

The Telegran

17th October 2017 Issue 365 Phone 434 9651

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I hope those of you who had time off in the school holidays enjoyed your time with the kids and they didn't drive you too crazy... I am glad we got some nice Spring days amongst the drizzly ones.

Well done to all the children who entered the NZ Petfoods Colouring Competition. There were some amazing entries and I am sure the judges had a hard time picking the prize winners. Regards The Telegram.





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PH. TOM 021 0233 2002 OR 434 3326







Here we are in the 2nd week of School holidays and a wet start - not so good for Parents and Children, but wonderful for the garden. Gentle warm Spring drizzle is just right for Spring new growth and sown lawns. Sifting soil will begin again here this week, for resowing lawn bare patches

and to add body to gardens, pots, baskets and seed trays. With all the mulches used today, gardens become light and fluffy and don't hold moisture. Soil is nature given for growing and sifted it is the perfect medium for new roots-spread it on top and it will wash in beneath the mulch with each watering.

Spring bulbs are starting to finish. Don't be tempted to cut leaves off just yet, as the bulbs top up on food for next year from leaves as they die back.

If you have really big clumps of bulbs choking your garden space, there will always be someone willing to bring a spade to halve big clumps and adopt bulbs. Put a sign at the gate saying "Bulbs to give away, bring a spade!"

I have had to pull quite a few Lavenders out this year because they have reached the end of their growing. After their trim back at the end of Winter, they were not making a lot of new growth - just a little bit here and there, with most of the plant staying woody. If you have the odd Lavender doing this - pull it out and replace it with a fresh plant. I noticed last year that some plants were not doing well, so I put in cuttings from stronger growing ones which I can plant out now to fill the gaps.

Ericas that flowered over Winter can be trimmed so new growth does not start above the spent flowers.

Take tip cuttings now from Shrubs. Dip them in hormone and push them into firm river sand - they will make roots over the Spring and Summer ready for planting out at the end of next Winter.

Keep an eye on tall growing Chrysanthemums as they start making growth now. Cut back the first new growth before they make hard wood. They do not flower until the Autumn, so by removing the first new growth, they should regrow shorter and be more manageable.

Prune Fuchsias back now if you have not already done sothey will make new fresh growth. Because they flower on new seasons wood, they can be taken well back.

Dahlias: in the garden for Summer colour - tall, medium and dwarf. They are just starting to make a move, so if you want colour to continue in your garden when the Spring show is over, Dahlias will do the job. They like a warm full sun free draining spot - tubers will rot if planted in ground that remains wet.

Too early yet to trim box hedges - wait until the new growth firms up a little. The perfect time to trim Box in Spring, is during overcast days - the hot sun burns new undergrowth - dull days give them time to recover.

Mowers are humming again on lush lawns. Use the clippings around your garden as mulch - not great piles, but evenly scattered around will keep the weeds down and help to retain moisture.

Tomatoes: For those with Glass houses, prepare the soil well by digging in good organic compost. This will need to have been heated to the point of all fungus disease being eradicated. Summers here in N.O. can be cool, so a Glass or

Tunnel house is a "must" if wanting to be a serious Tomato grower. However a Glass house is a perfect incubator for fungus disease during nights and dull days, when moisture is not taken up quickly by plants- never let Tomato plant leaves go into the night wet. There are a lot of Tomato varieties to choose from; Beefsteak - the big Tomato best for sandwiches and cooking, Early girl - starts producing early and keeps on until late in the season, Potentate medium/small firm with moderate acidity and low in sugar Money maker - medium size and good flavour, Doctor Walter is the very low acid Tomato, Cherry Tomatoes - the plant you can grow in a pot inside or on a porch - great for Childrens lunch boxes, Russian Red a - Tomato to grow outside in a sunny spot protected from the wind. Heirloom tomatoes have become popular - they don't look great, but they have the great taste of yesteryear. Most need staked and tied up in the glass house and ALL tomatoes like sun all day - 6 to 8 hours. It helps the fruit if there are fewer leaves on the plants. Tomato leaves compete for nutrients, create unwanted shade and harbour disease.

Keep planting vegetable seeds directly into the garden, but don't sow too thickly. Mix seeds with fine soil when sowing to avoid a lot of thinning. The little gardens from New World are on the go again - a wonderful idea for encouraging Children to grow food. The window-sill is not the place for them once germinated - pot and all can go into the garden to be ready for eating at Christmas Cheers, Linda.

