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Issue 391

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The Oamaru Telegram is almost 8 years old - We are going to have to think of something small but special to do to celebrate! When we have space, I would also like to start running articles about how to keep safe while online - on how to avoid scam, spam and even how to remove the foreign adverts while you browse the internet. If you have any other interesting topics you would like to read - let us know. As the weather gets colder - remember to keep warm... Enjoy your week, regards The Telegram.

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May has sneaked up on us - and all that rain last week - what is that all about in this baking, ripening time of the year!

Much lovely compost had been applied to gardens here before the rain, which will have washed down to needy roots with the help of wonderful Stan who helps in our garden once a week. At this time of the year, plants are slowing growth down and not needing nitrogen - so no fertilizer now, but definitely compost / mulch will be beneficial to trees, shrubs and plants, by keeping the ground warmer and being there when roots start needing nutrients in early Spring. Especially on high ground, because North Otago got to the almost flooding stage last week and nutrients needed in Spring, will have been depleted.

### Heavy rain encourages a lot of snails into the garden..

My Bantams are great slug and snail hunters, but I can still find them in dark sheltered spots among pots or behind plants growing up against walls - Flax and Agapanthus are especially bad for harbouring snails to multiply fast and be ready to destroy plants in Spring. I have read that it is no good transporting snails to a vacant area away from your garden, because they have homing instincts and travel long distances to return to their garden of choice. I cannot bring myself to stamp on them or drown them in a bucket, so why not try a humane way. Gather up as many as you can find and put them in a plastic bag, close it tight and put in the freezer. This way, they will go to sleep and not wake up. Yes I know - "what is she on about"? Working with Nature is what gardening is all about with me and snails belong in gardens until you remove them.

**May is the month to plant Tulips.** There are so many beautiful varieties on offer now and some that are so double they do not look like Tulips. For planting, choose ground in good light - a sunny spot but not baking that does not hold water. Bulbs like to be cool, so plant deep - at least 8 inches, measuring from the base of the bulb, digging even deeper to loosen the soil for drainage. They can be grown undisturbed along a south wall with limited space to grow anything else, where they will multiply annually and eventually fill the space.

**Conifers** have been out of favour for a number of years, but I consider Conifers along with trees the bones of any garden and now that leaves are disappearing from deciduous trees, I am appreciating the wonderful Conifers I planted many years ago. To find the right Conifer for a particular spot needs a little homework, because size and preference to shade and texture need to be considered. A Conifer can be used as a focal point, to add interest at the end of a vista in an otherwise bleak Winter garden. Find an image of the right Conifer for your garden and get the information required, then order - because Garden Centres do not carry many varieties these days. Conifers planted alongside Ericas and Callunias are the perfect combination for a low maintenance planting, to make a Winter garden interesting. Vegetables: Plant Broad Beans, Cabbage, Carrots, and Spinach here on the coast. Further inland, forget about the vegetable garden - apart from planting a green crop to be dug in and left to break down over Winter.

**Our garden** - Rockvale gardens at Weston, is open daily displaying wonderful Autumn colours - plus Scruff the dog, (Cairn Terrier who thinks he is an Alsatian!) is still barking at anyone who dares to come onto the property, until he gets a tummy rub - which is a bit off putting I am sure for visiting Garden enthusiasts. *Cheers, Linda.*



## BOOKARAMA GOOD NEWS!

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# OAMARU + PHARMACY

## Pain is the way your body tells you something is wrong.

The first step in treating pain, is to find out why it is there. You may be able to do this yourself, or you may need the help of your doctor or pharmacist. When you know the cause of the pain you may be able to remove it. If not, your pharmacist or doctor can suggest the best treatment for you.

In acute pain for example an injured back, messages are relayed along nerves to the spinal cord and on to the brain, which then acknowledges the injury. The sensation of pain makes you protect the back from further injury. In this way, acute pain serves a protective function, and forms part of the healing process. Acute pain reduces as healing occurs, and responds well to pain relief.

Pain Relievers relieve pain in different ways. Paracetamol and anti-inflammatory medicine stop the pain message being passed to the brain.

Anti-inflammatory medicines, such as Voltaren (diclofenac), can also reduce swelling around an injury.

Anti-inflammatory medicine relieves mild to moderate pain, reduce swelling and lower temperature in a fever, relieve headache, muscle and joint pain, dental pain and period pain. They are also useful for pain associated with swelling eg sports injury.

Talk to us at Oamaru Pharmacy before taking anti-inflammatory medicine, to check they are safe for you. They may not be suitable if you are taking certain medicines, have (or have had) a stomach ulcer or any other stomach disorder, are asthmatic and sensitive to aspirin or other anti-inflammatory medicine, or if you have other health problems such as kidney or heart disease.



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## Celebrate World Fair Trade Day with Trade Aid Oamaru

Where: 169 Thames Street Oamaru

When: Sat 12th May from 9.30 - 1pm

QUIZ  
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## World Fair Trade Day Quiz

To be eligible to win a gift voucher and chocolate, complete the following questions using information from around the Trade Aid store.

