

24th April 2018

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Issue 389

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Thank you for your calls last week - it is good to hear that your copies of the Telegram are being delivered. If they are not, do let us know - you should have your copy no later than Wednesday. I would like to thank everyone that continues to support The Telegram by getting us to produce their print work. Locals supporting locally own businesses - Great stuff... Enjoy your week, The Telegram.

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FREE QUOTES



Autumn weather - warm then cold - warm again, wind, then rain. I noticed the first frost last Saturday morning as did some of my Dahlias.

Our compost bins are filling fast with leaves, soft hedge trimmings and grass clippings with a layer of made compost now and then which will make worthwhile humus to apply in Spring. Ground expected to produce year after year, just as farm land requires fertiliser to ensure adequate growth, so to do our gardens. While composts and manures must be accorded their place in soil management, they are inadequate to ensure proper mineral nutrition of plants and must be supplemented by fertilisers to get the best results. Generally speaking, stable and poultry manure contain practically all the elements required, particularly Nitrogen, Phosphate, and Potash in a natural organic form.

However, not all plants require the same proportions and animal manure that is too fresh can cause rank growth with leguminous - like Peas, Beans and annual bedding plants, because of excess nitrogen, but left to break down in a compost heap, then used in conjunction with a general fertiliser when planting - will ensure plants get all they require in the growing season while also building up tired soil. Plants that will not tolerate Phosphate fertiliser are Leucodendrons, Proteas, Banksia and Ericas.

Dried Blood is high in Nitrogen and is an easy way to replenish the Nitrogen content in the soil. Plants like Polyanthus, Primulas and Cyclamen love it and will flourish when you add dried blood to their diet. 100% Pure and Natural.

BREAK UP PRIMULA AND VIOLA clumps, plant out to fill gaps in front borders.

Feed Rhododendron, and Camellias with fertiliser mixed especially for them which will boost them for Spring flowering. Azaleas like to be fed as soon as they have finished flowering.

HEDGE CUTTINGS can be taken now, as there is still sufficient sap in shoots to be taken as cuttings to carry them on without undue withering until roots form. The following Shrubs can all be increased by means of cuttings. Berberis, Buxus, Ceanothus, Escallonia, Portugal Laurel, Lonicera Nitida, Ligustrum, Corokia, Lophomyrtus. Cuttings should be young shoots about 8 inches/20+ centimetres long, trimmed from existing hedges just below a joint. 3 or 4 pairs of the bottom leaves are removed as well as the sappy tip. Press river sand or crusher dust firmly into a deep tray. Using a slim pencil make holes and push cuttings in, leaving room for each to develop roots. Firm sand around them and water in. Leave from now through Winter / Spring until they have formed strong roots to be potted on.

LILY BULBS: Look for a sunny spot (6 to 8 hours of direct sunlight a day) in the garden to plant Lily bulbs - they become available this month and are perfect for planting here in North Otago, because they require a cold, dormant period. These beautiful flower bulbs can be planted in among other plants, as they like cool roots, at a depth three times the size of the bulb from now until June.

VEGETABLES / FRUIT. Time to dig up and divide Rhubarb crowns, mixing in heaps of compost before replanting. A good time for sowing of Spinach and Snap Peas, Spring Onions. Fill the top of a shallow pot with Spring Onions and pull them as they're needed. Start picking when plants are still quite small. Pumpkins should be in now - remember not to remove the stalk from the Pumpkin - this stops it from rotting. Time to get all Fruit in before the birds take the lot. Prune Tamarillo trees hard after last fruit comes off - staggered

Arthritis

Arthritis literally means inflammation of the joint. Anyone can get arthritis. Though it is often thought of as a disease of the the older population, it does occur in children and young adults. There are over 100 different forms of arthritis. The most common is Osteoarthritis. Osteoarthritis involves the breakdown of the cartilage padding of the joints, and the failure of the tendons and ligaments to support muscles and bones. This breakdown is not the result of normal wear and tear and aging. There are many factors leading to the development of Osteoarthritis. Usually it occurs later in life, and in people who have put extra demands on their joints, eg people who are very overweight, or sports people - especially those who are high-performance athletes and who are injured during their sporting 'lives'. Mostly it affects weight-bearing joints such as hips, knees, spine, and hands.

Signs And Symptoms

- Swelling in one or more joints
- Early morning joint stiffness that lasts more than an hour
- Not able to move a joint normally
- Obvious redness and warmth in a joint
- Unexplained weight loss, fever or weakness with joint pain.
- Joint stiffness after long periods of sitting or lying.

Do you have recurrent ingrown or painful toenails?

Squeezing feet back into winter shoes is a timely reminder that we may need to seek help if we have recurrent ingrown or painful toenails. Though it is often thought of as Painful toe-nails.

