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Issue 480



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The Oamaru Telegram is always on the lookout for short stories about our local people and history. If you are feeling up to it - why not write us an article about your (sport club, interests or charity.)

We have had a new printer installed at Oamaru Print and Copy Ltd last week, for printing the Telegram. So far, it has run very well. After 24,000 prints - not even one paper jam, which is great. Let's see if we can get to 100,000+ with no jams by the end of the month...

Enjoy your week, regards The Telegram.



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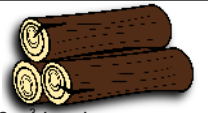
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Autumn officially begins on the 20th of this month. The warm ripening season - shadows lengthen with low sun in Cornflower blue skies. (At this mellow time of the year the poet in me emerges!!)

Still cutting back here in our garden - plants that looked stunning through Summer, but are now just tired and straggly - like bush

Lavatera, Mignonette, Lavender tops, Geraniums - they will all leaf up again to go through Winter. The hedge trimmer is on the go as well and seed collecting has ramped up here, as I cannot walk past ripe seed heads without calculating how many new plants I could raise. I plant a few now, but save most to sow in Spring. However, this is a perfect planting time for Trees, Shrubs, Spring bulbs, Perennials and Annuals. As I have mentioned before, it is so worthwhile buying punnets of Annual and Perennial seedlings now and potting them on into individual pots to grow on and harden off over Winter. Some will bud up and flower - others will grow strong roots through Winter and flower when the ground warms up in Spring. Try this with Polyantha, Iceland Poppy, Lupin, Primula, Wallflower, Stock, Snapdragon and if Sweet peas are planted in late Autumn, they will pop up and sit through Winter to flower in August. Bedding plants bought in Spring will be soft after being protected by growing in undercover conditions. This month is said to be the best time to plant Conifers. There are not a lot planted or on offer these days, but those that are grown for retail are very ornamental and controllable - I consider Conifers contribute to the bones of a garden. Narrow Conifers planted in groups give gardens a vertical push and formality. Labels need to be read carefully - they give the height and width for the first ten years - after that some do keep growing and should be removed if they start to look untidy. Most ornamental Conifers look wonderful for years and years. A web site with a comprehensive selection is <http://www.conifers.co.nz> - a good contact for those who like to Bonsai.

Bulbs: It's difficult to think about Spring when Autumn is about to begin, but now is when Spring bulbs are on offer - all that beauty sleeping in bags waiting to be planted. Daffodil species along a roadside fence line, grouped in a vacant paddock, under deciduous trees with Bluebells - and best thing is they can be forgotten about and happily multiply year after year. If you need to break clumps up - do it now because they are beginning to put out roots.

Compost: This is an excellent time to start building a new compost heap and get it heating up before Winter. <http://freshorganicgardening.com/learn-to-build-a-compost-pile/>. The heating process stops during the coldest months, so get one started now when leaves are falling and lawns still need mowing. Hen manure becomes too hot for heaps during other months - but ok to add now. **Lawns.** This is said to be the best time to sow a new lawn, because Perennial weed growth is slowing. The ground and nights are warm and dew helps with moisture, so grass seed will be up in no time. Water your new lawn early in the morning instead of during the day, between 6am and 10am - this will ensure that the moisture actually gets down into the soil and to the roots of your grass before the sun evaporates it away. For mature lawns, aeration with a fork or a push along spikier is one of the easiest and most effective ways to keep your lawn healthy and happy and best done now in Autumn, after your lawn has suffered heavy foot traffic and drough throughout the Summer. If a lawn is choked with thatch, then the hiring of a detaching machine is needed.

Vegetables: That last rain was just what veg gardens needed and with the now heavy dews, moisture seems to be staying to benefit all the new planting. Keep planting in rotation - leaf veg where root veg has been and it is a good time to sow Root plants like Asparagus, Beetroot, Carrots, Chives, Leeks, Onions, Parsnips, Shallots, Spring Onions. When Potatoes are dug, they need to be kept in the dark or they will go green. I take what I need from a dig and leave the rest in the ground until needed. When the time comes for storing them, there are products which will inhibit sprouting, but many gardeners avoid chemicals near food so I will once again mention a natural alternative with you. Layer the stored Potatoes with sprigs of Rosemary, Sage and Lavender - the essential oils given off by these Herbs not only inhibit sprouting, they will also help to keep the tubers free from bacterial soft rots.