1. Guess how many cocoa beans are in the container .....
2. Name one of the principles of the World Fair Trade Organisation  
.....  
.....
3. What is the Trade Aid Vision?  
.....  
.....
4. Where is the sustainable palm oil for Trade Aid soaps sourced?  
.....  
.....
5. What is one Fair Trade purchase you could regularly make to "live fair one product at a time"?  
.....  
.....

Drop your completed entry into the competition box in store to be in to win.

Name:

Phone Number:

## World Fair Trade Day

Living Fair - Trade Aid makes it easy, one product at a time

#LiveFair is the theme for World Fair Trade Day, the global fair trade community's annual event, being held this year on Saturday 12 May. Trade Aid is proud to be an active member of this community and our Oamaru Store will be joining the worldwide festival of events showcasing just how easy it is to live fair.

What does Living Fair mean to you? If you think it sounds hard, think again... Trade Aid makes it easy to Live Fair with its range of over 7,000 fair trade organic, delicious, artisan-created, and on-trend products. You can start Living Fair just one product at a time by choosing fair trade.

#LiveFair is a call to increase support for fair consumption. "Consumption is a large part of our modern lives" says Delwyn Cox Manager Oamaru "and a growing number of New Zealanders are realising their consumption has an impact on the people who make the products we buy. As a kiwi social enterprise with a 45 year history of innovation in business Trade Aid has been at the forefront of promoting the concept that international trade can be a win for everyone throughout the supply chain."

New Zealand is a country of fair and ethical consumers. In the 2017 Better Futures Report by Colmar Brunton, 69% of kiwis say they are willing to pay more to get the best organic, sustainable and ethically produced products available. Sustainable development is what every country aims to create for its citizens and consuming fairly supports these sustainable development goals around the globe.

Trade Aid makes Living Fair easy to do, both on an everyday basis and for when you need quality specialty treats or gifts. You can support fair trade one product at a time by energising your mornings with a cup of perfectly roasted fair trade coffee; adding fair trade and organic nuts or dried fruit to your muesli; decorating your house with unique handmade home wares; accessorising with on-trend bedding, naturally textured baskets or wall hangings. And perhaps the most delicious option of all is to Live Fair by purchasing Trade Aid New Zealand-made chocolate which uses ingredients from our small producers around the world.

On Saturday 12 May join in the festivities at your local Trade Aid shop as part of the inclusive #FairTradeDay. "We'll have a quiz plus, count the beans to win a gift voucher and chocolate also chocolate tasting and drinking chocolate to enjoy demonstrating how easy and delicious it is to #LiveFair," says Delwyn Cox "As we celebrate locally, we'll know that our festivities are being echoed around the world in 70 different countries because we're just one of 400 members of the World Fair Trade Organization. Members celebrate fair trade on this day as a tangible contribution to the fight against poverty, climate change and unfair practices in supply chains, and we'd love you to join us."



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## Operation Cover Up 2018

Cover up is up and running again this year. Knitters are busy making blankets (large size), jerseys (2 years and up), slippers, socks, hats, mittens & scarf sets. these are the main items for this year. If anyone out there has 8ply or 4ply wool you could donate, we would be very pleased to hear from you. Donations towards the freight also very welcome. Thanks so much for your support.

Contact Gladys 434 5956 or Paula 437 2549.

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## Community Diary

### Wednesday 9th

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

**N.O Creative Fibre**, 10am, St Luke's Hall, Wharfe St, All welcome. Ph. Noeline 437 2501 or Margaret 434 8665.

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

**N.O. Rock & Mineral Club A.G.M.**, 6pm, under St Vincent de Paul Shop, 7 Tees St followed by talk by Marcus Richards "Fossil Penguins & Ancient Wealth of Oamaru District - all welcome.

**Oamaru Friendship Club ex Probus** meets at 10am St Johns, Exe Street.

New members welcome. Phone 4346249

**St Pat's Indoor Bowls**, 7pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

**Yankee Bowls**, 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

**Weston Indoor Bowling Club**, Weston Hall at 7.30pm, Ph. Ian 434 8281.

### Thursday 10th

**Awamoa Indoor Bowls**, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

**Diabetes Walking Group**: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

**Footstep Ladies Trendy group**, for chat, coffee and some crafts. 1:30pm - 4:30pm at Oamaru Baptist Church Hall. 14 Sandringham St. Ph. Chris 021 0268 7567

**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, Exe Street. Phone Fiona 03 434 3202.

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

### Friday 11th

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

**Newcomers Coffee Group** 10.30am at the Opera House. Ph. Christine 027 242 8643.

**Waitaki Travel Club Monthly Meeting** at the manor Estate, 10am. Guest Speaker - Vikki Lawson - "Abduction in Mozambique."

