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8th August 2017

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Issue 355

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Winter sport semi finals are finishing over the next few weeks. Spring must be getting closer, so time to start work in the garden - I see some trees have already started to flower - may need to dry out a little before we can really get stuck in...

Great news - only good comments in regard to our new layout... Our phone listings have now changed to a new format as well. Much easier to read...

Until next week, **Regards The Telegram.**


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The odd heavy frost last week - even  
floored Winter Roses - but they soon  
bounced back with a mild day following.

Frozen ground makes it impossible to work  
in soil until later in the day, so morning  
garden design is what I concentrate on for

clients wanting ideas in place for Spring planting. It's time to  
think about Spring and what you would like happening in  
your garden. I have been dividing, shifting and planting  
Delphiniums, Dahlias, day Lillies and clumping perennials  
into sunnier positions away from trees casting Summer  
shade. My long and very wide herbaceous borders have had  
the round headed Laurel trees which were growing up the  
length of each border cut out, allowing me now to fill each  
border with Spring and Summer colour. Dahlias, Peony  
Roses and Cosmos fill gaps well and Lupins, Delphiniums,  
Foxgloves, Hollyhocks and Mignonette give wonderful  
vertical interest when grouped in wide borders. If something  
works well in a garden bed, why not fill with drifts of the  
same plant to make a colourful impact- this way of planting  
fills space allowing no room for weeds. Use same shade  
Roses, Hydrangeas, Dahlias, Daisies, Geraniums and  
Poppies. Spring bulbs planted this way always give the best  
show, rather than different varieties planted together.

A few more Hydrangeas have been pruned here and cuttings  
taken from the hardened stems that had flowered. A shaded  
moist area is best for bedding these down and hopefully  
roots will grow to feed the buds.

Old wood can be cut out of Wigelia and Spirea bushes - you  
can tell which branches they are, because the wood looks old  
and spent compared to the new fresh wood. Prickly Berberis  
can be trimmed top and sides, Buddleias should be cut well  
down to encourage soft silver branching and Catmint can  
now have all old growth clipped off.

Almost finished pruning Roses here - only the Flower Carpet  
and Fairy Roses to go. Both these varieties bush up with  
small non hard wood branching - large bushes can be  
trimmed with a hedge trimmer. If newly planted, prune back  
with secateurs to hard wood at an outward facing bud.  
Feeding and spraying Roses is next. Copper oxychloride and  
winter oil can be mixed and applied together - the oil helps  
the copper to stick. Copper also helps protect new growth  
from frosts that occur in Spring. Feed with Rose food, blood  
and bone or old stable manure.

Vegetable gardens are enjoying frosts breaking down the  
soil- time for sowing seeds to germinate in a warm place to  
be ready for planting out in a warm Spring garden and seed  
potatoes can be sprouting in a dark dry place.

Fruit Trees are still available in Garden Centres. I  
mentioned dwarf Peach and Nectarine trees for the small  
garden last week and will mention Ballerina Apples this  
week. A very slim non branching variety of Apple tree with  
Medium to large Crisp, juicy, nice eating fruit. Hight 3-4m  
by 30cm wide, perfect for adding height in a small garden. A  
dressing of potash now around fruit trees and fruiting bushes  
will assist with fruiting

Still time to get Grapes pruned before sap rises. To prune a  
fruiting leader, remove all new long growth on the vine other  
than the fruiting leader. On the leaders, prune each new side  
growth back to the second bud. These fruiting buds should  
be a hand space apart to ensure adequate sized fruit - this



means removing some of the new bud growth along the top of the leader and all of the new bud growth growing underneath. Some of these new budding top growths will throw two lots of bud branch. Remove the least stronger one, leaving only one lot of double buds to produce fruit.

Birds are hungry now and beginning to nest. With the help of Poppy and Maggie (Grandies), we melted dripping and stirred in wild bird seed. While it was firming, it was pressed into three balls. The Girls climbed trees and pushed them into v branches for the birds to tuck into and Scruff the dog to sniff from below - in the hope of some falling his way after he's had his share of the chook scraps and cat's food - very sneaky our now slightly chubby Scruff!

