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Issue 380

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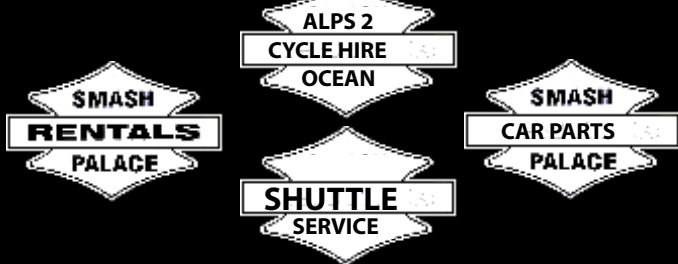
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Gardening in North Otago

13th February 2018

North Otago weather this month is a Gardeners dream - cooler nights, still days, warmth and rain. All trees, shrubs, plants and Gardeners should be thriving, as I am with many trays

of seedlings doubling in size daily and compost heaps breaking down nicely.

Bob has had the hedge trimmer on the go here again. If you think something in your garden needs a cut back - do it now... At this time of the year, you can trim back quite hard if needed, as the grow back rate is pretty quick- even if the plant is still producing flowers, but if you notice there are more seed heads than flowers, it's a good indication the plant or bush is ready for a trim.

Keep dead heading Roses and Dahlias to get continuous flowering. I have also been dead heading Lavender, Catmint, Geranium - and cutting hard back Bush Lavatera and Buddleias, (the Butterfly bush) tall thin arching branches with grey/blue leaves and lavender, purple or pink long narrow flowers that will have faded now.

I noticed some potted annuals looking a bit yellow in the leaves. When I investigated further, the affected pots had drain holes blocked or were continually sitting in water. These plants were drowning with no oxygen for roots. I tipped the sodden pots on their side and left them like that until the excess water drained away, then added slow release fertiliser, as nutrients will have washed away.

I broke up clumps of Spring bulbs a few weeks ago and got around to planting them out this week. The tops had died back and they had dried nicely for planting in groups of 5. Spring bulbs should be coming into Garden Centres soon. Lilly bulbs cannot be left like that - they must never dry out. Lawns: If your lawns were fed during the rain and have thickened up, keep the blades up a notch to what you usually have them set from now on, to give needed shade to roots. With nightly dews back, lawns should stay lush now through to Autumn - if the grass grub leave them alone....

Vegetables:

February is usually our hottest month, but this year January scorched the ground first and with vegetable gardens being open to the sun, they have suffered - dig compost, blood and bone or old stable manure into depleted areas and soak well to bring the worms back up, then let all settle until the worst of the heat is over, before planting out leaf veg, which will only bolt to seed right now - sowing veg seed would be the best option. Garlic should be harvested and drying by now - remember to put aside the best bulbs for planting on the shortest day for next years crop.

Fruit:

Can't complain about fruit not ripening this year - so nice to eat fruit straight from the tree or vine. Garden Centres are ordering now, so this is a good time to get an order for trees you would like to fruit at your place. Grapes are plumping up - time to cover from hungry birds...

Cheers, Linda.



Headaches

Headache includes many types of head and facial pain. It is the most common form of pain and a major reason people miss work or school. Most headaches are not a cause for concern; however, if they keep occurring, see your doctor to help find ways to reduce the impact on your life.

When to seek urgent medical care

Sometimes a headache is a sign of a more serious problem. You should get a headache checked right away if you have any of the following symptoms:

- a really severe headache that comes on suddenly 'out of the blue'
- nausea, a stiff neck, rash, fever, shakes or are sensitive to light (warning signs of meningococcal disease or meningitis)
- your headache follows a head injury.

Call Healthline 0800 611 116 if you are unsure what you should do.

Types of headaches

There are many types of headaches. These vary in how severe they are, how long they last, how they feel, their causes, and how they respond to different treatments.

The most common types include:

- Tension headaches – the most common type of headache. A dull pain that feels like someone is tightening a band around your head or blowing a balloon up inside your head.
- Migraine – may be like tension headache but it is usually one-sided, pulsating, more severe and debilitating.
- Cluster headaches – are repeated, sudden, short-lived, usually one-sided and severe, frontal headaches (often 'behind the eye').
- Chronic daily headache – may be any form of headache that recurs on a daily, or near daily, basis

What causes headaches?

There are many different causes of headaches including:

- muscle tension
- an infection elsewhere in your body
- inflamed arteries (which cause migraine or cluster headaches)
- the toxic effects of alcohol or other substances.

Headaches can be triggered by stress, tiredness, hunger, certain foods, eyestrain, noise or bright light.

