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There is loads of entertainment coming up over the next couple of weekends. - So get out, try to support them all and enjoy your week, *regards The Telegram.*

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Still very dry as I write this and the odd morning frost reminding us of Winter approaching, as growth is shutting down to rest over the colder months. Gardens are looking tired and messy, with plants such as Dahlia, Perennial Phlox, Alstroemeria, Japanese Anemone and Salvia - along with annuals that flowered over Summer and Autumn all coming to

an end. Don't wait around to see how much more flowering they will do - chop Perennials back and remove Annuals before they exhaust themselves making unwanted seed - however I always save seed heads from one or two. Once the cutting back is done, fill gaps with Annuals for new season colour.

If worms are rare in your garden, this usually indicates that the organic content of the soil is very low. Worms will always find manure, but it needs to be spread as a layer low down under a soil bed for them to come up to it. This would be a daunting task to undertake in established gardens, although worth doing bit by bit when setting out new gardens where the soil is dry and has clay content.

Deciduous trees and Shrubs will come into retail outlets soon. Plan new plantings remembering they will grow both up and outwards. If your ground tends to get wet and sticky in Winter, it would be a good idea to dig the area up now while the soil is easy to work with. Dig out the soil, add peat or compost and Blood and Bone to it, then fill back in again until you are ready to plant. If you know which deciduous trees and Shrubs you require, order them now from the Garden Centre and you will not miss out

Very strong Rambler Roses can be pruned from now on, cutting out any dead stems and cutting back all side stems on canes to with in 2-3 buds from the main stem. Shorten back vigorous leaders by about 1/3 to promote branching. If the bush is out of control like some of mine, reduce the size with a hedge trimmer - then cut some canes right out from ground level.



Lawns : Those who have had a good Autumn lawn strike, will probably have given the first cut - don't be too hard on new grass - it is still very soft and roots will not be far down. An Autumn sow needs to Winter over to harden off. Don't worry about the annual weeds that came up with the grass - the first mowing and frosts will take care of most of them. Leave spraying until Spring, because you will not gain anything by doing it now and very new grass could be affected by harsh sprays. Rake leaves off lawns - if light is kept from grass it will suffer.

Veg: Continue planting Strawberries, raising the beds where drainage is suspect. It is still not too late to sow a green crop in vacant areas of the vegetable garden - Oats or Blue Lupin are a good nitrogen fix when dug in. Broad Beans are also suitable - better than a single variety, is a mixture of Legume and a Cereal. Dig them in while still soft and green - this adds nitrogen and humus needed in soil. *Cheers, Linda.*



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Screen time advice for parents

The internet has changed the way we work, rest and play. With so many ways to connect to friends, family and all kinds of content, many parents worry about how much time their children spend online.

So, how many hours a day should kids be spending online? There's no simple answer to this question because not all screen time is created equal. Spending two hours on the internet watching cartoons isn't as beneficial as spending two hours on the internet learning.

Parents need to think about the age and stage of their children, and understand how their children use the internet to be able to decide how much time they'd like their kids to be spending online.

Getting started

Talk to your kids about what they're using the internet for, so you have a better understanding of how they're spending their time online. Are they using the internet to learn?

To communicate and create friendships with others?

To create music or videos? Really listen to what they have to say – what might seem like 'just a game' to you, could in fact be a way for them to connect with people who have similar interests.

Helping them to self-manage their time

As children get older we need to start teaching them how to manage their own screen time, so they have these skills in adulthood. You can start this by talking to them about their time online and how to manage it. Some questions you could ask to start the conversation with teens are:

- How much time do you think you spend online in a day?
- How can you tell when you've been online too long? (E.g. phone starts getting hot, eyes get sore or tired, start to feel unproductive or mood starts to change)
- How do you feel when you spend too much time online?
- The online space is great, but what are some of the positive benefits of putting down your phone and doing other activities?
- What are some different ways you could manage your time online or cut down when you need to?

