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5th September 2017

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Issue 359

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What would you like to read in The Telegram? Let us know and we will do our best to publish your request. Christmas is getting closer - It is time for the retailers to start thinking about promoting their bargains - so keep an eye out as it is time to start looking. Sad to hear - people losing access to their club websites after spending a few dollars to get them done by non-locals. If you are willing to manage your own sites we are willing to advise for little or no charge. **Regards The Telegram.**

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September - the season of new beginnings and some beautiful early Spring days experienced here in North Otago over the last week, to encourage buds to swell and burst, birds to get busy building nests and newborn lambs enjoy a warm welcome.

Slower to start here this year, but now growth is moving. I have been repotting 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. I use a watering can, when leaves are dry of dew. Pansies, Primulas, Polyanthus, Sweet peas, Lupins - all new seasons bedding plants respond to feeding now.

I am sure every gardener enjoys trying new plants and colour combinations - 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, Bidy-bid, and Chick-weed, I try to get rid of them now while the flowering plants are still low and with ground still soft, weed pulling is easy. While doing this weeding, I can see what needs attention - like Delphiniums needing staked to give support while 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 Agapantha, Catmint, Mondo grass, Violas, Armeria 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 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 if you have some - they are gearing up for a come back!

Dahlias - a little 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 and Rhododendrons are bursting into colour. All plants, Shrubs and trees will respond to feeding now the sap is well up and buds are swelling. 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

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mowing starts, keep the mower blades up to allow grass to thicken. Remove moss with sulphate of iron watered on with 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 waterings. I will need to secure them with wire stakes before the strong winds arrive.

Prepare ground for planting sprouted seed potatoes.

I 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. Success in holding off leaf curl has been achieved by spraying unaffected leaves with Vaporgard, ensuring both sides of the leaves are covered. Two days later, give the tree and surrounding soil a spray with Condies crystals. Vaporgard has a UV shield aspect protecting chlorophyll allowing leaves to produce more energy from the sun.

Below is a helpful NZ planting calendar you can down load. [http://www.tuigarden.co.nz/sites/default/files/document/Tui\\_Planting\\_Calendar\\_Third\\_Ed\\_0.pdf](http://www.tuigarden.co.nz/sites/default/files/document/Tui_Planting_Calendar_Third_Ed_0.pdf)

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

## Allergies

An allergy is when your body's immune system reacts to normally harmless substances that it sees as harmful. The allergy-causing substances are called allergens.

Your body's immune system is a natural defence against infection and other foreign material. If you are allergic to something, your immune system will react every time you come into contact with that allergen.

### Causes of allergies

Many substances can cause an allergic reaction, but some of the most common are:

*pollen, mould, animal hair, dust and dust mites  
latex, medicines, insect stings, foods.*

### Kinds of allergic reaction

Different allergens will cause different kinds of allergic reactions. The most common allergic conditions are hay fever, asthma and skin problems (eg, eczema, rashes, hives).

- Airborne allergens such as mould, dust, pollen, grasses and weeds can cause hay fever.
- Pollens, moulds and house dust can trigger asthma attacks.
- Skin reactions can be caused by contact with an allergen (like latex or certain metals), by insect bites or stings, or by eating food or taking medicine you are allergic to.

[www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/allergies](http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/allergies)



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### Veteran's Trophy Club Day

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MEMBERS - A PLATE PLEASE  
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## Continental Fingers.

125gr(4oz) butter, 1/2 tin Condensed milk,  
1/2 cup coconut, 1 tsp vanilla,  
1pkt biscuits - crushed, 1tblsp cocoa.

### Filling

125gr butter, 3tblsp Custard powder, 2tblsp hot water, 2.1/2 cups icing sugar.

Base: Melt butter, vanilla and condensed milk. Add crushed biscuits, coconut and cocoa.

Press into sponge roll tin.

Filling: Melt butter, add water, Custard powder and icing sugar. Beat until thick.

Spread over base. When set, ice with chocolate.

## How to search on Google

Learn a few tips and tricks to help you easily find information on Google.

### Tip 1: Start with the basics

No matter what you're looking for, start with a simple search

like where's the closest airport?. You can always add a few descriptive words if necessary.

If you're looking for a place or product in a specific location, add the location. For example, bakery seattle.



### Tip 2: Search using your voice

Tired of typing? To search with your voice, say "Ok Google" or select the Microphone . Learn more about how to search with your voice.

