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Issue 363

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October:- and still lovely blossom about - even after that nor- west wind did it's best to remove it all! And" oh", the Rhododendrons and deciduous Azaleas... how lovely they are right now - in my view, equal to any beautiful tropical flowers.

My Roses are well in leaf now and aphids are colonizing on new buds - but using the index finger and thumb removal method, I am managing to keep it under control. Aphids Winter over on the underside of last year's Hellebore leaves. If you have not done so already, remove them - because fresh new leaves are popping up now. Hellebores are still looking wonderful, but if you don't want Hellebore seedlings germinating all through the garden, cut out spent flowers before seed is dropped. Peony Roses are well through now - Supports around them before they bud up, will help with heavy flower heads. Peonies need a lot of water and benefit from liquid fertiliser. If you planted new crowns for this season, it would pay to let only one flower develop to allow growth to go into the crowns, then cut the one blooming flower off before it makes seed pods. Peony Roses need full sun and do not like to be smothered by other plants.

Lavenders are budding up with the absence,( so far) of Spittle bugs. If these bugs do become a problem for you, spraying will not work - the spittle surrounding them is a barrier to pesticide. A forceful hosing will dislodge them and hopefully drown a few.

Clematis are making good growth - hybrids are those especially large flowered varieties - not the invasive pink and white Montana type. You have to be quick in training hybrids where you want them to go while the trailers are still soft - they like a lot of feeding to take them to great heights. Manure - deep down with a little lime added when planting is beneficial. Don't worry if you have one with no buds just yet - they all have different flowering times, If you planted one this year, let it flower then cut it to the ground. This will make it send up many more shoots and you will have a much bushier and stronger climber. Hybrids can also wilt and die for no reason. If this happens, cut it to the ground - but don't dig out, because I have known some to shoot away again the following year with no sign of wilt.

I have been potting up old fashioned cottage flowers - like Cosmos, Love in the mist, Salvia blue bedder, Clary Sage, and Lavatera. These are all taller flowering annuals, planted close together so they hold each other up. The more plants put in, the less room for weeds to grow is the plan. All the plants mentioned will be flowering at Christmas, and then for ages after if dead headed regularly.

Herbs are making strong growth now in readiness for Summer menus and drying - they need to be harvested often to stop running to seed.

Still perfect Spring weather for growing all veg now the ground is so warm and moist. Broad Beans are doing well with no sign of rust - could it be the pinch of Potash put in when planting? Peas are romping up netting and Beans are now in, now the ground is warmer. Keep planting veg seeds and plants - a few at a time, so you can have the continuous thing happening. Thank goodness Bees are about visiting blossom - and lets hope the flooding we had drowned the grass grub, so we will get few night beetles like last year.



The damage they cause to established trees is not that noticeable, but newly planted Fruit and Prunus trees can be stripped of leaves. Leaves will re-grow and fruits will continue to make growth.

*Cheers, Linda.*

## Helping young children sleep better

### Why is sleep important?

Sleep is important for restoring energy, and for growth and development.

There is increasing evidence that not enough, or poor quality, sleep can negatively affect children's behaviour, learning, health, wellbeing and weight

How much sleep does my child need in 24 hours?

The table below shows the recommended total hours of sleep (including naps) per day for children from birth to 5 years. Some children naturally sleep slightly less or more than the recommended time so these hours are shown in the 'may be appropriate' columns.

Age - Appropriate - Recommended -Appropriate (hours)

Newborn (0-3 months)	11-13	14-17	18-19
Infant (4-11 months)	10-11	12-15	16-18
Toddler (1-2 years)	9-10	11-14	15-16
Preschool (3-4 years)	8-9	10-13	14
5 year olds	7-8	9-11	12

How can I improve my child's sleep?

Have a regular bedtime routine: This might include a bath, brushing their teeth, a story then bed. Quiet activities are good before bed. Avoid active games, playing outside, and screen use (eg TV, internet, computer games) in the hour before bedtime.

Have a regular bedtime and wake up time. It helps your child to understand when it is time to sleep.

Have a comfortable sleep environment. The place where they sleep should be quiet, warm and dark (though a night light is okay).

Have no distractions in the place where children sleep, including TV, computer screens and portable devices. A meal within 1 to 2 hours of going to sleep is not recommended. However, a light snack may help some children.

