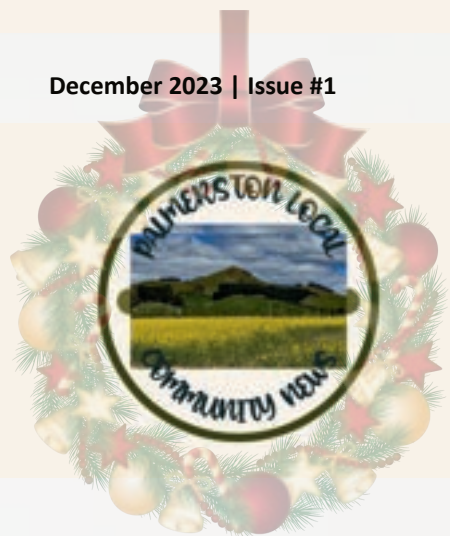


Palmerston Local



From the Editor:

Welcome to Palmerston's new community newsletter, just in time for Christmas!

A huge thank you to everyone who has contributed to the first issue through sponsorship, advertising, or researching and writing something interesting for us to read. Merry Christmas to you all and see you next year!

Best wishes,

Dianne Lewis



Palmerston: How did we get our street names?

The majority of street names in Palmerston (Otago) are named after places in the Orkney islands. The Palmerston survey was drawn up in 1862 by Alexander Dundas (Government Survey). James Hume Gilligan is named as having property.

It seems that the link between Alexander Dundas and the Orkney islands could be that the Dundas family had very strong links to the Orkney islands over several hundred years holding the title of Lord Lieutenant of Orkney and Shetland which continues today. Following are some names and their related places in the Orkneys - many names are from the times of the Norse people living there.

The islands were first settled by people in the Stone Age about 6000 years ago. Kirkwall, a name derived from old Norse meaning Church Bay, is a town that squeezes onto a narrow neck of land between the west and east. It is the capital of the islands. West of Kirkwall is a port and second-largest town, Stromness which comes from the Norse word straum-nes and means point protruding into the tidal stream which in this case is the waters of Hoy sound. It has been a sheltering place for ships such as Spanish and French in the 16th century. Sanday is an island with miles of sandy beaches which is what Sanday means. It is mostly sandy dunes with a few rocky outcrops, and has been the site of many shipwrecks. It has lots of archaeological sites cairns, brochs (and burnt mounds. A burnt mound is made from burnt peat and was used by Vikings. Ronaldsay is an island named after Rognvald who was the Norse founder of Orkney. There are two islands: North Ronaldsay, and South Ronaldsay. North Ronaldsay is further north than Norway and has a rare breed of sheep that eat seaweed. Birsay comes from Byrgisery which means fortress island and is an island only accessible by a narrow neck of land.

Researched & written by Jean Hesselin

palmerston Local
invites you to
contribute to our
community newsletter



You can contribute by:

- writing a regular column
e.g. pet corner, church news
- sponsorship & advertising
- being interviewed about your hobbies or business.

**Contributions for
January issue due by
20th December.**

Photos from the Past

Your Photos Wanted

Do you have any historical photographs from the Palmerston or Waihemo area? We'd love to include them in a future edition of the Palmerston Local. Email your photographs, along with a sentence describing the scene and details about the photographer to us at palmerstonlocaleditor@gmail.com.

Palmerston Motor Garage with Puketapu in the background.
Source: Waihemo Museum



←Cobb and Co. coach outside the Bank of New Zealand building in Palmerston. While Cobb and Co. did not operate in New Zealand, private stage coaches sometimes chose to use its name.
Photo by William Hart, circa. 1876-1880.
Source: Te Papa.



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Matt Johnston

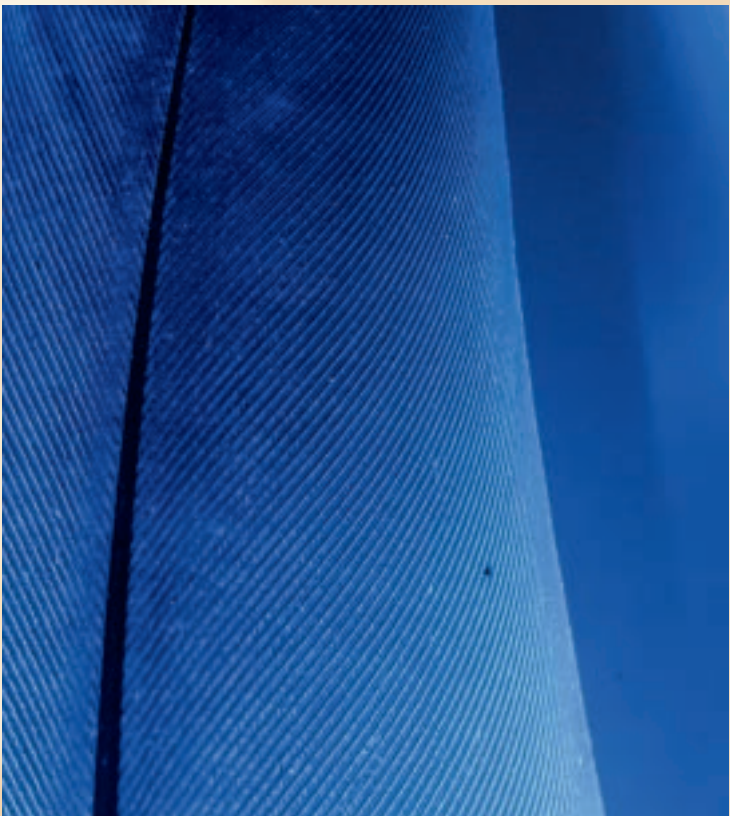
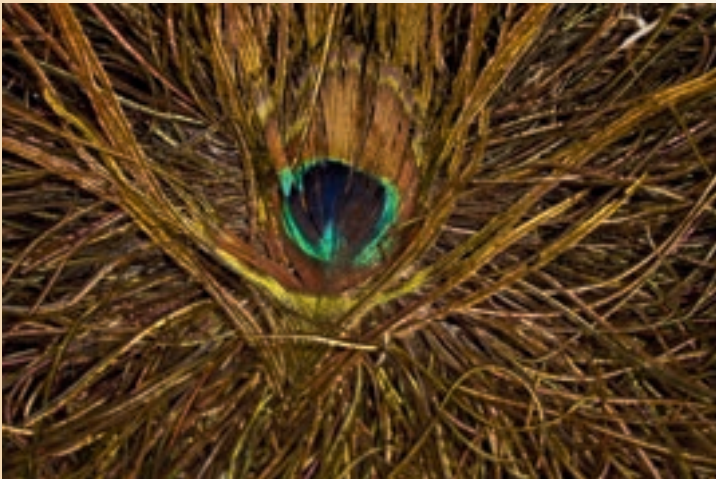
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**Excavator
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**Gravel Supplies
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Otago Eastern Districts Camera Club: Photos of the Month