### Tip 3: Choose words carefully

When you're deciding what words to put in the search box, try to choose words that are likely to appear on the site you're looking for. For example, instead of saying my head hurts, say headache, because that's the word a medical site would use.

### Tip 4: Don't worry about the little things

Spelling. Google's spell checker automatically uses the most common spelling of a given word, whether or not you spell it correctly.

Capitalization. A search for New York Times is the same as a search for new york times.

### Tip 5: Find quick answers

For many searches, Google will do the work for you and show an answer to your question in the search results. Some features, like information about sports teams, aren't available in all regions.

- Weather: Search weather to see the weather in your location or add a city name, like weather seattle, to find weather for a certain place.
- Dictionary: Put define in front of any word to see its definition.
- Calculations: Enter a math equation like 3\*9123, or solve complex graphing equations.
- Unit conversions: Enter any conversion, like 3 dollars in euros.
- Sports: Search for the name of your team to see a schedule, game scores and more.
- Quick facts: Search for the name of a celebrity, location, movie, or song to find related information.

**ELECTION '17**

**MEET THE 5 WAITAKI CANDIDATES**







Oamaru Rotary invites you to the first Candidate debate of this campaign

**Join us tonight**  
 Wednesday, Sept, 6th at 6:30pm  
 Oamaru Opera House  
 Free Admission

**noslam**

North Otago Sustainable Land Management  
 Collectively enhancing North Otago's Land, Water and Community Resources

When it comes to improving land and water management practices, The North Otago Sustainable Land management Group (NOSLaM) is leading the way. The Otago Regional Council (ORC) has adopted a Regional Water Plan that identifies good water quality standards that both urban and rural communities need to work toward together if these standards are to be met by the 2025 deadline.

As a farmer-led organisation, Noslam is the conduit to interpreting what farmers need to address the issues they face and put them in touch with the appropriate resources to help them.

With the nature of the Otago Regional Councils plan being 'effect based', their approach is to encourage farmers to take individual responsibility to meet the plan requirements through the development of both robust and innovative environmental practices on their farms which will meet a number of milestones by 2020.

Perception is reality and it has become increasingly apparent that the regions farmers have an escalating concern around legal obligations and the risk of prosecution for carrying out what they believe is their very best attempt at looking after their land and water for future generations along with confusion over what is expected for compliance and a fear of engaging with local and regional authorities to even ask for advice, due to the perceived risk of prosecution.

NOSLaM's objective is to create collaborative community based catchment's which, while harnessing common goals for land, water and social resources, provide practical resources and support to meet the individual challenges farmers are facing head on. Pods have already been established in the Waiareka and Awamoko catchments. Supported by Beef + Lamb and DairyNZ, NOSLaM is holding a meeting at the Five Forks Hall on Thursday 7th September, with a view to establish two further Pods encompassing the Upper and Lower Kakanui catchments. The focus of the meeting is to provide a "State of the Nation" on the Kakanui Catchment and to demystify some farmer concerns by enlightening them about the things to be aware of going forward and what not to be concerned about.

Randall Aspinall from Mt Aspiring Station will also speak about the challenges of being a High Country Farmer in Wanaka's highly debated catchment area and share the lessons they have learnt along the way. For further information email [noslamoffice@gmail.com](mailto:noslamoffice@gmail.com).




**THE GLORY IN THEIR EYES:  
 The Nurses of the Great War A  
 talk by Ron Palenski**

Who were these courageous women who left hearth and home to undertake rigorous training and then face the horrors of suffering and death at the Front?

Hospital ships Maheno and Marama were a godsend to the sick and wounded but what was the tragic story that led to the sinking of the Marquette when 10 New Zealand nurses drowned when the ship was



torpedoed on 23 October 1915? Why were they and other medical personnel transported through submarine-infested waters on an ordinary ship rather than a hospital ship? Find out more. Listen to historian/writer Ron Palenski. All welcome Tuesday 12th September at 6pm, Oamaru Library, 62

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## Community Diary

### Wednesday 6th

**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. 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 7th

**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](http://mainlymusic.org.nz)

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

**Senior Social Sport** - fun, relaxed low impact activities include table tennis, badminton, walking soccer, and more! Thursdays 1.30-3pm at the Rec Centre, Orwell St. \$5 per person, includes a cuppa. Rec Centre 4346932 or Sport Waitaki 4349379 for more info.

