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Issue 386

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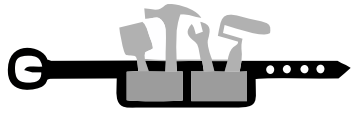
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Impossible to fail Quiche

Ingredients

3 eggs, 1/2 cup self-raising flour, 1 cup Mainland Vintage Cheese - grated, 1 tbsp olive oil, 1 1/4 cups Anchor Milk
1 onion, peeled and finely chopped, 2 rashers bacon, chopped

Method

Place eggs, flour, Vintage Cheese, olive oil, milk and onion into a container or large food processor and either shake vigorously for 1 minute or process for 30 seconds.

Pour the mixture into a hot, greased quiche dish and add the bacon along with any vegetables you may have e.g. corn, mushrooms, chopped parsley, etc.

Bake the quiche at 180°C for 45 minutes. Serve with a salad and bowl of crusty bread. Tip: Leave out the bacon and add chopped roasted ham to make this vegetarian.



Gardening in North Otago
A nice warm day or two this week with rain seeming never far away here in North Otago. Having spent time in the Waitaki valley last weekend, I was surrounded by the beauty of Autumn golds and aqua glass like lake - how blessed we are to have this beauty on our doorstep.

We have the rakes and wool packs on the go again here, collecting the bounty of leaves to turn into leaf mulch by layering lawn clippings, manure and water. Start on wet bare ground for moisture, ground warmth, microorganisms and worms to be drawn up through the heap to start decomposing. Time to take stock of the garden and make plans for what gets trimmed, shifted, chopped out and nurtured, over the soon to be here cold months. Collecting seed and taking hardwood cuttings is top of the list for me. Seed is gathered when dry and the cuttings need to be in while the days are still warm enough for them to settle and start to make roots. Take advantage of the warm ground and cool mornings and nights to keep planting out well grown shrubs - roots really take off at this time of the year and settle in before the frosts. I have been finding runners on low growing Shrubs - branches that have grown down and rooted themselves into the ground. This is the time of year to cut them from the mother plant, pot them up and nurse over the Winter. They will be ready to plant out when a pot is filled with roots in Spring. Have a look around the bottom of climbers as well - Jasmine, Honeysuckle and Clematis - there are sure to be sections rooted into the ground. While looking around the garden, see what is there for the taking in the way of seedlings, I have potted up heaps of native seedlings growing among Shrubs and many small seedlings from seeds germinated in gravelled areas.

Lavateras and Buddleias need a good cut back now if they are to look good and bushy through the Winter. Cut out all the old non producing wood and let it come fresh again from the cuts. Same for Geraniums, they have made a lot of growth over the Summer months and need to be cleaned out in the middle where old leaves accumulate and White Fly can be harbouring. Cut out old non productive stems and shorten back long lanky growth. Further inland leave them alone, cover when frosts arrive but take cuttings now in case you lose established plants over Winter.

Sweet-peas popped up for me this week. The winter will hold them back, but as soon as the ground warms up in Spring they will take off and be there for picking in late August. Sweet-peas are gross feeders - they do best in a different position each year. If you want them planted in the same place again, dig a trench and fill with stable manure to keep them fed for their long flowering period.

Keep an eye on Hellebores (Winter Roses) - they dry out at this time of the year to the point where they may die. They are one of the first plants to flower in late Winter, so keep the water up to them and feed them Blood & Bone, manure or slow release fertiliser. The baby plants growing around mother plants can be potted up now - they take about three years from seed to flower.

Fruit & Vegetables: Codling Moth caterpillars can be trapped now as they are leaving the trees. Tie strips of corrugated cardboard (Corrugation inwards) around the trunks. Once the harvest is over, remove and destroy the cardboard.

Keep sowing vegetable seeds Onion, Radish, Spinach and planting seedlings, Cabbage, Celery, Winter lettuce here on the coast. Further inland Broad Beans, Cabbage and Spinach. I like to sow and plant Buttercrunch lettuce now as it keeps growing well into the Winter.

I am now going to draw a plan for the big Easter egg hunt for our Grandchildren and friends here at Rockvale gardens and will remember to keep Scruff away, after he disgraced himself last Easter hunt by showing off hunting my Bantams instead of

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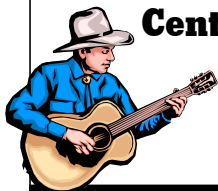
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What you need to know about your back

Your spine is made up of stacked bones called vertebrae.

