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Issue 476



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I have been looking up ways to improve our town - loads of ideas - but I think one stands out and that is "Smile and be friendly"...

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Enjoy your week, regards The Telegram.



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Well that's the first month over for 2020 - and what great holiday weather North Otago experienced during the end of January - Summer weeks to remember for holiday makers... As a Gardener, I have been loving the warmth and keeping the fitness up by

dragging hoses around to keep plants and grass alive. This week I have been keeping on top of the weeds with the hoe and spray. Gravel walkways and drives are germinating areas for weed seeds... Roundup is used on the established weeds and organic weed spray works well on weeds at the early stage of growth.

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 too stressed by the hot sun. My Bob has spent many hours lately trimming Box hedges until they look sharp and neat. 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. A layer of compost around roots will help retain moisture and add nitrogen to retain vigour in plants, trees and Shrubs, through to the end of the growing season. Keep dead- heading Roses and remove all old leaves with Black Spot and Rust and destroy - don't leave them lying on the ground around Roses. Deep soak around roots often and if needed, spray fortnightly with a fungus and pesticide mix as well as liquid fertiliser. (all together is fine) There are some organic options available - continuous hot dry weather really stresses Roses. All Hebes will be running to seed now and really benefit from a good cut back at this stage, to keep them from becoming leggy. Dead- head all flowering plants and Shrubs to encourage continuous flowering and prevent seed being set.

Lavender: English lavenders (The tall straight single flower head type) are in full flower now. Bunching for drying can be done once stems have firmed and Lavender heads have been pollinated towards seed stage - picked earlier stems will be too soft. If you have very woody Lavenders, cut them back by two thirds after picking - they will regrow fresh and bushy and make hard wood again before Winter. If too old and woody, they will probably not put out new growth, so take cuttings from what you cut back and grow a few new plants by pushing into wet river sand.

Lawns: Do not take long to bake hard during a hot dry Summer - don't cut too low. I have found if they are encouraged to make top growth, grass will develop deeper stronger roots. A sprinkle of water now and then on dry grass will produce weak growth. A good soak and feeding during natural rain is what is needed.

Vegetables: Gardens will be stressed during this dry spell, needing moisture kept up if sowing seeds and seedlings. Shade could be erected along rows to protect produce from all day heat -plants will continue good growth as long as they get full overhead light. Tomatoes are enjoying the hot spell and should be ripening well - they are heavy feeders needing added nutrients through the season to grow fast and ripen within the warmest months.

Fruit: My Apple, late ripening Peach, Apricot, Quince and Walnut trees are laden and I see local Cherries still on sale - what a difference continuous sunny days make to fruit ripening, compared to those overcast Summer days in past years.

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

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YOGA

Classes for Term One 2020

Begin from the 4th of February

Tutor: Margaret Mitchell

Tuesday evening 5:45pm - 7:00pm -

Full term (10 weeks) or casual fees

Above classes \$80.00 term fee (\$10.00 casual)

All classes at St. John's rooms in Exe Street.

Register with Margaret: 027 534 1951

Email: margs1979@hotmail.com

BRIDGE LESSONS

Mondays & Fridays

Beginning Monday 10th February from 7pm

Introductory Package - 12 weekly lessons for \$25
Lessons will be repeated Friday mornings from 14th Feb,
10am - 12noon. You may go to either or both.

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Nana's Cheese Puffs

Ingredients

- 1 cup (125g/4.4oz) flour
- 3 teaspoons baking powder
- 2 cups (200g/7.05oz) grated tasty cheddar cheese
- 1 egg, beaten
- 1/2 cup (125ml/4.22 fluid oz) milk

Method

Preheat oven to 200 C (392 F)
Gently mix all ingredients together in a bowl.
Drop large spoonfuls into greased patty tins or on a cold baking tray.
Bake for 10-12 minutes until puffed and golden.



Pedestrians and motorists

However, pedestrians are extremely vulnerable in crashes involving vehicles. It's therefore crucial that motorists and pedestrians respect the safety and rights of each other.

Pedestrian crossings

It is important that as drivers we take extra care around 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
- If you find yourself in a queue of traffic near a pedestrian crossing, don't move onto the crossing if there isn't enough room for your vehicle on the other side of the crossing

Risks around schools

Many casualties happen while travelling to and from school. Children often do not have the same level of road awareness as adults.

It is also important to remember there is also 20km/h speed limit in force when passing a stationary school bus. This 20 km/h limit applies regardless of which direction the motorist is traveling or the regular speed limit of the area.