Each month the local camera club set a theme or topic to challenge members. Last month they shared images from a practical session on low-light tabletop photography, as well as some recent photographs. The Camera Club meets every second Monday evening of the month at 7:30pm, at the St Mary’s Church Hall on Stromness Street. New members welcome, from beginners to experienced photographers.



Clockwise from left: *Bird’s Eye* by Linda Thomas, *Feather* by Peter Watson, and *Tara - White Fronted Tern* by Zenobia Southcombe.

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Contact us for advertising or sponsorship packages at the email below.

Creative Artisans Exhibition: March 2024, Waikouaiti

Calling all local artists and craftspeople: East Otago Creative Artisans are moving again to exhibit the work of East Otago's clever creative people. We have booked the Waikouaiti Events Centre for the weekend of the 2nd & 3rd March 2024.

That gives you a good 3 months to work on that something special you would like us to include in the exhibition.

We are asking you as individuals or groups to submit your art and craft creations to include in this exhibition.

We last held an exhibition like this before Covid raised its ugly head, so we are sure you have been working on some great pieces since then and we would love to have them in our exhibition.

If you are interested please contact Reywa Brown for more information.

Email reywabrown@slingshot.co.nz or phone 022 254 7620.



Loom work in progress. Photo supplied.

Palmerston Fibre Arts Group

We started this group in January 2023 and have an awesome core group of people with all levels of skills who meet in the Palmerston Community Centre, Ronaldsay Street every Sunday 11am-2pm, with the exception of Easter, Christmas and New Year. Yes, every Sunday because most of our members want to meet every week. Cost \$5 plus a plate to share.

What if I'm keen but don't know how to do any fibre arts? We have people with advanced skills in spinning, machine knitting, fleece handling, carding, dyeing, knitting, crochet, weaving, felting, embroidery and much more. We're happy to teach beginners (and learn along with you) as well as provide loan equipment so you can figure out what you want to do. Children are welcomed, if accompanied by adults, to learn fibre art crafts. So just drop in on Sunday and check us out, have a cuppa and a chat.

November Challenge - 'Compost Challenge': On Sunday 26th November we will all bring along spare yarns, fibres and carded wool to put into a 'compost heap', which will then be divided into random equal chunks for participants to take away and spend six months making something out of what they got and at the end of the six months we will display and admire our creations. Lauryl is leading us in the challenge because no one has done this before.

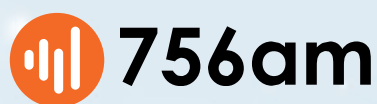
Machine Knitting Group: We have an extensive collection of knitting machines and yarns available for interested people to start a group. Come along on a Sunday and let's talk about getting those machines going. You can also contact us via our Facebook Group: Palmerston Fibre Arts OtagoNZ.



- ✓ Waihemo Museum
- ✓ Information
- ✓ Souvenirs
- ✓ Giftware
- ✓ Second Hand Books



CHRISTMAS GIFTS FOR EVERYONE!



**SANTA IS COMING
TO PUKETAPU
RADIO STATION!**

VISIT THE GROTTO AND MEET
SANTA CLAUS HIMSELF. DON'T
MISS OUT ON THE OPPORTUNITY
TO GET YOUR PHOTO TAKEN WITH
HIM.

GOLD COIN DONATION.
FOR DATES AND TIMES CHECK
OUT OUR FACEBOOK PAGE.



Postmark Creations

You may be wondering what 'Postmark Creations' is... and why was it given this name? Let me provide you with some insight into your local shop which is selling quality handmade gifts and crafts. As an aside, we are the only gift shop in Palmerston with just locally handmade goods.

