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SEPTEMBER, the season of new beginnings and the odd beautiful early Spring day experienced here in North Otago - especially last weekend, to encourage buds to swell and burst, birds get busy building nests and newborn lambs enjoy a warm welcome. Blossom is once again

bringing trees to life and with different species coming into bloom at different times, the beauty continues for a good couple of months.

I have been potting up cuttings that have been making roots during Winter. Fresh potting mix to sustain new leaf growth and flowers will ensure good results. Liquid fertilizer once a week can start now as well - Pansies, Primulas, Polyanthus, Sweet Peas, Lupins - all new season's bedding plants respond to feeding now.

I am sure every gardener enjoys trying new plants and colour combinations and now is the perfect time to sow seeds for Summer flowering. I have sown some under glass and some just under frost cloth - better still in a glass or tunnel house if you have one. Germination is fast when days are bright, warm and lengthening, so we are off to a good start this Spring.

With very wide perennial borders insisting on growing couch, biddy-bid, and chick-weed, get rid of them now while flowering plants are still low and with ground still soft, weed pulling is easy. While doing this weeding, I usually see what needs attention like Delphiniums needing staked to give support before they get growing, removing mulch from around Iris rhizomes and Peony Rose crowns and removing self sown plants and natives before they settle in.

The width of a flower garden can be reduced by planting a spreading front border. A front border of the same plant will also formalize a busy mixed garden and cut down on weeding and bird scratching. Border plant suggestions: Lambs ear, purple Sage, Aubretia, dwarf Agapanthus, Catmint, Mondo grass, Violas, Ameria Maritima, commonly known as Thrift and in very wide borders ground cover Ericas will spread a metre and add colour during Winter. A lot of the mentioned plants will already be growing in gardens, so can be broken up to spread along to create a border.

Roses are pushing out new shoots here. If you haven't pruned yet, do it now before they leaf up and give them a dressing of Rose food or compost - they are gearing up for a come back! Dahlias: Too early for planting tubers yet, but the addition of Dolomite Lime where they are to be planted, will sweeten the ground ready for planting next month.

Deciduous Magnolias are pushing off furry bud covers, Camellias are bursting with colour and Rhododendrons will be doing the same this month. All plants, Shrubs and trees will respond to feeding now the sap is well up. Liquid feed all perennial and bedding plants making growth and use a good general fertiliser for trees and Shrubs to help them along. Azaleas and Tulips are the exception. Azaleas like fed after flowering and Tulips store enough food in the bulb for their requirements. If you load them up with more, they will grow more leaf and hide the blooms. (No feeding for Australian or South African Shrubs such as Leucodendron, Protea, Waratah and Grevillea.)

Prepare ground for sowing new lawns. Here on the coast, ground will soon be warm enough to get a strike - sow seed thickly in Spring to beat the annual weeds. Once Spring mowing starts, keep the mower blades up to allow grass to thicken. Remove moss with Sulphate of Iron watered on with



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a watering can and raked out when it has turned black. Feed lawns just before or during rain and they will stay lush. Here on the coast, sow Lettuce seed and plant Lettuce plants at two week intervals, along with all green leaf veg on offer for sale and Peas, Broad beans,(other Beans need the soil a little warmer). I was once told to plant each Bean with a little Potash to help with rust problems - they still get a little rust, but I think that's probably due to them getting too dry between watering's. Secure them with wire stakes before the strong winds arrive.

Prepare ground for planting sprouted seed Potatoes. Still haven't prepared the Strawberry bed yet - maybe this weekend.! Almost Peach / Nectarine bud burst. If you need to deal to leaf curl, this is a fungal disease which over Winters in tree bark and around buds - leaves become curled and deformed with warty growths. Just before bud burst, spray with liquid Copper and once again after petal fall. If only a few leaves are affected, remove and destroy.

Below is a helpful NZ planting calendar you can download. http://www.tuigarden.co.nz/sites/default/files/document/Tui_Planting_Calendar_Third_Ed_0.pdf Tui Veg Garden www.tuigarden.co.nz

PART V : GARDEN DIARY PLANTING CALENDAR
THE TUI NZ VEGETABLE GARDEN PART V: GARDEN
DIARY 304 305 Jan Feb Mar Apr May Jun Jul Aug Sep Oct
Nov Dec

Cheers, Linda.

