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Issue 353

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Keeping warm? We had a recent day out on the train for the Taieri Gorge Railway Trip to Pukerangi (photo above), it was a beautiful journey through gently falling snow with snowball fights at the top. Well worth the cost of the trip! A regular rail trip from Oamaru to Dunedin could be on the cards and would be a pleasant option...

Enjoy your week, **Regards The Telegram.**

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Some days during the last week were best spent inside while our home was Grandchildren filled - with more than one coughing and sniffing. But I did sneak out from time to time while the sun shone, to take hardwood cuttings and pot up the cuttings already rooted from those put into river sand at the end of March /April - Rose, Lavender and perennial

Wallflower - these I potted into a pot with potting mix / compost, then sat pots in a sunny sheltered spot.

Hardwood cuttings: are taken in Winter, The ideal time is just after Autumn or just before bud burst in early Spring. Select vigorous healthy shoots grown in the current year. Remove soft growth, cut into sections 15-30 cm - a sloping cut above a bud at the top - cut straight across the cutting bottom, below a bud. Dip this end into hormone rooting powder / gel, which will promote rooting and protect against rotting. Cuttings can go into a prepared slit in the ground (shaded in Summer) or a pot. Two thirds of cutting below the surface, with a layer of river sand at the base. Cuttings should be left until the following Autumn and hopefully you will have a number of well grown beginnings of Shrubs and trees. This is the perfect time to select cuttings for future hedging projects - Buxus (Box), Corokia, Sarcococca, Hebe, Viburnum, Conifers, Lavender (choose Lavender hardwood that has not flowered)

Still pruning Roses here, as weather allows. Having to take quite a few old branches right out at a low bud on some bushes that have served the garden well for many years - hopefully they will push out new fresh growth. While pruning I enjoyed the presence of the fragrant Winter flowering Shrubs - Winter sweet, Daphne Bholua, Witchhazel, Sarcococca (sweet box) - It is so pleasing to catch these perfumes while moving about the garden.

Bulbs: of every sort are pushing through sodden cold ground, reminding us this bleakness will be over soon. All bulbs store food within the bulb and if fed extra nutrients now, it will be put into leaf growth - not the flower. Only feed bulbs after flowering.

Frost cloth: has been a must in the last two weeks on potted seedlings I plan to bring through this Winter for early Spring flowering. Take saucers from under all pots to stop roots sitting in frozen water.

Broad Beans are not every ones favourite, but is one veg you can plant now without the problem of aphids and rust. Some trivia: The Broad Bean was domesticated in about 3000 BC. Egyptians, Romans and Greeks all cultivated Broad Beans for their good source of protein, fibre, vitamins A and C, potassium and iron.

Beetroot can also be planted now - it will grow slowly and baby Beets should be ready during Spring.

Fruit frozen from last Summer - Gooseberries, Peaches, Apricots, Blackcurrants and Plums, have all featured in Winter pudding cookups here with the Children during the holidays. There should be a great choice of bare rooted Fruit trees in Garden Centres now - ready for planting. All Fruit trees need a sunny location and shaping starts as soon as they are planted. Height can be reduced from a leader branch, to encourage side branching - allowing light and sun onto fruit. Unnecessary height on a tree will create leaf shade on lower branches - resulting in fruit on unreachable top branches.



Busy Winter Workload For St John

St John experienced a significant increase in workload in June and it looks likely to continue as New Zealand experiences a cold snap with freezing conditions. Nationally, 111 emergency calls for an

ambulance have increased by 8% compared to June 2016*. The increase has seen 6% more emergency calls for an ambulance in Northland, 9% in the Waikato area and a 12% increase in the greater Auckland region.

The largest incident categories St John typically attends during the winter season are influenza type symptoms and respiratory conditions.

With July and August traditionally the busiest months for St John, emergency ambulance responses are likely to increase from an average of 1,170 incidents a day to 1,333 a day. Last week St John had an average of 1,373 incidents a day – the busiest week in our history.

St John Clinical Operations Director Norma Lane says despite the busier workload, St John is prepared with extra resourcing and deployment planning.

