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15th May 2018

Phone 434 9651

Issue 392

LINDSAY WHYTE

I - Interior
- Exterior

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I hope all the Mothers out there got spoiled on Sunday and you all felt appreciated for all that you do.

Are you looking for something to do on Queen's birthday weekend? I would recommend The Steampunk festival - it will be a great weekend's entertainment. Do not forget to book your tickets now, (*search steampunk NZ online at www.eventfinda.co.nz*) as it may cost you more on the day.

Don't forget to send in your articles on your events.

Until next week, Regards The Telegram.

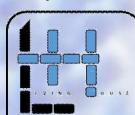
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FREE QUOTES



And then the warm Autumnal winds arrived, so still raking pile after pile of leaves in our garden as trees shed for a well earned rest. A mass planting of bedding blue Salvia had to come out this week, to make way for the dozens of red Tulip bulbs needed to make a show here in early Spring. The Salvia flowered beautifully all Summer, but took a lot out of the soil. Beds were dug and topped with compost and a barrow or two of sifted soil before bulbs went in.

I have Pansies, Polyanthus, Primula & Snapdragons filling out nicely for planting, once gardens are cleared of the Summer growth & compost has been watered in. Planting this month while the ground is still warm, will get plants to budding stage & if the Winter is mild, they should flower- if very cold, they will sit then burst into flower early in Spring.

Wisterias will need a cut back now - ours is growing along the upstairs balcony threatening to push through the sliding doors & take over a bedroom! I use the hedge trimmer to get rid of all the leafy wispy growth - cutting too hard back into thick wood will remove new buds. Some of those long winding growths can eventually grow into a thick branch - so if training a young plant, let only one length go either way along a structure.

I am still collecting seeds while pods are dry and saving them in paper bags and envelopes. Adding a sprinkle of rice will absorb any remaining moisture and help to keep seeds dry and in good condition.

Balance all those leaves with layers of old compost/soil, straw, manure and grass clippings. Moisture is a must as well. If the mix is dry, add water during the heat of a day so the chill will be off before nights cooling. Decomposing will continue on until temperatures drop dramatically. It is such a bonus to have compost / mulch on hand for hungry plants come Spring when the ground is left sour from Winter & in need of boosting.

Our lawns have slowed down at last... Lime & Gypsum can be spread on lawns now - Lime to sweeten & Gypsum to soften hard compacted ground which has a lot of clay content. No more cracks in the lawn if Gypsum is applied & watered in for 2 or 3 years in a row at this time of the year.

If you had bad leaf curl on your Peach and Nectarine trees this season, now is the time to clean up & remove as many old leaves as possible from around the base of your trees, but don't compost these as it will spread the infection. Controlling leaf curl isn't easy but good orchard hygiene habits, repeated each year, will give you the best chance. If left untreated, the problem will get worse year-after-year & reduce the tree's ability to produce lots of fruit. In Spring, apply a light dressing of a quick acting fertiliser such as Sulphate of Ammonia to encourage new leaf growth. At the same time, apply a seaweed fertiliser - such as Seasol & Comfrey spray, to help the plants' immunity to leaf curl. Once you notice the symptoms of leaf curl on leaves, it is too late to control the disease in those leaves, but you can try & stop the fungus from spreading. After the clean up, spray with Lime Sulphur - I will revisit this in late Winter / early Spring with advice on further treatment.

Tamarillos ripen in Autumn / Winter & can go from pale green to rich ripe red in about a week. They are ripe when either a deep, dark red or golden orange/yellow depending on variety. Pick fruit individually by cutting stems. They keep well and will become sweeter after a week or so.

Citrus bushes would benefit from a rich layer of compost, well-rotted manure, dolomite, seaweed, straw – whatever you have spread as a mulching layer around roots.

Save seed from Beans & Peas & also a few of your Herb & companion flower plant seeds for next Spring.

Mould soil around the base of Leeks to keep them pale & sweet, but keep it beneath the bottom leaf so it doesn't get inside the stems & make cleaning them difficult.

An application of lime now is a real benefit to many of the leaf crops – Cabbage, Spinach, Kale, Broccoli & Silverbeet. In soon to be very cold areas, an insulating layer will help to prevent soil you plan to plant out in early Spring from becoming water-logged. Once rains come, use polythene, fertilizers bags, old carpet or underlay. Spring planting can be delayed for ages because of wet cold ground.

Cheers, Linda.

