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1st August 2017

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Issue 354

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We are now starting a new layout for the Telegram - this will give us more flexibility with sizes and therefore pricing. Take a look and let me know what you think about it.

We also have a pile of empty boxes also to the ceiling - be quick as they won't last - when people hear about them... Facebook users - remember to like us and place comments - our facebook address is www.facebook.com/oamarutelegram Keep dry - see you next week, **Regards The Telegram.**

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Water and mud everywhere, with many people affected by the deluge last week. I hope not too much lasting devastation in homes and gardens. During the dry period and mop up here at Rockvale gardens, I hired that wonderful small chain saw on a pole and created havoc in my wake as I moved around the garden, thinning out and lowering shrubs and trees. Ours like any formal garden needs to be contained to fit the space allotted to it at the beginning of planting - which in our case was 37 years ago. Many trees and shrubs have been removed over these years to change areas and let light onto gardens.

Bulbs that shot up during warmer Winter days will continue to head for an early Spring display. If temperatures drop now, buds will be held and the cold will have a noticeable effect on soft new growth. However, Prunus Autumnalis are in full flower and the fragrance from Wintersweet, Witchhazel, Daphne, Boronia and Violets wafting about gardens, make Spring seem closer, so onward with pruning, humping straw bales and barrows of gravel in readiness for the Spring explosion. This is time for me to create and dress the garden by planting out, shifting and feeding. Liquid feeding Annuals and Perennials that have been nursed through Winter - Folia feeding helps new leaf growth, budding and flowering plants from now on. Roots are starting to take in nutrients to plump up buds.

Hydrangeas: This week I have noticed nice fat buds swelling on the hard wood stems of Hydrangeas - which indicates here on the coast, time to prune all stems that flowered last year down to the second bud from the bottom, leaving softer new stems to flower this year. Further inland, leave top growth on Hydrangeas to protect new buds during the cold of August. Feed hydrangeas now as well to keep flowers shades true - Aluminum Sulphate for blue flowers, Lime for pink, white never changes, but are best planted in light shade. The use of coffee grinds, grass clippings or pine needles spread around the drip line, can help to lower the PH of pink Hydrangeas and encourage them into shades of purple.

While raking out the last Autumn's leaves that had blown under Shrubs, I come across branches from Shrubs laid down in soil forming roots - Viburnum, Choysia, Camellia and Hydrangeas. Most shrubs growing low to the ground can sometimes drop a branch into the soil and form roots, allowing the branch to be cut from the Mother bush to be potted and grown on. This can also be purposely done at the beginning of Spring by pegging branches down into the soil - roots should develop at the covered point. Making a small wound on the buried stem will help to stimulate root development.

Peony Roses: Cut the old growth from Peony Roses now and destroy - disease can Winter over on last year's stems - be careful not to knock the new pink shoots emerging from the tubers. Cut the old growth from Dahlias now as well. If thick and tubular, bend the cut stalk over to prevent rainwater building up inside, which will lead to rot in a tuber.

Iris: Remove soil / mulch from Bearded Iris rhizomes - they need to be partially exposed to give the best flowering. A dressing of lime / potash will boost Iris flowering - avoid nitrogen which will encourage too much leaf growth.

Roses: With Roses making a move to bud up, they will be taking in food. Powdered Rose food needs watered in around

the drip line - slow release fertiliser will work each time it rains and manure away from the crown.

Bare rooted Trees and Roses are still available in Garden Centres. If you think your garden is too small for trees, I have seen dwarf Peach and Nectarine Trees on offer. If you need a little tree growing to a width and height of 1.5 metres to add height in a part of your garden, why not have one that blossoms beautifully and then gives you fruit... Also planting trees in grow bags into the ground will contain width and height.

Vegetables: The veg I have in are holding well despite the weather extremes. Frosty areas inland can make a start now by adding some compost and a little lime for frost to work on in readiness for when you plant out later this month.

Fruit: Prune newly planted Fruit trees. This is probably the hardest cut you'll make, but the most important. Cut a new tree at about hip high - do this whether your'e wanting a vase shape or a single leader. If the main branches start here, they'll be reachable when fully grown.

Lets hope we don't get too many dull overcast days by the time Fruit trees blossom - we need those wonderful Bees to come out and set to work pollinating...

Cheers, Linda. <http://nzstyleforever.blogspot.co.nz>

Winter – tips for staying well

Help keep yourself and your family healthy through winter by checking out these tips from Auckland Regional Public Health Service & the Ministry of Social Development.