Don't Tough it out on Your Own

The theme for Mental Health Week this year was "Nature is Key - Unlock Your Wellbeing". The idea is escaping stressful or 'same old rut' work and home environments to eat your lunch in a park or at the beach, to take the family for a weekend bush walk, etc. It can lift spirits, put you back in touch with Nature, and get you thinking about your health, your priorities - and whether you may need to reach out for help or advice.

Federated Farmers President Katie Milne welcomes the focus on mental health and talking through issues and feelings with others. "Our great outdoors can also be a wonderful tonic." But for rural folk, Mother Nature can also be a source of considerable stress. Storms, floods, ailing livestock, droughts, etc., can ratchet up financial woes, relationship strains and the feeling 'it's all too much'. "We revel in our lifestyle in rural New Zealand - it's beauty." and our role putting top quality food on family tables here and around the world. But if you let it, farming can be a lonely job too," Katie said. "The real message of Mental Health Week is that if the stress is getting too much, it's not smart to tough it out on your own. Talk to your partner, a friend, a neighbour or reach out to one of the professional and confidential help agencies."

Figures released recently by Chief Coroner Judge Deborah Marshall show (provisional statistics) 606 Kiwis took their own life in 2016/17, up from 579 the year before. Men are dying by a suicide at a rate of three men to one woman. Other research shows the suicide rate in New Zealand's rural sector was 20-50 per cent higher than in urban areas. The Mental Health Foundation, sourcing Ministry of Health data, reports that mental disorders are the third-leading cause of health loss for New Zealanders (11.1% of all health loss), behind cancers (17.5%) and vascular and blood disorders

(17.5%). "For something so common among us, it's a huge shame that talking about mental wellbeing is still regarded as a bit taboo, or somehow weak. We've got to get rid of that sort of nonsense attitude," Katie said. "We can't solve every challenge by ourselves. Your loved ones will feel devastated if you never gave them the chance to understand how you were really feeling."Katie, who is also on the Council of Rural Health Alliance Aotearoa New Zealand, also has a message for the incoming Government: "It's past time the inequalities of access to health services for the 600,000 people living in rural New Zealand were addressed."

Recipe of the Week: **Savoury Sausage Roll**

1 cup grated cheese, 500gr sausage meat,

1 cup Breadcrumbs, 1tsp sugar, 1/2 cup grated apple 1tsp curry powder,

1 small onion, 1 beaten egg, Salt and Pepper Sprinkle of mixed Herbs.

Flour board and roll out sausage meat. Beat egg in bowl. Add all ingredients to egg and mix. If very dry, a little milk doesn't hurt. Spread stuffing mixture on rolled out sausage meat, roll up and place in sponge roll tin.

Bake 1.1/4 hours at 180C.



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St Joseph's International Food Fair

On Sunday the 29th of October from 10.30am, our gates will open at St Joseph's school for our wonderful international food fair. This is our 3rd year and we are so in love with this

We have a lovely multi-cultural community in our school and we warmly welcome you and your family to share and enjoy this occasion that is colorful, exciting, energetic and **DELICIOUS!!**

Our clever and amazing families are cooking on 9 stalls -Pacifica, Indian, Chinese, Mexican, Filipino, Malaysian, Zimbabwean, Dutch and New Zealand. To excite the senses, some examples are Satav chicken, Donuts, Waffles, Chop suey, Nachos, Butter chicken, Wontons, Fried rice, Sausage and Manioke.

Each plate is \$5 and all proceeds go towards our school improvements and equipment. Our school children are all involved on the day with activities, fun games, cake wheel and entertainment. Fun for all the family!



Stoptober - like October but without the cigarettes!

Stoptober – It's just like October but without the cigarettes! There's still a few weeks left of October and people who smoke in the south, are being encouraged to give stopping a go this month. "The Southern DHB Smokefree team are promoting the Stoptober campaign in the southern district even though it's not running nationally this year," says Debby Newton, Southern DHB Smokefree Coordinator. Stoptober is being promoted on the Smokefree South Facebook page. People who smoke are encouraged to check out the daily posts throughout the month for motivation, information and encouragement to give stopping a go. Stopping smoking is always easier in groups, so the team are suggesting to people who smoke to get their friends and family together and set a goal to go the month of October without cigarettes. "People feel so much better after a month without cigarettes, and often they carry on not smoking," says Ms Newton.