OAMARU + PHARMACY

Pain Relief

Pain is the body's way of telling us something is wrong. By describing the pain to your Pharmacist – headache, migraine, period pain, backache, joint pain, sore muscles – they can make an informed recommendation and you can **BE SURE** you're getting the pain relief that best suits.

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Exact dose – your Pharmacist will tell you how much medicine you should take and how often.

Safe to take together – tell the Pharmacist if you're taking other medicines so they can make the right recommendation.

Upsetting you – they'll let you know how long you can take the medicine before it may start to upset your stomach, liver or kidneys.

Risking your health – also let the Pharmacist know about any other health conditions you have.

Easiest to take – the Pharmacist can let you know if there's another form of a medicine that's worked for you in the past, one that's easier to swallow or may work faster.

As the medicine specialist, your pharmacist can help guide you towards the right type of pain relief, from general products to Pharmacy-Only medicine.

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Do you sometimes forget to take your medications?

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Do you want a safe, simple way to take your medication?

If so call into Oamaru Pharmacy and talk to one of our friendly Pharmacists.

Waitaki Clubs and Groups

Do you know there is a website for all clubs and groups in Waitaki? Is your group listed on the site? The Waitaki Multicultural Council and the Newcomers Support Network became aware that new people to Waitaki wanted a website where they could find out about the clubs and groups in the area. So, with funding from the Community Trust of Otago, a site has been created and showcases the vast array of clubs in the community. It outlines groups for children, youth and adults and it is easy to use. If you would like to have your group or club listed, go to www.waitakigroups.co.nz and click on, "register your group". You could also check your group's listing and update it, or just take some time to peruse through all the great opportunities. You might find something you didn't know existed and maybe it will inspire you to take up a new interest or hobby or learn a new skill. Check it out today.

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JAMES RECIPE OF THE WEEK

Red wine braised duck legs with five spice

(Serves 4)



Ingredients

4	Duck legs
1/2 cup	Red wine
4	Garlic cloves
4 cups	Chicken stock, or vegetable stock
1	tsp Chinese five spice
2	Sprigs Thyme
1/2 cup	Pitted prunes

Directions

1. Season the duck well with salt and pepper.
2. Place the duck legs with all other ingredients into a slow cooker.
3. Cook on low for at least 6 hours (or overnight).
4. Shred the duck off the bone and serve with mash and greens, or noodles and crunchy veges.

THINKING OF SELLING?

Selling property can be a complicated process. That's why it's important to have a good team of professionals to support you.

Summary of important things to know

- It's a good idea to talk to your bank or lender as there may be implications for your lending if you sell your property.
- Find a lawyer or conveyancer before you start selling your property. Selling your property may happen quickly, and your lawyer can help you understand the legal documents and process.
- Find a real estate agent who understands your area and the local property market.

Talk to your bank or lender

Selling your property may have implications for your lending. If you have a fixed rate loan, there can be additional costs to repay this loan early. It is a good idea to talk to your bank or lender when you are thinking about selling to understand what your obligations are.

Get legal support

It's important to get your own legal advice before you sign anything. We recommend you find a lawyer or conveyancer to help you through the selling process. Choose a lawyer or conveyancer before you set out to sell a property – selling can be a fast-moving process.

Both lawyers and registered conveyancers are legally entitled to carry out property transactions (also referred to as 'conveyancing'). Choose a lawyer or a conveyancer based on your budget and the complexity of the sales transaction. A lawyer is better placed to deal with more complex transactions and any legal issues.

Agency agreements with real estate agents and sale and purchase agreements with buyers are legally binding documents, and you should consult your lawyer or conveyancer before signing them so you understand what you and the agent, and you and the buyer have agreed to.

Find a real estate agent

The real estate agent works on your behalf, so it's important to choose someone you feel comfortable with. The agent works for you and is paid when the property sells.

Check that any agent you are dealing with is licensed, even if it is someone you know or who has been recommended by a friend. It is illegal to carry out real estate agency work without a licence. The Real Estate Authority has a public register of all people licensed to do real estate agency work. It also has information about any recent complaints upheld against the agent.

You should discuss everything with the agent carefully before you sign an agency agreement. The REA publishes a guide to help understand the agency agreement, and we recommend reading the guide early in the selling process. The agent must also give you a copy of the guide before you sign an agency agreement.

*Sourced from www.settled.govt.nz



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Jude Livingstone
Sales Consultant
021 544 488
Jude@pb.co.nz

Q&A WITH JANE VAN SCHREVEN

Your Real Estate Questions – Answered by
Jane van Schreven AREINZ

"When I'm part of a multi-offer should my agent disclose any information regarding offers made by other purchasers?"