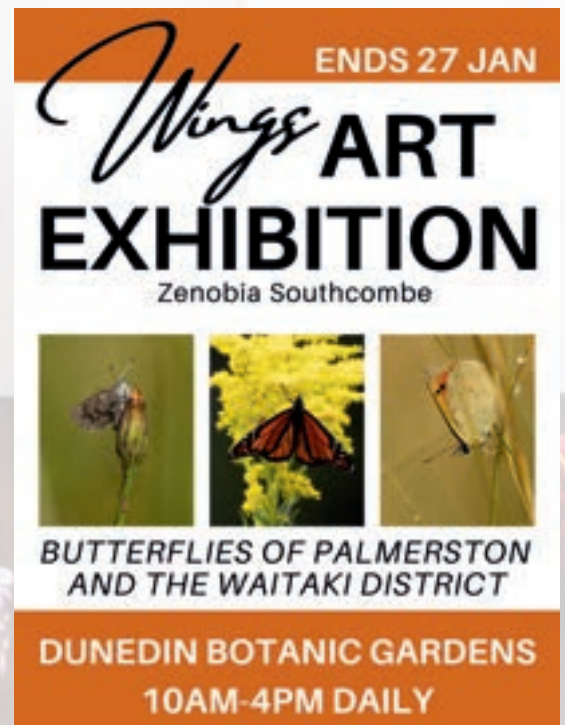
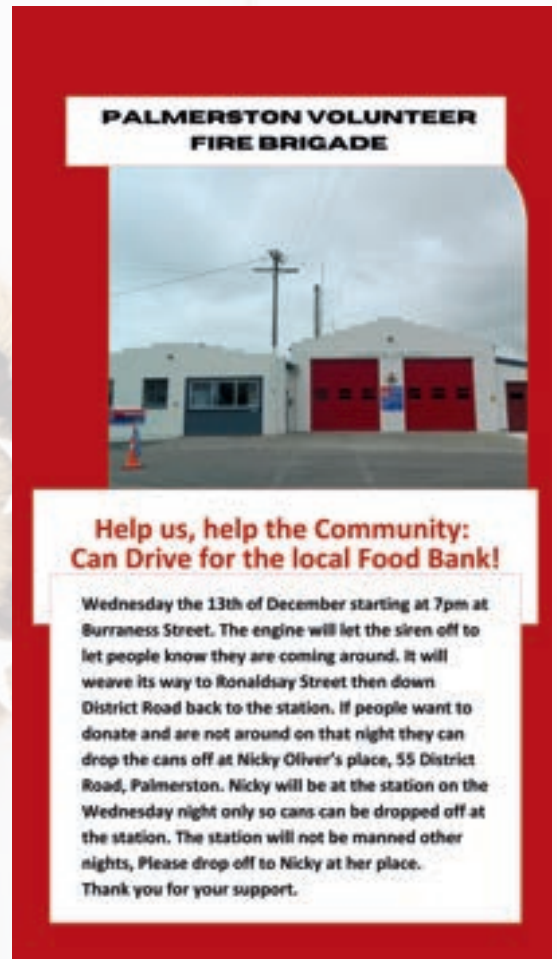
'Postmark Creations' is a co-operative shop with over 40 members. Our shop is staffed by some of our members so when you come and see us for that unique gift you will be speaking with a local craftsperson. These volunteers run the shop 7 days a week, opening at 10am each day.

In 2003 the historic Post Office building in Ronaldsay Street was opened as 'Postmark Creations'. It moved to 24 Sanday Street in 2007 in the sunny centre of Palmerston.

The variety of crafts for sale is amazing... something for everyone and for any occasion. Pop in and see for yourself the wide range of talent we have in our area.

Like so many folk these days just the thought of going to Dunedin to shop is frustrating. No excuses then, but to come along to Postmark Creations and shop local.

New members are always welcome as they bring a greater variety and a different perspective to the shop. Enquiries can be made at the shop or on our Facebook page... Postmark Creations at facebook.com/postmarkcreations. We look forward to seeing you soon to seek out your special Christmas gifts.



Contact us for advertising or sponsorship packages at the email below.



palmerston Local

invites you to contribute to our
community newsletter



You can contribute by:
writing a regular column e.g. pet corner, church news
sponsorship & advertising
being interviewed about your hobbies or business.
palmerstonlocaleditor@gmail.com

Colour & Win

Print or copy this page and colour it in - get creative with pencils, crayons, paints, felt pens, or whatever you can get your hands on!
Fill in your details and drop off your completed page to the Palmerston Library to be in to win a prize kindly donated by Paper Plus Ōamaru. A selection of entries will also be on display at the Palmerston Library. **Entries due 20th December.**