Often we don't actually know how much time we're spending

online. Some social media platforms have tools to help you keep track of how much time you're spending online and allow you to set up an alarm to notify you once you've spent a certain amount of time online. For Instagram, go to "Settings" and then select "Your activity". On Facebook, this is under "Settings & Privacy" and then select "Your time on Facebook". There are also phone settings and other apps that help you manage your time online too.

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RealFood Pantry - Recipe

Dal Makhani - Ingredients

(Serves 4)

280gms whole urid dal (black lentil), 60gms red kidney beans
1.5 litres water, 3 tbsp vegetable oil, Pinch of asafoetida,
1 green chilli slit lengthwise, 1 tsp cumin seeds coarsely
ground, 10 cloves of garlic finely chopped, 210gms white
onion finely chopped, 220gms tomatoes finely chopped,
3 tbsp tomato puree, 1" piece of ginger finely chopped,
1 tsp mild chilli powder, ½ tsp garam masala powder
2 tbsp butter, 60mls single cream, 1 tbsp chopped coriander
for garnish, ½ "ginger slivers for garnish.

Method

1. Soak the black lentils and kidney beans overnight in a bowl in plenty of water.
2. In a large heavy bottom sauce pan add the black lentil and kidney beans along with the water and salt. Bring to a boil and simmer on a low heat for an hour. Stir a few times and scarp of the foam from the top. Continue cooking for further 1 hour and 15 minutes.
3. Drain, reserving the cooking water and set aside to use for later. Mash the lentils with a potato masher this will take some arm work so keep mashing till you have a coarse consistency. You want some lentils whole but most of it mashed.
4. In a heavy bottom large non stick sauce pan heat the oil on a low heat. Add the asafoetida, chilli and cumin seeds. Let them sizzle for 5 seconds and add the garlic frying for a further 30 seconds.
5. Now turn the heat to medium and add the onions sautéing for 7-10 minutes until they begin to soften. Stir well making sure it doesn't stick to the bottom of the pan.
6. Add the tomatoes and fry for a further 3 minutes mashing the softened tomatoes with the back of the spoon now add the puree and cook for a minute
7. Add the ginger and fry for a minute followed by the mild chilli powder. Season to taste and add the mashed dal. Stir well and make sure to mix all the spices with the dal
8. Add 650 mls cooking liquid and stir. Bring to a boil and simmer for 20-25 minutes on a low heat with the lid on. Make sure to stir a few times preventing it from sticking to the bottom of the pan
9. The dal should be thick and creamy so add a little more water only if you need to. Add the garam masala powder along with the butter. Stir well simmering for a minute
10. Just before you serve add a swirl of cream, fresh coriander and ginger. Serve with naan or pulao

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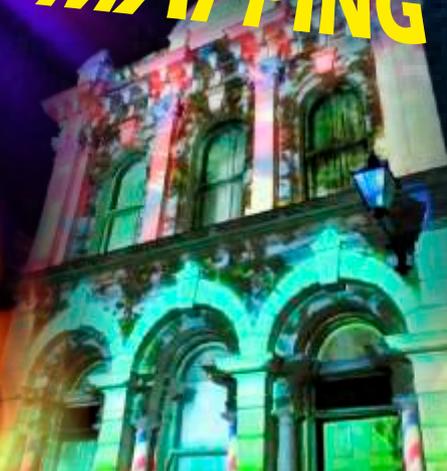
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Let's Talk About Joint Health

All bones, (except for one in the neck), form a joint with another bone. Most joints are designed to protect the ends of bones where they meet. They also hold your bones together and they allow your rigid skeleton to move. Bones are connected to other bones by many different types of joints. Some are fixed (such as in the skull) but most are moving joints.

Our joints work extremely hard over a lifetime so it is not surprising that repeated strenuous activity involved in certain jobs and sports, and the ageing process, are likely to affect their health and efficiency.

It makes good sense to take care of our joints to keep them supple and flexible at work and at play, here are some tips in order to do so. Maintain a healthy weight. Carrying too much weight increases the strain on load bearing joints. Elasticated bandages and braces may reduce the strain on joints.

