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Issue 439

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So.. So.. many colouring competition entries - makes our job of choosing the winners very hard. Thank you for your entries - all winners have been notified.

Now with Easter and Anzac over, the last long weekend will be Queens Birthday. Oamaru should be a very busy and exciting place this weekend, due to the Steampunk events... Good to see Oamaru alive with activity...

Sorry for the people who missed placing adverts in the Telegram over the last couple of weeks, due to the Holidays. A reminder to have all adverts in by Thursday morning for the following week's issue - and if you have a Garage sale, then you will need to be getting these in one week earlier... Enjoy your week & *remember to "Shop Oamaru", regards The Telegram.*



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Easter over it is now time to do some SERIOUS GARDENING!

before Winter sets in...

Light hedge trimming and a massive amount of cutting back needs to be addressed - for me it takes only a couple

of hours to create havoc and the whole of the next day to clean up...

Leaves are falling thickly now and as I have mentioned before, most leaves compost well layered with green waste, ready compost and some manure. However Oak and some Magnolia leaves do not break down readily - these I burn and add the ash to compost heaps. Get moisture through the layers to start bins working, adding nitrogen - rich ingredients like Coffee grinds, chopped up Nettle and Comfrey leaves, or a proprietary compost activator will provide protein for the bacterial communities to help activate a speedier decomposition process.

Don't waste fertiliser on plants that will not be using it - feed only Bulbs and plants that are due to flower soon. All other plants will be slowing their growth right down to rest through Winter.

Move all Spring flowering potted plants that have been tucked away in a shady spot over the hot months, into a sunny spot. Camellias, Azaleas and Rhododendrons in pots will need feeding, if they were not fed with acid fertiliser when they finished flowering - Shrubs get very hungry in pots.

I have shifted all my seedling trays to a sunny spot - they may not look as though they are growing new top growth during colder months, but with the sun on pots and trays during the day and frost cloth cover at night, seedlings will continue making feeder roots.

Bearded Iris rhizomes now need to be exposed to the sun for a baking, so rake any mulch off them - cut seed pod off and leaves back now, to reduce the chances of overwintering pests and diseases.

Lawn growth is slowing with the ground being so dry - best to raise the catcher now to where your mower can pick up leaves but not scalp dry grass.

Keep traffic off them and raise the blades on the lawnmower when next mowing. I spot- sprayed Daisies and flat weeds last week and got a good result. Grass seed sown now should strike, without competing with weeds but once frosts start, you will need to wait for a Spring sowing.

Fruit:

If you have laden Apple trees still to ripen, pick the largest of them and store in a cool dry place for later - but leave as many as you intend to use on the tree to ripen naturally, if birds are not a problem. **Feijoas**, the aroma and flavour of fresh Feijoas are a treat when other fruit has finished - ripening and picking will go on into Winter. Feijoas are said to be an excellent source of hydration for the body and provide soluble fibre to combat a build up of toxins in the digestive system.

Vegetables: Prolonged dry spells soon finish established veg gardens off in Autumn, but warm soil is perfect for getting seeds and seedlings well on their way before the frosts cool things down. Tomatoes are getting time to ripen on vines. If Pumpkins still need ripening, keep an eye out for leaves blackening - this means frost.. pick with stalk still attached and sit in a sunny dry spot to finish ripening, then store inside. If a Winter veg garden is not the plan, clear the ground and sow a green crop to add humus to tired soil and dig in while soft, before stalks and flowers. *Cheers, Linda.*

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RealFood Pantry No-Bake Bars Healthy/ Gluten free/ Vegan

Ingredients:

½ Cup sunflower, pumpkin
and chia seed mix
½ Cup walnuts
½ Cup coconut desiccated
½ Cup cashews
2 ½ Cups dates (pipped)
1 Cup almonds
½ Cup dried apricots
¼ Cup dried cranberries
Lemon Oil (Essential oil) If
you want
1 Tbsp coconut Oil



Soak dates in warm/hot
water (If dates are fresh not
dried you don't need to do
this)

In the food processor blend nuts together so they are cut into
smaller pieces (Don't cut them to small you want a crunch).
Take out and place into a bowl.

Tip out the water from the dates and place the dates into the
food processor with a Tablespoon of coconut oil. Pulse until
they are almost smooth. Remove and place apricots and
cranberries and process until cut into small pieces.
In the food processor place dates, nuts, apricots, cranberries,
coconut, seeds and some lemon oil (If you want) and blend
together. (This will probably cut things so if you do this until
its mostly blended then when you put it into your bowl you
can mix it by hand with a wooden spoon or similar.

