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Issue 384



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Do not forget the 26th is Otago Anniversary Day - so only a 3 working day week due to The Easter break. We have moved the Telegram deadline back one day, so you will need to get any articles or adverts into us by Wednesday 28th for our issue due out on the 3rd of April. We are very lucky at this time of year to have many interesting weekend events - a great chance to enjoy yourself before winter sets in, while supporting local events. Remember if you don't have your Telegram on hand - you can always look it up online at www.oamaru.net.nz
Enjoy your week, **regards The Telegram.**

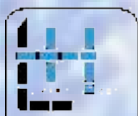
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Shorter days, temperatures up and down and leaves falling like snow as Autumn sets in. But frequent rain is not the norm when we think of Autumn weather is it? However, rain is keeping the ground soft and easy to weed. We are still filling the trailer with the Summer

cut back and now leaves - a good amount of leaves are added to the compost heaps along with soft weeds, soft hedge trimmings and lawn clippings. Leaf mulch is a real benefit to soil, but as Gardeners, we tend to rake up from under ornamental trees to keep grounds tidy - rather than let leaf drop build up and break down over the roots of trees as nature intended. Bagging shredded leaves into wool packs or fertilizer bags along with layers of fresh grass clippings to add nitrogen and a sprinkle of water, (not a drenching) is a way to break down leaves without them blowing all over your garden. Then In Spring, your mulch will be ready to add back under trees and to your garden. You might see a white covering on the leaves - this is a leaf fungus that adds to the mulch's nutrient value. The easy way to shred leaves, is to run over piles with the lawn mower. Shredded leaves break down quickly to a fine mulch.

Cut back, lift and divide Summer flowering perennials, as most are putting on root growth after flowering. Small sections with roots can be potted up to be planted out. Once roots have filled pots, you will have good success increasing plants this way rather than planting small sections with limited roots straight into the garden. Pot up sections of Catmint, Lambs ear, Violas, Primulas - virtually any plant that does not grow from a root ball and increases in width as it sets down roots. Keep collecting seeds. Keep annual seed for a Spring sowing, but perennial seed can be planted now to germinate and continue making roots over Winter. Protection from frosts will be needed while small through Winter.

While working my way around, I dealt to Bearded Irises by cutting leaves back by two thirds and making sure the top of rhizomes were above ground, to bake in the Autumn sun. I have shifted a lot out from shade into sunny well drained locations. Irises are well worth the trouble of growing and look wonderful planted together in their own bed, enabling them to put on a grand display on their own. Propagation is usually 6-8 weeks after blooming, when the rhizomes are divided, leaving a chunk of rhizome and roots to every new division.

So many Spring bulbs are on offer now - all need to be planted in good light apart from Bluebells and Snowdrops. Both cope with dappled shade and look wonderful in a woodland setting. Tulips are planted in May. Ranunculus and Anemone corms are on offer as well - they are very small and dried up when purchased, but with a soak overnight in water with a little liquid fertiliser added, they plump up ready for planting.

Ornamental grass seed heads should be removed now - pulling out with a rake head will leave grass clumps a lot tidier. Clumps can be trimmed back if getting too big, or divided by putting a spade through the middle and removing half. Sometimes I have to dig the whole grass out and pull apart while standing on half.

Roses: If thinking of adding Roses or more Roses to your garden, I suggest looking at Rose variety books, or going online to make your choices, then getting your order into Garden Centres. New seasons Roses will begin arriving in June and by ordering now, you will be sure not to miss out.

Vegetables: March is an important month for planting Winter veg. Prepare prior to planting with compost, general garden fertiliser and lime if needed, (I add lime to my compost)

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Beetroot, Broccoli, Brussel Sprouts, Cauliflower, Spinach and Silverbeet seedlings can be planted, but will need to be protected from the white butterfly - shade cloth or Strawberry net will do the trick and something planted close by for them to lay their eggs on, instead like a veg gone to seed. In colder areas, seeds of Broccoli, Cabbage, Cauliflower and Brussels Sprouts are best sown in trays for planting out later.

Any areas of the veg garden not being used for vegetables this Winter, can be planted with a green manure cover crop. This will be dug in later to enrich the soil for Spring and Summer crops. Blue Lupin, Mustard or Oats are good options. Make sure mature crops will not shade vegetable plantings.

Herbs: Parsley can be grown from seed sown now.