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Small pod of Orca spotted off the Coast of Oamaru



A small pod of Orca was spotted from the shore by Oamaru creek outlet.

Orca can be found around the coast of New Zealand (including estuaries and harbours) being seen off the coast generally between the months of November – March.

These majestic creatures can be found travelling in tight knit pods of between 6 – 20 individuals. Pods are usually formed for life and can result in the development of unique dialects.

Male & Female Orca – An adult male orca can measure between 5-9metres with a dorsal fin that reach a height of up to 2metres high whereas the adult female orca can reach a length of between 5-8metres and has a dorsal fin that is curved.

NZ Orca – New Zealand Orca are unique in that they specialise in hunting for sting rays and sharks (of which NZ orca have been seen taking 6 different species) but can also be seen hunting down dolphins and fish. Orca in hunting mode, hunt the likes of dolphins, to sharks, to penguins and even try to take on a sperm whale. Orcas hunt co-operatively and are even known to intentionally strand themselves on beaches temporarily, in order to catch seals.

- Orcas are able to reach a speed of about 30 miles (48 kilometers) an hour.
- A thick layer of fat, or blubber, helps an orca stay warm even in icy waters.
- A baby orca, or calf, is usually born tail-first. It weighs about 400 pounds (180 kilograms).
- Female orcas tend to live longer than males. Females can live to be 90 years old; males live about 50 years. An orca's only enemy is people.
- The largest male orca ever recorded was 10 meters long. It weighed 22,000 pounds (10,000 kilograms).

Chinese Language Classes

Children Classes start Tuesday 4th February at 3.30pm -4.30pm
(Every Tuesday - School term time)

Adult Classes start Thursday 13th February at 7.00pm -8.30pm
(Every Thursday - School term time)

Venue: St Kevins College, Oamaru

Registrations and Enquiries to Sandra
027 7789 753 or swtonkin@xtra.co.nz

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Havenwyck Pets - Creating Calm

Creating; *verb:* cause (something) to happen as a result of one's actions. **Calm;** *adjective:* not showing or feeling nervousness, anger, or other strong emotions.
 In my youth I bred and showed Guinea Pigs - this started my passion for working with animals. I was able to learn and strive to expand my knowledge whilst working in Kennels/Catteries, on Dairy farms and within the Veterinary Industry as a Qualified Veterinary Nurse. A big part of my self discovery was with the behaviour of all animals, big and small - they all have natural instincts that are stronger than our own; this is due to all species being altered in some way to fit into the human world, and as I discovered, this can cause anxiety and fear. Over many years of research I have delved into what I can do to Create a Calm environment for the animals I work with. You will find at Havenwyck Pets I strive to ensure the animals here are able to express natural behaviours by providing them with enrichment and items within their enclosure to reduce stress. I promote minimal handling for Rabbits and Guinea Pigs - you may ask why - this is due to small mammals being a prey animal, other creatures (dogs, cats, birds) prey on small furry critters for food, when we go to pick them up this simulated a fear response as natural instinct is telling them they may get eaten! **Training and positive interactions with help keep your small furry calm if and when you need to pick them up!**
Come and see me if you would like to learn more!
Leanne Wreakes-Fallen. Dip.VN



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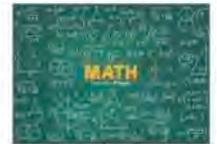
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Work to revitalise Hillside underway

Plans to revitalise KiwiRail's Hillside workshops have taken a significant step forward with the demolition of disused and dilapidated buildings on the site underway.

Last year the Government announced a \$19.97 million investment through the Provincial Growth Fund that has allowed KiwiRail to begin redeveloping the Dunedin site.

“Demolishing some of the existing buildings is the first step in doing this, and contractors have begun work on the site, taking down two vacant workshops,” says KiwiRail Group General Manager Property Stephanie Campbell.

“These buildings were at the end of their lives.

“The demolition is expected to take around two months.

“We are using a certified company for asbestos decontamination associated with the demolition. All of the asbestos removal works are being undertaken in line with existing legislation and guidance.

”The next step is to upgrade the main rail workshops on the site, including overhauling the aging heavy-lift crane and traverser.

“The planned improvements for the site will allow us to maintain more locomotives and wagons, as well as undertaking new types of work, such as heavy maintenance and upgrades.

“Hillside will become a vital part of KiwiRail's South Island freight and tourism operations.

“In the next three years we expect to create about 40 new jobs at Hillside, including skilled mechanical and electrical positions.

