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Issue 474



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Enjoy your week, regards *The Telegram*.



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This Summer weather is still very changeable as I write this - today closed in on me and felt like a cool dull Spring afternoon while working around our never - ending garden. **Cutting back** is full on now as plants and Shrubs rush to complete the cycle of flowering by making seed. Once this is done,

a plant will think it's job is done if the Gardener does not remove seed heads. A shrub like a Hebe, will immediately put growth into hardening and lengthening branches as seed heads ripen. This new hard growth comes from the bottom without producing leaves, leaving the bush leggy with new growth only on the top. Cut well back after flowering and the new bottom growth will leaf up again to produce new flowers.

Keep dead- heading Dahlias and Roses - but to those new gardeners, (repeating myself I know) dead- heading Roses means more than just removing the spent bloom - you must cut down to a new strong out- facing bud, usually about 3 buds down from the spent bloom. Remove all old leaves with Black spot and Rust - don't leave them lying on the ground around the Roses. Deep soak around roots often and spray fortnightly with a fungus and pesticide mix as well as liquid fertiliser, (all together is fine). I have just poured liquid horse manure around mine to give them a boost.

All plants can do with a good feeding now, because they have flowered well since the beginning of Summer. Foliage feeding is great, but if feeding with dry fertiliser around roots, it should be watered in well - if left to sit on top, it will burn exposed roots.

Weeds: This week we have been keeping on top of the weeds with the hoe and spray. Gravel walkways and drives are great germinating areas for weed seeds. Organic weed sprays work well on weeds at the early stage of growth, but I have little success on bigger weeds - so best to zap weeds when small. Hedges can have a light trim to tidy them up - overcast days are the best time to do this so that the growth beneath is not scorched by hot sun.

Bulbs: Large clumps of Daffodils and Bluebells can be broken up now and planted in areas where needed - it is safe to do this once the green has been used up by the bulbs, but a job made easier if the ground has been softened by rain!

Lawns: Feed lawns during rain to help get them through to the end of Summer. It does not take long for the ground to bake hard, putting grass under stress as does cutting lawns too low. I have found if encouraged to make longer top growth, grass will develop deeper stronger roots to sustain it. A little sprinkle of water now and then on dry grass will produce weak growth - a good soak and the natural rain will do the job, but do not be tempted to scalp lawns once they green up - they still have a long hot Autumn to tolerate.

Vegetables: Plenty to be had from vegetable gardens right now - new Potatoes are still being dug, and later crops being planted - Tomatoes should be ripening perfectly. I have just sown a third lot of Peas, because my Grandies are so put out when a crop is finished. Carrots and Parsnip planted now will be up in no time. Keep moisture up to crops of Corn and Pumpkins, as they still have a way to go.

If spaces are left after veg have been dug, sow a green crop - Wheat or Mustard, rather than letting weeds grow. Dig in while soft and green - this will add humus to soil and keep it covered until ready to plant an Autumn crop of veg.

Fruit: My Apple trees are laden - the late ripening Peach tree is the same, however my Apricots are very late to ripen and I had a poor crop of Black Currants, Gooseberries and Raspberries - probably due to so many November overcast days.

Nip back the growth on Grapes to let the sun in and to stunt leaf growth - the fruit needs all the vine can give now to ripen. *Cheers, Linda.*

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Let's talk about Stings.

Insects and spiders or jelly fish stings often cause mild skin reactions such as redness, slight swelling, itching and pain. In New Zealand, common biting insects are bees, sand flies, fleas, mites, mosquitoes, spiders, wasps and bed bugs. Insect bites tend to be more common in the summer months.

An insect bite is usually a red, itchy bump, that may have a blister in the middle, sometimes can be painful, but in most cases go away in a few days, occasionally when a blister or ulcer may form it can take a lot more time to heal and more care required to prevent an infection. In some cases, bees and wasp stings can cause a serious allergic reaction called anaphylaxis, this is potentially life threatening and must be treated as a medical emergency. Some symptoms include: swelling around the lips and eyes, rapid development of a rash, shortness of breath or wheezing, chest tightness, severe dizziness, hoarse voice, difficulty swallowing or throat tightness, signs of shock such as pale skin, rapid heartbeat and fainting.

Scratching the bites or stings can cause the skin to break, some tips to ease itching and discomfort are: keep it cool, apply aloe vera for soothing, using oral antihistamines may relieve itching and swelling, topical creams that you can get in the pharmacy may help to manage the itch and prevent an infection, check and clean the bite or sting every day. If you have been stung and the sting has been left in your skin, you should remove it as soon as possible to prevent any more venom being released. Bites and stings can become infected and cause a skin infection called cellulitis, you need to see the doctor if the bites last more than 2 week, the red swollen area keeps getting bigger and more painful, there is pus in the bite. You can prevent insect bites by using insect repellent before hand, covering up when stationary, particularly ankles and feet, putting mosquito nets or insect screens up if needed, by burning citronella candles you may deter mosquitoes in a small area. Treat pets for fleas, but also treat the household, fleas can also live in bedding, carpets and soft furnishings like sofas and cushions. Rugs and furniture should be thoroughly vacuumed.