Perennial Herbs, Chives, Mint, Thyme, Sage, and Marjoram can be divided and replanted. Basil, - a Summer annual, should be harvested before the cold weather. It can be dried or frozen. I dry all the trimmings from culinary Herbs now, by laying out in a dry airy place until crunchy to touch, then rub and put into a glass jar for my mixed Herb supply.

Fruit: Late Peaches, Apples and Quince should be ready to pick now and feed Citrus trees with Citrus fertiliser.

Cheers, Linda

The end of copper wire telephone lines?

The landline telephone service that has served us well for decades is under threat.

A select committee is now looking at the 'Telecommunications (New Regulatory Framework) Amendment Bill'. If it passes through Parliament, areas where fibre optic cables have been installed may lose their copper wire telephone lines. Oamaru has fibre optic cables.

So what would that mean? You could start using a cell phone for all your phone calls. This is more expensive than a landline and, according to the World Health Organization, is 'possibly carcinogenic to humans'.

Or you could hook up your landline to the fibre optic cables in one of two ways. First, you could get the cables run from the street to your house. In most cases, installation is free if you agree to a new broadband/telephone plan, which more than likely will increase your monthly bill.

Second, you could buy a wireless box that will connect your telephone to the new cables. Costs of these boxes vary.

The big advantage of copper-wire telephone lines is that the phones work even when there is no power, so they are good during emergencies. Fibre optic cables require electricity.

Suppliers of these cables state that a battery back-up system will keep the phones operating in an emergency, but for how long is uncertain.

There is also a possibility that your medical or security alarm system may not work on fibre optics. A new or modified system may be needed. If you would like to keep your corded home phone as well as low-cost wired connection to the Internet, there is still time to tell the select committee. A deadline for submissions on this Bill was extended from 2nd February to 30th March after complaints about lack of publicity and the short time allowed for submissions. The extension was specifically for Grey Power members. Grey Power members can make their submission by emailing eds@parliament.govt.nz or by writing to the Committee Secretariat, Economic Development, Science and Innovation Committee, Parliament Buildings, Wellington 6160.

If you would like to have a say and are not a member of Grey Power, write a letter and pop it into the post box for Grey Power North Otago at Community House, Thames Street. All submissions will be forwarded.

Graeme Leather (Secretary, Grey Power North Otago)

Jacqui Dean MP for Waitaki

If you would like an appointment with Jacqui in Oamaru/ Waimate/ Geraldine/ Fairlie/ Tekapo/ Ranfurly/ Central Otago/ Kurow or Twizel please phone our office.

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A Column by Consumer Affairs Writer, Jordan Kelly.

Electromagnetic Health Impacts:

'The Government' Does NOT 'Have Your Back'

In last week's column, I introduced readers to the fact that existing wireless telecommunications technologies ARE injurious to all living organisms at a variety of levels.

In this week's column, I'll present evidence that makes plain the naivete of any notion that "the Government" (especially in New Zealand, Australia, the U.S. and Canada) has adequate standards in place to "protect" the public or that it is impervious to industry influence.

The exponential growth in smart phone usage (and addiction), cell phone tower proliferation, and wi-fi (most especially wi-fi in schools) is an electromagnetic cocktail already making a lot of people (and other living organisms e.g. your pets) sick. It's a time bomb that will continue to go off in incremental, ever more potent and noticeable, stages.

Here's a carefully curated collection of evidence:

- 1) **What Cell Phones, Cordless Phones, Smart Meters & Other Devices Do To Our Bodies**
<https://www.youtube.com/watch?v=z2Mt00xY8eU>
- 2) **TEDX Talk: 'Wireless Wake-Up Call' (Silicon Valley electrical engineer)**
<https://www.youtube.com/watch?v=F0NEaPTu9oI>
- 3) **World Health Organisation Former Director General Declares Her Own Electromagnetic Hypersensitivity, Warns Public of EMF Dangers**
<http://www.stralskyddsstiftelsen.se/2015/08/former-who-director-general-gro-harlem-brundtland-no-doubt-there-are-health-effects-from-mobile-phone-radiation/>
- 4) **From Dr Barrie Trower, British physicist and former Royal Navy / Secret Service microwave weapons expert:**
'Wifi and the Consequences to our Health' (especially for readers with young daughters)
https://www.youtube.com/watch?v=z99_SzoXZdY
'Wireless Lies and Truth'
https://www.youtube.com/watch?v=qQy_iK30g-s
'Dangers of Microwave Technology'
https://www.youtube.com/watch?v=m9YM_vLKR8c
'WiFi Kills'
<https://www.youtube.com/watch?v=pWvVeaxaWdE>
- 5) **'Truth – Mobile Phone & Wireless Radiation',** Dr Devra Davis, internationally recognised electromagnetic radiation expert, speaks at the University of Melbourne.
<https://www.youtube.com/watch?v=BwyDCHf5iCY>
- 6) **'The Truth About Wired & Wireless Technologies',** Dr Magda Havas, associate professor, Trent University, Canada. <https://www.youtube.com/watch?v=dYjAAqUfHtE>
- 7) **'I Am An EMF Refugee'**
<http://magazine.nd.edu/news/i-am-an-emf-refugee/>

