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1st May 2018

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Issue 390



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Content is one of the hardest thing to find when publishing a paper like the Telegram. We are always looking for interesting local history, stories and information. If you have a story you would like to share - let us know or email it to us.

It still surprises me the number of visitors to the Oamaru Harbour. It is good to see it so busy...

I have noticed the traffic on Wansbeck & Tyne St's corner, can make it very hard to cross. When down in the area, do take extra care and be mindful of the pedestrians.

Enjoy your week, The Telegram.

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Still enjoying lovely balmy weather this week - such a joy to be working in the garden with the Autumn colours so amazing and becoming more intense as this month moves on. As all the vibrant leaf colours fade, we are knee deep in those leaves, so much raking with the promise of much mulch to go back on the

garden in the form of compost and leaf mulch - all part of Nature's plan for trees which we tend to ignore as we rake leaves up. By mulching, we can give back to trees. Right now for us in the garden it is all about raking leaves and applying compost/mulch to plants, shrubs and trees. Don't be too worried about raking every leaf from the garden when the compost goes on - leaves soon break down. However too many leaves left piled on gardens will be creating homes for garden pests to winter over. Susceptible plants like Geraniums, Hellebores, Heuchera, Hostas and low leafy perennials, need to have the ground cleared around them. Snails and slugs will be searching for damp hidden places for Winter protection from birds.

Here we are still cutting back Summer flowering perennials and annuals which have become long and lanky. Piles of soft plant matter go onto the compost, but the stringy hardwood piles are dumped - a shredder would be good at this time, because the more we can put back on the garden, the more the garden benefits. I am leaving the Hydrangeas to finish the wonderful Autumn show they are offering right now, but have been taking some semi hardwood cuttings, as I cannot get enough of these wonderful plants and it takes a few seasons for cuttings to grow into a good sized bush. Semi / hardwood cuttings need to be taken from close to the base of the stock plant - woodier cuttings are more likely to throw roots than shoots. Cut at a leaf junction, remove bottom leaves (not too close to the stem) leaving a set of two leaves and the tip growth - remove the soft tip growth. Use a good nutrient free medium, river sand or pumice. Dip cuttings in rooting hormone to stimulate root growth, then firm in and water. Place in a shaded area over Winter and Spring.

Still time for sowing seed under cover here on the coast and getting to prick out size, before the days become really cold and growing stops. Once they are pricked out into punnets or pots, they will need to be nursed until Spring. Sowing seed now gives you a head start and the seedlings carried through are much stronger and will do better than the new punnets of seedlings offered in Garden Centres come spring. Seeds to sow under cover: Antirrhinum (Snap Dragon) Dianthus, Pansy, Viola, Poppy, Scabious, Sweet William, Polyanthas, Primrose and Primulas. Seeds to sow straight into the garden now Alyssum, Aquilegia, Calendula, Cornflower, Lupins, Sweet Peas. Lift Gladioli and clean corms. After drying, dust with Flowers of Sulphur before storing in paper bags - never plastic.

Peony Roses: Do not disturb Peony Roses - just cut back dead tops and dispose of. If they need divided, leave until Spring. Winter Roses: will benefit from feeding now. Take most shabby old leaves off, because they harbour Green Fly over the cold months, but leave enough to protect the new growth. They can be removed when the flowers come up.

Tall Asters: Anyone growing tall Asters should have had them flowering for a while. If they are falling all over the place and need support, you need to remember to trim back the new growth by half at the end of next September - this will make them grow bushier rather than tall - I must remember to remind you then. Asters exhaust the soil as the clumps get bigger, so divide often when finished flowering.

Watch Pumpkins don't get frosted from now on. If they are big and sound hollow when you knock on them, they can be picked and sat in a sunny place to ripen more. Anzac day is traditionally the time to plant Broad Beans. If you missed that day, any time now is good. Cheers, Linda

A sledgehammer to smash Winter bugs!

