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28th November 2017

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Issue 371

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Nice to see everyone out over the weekend - at least we are getting a number of warmer days to enjoy the events over the last few weeks.

It's not too late to get gifts designed and printed for Christmas and New Year events. Our shop Oamaru Print and Copy, will be closed from 12pm December 22nd until 8th January 2018. Looking forward to some time off with family and friends...

Enjoy your week, Regards The Telegram.

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Almost the last month now as we experience overcast pre Christmas days. Because nights are still cool, the night Beetle and the big brown Moths have not yet made an appearance, but the Spittle Bug is here, frothing up plants. Spittle Bug nymphs can turn a liquid secretion into bubbles by moving or pumping their

bodies. Once bubbles have formed, they use their hind legs to cover themselves with the froth that insulates them from temperature extremes and protects them from predators. Although Spittle bug nymphs do feed on plant sap, the damage is minimal and populations are usually small, so no pesticide is necessary, a strong hose blast should be enough to dislodge them.

Roses: I am keeping up the fish emulsion to foliar feed Roses and deter Green Fly, plus have removed old Hellebore leaves, where I see Green Fly have populated on the undersides and Wintered over.

Orchid growers: It is the time to re-pot now. Use Orchid mix for the best results - it takes the guess work out of wondering what to feed them.

Dews are still wetting, so the ground is still holding some moisture - scatter grass clippings around as mulch if your lawns have not been sprayed - they become good humus. I empty the catcher, then rake it about. So much spent Spring growth in our garden needs cut back now - Aquilegias, Forget-me-not, Pansies, Violas and Catmint, plus I have dug out all the Polyanthus, to replant in a shady damp spot until next Winter. Gaps will be filled with Cosmos, Poppies, Petunias, Dahlias and Statice.

Vegetable garden: Early morning soaking keeps moisture up through the day and helps with the germination of seeds.

Successive planting can be kept up right through the Summer. If you must use sprays on your vegetables, try an organic option or make your own natural sprays. The following plant leaves can be simmered in water and the resulting liquid used on plants. Basil will eliminate aphids, Chives prevent mildew occurring on Cucumbers, Squash and Pumpkins. Coriander also for Aphids and Spider Mite. Eucalyptus is a good general purpose insecticide. Rhubarb has been found to help prevent Black Spot. These may be only plants, but in liquid form they can be harmful to children, so keep marked bottles high up. I found that it is not a good idea to breathe in fumes when bringing to the boil. Keep doors and window open.

Companion planting is another option. Some plants have been proven to help and enhance others, so I will list what has worked. Carrots and Onions together, Celery and the Brassica family, i.e. Cabbage, Cauliflower, and Broccoli, Marigolds and Beans/Brassicas.

Get Corn and Pumpkins in as soon as possible, because they need a long growing and ripening season.

Fruit: Keep water up to Currants and Berries, Lemons and Fruit trees - it takes a lot out of a plant to fruit. There are specially prepared fertilisers for most plants with instructions for how much to apply and when. All fruiting trees and plants need a lot of water now to create juicy plump fruit. The amount of early Spring rain we were lucky to get was perfect for a good start, but it takes only a day of strong wind to zap moisture from the ground. Remember to cover your Strawberries from birds. Strawberry netting

stretches out to cover a large area and does the job well. Birds can strip Gooseberries as well - throw some frost cloth over them until you get a chance to pick them.

Keep food up to Tomatoes as they grow. Be sure to remove laterals of the taller growing variety and stake them to keep them upright as fruits get heavier. They should be flowering now, waiting for the bees to pollinate them. If your bees are few and far between on these overcast days, you may have to take a hair drier into the glasshouse to gently blow the pollen around while leaves are dry.

Elder flower is blooming for the making of Elder flower cordial, -25 Elder flower heads, Zest and juice of 2 Lemons and 1 Orange, 1.5 litres boiling water, 1kg sugar, 1 heaped teaspoon Citric acid. Leave sitting on paper for bugs to take off. Place in large bowl with Orange / Lemon Zest. Bring to boil, pour over flower heads and Zest, cover, leave overnight. Strain, pour into a saucepan and add sugar, Lemon /Orange juice and citric acid. Heat gently to dissolve sugar, then simmer for a couple of minutes, bottle (sterilized) and seal. Wonderful Summer cocktail with fizzy water, ice and maybe a dash of gin.