Bargains with a clear conscience

There's a saying that goes something like, "If something you purchase seems too cheap, then chances are someone, somewhere is being exploited." Trade Aid aims to do things a little differently than your average business, championing an alternative way of trade – a fair way. Even when they have a sale, they guarantee that your bargain isn't at the expense of the person who made it.

Once a year Trade Aid has a sale and this year the Artisan Treasures sale runs from March 9 – March 24 2018. With selected items at discounted prices you can bag a bargain without worrying that you're participating in unsustainable 'fast fashion'.

Delwyn Cox, Trade Aid Oamaru shop manager says: "My favourite products in the sale this year are the gorgeous cushion covers. They are beautifully crafted and the materials are excellent quality. You can see the love and attention to detail in each one. Made by skilled artisans from Nepal and India, Trade Aid's cushion covers are handwoven from cotton using traditional weaving techniques. Make your outfit eye catching with stunning jewellery handcrafted by talented artisans from India, Cambodia and Kenya. Take note with stylish notebooks, hand made using recycled paper and natural fibres by artisans working with Prokritee in Bangladesh.

As with all Trade Aid products, the treasures featured in the sale can all be directly traced back to the individual artisans who created them. Fair trade is at the heart of all that Trade Aid does, and each and every product comes with the guarantee that the artisan behind it has been paid a fair price for their artistry. It's not every day that the simple act of purchasing something makes the world a better place. Trade Aid works with talented artisans and farmers in 27 countries. In those 27 countries we work with over 60 different trading partners and they in turn work with over 500,000 talented producers.

Petanque News

The lights could burn late on Saturday night at the Excelsior Rugby Sports Club. A lot of stories could be told as the Petanque Club celebrates 20 years.

This weekend, the Excelsior Petanque Club is hosting their double tournament as part of their 20th Anniversary. A very good turnout of forty-eight players are coming from Christchurch to Dunedin. Sunday games of triples which will be a real social outing are hat drawn.

Seventy past and present players will attend the Anniversary dinner at the Clubroom on Saturday night.

Oamaru Heritage Radio

Tuesday evening, 4pm to 10pm. "Trevor's Tuesday Variety Time" Oamaru 88.3.

Internet listening at www.ohr.nz

Tuesday: March 27th

5.30 Item for Younger Ears: The Air Adventures of Biggles - International Brigade, Part 3 of 37.

6.00 Classic Comedy: I'm Sorry, I'll Read That Again (BBC)

7.30 Concert Piece: Grofe, The Grand Canyon Suite, Arthur Fiedler and the Boston Pops Orchestra

9.00 Reading: The Harp Of The South, by Ruth Park, read by Ann Phelan FINAL, Pt 6 of 6



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Community Diary

Wednesday 21st

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

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.

N.O. Orchard Club, 1.30pm, St John Hall, Exe st. Ph. Irene 434 7324.

Thursday 22nd

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

Literacy North Otago Inc, AGM, 20 Ribble st, Oamaru at 7pm All Welcome.

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

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

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

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 4371704.

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

Saturday 24th

Sunday 25th

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

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

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

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. 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.

Waitaki Riparian Enchantment Society AGM, Glenavy Hall, 7.30pm. Guest speaker and supper.

Up & Coming

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

Cancer Society Volunteer meeting - 1st Wednesday of each month. Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

Waitaki Hospice Care Trust AGM, Boardroom Oamaru Hospital on Tuesday, 10th April at 6pm. All welcome!

