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Issue 432

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A reminder; the Telegram deadline is Thursday 12pm for the following weeks issue. Enjoy the Autumn weather & remember to "Shop Oamaru", regards The Telegram.

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At this time of the year, I like spending time hand watering around plant roots and in doing so, this gives me a chance to enjoy a mellow day while moving slowly about the garden - rather than the rip and bust to get things done.

Autumn Crocus has burst into flower, Chrysanthemums are budding and I notice some

Spring Bulbs are pushing through - which means it is Bulb planting time - Iris, Crocus, Hyacinth and Daffodils, along with any Daffodil bulbs you need to shift. Bulbs require deep planting in a sunny well drained spot - Tulips and Lilies can be planted in May or June.

Sow Seeds

As I mention often, March is the month to collect and sow seeds. Hardy annuals can be sown directly where they will flower, with a little fertiliser forked into the soil before sowing. A majority of seed I collect are stored for a Spring sowing, as protecting germinated seedlings through the Winter can be tricky.

Hard wood cuttings:

This is the time to take hard wood cuttings - place cuttings in a water filled container as they are taken. Prepare cuttings by removing bottom leaves and cutting top leaves back by half. Push cuttings into river sand, keep moist and hopefully over a few weeks they will develop roots in the warm sand. Then rooted cuttings can be potted on into potting mix filled pots, to sit over Winter making more roots. Once pots are filled with roots, cuttings can then be potted on into bigger pots. At this stage, pinching tip growth back on the cuttings will encourage nice bushy plants.

Planting:

With days shortening and nights cooling, warm ground begins to retain moisture - again making Autumn one of the best times for planting Trees and Shrubs to settle in before the coldest part of Winter. Always plant Trees and Shrubs to the depth they were in the pot, or bag and stake well if tall.

Hedges:

will have finished pushing out this year's growth, so get them trimmed well before frosts arrive to damage new growth - especially the lovely Photinia Red Robin. If trimmed now, beautiful new, bright red growth will be enjoyed during Winter.

Ponds will be heating up - especially small shallow ponds. Warm water has low capacity for holding oxygen, so you may see your fish gasping for air close to the water surface. A minimum depth of two feet is suggested for the bottom of a shallow pond to remain cooler. If your pond has no waterfall or fountain, algae is sure to grow as water heats up. A natural way to stop this happening, is to add Barley straw to the pond. Basically as the Barley straw decomposes, it releases something similar to hydrogen peroxide (H2O2) which will eventually kill the algae. Fill a string bag with Barley straw and weigh down with a rock. If there is a waterfall or fountain, place the straw where water will flow through. Top up pond water gradually, so the temperature does not change dramatically for fish.

Lawns.

Grass grub damage is really showing up now in our lawns, with Black-birds letting me know just where they are. I have decided to leave the Black-birds to deal to them, then rake out all damaged patches and re-sow.

Vegetables:

All seeds sown now will germinate - but watch the heat, I

have covered my seed boxes with shade cloth to keep them from the harsh sun. If planting out seedlings plants, I would cover them as well with shade cloth to help keep moisture in and white Butterflies and Birds off.

There is time from now, to sow a green crop in vacant areas of gardens. Blue Lupin, Mustard or Alfalfa will add natural nitrogen to soil. Dig in before it flowers, or just cover with compost when bedding gardens down for Winter.

Cheers Linda

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Dr Joy Langston I've got a bone to pick with you!

Wed 27th March at 6pm Oamaru Library, 62 Thames St



Stories from the grave

Forensic archaeologist, Dr. Joy Langston, returns to the Oamaru Library to present favourites from her personal collection of bones. Dr Langston previously worked in the UK where she undertook archaeological excavations. The illustrated talk will provide a fascinating insight into the past: how people lived and how they died.

Oamaru Hospital lay-out changes will see more minor operations available locally

Waitaki MP Jacqui Dean says she's impressed with the proposed changes to Oamaru Hospital.

"I realise the proposed staffing restructure has caused some anxiety throughout the community, and I acknowledge the hospital's place in the community is a passionate subject for many locals.

"However, if we separate our emotion and look into the indicated infrastructure changes, I suggest many locals might well be impressed with the plans."

Ms Dean says the new 'proposal for change' document indicates a smarter use of existing infrastructure with minimal building work required to save costs.

"When I recently took a tour of the hospital with the management team you cannot deny areas are outdated with some glaringly obvious structural improvements needed. "I was impressed with the proposed transformation of part of the kitchen area into a new procedures room enabling more minor operations to be offered locally.

Ms Dean says there is no doubt the community will benefit from clinicians and local GPs having access to a space to provide a range of minor procedures.

"The hospital will work with the community to determine what range or minor procedures are best offered for this environment, but could include minor orthopaedic, skin and other diagnostic procedures.