**Awamoa Indoor Bowls Club** closing day at 1:30pm members a plate - ph 434 5061.

### Friday 8th

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

**Market Garrison Band Hall** - Severn St, 9am till 12pm. Bags of pine cones, Fresh Vegetables, Tools, Jewellery, Scented Candles, Handmade Child Clothing, Hand Knits, Handcrafts, Much More, New Stallholders Welcome, Support Local, Stalls \$5. Contact Wendy 027 265 4822.

### Saturday 9th

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

### Sunday 10th

**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.

**N.O. Tramping & Mountaineering Club:** Alps2Ocean Bike Ride. A 45km ride starting from Oamaru and return - 4-5 hours. Contact Maurice & Phyllis 434 6166. Departing 9am from Medway car park.

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

### Monday 11th

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

**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. 439 5795.

### Tuesday 12th

**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.

**The Glory in their Eyes;** The Nurses of the Great War - A talk by Ron Palenski. 6pm Oamaru Library, 62 Thames St.

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

### Up & coming

**Cancer Society Support Group Meeting** - 2nd Wednesday each month. Held at Community House Meeting Room, 100 Thames St at 10.30am. All welcome.

**Meet the Candidates:** Hear the candidates standing for the Waitaki electorate in this year's general election. You will have a chance to ask a question. Salvation Army Auditorium, 255 Thames Street, 16th September at 1.30pm. Followed by afternoon tea. Gold coin for hall hire. Organised by Grey Power North Otago. Ph. 437 2220.

**Wednesday 13th; Afternoon Social Housie.** 1.30pm St John, 21 Exe St. All welcome. Relaxed session using counters. Graeme 437 2220

**The next 'Older Drivers'** refresher course will be held on Tuesday 19th September from 10am - 4pm in the Plunket Rooms in Severn Street. This is a FREE theory refresher course offering useful information regarding road rules, licence renewal and the effect of the ageing process on mature drivers. Lunch, morning and afternoon tea will be provided. Limited spaces - to register, call the Waitaki District Council on 433-0300.

## Classifieds

### For Sale

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### Rec Centre - Spring Special!

New members\* - buy a 3 month membership during the month of SEPTEMBER and get a **4th month FREE** (\*standard members)

## Wanted

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

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

## For Rent

**1 bedroom cottage**, suitable for single mature person, \$190 p/w. Contact 027 434 1223 after 6pm.

**Room for rent;** \$140 weekly off street parking working person please. Reference's please. Ph 027 845 6588.

## AGM notices

**Oamaru Anglers Club AGM**, Tuesday September 12th, 7.30pm, St Luke's Church Hall, Wharfe St. All members encouraged to attend.

**Waitaki Bridge Hall AGM**, September 14th at 7pm in the Hall.

## Notices

**Seniors — Have you completed a survey form yet?** Safer Waitaki, along with Aged Concern Waitaki and Grey Power North Otago, are conducting a survey of people aged 65 years and over. Health service providers, as well as other community groups, are keen to know how they can further enhance the quality of life of the district's elderly. Forms are available from libraries, New World Northside, Countdown, Citizens Advice and Safer Waitaki Network. For a link to the computer version of the survey, email [halgar@waitaki.govt.nz](mailto:halgar@waitaki.govt.nz). To arrange delivery of a printed copy, phone 03 437 2220.

*Please take the time to fill out a form. The more we receive, the better picture we get of the needs of our community.*

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.....027 436 1315

## Contracting

- ▶ Andy Reid Contracting..027 689 5680  
.....Earthwork/Digger work

## Counsellor

- ▶ Amanda Acheson NZCCA 027 521 1187
- ▶ Julie Hales .....021 071 1030  
TTC, RCN, Cert Alcohol & Drug Counselling, DAPAANZ
- ▶ Kaye Mattingley .....434 1188  
.....DipGrad Otago NZRSW, MANZASW
- ▶ Orwell Street Counselling.....434 6168  
.....022 192 4415

## Curtains & Tracks

Curtain, blinds, & track installation  
027 653 0984

## Dispute Resolution & Mediation

- ▶ Marian Shore - Mediation Waitaki .....  
.....434 7533.....027 724 1130

## Drain Jetting & Camera

- ▶ AG Plumbing, Ange 021 434 950  
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## Driver Training