Ranging from simple issues to situations needing immediate medical care, toenail pain is often ignored until it can no longer be tolerated. Prompt treatment and identification of the underlying causes are key to quick healing and reduction of the pain. The team at Simply Feet are experts at providing instant relief, with a range of conservative or surgical treatment options that cater to your individual needs.

Causes of painful nails can be varied and due to single or multiple factors such as repetitive injury, ingrown nails, fungal nail infection, thickened nails, involuted (curved) nails or repetitive pressure from poor fitting shoes. If you experience nail pain an assessment by our specialised Podiatrists to identify causative factors is required so we can then discuss treatment options.

The most common cause of pain from toenails we see is ingrown nails. An ingrown nail often has a small spike down the side of the nail that penetrates the skin causing a painful wound which often becomes infected. Depending on frequency and causative factors treatment typically involves removal of the nail spicule providing instant pain relief or nail surgery to prevent reoccurrence. Our specialised surgical process ensures quick healing and prevents nail regrowth having you back on your feet in no time. Nail surgery procedure involves local anaesthetic to numb the toe followed by removal of part or all of the toe nail. After the removal of the nail, a chemical is applied to the exposed nail bed to prevent nail regrowth. Healing then typically takes 1-3 weeks.

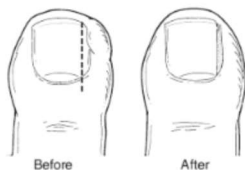
So if you are experiencing painful or ingrown toenails call Simply Feet Podiatry today to a book an assessment where we can discuss treatment options of your painful or ingrown toenails."

We will also need to alter the content of the ad to say:

remove "Hey Oamaru!" to say:
Do you need to get your painful toenail fixed ASAP?

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Rights, Rules & Remedies

A Column by Consumer Affairs Writer, Jordan Kelly.

More on '5G' – A Slow-Kill Technology

In last week's column, I introduced the topic of '5G' . . . and explained why it's not simply some benign upgrade on 4G.

It's what's known as “millimetre wave” technology – and living beings were never meant to be exposed to this type of frequency, much less be bathed in it, the way we will be if the out-of-control telcos and their Government lapdogs have their way (as they fully intend to do).

As far back as 2011, the World Health Organisation (WHO) concluded that the radiation emitted by cell phones was a “possible carcinogen” . . . and that was only because they were forced to admit it was at least that. Following that admission by WHO, a \$25 million study known as the National Toxicology Program concluded that cell phone-emitted radiation certainly did cause cancer (and we can consider even that, a similar degree of understatement).

Now we're staring down the barrel of something the telcos are at even greater pains to ignore the health consequences thereof. Because “5G” takes things to a whole new level.

A level of exponentially increased electrosmog density, and exponentially increased dangers from a spectrum of frequencies that telecommunications companies don't possess the medical / scientific expertise to understand. Nor do they possess the will to allow such an understanding to stand in the way of their commercial gain, even if they did.

Some of the effects the **non**-corporately-funded research scientific community sees include (but are not limited to) effects on the skin (skin diseases, cancer and physical pain), and effects on the eyes including cataracts. The thermal effects of millimetre waves can penetrate below the surface of the eye, for example. There are also demonstrable effects on the heart, the immune system, cell growth rates, as well as massive effects on animal, insect, bird and plant life.

Industry-Funded 'Testing' is Bogus

Those industry interests that are belatedly carrying out research (they've already begun rolling out the technology anyway) into “5G” are largely bogus.

Why? Because 5G will use **pulsed** millimeter waves to carry information. But these studies are not **pulsing the waves of radiation being emitted**. It's a critical difference designed to skew results. Existing (non-industry) research on microwaves demonstrates that pulsed waves have more profound biological effects than do non-pulsed waves, and include, for example, strand breaks in DNA.

This DNA strand breakage is also what full-body airport scanners do (don't believe the propaganda handed to you at airports, claiming that the radiation they're subjecting you to is less than a few calls on a cell phone).

In defence of their positions, telecommunications interests will tell you that “anything we intend to roll out will comply with Government / industry standards”.

A Real Food Pantry Recipe Spicy Couscous

3 Tbsp olive oil, 1 garlic clove finely chopped
1 tsp ground cumin, 1 tsp ground coriander
1 tsp paprika, 350ml chicken or vege stock
6 spring onions, 1½Tbsp chopped fresh coriander
50g pine nuts, good pinch crushed chilli flakes
zest & juice 1 lemon, 1½Tbsp chopped fresh parsley
1 ½ Tbls chopped fresh mint, 225g couscous

Heat 2 Tbs oil in a large pan. Add garlic, dried herbs, spices & fry 1 minute. Add stock bring to boil, add spring onions, pour in the couscous & stir once. Cover pan with tight fitting lid, remove from heat, set aside for 5 minutes to allow couscous to absorb the water & swell.