Exercise. Moderate exercise promotes movement, strength, sustained function as well as aiding all-round physical and psychological well-being. Eat a balanced diet. Eating foods high in the omega-3 fatty acids, like oily fish is good for joint health. As well as a healthy diet that includes plenty of fruit, vegetables and grains and only moderate amounts of fatty and sugary foods. Joint Health Supplements. There are many supplements available to aid Joint Health such as Turmeric, Fish Oil, Glucosamine, Chondroitin, Vitamin D3, Mussel and more. These products provide joint comfort, mobility, lubrication and joint nutrition for damaged joint cartilage.

They provide extra support for repair of damaged joints, and support joint cushioning. See your doctor. If you have swelling or stiffness in your joints that lasts for more than two weeks, make an appointment with your doctor for an accurate diagnosis. There are many types of medication or other management strategies to reduce pain and swelling of joints.

Come and see us in store, to check out the range of Joint supplements we have to offer, and be sure to read our mailer which is out now full of amazing deals. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.



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FORRESTER GALLERY

Community Diary

Wednesday 29th

Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

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

St. Pat's Indoor Bowling Club, Athletic Rugby Clubrooms, indoor Bowls Centre, 7:15pm All welcome. Ph Mary 4347196.

Weston Indoor Bowling Club. Weston Hall 20 Main St at 7:30pm.

Yankee Indoor bowls at 1.30pm at the indoor bowls Centre Centennial park. For young or old and a bit of fun. Inquiries to Bob 4371704.

Thursday 30th

Awamoa Indoor Bowling at 1:30 pm. Coaching available. Enquiries to Ph. 434 5061.

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

North Otago Early Settlers Assn. 'Russia Revisited'. Presentation by former NOESA President Ralph Sherwood 2pm @ Early Settlers Hall, 1 Severn St, Oamaru. All Welcome. Ph/Txt Helen

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

Friday 31st

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

Disability Information Mobile Service, Oamaru Hospital Reception area 11.30am – 2pm Ph:0800 693 342 Equipment and aids to support independence, Eftpos available.

Fire & Steam Family Fun Event: This Winter Carnival in the Victorian Precinct - supported by Trust Power. 5.30-8.30pm – \$5, under 16years free. Live Music, Visual Effects and much more.

Friends of the Forrester Lunchtime Recital: 12:15pm - 1pm at Opera Inkbox.

Newcomers Coffee Group 10.30am at the Opera House. Ph. Christine 027 242 8643.

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

Saturday 1st June

Meadowbank Stadium Community Bowls; 14 Conway St, 1 pm. Ph. 434 0951.

Sunday 2nd

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

Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

Reformed Church Oamaru, 4 Eden St, morning service at 10:30am, followed by Sunday School; evening service at 5pm.

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

Monday 3rd - Queens Birthday

North Otago Creative Fibre: meets 10am St Lukes Hall, Wharfe St. Ph. 4372501.

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Family Complex. Ph. 4370224 or 4341463

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

Tuesday 4th

AA Meeting, Orwell St Chapel, 7:30pm, Ph. 432 4191 or 437 2928.

Age Concern Gentle Exercise Programme \$3 per person. Ph. 434 7008.

Come Singing, group singing 7.30-8.45pm Ara, Beauty room, 44 Humber St, all welcome at Di's Singers, a fun mixed community choir, music provided. Ph. Di 021688034 or dischoirs@gmail.com

Dance Classes, Classical Ballet-3-10yrs Ballroom- Beginners – all school ages.

Ph Debbie 021 0559581. Facebook: Debee's Living Arts Dance Oamaru.

Housie or Cards; Interested in Housie or Cards, Herbert Hall, 2-4pm \$2. Ph 439 5363

Meadowbank Indoor Bowls Club: 7 pm at the Indoor Bowls Centre. ph. 4370217.

St Pauls Indoor Bowls 2pm start, Ph Mike 437 1294.

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

Public Notices

*****ALTRUSA FABRIC BAZAAR*****

Sat 8th June 1.30–4pm, & Sun 9th 9.30am–1pm at the **Scottish Hall**, Tyne Street. Material, wool, craft, unfinished projects, cottons & laces, books, patchwork and a lot more on sale. Accepting donations of material, wool etc.. Ph. Helen 437 1047 for collection or drop off at Advantage Tyres..