Mandy's Health Tips

Robotic Medicine Sachet is a simple system in managing your medicines without the need to handle multiple bottles and packaging. It saves you time and prevents accidental overdose, because you don't have to think about the dose and count how many pills you need to take. You don't need to wonder if you have taken your medication or



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Have a great week, Mandy

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Allergies

Many New Zealanders celebrate the first of September as marking the end of a cold, wet and dark winter. You certainly see an increase in the hay fever type of illnesses with the allergens that float around as you get to the warmer months. For hundreds of thousands of people however, Spring brings with it pollen and the misery of hay fever. Allergies are the most common chronic health condition affecting New Zealanders. At least one in five is affected, and this is likely to rise. Allergies are caused by the immune system overreacting to something that is otherwise harmless to most people.

Allergic Rhinitis, most commonly known as hay fever is the most common symptom of allergies. It causes a recurrent runny, stuffy, itchy nose, and frequent sneezing. It can also affect eyes, sinuses, throat and ears.

Fortunately there are many products available to treat and prevent allergy symptoms - such as nasal sprays, like Azep and Dymista, antihistamine tablets like Razene and Lora-tabs, eye drops, and health supplements.

Ways to protect against Allergic Rhinitis:

- Keep your home and car windows closed on windy days during the pollen season (August to March)
- Avoid mowing lawns or walking in long grass. Wear close fitting sunglasses.
- Reduce house-dust mites by vacuuming often and shampooing the carpet regularly. Consider using dust-mite-proof covers for mattresses, duvets and pillows.
- Keep pets outdoors and regularly vacuum their hair or fur off the floor and furniture.
- Avoid dry dusting - instead use a damp cloth to wipe over surfaces.
- Hot wash bed linen weekly, and air blankets in the sun for about 4 hours to kill dust mites.

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How communities lost their heart

Society has been fragmenting for decades, leaving communities with little sense of identity. We come together during a major emergency like an earthquake, but not on a regular basis for the little things that can make people's lives better. Without a strong sense of community, we all lose.

The rot set in when people began deserting the established churches after World War One. Churches no longer provided a unifying force to keep communities together. Then, after World War Two, extended families began breaking up. Nuclear families moved away to set up their own home and live their own, separate lives.

Later, the economic shocks of the 1970s and 80s eroded the prosperity people had enjoyed in the 1960s. Paying bills and feeding faces became a battle for many families. The days of the man going out to work while the woman kept house and raised the children were over. Two salaries were needed to make ends meet.

Family life was not the only thing to suffer. With the cost of living using up entire salaries, fewer people had money to spare. Less and less money went to charities — organisations that had always worked towards creating a better society.

People also had less time and energy to give. Stay-at-home housewives had been an invaluable source of help for voluntary organisations. With both partners now having to work, the amount of time and energy available for the community dwindled. People became so engrossed in their own economic survival that being part of a community took second place.

More recently, advances in technology have further fragmented communities. Once there were just one national television channel screening news. Once there was just one commercial radio station in each community. Local news was gathered and broadcast, so we all knew what was going on. Once we had a newspaper that gave us comprehensive news about everything that was happening in the community.

Lack of local news has meant we know little about what is going on around us. As a result, we have become disinterested in anything other than our own small world. But, we can change this. Communities around the world are rekindling community spirit and community pride. There is no reason why we can't do the same in Oamaru. More next week. Graeme Leather



The Oamaru Club inc team of John Brice, Ngaire Smart and Mike Howard (skip), Won this years "Champion of Champion indoor bowls triples. Runners up were Gordon Robb(s), Rosie Oliver and Diana McGregor of Meadow bank.

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CHICKEN CORDON BLEU

- 4 skinless, boneless chicken breast halves
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 6 slices Swiss cheese
- 4 slices cooked ham
- 1/2 cup seasoned bread crumbs

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 7x11 inch baking dish with nonstick cooking spray.
2. Pound chicken breasts to 1/4 inch thickness.
3. Sprinkle each piece of chicken on both sides with salt and pepper. Place 1 cheese slice and 1 ham slice on top of each breast. Roll up each breast, and secure with a toothpick. Place in baking dish, and sprinkle chicken evenly with bread crumbs.