Fruit: Apples, Quince, Plums, Walnuts and late Peaches - so much at once! The birds must be overjoyed by their feasting and the rats / mice will be munching Sunflower seeds and waiting patiently for the Walnuts to ripen - I am sure they are pleased with the work we have put in to feed them! *Cheers, Linda*

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Let's talk about Headaches

What is a headache? The brain itself does not have pain receptors so the pain you feel actually comes from the scalp, face or tissue lining the brain (meninges). Muscles and blood vessels in the head can expand or contract in response to a variety of triggers or stimuli, putting pressure on surrounding nerves, which send the messages to your brain that you interpret as a headache. Some triggers can include stress, visual problems, dehydration, alcohol, smoking and other drugs, viral infections like coughs, colds, influenza and sinusitis, hormone fluctuations in the menstrual cycle, environmental stimuli, or weather patterns with impending change in air pressure. More serious causes include meningitis, cerebral aneurysm, high blood pressure, or brain tumour. Different types of headaches include: Tension, caused by contracted muscles in your head, neck, shoulders or jaws. Migraine, if you have ever had a migraine you will know the difference. It is a very distinctive throbbing headache, usually on one side and is caused by blood vessels contracting and then expanding. The first sign that a migraine is about to hit is called an aura (although you can have migraine without aura), usually characterised by visual disturbances like flashing lights, blurriness or zigzags moving from your central to peripheral vision, sometimes accompanied by numbness or tingling. This is when the artery is contracting. You may feel nauseous, become sensitive to light or movement and then a severe headache will force you to lie down and be still until it passes, which can be anything from hours to a few days. Vomiting is common at this stage. Cluster, this is a much less common form of headache and affects predominantly men. They come as a "cluster" of headaches over a period of a few days to weeks, often in the same season each year. Each headache is in the same spot, such as a sharp pain around one eye, and is sometimes accompanied by distinctive symptoms like watering and redness of the affected eye, drooping or swollen eyelid and small pupil. You may also feel anxious and have disturbed sleep. It is thought that arteries in the head become inflamed, which triggers nerves behind the eye to send pain messages to the brain. Also abnormal activity in the brain control centre (hypothalamus) may be involved. Most headaches are not related to anything else and will disappear with pain relief medication. If you have persistent headaches and are not sure of the cause you should seek medical advice. Try to identify what type of headache you've got or likely causes. Have you had a bang on the head? Do you have trouble reading? Is your nose blocked? Do you have migraine symptoms? These may help identify specific treatments. A few practical steps can help reduce headaches, especially those associated with lifestyle and stress including avoid getting intoxicated, stop smoking, reduce your stress in life, get out and exercise and get a good night's sleep. While most headaches are not associated with any disease, some features may indicate an underlying health problem. Seek medical help and be prepared to discuss your symptoms and medical history.

Come in and see us, the team is always ready to help with friendly and knowledgeable advice.

This article provides general information and discussion about medicine, health and related subjects. The information contained is not intended nor implied to be a substitute for professional medical advice.



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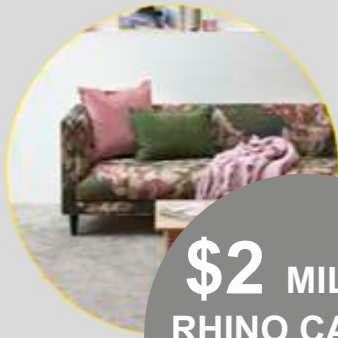
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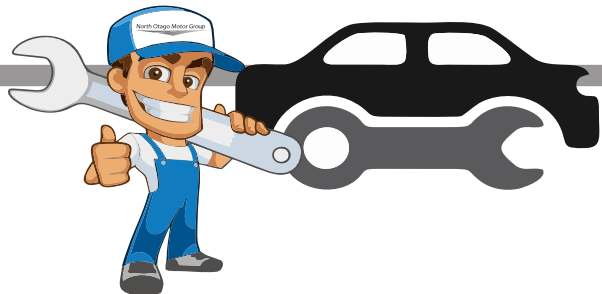
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One-quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium, which aids the pumping of your heart, proper bone and tooth formation, relaxation of your blood vessels, and proper bowel function. Magnesium benefits your blood pressure and help prevent sudden cardiac arrest. Pumpkin seeds are a rich source of zinc. Zinc helps cell growth and division, sleep, mood, your senses of taste and smell, eye and skin health, insulin regulation. Many are deficient in zinc due to mineral-depleted soils, drug effects, plant-based diets, and other diets high in grain. This deficiency is associated with increased colds and flu, chronic fatigue, depression, acne, poor school performance in children, among others. Pumpkin seeds are rich in healthy fats, antioxidants and fibres, may provide benefits for heart and liver health, particularly when mixed with flax seeds.

Pumpkin seeds are a rich source of tryptophan, an amino acid (protein building block) that your body converts into serotonin, which in turn is converted into melatonin, the "sleep hormone." Eating pumpkin seeds a few hours before bed, along with a carbohydrate like a small piece of fruit, may be especially beneficial for providing your body the tryptophan needed for your melatonin and serotonin production to help promote a restful night's sleep. Best of all, because pumpkin seeds are highly portable and require no refrigeration, they make an excellent snack to keep with you whenever you're on the go, or they can be used as a quick anytime snack at home.