"I am also impressed with the management team's vision for the rest of the hospital, such as creating a new dedicated resuscitation room within the Emergency Department and bringing patients with the highest health care needs together to ensure they are treated by the most skilled staff.

"Oamaru Hospital will turn twenty next year, and with minimal structural changes to date it's certainly time something was done.

"I support hospital management who are trying to create a more effective space so they can provide the most adequate service within the existing area.

"While daunting, an overall restructure can be what's needed to ensure services are being run as efficiently as possible, to enhance medical services and make sure the community is getting the very best treatment available."

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Future of Education Meeting

Wednesday 27th February 2019

Oamaru Club

National Education

spokesperson Hon Nikki Kaye
and Waitaki MP Hon Jacqui
Dean

More than twenty people turned
out to listen to National's
Education Spokesperson Nikki
Kaye and Waitaki MP Jacqui
Dean speak about the future of
our education system.

Discussions were held over
proposals from the
Government's "Tomorrows
schools Review Taskforce". Ms

Kaye revealed while National was in favour of change, there
were concerns the Government was rushing through the
process. With 18 education reviews underway Ms Kaye says
the timeframes may be too tight for many to submit adequate
feedback on so many areas. The main concern from the
crowd was the structure of the board of trustees and the
newly proposed "Education hubs" and what this will mean
for the overall school governance.



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New Business

After 20 years working
in the engineering sector
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for Ross Hayes to take the next step and he is now managing
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Ernest Hayes, inventor of the Hayes wire strainer and many
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Anvil Engineers Ltd is based in the De Geest Construction
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325 2617, or call 437 0744.

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Sharing the road with pedestrians

On average, 36 pedestrians are killed and 1000 pedestrians are injured on New Zealand roads every year.

Many of these deaths and injuries could be prevented if drivers took more care when using our roads.

Please look out for pedestrians whenever you're behind the wheel.

Pedestrian safety for drivers

- Always be ready to stop near schools, bus stops and pedestrian crossings.
- Be careful when driving past parked vehicles. Pedestrians may walk out without warning.
- You must slow down to 20km/h when passing or coming towards a school bus that has stopped to let children on or off, no matter which side of the road you are on.
- Watch out for elderly people or people with disabilities.
- Take special care near roadside stalls and parked vendors. Pedestrians visiting these may forget to watch for traffic when crossing the road.

Pedestrian crossings

When coming up to pedestrian crossings:

- slow down and be ready to stop for any pedestrians stepping onto, or on, the crossing – this also includes people obviously waiting to use the crossing
- if there is no raised traffic island in the middle of the crossing, stop and give way to pedestrians on any part of the crossing
- if there is a raised traffic island in the middle of the crossing, stop and give way to pedestrians on your half of the road
- wait until the pedestrian has crossed in front of you and is clear of your vehicle before you proceed

Courtesy crossings

Courtesy crossings are usually made of bricks or paving and are often raised above the level of the road.

Although not official pedestrian crossings, they do provide a place for pedestrians to cross. Drivers should be courteous to pedestrians using a courtesy crossing.



Singing Is Good For You!



Researchers are beginning to discover that singing seems to naturally both soothe your nerves and lift your spirits. As the global popularity of community singing grows, scientists have been trying to explain why singing has such a calming yet energising effect on people. Study after study has found that singing relieves anxiety and contributes to quality of life. Elevated mood may come from endorphin hormones released by singing, which is associated with feelings of pleasure. Another hormone oxytocin also released during singing has been found to alleviate anxiety and stress. Oxytocin also enhances feelings of trust and bonding, which may explain why still more studies have found that singing reduces feelings of depression and loneliness. In another study, singers were found to have lower levels of cortisol which indicates lower levels of stress.

Worldwide research available on singing also identifies many physical benefits.

Such as it:

- exercises major muscle groups in the upper body
- is an aerobic activity that improves the efficiency of the cardiovascular system
- encourages you to take more oxygen into your body leading to increased alertness
- boosts immunity
- improves posture
- releases muscle tension
- lowers blood pressure
- raises pain threshold
- reduces stuttering
- improves the ability to recover after a stroke by assisting in the development of alternative nerve pathways around damaged brain tissue

Benefits of regular singing seem to have a culminative effect and benefits are enhanced further by singing together with others.

Singing in a group offers us a sense of belonging to something bigger than ourselves and helps us feel that we are needed by the larger community. In that light, group singing is a great way to improve the quality of life for the older members of our society.

Locally, **Oamaru Social Singing** began last year at the Oamaru Blind Foundation Hall. In the school term timeframe, Monday morning singing participants are led by founder and song-leader Sally Randall.

On Monday 4th March, the singers were joined by Vicki Henderson from Barnett & MacMurray engineering, who recently responded to a previous article in the Oamaru Telegram with a kind donation of \$400. Also attending was Debbie George, Age Concern Otago Executive Officer from Dunedin, (see photo).