"Absolutely Not"

The terms and conditions of the offer must remain confidential and only opened and disclosed in the presence of the vendor unless otherwise instructed by the vendor. If you are being told about other offers made it is highly likely your offer is being conveyed to other interested parties. Highly unethical.

"Do I have an obligation to advise my agent of any defects or issues regarding my property ie. Non-permitted/ consented building work."

"Yes – you do"

If you are aware of any known defects or issues it is your obligation to discuss these with your agent.
So often we find certain works have been carried out without a permit or consent (past or present)
Your professional agent can advise the best course of action – a nasty surprise after entering into a contract raises doubt and sincerity and often loss of sale.

Email your questions to janev@pb.co.nz and we will answer in next issue.

SUDOKU

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RURAL REPORT WITH PROPERTY BROKERS

It is fair to say that it is a typical response for buyers to take a more cautious approach while the country deals with a bio-security issue. However it could be that the ease in economic farm sales throughout New Zealand is more a reflection of true market conditions based on the Property Market Cycle.

In the last 12 months the rural sector has seen a tightening of lending criteria with many banks looking for evidence of ability to service debt demonstrated in projected cash flow rather than lending criteria based upon a clients equity.

While this seems like a common sense approach to lending, it can create some restraints on purchasing and increase the due diligence period required prior to completing sales.

Fortunately and in favour of this lending regime we are experiencing a very buoyant season in terms of many product prices as well as many areas experiencing an excellent season for growth.

These factors have resulted in a very recent influx of buyers expressing interest to acquire additional land to compliment current farming operations.

So while some reports suggest a weakness in the property market, it would be fair to say that we may be on the cusp of an increase in buyer activity, based upon a period of strong product prices, this also is typical of Market Cycles.

For more information on land values and our local rural market conditions, please phone us on **03 434 3347** or visit our website pb.co.nz.

Jude Livingstone 021 544 488

OUR VALUES

- When we say we'll do it, we do
- When we shake your hand, we mean it
- We help and value our clients and each other
- We strive to do the little things that make a difference
- We are committed to our community today and tomorrow

OUR VISION

- To wow our customer
- To grow our people
- To make our communities better places to live
- To deliver results



Donna Ingram
Property Manager
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donna@pb.co.nz



Gina Crane
Sales Support
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gina@pb.co.nz



Meagan Bell
Sales Support
03 434 3347
meaganb@pb.co.nz



Paula van den Hondel
Sales Support
03 434 3347
paulav@pb.co.nz

Community Diary

Wednesday 16th

Excelsior Petanque Club day, 1pm. Ph. 437 2557 or 437 1590.

N.O. Orchid Club, 1.30pm St John Hall. New members welcome. Ph. Irene 434 7324.

St Pat's Indoor Bowls, 7pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

Yankee Bowls, 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

Weston Indoor Bowling Club, Weston Hall at 7.30pm, Ph. Ian 434 8281.

Thursday 17th

Awamoa Indoor Bowls, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

Mainly Music - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. Ph. Angela 437 0911. mainlymusic.org.nz

N.O. Asthma Society: Respiratory Exercise Class, 10am, St John Hall, Exe Street. Phone Fiona 03 434 3202.

Friday 18th

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

Saturday 19th

Meadowbank Community Stadium Bowls, 1.15pm Bowls available. Ph. Graham 434 0951.

The Healing Team - 2-3pm, St Mary's Hall.

Sunday 20th

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

Excelsior Petanque Club day, 1pm. Ph. 437 2557 or 437 1590.

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

Monday 21st

Genealogy Club 10am-12pm at Oamaru Library - learn how to research your ancestors.

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Family Complex. Ph. Mike 437 0224 or Garry 434 1463.

Oamaru Electronic Organ Society 7.30pm Eveline Church Hall. New members welcome. Ph. Lorraine 437 2408.

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

Waitaki Woodturners, 1-5pm, clubrooms, Oamaru Race Course. Ph. 439 5795.

Tuesday 22nd

AA Meeting, Orwell St Chapel, 7.30pm, Ph. 432 4191 or 437 2337.

Age Concern Gentle Exercise Programme, Orwell St Church Hall, Tuesdays 1.30 - 3pm, \$3 per person. Ph. 434 7008.