When to see your doctor about headache

Usually, headaches go away given time, rest and/or treatment with a pain relief medication. You should see your doctor if:

- headaches remain frequent, persistent or worsen
- you get no relief from simple pain relievers
- you take simple pain relievers more than twice a week
- you were headache-free but now get them
- your headache is triggered by standing up, coughing, straining, physical exertion or sexual intercourse
- you are over 50 and start to get regular headaches or there is face or jaw pain.

If a friend or family member has any of the urgent symptoms listed in the box at the top of this page, seek immediate medical help.

Call Healthline 0800 611 116 if you are unsure what you should do.

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A Column by Consumer Affairs Writer, Jordan Kelly.

Your Cell Phone – Friend or Foe?

I have a background in marketing. And marketing, let me tell you, is a lot about psychology. Or to put a finer and more accurate point on it, psychological manipulation.

And the trendiest, highest-paid and most prestigious place for a marketer to be carving out and progressing his or her career today, is in the “tech” industry.

So do you reckon this, sexiest-of-all-industries', swathes of highly educated marketers know a thing or two about how to engage you with their software, devices and uber-profit-generating plans and schemes? You betcha.

From colours designed to prompt specific neurological / biochemistry reactions (and thus, marketer-desired behaviours), to music with certain beats, to micro-manipulated page placement strategies . . . and things waaayyyy too techie (and devious) for me to even *try* to explain.

At the level of the individual tactic, you'll be alert to some, you'll be aware of others in retrospect, and some, you'll never become aware of at all.

Here's the Elephant in the Room.

Here's the cumulative and ultimate effect: It's likely you're spending more and more of your day, every day, with your nose glued to your little hand-sized slice of metal and silicon.

Is it all necessary? Is it all productive, intelligently-invested time? And, truth be told, is all of that time actually particularly enjoyable? Is it adding tangible value, emotional enrichment or genuine intellectual stimulation to your life? Or is it just an addiction? And, is it setting a good example for your kids?

To whatever degree your answer to the above questions is “no”, that's the degree to which Silicon Valley's sharp and techie (and often ruthless) designers, developers and marketers are **controlling YOUR life**.

Don't Like the Idea of Being Controlled?

Aside from exercising a little (or a lot) of self-reflection and some self-discipline, here are a few quick, painless and practical manoeuvres to at least help “un-gotcha” yourself from your “tech”:

- Turn social media off. Limit its use to a fixed-location device. You don't need to carry it around with you all day.
- Turn off all notifications so that calls, emails and texts from actual humans are all you receive. That way you can't get inadvertently dragged into a marketing-driven time suckhole.
- Ditch everything except the essentials from your home screen.
- If your model of mobile phone lets you choose muted colour display or full grayscale, do so. That way, you're not constantly tempted by the screen equivalent of a bright and shiny new object suddenly coming into view.

New Business Profile: CranioSacral Therapy with Jacqueline Scott

Jacqueline Scott was born, educated and married in the Oamaru area. She has spent the past 2 decades studying, training and working in Wanaka and Christchurch - and for the past 11 years in Australia, before finally returning home to North Otago this year.

Jacqueline has been using CranioSacral Therapy (CST) for the past 20 years. She did her CST training here in NZ, as well as Canada and the USA, through the Upledger Institute. As part of her training, she also experienced working alongside Dr. John Upledger - founder of CranioSacral Therapy and his staff in Florida, USA, for a week, on traumatized clients as part of a Preceptorship Training programme. Jacqueline also spent 2 years assisting the teachers of CST both here in NZ and Australia.

Jacqueline is a Certified practitioner of CranioSacral Therapy and her studies include: CST 1 & 2, SER (Somato, Emotional Release) 1 & 2, Advanced CST, CST for Pediatrics (Babies and children), VM (Visceral Manipulation) 1a & b.

During a CST session, you and Jacqueline work as a team, where Jacqueline facilitates healing and releasing of deep seated core issues

which are causing you pain, dysfunction and illness in your body. This in turn assists your body to remember how to heal itself.

CST is a gentle, non invasive technique, during which you are fully clothed. CST is safe for all ages from newborns to the elderly. CST is beneficial for: Concussion, Headaches/ Migraines, Neck and Back Pain, Blood Pressure Issues, PMS/Menopause Problems, Chronic Fatigue/Depression, Stress/Anxiety, Grief/Loss/Trauma, Ear Infections/Glue Ear, Birth Trauma, Immune System Dysfunction.

Jacqueline will be working from Health 2000 in Oamaru every 2nd Tuesday from 27th February. She will also be available to give sessions from her mobile home in the greater North Otago area by arrangement.

For an appointment with Jacqueline: Ph: 021 907 346, Health 2000 Phone: 03 434 9663, Email: craniojacqueline@gmail.com, www.ntpages.co.nz/therapist/4259.