Place into a tray and press it in tight. Chill before cutting.
(Keep refrigerated)



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GET IN NOW



Contact:

Literacy Aotearoa
20 Ribble St
434 2236

Scrapbooking

FREE: Monday 1 pm - 4 pm
6 Spaces Available

GET IN NOW

Citizens Advice Bureau North Otago

The Bureau celebrates its 30th anniversary this month which coincides with the National Awareness Week which details the services offered by the 83 Bureaux spread throughout the country. The local Bureau still has volunteers working who were involved in the launch of the service 30 years ago. The Bureau operates Monday to Friday from 10 am to 3 pm and offers a free, confidential and independent service of information, assistance and referrals. The service includes free legal and JP clinics.

The Bureau is always looking for volunteers and, if you enjoy meeting and helping people as well as learning about our community, please visit our office at Community House, 100 Thames Street or phone 434 9743. Full training is given and new trainees always work with an experienced volunteer.

Winter driving tips:

Am I safer in a 4WD?

Some people believe they are safer in a 4WD. However, these vehicles perform no better in winter conditions than any other vehicle. You still need to drive to the conditions.

What about ice and snow?

Take care in shaded areas caused by high banks and tall trees where roads freeze sooner & ice may not thaw during the day. Bridges may also stay slippery for longer than other road surfaces, so slow down when crossing them. Frost is more severe at daybreak, so be prepared for this. While it may not be frosty at 6am, it could be an hour or two later.

Watch out for maintenance vehicles

There could be winter maintenance vehicles on the highway helping to keep the road open. If you come across any of these vehicles, stay a safe distance behind them and do not pass unless you're instructed to.

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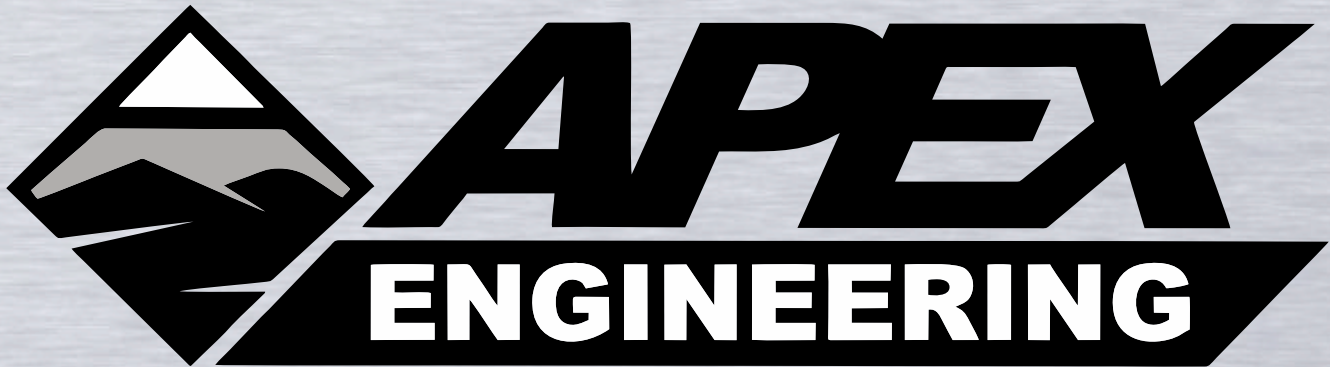
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Protecting your business from spear phishing and whaling

Targeted email scams to your business are harder to spot so you're more likely to trust them.

Most people have heard of — or have experienced — phishing. It's a common type of email scam. The sender pretends to be a trustworthy organisation in an attempt to get you to provide them with personal information. It generally affects many people at once, and targets them at random.

Spear phishing and whaling scams are much more targeted in their approach. Their goal is to get information about a company or organisation from someone who works there. It's important to note that spear phishing and whaling attacks can be a precursor to another, more serious attack.

In a spear phishing attack, people within a company receive an email asking them to provide the sender with confidential company information. The emails will look like they've come from a particular department or person in the company.

Whaling specifically targets the management or executives in a company — the 'big fish'. These are usually the people who have the most authority and the most access to sensitive business information.

How it works

Like phishing, spear phishing and whaling are email scams, but they're much harder to spot. The emails look like they've come from someone within the company, so you're much more likely to trust them. The attacker's aim is to get information about your business, for example:

- staff credentials
- financial information
- personally identifiable information (PII) about your customers
- trade secrets or intellectual property (IP).