FULL NAME _____

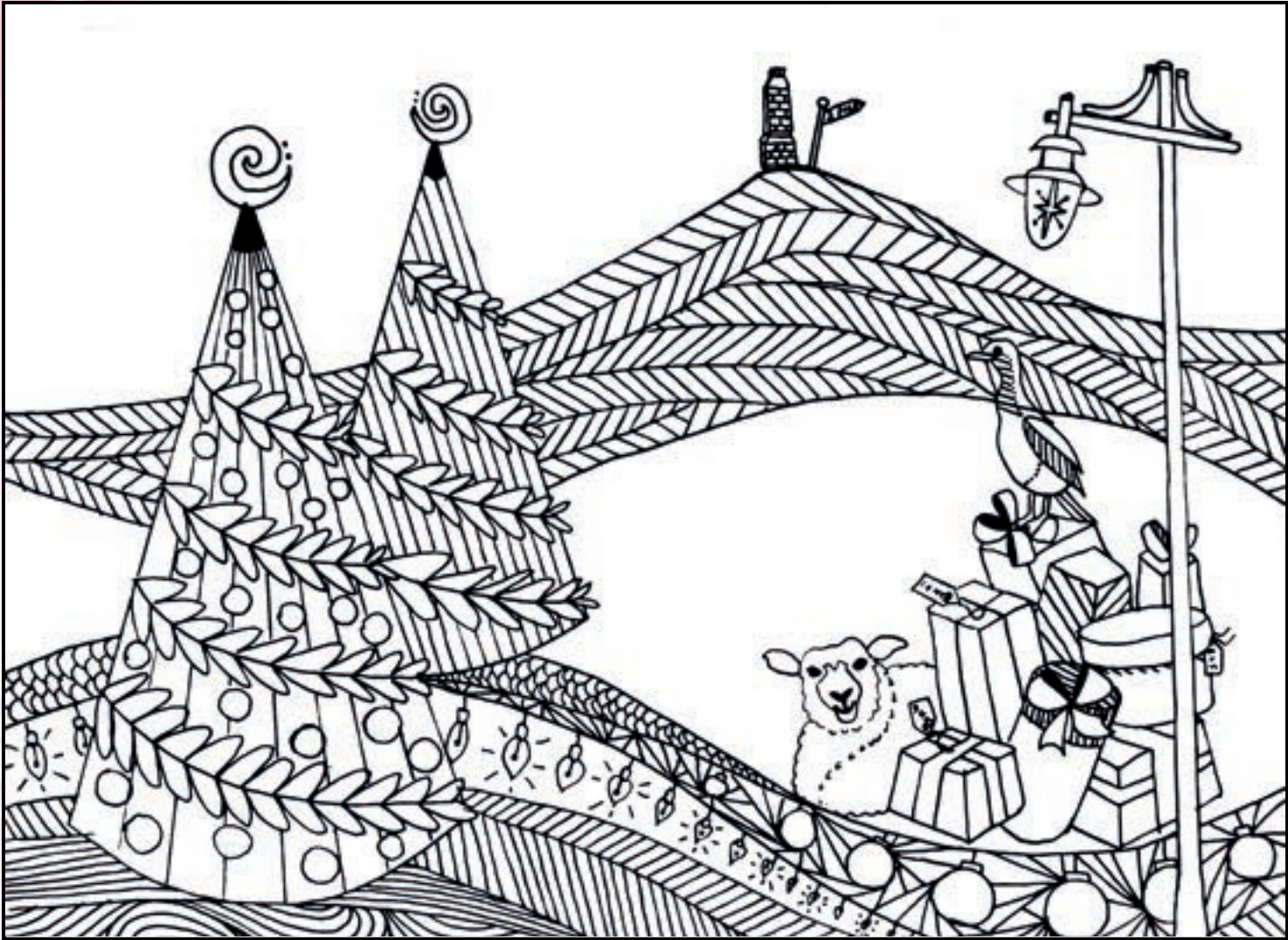
AGE _____ or ☐ ADULT ENTRY

EMAIL/PHONE* _____

*This is so we can notify the winner(s) and can be a parent's contact details.

The monthly colouring page is
proudly sponsored by

Ōamaru
Paper Plus



Colouring page art by Zenobia Southcombe / Dwindle River Studio - for more go to dwindleriver.etsy.com

Palmerston Lions Club

Based in Palmerston, the Lions Club are a service group who work in and around the East Otago Area. We volunteer our time and expertise in many activities. We meet for a tea meeting on the second Monday of every month at the Waihemo Lodge, and do service throughout the month. There are currently 26 members.

Palmerston Lions Club started in May 1968, with a group of like-minded people getting together to help around the community. We enjoy working in the East Otago area as it is a great little community, where people watch out for each other which builds a special place.

We've had many memorable moments over the years and are a sociable group who enjoy the camaraderie that results in a group working together for a common cause.

The rewards from volunteering and helping others in need, both in our community and globally, are what we most love about being a part of the Palmerston Lions Club. New members welcome. Contact Bruce Lee 027 212 7075 or Ron Sheat 027 431 1535



Our Local Schools

Term 4 2023 EBHS Library News



Books can enrich children's lives beyond measure. Exposure to other people and cultures, whether directly or indirectly, does extraordinary things to children. It opens their heads and crams wonderful things inside. It relaxes their hearts, softens their emotional boundaries, and enriches their minds with alternative ways of thinking and being.

In a world that so often teeters on intolerance and segregation, it's vital for children to be exposed to different ways of thinking and being. It is also vital that this exposure happens at a young age and stretches across many and varied multicultural experiences; before time, world-weariness, and bias have a chance to take root.

Alas, we can't always travel willy-nilly around the country or around the world at whim, but something almost as powerful as jumping on a plane and entering other lands, other cultures, other places, and other times, is when we journey through the pages of a book.

Children learn about their world through the context of other people and other beliefs, traditions and cultural practices. We are social beings, so when children value and respect these elements in others, they are much more likely to develop a deeper sense of belonging and community. Feeling connected to others makes us feel valued and respected, and it is also vital for our emotional and mental wellbeing.

Tania McCartney (2016)

From : <https://www.scisdata.com/connections/issue-97/exploring-time-and-place-through-childrens-literature/>

Education: Opening Doors to Limitless Possibilities!

November was an action packed month at **Macraes Moonlight School!**

We finished up our learning about Firewise by visiting the Palmerston Fire Station. We learnt a lot about what happens at the Fire Station when fires are reported, and how lucky we are to have great volunteer firefighters in the community! Having a go on the hose was lots of fun, as well as checking out the inside of the fire truck.