Current local road conditions

Kakanui Bridge (at Kakanui Township)

PLANNED ROAD CLOSURE: Kakanui Bridge will be closed for bridge repair work from Monday 12 February at 9am to Friday 9 March at 5pm. Please note: Bridge will be available to vehicles on weekends from 5pm on Fridays until 9am on Mondays. Pedestrian path will remain open at all times. Alternative route will be via Maheno-Kakanui Rd or Fortification Rd to State Highway One.



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Recipe of the week Plum Sauce

6lb Dark plums,
3pts vinegar,
2lb sugar,
1tsp cayenne, 6tsp salt, 2tsp gr. cloves,
2tsp gr.ginger, 1tsp blk or white pepper,
1tsp gr mace, 1oz garlic.
Boil all together till pulpy, then strain through colander.
Bottle when cold. Should keep well...



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FREE QUOTES

Community Diary

Wednesday 21st February

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.

Community Gardens Working Bee
Chelmer St, 1-3pm Wednesdays. For enquiries, contact Ra 021 115 4884.

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

N.O. Orchid Society A.G.M. 1.30pm, St John Hall, Exe St. New members most welcome. Ph. Irene 434 7324.

Thursday 22nd

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

Grey Power Grey Power North Otago: Office open 1.30-3.30pm, 2nd floor, Community House. Other times, ph 437 2220

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

N.O. Early Settlers Assn AGM, Early Settlers Hall, 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.

Friday 23rd
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.
Meadowbank Bowling Club, 14 Conway St, social bowls 2pm. Bowlers & non-bowlers welcome. Ph. 434 7196.

Sunday 25th

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

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

Monday 26th
The Happy Scoundrels Over 55 Ten Pin 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 27th

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.

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 - 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.

Waitaki Community Patrol AGM. Thursday 1st March, 7pm in the Early Settlers Hall. Public Welcome.

Public Notices

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

Musical Theatre Oamaru Proudly Presents the Network Waitaki Season of Mamma Mia! Auditions April 5-7pm. Visit www.mto.org.nz for info.

Athletic Netball Club 2018 Season; Club Pre-Season Training/Fitness; Starts Thursday 22 Feb @ 6pm. Club Fun Day & Registration Saturday 10th March @ 9.30am

Team Trial dates:

Thursday March 8th @ 6pm * Registrations taken on this night as well Saturday March 10th @ 9.30am, Tuesday March 13th @ 6pm All events to be held at the Taward Street netball courts. Any questions please call Kim on 027 433 5002

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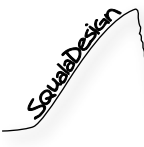
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First frozen meat shipment leaves New Zealand 15 February 1882

New Zealand's first successful shipment of frozen meat to Britain in 1882 had a huge impact on the colony, paving the way for the trade in frozen meat and dairy products that became the cornerstone of New Zealand's 20th-century economy.

The Dunedin's voyage was organised by William Soltau Davidson, the British-based general manager of the New Zealand and Australian Land Company, whose landholdings in the two countries exceeded 1 million hectares. The entrepreneurial Davidson had taken a keen interest in experiments from 1876, which had proved the concept, if not yet the economic viability, of shipping frozen meat around the globe.

Davidson decided to fit out a passenger sailing ship, the Albion Line's Dunedin, with a coal-powered Bell Coleman freezing plant, which cooled the entire hold to 22 degrees celsius below the outside temperature. Company employee Thomas Brydone was sent to Britain to study refrigeration technology and then handled the experiment in New Zealand.

Most of the first cargo originated from Brydone's slaughterhouse at Totara Estate, Oamaru. Sent by rail to Port Chalmers in iceboxes, the mutton and lamb carcasses were frozen aboard the Dunedin. Despite mechanical problems, the plant froze nearly 10,000 carcasses in two months.

About 5000 carcasses were on board the Dunedin when it sailed on 15 February. When the vessel became becalmed in the tropics, crew noticed that the cold air in the hold was not circulating properly. To save his historic cargo, Captain John Whitson crawled inside and sawed extra air holes, almost freezing to death in the process. Crew members managed to pull him out by a rope and resuscitated him. When the Dunedin arrived in London in late May, only one carcass had to be condemned and the cargo's superiority over Australian shipments was remarked on.

More than a single successful shipment was needed to create a new industry. Davidson set to work creating a marketing and insurance structure to underpin refrigerated shipping. The new technology ultimately enabled the owner-operated (family) farm to become the standard economic unit in rural New Zealand for the next century.

The Dunedin made another nine successful voyages before disappearing in the Southern Ocean in 1890.

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