Attackers take time to plan and set up spear phishing and whaling attacks. Successful attacks are very profitable, so the amount of time spent crafting an attack is often worth it for the gain.

Before an attack is launched, the attacker will gather as much information about their target as possible. This can be from social media, like LinkedIn or Facebook, search engines or through the company's website. There's often a lot of useful information available, such as:

- company information — like details of staff and business partners — on the company website
- personal information — like people's names, their date of birth, and their hobbies — on social media.

This information can be used to tailor an attack to specific people. The more personal and customised an attack, the more likely it is to work.

Spear phishing and whaling emails will often refer to their subject by name and job title. They might request that you:

- send them information by return email
- open an attachment
- pay an invoice

visit a fake website to enter personal information, like login details.

These requests seem urgent and sound legitimate. For example:

- a staff member may get an email that looks like it's come from the CEO. It could ask them to pay an invoice on their behalf, or send them private staff details

- a CEO may receive an email asking them to click on a link to confirm their login details on the company website
- an email may go out to staff that looks like it's from HR, asking them to login and change their password on the HR system.

The attackers could use the information they get from you to:

- get a foothold into your network
- install software on your devices, to maintain access to your network and monitor your communications
- steal details or data about your business.

These all pose a significant risk to your business and your reputation.

Reduce your risk

As spear phishing and whaling attacks are difficult to recognise, you might not know you've been targeted until it's too late. Although you can't prevent an attack, there are things you can do to reduce the risk for your business. A mix of staff education, technology, and validation of the processes you use to prevent these attacks is key to reducing your risk. Talk to your IT support person or a local computer services company if you need help implementing any of these steps.

- Train your staff to know what to look out for. Make sure they understand what to do in certain circumstances — for example, when they get an unexpected email asking them to pay an invoice.
- Confirm any email requests that you're not expecting, or that seem strange, by another means. Call the sender to confirm the request if you can. If a request looks like it's come from within the business, check it with the sender by phone or in person if you can.
- Don't click on web links sent by someone you don't know, or that seem out of character for someone you do know. If you're not sure about something, contact the person you think might have sent it to check first.
- Don't give out personal or business information by email.
- Put privacy settings on your social media accounts to limit who can see them, and keep details about you or business to a bare minimum.
- Think about implementing a social media policy for your business. This can help guide staff on what they can or can't post about their work.
- Ensure that appropriate security measures are in place for your organisation. Think about:
 - antivirus
 - firewalls
 - email filtering
 - antispam
 - limiting access to external websites within your network
 - segmenting highly privileged accounts (like administrator and root accounts)
 - documenting and testing processes for dealing with security incidents
 - how you monitor and react to security events.

Keep your support contracts (with your antivirus provider or your firewall provider, for example) up to date.

Make sure that you have an incident response plan in place for dealing with security events.

Regularly validate the security processes you have in place to ensure that they work as expected, and update them if they don't.

www.cert.govt.nz/businesses-and-individuals/guides/cyber-security-your-business/



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Let's talk about Optislim

Optislim is a category leader of VLCD (Very Low Calorie Diet) programs exclusive to Oamaru Pharmacy. The mission of Optislim is to provide consumers with a range of programs that are nutritionally balanced, affordable and get results by replacing all or some of their meals with the range of Optislim products. Unlike other shake programs, the Optislim range has all natural colours and flavours and can be used as a lifestyle program, or simply a rapid weight loss program. Optislim believes in helping consumers reach their ultimate health and wellbeing goals and recognises the power of education in managing and sustaining long-term weight. The Optislim range includes VLCD Shakes, OptiMan Shakes, VLCD Crunch Bar, VLCD Soup, 100 Calorie Snacks, Coconut Lemon Detox, and Optislim Plus Garcinia Cambogia Tablets. Optislim are easy to prepare for when you're too busy to cook a nutritious meal, weight loss shakes make it easy to consume some of your required nutrients for the day. They can also curb your appetite if you're tempted to overeat or binge on unhealthy food. The Optislim VLCD program helps to control your calorie consumption, they can aid in regulating your calorie intake. With these drinks, you can stick to your diet better and hopefully won't be tempted to eat more than your body needs.

Weight loss shakes are designed to replace one or two meals per day, reducing the amount of food you eat and cutting back on the number of calories you consume. They include a range of nutrients and minerals to replace the solid food your body is missing out on. Whether you're replacing one or two meals, weight loss shakes should be consumed alongside a health balanced diet and disciplined exercise regimen. Drinking the shakes and eating unhealthy meals is unlikely to bring the results you want.