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627.

Waitoa Park Golf Club welcome all past & present members to afternoon tea at the clubrooms 2pm on June 6th. Members please bring a plate and a raffle.

AGM Notice

Waitaki Boys' High School Old Boys' Association Inc. A.G.M. Wednesday 29th May 2019, 7pm. School staff room. All welcome - Supper provided.

Weston Progress League Inc - AGM Mon 10th June 2019 - 7:30 pm at the Weston Hall Lounge. All Weston residents welcome.

Classes and workshops

Thursday nights - Rock n Roll and Swing Dance lessons. 6.45 beginners (RnR) 8-9pm Improvers RnR and beginners Swing (Alternate weeks) \$5 each per lesson. Held at the Oamaru Club. Ph. Vanessa on 0273338824 or Iain on 0212036852

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Garage Sale

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Safety belts and restraints

Safety belts support you in a crash or when the vehicle stops suddenly. Without a belt, front seat occupants can be thrown through the windscreen and onto the road. Back seat passengers can be thrown onto the front seats or the front seat passengers, or can hit the roof.

Wearing a safety belt reduces the risk of being killed or seriously injured in a road crash by about 40%. If everyone wore their safety belts an estimated 25 lives could be saved from road crashes each year.

Using safety belts

All modern cars must be fitted with safety belts in the front and back seats. Safety belts must be worn in front and back seats if fitted. Remember that if you sit in a seat fitted with a safety belt, you must wear your safety belt.

Safety belts save lives. They support you if you're in a crash or when a vehicle stops suddenly. The force on safety belts can be as much as 20 times your weight – this is how hard you'd hit the inside of your vehicle without restraint. A lap/sash safety belt gives better protection than a lap belt and should always be used as a preference if available.

Requirements for wearing safety belts

All modern cars in New Zealand must be fitted with safety belts and older vehicles may require webbing clamps to improve the 'hold' of their belts.

Specifically, in New Zealand the requirements are that:

- front and back seats in all modern cars must be fitted with safety belts
- if you sit in a seat with a safety belt you must wear the safety belt
- all children aged under seven must be secured in an approved child restraint when travelling in cars or vans
- children aged seven must use a child restraint if available. If not available, they must use a safety belt. If a safety belt is not available they must travel in the back seat
- children aged between eight and 14 must use safety belts if available (if not available, they must travel in the back seat)
- people aged over 14 must wear safety belts where they are available.

There are additional requirements for safety belts in motorhomes.

What if I don't wear a safety belt?

If you're 15 years or over and drive or ride in a vehicle without wearing safety belt you can be fined.

If you're the driver you can be fined if you have a passenger aged under 15 riding in your vehicle without wearing a safety belt or child restraint.

Keeping young passengers secure

The driver of the vehicle is responsible for ensuring all passengers under 15 years are wearing safety belts or age appropriate child restraints that are correctly fitted into their vehicles.

Children under the age of seven must be properly restrained in an approved child restraint. Children aged seven must be properly restrained in an approved child restraint if one is available in the vehicle, and if not then restrained in any child restraint or safety belt available.

Hiring or buying a child restraint? Before you do, check out the required standards so you can be sure the restraint is approved to be used in NZ, and also check the seat fits in your vehicle.

Want to know more?

Read about rules and requirements for safety belts in The official New Zealand road code.

www.nzta.govt.nz

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A vibrant poster for the Steampunk NZ Festival. The central image shows a woman in a steampunk outfit, including a large, ornate hat and goggles, flying over a city street. The street is lined with Victorian-style buildings and has a red carpet. A banner hanging from the street reads 'HAPPY BIRTHDAY QUEEN VICTORIA'. The text 'STEAMPUNK NZ FESTIVAL' is written in large, stylized letters at the top. A red banner in the top right corner says 'CELEBRATING 10 YEARS OF STEAMPUNK IN NZ'. At the bottom, the dates '30 MAY TO 3 JUNE 2019' and the location 'OAMARU, NEW ZEALAND' are listed, along with the website 'www.steampunk.org.nz'.