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Why You Should Keep Your Website Up To Date

Launching your new website is the culmination of a lot of work. After months of editing content, reviewing stages of the website, populating with stock and endlessly updating product photo's you may be tempted to sit back with a refreshing beverage and think "phew, I'm glad that's over with."

But – this is the just the start.

The launch of your new website is the beginning of a process of continuous investment. You should constantly be measuring your website performance to discover where you are losing sales and where you can improve the experience for the end user. There are many areas you should be looking at to keep your website up to date.

Keep content fresh

You should keep news and product releases up to date to show visitors that you are busy. Got a new member of staff? Put it on the website. Launched a new product? Put it on the website.

Keeping content fresh is key to ensuring returning visitors and keep your website up to date.

- Keep news up to date, product releases etc to show visitors that you are busy
- Regular updates and changes are good for Search Engines like Google
- Old, out of date or incorrect content loses customers

Security is important

From a technical point of view, you should keep ahead of updates as things change. Security exploits in everything from the operating system through to changes in end-user devices (browsers, phones etc) mean that this is a never ending task. An unpatched security vulnerability could lead to your website being hacked and there could be legal repercussions if customer's personal data is stolen.

You should keep your website up to date with security fixes immediately after an exploit is announced and fixed.

Marketing

Changing your website regularly gives you a creative and push to improve sales. Maybe you have a new product you want to promote, a competition you want to run or a conference coming up Providing the marketing team tools to put this information on the website quickly should help improve sales.

It also works the other way too. If there is functionality on your website that simply hasn't worked out or is no longer relevant you should remove it. If you are leveraging social media to keep your customers updated and you no longer send an email newsletter, you should remove the 'sign up to our mailing list' feature. Gives chance to improve marketing features, adding sales, improving return on investment. Remove functionality that doesn't provide value and add functionality that does.

Pay a Professional

It can be a nightmare managing your own website. Why not save time and pay a professional. It is recommended you set a monthly budget and get a local businesses for this. DO NOT use family/friends unless it is their business - as things change and they may not be available in the future. Too many people have come to me asking to fix website which cannot be as accessed. It can be lost forever...

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SALE STARTS: 21 January 2020. SALE ENDS: 26 January 2020.

Community Diary

Wednesday 22nd January

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

Friday 24th

AA Meeting, Orwell St Chapel, 12noon, Ph. 0277 227818.

Summer Indoor Bowls; 7 p.m. at Centennial Park, all welcome ph. Denise 4371704 or Cliff 4371999

Meadowbank Bowling Club; Bowlers & non-bowlers welcome. 14 Conway St Social bowls from 2pm. Ph Mary 4347196

Saturday 25th

Nicol's Blacksmith Shop, Duntroon. Open with Blacksmiths working Sat/Sun 10am-3pm, courses available, booking essential. Find us on Facebook.

Sunday 26th

AA Meeting, Orwell St Chapel, 6pm, Ph. 0277 227818 or 437 2337.

Monday 27th

Waitaki Woodturners; meet 1pm clubrooms Oamaru Race Course & Tuesday 7pm. 439 5795.

Tuesday 28th

AA Meeting, Orwell St Chapel, 7:30pm, Ph. 0277 227818 or 437 2928.

Alzheimers Society; Coffee Group. An opportunity for people to meet & have a chat over a cuppa. Oamaru Opera House 10am ph Clare 4372361.

Healing Service; St Mary's Church, North Oamaru. (next to New World) 6pm. All welcome.

Waitaki Woodturners; meet at 1 pm at our clubrooms - Oamaru Race Course & Tuesday evening at 7 pm. Ph 439 5795.

AGM Notices

Oamaru Pacific Island Community Incorporation AGM; Sunday 26th January 2020, St Paul's Church Lounge, 5 Coquet Street, Oamaru. AGM will commence with a Lotu at 1pm followed by a cuppa. Members and public are most welcome to attend. email: opigp@gmail.com

Waitaki Woodturners Guild AGM on Mon 3rd Feb in the clubrooms at Oamaru Race Course 7pm.

Windsor Hall Committee AGM will be held on Sun 26th Jan 2020 at 6:30am. Windsor Town Hall, 118 Windsor Road, All welcome.

Wanted

Tools wanted! Tradesman, carpenters, gardening tools etc. Ph. 021 450 405.