Sanderson Viramax + Ester Plex Vit C 600mg
Sanderson ViraMAX is designed for the management of acute upper respiratory tract conditions and other similar ailments, particularly those common in winter. Research supports the combined use of Elderberry and Echinacea as an effective early intervention in seasonal illness. Olive Leaf has a long history of traditional use as an anti-infective. Andrographis has centuries of use for the management of severity and duration of symptoms. ViraMAX may be taken in early stage acute symptoms or as a daily maintenance dose.

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Do you wish you had baby smooth heels on your feet?

Did you receive a Peditroller for christmas and think all your dreams of smooth heels had come true until you tried and found it didn't perform like you hoped? Or perhaps you have had a pedicure and you still have unsightly heels?

Summer in jandals and open backed sandals can dry out our heels and they can be painful, unsightly and a source of embarrassment. When the skin around the heel becomes thickened it becomes less supple and loses its elasticity and the pressure of walking can cause cracks or splitting of the skin. Walking barefoot, prolonged standing, pregnancy, excess weight, fungal infections, hormonal conditions, circulation problems, cold or hot climates, and genetics can all play a role in causing cracked heels.

The quickest way to getting those baby smooth heels is a visit to our experts at Simply Feet Podiatry Clinic. The team can safely remove the dead skin leaving you with supple, healthy skin that feel and look great! You will also be reviewed for underlying causes and provided with a home management plan to prevent reoccurrence.

Check out our website and Facebook page for before and after pictures. Most people who come to the clinic to have their heel callous treated are blown away at how it is completely painless and how amazing their feet look and feel. Do you know somebody who would benefit from this treatment? Spread the word - there is a solution!

To book your baby smooth heels, call the team at Simply Feet Podiatry clinic or book online today!



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PART TIME KITCHEN HAND/COOK

Oamaru Hospital has a vacancy for a 'part time' Kitchenhand /Cook

The successful applicant will be required to work:

·Monday & Tuesday 6am-3pm each week (8 Hours per day)

·The successful applicant is also required to be available for extra cook and kitchen hand shifts to cover various leave as required.

The position involves a wide variety of tasks and would suit a person who is versatile and willing to work enthusiastically as part of a committed team.

Applicants are required to demonstrate a courteous manner and the ability to work under pressure.

Application form and job description are available from

Andrew Moore

Non Clinical Support and Supply Centre Co-ordinator

Private Bag 50059

OAMARU

Andrew.Moore@southerndhb.govt.nz

**Applications close
Monday 7th May 2018, 5pm**



CASUAL ORDERLY/CLEANER

Oamaru Hospital has a vacancy for a 'casual' Orderly/Cleaner

The successful applicant would need to be available at short notice if required, and be prepared to work rostered shifts, including weekends, nights, school and public holidays.

The position involves a wide variety of tasks and would suit a person who is versatile and willing to work enthusiastically as part of a committed team.

Applicants are required to demonstrate a courteous manner and the ability to work under pressure.

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**Applications close
Monday 7th May 2018, 5pm**

RIGHTS, RULES & REMEDIES

(By Jordan Kelly, Consumer Affairs Writer)

5G: 'We Won't Wait for the Standards'

This is the third column in my three-part series on the coming '5G' public health nightmare.

Educated readers will have surely begun conducting their own research by now. But they'd be well-advised not to seek it from a telecommunications company, nor from any Government agency – all of which will simply tell you they'll be “complying with industry / Government standards”.

Let's dismantle that one. Firstly, the international standards (i.e. of the International Commission on Non-Ionising Radiation Protection) have been in existence, unchanged, since 1998. Think of the enormous evolution in technology in the two decades that have since elapsed.

They also relate only to thermal effects, not to non-thermal effects, where the real concern lies. In other words, these antiquated standards are useful only in making sure a cell phone doesn't actually physically burn the side of your head.

Need More Evidence of Recklessness towards Public Health?

If any reader requires evidence that Government regulators are in the pockets of industry, they need look no further than the United States' Federal Commission of Communications (FCC, supposedly an industry regulatory body) chairman, Tom Wheeler, announcing the imminent roll out of 5G at a June, 2016 National Press Club event:

<https://www.youtube.com/watch?v=Bwgew01SIMc>

Wheeler became the FCC chairman in 2013, after three prior decades as a venture capitalist and lobbyist for the wireless and cable industries, during which time he also served as President and CEO of the both the National Cable Television Association and the Cellular Telecoms Industry Association. In this ominous coverage, you'll witness him fairly wetting his treads with excitement at how “brilliant engineers have developed new antennas that can aim and amplify signals” and admonishing any prospective opponents of his industry's agenda to “stay out of the way of technological development.”