We also had a fun day at the Maniototo Athletics Day on the 3rd November. Our children again showed a great attitude and worked hard throughout the day, making the most of the day. It was awesome that our juniors could come along to that day too.

Our school has had visits from Constable Jay, as well as Amy from St John's. Constable Jay taught us all about Keeping Ourselves Safe, while Amy taught us a heap of first aid skills that could prove useful at our upcoming school camp (as well as in our general lives). We are lucky to have had such fantastic and knowledgeable visitors!

Tuesdays have been a busy day for us, with our trip down to the Science Roadshow in Palmerston on the 21st, and a visit to Dunedin for a hockey tournament on the 28th. This upcoming Tuesday, we'll be in Naseby for our school camp!

Paige Chellew

Principal | Tumuaki

MACRAES MOONLIGHT SCHOOL

✉ principal@macraesmoonlight.school.nz | 📍 6 Hyde Street, Macraes | ☎ 03 465 2420

"Today's prospectors, tomorrow's explorers"



Our Local Schools



Palmerston Primary School by Megan Gallagher

Often people start winding down at the end of the year but not Palmerston Primary School! It's all go!

In the last week of November we started swimming in our own wee pool thanks to the work of some great whānau in tidying up the pool area. We are especially grateful to Sarah-Jane, Zara and Whaea Kerry who have already put a huge effort into training and preparing the pool to make sure the water quality is fabulous and committing to keeping it running well so all of our tamariki can build confidence and skill in the water. Having a pool is such an asset to our school.

Speaking of water, our Year 5 and 6 tamariki were lucky to spend the day with instructors Madi and Sophie from Surf Life Saving. The focus was on safety in and around water which is great as we go in to camp, activity week and the school holidays. We were very grateful to have been able to use the East Otago High School pool for the in-water learning.

In week 9 of the term our Year 6's will be on camp in Waiholā, our Year 5's will be participating in Activity Week, and our junior school will be hosting the East Otago schools junior athletics. None of these events happen without the support of the friends and whānau of our school both during the events themselves and with the fundraising that we have been doing all year. In the last week of term we host a Year 6 Leavers Dinner and then on the afternoon of the Thursday 14th of December we are hosting our end of year picnic and prizegiving where we welcome our community to join us as we wrap up a full and fabulous year.

We look forward to sharing what we have planned in 2024 with you soon. In the meantime we wish our tamariki, whānau and community happy, healthy and wonderful summer holiday times.



Palmerston Local is kindly sponsored by::



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<https://growyours.nz/>

Also go into the Christmas Draw for Grow Yours Seeds, and some other goodies by emailing palmerstonlocaleditor@gmail.com with your favourite recipe for your favourite vegetable or fruit. Entries close: 18th December 2023



Palmerston Local is kindly sponsored by::

Kia ora, I'm Meg Gallagher and I'm a professional Life Coach with over 30 yrs of teaching experience.

Empowering children for a bright future - Transformation through coaching.

Visit my website for more information.
<https://www.meggallagher.nz>
meg@meggallagher.nz
Phone: 027 473 9971

Empowering Children for a Bright Future- Transformation through coaching

Kia ora! I am Megan, a professional life coach with over 30 years of teaching experience, offering opportunities to nurture the emotional well-being of children and families. My mission is to empower young minds, fostering resilience and helping families flourish.

One heartfelt testimonial speaks volumes about the impact of this work: Megan took (our daughter) under her wing and gave her tools, tips and tricks and worked with her to help her regain her life, learn to work with her anxieties and cope with everyday life. She is now able to regulate herself, identify her triggers and cope with situations where she is feeling anxious or overwhelmed. We are forever thankful and in complete gratitude to Megan for all the time, help and effort she has put into our child so that she can lead a fulfilled and happy calm life with minimal episodes of panic attacks, breakdowns and not being limited by her anxiety.

Join me in creating a foundation for your child's emotional well-being. Together, we can unlock their full potential and pave the way for a brighter future.

Megan Gallagher (PG Dip Teaching, M.Ed.)
Ignite Your Spark
Email: meg@meggallagher.nz
Phone: 027 473 9971
Web: <https://www.meggallagher.nz/>
Follow me on FB: <https://www.facebook.com/MegGallagher.IgniteYourSpark>
Follow me on FB: <https://www.facebook.com/teachingwithheartandbraininmind>
Join me in LinkedIn: <https://www.linkedin.com/in/meggallagherignite/>
Follow me on Insta: https://www.instagram.com/meg_ignite_your_spark/
"Do the best you can until you know better. Then when you know better, do better." Maya Angelou



East Otago Health

Kia ora ko tou katoa, an update from the team at East Otago Health in Palmerston & Waikouaiti.

Christmas

With Christmas around the corner, we will be closing the Waikouaiti clinic from the 20th Dec to the 20th Jan 2024. The Palmerston Clinic will still be open, only closing for the public holidays 25th & 26th Dec and 1st & 2nd Jan 2024. We will still be seeing patients in clinic, and the after-hours will still be running.

I would like to take the time to thank the Staff at East Otago Health for all their hard work and dedication to our community's health needs. And thank you to all our patients for continuing to support us and being ever understanding of the uncertainties this year has brought upon us.

Bexsero catchup

This is referring to Meningococcal B immunisation which is now part of the national IMM schedule. We are now recalling all children under 5 years for a catchup appointment. This will consist of at least two funded vaccinations.