Avoid giving your child food and drinks containing caffeine as it can affect their sleep.

It is normal for young children to have naps during the day. As they get older they will need less sleep, and fewer naps. If your child has a nap after 4 pm (except for newborns and infants) it may be harder for them to get to sleep at night.

It is important for children to be active throughout the day. Activity can also help your child to sleep. Time spent in bright sunlight such as being active outside can also help children to sleep, but don't forget to be sunsmart! Avoid lots of activity in the hour before bedtime.

Being unwell can also affect your child's sleep. If your child snores a lot, or stops breathing for short periods while asleep, discuss this with your GP. <http://www.health.govt.nz>



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## Prize giving 2017 - Indoor Bowls

**Representative Badges** (these are presented after playing three full rep games) - G. Larcombe & A. Miller, Ladies Eights - R. Defillipi, M. Velenski, Williamson Trophy - G. Larcombe  
**Paterson Trophy** - R. Lockerbie

**Gold Star** - S. Robb

**20 Champion of Champions** - D. McGregor

**25 Champion of Champions** - M. Howard

**35 Champions of Champions** - G. Robb

**Henselite Singles Winner** - G. Robb

**Grant Cup Mixed Pairs Winners** - V. Randall & S. Jones

**Jenkins Triples Winners** (Presented in 1976 for Oamaru Players only) - C. Ormandy, N. Shiferaw, J. McNamara

**Skipperdale Trophy Winners** (Presented in 1978 by John Howard) - G. Robb, N. Shiferaw, J. McNamara, E. Robb

**Town v Country** - not played

**O.M.C. Cups winners** (presented in 1976 for fours) - M. Howard, G. Larcombe, E. Berryman, N. Smart

**Umpires Image promotion trophy winners** - C. Ormandy, C. Tipper, J. McNamara, D. McGregor

**Lavender Trophy winners** - M. Howard, R. Aimers, G. Larcombe, M. Guthrie

**Moss Rose Bowl** - Oamaru (manager N. Read)

**Jack Mallon Trophy winners** - G. Robb, N. Shiferaw

**Heer Singles** - G. Robb

**NZ Mixed Fours Tray** (Presented by G. Sparks) Winners - M. Howard, S. Jones, G. Larcombe, R. Lockerbie

**NZ Mixed Pairs tray** (Presented by G. Robb & G. Sparks) Winners - M. Howard, R. Lockerbie

**Don Grant Triples Trophy Winners** (Presented by the late Pat Grant) - S. Robb, E. Robb, C. Ormandy

**Crothall Trophy** - North Otago (Manager G. Spark)

**Champion Singles Mens Winner** - M. Howard

**Champion Singles Ladies Winner** - A. Miller

**Champion Pairs Winners** - W. Strachan, G. Arlidge

**Champion Triples Winners** - G. Robb, C. Tipper, D. McGregor

**Champion Fours Winners** - G. Robb, S. Robb, J. McNamara, D. McGregor

**O.L.T. Trophy** - Club with most points - St Pat's 24, Awamoko 30, Eveline 121, Oamaru Club 143

**Jackson Trophy** (presented to player with the most points in nominated events) - G. Larcombe, D. McGregor 28, G. Robb 36, M. Howard 44





## Omarama's High Country Garden tour in October

Those heading on Omarama's High Country Garden tour next month are in for a rare treat.

The tour is the first step in a major drive to raise about \$200,000 for an outdoor sports facility for the town.

It will be a one-off opportunity for garden enthusiasts to view these gardens – nine in all.

The challenge of gardening in the high country has resulted in some remarkable and creative solutions – each gardener has their own story to tell. Food and refreshments will be available to buy throughout the day.

For those passionate locavores Ben Ohau Road Cheese and Ostler Wines will be selling wine and platters.

And there will be no need to “bring a plate”, although you're welcome to bring a picnic lunch. In best high-country style our own Wrinkly Rams will be serving Devonshire tea on the lawn at Buscot.

Artists, all with local connections, will have work on display at Benmore Station. Raffle tickets for hampers loaded with garden-themed goodies – beautiful and handy – will be sold throughout the day.

The day culminates in an auction at Omarama Station.

Businesses have generously donated some amazing items to the cause.