To continue quoting this extraordinarily arrogant individual as he continues to demonstrate how he intends to run roughshod over all health concerns in the pursuit of massive profits for his industry:

“To make this work, the 5G build-out is going to be very infrastructure intensive, requiring massive deployment of small cells. I'm confident that the actions will lead to a cornucopia of unanticipated, innovative uses and will generate tens of billions of dollars in economic activity. AND THAT'S. DAMN. IMPORTANT. Because it means that U.S. companies will be the first out of the gate.

“Unlike some countries, we do not believe that we should spend the next couple of years studying what 5G should be or how it should operate. The future has a way of inventing itself. Turning innovators loose is far preferable to expecting committees and regulators to define the future. We won't wait for the standards.”

What the (non-industry, non-Government) health experts are saying about '5G':

According to Professor Trevor Marshall, Director of the California-based Autoimmunity Research Foundation:

“The new 5G wireless technology involves millimeter waves (extremely high frequencies) producing photons of much greater energy than even 4G and WiFi. Allowing this technology to be used without proving its safety is reckless in the extreme, as the millimeter waves are known to have a

profound effect on all parts of the human body.” Shortly after the FCC's announcement of the impending 5G roll-out, the Global Union Against Radiation Deployment from Space (GUARD) wrote to the FCC assuring them in no uncertain terms that 5G will inflict considerable harm on the population at large, providing an abundance of research results: “5G violates Article 3 of The UN Declaration of Human Rights which states that 'everyone has the right to life, liberty and security of person'.”

Zonta helps Women's Refuge

Gail Rowland, outreach worker from the Mid-South Island Women's Refuge & Family Safety Services, was presented with a cheque for \$550 on Wednesday evening 18th April, by Carole Wood, President of the Zonta Club of Oamaru. Our club also supports the service in a practical way by collecting toiletries throughout the year and sorting them into individual packs to be given to women and families should they need them.

Gail told our members that boys items are also needed such as new pyjamas, slippers and underwear. She explained that families often arrive without much so any donations of new clothing and footwear is greatly appreciated.

The Woman's refuge is based in Timaru and covers a huge area from Rakaia in the north to Palmerston; and inland through the Mckenzie country to Tarras. The funding they do receive is not nearly enough to cover the needs of the area. For example in the June 2016-June 2017 they received 1575 crisis calls but are only funded for 416.

They also provide several programmes including one for children growing up in a violent home (Verbal, physical or both) and Steps to Freedom education for woman.

The Mid-South Island Women's Refuge & Family Safety Services are available 24hrs a day on 0800 00 77 50.



Recipe of the week - Apple

Shortcake

Ingredients:

125gr butter,
1 egg,
2 cups Self Raising flour,
1/2 cup sugar,
1/2 tsp vanilla ess, 2 cups cooked sweetened apple.



Method:

Cream butter and sugar. Add egg and vanilla, beat well. Stir in flour and mix to a firm dough. Divide into two. Roll out and put one half in greased 20cm tin. Place apple on dough, then place remaining rolled out dough on top. Bake at 180degC for 45 minutes. Sieve icing sugar on top - serve with custard or cream

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AGM

Thursday 17th May 2018 at 7pm

Ara Campus, Humber St Oamaru

BOOKARAMA GOOD NEWS!

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Oamaru Heritage Radio

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

Tuesday: May 8th

- 5.30 Item for Younger Ears: The Air Adventures of Biggles - International Brigade Part 9 of 37.
- 6.00 Classic Comedy: I'm Sorry, I'll Read That Again (BBC)
- 7.30 Concert Piece: Music by Richard Rogers, words by Oscar Hammerstein II
- 9.00 Reading: The Promise Of The Wolves, by Dorothy Hearst, read by Ruth Sillers, Pt 6 of 16



Community Diary

Wednesday 2nd

Afternoon Social Housie: 1.30pm St John, 21 Exe St. 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 - 1st Wednesday of each month. 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.