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In Waitaki the Newcomers Network runs a programme every Tuesday evening at 5.45pm at Ara Polytechnic, where volunteer helpers assist migrants to speak better English. Currently there are 21 students receiving help every week from a buddy. As well as improving their English, they also get a new friend. A local person who gives them undivided attention for one hour each week.

On top of basic English, NZ slang is such a tricky thing. People must "pull finger" to "get to grips" with it. It can take "donkey's years" to "get the gist" of all the random things New Zealanders say. However, when they master our slang they are "stoked." To learn all about NZ slang and to make new friends, come along to Linton's conversation group. It's relaxed, it's fun and the attendees are young!

Or maybe you need to pass the International English Language Testing System (IELTS) to get residency. If so, a class starting on Tuesday 10 March, so enrol now.

If you have an interest in English, if you are a learner or a helper, contact me today and you can join our fun Tuesday evenings and receive the help you need. One on one, in a group or in an IELTS class.

Christine Dorsey, Newcomers Network and Migrant Support
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Letter to the editor

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Occupational Hearing Loss Could You be Affected?

By Anthony Rowcroft, Audiologist, Audiology South
Noise-induced hearing loss (NIHL) is hearing impairment caused by exposure to loud sound. Essentially, the tiny hair-like structures (stereocilia) located deep inside the inner ear, fall over or break off after repeated and strong stimulation. As a result, they no longer transmit signals to the hearing nerves that carry the message to the brain.

Sound that is damaging to our hearing can come from many sources. In some cases, it's from recreational noise such as loud music or concerts, shooting, or motorsport. In other cases, it's related to noise exposure in the workplace. There are many occupations where loud noise is common place. These include farming, heavy machinery operation, building and construction, joinery work and other trades, factory work, sheet metal work, engineering, panel beating, and the music industry to name a few. While there is a much greater awareness of the need to protect our hearing from damaging noise today, this was not always the case and many people who have worked in these jobs have been left with damaged ears and permanent hearing loss.

But how do you know if the noise is dangerous? As a rough guide, noise can be hazardous when you need to raise your voice to be heard by somebody standing just a metre away. Also, if your ears are ringing after exposure to noise then there is a risk your hearing could be getting damaged.

NIHL is permanent but the negative affects don't have to be. Today's modern hearing aids can be very discrete and very

effective in coping with the effects of hearing loss caused by loud noise.

If you think your hearing may have been damaged by your work, visit an audiologist to have your hearing properly tested and for advice about whether a claim to ACC for occupational hearing loss is warranted. Audiologists can also provide a range of custom made and specially designed hearing protectors to help protect your hearing from future damage.

 **Blind
Low Vision NZ**

Formerly Blind Foundation

Blind Low Vision NZ Telephone Information Service Narrators

Blind Low Vision NZ require a couple more Oamaru volunteers to help out as Narrators, reading parts of the Otago Daily Times onto our Telephone Information Service. This system is accessed by our blind and low vision clients via their telephone, where they can listen to local news articles and the Death Notices from the days Otago Daily Times.

The role of a Narrator is something you can do autonomously and in the privacy of your own home but it's one that makes a world of difference to our blind and low vision clients. All you require is access to a newspaper, a telephone and about an hour a week preferably before 10.30am to read and record. For more information about this role and becoming a volunteer with us, please contact: Chris Moffitt; Recreation and Volunteer Coordinator, Blind Low Vision NZ; Ph 03 466 4245 or email cmoffitt@blindlowvision.org.nz



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Havenwyck Pets

What can I feed my Small Furry?

Rabbits - Obesity in pet Rabbits is a common issue in New Zealand, this is due to inadequate housing and poor nutrition. This can be addressed by ensuring we provide a large run area and daily activities as well as the correct ration of feed. The correct ratios for feeding rabbits are: 85% Hay/Grass, 10% Green leafy Vegetables, Fruit and Herbs and 5% Pellets (approx. 1 Egg cup). Hay is a vital part of their diet, Timothy hay is recommended as the best due to the lower sugar content than meadow and rye-grass varieties.


Guinea Pigs - The requirements for these wonderful creatures are unique, we know that they require vegetables but why? There are a few mammals that require a dietary need for Vitamin C; Primates, Bats, Humans and Guinea Pigs! In order to survive and have a balanced diet we must provide a daily dose of Vitamin C. Great vegetables are Broccoli, Cauliflower, Spinach, Kale, Bell Peppers.

Rats - We all know rats will eat anything, this doesnt mean its any good for them! Our pet rats are a domesticated variety of Rattus Norvegicus. The rats we often see in our back yards are Rattus rattus - The ship rat.