Repeat Prescriptions

Thank you to all those who have been giving us plenty of notice that your medications are due to run out and we have been able to fill these repeat prescriptions without advancements from the Pharmacy. We ask you to continue to give us as much notice as possible so as not to put pressure on any Pharmacies that we use.

Liquid Nitrogen

We are having 2 Clinics per Month usually on a Wednesday in Waikouaiti and Thursday in Palmerston, please call for an appointment (sites for Liquid nitrogen should be viewed by a clinician prior to making this appt)

Podiatrist

Ruth Tasker's next clinic is the 14th Dec 2023, Palmerston Clinic. Phone 03 465 1444 for an appointment.

RoboDoc is here! An automated Height, Weight, BP, (basic obs) "machine" is in our Palmerston waiting room, it is a free service to our registered patients so come along and check our RoboDoc. Our team of friendly receptionists will help you navigate this if required.

Regular updates can be found:

Facebook: East Otago Health

Radio Puketapu – 756AM

Happy Days Radio - 88.3FM

"Just a thought" - FREE online therapy courses: justathought.co.nz

'1737, need to talk?' is New Zealand's new national mental health & addictions helpline number, it is staffed by a team of paid counsellors who are available 24 hours a day 7 days a week.

Rural Support Trust – 0800 787 254

Kidsline – 0800 543 754 (to 18 year olds)

Whats Up – 0800 942 8787 (5-18year olds)

Youthline – 0800 376 633

Anxiety NZ – 0800 269 4389

Suicide Crisis Helpline – 0508 828 865





PUKETAPU COMMUNITY TRUST

Congratulations to the team producing this publication. We at Puketapu Community Trust (PCT) know how hard it is to get a new venture off the ground. So who are we? PCT is a local trust operating in the Waihemo ward but encourages contributions from those living outside the area. Formed in 2019 and with charitable status, PCT seeks to improve in some measure the prospects of our community.

Chair Taranaki Smith
Secretary Maria Barta
Treasurer Hamish MacFarlane

Trustee Fiona Skevington
Trustee Julia Rata Teraki
Trustee Craig Alter

Over the last four years PCT has put in a major effort into a project to find an easier and more accessible route to the summit of Puketapu. After all, Palmerston is the Southern Gateway to the UNESCO Waitaki Whitestone Geopark, the first Geopark in Australasia. The new route is actually the original route as seen on a Crown Survey map of 1862.

To achieve this, the Trust has:

- Consulted with Waitaki District Council (WDC) on many occasions and this is on going, including discussions with Mayor Gary Kircher, CEO Alex Parmley, Projects Manager Erik van der Spek, Parks and Reserves Dept. Jane Matchett, and the Roading department.
 - Commissioned an independent feasibility study about the best way to proceed, funded 50-50 by the Trust and WDC.
 - Kept the Waihemo Community Board (WCB) fully informed about our investigations, discussions, and proposals.
 - Informed landowners about the feasibility study and how the proposed track may affect their properties.
 - Received advice and information from Walking Access NZ, TL Survey Services Dunedin, Neill Glover of Land IQ Insights, and Hamish Seaton – professional track builder. Presently we are consulting with the local personnel of FENZ, Hato Hone St John, and Police, and local organisations – Palmerston Lions that run Kelly's Canter.
 - The new but original track is accessed from Smitherams Road off Goodwood Road and follows a gentle climb up the south-east flank of the mauka, with fantastic views of the coastline and surrounding hills, through the Waihemo Recreation Reserve, and then to the summit where the reward is the view over Palmerston and up the valley.
 - The Trust realises that the landowners have been generous in allowing the existing track to be open most of the year. We expect this will continue.
- Comments and questions from the community about the Puketapu Track project are welcomed.
Email: puketapu.waihemo@gmail.com



PUKETAPU COMMUNITY TRUST

Looking for that really local gift?

Puketapu Community Trust calendar features photos from local photographers. Available from: Palmerston Postal Agency
Scissors on Main Palmerston
Eastern Hammer Hardware Waikouaiti
Wool 'n' More Waikouaiti
Presence on Harbour Oamaru
Metro Cinema Dunedin

\$25 for calendar & envelope

The Alphabet of Requisites for a Wife.

AUCKLAND CHRONICLE &
NEW ZEALAND COLONIST 1844

A wife should be amiable, affectionate, affable, accomplished; beautiful, benign, benevolent; charming, candid, cheerful, complaisant, civil, constant; dutiful, dignified; elegant, easy, entertaining; faithful, fond, faultless, free, good, graceful, governable; handsome, harmless, healthy; intelligent, industrious, ingenious; just; kind; lively, lovely; modest, merciful; neat; obedient; pretty; righteous; submissive; temperate; virtuous; well-formed, and young.

This list was submitted by an aged bachelor who, obviously, never found a woman with all these qualities and therefore never married. No comparable list was offered for a husband.
(Thanks to Maria Barta for this little Gem.)

palmerston Local
invites you to
contribute to our
community newsletter



Contributions for next
month's issue of Palmerston
Local due by 20 December.





Gardening With Di Corner

I don't profess to be an expert in the garden but I am very passionate about gardening. In fact, I do a Gardening with Di Show on Palmerston's local radio station - Puketapu Radio 756AM. I am also studying Horticulture Level 3 online, to give me some more in-depth knowledge about gardening and hopefully help other gardeners down the track.

To start in this First Issue, let's look at what things we can plant in our Otago gardens for December.