Cheers, Linda.

## Health

### What is Parkinson's?

Parkinson's is a progressive neurodegenerative condition. It is caused by insufficient quantities of dopamine - a chemical in the brain. Dopamine enables quick, well-coordinated movement. When dopamine levels fall, movements become slow and awkward. Parkinson's has both motor and non-motor symptoms, and while it cannot be cured it can be treated.

As Parkinson's is a progressive condition, it can often take many years to develop and has little effect on life expectancy. Different people will experience a different number and combination of symptoms.

#### Who gets Parkinson's?

Parkinson's is relatively common. Approximately 1 in 500 people have the condition. It becomes more common with older age groups, and it is believed 1% of people above the age of 60 have Parkinson's. The average age at diagnosis is 59.

Although there is a slight increase in risk of development of Parkinson's in people who have family members with Parkinson's, the risk is very low.

#### What causes Parkinson's?

Although we know a lot about the changes in the nerve cells of the brain in Parkinson's, we do not yet know what causes or triggers the development of Parkinson's. Symptoms can be treated but there is no known cure. Researchers across the world continue to investigate new treatments.

Parkinson's is often referred to as 'Parkinson's disease' but it is not contagious and you cannot pass it from one person to another.

## Oamaru Heritage Radio

Tuesday evening, 4pm to 10pm. "Trevor's Tuesday Variety Time" Oamaru 88.3. Internet listening at [www.ohr.nz](http://www.ohr.nz)

#### Tuesday: August 15th

- 5.30 Item for Younger Ears: Story, The Gingerbread Man
- 6.00 Classic Comedy: I'm Sorry I'll Read That Again
- 7.30 Concert Piece: Gilbert & Sullivan, HMS Pinafore, D'Oyley Carte Opera Company, Pt 1/2
- 9.00 Reading: D H Lawrence, Sons and Lovers, read by Robert Powell, Pt 7 of 8



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## Glenavy Women's Institute – July Report

Member's and their husbands got together for the annual progressive dinner which is a pleasant way to celebrate our birthday month.

There was a smaller number than usual attending due to some away on holiday and a number of members unwell. However, the 16 people there was more than what we thought would be !

Our first port of call was at the home of Sue and Lyn Koevoert where we had soup and nibbles. There was the choice of vegetable or pumpkin soup, whitebait patties, suishi, toasties and/or garlic bread. Pace yourself, pace yourself was the voice talking inside my head ..... There are still two courses to go !!!!!

On up the road to Hermien and Gert van't Klooster

where we could sample the main course dishes. Again, the choice of food – meat, sausage dish, pasta dish, mashed potatoes, broccoli, carrots, a meat dish and roast veges comprising of potato, yams, parsnip and pumpkin. Trying to sample a little of each, almost required a bigger plate. By gosh, when there is an Institute gathering, there is never a shortage of great tasting food.

The hard part is trying to monitor the eating so one didn't overfill and spoil each course. This is no easy task when there is so much good food in front of you.

Then it was across the river to the home of Heather Hollamby for dessert – this writer's favourite course !!!!! And that is certainly no reflection on the wonderful food already sampled. It's just that I'm a real sweet tooth and have always loved dessert the best !!!!!

Oh my – almost drooling at the mouth with seeing what was on the table !!! Pavlova, brandy snaps, fruit salad, cheesecake, apple crumble and a chocolate caramel tart with tea and coffee to finish with.

Heather, the lovely bunch of (spring ) flowers on your lounge table was lovely and certainly noticed the minute we walked in. The auctioneer (who will remain nameless ) who had placed a ticket beside it for voting when we did the buttonholes will need a lesson in what constitutes as a buttonhole !!!!! But....., at least he noticed the flowers !!

Birthdays for the month were Rosemary Zwies and Kathy McCulloch.

An auction was then held with baking, preserved cherries, jams and chutneys up for sale. Auctioneers were Gert van't Klooster and Chris Poole who did their best to get people to empty their wallets. A total of \$176.50 was taken in. Well done auctioneers, buyers and those who gave donations.