Public Notices

Awamoa Football Club 2018 Registrations are due March 26th. Ph. 027 251 4234 or awamoasoccer@hotmail.com

Grey Power North Otago Easter Raffle

Grey Power North Otago would like to thank everyone who bought a ticket & made its Easter Raffle a success. The winners of the baskets were N. Pennycook and B. McAtamney, both of Oamaru, & C. Hollows from Hampden. All winners have been contacted.

Classifieds

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Carpet - suitable for weed matting only. See Simpsons Flooring.

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Lost

Fishing bag, mouth of the Waitaki River - reward. Ph. 027 350 9942.

What's Happening at Weston Playcentre?

Unfortunately the weather has derailed a couple of trips that we had planned recently...but on the bright side there is

always plenty to keep us busy and entertained indoors at Playcentre as well! Lately the tamariki have really enjoyed dressing up. There are lots of costumes to choose from and we have even added



some new ones to the collection too. Some of the children have enjoyed getting their faces painted too and pretending to be superheroes with their friends. Another activity that has been keeping the children entertained lately is



role-playing doctors. The children have enjoyed making their own medical kits to use while they give each other a check-up. Ka pai children, you are really looking after each other! If you and your pre-schooler would like to join in the fun - pop along for three free visits to see if Playcentre is right for you. 2 Airedale Road, Weston. Open Tuesday - Friday, 9am - 11.30am during school term time.



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CLARKS FLOUR MILL OPERATING DAY



Waitaki District Archive 692P

**Sunday 25th March
12 - 4pm**

Mill Machinery Operating 1pm, 2pm, 3pm

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



HERITAGE NEW ZEALAND
POUHERE TAONGA

Entry fees (cash only)

Adults \$15
Students \$5
Children Free

State Highway 1
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www.clarksmill.co.nz

Easter Theme at the Millers Cottage; Clarks Mill

Bring your Easter Bonnet to win a prize!

Sunday 25 March will be a special day at Clarks Mill. Not only will the Mill be operating at 3 different times over the afternoon, but there will be a rare opportunity to see the original Millers House and Smokey Joes as well. These extra buildings are not usually open to the public but for this special afternoon you will be able to have a look around, try your hand at grinding some flour and learn some of the history of the house itself. Smokey Joes has its own special history and a peek in there will be accompanied by some early gramophone music to add to its atmosphere. The North Otago Vintage Machinery will also be open with displays going on.

As it is the week before Easter, tea and Hot Cross Buns will be available at our pop up café in the Millers House. For the children there will be an Easter Egg hunt plus an opportunity to bring along your decorated Easter Bonnet and win a prize. Adults can enter as well. Weather permitting there will be horse and carriage rides. eftp facilities available.

Open from 12.00pm to 4.00pm.

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Chilli Worcestershire Sauce

500g Green Apples (peeled, cored and sliced - weight given is after you have removed the waste)

150g Caster sugar, 40g Garlic, peeled and sliced, 20g Fresh Ginger, peeled and sliced, 8 Large Chilli's, 1 teaspoon Whole Cloves, 1 teaspoon Black Peppercorns

1 teaspoon Cayenne Pepper (ground), 20g Salt, 330g Treacle, 2 litres Brown Vinegar.

You will also need the following utensils:

2.7 Litre Saucepan (minimum size for these quantities)
Fine sieve Bowl Hand stick blender (optional - if you want to blend the mix)

Bring the saucepan to the boil. The turn down the heat until it is just simmering.

Leave it to simmer for 2 hours. Stirring occasionally.

Put the sieve over the bowl and carefully (mixture is still hot !) pour the mixture through the sieve into the bowl. Discard the chunks that are left over, Pour the sauce back into the pot and simmer for another 10mins.

Sterilise some bottles, while the bottles are being sterilised. Keep the mixture warm over a low heat then pour the sauce into the bottles using a funnel, Put the lids on and a seal should form when the sauce and bottles cool. The sauce is actually best if you leave it for 3 weeks for the flavours to mature. While un-opened, keep the bottles in a cool, dark place for up to 12 months, once opened, refrigerate until used. Black, spicy, liquid Gold.

Tomato & Basil Sauce:

300 gms whole tomatos, Small bunch of basil, Olive oil, 1 pinch of Oregano, 1 chopped clove of garlic, Salt and pepper.

Mash tomatoes. Add the rest of the ingredients and cook in a saucepan. Ideal as a pasta sauce. *Enjoy!*



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