value and the land value. It reflects the value of the property's buildings and other improvements.

$$CV = LV + VI$$

Rates Assessment

Every council must review how each of its activities are funded and develop the funding approach it believes best matches its community. While most Council activities are funded in some part by user charges or subsidies, they still require some input from rates.

The following online table illustrates the activities Council undertakes and the rating method selected. As you will see, most of the rates on your rates invoice fund a number of different activities. Further information is contained in the Funding Impact Statement and Revenue and Financing Policy in the Long Term Plan.

<http://www.waitaki.govt.nz/our-services/properties-and-rates/Documents/Valuation/Rates%20assessment%202017-18.pdf>

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METHOD

In a medium bowl, whisk tog Sour cream, Mayonnaise, vinegar and jam.

Add green onion, Apricots, Celery and chicken and toss until evenly coated.

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Community Diary

Wednesday 14th February

Afternoon Social Housie: 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Ph 437 2220.

Cancer Society Support Group Meeting - Community House Meeting Room, 10.30am. All welcome, Ph: Leanne Kennard 434 3284.

Esther Swift from Scotland, has travelled the world extensively with her music making & embraces many different influences in her virtuosic harp playing, composing & song writing. 8-10pm at The Grainstore Gallery, Harbour St.

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

N.O Creative Fibre, 10am, St Luke's Hall, Wharfe St, All welcome. Ph. Noeline 437 2501 or Margaret 434 8665.

N.O. Patchers & Quilters, St. John's Hall, at 7.30pm. New members are always welcome. Ph. Helen 434 5680.

Thursday 15th

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

Grey Power General Meeting: 1.30pm, Salvation Army Lounge, Speaker: Ewen Graham, Waitaki Emergency Management Officer, Civil Defence. \$2 hall hire & small plate for afternoon tea. Anyone over 50 years welcome. Ph: 437 2220.

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

Migrants Meet and Share, 10.30 am. Opera House, GREEN ROOM (down the driveway) Come along meet new friends, discuss your needs. Organised by Waitaki Multicultural Council. Contact: Maria 0210665143

Friday 16th

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

Indoor Summer Bowls 7pm, indoor bowls centre Centennial Park. Ph. Bob 437 1704.

Newcomers Coffee Group 10.30am at the Opera House. Ph. Christine 027 242 8643.

Saturday 17th

2018 Chinese New Year Celebrations: Oamaru Public Gardens - Band Rotunda area from 5pm-8pm. International food court, performances, dumpling demonstrations, lantern making, Chinese massage, Chinese games and more. Bring the whole family for a fun festive community get-together & Celebrate the YEAR of the DOG.

N.O. Tramping & Mountaineering Club Ahuriri/Canyon Creek - Overnight in Base Hut or camping beside vehicles near road end. Ph Bill 4370368. Depart Medway car park 8am

N.O. Tramping & Mountaineering Club: Waitaki Lakes & River Committee meeting, Kurow Museum, 10am, all welcome. Ph. Rob, Secretary 03 439 4004.

Women's Self-Defence Course: All women 15yrs+ are warmly welcome, free entry. 10am-5pm. Venue to be confirmed on registration. To register please call, text or email before 12 February to Helen Algar halgar@waitaki.govt.nz 021307747 or Sandra Tonkin swtonkin@xtra.co.nz 0277789753

Sunday 18th

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

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

Friendly Bay Family Day 2018: 12-5pm. Free beach dig, free sandcastle competition, free kids beach flag races, free inflatables on land and water. Kayaks and paddleboards, food stalls and live music. Bring your togs, deck chairs and buckets and spades and sunscreen (which will hopefully be needed!)

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

Monday 19th

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Family Complex. Ph. Mike 4370224 or Garry 4341463

Oamaru Electronic Organ Society: Eveline Church Hall, 7.30pm. All welcome. Contact 4372408 for more information

Tokarahi spinners & Weavers meeting, 10am, Tokarahi Hall. Ph. Christine 434 2223

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

Tuesday 20th

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. Contact: 434 7008.

Arthritis Peer Support Group, Star & Garter, 10:30am.

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. 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

Triathlon, Duathlon & Fun Walk / Run series - 6pm Wed 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 08150688. Enter online

www.sporty.co.nz/oamarumultisportclub.