It had been another good night out and we offer our grateful thanks to those members who hosted us. Each house was lovely and warm and it was a good evening of catch up chatter with one another. The warmth of friendship was, as usual at these types of gatherings, paramount.

Competition Result: Buttonhole – 1st Heather Hollamby  
2nd Hazel Poole 3rd = Frances MacPherson, Kathy McCulloch

## \$600,000 for Waitaki Cultural Facility

The Otago Community Trust is pleased to announce that Trustees approved a \$600,000 donation last week to support the Waitaki District Council with the development of the new Waitaki Cultural Facility.

The multimillion-dollar project for the new cultural facility in Oamaru will see the amalgamation of the Forrester Gallery, North Otago Museum and Waitaki District Archive. The project known as the Cultural Facility Development Project will address the current cultural needs of the community, future proof the preservation and presentation of the collection and provide space for future expansion.

Waitaki Mayor Gary Kircher said “We're thrilled that the Otago Community Trust has recognised the special significance of the Cultural Facility Development Project and awarded this grant for the project. This money, along with other funding we've received, will help us create a facility that will showcase Waitaki's past and present – artworks, objects, photos and archived documents”.

To create the new \$5.9 million dollar facility, the



Waitaki District Council will extend and redevelop the current Forrester Gallery building located at Thames Street, Oamaru. This will double its size so it can house a combined North Otago Museum, Forrester Gallery and Waitaki District Archive.

Otago Community Trust chief executive Barbara Bridger said "the Waitaki community have debated for some time the best solution for the Forrester Gallery and the restoration of the North Otago Museum and Archive. Our Trustees are impressed with the thought and consideration that has been advanced to preserve the important heritage of the Waitaki region".

The new cultural facility will meet industry best practice standards in terms of climate control, efficiency and access space will be greatly enhanced. It will provide the Waitaki community with a contemporary facility to showcase collections, said Bridger.

The new cultural facility is anticipated to open its doors to the community in 2019.

## Recipe of the Week Luncheon Dish.

4 Potatoes, 2 Onions, 6 rashers Bacon, 3 eggs,  
Milk 1 cup(approx), Cheese.

Thinly slice a layer of potatoes into pie dish, then a layer of onions. Put in Bacon, then more onions and potatoes; finishing with potatoes.

Beat eggs, add milk, season to taste and pour over potatoes. Lastly cover with grated cheese. Tomatoes may be added. Bake 1 hour in mod oven.



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## Community Diary

### Wednesday 9th

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

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

**Family History Day at the Library** from 10-2pm. Genealogists available to help you with research.

**N.O. Patchers & Quilters** meeting - St. John's Hall, Exe St. at 7.30pm. New members welcome. Ph. Helen 434 5680.

**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 10th

**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.

**N.O. Rose Society**, Vintage Car Club Rooms at 7.30, Ph. Christine 434 2223.

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

### Friday 11th

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

**kidsclub@stlukes** for primary aged kids- 3:30-5pm at 3 Wharfe St. \$2.50 donation. For more info ph Andrea 4348836 or 022010 7390

### Saturday 12th

**Market, Garrison Band Hall**, Severn St, 9am - 12noon. Bags of pine cones, fresh veg, tools, jewellery, scented candles, handmade child clothing, hand knits, cards, handcrafts, new stallholders welcome. \$5per stall. Ph. Wendy 027 265 4822.

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

### Sunday 13th

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

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

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

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

### Monday 14th

**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.

**N.O. Cake Decorating Meeting**, 1pm, St Paul's Church Hall, Coquet St. New members welcome.

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

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

### Tuesday 15th

**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.

**Alzheimers Society N.O.** - Support group in the Green Room - Opera House, 1.30 - 3pm, all welcome.

**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

### Up Coming events

**Afternoon Social Housie**. Wed 16<sup>th</sup> 1.30pm St John, 21 Exe St. All welcome. Relaxed session using counters. Graeme 437 2220

**Grey Power General Meeting**. Thurs 17<sup>th</sup> 1.30pm, Salvation Army Lounge, 225 Thames St. General knowledge quiz. \$2 hall hire and small plate for afternoon tea.