Plant Basil, Beetroot, Beans, Capsicum, Carrots, Celery, Chilli, Coriander, Courgette, Cucumber, Eggplant, Lettuce, Leek, Mesclun, Parsley, Parsnip, Potatoes, Pumpkin, Squash, Radish, Rhubarb, Silverbeet, Spring Onions, Spinach, Sweetcorn, Tomatoes.

Harvest what is ready in your gardens and enjoy.

Maintenance - Add Debco Saturaid to help hold moisture in your gardens and pots.

If you have potatoes planted, continue mounding with Vegetable Mix/dirt as shoots grow, until they are 300mm tall. Will protect from the winds and frost, prevents light from reaching tubers (turning green), and encourages tuber development.

Keep your tomatoes well watered as this will help with keeping insect pests and diseases at bay. To reduce the chance of blight, avoid watering the foliage.

Keep an eye out for slugs, snails, caterpillars, aphids and whiteflies. These unwelcome visitors can make a real mess of your vegetable gardens and are best dealt with as soon as possible. There are various pest control methods, best to research as we want to take care of our beneficial creatures and not harm them. You can use the hose to blast water at aphids and whiteflies or check with your local garden centre expert about a suitable insect spray. Mildew may appear on courgettes and cucumbers, so source a spray from your garden centre.

Source: Tui Garden tuigarden.co.nz/planting-calendar/

If you have any Gardening hints, tips or tricks please email us at the address below, we would love to include them in the Gardening with Di Corner.

Happy Gardening until next time!

Dianne

Critter of the Month: New Zealand Red Admiral

If you see a striking red and black butterfly around, it's probably the New Zealand Red Admiral (in te reo Māori it is called 'kahukura').

While there are other red admirals around the world, our one is unique to Aotearoa New Zealand and, according to the Moths & Butterflies NZ Trust, "considered the most beautiful with its colours truly symbolic of NZ: the red of the pōhutukawa and the blue shades of paua."

Like most butterflies, there is only one species of plant the kahukura caterpillars will feed on. Unfortunately, it is a species that humans don't particularly like having around: *Urtica*, or stinging nettle. And, while they will munch on the annual stinging nettle that occur in our area, their all-time favourite plant is *Urtica ferox*, our native tree nettle (ongaonga).

This means the New Zealand red admiral is in decline. If having stinging nettle in your garden isn't an option, you can also help them out by planting flowers with wide open centres for them to feed on, and reducing the use of pesticides where possible. It can be helpful to plant flowers in big clumps of colour for them to see when they fly past.

Zenobia Southcombe writes a weekly garden wildlife newsletter at DwindleRiver.substack.com



New Zealand red admiral butterfly (Vanessa gonerilla) basking on log - Zenobia Southcombe.

SO WHAT IS BEHAVIOUR, AND WHY DO WE DO THE THINGS WE DO?

WRITTEN BY TREVOR LEWIS, BEHAVIOUR SPECIALIST

WWW.BEHAVIOURSKILLS.ORG

Often when faced with difficult times parents and others ask the age old question "Why do they do that for, they know it's naughty!"

To answer that, firstly let's have a brief look at exactly what behaviour is, and what shapes it into looking as it does. By definition, behaviour is any purposeful interaction with the space around us. For example, we lift our arm to scratch our head – a behaviour. Little Johnny throws his toys at his sister – a behaviour. We walk quickly across a road – a behaviour. Using these examples, let's look at what may have happened to influence or trigger the behaviour to take place:

-Antecedent, that is – what happened immediately before the behaviour took place. Head was itchy, so we scratched it. Traffic was coming and we needed to cross the road to meet a friend, so we walked quickly across the road. Sister was annoying Johnny while he played, he threw his toys to try and make her go away.

-Behaviour, yes the term 'behaviour' makes up one of the parts of the behaviour process. In this case it refers to exactly what the person did, how that looked and/or sounded.

-Consequence, what happened immediately after the behaviour. Scratched head – relieved the itch. Walked quickly across the road, avoided being hit by traffic and reached the other side to see our friend. Threw toys at sister, sister ran away.

So why is knowing these things so important to be able to answer the question "Why do they do that!"

It is because, all behaviours have a function. In other words, they serve a purpose at the time to the person, they are performed to try and achieve something. That 'something' may be to satisfy a craving (an itch, being hungry, etc), to try and get something (attention, a chocolate bar in the supermarket – ever seen a child scream and cry and so Mum or Dad hands him a chocolate bar to make him happy? etc). It could even be to escape from something (getting out of doing the dishes, not having to go to school etc).

If we know what triggered the behaviour (the antecedent), exactly what the behaviour looked like, and what happened immediately after – this will help explain it and will help us find a way to changing or reducing the behaviour if it is an unwanted behaviour. As a quick example, if we teach Johnny that when his sister annoys him while he plays with his toys, he can simply go to Mum or Dad and say "I want to play alone please" and they will keep sister busy so she doesn't annoy him, we have just modified his past behaviour of throwing things at her, to asking for help.

Trevor Lewis lives in Palmerston and as well as having over twelve years experience working as a behaviour specialist, he is also highly qualified in psychology, applied behavioural analysis and mental health. You can see his books and other resources at his website www.behaviourskills.org, or make contact with him via that site for one to one support to help with behavioural challenges, children and teenagers struggling with anxiety or social skills improvement, anger management, and other challenges.