Bake for 30 to 35 minutes, or until chicken is no longer pink. Remove from oven, and place 1/2 cheese slice on top of each breast. Return to oven for 3 to 5 minutes, or until cheese has melted. Remove toothpicks, and serve immediately.

SUDOKU ANSWERS

1	3	7	5	4	8	9	2	6
9	6	4	7	2	1	5	3	8
8	2	5	9	3	6	4	7	1
7	4	2	3	1	5	8	6	9
3	9	1	6	8	4	2	5	7
5	8	6	2	9	7	1	4	3
4	1	3	8	7	2	6	9	5
6	7	8	4	5	9	3	1	2
2	5	9	1	6	3	7	8	4

2	9	5	3	1	8	4	7	6
7	1	6	5	9	4	8	3	2
4	3	8	2	7	6	1	5	9
5	8	7	9	4	2	6	1	3
1	2	3	8	6	5	9	4	7
9	6	4	7	3	1	5	2	8
3	4	1	6	8	7	2	9	5
6	7	2	1	5	9	3	8	4
8	5	9	4	2	3	7	6	1



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News from Grey Power

Aged Care Commissioner needed

Grey Power national president, Mac Welch, has called on the Labour-led Government to urgently appoint an Aged Care Commissioner. The report by the Human Rights Commission (This Is Not My Home) estimates that about 5,000 elderly New Zealanders are being held without their consent in secure dementia units, with another 1,000 in residential psycho-geriatric facilities. This cannot be ignored.

"Labour made a firm commitment that, if elected, such an appointment would be made in the first budget. With all parties in the coalition supporting the appointment, why has it not occurred? Grey Power wants the Government to honour that promise and make this urgently needed appointment," said Welch.

Countdown stop discount

Countdown have stopped giving the 5% discount to GoldCard holders on Superannuation Tuesdays. The last day was 21st August. As far as we can ascertain, staff were given no reason. This change of heart is disappointing as it was a welcome gesture that helped ease the budget of many people.

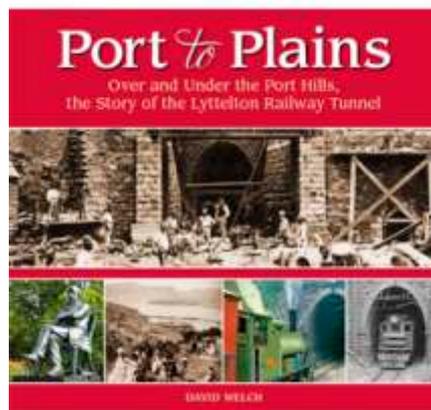
Problems with Xtra email addresses

Apologies to members of Grey Power North Otago who have Xtra email addresses. Most of our messages to you are being bounced back as spam. There are no problems with any other email providers. Members have received various reasons for this, with one being told there was nothing Xtra could do. Given that the issue arose only a few months ago, presumably after Xtra changed something in its system, that is odd. We may be forced to change our email address, something that is time-consuming and inconvenient for everyone — like moving house because NZ Post won't deliver letters!

We are interested in hearing if other groups and individuals are having a similar problem. Email: nogreypower@yahoo.co.nz.

Port to Plains

Want to know more about the history of the Lyttelton Railway Tunnel? Historian David Welch will present his new book *Port to Plains* in The Oamaru Library, 12th Sep at 6pm - which celebrates the 150th anniversary of Lyttelton Railway Tunnel by exploring the politics, technology and the human stories behind the construction. - the largest single engineering project of colonial New Zealand. The tunnel took 16 years to build. *Port to Plains* offers a richly illustrated, time-tunnel journey into a world of people, tackling huge problems, with huge hopes and hand tools, gunpowder and a collective determination.



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Hemp seed oil is a great source of high-quality nutrients and has a long history of use in Eastern culture as a multi-purpose natural remedy. Despite its widespread popularity, prejudice related to its association with cannabis has kept it from common use in the West. The oil contains virtually no THC!

Hemp seed oil is often used as a moisturizer for the skin. It can dramatically decrease skin dryness to alleviate itching and irritation.

Beta-caryophyllene (pepper) and myrcene (musk) are both been found in hemp oil. The terpene interacts with cell receptors that regulate the immune system. Myrcene has been found to have antidepressant and anti-inflammatory effects. It also acts as an antioxidant and helps molecules move across cell membranes.