- ▶ RBM Driver Training & Motorcycle Rental  
.....439 5355

## Dressmakers

- ▶ Alterations, repairs & sewing.434 7793  
.....027 284 9994

- ▶ Robinson Gray .....021 173 6161  
.....Tailored clothing & alterations

## Electricians & Appliances

- ▶ Glenn Taylor Electrical .....434 7282  
.....027 522 1012
- ▶ Whitestone Appliances - Repairs 434 6810  
.....021 366 446

## Fencing

- ▶ Andrew Couper Fencing ..027 256 5199  
.....Commercial & Residential

## Funeral Directors

- ▶ Wall's Funeral Services.....434 8266  
.....49 Humber St

## Gardening

- ▶ Bess Allan Gardening 434 9953  
Qualified & Experienced.....021 180 0941
- ▶ Steven Jones Gardening Services.....  
.....027 260 9988

## Hairdressing

- ▶ Kut Loose Hair Design.....434 8950  
.....Unisex Salon, 24 Wear St

## Health, Beauty & Massage

- ▶ Acupuncture & Massage.....434 9663  
.....(ACC) Rick Loos (NZRA) @ Health 2000
- ▶ Healing Team.....434 2024  
.....Saturdays, 2pm, St Marys Church
- ▶ New Intuitive Healing Massage  
.....@ Health 2000, Jilly.....027 464 3687

## Immigration Advice

- ▶ Jojan McLeod .....027 675 7600  
.....Immigration Waitaki

## Insulation

- ▶ Dunbars Insulation .....027 789 8788  
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- ▶ Living House Best Prices...0800 434 600

## Joinery

- ▶ Rycole Joinery Custom designed kitchens  
.....434 5012.....027 276 2866

## Lawn Mowing

- ▶ Crew Cut Large Lawns & Rural mowing  
.....Paul Houlahan 021 331 261

## Meth Testing

- ▶ A+ Services Meth Testing...027 714 4812  
.....0800 155 166

## Mobile Travel Broker

- ▶ Jannine Hore .....439 4230  
The Travel Brokers - member of Helloworld
- ▶ Lynne Sinclair, NZ Travel Brokers.....  
Cruising/Holiday Packages.....432 4172

## Painters & Decorators

- ▶ 0800 Mr Painter .....0800 677 246  
.....027 437 4367
- ▶ ADF Painting & Decorating.....  
.....03 431 2771.....021 393 414
- ▶ Brian Charles Painter & Decorator  
.....434 7006.....027 283 8920
- COLOURPALACE Painting 027 470 3780

## Pest Control Services

- ▶ Spider proofing & Pest Control  
.....027 714 4812.....0800 155 166

## Pets

- ▶ Oamaru Pet Supplies.....434 7096

- ▶ Suds & Paws for dog grooming 434 5957
- ▶ Paws Awhile Boarding Cattery 434 1296
- ▶ Puppy Love Grooming.....021 101 7858

## Plumbers

- ▶ Foley Plumbers Oamaru.....434 2330  
.....Tom Palmer.....0800 303 530

## Podiatrist

- ▶ Simply Feet Podiatry.....437 9025  
.....316 Thames Hwy, open Mon-Fri

## Printing & Photocopying

- ▶ Oamaru Print & Copy .....434 9651  
.....info@perfectprint.co.nz

## Removals & Storage

- ▶ Mount Cook Moving & Storage Ltd  
.....(Est 1989).....027 4341289

## Transportation & Rental Vehicles

- ▶ Driving Miss Daisy .....434 8421  
.....Appointments, Dunedin & Timaru Hospital, Shopping
- ▶ Oamaru Transfers .....434 9506  
.....Hospitals & Airport transfers (Merv Aitcheson)
- ▶ Oamaru - Dunedin/Hospital Shuttle.....  
Door to door service.....434 7744
- ▶ RBM Motorcycle Rental & Driver  
Training .....439 5355
- ▶ Smash Palace.....433 1444  
.....Cars, Vans, Bicycle Hire & Shuttle Service

## TV Installation & Repairs etc

- ▶ Nathan Oakes TV, Sound, PC Install &  
Repairs.....,0210 237 0646 or 03 437 2474

## Window Tinting

- ▶ Tint a Window.....0800 368 468  
.....www.tintawindow.co.nz

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