Sally continues to explore funding options for Social Singing Oamaru, she says, "Singing in a group simply makes people feel better and I am highly motivated to facilitate more of it!" Sally can be contacted on 434 9396 or email socialsingingoamaru@gmail.com

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Community Diary

Wednesday 13th

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

Oamaru Friendship Club meet, 10am at St Johns, Exe Street. New Members welcome.
Ph 4346249

Cancer Society Support Group Meeting at the Community House meeting room, 100 Thames St at 10:30am. All Welcome Ph. L Kennard 434 3284.

North Otago Creative Fibre: meets 10am St Lukes Hall, Wharfe St. Newcomers very welcome. Ph. 434 1136 Noeline 4372501.

Thursday 14th

The Happy Scoundrels inc. Over 55s Ten Pin Bowling Club, 1pm @ the Galleon Complex. Ph Garry 434 1463 or Mike 437 0224.

North Otago Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe Street. Enquires Ph 437 2673.

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

Friday 15th

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

Grey Power Social Group: 2.30pm, Lagonda. A chance to socialise, and ask questions. Members bring membership card to go into our monthly draw. Non-members welcome. Transport available. Ph Daphne 4346249.

Lower Waitaki Golf Club - Family Fun Night at 6pm. Coaching available from 5pm. If you haven't played golf, there is not better time than now. Bring your kids & mates. See you there.

Meadowbank Bowling Club, 14 Conway, friendly bowls, 2pm start. Bowlers & non bowlers welcome. ph. Mary 434 7196.

Saturday 16th

Cycling Waitaki; community rides from Enfield, 9:30, all riders, all abilities, welcome. Coffee to follow ph 021 121 4627 or cycling waitaki.org.nz

Sunday 17th

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

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

North End Garden Experience; 10am til 4 pm. Begins at 4c Stirling street, to pick up map. Cost \$10, includes Devonshire Tea. Proceeds to Pasifika Safe Shelter Trust.

Reformed Church Oamaru, 4 Eden St, morning service at 10:30am, followed by Sunday School; evening service at 5pm.

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

Tuesday 19th

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.

Free JP Clinic for certifying documents, affidavits, and declarations. 11-1pm in the WINZ building.

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

U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall North

AGM

Grey Power General Meeting, Salvation Army Lounge, 225 Thames St, 21st March 1.30pm. Speaker will speak about Glaucoma. Admission \$2 or a small plate for afternoon tea. Over 50's years welcome. 4346249

Otago Asthma Society, AGM - Thursday 18th April 2019, 11am at St John Hall, Exe Street. All welcome. Inquiries call 4372673, Lounge. Ph. Linda 434 6613.

Waitaki Riparian Enhancement Society (Voluntary Salmon Hatchery Group) A.G.M. Tuesday 26th March 7:30pm Glenavy Hall. Guests Speaker Martin Taylor. CEO Fish & Game NZ. Chair of Sea Run Salmon Committee. Supper to fellow.

Classes & Workshops

Aromatherapy Essential Oils Workshop: 39A Nen Street 10am-6pm. Ph 0278145192

Classifieds - For sale

Carpet Laying and Vinyl Laying Tools; for sale ph David Ph. 027 414 5797.

Crusader Caravan for Sale 1975 14ft; Good condition, new full awning \$10,000 Ph. 027 3124255.

Paddy's Pea Straw taking orders now, available in March free delivery in town boundary Ph 0276324264

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Carpet/Vinyl layer specialising in second hand carpet & repairs (No job too small). Dion 0223924852.

Carpet & vinyl Layer - Jack Brown PhA/H4371980

Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444

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.....027 284 9994
► Robinson Gray021 173 6161
.....Tailored clothing & alteration

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Zucchini Brownie

Ingredients

Servings 16

- 1 1/2 cups sugar
- 1/2 cup margarine
- 2 eggs
- 1 teaspoon vanilla
- 2 cups flour
- 1/2 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 cup cocoa
- 2 1/4 cups shredded zucchini
- 1 cup chocolate chips



Directions

1. Cream sugar & margarine. Add eggs and vanilla.
2. Add remaining ingredients. Stir in shredded zucchini last.
3. Spread in a 13 x 9 greased pan. Sprinkle 1 cup chocolate chips on top along with 1 Tbls sugar.
4. Bake @ 350 for 25 to 30 minutes.

Missing Wheelchairs

A number of wheelchairs have gone missing from Oamaru Hospital recently, including a Bariatric wheelchair.

The Bariatric wheelchair is an extra wide wheelchair designed to transport people weighing over 120 kg. It was recently purchased and was the only one we had available.

If you have one of the Oamaru Hospital wheelchairs or any other short term loan equipment please return ASAP as these are expensive to replace.

We appreciate your cooperation with this.



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