“Demolishing the buildings also opens the way for Hillside to become a centre for engineering excellence in the South Island by attracting complementary businesses such as manufacturing, fabrication and potentially marine engineering to the site.”



Literacy Aotearoa
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Literacy Aotearoa regularly helps

Literacy Aotearoa regularly helps North Otago locals improve their reading, writing, spelling, listening and communication skills, as well running classes on Maths & Numbers. We deliver courses to New Zealand adults 16+ and all our courses are free to the learner!

Manager Kim Cottier says 2020 is shaping up to be the best training year ever with many great courses for North Otago locals.

Our work preparation classes can help you get a job - and we can help people already in work maintain and develop better skills for the workplace. We also work with employers to upskill individual staff or groups of workers - for no cost. 'Device Advice' courses let you bring in your smartphone, tablet or laptop and sit with a tutor to explore all it's functions, or use our computers to do a general computing course.

If English is not your first language we have a tutor that can help you develop great conversational 'Kiwi' English in a fun relaxed group.

If you need your driving licence you have to pass the learner theory test. At \$94 to sit the exam and another \$45 for each resit - it makes sense to get free learning support in our Road Code classes to make sure you pass.

Term 1 is starting 3 February - call or text Kim on 022 525 0566 or come down to 20 Ribble St. to get enrolled and to find out more about how we can help with your learning needs."

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Book in for all your auto electric work including air conditioning.



Free Internet will Solve Homework Dilemma for some Families

School's back from this week and if there's one thing households will need, it's the internet - seems there just no doing homework without it. Which is why Waitaki Libraries are partnering to introduce SPARK JUMP – providing web access for families with children under the age of 18 who do not have access to the internet at home. The service is subsidised by the Spark Foundation and offered to families living in the Waitaki district through the Ōamaru Public Library for FREE!!

Waitaki Libraries Reference and Digital Services Librarian Debbie Price-Ewen said, “Spark Jump is an initiative for social change that is having a really positive impact on families in the Waitaki district. To date we have joined up 68 families with school-aged children – each family receiving a free modem with 30GB of free, preloaded data. Once this data is used up, families can then elect to continue on a subsidised wireless Skinny broadband connection and pay only \$10 for 30GB with no fixed term contract. All families that we have joined up have continued with the subsidised scheme – which has been a life-saver for their children’s education.

It’s actually our third year (where did the time go?) and over the last two years we have seen really good uptake. It’s hugely popular and super helpful!”

To find out if you can access Spark Jump. First, check to see if your residential address has 4G coverage by ringing us on 03 433 0850 or head online here: <https://www.spark.co.nz/4g/> or come into the Oamaru Public Library to enquire.

Once library staff have worked out that you are in a coverage area they'll give you a free Skinny modem already pre-loaded with 30GB of data. After that, you can top up your modem with 30GB of data for only \$10.

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Community Diary

Wednesday 5th

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

Excelsior Petanque Club; Ph 4372557 or 4371590, Wed & Sun 1-3 pm Behind Excelsior Rugby and Sports Club.

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

Thursday 6th

Friends & Neighbours welcome you at Orwell St Church. 10am-11:30 interesting & varied programme. Ph. Valerie 4370520.

Oamaru Karate Club 2020; Now Started, St Pauls Church Hall, Thursdays & Mondays 7pm; Enquiries Jan 027 4348015.

Friday 7th

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

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

Newcomers Coffee Group at 10am at either the Opera House or The Brydone. Ph 0272428643.

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 8th

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

Sunday 9th

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

Church Services: Reformed Church Oamaru, 4 Eden St, 10.30 a.m. and 5 p.m. True to God's Word.

Excelsior Petanque Club; Ph 4372557 or 4371590, Wed & Sun 1-3 pm Behind Excelsior Rugby and Sports Club.

Oamaru Spiritual Group; 2 Steward St – Blind Foundation Hall, 2pm for Service.

North Otago Horticultural Society; Summer Flower Show to be held, Scottish Hall, Starts 10am-4pm, Inquiries to Reg Ph. 03 434 5575.

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

Taize Service; St Lukes 7pm, 2 Tees St.

Monday 10th

Happy Scoundrels Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. Ph. 4341463

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

Tuesday 11th

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

Alzheimer's Society carers meeting. Iona Home, 549 Thames Hwy 1:30-3pm. All welcome.

Exercise Programme for over 60's Orwell St Chapel Hall, at 1:30pm ph. 4347008

AGM Notice

Wednesday 19th Feb; **North Otago Orchid Society A.G.M.** 1:30pm St John hall, Exe St. New members most welcome. Ph Irene 434 7324.