Ten tips for staying well in winter

- Have the influenza vaccination. For some people the flu vaccine is free.
- Wash your hands. Winter illnesses are easily spread by hands. Wash both sides of the hands and between the fingers for at least 20 seconds, use soap, and dry hands with a paper towel or clean dry towel.
- Exercise daily. A 30-minute walk outside gives you some fresh air and helps your body get stronger.
- Choose to eat healthy foods. This helps to build your immune system. Include fresh vegetables with some lean protein and try to reduce sugar and salt intake.
- Get fresh air in your home. Open windows during the day (even for a short time) and then close them before the sun goes down or before you turn on the heating. A well-aired home helps keep it dry and keeps your family well.
- Reduce dampness. Keep the bathroom door closed when showering or bathing to lessen dampness settling around the house. Dampness allows mould and mildew to grow and can lead to respiratory illness.
- Consider a dehumidifier. If possible use a dehumidifier in your home as it can help keep your home dry, especially if there is a lot of moisture or dampness.
- Take care with coughs and sneezing. You may be spreading bugs if you are coughing or sneezing, and the best way to avoid this is to stay away from work or school. Don't cough and sneeze around babies and small children as they can get sick very easily.
- Quit smoking. If you do smoke, do so outside, and never smoke around children. Visit Quitline The Quit Group NZ (or free call 0800 778 778) for support on quitting.
- Use Healthline or your GP clinic after hours line for advice. If you or your child is feeling unwell you can get free health advice from registered nurses by phoning Healthline on 0800 611 116.



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Get Listed here & online
at www.oamaru.net.nz

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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What effect does that have on you? No one in Oamaru works at the IRD, do they?

How many people have to engage with the IRD though? Do you have an accountant to file your tax returns? Does everyone you know have access to a computer and understand the IRD website?

Yes, 2000 jobs have gone at the IRD because the government has a goal that by the end of this year 70% of ALL interactions with government departments are to be done online.

Do you know anyone who has a pension, is about to get a pension, or is on a benefit? Do they have a RealMe login? Do they have a cell phone? How would they get an appointment with W & I?

It has been creeping up for a long time, that science fiction world where everyone communicates on computer. Did you realise as you grew up and watched Star Trek that you'd be there, talking to people through a little device that you keep in your pocket? It won't be long before, "Beam me up..." is the message! And in the interests of cutting costs the government has made it a world where you can only do things through electronic communications.

Oh, you can try to work without it but try buying a ticket for the Steampunk NZ Festival or many other events without access to the internet? How do you find out about jobs or apply for them? Even the newspaper ads direct you to a website.

This is all a new level of literacy. For those of us brought up with the 3 Rs, or not having the money to acquire a computer, understanding and following the digital direction of life is frustrating.

Help is at hand. At Literacy North Otago you can get assistance with RealMe, MyAccount and learning how to attach CV's to job applications just to start with. They have lovely new rooms at 20 Ribble St. Oamaru, next to Plunket Electrical and opposite Ireland's Signwriting. Assistance is in small groups or 1:1 and time and patience allows you to work at your pace.

If you require a RealMe login you will need to bring a cell phone - must have a cell phone and we can help you to use that too. For your MyAccount you will need: IRD no; cell phone; last pay slip; email address – we can set that up; W&I access number; Landlord details – name and phone no; we'll get you hooked up in no time.

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National

Film competition to entice budding film-makers

A film competition has officially kicked-off and is looking to attract local film-makers, both amateur and professional, with a flair for telling unique Waitaki stories.



The 'Unique Stories' film competition will officially launch community fundraising for the Cultural Facility Development Project that will see the Forrester Gallery, North Otago Museum and Waitaki District Archive merge and move to an expanded Forrester Gallery site in 2019.

Council recently agreed that the project should proceed after external funding was secured with more likely to be granted in 2018.

Mayor Gary Kircher says the project can now step up a gear and the film competition is the official launch of the next phase of the project.

“It is a natural fit with the project that a film competition will capture Waitaki's taonga and special stories in unique ways through film-making and we are excited by what people will produce,” says Mayor Kircher.

“The film competition is a great way for film-makers, both amateur and professional, who have a passion for the Waitaki district to tell a great story about the district.”

“The challenge is to capture a tale showcasing our regional spirit in under three minutes of innovative film-making.”

The finalists' entries will be shown, and category* winners announced, at an awards evening at the Oamaru Opera House on Friday 8 September.

The finalists will be chosen and announced by acclaimed Emmy® Award winner and Natural History NZ film producer Ian McGee. Ian cut his teeth with David Bellamy's Moa's Ark 25 years ago and has gone on to win many awards for his work including an Emmy® Award for the Twisted Tales series he wrote and produced for Animal Planet.

The film competition is being organised by Tourism Waitaki Event Co-ordinator Lucianne White.