Cheers, Linda

Depression

Depression is a mental illness where you feel sad and miserable most of the time and your mood is persistently very low.

Being depressed is more than feeling down for a day or two – it usually continues for weeks or months at a time.

Depression can range from being a mild illness, to a severe one – where you can lose interest in life and the things you used to enjoy.

Triggers of depression

Often depression is triggered by a difficult situation or stressful changes in your life. It can build up over many years.

Signs of depression

- Some of the signs of depression are:
- feeling tired all the time
- getting too much sleep or not enough
- feeling worthless and helpless
- thinking about death a lot
- having no energy and feelings of low self-esteem
- loss of appetite or overeating
- sadness or emotional ‘numbness’
- loss of pleasure in everyday activities
- irritability or anxiety
- poor concentration
- feeling guilty, or crying for no apparent reason.

Managing your depression

There are things you can do yourself to help manage your depression. *Here are a few ideas:*

- do regular exercise
- get good quality sleep
- understand what triggers depression for you (eg, lack of sleep, too much stress)
- join a support group
- eat healthily
- reduce stress
- learn relaxation techniques.
- Getting help

Getting help is an important part of managing depression.

www.health.govt.nz/your-health/conditions-and-treatments/mental-health/depression

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Tuesday: 28th November

- 5.15 Item for Younger Ears: Story, The Thief Lord, by Cornelia Funke, Pt 6/12
- 6.00 Classic Comedy: ISIRTA, Comedy from the BBC
- 7.30 Concert Piece: Beethoven; Piano Concerto No 5 in E flat, Nuremburg Symp Orch
- 9.00 Reading: Wake The Dead, by Dorothy Simpson, read by Terence Hardiman, Pt 6 of 16

Pavlova

Ingredients

6 egg whites, at room temperature, pinch of salt,
350g caster sugar,
2 tsp cornflour,
1 tsp white vinegar



To decorate

500ml cream, 2 tsp vanilla extract, ½ cup icing sugar
punnet each of strawberries, raspberries, blueberries
fresh mint leaves, edible flowers.

Method

1. Preheat oven to 180 degrees Celsius bake (160 fan bake). Line a baking tray with baking paper and draw a circle onto your baking paper roughly 10cm in diameter. This will act as a guide to create a wreath-shaped pavlova.
2. Place the egg whites and salt in a large grease free bowl and beat with a handheld or stand mixer until glossy and stiff peaks form.
3. Whisk in the sugar, one tablespoon at a time, whisking well after each addition.
4. Keep whisking until the egg whites hold their stiff peaks (hold the bowl over your head and the meringue should stay in the bowl!)
5. Sift the cornflour over the top and fold through with the vinegar.
6. Spoon your meringue into a piping bag fitted with a large star nozzle.
7. Pipe round rosette shapes onto your baking paper using the drawn circle as a guide. Make sure you overlap the rosettes so they stick together. When you have a complete circle of rosettes, pipe a second row directly on top to give the pavlova height.
8. Bake for 5 minutes before turning the oven temperature down to 120 degrees Celsius bake (100 fan bake). Bake for a further one hour until the outside is crisp to the touch. Turn the oven off and leave the pavlova in the oven with the door closed for at least 2 hours, or overnight.
9. On the day of serving the pavlova whip the cream, vanilla & icing sugar together in a bowl until soft peaks form.
10. To assemble, carefully remove the baking paper from the bottom of the pavlova and transfer to a serving plate.
11. Spoon large dollops of cream onto the top of the pavlova leaving a 1cm border of meringue. Arrange your sliced fruit over the top and decorate with mint leaves and edible flowers.

Stout Trust latest to donate to cultural facility

A grant of \$65,000 from the Stout Trust is the latest donation to help fund the Cultural Facility Development Project.