AGM Pathfinders Gymnastics Club; Mon Feb 10th; 6pm, Upstairs in the Drill Hall, Itchen Street

Community Notice

Waitaki Road Safe Cycle Skills Fun Day; at Takaro Park Oamaru, Registrations between 12:45 & 1:30pm. Free entry and free BBQ lunch from 12:30pm, Children 4-12, Ph Catherine 434 7213 or 027 244 5442.

For Rent

3 bedroom furnished house for rent on South Hill. Ocean views, walking distance to town and harbour. Long or short term. Call Angie 0211778189

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Wanted

For the month of March 2020; To house-site or reasonable rent for a mature trustworthy couple with a baby. Oamaru, Weston, Kakanui, Maheno areas. Ph 439 5770 or 027 676 9858.

Classes and workshops

Ara Institute of Canterbury - Oamaru campus, 44 Humber St - Contact Ruth, 03 9406151. Administration & technology, business, retail and free computing courses including internet safety, online shopping, smartphones and apps.

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Don't have time to stack your firewood, Ph Rachele 0272211544 Reasonable hourly rate.

Long grass mowing, 4WD ride on mower brushcutter. Contract or hire. 0212409766.

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

Sunday February 9th 2020

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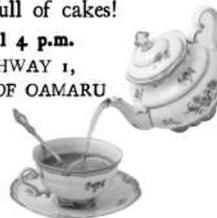
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www.oamaru.net.nz

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▶ Rick Loos (NZRA)03 434 9663
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Classified Advert, Community Diary Prices

3 lines \$13.50 +\$3 for every extra lines.
Repeating with no change;
\$5 +\$3 for every extra line.
The Telegram - 146 Thames St, Oamaru.
Ph. 434 9651, telegram@oamaru.net.nz

Community Diary update form*

Group/Club name, Title:

Content/Description:

Time & Place:

Repeats: weekly, bi-weekly, monthly.

Complete are return to 146 Thames St, Oamaru.

* Event/meetings are only free of charge if there is no income/sales or money raising taking place. The Telegram reserve the right to charge for some events. Please enquire to see if your events/meetings can be placed for free!

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What's that Noise in My Ears?

Anthony Rowcroft, Audiologist, Audiology South

This week (Feb 3rd-10th) is World Tinnitus Awareness Week. Tinnitus, from the Latin verb "to jingle", is the perception of sound in one or both ears, or in the head, in the absence of any external corresponding sound. It may be experienced as many different types of sound but commonly people report ringing, buzzing, static, or "cicadas". The noise may be constant, come and go, and vary in severity and the level of distress it causes. Many of us experience tinnitus at some time or another, often following exposure to loud sounds such as noisy machinery, concerts, and gun-fire, or other times when it appears to come on for no good reason. About 10% of the population live with persistent tinnitus.

Tinnitus is not a disease or illness but rather a symptom of something else going on in the auditory system. Often it's associated with temporary or permanent hearing loss so having a full hearing assessment by a qualified professional should be the first step for anybody looking to learn more about their tinnitus.

While there is no instant cure for tinnitus, it can be successfully treated. In the past, people suffering from tinnitus were told "live with it" and given very little practical assistance to manage it. In fact, there are a number of strategies for treating tinnitus that have been proven in the literature to significantly reduce it's perception and annoyance, often to the point that the tinnitus no longer causes any significant distress.

In many cases, peoples' experience with tinnitus can be greatly improved with some simple advice. For example, wearing

earplugs or earmuffs, whilst advisable for protecting hearing from very loud sound, is sometimes seen as a way to try and block out the unwanted tinnitus sounds. However, as tinnitus is internally generated this is in fact counter productive. A better strategy is to try and enrich the sound environment and avoid long periods of silence, reducing the strength of the tinnitus signal against the background sound. This can be achieved with light background sound such as music, radio, or TV, or listening to relaxing environmental sounds or soundtracks (think ocean, wind in trees, gurgling streams etc).

When tinnitus is associated with hearing loss there is clear evidence that modern hearing aids can be of significant benefit. Furthermore, many of these instruments also include specific features such as therapeutic noise that can be incorporated to help tackle problem tinnitus more head on. An audiologist can prescribe and fit the hearing instruments best suited to deal with both hearing loss and tinnitus.

Getting the right advice is important. People should be wary of products being sold online as a cure for tinnitus as most of these are unproven and make inaccurate claims. A better approach is to gain an understanding of tinnitus, the possible causes and triggers, and to have strategies for treatment and management tailored accordingly.

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