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

Indoor Bowls Oamaru Club, Severn St, 7pm, new members most welcome. Ph. Bev 434 9678 or Bede 027 201 3907.

Justice of the Peace 11am - 1pm, WINZ Building, Coquet St

Meadowbank Indoor Bowls, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

St Pauls Indoor Bowls, AGM, 2pm Ph. 437 1294

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

Public Notices

Avon Cosmetics - past & present from 659: A luncheon to be held at 11.45am, Tuesday 29th May in Timaru. Don't miss our "good old times" - register now! Ph. Jocelyn 434 5035.

Columba Scout Group; Keas & Cubs Monday nights, Ventures Wednesday nights & Scouts Thursday, Ph. 437 2531 for info.

Oamaru Playcentre; Trent St, Operating Tue & Thursday's, 9am to 12pm, For children aged 0 - 6 years old, Find us on Facebook or email oamaru@playcentre.org.nz

N.O. Bird Fanciers Club Annual Show & Bird Sale, Drill Hall, Itchen St, Saturday 2nd June 1-5pm, Sunday 3rd June 9.30am - 12pm.

Oamaru Squash & Badminton Club, Badminton. Monday 1 - 3pm, Wednesday 6 - 8pm & Friday 6 - 8pm. Tyne St courts. All grades welcome.

Oamaru Ordinary Cycle Club inc, AGM Monday 28th May 7:30pm, Scottish Hall, Tyne St, All welcome, Enquiries oamaruordinary@gmail.com Ph 03 4348285

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your business noticed,
The Oamaru Telegram
is the best way!

Thought You'd Used All Your ACC Treatments?

Wrong - you're most likely still covered for acupuncture treatment. If you're still in pain with your injury, call now to find out if you still have cover for acupuncture.

Community Acupuncture Oamaru

www.communityacu.net ~ 0223765960



BOOKARAMA GOOD NEWS!

NEW DROP OFF - BOTH NEW WORLDS & RAY WHITE DURING BUSINESS HOURS
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Call 434 9410 for assistance. Oamaru Rotary Bookarama 2018

Blondini's BARBER SHOP

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\$10 OFF*
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*ONE VOUCHER PER HAIRCUT, ON FULL PRICED CUTS ONLY, CAN NOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER. APPLIES TO MENS HAIRCUTS ONLY. EXCLUDES PACKAGES & RETAIL PRODUCTS. VALID TILL JULY 1ST, 2018

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Realfood Pantry Useful Tip

For a sore throat:

Mix 1 teaspoon cinnamon powder
1 teaspoon ginger powder and
1 teaspoon of honey
in a glass of water

Consume this mixture twice a day

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Healthy Oats

Oats have a pleasant nutty taste adding a delicious wholesome flavour to our breakfast cereal.

Oats are available in many forms dependent on the processing.

Oats that are known as groats only have the outer hull removed and need to be cooked or soak for lengthy periods. The outer case of the groat is used to make the very fine oat bran which is often used for baking.

Rolled Oats have been steamed and flattened with a roller to enable quick cooking. Steel cut oats are produced by cutting the groats into small pieces - they are higher in fibre with a nuttier taste best cooked in a slow cooker overnight or soaked overnight before cooking.

Oats particularly steel cut provides high soluble fibre for health benefits and your stomach stays fuller for longer, it slows absorption of glucose reducing your sugar highs and lows.

Oats soluble fibre helps lower LDL cholesterol in your blood and are a good source of selenium that is important in thyroid function. Oats are high in Vitamin E, zinc, iron, manganese and magnesium and contain a good balance of essential fatty acids, as well as a source of riboflavin, folic acid, thiamine and niacin that are good during pregnancy for the unborn baby.

If you are Gluten Free - gluten is a special type of protein commonly found in wheat, rye & barley. People sensitive to gluten suffer unpleasant symptoms such as bloating & gastrointestinal upsets. Oats don't naturally contain gluten, they do have similar protein known as avenin. Sensitivity and adverse reactions to avenin are rare. If you are very sensitive to gluten, best to try a little oats and see.

Central Podiatry Limited

Nathan Dickson

Cost \$42 pension or community service, house calls available
Quality treatment of all foot and lower limb conditions
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Gordon Robb of the Meadowbank Indoor Bowling Club, Skipped a composite team to victory in the NZ mixed Fours. From Left Lynne Porter, Aylene Millar, Andy Blakeley and Gordon Robb, Lynne Porter and Andy Blakeley also won the NZ mixed pairs.