Classes and workshops

YOGA Term 1-2020; St John Rooms; Classes on Tuesday Morning and Thursday Morning \$110.00 term fee (\$16.00 casual) & Thursday Evening \$80.00 term fee (\$12.00 casual) Beginning from 4 February. Contact John or Dominique on 03 689 7586; email karunayoga@kinect.co.nz

Public Notices

N.O. Scottish Society Burns Concert; 26th Jan, 2pm. N.O. Scottish Hall, 10 Tyne Street. Join us for an afternoon of entertainment including address to the haggis. Followed by afternoon tea. Members free, non-members \$5. Phone Wendy 021 515 205

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The Smiley Team

GLOBAL DAY OF PROTEST AGAINST 5G: Jan 25 2020

While the media's attention with regard to environmental issues has been captured by climate change, fracking and plastics in the ocean, an International Appeal to Stop 5G on Earth and in Space has been quietly making its way around the world.

Signed by 4,800 scientists, 2,800 medical doctors, 770 beekeepers, 2,000 environmental organisations, and 180,000 others from 202 countries and territories, this Appeal calls on the world's governments to stop the deployment of 5G (fifth generation wireless technology).

The issue is microwave radiation, which has been steadily intensifying for over two decades. 5G will bring a huge increase in radiation, firstly, because it requires a massive infrastructure that will be very expensive to run. Millions of "base stations" will be deployed close to homes, leading to huge increases in involuntary exposure to wireless radiation.

Secondly, while 2G, 3G and 4G systems all function via 2.45GHz microwaves, 5G is a giant leap into the unknown, subjecting the population to millimetre waves in the range of 30-60GHz, delivered through a phased array system for powerful beam-forming, making the technology even more dangerous. 50,000 low-flying satellites will complete the 24/7 assault on life.

Industry claims that millimetre waves only hurt the outer layer of skin should alarm anyone trying to avoid melanoma or damage to eyes and reproductive organs, known to be susceptible to radiation damage. But also, blood flows close to the surface and our sweat ducts act as coiled antennae driving the radiation deeper.

5G technology is likely to have a catastrophic effect on smaller creatures – birds, bees, butterflies – which have a high surface to volume ratio. Our pollinators are already severely affected by microwave radiation and once they are gone, a famous scientist once said, we won't have much time left ourselves. We need to decrease our radiation exposure, not increase it.

Irresponsibly, the New Zealand government is allowing 5G to be deployed without any pre-market safety testing, making us all participants in human subjects research without informed consent, which breaks many international human rights agreements as well as those set up to protect nature.

We question why Oamaru and the wider Waitaki district need this technology, with all its health and security problems, when we already have the relatively safe landline as well as the fibre optic system which has already cost the country \$1.35 billion to install. 5G will not improve our lives but will come at a great financial and health cost.

We peacefully express our opposition to being used as "guinea pigs" in this unethical experiment on humanity and the rest of life. Come and join us at the rally in Takaro Park, Saturday January 25, from 10:30am-12 noon to find out more and let your voice be heard. For more information contact us at: 5gfreewaitaki@gmail.com

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Entry fee \$15 Mill running 1:00, 2:00, and 3:00 p.m.

For more information:

Phone 03 433 1269



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STATE HIGHWAY 1, 12 KM SOUTH OF OAMARU (MAHENO)

Join the
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Protest

SAY NO TO 5G

Keep us radiation free



Where: Takaro Park

When: January 25th 2020

Time: 10:30 am

Bring your children - it's their future!

Also placards & umbrellas for sun and rain!

Opening of the Aviemore to Kurow Section of Alps to Ocean

New trail brings A2O closer to the goal of being completed. Off-road Cyclists of all abilities are warmly invited to join Waitaki District Council and Tourism Waitaki in celebrating the opening of a special section of newly built off-road trail, joining the Aviemore and Kurow sections of the Alps 2 Ocean Cycle trail.

This area is of particular interest to our nation's history – as you traverse the cycle trail you take a trip through history, passing the engineering feat of the dams, the Dunkirk Soldiers' memorial site and where the first social welfare system in the world began, along with cultural history of Waitaki River and surrounds.

On Saturday 8th February there will be an official ribbon cutting ceremony where local historians will share stories of this special area and attendees will be invited to ride the new section. After the ribbon cutting and story-sharing, shuttles will be available from Waitaki Village for those who would like to cycle from Aviemore to Waitaki Village/Kurow. Alternatively people may like to do the full Kurow/Waitaki Village to Aviemore return trip. Hire bikes will also be available at Waitaki Village.

Mayor for Waitaki, Gary Kircher said, "The Alps2Ocean cycle trail is one of New Zealand's premier trails, and with this latest addition of off-road section will make it even more so. It has made the trail safer and more interesting which significantly improves riders' enjoyment. The overall benefits to Waitaki and its residents is clear to see - our small communities along the trail are being rejuvenated and it's helping to bring new jobs and diversification to our economy. And where there are good sections of trail by townships, locals are using the trails almost as much, and in some cases more, than tourists! It all helps to make our Waitaki district even more wonderful."