The grant further strengthens the overall project and the commitment made by Council that it would proceed with the \$6 million project if \$4.5 million was secured in external grants.

Mayor Gary Kircher says over \$1.8 million has already been raised and more is expected in 2018. This external funding adds to the \$1.9m already allocated by Council if the project proceeds.

“We’ve received grants from several organisations including J W Christie, Alexander McMillan and Otago Community Trust as well as a grant of over \$1 million from the Lottery Grants Board,” says Mr Kircher.

Community events have also raised money for the project, with the Forrester Laneway Long Lunch and the Unique Films competition and art auction, raising over \$17,000.

The project, that will merge the Forrester Gallery, North Otago Museum and Waitaki District Archive into one facility, will provide a unique experience for visitors, combining artefacts, photographs, documents and other cultural heritage.

Two months ago new plans were unveiled for the entrance to the new facility. The entrance has been designed to capture the imagination of the public with a specially designed paved area from Thames Street and lead them into the new facility.

“This was an exciting development and we are now awaiting the more detailed plans which will help support funding applications we’ll make in 2018.”

“Both the external funders and the community fundraising events demonstrate the importance of this project. We would not have their support if they did not believe in its significance and we are very grateful for it.”

More information about the project can be found at <http://www.waitaki.govt.nz>



A Victorian style welcome on the Victorian Heritage weekend at St Paul’s lunch time recital.

Driving in the holidays

You will need to take extra care when travelling in holiday periods because of increased traffic volumes, congestion, tiredness and people driving in unfamiliar environments. Being courteous, remembering to share the road with others and scheduling frequent breaks can help you keep your cool when driving during these times.

Some tips to help keep your traveling a safe and pleasurable experience for you and others on the road.

Why you need to be alert

- There are more vehicles on the road – more vehicles means a higher risk of crashes.
- Many people are driving on unfamiliar roads.
- People are driving long hours and getting fatigued – often early morning or late evening.
- Increased stress from factors such as heat, traffic jams, noisy children and general tiredness.
- People on holiday may be less vigilant about road safety, eg speeding, driving when tired, not buckling up.
- There’s more drink-driving during holiday periods.

What you can do to increase your safety

You can make a number of choices to increase your safety on your holiday journey. You need to give road use the attention and respect it deserves.

Plan ahead

- Take a little time to make sure that you and your vehicle are safe before starting your journey.
- Plan your travel to avoid the worst peak traffic periods when many highways become congested.
- Allow plenty of time – make the journey part of the holiday.
- Schedule regular rest stops.

Be alert to changes

Often during holiday periods, passing lanes are closed to help reduce congestion and prevent further delays where the traffic merges at the end of lanes. Sometimes alternative routes are suggested. Check our information on highway conditions for real-time updates about route changes, delays, closures and incidents.

Watch out for fatigue

Long trips are tiring and fatigue can be deadly when you’re driving. Driver fatigue was a factor in 54 road deaths and nearly 1000 injuries last year. Plan to get enough rest beforehand so that you drive fresh. You should plan in advance where you’ll take breaks on your trip.

Keep your cool

Holiday driving can be frustrating with busy roads, often slower sightseeing travellers, stifling heat in summer and icy surfaces in winter. Here are some simple and easy ways to stay calm and stay in control:

- Be courteous – let others merge into traffic and indicate before turning or changing lanes.
- Keep left unless passing.
- If you’re a slower driver, pull over when you can to let others pass.
- Be patient and don’t be provoked by other drivers’ aggressive behaviour.
- Remember that trucks and towing vehicles have lower speed limits. Wait for a passing lane or until you can see clear road ahead of you and enough space to overtake safely.
- Keep an eye out for cyclists and other road users. Give them plenty of space.
- Watch out for horses on back country roads.

Community Diary

Wednesday 29th November

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

Duathlon & Fun Walk / Run series - 6pm Friendly Bay. Ph. Oamaru Multisport Club, Adair 021 309 439 or Diane 021 081 50688. Enter on the day or online www.sporty.co.nz/oamarumultisportclub.