Hemp seed oil contains essential fatty acids, including docosahexaenoic acid (DHA), that are required for brain development. DHA is crucial to the health of the brain as well as the retina of the eye, particularly in the first year of life.

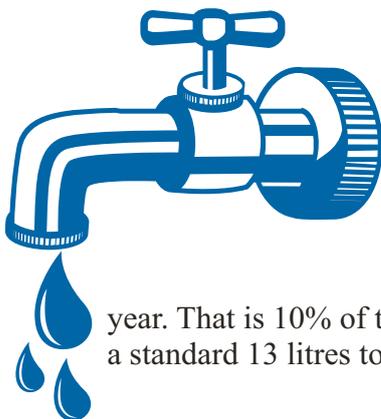
Hemp seed oil has a 3:1 ratio of Omega-6 to Omega-3 fatty acids, a balance that has been shown to support heart health and promote proper cardiovascular function.

Hemp is a rich source of gamma-linolic acid (GLA), an omega 6 fatty acid. They may also reduce cramping and pain during menstruation.

Taking a fish oil supplement can be a helpful way to increase omega-3 fatty acids in your diet. However, fish contains a great deal of mercury which can hinder neurological and developmental mechanisms in the unborn baby. Hemp seed oil works as a terrific alternative to traditional omega-3 fatty acid supplements and doesn't carry the same risk of mercury ingestion.

The essential fatty acids in hemp seed oil have been shown to promote healthy flora in the intestines and support immune system response and function. This can be very helpful during the cold and flu season.

Another benefit of essential fatty acids is mood health. The endocannabinoid system regulates the release of neurotransmitters, some of which play major roles in conditions like depression and anxiety. As mentioned previously, endocannabinoids are made from fat. Consuming extra essential fatty acids gives your body the ability to produce these lipids.



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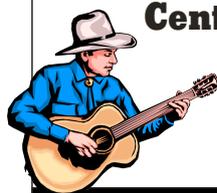
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Community Diary

Wednesday 5th

Afternoon Social Housie: 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Grey Power. Ph: 437 2220.

Age Concern Golden Oldies Afternoon, 1st & 3rd Wed of the month, 1.30-3.30pm, LandSAR Rooms, 1 Severn St, gold coin donation, some transport avail. Ph 434 7008.

Cancer Society Volunteer meeting, Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

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

N.O Rock & Mineral Club meeting 7pm, in club rooms under St Vincent de Pauls. ph. 027 200 6873.

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 6th

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

Business Networking @ The Business Hive. 10.15 - 11.15am. 22-26 Ribble Street. Free.

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

Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

N.O. Photographic Society, 7.30pm, Weston Hall.

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

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

Friday 7th

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

Johnstone Clan meet at 10am Peter Pan, Eden Street. All Johnstone's welcome. Phone Daphne 4346249 for info.

Saturday 8th

Meadowbank Community Stadium Bowls, 1.15pm. Bowls available. Ph. Graham 4340951

Monster Garage Sale, St Luke's Hall, Wharfe St, 9am.

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

The North Otago Lions Club, "Special Needs Pool Party" held at the Aquatic Centre from 6pm to 7:30pm. Any person with special needs is welcome but must be accompanied by a support person. We will supply a sausage and party sizzle, drink and sweets, so if any dietary needs are required, please let us know so we can cater for them. This BBQ is free to all, including carers. Ph 434 3044

Sunday 9th

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

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

Reformed Church Oamaru, 4 Eden St, morning service followed by Sunday School at 10.30 a.m.; evening service at 5 p.m.

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

Monday 10th

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.

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

Tuesday 11th

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.

Alzheimers Society N.O. - Support Group, Green Room, Opera House, 1.30-3pm. All welcome.

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, 2pm Ph. 437 1294.

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

Up & Coming

Cancer Society Support Group Meeting - 2nd Wednesday each month, Community House Meeting Room, 100 Thames St, 10.30am. All welcome, Ph: Leanne Kennard 434 3284.

Waitaki Travel Club monthly meeting Friday 14th September at the Manor Estate at 10am, Guest speaker Joan Sutherland "Balkan Travels".

Annual General Meetings

Oamaru Anglers Club, Wed 5th Sep at 7pm, Upstairs at the back of the Oamaru Police Station. New Members welcome. Ph 434 5144

North Otago Yacht & Powerboat Club inc. A.G.M. Tuesday 18th September 2018, In the clubrooms, Commencing at 7.30pm

Herbert Hall AGM, 19th September, 7.30pm. All welcome. Ph. 021 448 002.