Among the many; the Hermitage has donated a night's accommodation and a delicious breakfast for two, Helicopter Line has given a premier scenic flight for two over Mt Cook and the glaciers - a trip of a lifetime!

The tour is 10am to 4pm, Saturday, October 28.

The auction begins at Omarama Station at 3.30pm

Tickets are available from GlenCraigs Omarama, LJ Hooker, Twizel, FMG Oamaru or phone contacts below or Facebook.

Like the facebook page:

[www.facebook.com/highcountrygardentour](http://www.facebook.com/highcountrygardentour) for regular updates.

## 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: 10th Oct**

- 5.30 Item for Younger Ears: Story, The Thief Lord, by Cornelia Funke, Pt 2/12
- 6.00 Classic Comedy: ISIRTA Comedy from the BBC
- 7.30 Concert Piece: Opera Choruses by Verdi, Wagner, Weber et al
- 9.00 Reading: We Of The Never Never, by Mrs Aeneas Gunn, read by June Slater, part 7 of 8

## Excelsior Petanque News.

This week the Mens and Ladies club Singles Championship were held. Games were played to 13 or 35 minutes. Ladies 30 minutes.

In the men's result: Alec Clarke 1st 4 wins plus 27, David Gardiner 2nd

4 wins plus 23, Herb Tonkin 3rd 3 wins plus 15.

The Ladies Singles was very close with lot of very tight games. At the end of play 4 ladies had won 5 games.

David Gardiner, the umpire, had a very busy day measuring some very tight ends. The differential was brought into play to find a winner.

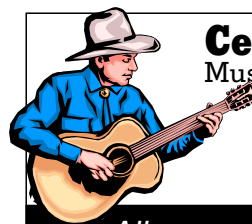
1st Myrel Parsons 5 wins plus 28, 2nd Suzanne Tonkin 5 wins plus 25, 3rd Ann Stone 5 wins plus 17, 4th Lesley Warren 5 wins plus 13.

It was nice to see all those men members turn out to support the ladies. A very nice dinner was held at the clubrooms at the end of play. Cheers, RollaBoule



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# Community Diary

## Wednesday 4th

**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.

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

**Social Housie**. 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Graeme 437 2220

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

## Thursday 5th

**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 437 0911. mainlymusic.org.nz

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

## Friday 6th

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

## Saturday 7th

**Waitaki Presbyterian Parish Annual Fair** at Eveline Church Hall, Thames Hwy, 9.30-11.30am. Enquiries Ph. Brenda 437 0625

## Sunday 8th

**Art on Bikes: (Part of the inaugural Waitaki Arts Festival)** Free, 10am-3pm "Bugrocks" - Paint and hide your bugrocks at Oamaru Public Gardens. Decorate your bike and join in on the Art on Bikes Trail, riding from the starting point of Whiterocks Rd & Westview Drv. 1st stop is at Waitaki Community Gardens where world famous Bug Man Ruud Kleinpaste shares facts about the bug world from 11am, 12pm, 1pm & 2pm. Enjoy a cuppa while the kids build a bug house. Second stop is the Gardens where you can join in the Rock Hunting Challenge, or just relax, grab a bite to eat and listen to live music. Third stop is Takaro Park where you can join Tahu Mackenzie from Orokonui Ecosanctuary making seed bombs to take home or have fun on the Bike Bug Obstacle Course. Destination is The Farmers' Market area.

**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. Fresh food & produce.

## Monday 9th

**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 10th

**AA Meeting, Orwell St Chapel**, 7.30pm. Ph. 432 4191 or 437 2337.

**Age Concern Gentle Exercise Programme, over 60's** Orwell St Chapel Hall, at 1:30pm. Ph. Heather 437 2404.

**Alzheimer's 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 10.30am. Ph Jan 437 2348.

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

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

**Zumba Classes Oamaru**; First time free! 6:30-7:30pm, Scottish Hall, Tyne Street, All Welcome.

## Up & coming

**Register now for the Oamaru Rainbow Run!!!** Walk or run round our exciting and colourful course on the 14<sup>th</sup> of Oct. Register at <http://www.sporty.co.nz/waitakirc>.