"Our St John Clinical Control Centres are constantly monitoring our resources and managing our capability through the busiest time of year with extra resourcing placed where the need is greatest," Ms Lane says.

With St John receiving about 10% more emergency ambulance incidents nationally during the colder months, Ms Lane is urging people to be prepared for the rest of winter.

"Please dress warmly, drive to the conditions, make welfare checks on elderly neighbours and make sure your regular prescriptions are filled."

Winter sports injuries and winter holiday activities like skiing can also add to an increase in calls.

St John advises the public to visit your local GP for non-urgent health concerns, call Healthline on 0800 611 116 for free advice from a nurse, and for emergencies please continue to dial 111.

*44,200 calls during June 2017 up from 40,900 calls in June 2016.

Recipe of the Week - Easy Meat Loaf

Ingredients

- 2 eggs
- Pkt Onion soup
- 1/4 cup Tomato sauce
- 3/4 cup water
- 1 1/2 cups breadcrumbs(white)
- 2lbs mince



Method

Beat eggs and stir into the onion soup, tomato sauce and water.

Blend in crumbs and meat. Pack into greased loaf tin and bake at 350deg°c for about an hour.



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Aged Services

Age Concern Waitaki, 100 Thames St, Oamaru 434 7008

Budget Advice

N.O.Budget Advice Oamaru 434 6196 Palmerston 027 552 5502

Chiropractor

Ron Sim Chiropractor 23 Eden Street, Oamaru 434 8784

Citizens Advice

Citizens Advice Bureau North Otago 434 9743 or 0800 367 222

Counsellor

Amanda Acheson, NZCCA 027 521 1187

Julie Hales TTC, RCN, Cert Alcohol & Drug Counselling, DAPAANZ 021 071 1030

Kaye Mattingley, DipGrad Otago, NZRSW, MANZASW 434 1188

Orwell Street Counselling 434 6168 or 022 192 4415

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Wednesday 26th

Community Diary

Excelsior Petanque Club Day, 1pm. Ph. 437 1590 or 437 0388.

Eveline Indoor Bowls 7pm at the Centre. Ph 437-2471.

Parents Centre Playgroup (0-6yr) 10am, Salvation Army Hall.

St Patrick's Indoor Bowling Club, Centennial Park, 7pm. Ph 4347196

Waitaki Community Gardens Working Bee, Wednesdays 1-3pm.

All welcome! Call Ra on 021 115 4884 for 2 hours of fun!

Waitaki Power Trust - A.G.M., Thomas's Dining Room, Brydone Hotel, Thames St, Wednesday 26 July 2017 at 5.30pm.

The Trust's 2017 Annual Report will be available from 19 July 2017 from Network Waitaki Limited, 10 Chelmer St, Oamaru during normal business hours or by contacting wpt@clear.net.nz

Weston Indoor Bowls, 7:30 Weston Hall Ph. 4348281.

Yankee Bowls 1:30pm, Centennial Park. Ph. Bob 437 1704 or Gilda 437 2471.

Thursday 27th

Awamoa Indoor Bowls Club at 1:30 pm, Bowling Pavilion Towey St. Ph. 434 5061.

Diabetes Walking Group Chelmer St Gardens carpark 10.30am. Ph Jan 437 2348.

Kakanui Playgroup 9am-12pm, Kakanui School. 1st 3 visits free.

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 Lounge, Exe St. Ph. 434 3202.

'Senior Social Sports' Come along to the Rec Centre from 1:30-3pm to enjoy some regular exercise with like minded people followed by a social 'cuppa'. Walking netball, table tennis, walking soccer and more. \$5 per session. Call Sport Waitaki 0294349379 or Rec Centre 4346932 to register.

St Paul's Thrift Shop open 10am - 2pm.

Friday 28th

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

Lunchtime Recital, 12.15 - 1pm, Ink Box, Opera House - Variety Concert

Saturday 29th

Auction of Talents, 7.30pm, St Lukes hall, 3 Wharfe St. Over 40 items to bid for. Tickets \$10 includes drinks, supper & spot prizes. Pre sales from Gillian Ph. 434 0214 Door Sales from 7pm Cash or cheque needed for Auction bids.