“With a range of exciting prizes up for grabs along with Ian McGee as our judge, we hope to see a lot of our people take up this challenge to tell one of our stories”, says Mrs White.

Further details about the competition or the awards night can be directed to lucianne@waitakinz.com.

*Categories

1. Schools; any size group, students must be involved in all stages of film-making but may have adult assistance.
2. 12 – 18 year olds; maximum four people per production team (not including actors)
3. Open – amateur; maximum four people per production team (not including actors)
4. Open – professional; if you have engaged in any paid film production work you will be deemed to fall into this category. Maximum four people per production team (not including actors)



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Community Diary

Wednesday 2nd

Cancer Society Volunteer meeting, Dean O'Riley Lounge - beside Basilica, Reed St, 10.15am. Ph. Rayna Hamilton 431 7897.

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

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

Golden Oldies Afternoon, Sponsored by Network Waitaki. 2-4pm. Gold coin donation. 60 & over. Ph. 434 7008.

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

St Patrick's Indoor Bowling Club, Centennial Park, 7pm. Ph. 434 7196.

Waitaki Community Gardens Working Bee, Wednesdays 1-3pm. All welcome! Call Ra on 021 115 4884 for 2 hours of fun!

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

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

Thursday 3rd

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.

Friends & Neighbours welcome you at Orwell St Church, 10am - 11.30. Interesting & varied programme. Ph. Valerie 437 0520.

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

Mainly Music - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3 Ph Angela 4370911 mainlymusic.org.nz

Migrants Meet and Share at 10.30am Green Room, Opera House. Discuss your needs, meet new friends. Ph. Maria 0210665143

N.O. Asthma Society Respiratory Exercise Class, 10am, St John Hall Lounge, Exe St. Ph. 434 3202.

Friday 4th

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

Forrester Gallery: Launch of new exhibition of work by Twizel based award-winning artist Grant Whibley - 6pm at the Gallery. RSVP by Aug 1st 034330853 or email info@forrestergallery.com

Newcomers Coffee group 10.30am at the Opera House. Ph. Christine 027 2428643.

Oamaru Stroke Support Group AGM, 1.30pm, Blind Hall.

Saturday 5th

Meadowbank Community Stadium Bowls 14 Conway St, 1.15pm. all welcome. Ph 4340951

Sunday 6th

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 7th

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.

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

Woodturners, 1pm @ Clubrooms, Oamaru Racecourse. Ph. 439 5795.

Tuesday 8th

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 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

'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. Ph Sport Waitaki 0294349379 or Rec Centre 4346932 to register.

Up & Coming

N.O. Tramping & Mountaineering Club: A relaxed trip up the South Temple Valley, overnighing at the South Temple Hut. Departs 8am Sat. Ph. Karyl 4395518 - names to be in by the 7th.

For Sale

2016 Triumph Bonneville T-100 865cc 23000kms - \$6500 and

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Whitebait gear for sale. Ph. 434 2208.

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Wanted

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Garage Sale

Garage Sale at Oamaru Intermediate School fundraising for Yr8 camps. Oamaru Intermediate hall, 5th August, 8am - 1pm.

Lost

Pocket Knife - Weston Rd, Old Mill Rd, Chelmer st, Cross st. Monday 24th. \$100 Reward. Please phone 434 8384.

AGM Notices

AGM for the Oamaru Swim Club Inc being held at the Waitaki Aquatic Centre on Monday 12th August 2017 starting at 6pm. Saturday 12th and Sunday 13th

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St Paul's Thrift Shop.

St Paul's Thrift Shop will be closed after 27th July to allow for Spring cleaning etc, but will reopen in approximately 2months.

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Operation Cover Up

Thanks to all the people to helped with this project this year. It has been a very successful year and we have sent 155 beautiful blankets, 81 lovely jerseys as well as hats, mittens, scarves, slippers and 139 pairs of pyjamas. This is another great effort, so many thanks to you all. Thanks also to those who gave generous donations towards the freight. We really appreciate your contributions. This is an ongoing project, so if you wish to know more, please contact Gladys 434 5956 or Paula 437 2549.

Oamaru Heritage Radio

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

Tuesday: August 8th

- 5.30 Item for Younger Ears: Story, Winnie The Pooh and the Heffalump, told by James Stewart
- 6.00 Classic Comedy: I'm Sorry I'll Read That Again
- 7.30 Concert Piece: Ballet Music by Kreisler, Massent Tchaikovsky et al. A Tribute to Pavlova
- 9.00 Reading: D H Lawrence, Sons and Lovers, read by Robert Powell, Pt 6 of 8

Chocolate Sponge.