Come and see us in store, to check out the Optislim range. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.

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Duck Hunting

Duck shooting opens the first Saturday in May with the central South Island season running through till July 30. Co-owner of Oamaru Sports and Outdoors, Richard Hill's no 1 tip for the upcoming season is "know the rules and check your shotguns and ammunition. There's no point in planning a great opening day if your shotgun doesn't perform."



Oamaru Sports and Outdoors has your hunting needs covered with a range of firearms, ammunition, clothing, duck callers and decoys which are proving very popular this season. A shooting licence is compulsory and can be purchased from Oamaru Sports and Outdoors. Your licence is a permit to hunt for game birds in accordance with the regulations governing the Fish & Game New Zealand region in which you are hunting.

It does not grant or imply any right of access over land.

If you want to walk over private land, please first get the permission of the land occupier.

This common courtesy often results in the farmer providing useful information and better access.

You must purchase and sign your licence before you go duck shooting.

You must then have your licence with you whenever you are hunting or carrying assembled hunting gear.

Licences are not upgradable, exchangeable or refundable.

A licence comes with a book of rules and conditions which must be read and adhered to and it is important to note that each region may vary in the rules and conditions that apply. Strict laws govern the number of birds which are allowed to be taken daily and may change between provinces.

The daily bag allowed for Grey/mallard duck and any hybrid of those species is 50 ducks per person per day in the central South Island region.

Oamaru Sport and Outdoors recommend you follow the 7 basic rules of firearm safety:

1. *Treat every firearm as loaded*
2. *Always point firearms in a safe direction*
3. *Load a firearm only when ready to fire*
4. *Identify your target beyond all doubt*
5. *Check your firing zone*
6. *Store firearms and ammunition safely*
7. *Avoid alcohol and drugs when handling firearms.*

Pop into Oamaru Sports and Outdoors for a licence, equipment and advice on all things hunting.

WANTED

Short articles of local interest

If you have a story to tell
or information to share
write us an article 150 - 250 words
and email it to us.

telegram@oamaru.net.nz

Steampunk in New Zealand It all started with a beer mug

Steampunk in New Zealand has a distinct identity and is internationally praised for its "can do" attitude and Kiwi DIY approach.

Whether it is the fashion, accessories, weapons or even means of transport seen sported by Kiwi

Steampunkers, it is more

than likely that the wearer has made it all themselves.

Agent Darling, aka Iain Clark, created an exhibition piece for a party in 2008 - a bronze beer mug. It was received so well, and stimulated the imaginations of so many, that he wanted to hold an exhibition of Oamaru's creative minds. Thus the first 'League of Victorian Imagineers Steampunk: tomorrow as it used to be' exhibition was held at the Forrester Gallery in Oamaru in 2009.

Sally Hope suggested the addition of a fashion show and gala ball to the 2010 exhibition, and from that the Steampunk NZ Festival was established.

As participants and spectators requested more steampunk events be included in the weekend, the annual Steampunk NZ Festival became the largest, longest running steampunk event in the Southern Hemisphere inspiring the formation of an additional 22 other Steampunk Chapters around the country along with shops, galleries and experiences.

What is Steampunk?

Imagine a future where steam was the last technology discovered.

It is based on imagining what the Victorians might have created for the modern world. The movement was based on the imaginings of science fiction writers such as H. G. Wells. The term Steampunk was coined in the 1980s allegedly by Kevin Jeter as a way of distancing retro-tech sci-fi writers from "cyberpunks", such as William Gibson. From its literary origins it has grown into an aesthetic all of its own and, some would argue, a philosophy for life: an innovative and colourful challenge of the ever-progressing advance of today's technological world.

Steampunk has sparked a love of older materials such as brass, copper, wood, glass, mechanical workings and ornate engraving. These elements are then incorporated into an unlimited array of costume pieces, weapons, and gadgets.

www.steampunk.org.nz



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**Community Diary Adverts
can now be checked online
at www.oamaru.net.nz under events**

For updates and corrections please
email telegram@oamaru.net.nz

Community Diary

Wednesday 1st May

Afternoon Social Housie 1.30pm Darts Hall, Ribble Street. All welcome. Relaxed session using counters. Grey Power Ph 434 6249.

Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

Yankee Indoor bowls at 1.30pm at the indoor bowls Centre Centennial park. For young or old and a bit of fun. Inquiries to Bob 4371704.

Thursday 2nd

Awamoa Indoor Bowling Club Opening Day at 1:30 pm. Coaching available if required. Enquiries to Nancy Ph. 434 5061.