Meadowbank Community Stadium Bowls, 14 Conway St, 1.15pm. all welcome. Ph. 434 0951.

Guinness World Record for Grabatology – largest collection of men's neckties - from 9am at 153 Thames St, Oamaru - (the former BNZ building) corner Coquet & Thames St, Oamaru. Open to the public & open to public inspection. Expected to reach the new world record about 3pm.

N.O. Scottish Society Annual Ball, 8pm, Scottish Hall, music, good supper. Ph. Janice 437 1551.

Sunday 30th

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

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

St Paul's Church, Coquet St, 10am.

Oamaru Farmers Market 9.30 - 1pm, cnr Wansbeck & Tyne St.

Monday 31st

Happy Scoundrels, over 55 10pin bowling 12.45pm, Galleon Complex. Ph. Mike 437 0224 or Garry 434 1463.

Tokarahi Rifle club indoor range. Tokarahi Hall at 7-30pm.

Kakanui Playgroup 9am-12pm, Kakanui school. 1st 3 visits free.

SeniorNet Oamaru 10am, 2 Trent St, Ph. Dorothy 434 7278.

Woodturners, 1pm @ Clubrooms, Oamaru Racecourse. Ph 4395795

Tuesday 1st August

AA Meeting, Orwell St Chapel, 7.30pm. Ph. 4324191 or 4372337.

Age Concern Gentle Exercise Programme, over 60's Orwell St

Chapel Hall, at 1:30pm. Ph. Heather 437 2404.

Barnardos Kidstart Playgroup 9-12noon, preschool children & parents, St Mary's Anglican Church Hall, Bring morning tea.

Diabetes Walking Group, Chelmer St Gardens carpark 10.30 am. Ph Jan 437 2348.

Justice of the Peace, 11am-1pm, W.I.N.Z building, Coquet St.

Meadowbank Indoor Bowls, 7pm at the Centre, Centennial Park, Ph. Noel 437 0217 or Bob 437 1704.

Oamaru Club Indoor Bowls 7-9pm, Oamaru Club Hall, 32 Severn St, Ph Maria 439 5240.

Oamaru Garrison Band Practise Nights, Band Rooms, Cnr Severn & Isis St, 7.30pm.

St Paul's Indoor Bowls, 2pm Church Hall. Ph. Mike 434 6722.

U3A Waitaki St Johns Hall Lounge, 2-4pm. Ph. Linda 434 6613.

Classes and Workshops

YOGA Term 3-2017 Classes on Tuesday Morning & Evening and Thursday Morning. \$110.00 term fee (\$16.00 casual). Also Thursday evening \$80. 00 term fee (\$12.00 casual). Beginning from 25th July. Contact John or Dominique on 03 689 7586; email karunayoga@kinect.co.nz

Up & Coming

AGM for the Oamaru Swim Club Inc being held at the Waitaki Aquatic Centre on Monday 12th August 2017 starting at 6pm.

Cancer Society Volunteer meeting - 1st Wednesday of each month. Held at the Dean O'Riley Lounge - beside Basilica, Reed St at 10.15am. Ph. Rayna Hamilton 431 7897.

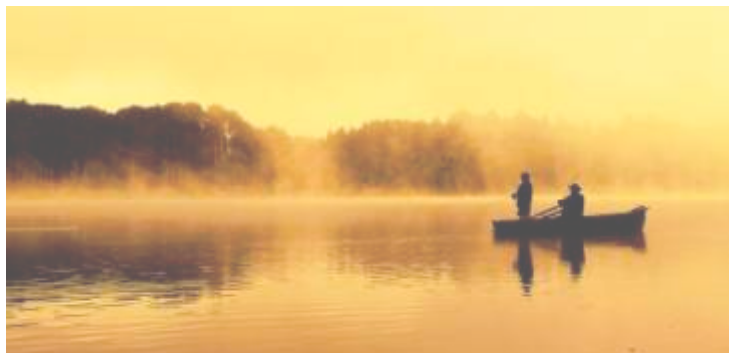
Oamaru Stroke Support Group AGM, Friday August 4th, 1.30pm, Blind Hall.