AGM for the North Otago Early Settlers Assn will be held on Thursday 22 February, 2018 in the Early Settlers Hall, 1 Severn St commencing at 1.45pm. Following the AGM a Presentation Afternoon Tea recognizing Long-serving members of the association will be held, commencing at 2.45. All Welcome. Contact, Helen Stead President.

Waitaki Community Patrol AGM. Thursday 1st March 2018 at 1900 Hrs in the Early Settlers Hall. Public Welcome.

Public Notice(s)

Columba Scout Group; Keas & Cubs Monday nights, Ventures Wednesday nights & Scouts Thursday, Ph. 437 2531 for info.

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- ▶ Suds & Paws for dog grooming 434 5957
- ▶ Paws Awhile Boarding Cattery 434 1296
- ▶ Puppy Love Grooming....021 101 7858

Plumbers

- ▶ Foley Plumbers Oamaru.....434 2330
.....*Tom Palmer*.....0800 303 530

Podiatrist

- ▶ Simply Feet Podiatry.....437 9025
.....316 Thames Hwy, open Mon-Fri

Printing, Copying & Signage

- ▶ Oamaru Print & Copy434 9651
.....info@perfectprint.co.nz

Tiling

- ▶ Lakeland Tiling.....Shane..027 312 2017
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Transportation & Rental Vehicles

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.....*Appointments, Dunedin & Timaru Hospital, Shopping*
- ▶ Oamaru Transfers434 9506
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- ▶ Oamaru - Dunedin/Hospital Shuttle.....
Door to door service.....434 7744
- ▶ RBM Driver Training439 5355
- ▶ Smash Palace.....433 1444
.....*Cars, Vans, Bicycle Hire & Shuttle Service*

TV Installation & Repairs etc

- ▶ Nathan Oakes TV, Sound, PC Install & Repairs.....0210 237 0646 or 03 437 2474

Vehicle Servicing & Repairs

- ▶ Ludemann Motors.....03 434 0291
.....6 Main St, Weston

Window Tinting

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

Advertisement Rates Inside

	One-off	Contract
32x95mm	\$34.90	\$31.50
68x95mm	\$66.50	\$59.50
100x95mm	\$95.20	\$89.00
1/4 Page	\$127.00	\$115.00
1/3 Page	\$162.00	\$149.00
1/2 Page	\$210.00	Please phone
Full Page	\$315.00	Please phone

Front	One-off	Contract
32x95mm	\$49.80	\$42.80
68x95mm	\$83.60	\$79.50
100x95mm	\$130.00	\$109.50

Prices updated 1st January, 2017.

Line advertisement:

\$10 for three lines then \$4 per extra line.

Contract Price:

6 adverts or more within 3 months.

Yearly contract rates; are flexible for sizing and issues placed. with a minimum of 24 adverts placed.



Handy Phone Listing

Have your name and phone in every issue for the year (52 Issues) for \$240 inc of GST or 6 months (26 issues) \$135 inc...

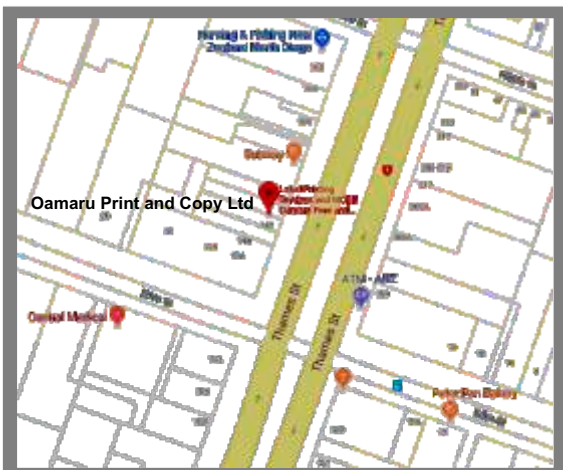
Contact the Oamaru Telegram team on 03 434 9651, em: telegram@oamaru.net.nz or at Oamaru Print and Copy Ltd, 146 Thames St.

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Phone
03 434 9651

Email
print@oamaru.net.nz

146 Thames St, Oamaru
www.oamaruprint.co.nz