Classifieds

For Free

Carpet - suitable for weed matting only. See Simpsons Flooring.

Horse Manure, Ph 434 5607.

Shacklock Oven with 4 elements. Good working order Ph. 437 0769.

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2 seater couch - good order \$200, **2 light standard lamp** \$50, **3.5m Fryan Aluminium runabout.** Trailer & hull good. motor needs attention \$2,500. Ph 439 4994.

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Pig Manure compost \$5 or \$7 dollar bags available inc delivery trailer loads available \$40. Ph Jared or Caitlin 03 4342345 or 027 74431716.

Quality English linen embroidered. Retired artists **oil and water colour painting.** **1 freezer** sml \$160, Bernina Embroidery plate cut, sew foot. **Electrolux vacuum cleaner** complete with attachments and book. Ph 434 3044

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

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Books - always buying at Oasis Oamaru, 10 Harbour St, Ph 434 6878.

Rotor Mowers & rider mowers - going or not. Ph. 021 046 0507

Tools wanted! Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.

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sandra@healthsongs.org.....03 434 3119

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Part Time Kitchen Hand

Oamaru Hospital has a vacancy for a 'Part Time' Kitchen Hand
The successful applicant will be required to work:

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- Week 2: Monday, Tuesday, Wednesday 10.15 - 18.30
(7 Hours per day) and Saturday 6.45 - 12.15 (5 hours)

The position involves a wide variety of tasks and would suit a person who is versatile and willing to work enthusiastically as part of a committed team.

Applicants would be required to demonstrate a courteous manner and the ability to work under pressure and will be required to work extra shifts to cover annual leave and sick leave.

Application forms and job descriptions are available from:
Andrew Moore
Non Clinical Support and Supply Centre Co-ordinator
Andrew.Moore@southernhb.govt.nz
Phone: 433-0290 extn 9049

All applications and enquiries should be directed to Andrew Moore as above.

Government funding to improve visitor facilities



Government funding to improve visitor facilities ahead of Summer in Mackenzie and Waitaki basins.

The Mackenzie and Waitaki Basins Responsible Camping Strategy Working Group has welcomed the announcement from Tourism Minister Kelvin Davis that the region will receive funding to address that community's concerns around visitor impacts ahead of summer.

The working group, comprising representatives from Mackenzie District Council, Waitaki District Council, Department of Conservation (DOC), Land Information New Zealand (LINZ) and New Zealand Transport Agency (NZTA) responded to a call for applications to the Ministry of Business, Innovation and Employment's (MBIE) Tourism Facilities Development Grants Fund. The fund was provided to help local authorities support communities by ensuring facilities are in place ahead of the peak camping season.

To address visitor pressures through the Summer 2018/19 season, Mackenzie and Waitaki district councils will jointly receive \$548,000 for visitor education, monitoring and compliance, toilets, signage, vehicle counters and fencing at various sites along State Highway 8, including Ahuriri Bridge, Lake Poaka and Pattersons Ponds. While the funding will be administered by the councils, DOC, NZTA and LINZ-managed sites will also benefit from temporary measures to help manage growing visitor numbers.

Waitaki District Council chief executive Fergus Power said the working group was delighted by the announcement.

"This funding recognises that the Mackenzie and Waitaki districts have experienced substantial growth of visitors in recent years, with many choosing to freedom camp. It will enable us to work on a number of sites to not only improve the experience for visitors to our region, but to also ensure communities are comfortable with the level of infrastructure we have in place during busy times."

Mackenzie District Council chief executive Suzette van Aswegan said the funding will allow agencies to educate visitors on appropriate responsible camping behaviours and ensuring they have the information they need to camp responsibly, as well as upgrading visitor infrastructure in areas such as the DOC-managed Ahuriri Bridge Camp Site.

"As well as completing physical upgrades in installing temporary infrastructure at sites where we know there is a lot of community concern, there is also a substantial amount of funding that will go towards education and monitoring of our visitors to ensure they can adhere to rules around responsible camping. We'll look to do this with traditional communication methods, as well as introducing rangers that will act as ambassadors to share local stories and pass on information to visitors."