If serving warm stir in remaining oil & ingredients now. If serving cold, allow couscous to cool before adding the ingredients.

New Enviroschools Named

The Waitaki District Council agreed to fund the Enviroschools programme this year. Bron Claridge has been appointed as the



Enviroschools facilitator. She is an experienced teacher with extensive sustainability knowledge and skills. Mrs Claridge will work with schools to identify sustainability issues relevant to them and their community and action they can take on those issues. She will also support schools to integrate sustainability into the curriculum and across all school practices.

More Waitaki Schools wanted to join the Enviroschools programme than we have capacity for at this stage. Schools were asked to submit an expression of interest and selection was based on a number of criteria including having the Early Childhood Sector, Primary, Intermediate and Secondary schools represented as well as schools from across the Waitaki District. Waitaki schools are already involved in an impressive array of sustainability initiatives in their communities which made the selection process very difficult.

The schools that are joining the programme this year are:

- Maheno Kindergarten
- Fenwick Primary School
- Papakaio Primary School
- Totara School
- Oamaru Intermediate School
- Waitaki Girls High School
- ABC Oamaru
- Maheno Primary School
- Macraes Moonlight School
- Flagswamp Primary School
- Weston School
- St. Joseph's School Oamaru

Once the programme gets established in these schools we will continue to look for ways to extend Enviroschools to other schools in the Waitaki District. Mrs Claridge is really looking forward to supporting these schools to develop their



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Community Diary

Wednesday 25th ANZAC DAY

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

Lodge Oamaru Kilwinning No. 82; Presents The Empty Chair Ceremony (Masonic tribute to ANZAC Day) 7:30pm, Masonic Centre, Wansbeck Street, Oamaru. All Welcome.

Waitaki old boys' Hall of Memories - ANZAC Day Concert: Fifties favourites at the school 1:30pm

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.

Ulysses Motorcycle Club Ambulance Fundraiser Ride, departing Eden St at approx 1pm to Maheno - Purtons Cafe at 3pm. For more info Ph. Bruce 021 501 102.

St Pat's Indoor Bowls, 7:15pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

Thursday 26th

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

Nth Otago Early Settlers Assn. 2pm. Genealogist Beryl Miller speaks about Miller/Brimms Family Portraits. Public Welcome. \$3pp Ph 03 434 1173

Friday 27th

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

The N.O. Astronomical Society AGM, 6pm at Adventure Books, 7 Harbour St. Followed by nibbles & a talk by one of our members, on his recent Aurora Flight.

Saturday 28th

Cape Wanbrow Autumn Community Native Tree Planting: Meet at the entrance gate off Test Street for a short briefing at 9am. Perfect activity for family, friends and dogs. Bring a spade and a drink. Dress for weather conditions on the day. Finishes at noon.

The Healing Team - 2-3pm, St Mary's Hall.

Sunday 29th

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

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

N.O. Tramping & Mountaineering Club - Flanagan Pass: Walk from Lake Ohau following a 4WD track to Flanagan Pass and if time permits explore Sutton Face for great views. Contact Bess 4349953.

club. All welcome, 10am.

Monday 30th - Term 2 begins

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.

Tuesday 1st May

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

Meadowbank Indoor Bowls, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

St Pauls Indoor Bowls, 2pm Ph. 437 1294

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

Up and Coming

Awamoa Bowls Opening Day, 3rd May at 1.30pm. Members a plate please, new members most welcome.

Afternoon Social Housie: Wednesday 2nd May, 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Ph: 437 2220.

N.O. Horticultural Society's Autumn Flower Show, 5th & 6th May Scottish Hall, Enquiries to Reg Ph 034345575

St Pauls Indoor Bowls, AGM 8th May at 2pm Ph. 437 1294

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.

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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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Horse Manure, Ph 434 5607.

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1999 Honda Odyssey, 6 seater, 184k, WOF & Reg, Car has been serviced wanting \$2,400. Ph/txt 027 4655137.

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Hills clothes hoist, complete kitchen with wall oven, gas hob, range hood, and many extras - view before removal, available mid-May also **Art Deco bath and hand basin** and 4 matching doors suitable French doors. All items are in excellent condition and priced to sell. Ph. 03 434 2475

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- ▶ Tint a Window.....0800 368 468
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Oamaru Heritage Radio

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

Tuesday: May 1st

5.30 Item for Younger Ears: The Air

Adventures of Biggles - International Brigade, Part 8 of 37.

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

7.30 Concert Piece: Dvorak, Slavonic Dances Nos 8 to 16, St Petersburg RSO

9.00 Reading: The Promise Of The Wolves, by Dorothy Hearst, read by Ruth Sillers, Pt 5 of 16



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

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