WWW.BEHAVIOURSKILLS.ORG



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- ✓ Pet Drop Off / Pick Up



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GET IN TOUCH

☎ 021 072 9158

✉ needsawalk@gmail.com

Crop Swap Palmerston

Second Saturday of each month from 10am
At the Palmerston Sports Hall
Gilligan Street Palmerston

Gold Coin Entry

Things you might bring for swapping:
fruit, vegetables, herbs, flowers
seeds, seedlings, plants
eggs, starters, home baking
books, magazines, tools
jars, egg cartons, plant pots

See you there





Waihemo Wastebusters
Palmerston Recycling Centre and Reuse Shop
27 Tiverton Street, Palmerston
waihemowastebusters@gmail.com

 Waihemo Wastebusters
Palmerston recycling centre and reuse shop

Open Hours
Wednesdays, Fridays and Sundays
11am - 4pm

Palmerston Local Classified & Community Notices

Hobbies & Sports

Eastern Boating and Fishing Club Inc.
Contact: President Eric Boock
easternbfclub@gmail.com 0276869939

East Otago Musical Theatre Inc.
Secretary: Sophie Jenkins - 022 5821911
or sophie.jenkins95@icloud.com

East Otago Art Group
Fortnightly at St. Johns Hall, Beach Street. Waikouaiti. 10.30am-2.00pm.
\$5.00, bring your own art project to work on & a plate to share. Tea, coffee & scones provided. We aim to have regular talks from either group members or other artists about various topics ranging from watercolour techniques to clay modelling to life drawing. You are most welcome to work on your own project and hang out with an interesting group of artists. For more info & meeting dates contact Reywa Brown reywabrown@slingshot.co.nz or phone 022 254 7620

East Otago Woodturning Club. Contact Lou Tonkin 020 403 79635 for information.

Linedancing: Boot Scootin' with Marie Marie Perica - 021 1801756

Otago Eastern Districts Camera Club
Meets every second Monday of each month at St Mary's Church Hall, Stromness Street, Palmerston.

Palmerston Squash Club
For Information.
Contact: Rob Hewett 02766632748 or Anita Vickers 02102359454

East Otago Social Bridge Club
RSA 10 Pratt St Waikouaiti
Bridge on Wednesday evenings
Please be seated by 6.50pm
Refresher lessons available. All welcome
Contact: Secretary
EOBridge@outlook.com
or ph Susan 022 0214 722

Contributions for January issue due by 20th December.

Family Time

Palmerston Playcentre
Tuesdays & Wednesdays during Term Time.

Palmerston Playgroup
Parents/Caregivers & children up to age 5. Thursdays during Term Time. Help in the Plunket Rooms, Palmerston Community Centre - 10am-12pm.
Enquires to annabel.kuzma@plunket.org.nz

Waikouaiti/Palmerston Toy Library
Open between 12.00-1.30pm on Saturdays, excludes public holiday weekends and a period of closure over Christmas. The library is located at the Waikouaiti Racecourse. Range of membership options from \$5-\$60. Toys are suitable for children from 6 months to 8 years old. Enquires to wptoylibrary@yahoo.co.nz

Churches

St. James Presbyterian Church
welcomes everyone to services on Sundays at 10am, in the historic Church - 80 Tiverton Street, Palmerston. Enquires: Heather Paton 027 4650888 or Paul Paton 03 465 0010

Community Groups

The Macraes-Dunback Branch of Rural Women NZ meets monthly, usually the 3rd Thursday, for coffee and friendship. New members welcome. Contact: Sandra 021 516719 or Heather 027 4650888

St. John's Youth
106 Ronaldsay St, Palmerston
Each Monday of school term (not public holidays). Back in February 2024.
Penguins: Y1 to Y6 5pm-6pm
Cadets: Y7 - 18 years of age. 6pm-7:30pm
Division Manager: Annie McLeod
Contact: annie.mcleod@stjohn.org.nz



MEALS ON DISTRICT & THE CAKE DISTRICT NZ
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111 District Road, Palmerston, 0276155452.
www.mealsondistrict.com
Facebook: Meals On District
Facebook: The Cake District NZ



Join Palmerston Garden Circle and share your passion for gardening with like-minded people! Our circle offers competitions, Garden Visits and more. All skill levels are welcome! Our last meeting is an Afternoon Tea on the 11th December 2023. We start back on the 22nd January 2024, planning a trip to Oamaru. Please contact Leonie - 465 1764 or 0276413904 for more info.
Palmerston Garden Circle - Last Monday of Each Month - 1.30pm - at the Palmerston Community Centre.



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Community Safety Cameras - Palmerston

Open Public Discussion @ the Christmas Tree Location
Monday 4th of December
Between 4 - 5pm
(If weather is inclement, then meet at the Waihemo Service Centre Library)



The Waihema Community Board, NZ Police and Stronger Waihema would like to hear your views on the installation of these community safety cameras.

All are welcome to come along to have your say on Monday 4th of December between 4-5pm.

The installation of community safety, or CCTV, cameras in Palmerston will be open to public views this month. The proposed cameras would cover the area including the public toilets, the bus drop off area and the monument at the corner of Bond Street. Police crime data, and successes in reducing crime elsewhere in the Waihema District, indicate that the installation of community safety cameras in the Palmerston CBD would help prevent and resolve crime. However, also increase the perception of safety for local residents.

It is important for the community to be supportive and aware of the benefits that the installation of community safety cameras can bring to their community.

If unable to attend, you can email your view regarding community safety cameras in Palmerston to strongerwaihema@waitaki.govt.nz by the 3rd of December 2023.



Waitaki



Stronger
Waihema



Police