Disability Information Mobile Service, Oamaru Hospital Reception area 11.30am – 2pm. Ph: 0800 693 342. Equipment and aids to support independence, Eftpos available.

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

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 3rd

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

Johnston(e) Clan meet at 10am. All Johnston(e's) welcome. Ph 4346249 for venue.

Lunchtime Recital; Erik Badcock Baritone Colin Hayes Euphonium, Oamaru Opera House - Inkbox 12:15 - 1pm.

Newcomers Coffee Group 10.30am at the Opera House. Ph. Christine 027 242 8643.

North Otago Darts: Ribble St Hall, Housie every Friday Nigh. 7:30 pm Start 40 games plus Super House and Raffles.

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

Saturday 4th

Meadowbank Stadium Community Bowls, 14 Conway Street, Opening Day @ 1:15pm. Plate please. All bowlers welcome, bowls available contact Graham. Ph 434 0951.

North Otago Horticultural Society; Autumn Flower Show to be held Scottish Hall, Doors open 2-4pm. Opening and Presentation of Trophies 2. 30pm. Enquiries to Reg PH 03 434 5575

Sunday 5th

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

Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

North Otago Horticultural Society, Autumn Flower Show to be held Scottish Hall, 10.am-4pm, Enquiries to Reg Ph 03434 5575.

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.

Monday 6th

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

Tuesday 7th

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.

Come Singing, have a go singing in a group 7.30-8.45pm St John's Hall back room, all welcome at Di's Singers, a fun mixed community choir, no auditions, all music provided. Ph. Di 021688034 or dischoirs@gmail.com.

Free JP for certifying documents, affidavits, & declarations. 11-1pm in the Public Library.

Housie or Cards; Anyone interested in Housie or Cards, Herbert Hall, 2pm-4pm \$2 entry. Ph 439 5363.

Meadowbank Indoor Bowls Club at 7 pm at the Indoor Bowls Centre Centennial Park. All new members welcome to try something new. Inquiries ph. 4370217 or Bob on 4371704.

OCI Indoor Bowls, 7pm. at club. Ph 4395240.

St Pauls Indoor Bowls - 2pm, Starting 2 April, Phone Mike 437 1294.

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

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627

AGM Notice

AGM - Awamoa indoor bowling club at 1:30 pm Thursday 9 May. Please bring a plate for afternoon tea. New members are most welcome. Coaching available if required. Enquiries to Nancy Ph. 434 5061.

AGM - St Paul's Indoor Bowls, 7th May at 2pm. Ph. 437 1294. at St Paul's Church Hall.

North Otago Scottish Society AGM, 14th May 2019, 7.30pm, Supper Room at the Scottish Hall. Light supper provided. If you have an interest in all things Scottish, we invite you to join the Society. New members welcome.

Special General Meeting of the Oamaru Steam & Rail Society on May 16th 7:00pm at the clubrooms, 1b Humber St. Inquiries to the Secretary 434-6734

Classes & Workshops

Aromatherapy essential oils workshop: 39A Nen Street 10am-6pm. Ph 0278145192

Oamaru Workshop: Living well with heart disease. Topics include Heart Disease, Healthy eating, being active, medication, emotional well-being, goal setting. Wednesday 15th May at St John Hall, Exe St, Oamaru. 9:45 am - 3 pm. Register by 10th May Ph. 03 477 3999, or email janettew@heartfoundation.org.nz

Classifieds - For sale

2002 Nissan Navara; 4x4 ute, diesel turbo, ex-con inside & out, 2 sets of good tyres, double cab, covered deck. Now retired lady driver, well maintained - undercover, \$11,500 WOF & Reg. Ph. 426 0128.

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

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Carpet & vinyl Layer - Jack Brown Ph A/H 4371980

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

Temporary & Holiday Accommodation, 1 min walk to town, great views, enquiries - Ph 0211592348.

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Tools wanted! Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.


Rotary Mowers going or not & catchers Ph. 021 046 0507.

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Country living - fully furnished 3 bedroom home nestled in garden and native bush. 20 minute commute to Oamaru. Short term only from 8 June to 27 October \$350 per week. Ph 4395233

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- Alterations, repairs & sewing..434 7793
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transfers (Merv Aitcheson)434 9506
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- Smash Palace.....433 1444
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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:

Waitaki Power Trust

C/- Secretary, Faye Ormandy

PO Box 147, Oamaru 9444

or by emailing: waitakipt@gmail.com

Applications close on Monday, 22 May 2019 with the Secretary.

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