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I am hoping you all have your firewood sorted for the cold weather really kicks in as it is in very shrinking supply. You can always get the children out sorting and stacking it for you - should help keep them busy over the Holidays. We have some changes! The Telegram is now delivered by another delivery service... Hopefully this will sort out any missed deliveries. If you do not receive your weekly Telegram, you can give Steve a call on 4341103 or 0273387 002. Keep warm & enjoy your week regards The Telegram.

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arrive along with all that snow on Kakanui. Gardens and Gardeners will have felt Winter had arrived very quickly after all the balmy weather of late. It made me feel I should make a start now on bedding gardens down for Winter, with compost on first then pea straw -

this will be ongoing for a while in our garden. Leaf raking has cranked up a gear now as trees shed more and more leaves and still lots to do with cutting back, Bulb planting and shifting Shrubs that have become overcrowded. Shrubs, plants and hedges will be starting to harden off to cope with the cold, so get any hedge trimming done - but don't be too hard on them. Spring is the time to take them back hard.

**Hydrangea** stems are hardening and flower heads are either going brown or changing into new stunning Autumn shades. Keep water up while they are looking so pretty and leave the flowers on for ages yet - especially further inland they can be left all Winter to protect new growth. If wanting to take old flower heads off on the coast, cut the stem right back to the second bud from the bottom and leave all stems that did not flower - these will be next Summers flower stems.

**Leucodendrons** develop rich colour as days and nights become colder - picked bracts will last in a vase for weeks, even months. Picking the bracts is a must to keep both Leucodendrons and Proteas from becoming top heavy and blowing over. They resent any form of Phosphates. Potassium and Nitrates fertiliser - a little Blood and bone in Spring will keep them looking good.

On the coast, prune back **perennial Wallflowers** now to encourage new growth for a good Winter flowering. Do the same to Marguerite Daisies. Further inland, take hardwood cuttings, pot up and protect over Winter. Break up clumps of Viola like Maggie Mott and the clumping Primula Vulgaris. Plant sections with root attached into pots or trays - they will grow and clump up ready to be planted out in Spring. Both of these make lovely edging plants. Keep planting all the bulbs on offer - Ranunculus and Anemones also, for a vibrant or soft mid height colour to an early **Spring garden**.

I really enjoyed the drifts of blue from Agapanthas around town and in our garden this year, which have now finished flowering. I have started breaking up clumps of both large and dwarf varieties to fill gaps - once shifted, they need a lot of water to get them started in a new spot. Keep planting well grown evergreen Shrubs, as there still time to get them settled in before Winter.

**Vegetable garden.** I have mentioned growing a green crop in vacant areas of the vegetable garden - Oats is probably the best one to plant in the Autumn- it will grow in no time. Dig in while still soft and green. First timers might like to follow the green manure suggestion of using Blue Lupin as a nitrogen additive . Otherwise, use Mustard as a good soil conditioner in Spring and Summer, changing back to Oats in the Autumn. Vegetable seedlings - cover them with Strawberry net or open weave frost cloth raised above the plants while plants are small - birds will not be so interested when the plants plump out a bit. Broad Beans can be planted now. Try a little Potash in the soil just below the Bean when planted. It is said to help prevent rust. Bring Pumpkins in and store in a dry aired place. Protect the last Tomatoes and Peppers from frost - the sun is still warm enough to ripen them a little longer. When nights become really cold, vines can be dug up and hung in good light on a warm porch under cover to ripen further.

**Fruit.** Walnuts are falling along with the leaves. Late ripening Peaches should be picked now before the birds take them all. I have been told the Peach raised in North Otago - SWEET PERFECTION - is growing and fruiting well. A chance seedling from an orchard on the banks of the Waitaki River - strong resistance to leaf curl - bountiful and regular crops of excellent quality fruit. One to put an order in for. Feijoas seem to be plentiful right now as well. Feijoa, vanilla and fresh ginger jam on a warm scone is an Autumn treat.

We have the last wedding here at Rockvale gardens on Sunday after 26 years of couples making a commitment to each other in our garden - it has been a privilege being involved in so many

# Jacqui Dean MP for Waitaki

If you would like an appointment with Jacqui in Oamaru/  
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Otago/Kurow or Twizel please phone our office.