The Southern Stop Smoking Service is ready and waiting to provide free support for those joining the campaign. "You have a greater chance of succeeding with the support the Southern Stop Smoking service offers," says Ms Newton. "Send a Facebook message to the DHB Smokefree team and they will talk to you all about the free support available."

Oamaru Heritage Radio

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



Tuesday: 24th October

5.30 Item for Younger Ears: Story, The Thief Lord, by Cornelia Funke *Pt 4/12*

6.00 Classic Comedy: ISIRTA Comedy from the BBC

7.30 Concert Piece: Lehar; The Merry Widow, State Theatre of Zurich

9.00 Reading: Wake The Dead, by Dorothy Simpson, read by Terence Hardiman *Pt 1 of 6*

Is 2017 the year of the Little Blue?

Topflite and the Otago/South Canterbury community hope to make it happen. The popular Bird of the Year contest run by Forest and Bird is now in its 13th year. The kororā (little blue penguin) has never taken out the title. Topflite, as campaign manager, is planning an energetic election campaign to ensure the penguin has a fighting chance this year.

The kororā is distributed along the coastlines of New Zealand, with large numbers in Otago and Canterbury. The Oamaru Blue Penguin Colony is one of the largest in New Zealand. Numbers of blue penguins are in decline and their conservation status is 'at risk'. Recent reports in the media have highlighted how human activity, dogs and other pests are impacting on survival rates. Winning Bird of the Year would attract some much-needed attention for the kororā.

The Oamaru Blue Penguin Colony has pledged to support the campaign. Kororā fan ellaquaint, the illustrator behind Topflite's new packaging, is also getting behind it. She will provide a special edition prize - to be revealed during the campaign.

Topflite is calling on the Otago/South Canterbury community to help the campaign in any way they can. Some ideas:

- 1. Vote for the kororā at birdoftheyear.org.nz
- 2. Share photos or stories about the kororā using the hashtags #BirdOfTheYear #votelittleblue
- 3. Follow the campaign on Facebook www.facebook.com/votelittleblue/
- 4. Businesses could provide incentives of their own
- 5. Make a video or poster about the kororā
- 6. Encourage everyone in Otago/South Canterbury to vote! Voting has begun at www.birdoftheyear.org.nz









SCHOLARSHIP/GRANT

Direct descendants of service personnel who served in New Zealand or Commonwealth forces during the Second World War or in combat since, may apply to be considered for a grant for health or education. Both applicant and service person must have resided in North Otago for the majority of their life time. Application forms are available from the Secretary, June Jones, 10 Brinkburn St, Oamaru. Ph. 434 7267 or email

junejonesnz@gmail.com
Applications close with the Secretary on Friday, 10th
November 2017 at 5pm.

PART-TIME POSITION asthma north otago

The N.O. Asthma Society is looking for a parttime Secretary/Treasurer for about 8 hours a week. A knowledge of excel spreadsheets, Xero accounting systems and PAYE payroll is desirable. For a job description please phone Heather on 437 2404 or 021 1235089. Applications close 3rd November, 2017.

Community Diary

Wednesday 18th

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

Fun with Mandarin Adult Classes: Learn about Chinese Language & Culture. Every Wed 7pm- 8.30pm - \$50 per term. St Kevin's College Confucius Classroom. registration & info contact Sandra 437 0418 or 027 778 9753 or swtonkin@xtra.co.nz

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.

N.O Orchid Society Meeting, St John Hall, Exe St 1.30pm. Ph Betty 434 2025.

Zonta Club of Oamaru: upstairs at the Star and Garter. Ph. Christine McLellan 022 074 5938.

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

Thursday 19th

Diabetes Walking Group Chelmer St Gardens carpark 10.30am. Ph Jan 437 2348. **"From mountains to the sea"** 6pm, Oamaru

Library - celebrating Conservation Week.

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.

Grey Power General Meeting 1.30pm, Salvation Army Lounge, 225 Thames St. Speaker: Marian Shore. \$2 hall hire and small plate for afternoon tea. Anyone over 50 years welcome. Graeme 437 2220

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.