They are arranged in 3 natural curves:

- cervical – the curve inward at your neck
- thoracic – the curve outward in the middle
- lumbar – the curve inward in your lower back.

Strong, flexible muscles and ligaments help maintain these curves. Soft cushions called discs act as shock absorbers between the bones. Nerves run through the holes in the vertebrae and branch out to your body.

Causes of back pain

Back pain usually originates in the spine and the muscles that support it. You could get back pain or a back injury through being out of shape and under stress, or if you have poor posture or strain your back in exercise or activity.

The bones of the spine can develop arthritis, compress or pinch nerves causing the nerve to become irritated.

Discs can wear out or lose their shape and support, or they can tear or bulge.

Muscles can over-tire and weaken or become inflexible. A weak abdomen cannot help support your back. Obesity puts extra stress on the back muscles.

Ligaments can be over-stretched and cause the bones to lose their support.

Back pain may also be caused by kidney, gastrointestinal or heart disorders. It may be caused by other organs or by a complication of other diseases.

If you have back pain, see your doctor. They may suggest treatment or refer you to another professional who can help.

Self-care for back pain

Try to get back to your usual daily activities and work as soon as possible. Only change your normal activities if they cause severe pain.

Avoid demanding or heavy contact sports, and activities that may worsen back discomfort such as repeated stooping, bending or twisting.

Keep yourself comfortable:

- wear comfy shoes with low heels
- use an upright chair with low back support
- ensure your work surface is at a comfortable height
- sleep on a firm mattress (place boards under it if necessary). If you sleep on your back try a pillow under your knees, and if you sleep on your side put one between your knees.

Do things that help you relax such as walking, listening to music or having a bath.

Take regular pain relief (eg, paracetamol) as directed. You might find an anti-inflammatory medication such as ibuprofen or aspirin helpful. Use topical ointments containing menthol and salicylates, such as Deep Heat, to help reduce pain.

Use hot or cold compresses to relieve pain, whichever works best for you. Alternating heat and cold may help.

Apply ice or cold packs to the painful area for 10–20 minutes every 2–4 hours. Wrap a plastic bag of ice (or a bag of frozen vegetables) in a cloth or light towel. Never place ice directly on your skin.

Apply a moist, warm compress, a warm wheat bag or covered hot water bottle to the painful area for 20–30 minutes several times a day. Keep the compress warm for best effect.

If your back pain is not helped by the self-care tips above, or continues or worsens after exercising, see your doctor.

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

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NETWORK WAITAKI LIMITED
DIRECTOR APPOINTMENTS

The Trustees of Waitaki Power Trust are seeking expressions of interest from suitably qualified candidates for vacancies which will occur on the Board of Network Waitaki Limited as a result of directors retiring by rotation.

Network Waitaki's core business is the provision, operation, and management of electricity infrastructure. It operates a predominantly rural network, supplying the North Otago, Hakataramea, and Ahuriri regions.

The Waitaki Power Trust Trustees hold 100% of the shares in Network Waitaki Limited.

Application forms may be obtained from:

The Secretary

Waitaki Power Trust

C/- Faye Ormandy

116 Perth Street, Oamaru 9401

or by emailing:

waitakipt@gmail.com

Applications close on Monday, 23 April 2018 with the Secretary.

Rights, Rules & Remedies

A Column by Consumer Affairs Writer, Jordan Kelly.

Act Now or Your Good, Safe Copper Landline Will Be Gone

While everybody's been contemplating the purchase of their next shiny new wireless device, your Government has been hand-in-glove with Big Industry, quietly planning to divest you of the best-performing, safest telecommunications modality you have: your good, safe, copper landline.

If the implications of that aren't obvious, here are just some of them:

- Depriving you of your free choice and a basic human right.
- Forcing everyone (who doesn't want to subject their brains to an even greater amount of microwave radiation by using their cell phone for *all* communications) to resort to more technologically convoluted means of telecommunication i.e. internet-enabled VOIP phones (Note: VOIP phones won't work if the power goes out, including for emergency numbers. VOIP phones also often produce very poor voice quality.)
- A material increase in cell phone towers (and the already pervasive density of electrosmog in which we now all live) as this move *does*, inevitably, force more people to transition to cell phones for everything and generally brings about a correspondingly increased data delivery demand. (If any Government or telco representative claims there's no specific push to move people from landlines to fully wireless alternatives, here's an article that offers clear evidence to the contrary:
<https://www.computerworld.co.nz/article/609604/spark-abandon-copper-fibre-wireless-broadband/>)

Your Government representatives have been working quickly to slide the game-changing *Telecommunications (New Regulatory Framework) Amendment Bill* through with as little public attention as possible.