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## Coughs and Colds

The common cold affects most people at some stage in their lives. Colds can last from 5-7 days although some symptoms, such as a cough, can last much longer. Young children get more colds than adults because their immune systems are still developing, Elderly people, and those with chronic (long term) illness, are also more likely to catch a cold easily

### CAUSES

The common cold is an infection of the nasal passages (nose) and throat. It is caused by viruses.

Cold viruses are always changing from year to year. This is why you can get a new cold each year, or even more frequently, and why it is difficult to develop a cure. Cold viruses are spread by saliva droplets that are sprayed through the air by talking, sneezing and coughing, and by direct hand contact with nasal secretions from infected people or objects. Buccaline will give up to 3 months protection again the complications of the cold

## How do I prevent ankle sprains?

Ankle sprains often happen during rapid changes in direction in sports such as netball, soccer or rugby, or when walking on uneven ground. During these changes in direction, multiple forces act on the ankle and supporting musculature requiring the ankle to adapt, support and then aid propulsion.



The human foot and ankle unit are engineering marvels with thirty-three joints made up off twenty-six bones, thirty-three muscles (20 within the foot, 13 in the lower leg) and lots of connective tissue. When we have strong coordinated feet/ankles and appropriate footwear is worn, the risk of ankle sprains is minimal. When the ankles are weak and/or uncoordinated orthotics, strapping and/or ankle braces may be required to minimise risk of injury. It's a bit like training wheels on a kids bike - these support options can support ankle function until higher level strength and coordination are developed. Ankle strength and co-ordination are essential requirements to stay injury free during physically demanding activities.

To quickly check your quality of ankle function, try these exercises (barefoot)...

1. Slow and smooth ankle circles clockwise for 10 repetitions and counterclockwise for 10 repetitions. If the movement is jerky or a tremor develops at certain points through the circle then poor ankle coordination is indicated and you are at risk of ankle sprains.
2. Stand shoulder width apart with the feet parallel, drive the big toe into the ground and smoothly rise up into a calf raise taking 5 seconds to reach the top. Hold at the top for 5 seconds, then take 5 seconds to slowly lower yourself down. Rest and repeat 5 times. If your feet roll in or outwards and loading comes away from the big toe during any of the movement, then your ankles are weak and you are at risk of ankle sprains.
3. Stand on a wobble board or small cushion on one foot and have a friend throw a ball to your chest at first and progressively to your outer reach with a few high, low and wide throws. If you can balance and catch each throw and exercise 1. & 2. easily, you've got strong ankles, good coordination and with appropriate footwear your risk of ankle sprains is low!

So ask yourself: "Are your ankles strong or weak, co-ordinated or uncoordinated?" For a specialist assessment and customised management plan, see the foot and ankle experts at Simply Feet Podiatry so you can be equipped to prevent ankle sprains during your sporting season.

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A Column by Consumer Affairs Writer, Jordan Kelly.

### 5G: Coming to a Power Pole Near YOU Soon

#### 5G. Where does one start?

This is an issue with massive implications for all living beings.

Educated readers simply must take the time to inform themselves about it. There is a huge depth and breadth of concern that exists – globally – with regard to the impact of 5G on public health.

Yet telcos and governments everywhere are ignoring that concern and hoping you do, too.

There's a plethora of interviews, presentations, research references and recordings all over the internet, and all those non-industry-biased (which is actually most, because telcos and governments don't want your attention) that I've come across and/or studied so far are authoritative.

#### An Ideal Crash Course

Here's something freshly uploaded to YouTube:

[https://www.youtube.com/watch?v=kp0\\_zGHH3KA](https://www.youtube.com/watch?v=kp0_zGHH3KA).

This particular video is a series of testimonies presented to a Senate committee on Energy & Technology from a wide variety of citizens opposing the proposed roll-out of 5G in the U.S. state of Michigan. All those presenting to the committee are obviously highly educated and deeply informed, both collectively and individually.