TANGIBLES GIFT SHOP Ladies Night

from 5-8pm. Come start your Christmas shopping, new stock arriving weekly. There will be specials exclusively for the evening, free gift wrapping & yummy tastings of new products showcased on the night. Get a group of friends together & come for a fun filled evening.

Friday 20th

AA Meeting, Orwell St Chapel, 12 noon. Ph.4324191 or 4372928.

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

Saturday 21st

Car Boot Sale 9-12. WGHS Car Park, Trent St. \$10 per car. To book call Liz 0273294218, Organised by WGHS ASTRA Service Club. Proceeds for a Community projects.

Duntroon Village Market 11am - 2pm. Local arts, crafts & produce. Site \$2 Ph. Maureen 431 2004.

Sunday 22nd

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.

Planting day at Cape Wanbrow at 2pm. Perfect for family, friends and dogs. Please bring a spade and drink. Meet at 2pm at Test Street entrance for a short briefing.

Monday 23rd

Altrusa International of Oamaru meet, Ph. Helen 439 5295.

Breastfeeding Support Group. 10am-12pm, Plunket rooms. Ph. Amy McCauley 0274186731 or

oamaru@lalecheleague.org.nz

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 24th

AA Meeting, Orwell St Chapel, 7.30pm. Ph. 4324191or 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.

Celebrating 500 years of the Protestant Reformation - hosted by Reformed Church of Oamaru.7:30pm "After Darkness, Light" lecture by Michael Reeves. Venue TBA. Ph Tani Newton 434 9253 for more info.

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.

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

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 22Oct. kurowkruisers@gmail.com.

Fenwick School Gala: Friday Oct 27, 5pm-7pm — great family entertainment. Refreshments, bbq, second hand stall, bouncy castle, bands, face painting, petting zoo, dunk the teacher, orb balls, train rides, candy floss, ice-cream, chocolate wheel, raffles and more!

Iris Show St Stephens Church Hall, 349 Wai-iti Road, Timaru, Sat 11 Nov, Open to public 1 pm – 4 pm.

N.O. Creative Fibre Open Day, 10am, Monday 30th October, St Luke's Hall, Wharfe St. Guest speaker, raffles, display & trades.

N.O Vintage Car Club is taking bookings for sites - \$15, 8x4m, at the November 18th swap meet & market. Ph. 437 2525.

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

AGM Notice

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

Classifieds

To Give Away: Horse Manure Ph 434 5607. **Free to Take Away: Internal Glass Sliding Door,** 180w x 196h. Ph 434 9329.

For Sale

Book Room Books - fill a bag for \$1 at The Charity Shop, Eden St car park.

Buffet Mahogany coloured, 2.1m long, 500wide, 900 height. \$150, Ph 434 9987.

Tomato Plants and other Organic Veggie Seedlings \$4 a punnet or 3 punnets for \$10.
Call Ra at community Gardens 0211 154 884.

Services

Ronald Stanley Mobile Mower & Chainsaw Servicing, chain, parts, new mowers, outdoor equipment. Ph. 027 332 2611 or 434 3300.

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 4346878.

Plant Donations for Community Garden's Food Forest - seeking seeds/plants incl. Strawberries, Artichokes, Hops, Yams, Kiwi Passion Fruit, nitrogen-fixers (eg. Lupins, Clover, Legumes), Fruit & Nut trees, Herbs (eg. Sage, Rosemary, Lavender, Lemon Verbena, Chamomile etc). No Rhubarb, spreading or prickly plants please. To donate contact Ra at 0211 154 884.

Flatmates required for 3 bedroom house. Fully furnished, double rooms, no pets, must be employed. \$100p/w plus share of power & wood costs. Please txt 027 260 9988.

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Classes

Yoga at Kakanui, Wednesday evenings, 5.45 - 7pm. Ph. Jan 027 471 1708 for details.

OS

Set of keys - Wednesday 11th, Eden-Coquet St area, car key plus 5 other keys on ring with leather tag. Ph. 434 1173.

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Megan with her stunning model & Blondini's Beauty therapist Leah.

Local Oamaru Hairstylist and owner of Blondini's Hair & Beauty took out 1st Prize in *The Cut Live Event Senior Stylist* category and 4th in the *Colour Presentation Event* in the **NZARH Hair Stylist of the Year Awards** in Hamilton on Sunday October 8 2017.

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