The motions of calling for public submissions were pushed through in as rapid and as low-key a manner as possible. Now the submission period has closed, there's a great rush to get through the mandatory process of allowing those who sent submissions in, to present in person.

I was one of thousands of people (including many doctors) who, advised of this devious industry/Government agenda just in time, sent in a submission of opposition to this Bill that would allow telcos / Chorus to withdraw their copper landline service to homes and buildings in areas deemed to be 'fibre zones'. I was last week (before protesting the inhuman time frame) given approximately five days' (including weekends) notice to prepare a detailed presentation to give to the Parliamentary Select Committee in Wellington.

Now, as it happens, your local MP, Jacqui Dean, *was* on the Parliamentary Select Committee hearing this Bill. It seems she's not now, but certainly she's been sent my detailed submission, for anyone wanting to follow up on this critically

We don't think you should have to leave the district to further your education. In fact wouldn't it be cool if others wanted to come here to study. This is part of our grand vision for the Waitaki Digital Media School.

Rob and Sandra Greaney both work fulltime using a range of creative digital media software programs and they want to teach you what they've learned. Rob says "whether you're computer savvy or a just starting out we can show you how to translate your ideas into of audio and visual masterpieces.

Sandra Greaney has a teaching degree and is a specialist in accelerated learning techniques. She's also a gifted artist specializing in illustration.

Rob Greaney is a gifted songwriter, composer, audio engineer and videographer with a passion for marketing.

Sandra says "both Rob and I have our specialist topics which we love to teach but we feel that the success of our school will come through involving other gifted locals who want to impart their skills and passion to others in the community, so we're always looking out for new talent"

Courses planned for 2018 include:

- Digital photography for beginners
- Adobe Photoshop for beginners
- Adobe Photoshop Intermediate
- Adobe Illustrator for beginners
- Digital Marketing
- Video Production
- MIDI composition
- Home Based Digital Recording

Animation and Adobe After Effects will run in 2019

Rob says "we've seen a real opportunity to help with upskilling and we're working towards a full blown Digital Media Centre where students can design their own training plan choosing from a suite of courses comparable to anything the large centres offer.

For information or to sign up for one of our courses call us on 03 4343 119 and make sure you like us on our Face Book.

Fabric recycling for Altrusa bazaar

Now is the time for an Autumn rummage.

The Altrussa Club of Oamaru needs your unfinished craft projects, unwanted fabric, wool, threads, haberdashery items, craft tools, large craft books and other craft items.

We are holding our annual fundraising Bazaar in June and would love to have your items now. So if you are moving house, needing more space, want a good home for these items please contact Claire 434 6112 or Helen 439 5295 for more details.

Oamaru Heritage Radio

Tuesday evening, 4pm to 10pm. "Trevor's Tuesday Variety Time" Oamaru 88.3. Internet listening at www.ohr.nz



Tuesday: April 10th

- 5.30 Item for Younger Ears: The Air Adventures of Biggles - International Brigade, Part 5 of 37.
- 6.00 Classic Comedy: I'm Sorry, I'll Read That Again (BBC)
- 7.30 Concert Piece: Beethoven, Bagatelles Opus 26 and Piano Sonata, Opus 111
- 9.00 Reading: The Promise Of The Wolves, by Dorothy

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New position to lead to economic development focus

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

The position reports to Chief Executive Fergus Power and will be responsible for the strategic leadership, planning and execution of economic and business development work.

Chief Executive Fergus Power says the successful applicant will play an important role in pursuing growth opportunities and will be a linchpin for economic development in the district.

"We have an exceptional district, home to some unique characteristics including our built heritage, geography and geology," says Mr Power.

"Not only that but we have commercial opportunities in the aeronautical, horticultural, agricultural, viticultural, tourism, heritage areas that have the potential to bring significant economic benefits to Waitaki. It's therefore imperative that we have a person with the necessary skills and ability to take on these and other projects."

Mayor Gary Kircher says that this is the next step towards better delivery of economic development.