Oamaru Heritage Radio

Tuesday evening, 4pm to 10pm. "Trevor's Tuesday Variety Time" Oamaru 88.3. Internet listening at www.ohr.nz

Tuesday: August 1st

- 5.30 Item for Younger Ears: Story, The Well At The World's End
- 6.00 Classic Comedy: I'm Sorry I'll Read That Again
- 7.30 Concert Piece: Haydn, String Quartets No 1 (The Hunt) & No 63 (The Lark)
- 9.00 Reading: D H Lawrence, Sons and Lovers, read by Robert Powell, Pt 5 of 8



On Golden Pond

Oamaru Repertory Society celebrates 50 years in their Itchen Street Theatre with *On Golden Pond* by Ernest Thompson, Aug 9th - 13th, by arrangement with Hal Leonard Australia Pty Ltd on behalf of Dramatists Play Service Inc, New York. Directed by Chip Chapman, this acclaimed classic American drama/comedy brings together some of Oamaru's most experienced and well known actors plus a newcomer as the teenage boy. The theatre box office will be open daily from 2 August (12 noon - 5pm and 1 hour before performances). Phone 434 8868 during these times or email tickets@oamarurepitory.co.nz.

'The Flea' to be exhibited at Forrester Gallery

The Forrester Gallery is excited to welcome established artist Grant Whibley to the Forrester Gallery for the first time. Whibley's exhibition *The Flea* will open to the public on Saturday 5 August and run until Sunday 17 September 2017.

Forrester Gallery Director Jane Macknight says, "I jumped at the opportunity to work with Grant, partly based upon his reputation as an artist but also because he was committed to presenting artworks about Twizel – a place he had come to know since taking up a teaching position there in 2015. It is important for the gallery to show artwork that explores and reflects the identity of our whole district and an outsiders eyes can help us see ourselves differently".

Whibley says about his new works, "The landscapes and large figurative work in this exhibition depict narratives of people's search, set against a backdrop of empty desert spaces. The literary metaphors of desert spirituality and imagery I read about in Beldin C Lane's book *The Solace of Fierce Landscapes* point to an awakening to God's search in our own hearts".

Whibley is presenting nine new paintings created during his time teaching at Twizel Area School. He is an artist and teacher and has exhibited widely and been the recipient of several awards for his art.

Whibley was born in Tokoroa and raised in Whakatane. In 1997 he was

awarded a Master of Fine Arts, with first class honours, from Elam School of Art in Auckland. Since mid-2015 he has been based in the southern alpine town of Twizel, teaching at the Twizel Area School and making work that responds to this place.



Bore to the Aquifer; Oil on panel, 2017 by Grant Whibley.



The Indoor Bowlers who represented North Otago in the Paterson Trophy held in Alexandra recently. The competition was won by Southland with 134.5pts followed by Otago 111.5, South Canterbury 102.5, South Otago 80.5, North Otago 62.5, and Central Otago 48.5.



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Raffle Results

Save the Children raffle results, Firewood - 221, Harwick, Groceries - 631 McKenzie. Thanks to you all for your support.

New public recycling bins installed in Oamaru

A new three-bin recycling unit has been installed near the bike skills park at Friendly Bay in Oamaru.

The new bins follows a request from the Whitestone Civic Trust for more rubbish bins in the historic precinct and requests from overseas visitors for recycling facilities in the town. Waitaki Resource Recovery Trust (WRRT) manager Dave Clare says funding for the recycling bins was sourced from the Public Place Recycling scheme and Litter Abatement Programme.

"We've been fortunate to secure a \$10,000 grant and that has allowed us to purchase five 'heritage' three bay recycling/rubbish units," says Mr Clare. "The bins collect glass bottles and jars, general recycling plastics and cans, and non-recycling rubbish."