This one presentation alone provides an ideal introductory crash course into the massive and exponentially growing concern and opposition to the bull-headed Government and industry push to roll out this dangerously untested new technology without due research or public consultation.

Here's another (there's hundreds on YouTube alone).

This one explains the technology (and its extreme dangers) at a more basic level:

<https://www.youtube.com/watch?v=7nCygmTB4CI>

#### A Deliberate & Gargantuan Misnomer

Perhaps the next most important point to make is that 5G is a gargantuan (and very deliberate) misnomer. "5G" (5th Generation wireless systems) sounds like simply the next generation up from, and an incremental improvement on, 4G . . . which was an improvement in speed performance over 3G. Not so. (The above YouTube video explains this well.)

5G is a very different technology. It's untested . . . and there have been thousands of (non-industry-funded) studies showing significant biological damage even from the far less offensive (but still highly concerning) 4G technology.

#### More Akin to X-Ray Technology

5G employs "millimetre wavelength" microwave radiation in a very different spectrum of frequency than that to which the human biology has ever been subjected.

In basic terms, it's more intensive, more invasive at the cellular level, penetrating any living organism in a manner more akin to x-ray technology. If I had greater space available to me, I'd go into how living in a 5G world would be like living 24/7 inside a full-body airport scanner.

**I'll pick up from here in my next column. Stay tuned.**

**Knowledge on this issue is critical for the health and**



## De-Flea Treats

- 3 Beef stock cube
- 3 1/2 cups Wholemeal flour
- 1/2 cup Wheatgerm
- 1/2 cup Bran
- 1/2 cup Linseed
- 2/3 cup Brewers yeast
- 2 Tbls Garlic granules
- 2 Eggs
- 1 1/2 cups Hot water



Beat eggs then mix together with all the dry ingredients then slowly add hot water, stirring all the time until you have a workable dough (the stickier the better). Roll out, cut into shapes and place on a greased tray. Bake for 20 minutes at 180.C. Turn oven off and leave the biscuits to harden overnight or at least for a few hours.

For large dogs give 2 or 3 a day. Small dogs 1 or 2 a day.

## Economic Development Manager

A new position, Economic Development Manager, has been created to take a leading role in pursuing economic development opportunities in Waitaki.

As Economic Development Manager, reporting directly to our Chief Executive, you will be responsible for the strategic leadership, planning and execution of economic and business development work undertaken by Waitaki District Council for our growing district.

Our exceptional district is home to lakes, ski fields, cycle trails, surf beaches, epic tramping, fishing and hunting areas, along with award-winning restaurants, wineries, craft breweries and Oamaru's popular Victorian Precinct.

What will you be doing as our new Economic Development Manager?

- Leading, developing and delivering our Economic Development Strategy
- Providing effective leadership and oversight to the Economic Development function, including communications
- Developing detailed project plans and having extensive insight into existing and future initiatives in the region
- Developing and maintaining exceptional relationships with key stakeholders.

If you want your career to have real purpose and you are committed to using your talents to make a difference, don't wait - apply now... before someone else secures your dream job!

Any enquiries can be made to Fergus Power, Chief Executive on 03 433 0300 or email [fpower@waitaki.govt.nz](mailto:fpower@waitaki.govt.nz)  
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**Wednesday 18th**

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

**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.

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

**Thursday 19th**

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

**Disability Information Mobile Service** at the Waitaki Age Concern Health Promotion from 2pm in the Foundation for the Blind Hall 8 Steward St Oamaru.

**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.

**N.O. Asthma Society AGM** - 11am, St John Hall, Exe St, All welcome

**Friday 20th**

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

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

**Saturday 21st**

**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.

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

**Monday 23rd**

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

**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** meet at the St. John's Hall, Exe St, Oamaru, 7.30pm. New members always welcome. Ph. Helen 434 5680.

**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.

**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.

**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.

**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.

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

**Public Notices**

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

**Oamaru Squash & Badminton Club**, Badminton. Monday 1 - 3pm, Wednesday 6 - 8pm & Friday 6 - 8pm. Tyne St courts. All grades welcome.