Anyone over 50 years welcome. Graeme 437 2220

### Classifieds

#### Free

**To a good home - Female Rottweiler**, still young. She was left with us and never picked up again. Needs enclosed area. Saramarie 0211344723

#### For Sale

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#### Services

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### Wanted

**Books** - always buying at Oasis Oamaru, 10 Harbour St. Ph 4346878.

**Tools Wanted - Tradesmen, Carpenters, General Gardening** - everything considered. Ph. 021 450 405.

### AGM notices

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

**AGM for N.O. Toy Library** at Northstar Restaurant, 7.30pm, 30th August.

**Oamaru Performing Arts Society** - AGM Thursday August 31st 7.30pm. Blind Foundation Hall Steward Street.

### Garage sales

**Sat 12th August**, Murray Rd (Oamaru / Pukeuri H/W) Signs out 9am - 1pm. Camping gear, tools, outdoor furniture, BBQ, Single Bed & mattress + much more.

### Raffle Results

**N.O. Rock & Mineral Club Raffle**

**winners:** 1. A McFarlane, 2. L Familton, 3. I Faamau. All winners have been notified.

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.....021 458 584  
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The Travel Brokers - member of Helloworld  
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.....027 437 4367  
▶ ADF Painting & Decorating.....  
.....03 431 2771.....021 393 414  
▶ Brian Charles Painter & Decorator  
.....434 7006.....027 283 8920  
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▶ Paws Awhile Boarding Cattery 434 1296  
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.....Tom Palmer.....0800 303 530

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▶ Simply Feet Podiatry.....437 9025  
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# A REAL ESTATE UPDATE

*Brought to you by....*



## Spring is coming... it's your last chance to beat the rush...

**Spring and summer have traditionally been popular times for sellers to list property as gardens come back to life and the sun comes out for open inspections.**

However, it also attracts a greater level of competition amongst sellers.

Sellers who want to stand out shouldn't wait until September 1 or following the election to hang out the 'For Sale' sign.

Indeed, beating other vendors to the marketplace can potentially deliver a premium result for sellers as their property competes with less stock and enjoys a higher profile. It's a simple case of supply and demand.

Across New Zealand, there is a shortage of properties on the market whilst buyers are still active. The result is that prices are staying steady or in some cases being pressured upwards in some regions.

Some people believe winter isn't the optimum time to sell: some believe buyers don't want to dirty their shoes on muddy paths or brave sleet on a cold morning.

It's true that such inconveniences aren't ideal, but serious buyers (the type every seller wants to connect with) are not put off by inclement weather in the pursuit of the property they want.

With spring only weeks away, vendors whom want to beat the traditional springtime listing rush should contact their local LJ Hooker agent today. In addition to providing an expert market update on what your property could fetch in the marketplace, your local LJ Hooker sales specialist can provide expert guidance on ways to augment your property's appeal.

**Take advantage of the current sellers market and call the team at LJ Hooker Oamaru to discuss achieving the best price outcome in winter.**

**Call us today on 434 9014**



## LJ Hooker Oamaru extends your reach around the world....

Sellers will have their homes promoted around the world when they list with LJ Hooker.

The real estate network has expanded its global reach for vendors by becoming the first New Zealand real estate network to partner with international portal aggregator, ListGlobally.

ListGlobally taps into more than 100 websites across 60 countries with a combined audience of 76 million buyers.

ListGlobally now adds to LJ Hooker's all-round digital marketing offering which includes all the major domestic portals, social media engagements, [ljhooker.co.nz](http://ljhooker.co.nz) and [international.ljhooker.com](http://international.ljhooker.com)

ListGlobally has the capacity to translate listing content into 16 different languages allowing users to view listings in their preferred dialect. So whether buyers are based in China, the United States, Greece, South Africa or many places in between, they can view the features of sellers' properties in their own languages, allowing them to make decisions with confidence.

Plus with MyListGlobally, we can easily monitor the worldwide publication of your property which enables LJ Hooker to provide you, our customers with a report on traffic to your property listing online.

**If you're thinking of selling, contact the team at LJ Hooker Oamaru for a free, no obligation marketing appraisal on 434 9014. When you list exclusively with us, you'll be sharing your property with the world!**