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

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

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

Thursday 30th

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

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

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

Launch - "Leafsmile Make" plus open poetry readings, Oamaru Library, 6pm, includes drinks & nibbles.

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 1st

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

Meadowbank Bowling Club Friendly Bowls 2pm. All bowlers & Non bowlers welcome. 14 Conway St. Enquiries 434 7196.

N.O. Rose Show, 1pm to 6pm, Blind Foundation Hall, All welcome.

Summer Indoor Bowls at Centre, 7pm start. Ph Bob 437 1704

Saturday 2nd

N.O. Rose Show, 10am to 4pm in the Blind Foundation Hall, All welcome.

Sunday 3rd

Art Craft Fair Oamaru - summer season along side the farmers market, Harbour 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.

Home & Garden Tour with award winning properties. Fundraising for Kakanui School playground upgrade. 11am - 4pm. Incl. Devonshire teas, stalls, raffle (2-4pm). Tickets \$20 from Paper Plus or School Office 03 439 5837.

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

Monday 4th

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 5th

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

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. 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.

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

Idea High School Musical 2017; One show only Sunday 10th December at 2pm, Waitaki Boys High School, Ticket available at Idea Services, The Professionals Oamaru, Giant Leaps Speech Company (0800 4 speech), door sales from 1:30pm.

Waitaki Travel Club Xmas Dinner, Wednesday 6th Dec, Manor Estate, 6pm. Ph. Jacquie 437 0831 for tickets before 30th Nov.

Classifieds

To Give Away: Horse Manure Ph 434 5607.

For Sale

1978 Liteweight Chevron Poptop 1500. Ph. 434 9435.

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Waitaki District Community Group Directory 2017, updated version \$3 avail Citizens Advice Bureau N.O, 100 Thames St.

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

Raffle Results

N.O. Piping & Dancing Xmas raffle

1st Fiona Stuart, 2nd - Sue Hopwood

Oamaru Repertory Society Murder Mystery Raffle winner - 67 - Aaron Devon. Thank you to all who participated.

Be a Santa to a Senior

Could you help an elderly resident enjoy Christmas? After doing some research Altrusa International of Oamaru Inc. has found that there are twenty six residents living in Rest Homes in Oamaru who do not have any family and do not receive a gift on Christmas morning. These residents have been asked by the Home activity officer what they would like to receive for Christmas.

A Christmas tree has been decorated and placed in the Oamaru Pharmacy. On the tree are tags which match the requests. Altrusa invites members of the public to come into the pharmacy and choose a tag from the tree. Take it away and purchase the item, then return the item and tag and place them in the container beside the tree.

Altrusans will wrap the presents and distribute them to the Rest Homes in time for Christmas day.



Waitoa Park
Golf Club Inc

Annual General Meeting

Tuesday, December 5th 2017
7.30p.m. at the Clubhouse



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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 & Copy434 9651
.....*info@perfectprint.co.nz*

Removals & Storage

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

Tiling

- ▶ Lakeland Tiling.....*Shane*..027 312 2017
.....*Kitchens & Bathrooms - No job too small*

Transportation & Rental Vehicles

- ▶ Driving Miss Daisy434 8421
.....*Appointments, Dunedin & Timaru Hospital, Shopping*
- ▶ Oamaru Transfers434 9506
.....*Hospitals & Airport transfers (Merv Aitcheson)*
- ▶ Oamaru - Dunedin/Hospital Shuttle.....
Door to door service.....434 7744
- ▶ RBM Motorcycle Rental & Driver
Training439 5355
- ▶ Smash Palace.....433 1444
.....*Cars, Vans, Bicycle Hire & Shuttle Service*

Vehicle Servicing & Repairs

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

Window Tinting

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

Please Join us for a..
**A Candlelight
Remembrance
Service 2017**

Whitestone Chapel
54 Weston Road,
Oamaru
13 December 2017
at 7.00pm



RSVP BY 8th DECEMBER

(03) 434 8812

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