**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.

**Radio for the mature Mind - Oamaru Heritage Radio**, 3 ways to hear us, 88.3fm, 107fm or online at www.ohr.nz. Local - 24 hours a day.

**Tree Planting Grant**, Charities and public bodies are invited to apply for a tree planting grant before the 27th of April. Phone Rob 4394004

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*Kitchens & Bathrooms - No job too small*

- ▶ Driving Miss Daisy .....434 8421  
.....*Appointments, Dunedin & Timaru Hospital, Shopping*

- ▶ Oamaru Transfers .....434 9506  
.....*Hospitals & Airport transfers (Merv Aitchison)*

- ▶ Oamaru - Dunedin/Hospital Shuttle.....  
*Door to door service*.....434 7744

## Transportation & Rental Vehicles

- ▶ 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

## Window Tinting

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

**Sister Anzac**, written by Geoff Allen and set on the WW I hospital ship Maheno in Gallipoli, gives us an opportunity to stop and consider, and most of all appreciate the women in our past. It also allows us to hear the voices of Kiwi nurses who were real and who experienced things few of us can imagine. Oamaru Repertory Society are honoured to have been given the rights (by Playmarket) to perform this poignant play on Anzac Day (April 25th) at 4pm, followed by two evening performances (7.30pm on 26 and 27 April) and finally two more weekend matinees (4pm on 28 and 29 April). Directed by Karen Marshall and with a strong cast (Bruna Oakes, Bronwyn Waldron, Hugh Perkins, Joseph Walshe, Sam Marshall and Robertina Collins) this play promises to be a popular New Zealand production. Tickets are available at the Repertory Box Office on Itchen Street (daily from 12 noon - 5pm) or ph 4348868 during these times or email [tickets@oamarurepertory.co.nz](mailto:tickets@oamarurepertory.co.nz)

OAMARU  
REPERTORY  
SOCIETY PRESENTS



## 'Winnie-The-Pooh'

A family show for all ages  
July 7-14th

## Audition

April 29th noon - 3 pm  
young to older actors

Pooh, Christopher Robin,  
Tiger, Roo, Piglet, and more...



Ph/txt 021 2156502  
Director Peter for details

# The Oamaru Telegram

## About Us

The Oamaru Telegram is 100% locally owned and operated. Many of our advertisers have been with us since we began printing in 2010 and we're committed to supporting local businesses and community organisations. We also offer other services such as design and printing of promotional materials and signage to help boost your business.

## Advertising

We can cater for all kinds of businesses and budgets, starting with Classifieds **from just \$10.00 per week**, to big full page ads. We are also **flexible** so you don't have to be tied into long contracts if it's not necessary.

## Artwork Design

If you are supplying your own artwork we require a PDF 300dpi minimum. We can also design adverts to suit your needs at no extra cost but this needs to be arranged the Tuesday before print.

## Deadline

All articles and adverts must be approved by Thursday 2pm to ensure your ad is correct. It is important to place bookings as soon as possible to ensure your space is available.

146 Thames St, Oamaru

Phone 03 434 9651 or email [telegram@oamaru.net.nz](mailto:telegram@oamaru.net.nz)



## WAITAKI OLD BOYS' HALL OF MEMORIES

### ANZAC DAY CONCERT FIFTIES FAVOURITES

AT THE SCHOOL APRIL 25<sup>th</sup>, 1:30pm

HANNAH PEARSON AND ANTONIO DELLA BARCA

VICTORIA, LYDIA, AND JULIETTE BERNARD

RALPH MILLER TRUMPET

JUNE CAMERON PIANO

**FREE ADMISSION AFTERNOON TEA**

**MAILDROPS**

**Brochures  
Flyers  
Price list  
Catalogues**

**OAMARU**  
**print&copy**

**YES!**

We can arrange maildrops to Rural Oamaru, Kurow, Oamaru or areas within Oamaru.

**CALL INTO OUR SHOP FOR MORE DETAILS.**

Oamaru Print and Copy Ltd - 146 Thames St, Oamaru  
Phone 434 9651 or email [oamaruprint@oamaru.net.nz](mailto:oamaruprint@oamaru.net.nz)