The first was recently installed and a second unit will be installed, again in Friendly Bay, but closer to the children's playground. "Where the other three units will go has yet to be decided but could include the Oamaru Farmer's Market area, the Oamaru Public Gardens or Kakanui."

Deputy Mayor Melanie Tavendale says the collaboration between Council and WRRT shows how the two organisations can provide a sought-after service that the public has asked for.

Cr Tavendale says, "It's great to see the recycling bins in an area of Oamaru that is growing in popularity and is attracting both locals and visitors. There is a growing

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expectation that this type of service should be provided and we're very pleased to work with WRRT to make that happen."

The weight of recycling material and general rubbish will be recorded and advised on a quarterly basis to the Public Place Recycling Scheme operators who operate this programme in conjunction with the Ministry for the Environment's Love NZ brand.

Mr Clare says, "The success of the scheme will be judged on the amount of material diverted from landfills." The existing rubbish bins in Friendly Bay will be relocated to the historic precinct.

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Literacy Aotearoa
 Choice Change Freedom

FREE help with...Drivers licence, Pet care, Unit standards towards level 1 & 2, Logging into the Work & Income sites, English language learning, basic computer knowledge, operating your cell phones, budgeting, Heavy truck theory, Health and Safety, Workplace training and so much more! We are not just about reading and writing, literacy fits into your everyday life skills, whether it's following a recipe or shopping. WE ARE HERE TO HELP YOU and its FREE. We are flexible, we can come to you, or you can come to us. Need training for work??? Need to understand how to complete forms??? GIVE US A CALL NOW, 434 2236 or come talk to us at 20 Ribble St - next to Plunket Electrical.

Rhys Darby brings his Mystic Time Bird to the Opera House

Rhys Darby is bringing home a brand new show for 2017. Darby's shows are always a mix of astute observations and stand-up cocooned in a fantastical story that takes his audience on a journey through the ridiculous to the downright silly. This show promises to be no different.

In Mystic Time Bird Rhys turns to the world of ancient mysticism to find answers to the world's problems. In doing so, he discovers that he was a bird in a past life, and this knowledge takes him on an unexpected path. Darby will address the big questions like "Are we truly free in this day and age or is alien technology guiding us into an even greater trap?" All this plus weird movement and sound effects.

Rhys Darby became a household name after starring in the US TV show Flight of the Conchords. Now based in Los Angeles, he regularly performs stand-up around the world and has starred in many international TV shows such as The X



Files, Netflix's Voltron and TVNZ's Short Poppies. He will be seen this year in the Jumanji sequel with Dwayne Johnson and Kevin Hart, Netflix's Lemony Snicket, Whose Line is it Anyway Australia and many other shows. He's quite a busy boy so grab a ticket now as we don't know when he'll be back! The show plays Oamaru at 8pm on Thursday the 3rd of August at The Oamaru Opera House.

Literacy, what is literacy??

The dictionary says it is the ability to read and write - educated. Most people say "Im not interested in going back to school" or "Ive survived just fine all these years without it" and these responses are true, both of them.

But..... did you know that you work with literacy everyday?? in everything you do, at home and at work, and if any part of your day you feel you cant quite "get there" we can help.

We do not provide a classroom setting, our atmosphere is friendly, personal and you learn at your own pace with either one to one flexible training suited specifically just for you, or in a group setting - its up to you.

Flexible days of the week, flexible hours of the day, your training is unique to YOU, so what are you waiting for?? give us a call now, Freedom is your Choice!

What is Workplace literacy???

Workplace literacy means the mix of skills employees need to complete everyday tasks at work. Employees need these skills to communicate with customers, understand health and safety information, keep accurate records, and follow production schedules.

In many workplaces there are intelligent and motivated employees who are held back because of low literacy and numeracy skills.

If this sounds like you then we need to hear from you, dont waste any more time, call us today 434 2236, or pop into our 20 Ribble Street office, it could be the best decision you have made this week.

Workplace numeracy and literacy can deliver some pretty impressive results, what are you waiting for??