**Show Us Your Toys @ Kurow**, Sat 28 Oct. Kurow Racecourse, Rain or shine event will be held. Stall holders welcome to register up until the 22 Oct. [kurowkruisers@gmail.com](mailto:kurowkruisers@gmail.com)

**St Joseph's International Food Fair**, Sunday October 29th, gates open at 10.30am, food available from 11am. \$5 per plate.

**Waitaki Travel Club Monthly Meeting**, Friday 13th October at the Manor Estate, speaker Collette Dikane on teaching in Outback, Australia.

## AGM Notice

**Diabetes NZ North Otago Inc**, 10th October 2017 6pm at Star & Garter. 40th Anniversary Dinner to follow at 6:30pm. Ph Trish 437 2749 or Jan 437 2348.

**Excelsior Petanque Club AGM**, Sunday 29th October, Excelsior Clubrooms, 4pm. All members & intending members to attend please. *A. Clarke - Secretary*

## Notices

**MTO CHILDREN'S THEATRE WORKSHOP** - For children keen to participate in our 2018 production of *The Pied Piper*, MTO will be holding a workshop on October 4th from 10am - 12.30pm. Age-group 9-12 years. Great roles for both boys and girls. Enrolments limited. Please register your interest with Pat Gunn: [patgunn1749@gmail.com](mailto:patgunn1749@gmail.com)

**Car Boot Sale** - Saturday October 21, 9-12.

WGHS Car Park, Trent St. \$10 per car.

Booking: Call Liz 0273294218, Organised by WGHS ASTRA Service Club. Proceeds for a Community project

**Grey Power North Otago**: Office open 12.30-3.30pm, 2nd floor, Community House. Other times, phone Graeme 437 2220.

## Classifieds

**Inbuilt logfire** - free for removal, light use. Ph. 437 1112.

**To Give Away**: Horse Manure Ph 434 5607.

## For Sale

**Cakes, plants, garden compost, books, puzzles, home made cards, second hand goods, handcrafts, morning tea** - Waitaki Presbyterian Parish Fair, Eveline Church Hall, Thames Highway, 7th October 9.30-11.30am. Ph. 437 0625.

**MF 185 Tractor, Holland Baler, Hay Rake, Berand offset mower, ATO + Spray pak, Steel portable Cattle Yard, Ramp Head Bale AG 200**. Ph 03 426 0877

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**Classified Advertisements** - \$10 for 3 lines

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**Smash Palace**, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.

## Wanted

**Books** - always buying at Oasis Oamaru, 10 Harbour St. Ph 434 6878.

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**3 bedroom house** - North end. ph 0274340005

## Raffle results

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## Classified Listing

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- ▶ Ludemann Motors.....03 434 0291  
.....6 Main St, Weston

## Bricklaying & Tiling

- ▶ Doran Brick 'n' Block.....437 0415  
.....027 516 5675
- ▶ Lakeland Tiling.....Shane.....027 312 2017  
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## Building & Construction

- ▶ David Ovens Building Contractor Ltd  
.....Licensed B/P.....027 481 9424
- ▶ Wayne Nuttall Builders.....437 2513  
.....027 434 3409
- ▶ Curtins Concrete Coating 027 436 9209  
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## Budget Advice

- ▶ Family Works N.O. Budget 434 6196  
Advice, Oamaru .....027 365 2959

## Chiropractor

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.....23 Eden St, Oamaru

## Citizens Advice

- ▶ Citizens Advice Bureau N.O....434 9743  
.....0800 367 222

## Cleaning

- ▶ A1 Spic n' Span.....434 5534  
Almost ALL Cleaning .....027 737 8423
- ▶ A+ Services.....0800 155 166  
Window, gutter & carpet cleaning 027 714 4812
- ▶ Headstone Cleaning Service 021 026 26115
- ▶ Oamaru Chimney Sweep.....434 8025  
.....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
- ▶ Michael Butler.....434 9863  
Experienced & qualified.....027 273 4824
- ▶ Steven Jones Gardening Services.....  
.....027 260 9988

## Hairdressing

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.....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

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.....Immigration Waitaki

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.....Paul Houlahan 021 331 261

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.....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

## 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

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- ▶ Oamaru Transfers .....434 9506  
.....Hospitals & Airport transfers (Merv Aitcheson)
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Door to door service.....434 7744
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