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

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.

Thursday 3rd

Awamoa Indoor Bowls, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

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.

Waitaki Branch Forest & Bird AGM, 6pm.

Friday 4th

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

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

Saturday 5th

N.O. Horticultural Society's Autumn Flower Show, Scottish Hall, Enquiries to Reg Ph. 434 5575.

Meadowbank Community Stadium Bowls, 1.15pm. Bowls available. Ph. Graham 434 0951.

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

Sunday 6th

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

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

Join Helen Stead's Oamaru Cemetery Walk 2 - 4pm. Meet Greta St Entrance. \$20pp. PhTtxt 027 434 1173

N.O. Horticultural Society's Autumn Flower Show, Scottish Hall, Enquiries to Reg Ph. 434 5575.

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

Monday 7th

Genealogy Club 10am-12pm at Oamaru Library - learn how to research your ancestors. **The Happy Scoundrels Over 55 Ten Pin Bowling Club,** 1pm, Galleon Family Complex. Ph. Mike 437 0224 or Garry 434 1463.

Tokarahi spinners & Weavers meeting, 10am, Tokarahi Hall. Ph. Christine 434 2223.

Waitaki Woodturners, 1-5pm, clubrooms, Oamaru Race Course. Ph. 439 5795.

Tuesday 8th

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.

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

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.

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

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.

St Pauls Indoor Bowls, AGM, 2pm Ph. 437 1294

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.

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.

"Senior Strong" - Stay stronger for longer! A new class focusing on MOBILITY / STRENGTH / BALANCE Designed for: falls prevention, beginners, the older adult, persons with pre-existing medical conditions or physical difficulties and those who are returning from injury. Tuesdays 1.30pm at the Rec Centre. \$65 for 10 weeks. Starts 1st May. Contact the Rec Centre 4346932 for more info and to register

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Raffle results

Meadowbank Bowling Club - Travel Fund Raffle, 1st - D. Hay, 2nd - G. Thorn, 3rd - D. Hay. Thank you for your support.

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Watch out for Clued Up Seniors

After the success of the Clued Up Families in March, Safer Waitaki is planning a Clued Up Seniors afternoon for Saturday 29 September, two days before the United Nations International Day of Older Persons.

The idea is to give local groups a chance to showcase what they do so that those 65 years plus are better informed about what is available in the community. Groups represented will cover all aspects of life — education, exercise, health, recreation and support.

Entry is free, so make a note in your diary now and keep an eye out for more details closer to the date.

HANDY PH. LIST

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Podiatrist

- ▶ Simply Feet Podiatry.....437 9025
.....316 Thames Hwy, open Mon-Fri

Printing, Copying & Signage

- ▶ Oamaru Print & Copy434 9651
.....info@perfectprint.co.nz

Tiling

- ▶ Lakeland Tiling.....Shane..027 312 2017
.....Kitchens & Bathrooms - No job too small

Transportation & Rental Vehicles

- ▶ Driving Miss Daisy434 8421
.....Appointments, Dunedin & Timaru Hospital, Shopping
- ▶ Oamaru Transfers434 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



\$10/10lt Bucket \$14/10lt paint, paste pails
Walnuts - Pickup your own
Also Available!
 Feijoas! Feijoas! Feijoas!
 State Hwy 83, just 2 km west of Georgetown
 Daily 10am-4pm

Local top 6 Finalist!



Sarah Baker has worked with Oamaru Print & Copy/Oamaru Telegram for the last 11 years,

completing a National Certificate in printing as an apprentice with us in 2014 and was named a Top 10 finalist for Apprentice of the Year in that year. She then went on to complete a National Diploma in Print Industry Management, which she finished late 2017.

Print NZ recognised Sarah as one of the top 6 Finalists for Print Diploma Student of the Year 2017 in New Zealand, at a recent Graduation Ceremony in Christchurch and the results of this will be announced in Auckland on May 11th.

We wish her all the best and acknowledge her great achievements in the Print Industry in New Zealand. We are lucky to have such a high calibre of trained staff in Oamaru...



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