### Saturday 12th

**Market Day** 9am-noon, tools, crafts, jewellery, lots more, all welcome, sites \$5, Garrison Band Hall, Severn St. Ph. Wendy 027 265 4822.

**Meadowbank Community Stadium Bowls**, 1.15pm Bowls available. Ph. Graham 434 0951.

**N.O. Tramping & Mountaineering Club Bike Riding/Walking in Twizel Area**: A weekend biking some of the A2O trails or the Dusky Track. Contact is Karly 4395518 or Anna 021 792 662.

**The Healing Team** - 2-3pm, St Mary's Hall.

### Sunday 13th

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

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

**St Paul's Church**, Coquet St, service and kids club. All welcome, 10am.

### Monday 14th

**Genealogy Club** 10am-12pm at Oamaru Library - learn how to research your ancestors.

**The Happy Scoundrels Over 55 Ten Pin Bowling Club**, 1pm, Galleon Family Complex. Ph. Mike 437 0224 or Garry 434 1463.

**Waitaki Woodturners**, 1-5pm, clubrooms, Oamaru Race Course. Ph. 439 5795.

### Tuesday 15th

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

**Age Concern Gentle Exercise Programme**, Orwell St Church Hall, Tuesdays 1.30 - 3pm, \$3 per person. Ph. 434 7008.

**Arthritis Peer Support Group**, Star & Garter, 10:30am.

**Diabetes Walking Group**: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

**Indoor Bowls Oamaru Club**, Severn St, 7pm, new members most welcome. Ph. Bev 434 9678 or Bede 027 201 3907.

**Justice of the Peace** 11am - 1pm, WINZ Building, Coquet St

**Meadowbank Indoor Bowls**, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

**St Pauls Indoor Bowls, AGM**, 2pm Ph. 437 1294

**U3A Waitaki**, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

### Public Notices

**Columba Scout Group**; Keas & Cubs Monday nights, Ventures Wednesday nights & Scouts Thursday, Ph. 437 2531 for info.

**Oamaru Playcentre**; Trent St, Operating Tue & Thursday's, 9am to 12pm, For children aged 0 - 6 years old, Find us on Facebook or email [oamaru@playcentre.org.nz](mailto:oamaru@playcentre.org.nz)

**Oamaru Squash & Badminton Club**, Badminton. Monday 1 - 3pm, Wednesday 6 - 8pm & Friday 6 - 8pm. Tyne St courts. All grades welcome.

**Oamaru Ordinary Cycle Club inc, AGM** Monday 28th May 7:30pm, Scottish Hall, Tyne St, All welcome, Enquiries [oamaruordinary@gmail.com](mailto:oamaruordinary@gmail.com) Ph 03 4348285

## Classifieds

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**Carpet** - suitable for weed matting only. See Simpsons Flooring.

**Horse Manure**, Ph 434 5607.

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### Lost and Found

**A blue plastic wallet containing amber tinted clip on sunglasses**, found in Aln Street on Tuesday 1 May. Phone 4345512.

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## Printing, Copying & Signage

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## 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

## Transportation & Rental Vehicles

- ▶ 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

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- ▶ Tint a Window.....0800 368 468  
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# A REAL ESTATE UPDATE

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## Oamaru

### WHY BUY WITH LJ HOOKER OAMARU?

Buying a property can be a daunting prospect, especially if this is your first home purchase.

Between open houses to visit, thousands of print and online advertisements to read and significant financial decisions to make, it is easy to feel overwhelmed.

Enlisting the help of a trusted real estate agency can help you navigate the often-tricky world of residential real estate. LJ Hooker Oamaru is perfectly-placed to provide you with advice and assistance relevant to your local real estate market.

When it comes to buying a property, the first thing you'll need to do is assess the type of home you want and determine your budget.

For example, first home buyers may be keen to investigate their options for buying an apartment, while parents may be looking to upgrade or downsize, depending on the age of their children.

Regardless of your price range, you'll find LJ Hooker Oamaru offers a range of quality real estate listings and your trusted LJ Hooker Oamaru real estate team can assist you with the research and data you need to make a decision.

We make searching for residential property listings as convenient as possible - using the LJ Hooker Oamaru website, you'll be able to view property descriptions, maps and photographs of the properties on offer.

When you speak to LJ Hooker Oamaru, we can provide you with further information about the properties that best suit your lifestyle and help you streamline your search to find homes that are easily accessible to schools, public transport, restaurants and hospitals, and other amenities.

You can also discuss your financial and investment priorities - including immediate rent return, capital gain, lifestyle or any combination of these factors. With this information we will be able to better work with you to find the perfect property.

Of course, there is much more to buying a house than simply browsing through listings - you'll need to arrange a number of other services as you make your way through the process.

From start to finish, LJ Hooker Oamaru can take the hassle out of the property purchasing process, making moving an enjoyable, easy experience. Let the team at LJ Hooker Oamaru help you achieve your real estate dream.

Our website - [www.oamaru.ljhooker.co.nz](http://www.oamaru.ljhooker.co.nz)



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