"Since becoming Mayor over four years ago with a strong stance on economic development, the Councillors and I are pleased with progress that has been made and now is the time to take the next step to give us greater capability to grow Waitaki's economy."

The Economic Development Manager will lead, develop and deliver Waitaki's Economic Development Strategy, will be expected to provide effective leadership and oversight to the economic development function, develop detailed project plans develop and maintain exceptional relationships with key stakeholders.

"Central government has also recognised the importance of regional development with the establishment of the Provincial Growth Fund of \$1 billion each year for the next three years. We will work hard to procure our share of that."

Find more information and to apply for this job at Economic Development Manager on the waitaki

Wednesday 4th

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

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.

Cancer Society Volunteer meeting, Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

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

N.O Rock & Mineral Club meeting 7pm, in club rooms under St Vincent de Pauls.

Thursday 5th

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

Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

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.

Friday 6th

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

Indoor Summer Bowls 7pm, indoor bowls centre Centennial Park. Ph. Bob 4371 704.

Johnstone Clan meet at 10am Peter Pan, Eden Street. All Johnstone's welcome. Phone Daphne 4346249 for information.

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

Saturday 7th

Meadowbank Indoor Bowls Opening Days, 1-3pm at the Centennial Park Centre. Come & see if bowls is the game for you. Ph. Bob 437 1704.

Sunday 8th

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

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

Meadowbank Indoor Bowls Opening Days, 1-3pm at the Centennial Park Centre. Come & see if bowls is the game for you. Ph. Bob 437 1704.

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

Tuesday 9th

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, 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.

N.O. Rose Society meeting, 7.30 pm, Vintage Car Club Rooms. Ph. Christine 434 2223.

Alzheimers Society N.O. Support Group, Green Room, Opera House, 1.30-3pm.

Over 60's "Connections" Group in Salvation Army lounge from 11.45am to 3pm, bring own lunch refreshments provided, come and go as you please. \$3.00 per person. For free transport or info. Ph. 4348413.

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

Public Notice

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

Oamaru Performing Arts; Easter Raffle, Drawn under Police Supervision, 1st A McDonald, 2nd J. Kissel. 3rd E Gillies. Thanks to all who supported us.

Weston Indoor Bowling Club Opening Night, Wednesday 11th April - 7.30pm in the Weston Hall - Existing and new bowlers most welcome. Phone Ian 4348281

Up & Coming

Cancer Society Support Group Meeting - 2nd Wednesday each month, Community House Meeting Room, 100 Thames St, 10.30am. All welcome, Ph: Leanne Kennard 434 3284.

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

Yankee Bowls Opening Day, Wednesday 11th at 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

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response to increasing letter decline

The cost of sending a standard letter within New Zealand will increase 20 cents from \$1 to \$1.20, from 1 July 2018. NZ Post is making this change, along with other changes to postal products following its annual price review. For business customers who use our Bulk Mail products, there will also be product and price changes. These changes will assist NZ Post to manage the significant loss of revenue from fewer letters being sent and still maintain a network of more than 880 postal outlets and 1.98 million delivery points.

New Zealand Post Chief Marketing Officer Bryan Dobson said to provide a commercially sustainable letters service, we have had to review and adjust prices. "We acknowledge this represents a change, and we have worked very hard to reduce operational costs to minimise impact on customers who value and depend on this service.

"Careful consideration has been taken in making these pricing decisions, however given the letter decline challenges NZ Post faces they are necessary.

"Our postal pricing will now better reflect the cost to process and deliver items, and will help ensure our letters business is in good shape for the future". Prices will increase for all Standard Post letter sizes and Bulk Mail, along with increases for domestic parcels, courier, international inbound and international outbound letters and parcels. A full list is available on the New Zealand Post website at www.nzpost.co.nz/july2018.

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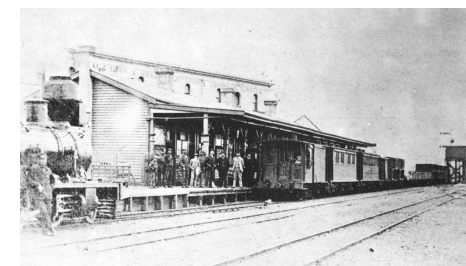
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Oamaru's long wooden station, designed by Railways Department architect George Troup and completed in 1900, was typical of the new stations built in major provincial centres around the turn of the 20th century.