3 eggs, 1/2 B.Cup Sugar, 1/2 B.Cup cornflour, 1 tsp flour, 1 heaped dsp cocoa, 1/2 tsp B.Soda, 1/2 tsp Cream of Tartar, 1 level tblsp G.Syrup.

Separate eggs, beat whites till thick, add yolks and sugar gradually and beat again.

Add syrup and beat a little more.

Sift dry ingreds and fold in. Bake 15 mins at 375deg



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International Language Week-Afternoon Tea

This year International Language week is celebrated from 14th to 18th of August in NZ.

For the opening of International Language week on Sunday 13th of August from 2.30pm. Waitaki Multicultural Council invites you to celebrate culture and diversity.

Come along to the Scottish Hall and learn to say "hello" in a few different languages, you will be surprised. Meet people from around the world that call Oamaru home and enjoy some delicious food for afternoon tea, music and entertainment.

You are welcome to bring along something that represents your culture like dress or music and please bring a small plate of food to share.

Language and culture are inseparable; a basic understanding of a few "stock" phrases can show people that you care enough to communicate with them in their own language and its fun!

Join us: Sunday 13th of August, 2.30 pm

Scottish Hall, 10 Tyne Street.

For more information contact : Maria 0210665143

Facebook: Waitaki Migrants Meet and ShareT

hole that was created by the flood and in doing so standing over unsupported pavement," says Mr Renalson.

Trucks have also been reported travelling across the closed Domain Road Bridge in Dunback.

"We appreciate that some inconvenience can be caused by people having to travel on different roads while others are closed, however, this is done for people's safety."

The closed roads are being repaired as quickly as possible in accordance with levels of priority and we ask that people be patient during this time.

Oamaru to Host 2017 Secondary Schools Canoe Polo Championships

Schools from all over the South Island will converge on Oamaru in early August to compete at the 2017 Secondary Schools South Island Canoe Polo Championships. The competition will take place at the Waitaki Aquatic Centre with teams coming from as far away as Nelson and Invercargill.

Waitaki Aquatic Centre Manager Matthew Lanyon says up to 26 teams will be competing and Oamaru will experience an influx of teenagers and caregivers over the weekend 11-13 August. Mr Lanyon says, "Last year was the biggest tournament in many years, and this year it is shaping up to be bigger again. The success of last year, the enjoyment of the competitors and smooth running has meant that more teams are coming to Oamaru this year."

"We have been working closely with organisers over a number of months to again bring this event to Oamaru. We have helped arrange accommodation as well as suggesting activities and attractions for the competitors around Oamaru and the surrounding districts."

The tournament last year attracted over 3,000 visits to the Aquatic Centre and this year that number will increase, bringing significant economic benefit to Oamaru and surrounding districts. The main pool will be closed from 3pm Friday 11 August to 4pm Sunday 13 August, however the children's pool and spa pool will remain open.

"This is a great opportunity for people to come and see a sport that is not often seen outside main centres."

Teams representing their schools from around the South Island compete at regional qualification tournaments to earn entry to the New Zealand Canoe Polo Schools Championships. The top teams from each of the qualification events are eligible to contest Under-15, Under-19

Division I, and Under-19 Division II categories at the national event.

Public want extra spending on district's roads

Following a two-week consultation asking the public whether more money, less money or the same money should be spent on Waitaki's roads, the majority of respondents believe more money should be spent to keep up with the increasing demand being placed on the district's roading network.

Roading Manager Michael Voss says almost 70 people expressed their views during the public consultation period, providing valuable feedback as Council finalises its business case to request increased government funding.

Mr Voss says, "The premise of the consultation was to gauge whether or not there was an appetite for increasing the ratepayer contribution towards our roads."

"While the majority of people support increasing the ratepayer portion, there are a number of caveats that will be considered with Council including either no rate rise or rates diverted from other Council activities."

The consultation focused on three high level aspects of managing the roading infrastructure including widening high risk sealed rural roads, more gravel on high priority rural roads and smoothing of rural and urban roads.

"The feedback was a good indicator that many people would like to see more improvements made. As well as completing the survey many comments were also received and we want to explore them further to gain a more in-depth understanding. We're aiming to contact as many of the respondents as we can to gather this information."

Council will review the business case investment plan which will be submitted to the Regional Transportation Committee in August.



Warning for motorists to observe road closures

Motorists are choosing to drive on closed roads which could result in injury and loss of insurance.

Network Operations Engineer Mark Renalson says 'road closure' signs have been in place on many roads since the recent floods and people are jeopardising their safety by either ignoring them or shifting the signs off the road.

"In particular we've seen motorists on Weston Ngapara Road ignoring the signage. This includes accessing the closed Humber Street bridge to view the

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