Our domesticated rats are an Omnivour, just like us. They enjoy a varied diet with a balance between proteins, carbohydrates, fats, dairy and fruit/vegetables. As with any balanced diet we need to watch what we feed; ensure minimal sugars and fats with a healthy amount of fruit and veges as well as proteins such as meats, nuts, seeds and egg. A good quality rat nugget is essential for a balanced diet, choose a feed that contains only a pellet to prevent selective feeding and provide fresh additions every day to have a happy healthy pet rat.

Come in and see me at Havenwyck Pets to discuss and find the best pet for you! Leanne Wreakes-Fallen. Dip.VN





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Community Diary

Wednesday 4th

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

Free JP for certifying documents, affidavits, & declarations. 10-1pm at the Public Library.

Want to know more about Leopard Seals? 6pm, Oamaru Library. Otago university master student Giverny Forbes will enlighten us about leopard seals in New Zealand, introduce us to some of the new locals of North Otago, and tell us how to get along with them.

Thursday 5th

Friends & Neighbours welcome you at Orwell St Church. 10am-11:30 interesting & varied programme. Ph. Valerie 437 0520.

Migrant meet and share, 10:30am at the Opera House. A place for Migrants to build connections & learn about life in Waitaki. Ph Maria 021 066 5143.

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

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

SPCA day raffle; countdown 10am till 4pm.

Whitestone Taekwondo Club; Tue & Thursday 6-8pm Waitaki Rec Centre, Ph 0211721311.

Friday 6th

AA Meeting, Orwell St Chapel, 12noon, Ph. 027 722 7818 or 021 026 86128.

Excelsior Squash Club; Centennial Park, Ph 02102323729, Monday & Friday 6pm

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

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

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

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

World Day of Prayer – 7pm preceded by a finger meal at the Salvation Army. This year the programme has been designed by the women of Zimbabwe – everybody welcome.

Saturday 7th

The Healing Team; Pray for healing, St Mary's Church 2-3pm.

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

Sunday 8th

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

Church Services: Reformed Church Oamaru, 4 Eden St, 10.30 am. and 5pm. True to God's Word.

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

Healing Service; St Mary's Church (next to New World) 6pm. All Welcome.

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

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

Monday 9th

Excelsior Squash Club; Centennial Park, Ph 02102323729, Monday & Friday 6pm

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 10th

AA meeting, Orwell St Chapel, 7:30pm, Ph. Ph. 4324191 or 4346888.

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

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

Whitestone Taekwondo Club; Tue & Thu 6pm to 8pm at the Waitaki Rec Centre, Ph 0211721311.

AGM Notice

Athletic Junior Netball Club AGM; Mon 9th Mar at 7pm Northstar, Enquiries or Apologies to Pip Francis 027 4292340.

Oamaru Victorian Heritage Celebrations AGM Tue 24th Mar 2020 at Whitestone Funerals, Reception Lounge, 54 Weston Rd, 7pm. Nominations to be received in writing. members & public are welcome to attend, however financial members only eligible to vote. ovhcommittee@gmail.com

Waitaki Girls High School PTA AGM; 5:30pm Thursday 12th March, Venue; School Library, entry from Thames St. New Members welcome.

Community Notice

Athletic Junior Registration day; Primary and Intermediate Players, Thursday 12th Mar 4-5pm, Taward St, Netball courts. All Welcome.

Oamaru Coffee Riders; Social riding group. fitness levels & cycle types including E-Bikes. Nobody gets left behind. Visit our Facebook page for info: Oamaru Coffee Riders, ph/txt 0211214627 'Activate Your Elder-Powers' a free seminar for curious life-loving women. Wed Mar 25th 10am-midday at The Chambers, The Opera House. Bookings essential. To find out more and register go to www.inspiringconsciencevolution.com/elderpowers.

For Sale

Young Roosters now available from Fancy Bantam flock. Pekin mixes an assortment of nice colours. 6 weeks old, tame & friendly. Ph 437 1327.

Paddys Pea-Straw; available mid March Ph 027 632 4264.

Small Bales Hay; Ph (03) 431 3744.

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.

Services

Carpet/Vinyl layer specialising in second hand carpet & repairs. Dion 0223924852.

Experienced gardeners available for gardening & pruning. Anything considered. Ph: 027 3199310

Food Allergies?? For support, information and recipes etc in a group environment please text Doreen on 0211154235 / 034345079.

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.

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Reserve your space now by emailing your name and phone number to
Christine Dorsey
Newcomers Network Coordinator
waitaki@newcomers.co.nz
0272428643

Class will only run if there are eight enrolments.

Handy Phone Listings

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- ▶ Old Bones Lodge0274 894 999
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- ▶ Barbara Liffiton0211 807 366
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- ▶ Robert Jones - Electrician. 027 445 0523
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