Oamaru station was particularly famous for its dining room (situated at the southern or far end of the building), which was capable of seating 250 diners at long tables. The Christchurch-Dunedin express made a regular 22-minute dinner (lunch) stop here, and for a set price of 2s 6d, travellers could sample delights such as 'stewed tripe and oysters', 'smoked fish with butter sauce', 'roast sirloin of beef with Yorkshire pudding' and 'compote of pears with boiled custard'.



Oamaru's first railway station before it was moved to its current location.

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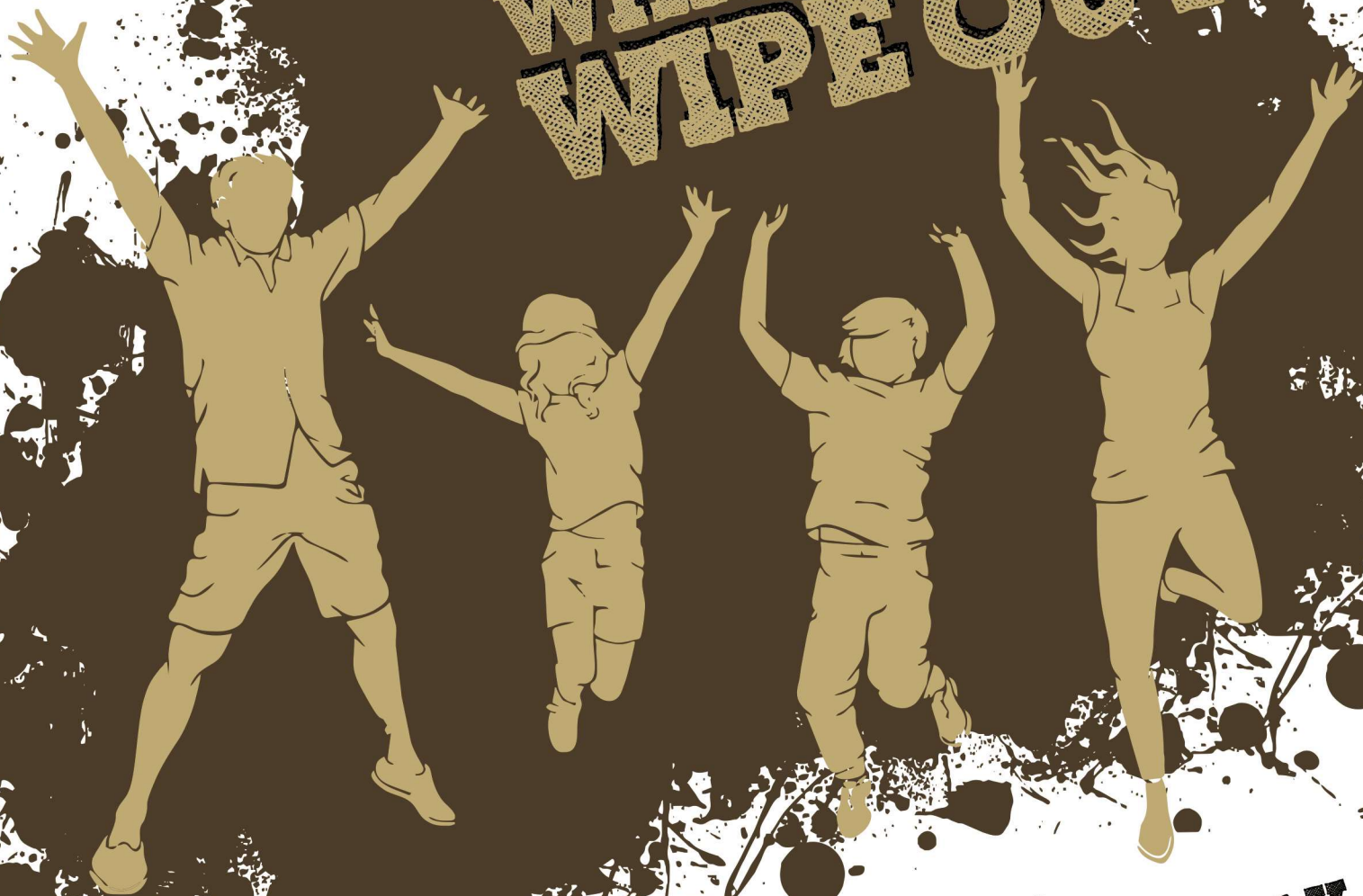
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