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With the frosts starting to appear and the odd shower of rain, make sure you drive with care as the road can get very dangerous.

It always surprises me the services and businesses hidden in Oamaru that people do not realise they exist. To help support local business, we would like to start publishing articles about them. If you would like this done for your business, let us know!

Enjoy your week, Regards The Telegram.

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Saturday 2nd June 1-5pm

Sunday 3rd June 9.30am - 12pm

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The end of mellow May, leads us into a new month bringing different gardening challenges with the start of Winter's chills. Nature has a way of putting all right - after those strong drying winds last week, it rained and the ground should stay damp now, which is perfect for applying compost /

mulch / pea straw to bed gardens to keep soil warmer against freezing frosts and wind.

Roses: flowering is at the end - don't be tempted to cut spent flower heads off. Leave all types of Roses to make seed and harden wood before the big prune at the end of next month. A clean up spray with Lime Sulphur on all Rose bushes and climbers - as well as the ground where they are growing, to kill all fungus and disease remaining from Summer flowering. Lime Sulphur smells like rotten eggs when first applied - is safe for Bees and is also the spray to use for the removal of Lichen and Moss growing on branches of trees and Shrubs.

New seasons bare rooted Roses should be arriving in Garden centres soon, so if you plan to plant a certain type of Rose or shades, ask a Garden Centre to hold them for you so you don't miss out. Prepare ground now by digging in old stable manure or bagged Rose mix. If planting a Rose in the same place a Rose has been growing, you will need to remove the soil and replace with soil from another part of the garden - disease is transferred very quickly from one Rose to another. Bare rooted, Winter planted Roses are less likely to suffer from planting stress.

Dahlias finish quickly after being frosted. Let foliage die back for a while before cutting back, as leaves gather sunlight and provide nourishment for next years blooming. Here on the coast, tubers can be left in well drained gardens - if left in gardens that hold water and freeze, they will rot. In very cold areas, dig tubers about a week after they become frost affected and let air dry for several days. Store in a cool location packed in slightly damp straw and replant in Spring, when danger of frost has past.

Re-pot container grown Buxus. If they look pot bound, Buxus root growth is prolific and they don't seem to suffer from the removal of half the root ball. Replace potting mix with new.

Winter colour: Plant annuals on offer now, to get them well on while there is still heat in the sun. I have Stock, Wallflower, Sweet Peas, Polyanthus, Pansies, Poppy and Primula Malacoides almost at bud stage. If a mild Winter, they should keep growing to flower - if a hard Winter, they will sit until soil begins to warm in early Spring.

The recent rains perked dry lawns up, but growth should be slowing right down now bringing lawns to that tufty stage. Here in our garden, lawn mowers will still be on the go until the last of the leaves have been picked up. Next time it rains, have some lawn fertiliser on hand and a week after feeding, sprinkle some garden lime over lawns for a boost before they stop growing. A hard cracking lawn is an indication of high clay content in soil, which would benefit greatly from a dressing of Gypsum clay breaker - a soil conditioner improving soil structure, aeration and assists drainage and moisture retention. Applied annually, hard lawns will soon get a spring in them.

On the coast Sow broad beans, garlic, shallots and rhubarb. Colder areas nothing much can be planted without protection.

Fruit: Bare rooted fruit trees will be arriving in Garden Centres soon - so good to pick fruit from your own garden - order the trees you plan to grow now, then prepare ground for them. Choose an open, sunny position, sheltered from strong winds. Fruit trees grow in a wide range of soil types, as long as there is good drainage.

Cheers, Linda.

OAMARU + PHARMACY

Erectile Dysfunction

This is a common issue that affects many men over the age of 40. It can present itself as either a total inability to achieve an erection, an inconsistent ability to do so, or a tendency to sustain only brief erections.

Our pharmacists have successfully completed the approved training programme which allows the supply of medicine for the treatment of erectile dysfunction in men aged 35-70 years - no appointment or persorption is necessary - a quick consultation will ensure that this medication is appropriate for you.

Thrush

It affects most women at some stage, common symptoms include itching or irritation around the vagina, and/or vaginal discharge. Mild thrush can be treated with a short course of anti fungal medication. Symptoms should clear up within a week or so. You may need a longer course of treatment if your thrush is difficult to treat or keeps coming back.

For some women, vaginal thrush is more difficult to treat and tends to occur quite frequently, despite treatment.

An evening with Yoram Barak

Alzheimers Society N.O. are presenting an evening with Yoram Barak. Yoram is a World-renowned professor of Psychiatry who will treat us to a fascinating and eye opening presentation on what modern science can tell us about how to prevent Alzheimer's Disease. A free public meeting will be held in the Empire Room at the Oamaru Opera House. 6.30pm Tuesday 5th June. We welcome all to come along. For more info contact Debbie Melton 434 9090 or north@alzheimersotago.org.nz. A gold coin donation would be appreciated to help cover costs.



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PIP'S RECIPE OF THE WEEK

HOME MADE PUMPKIN SOUP



INGREDIENTS

Half a pumpkin – skinned
4 cloves of fresh garlic
1 medium size onion – chopped
1 red kumara
1 tin Italian tomatoes
Pepper and salt to taste

DIRECTIONS

Place all ingredients in a large pot and just cover with water. Bring to boil and then reduce to simmer until softened.

Place through blender, or mash to create a smooth consistency.

Serve with a dollop of sour cream and a touch of fresh herb.

A fresh dinner roll or crusty ciabatta bread a great compliment to the soup.



Thinking about your finances when selling

Summary of important things to know

- Bridging finance is helpful if you are buying a new home before selling your current property, but be aware of the cost and risks.
- The real estate agent's commission is usually paid from the purchase deposit the buyer pays when you sign the sale and purchase agreement.
- The remaining price is paid on settlement day, usually to your lawyer or conveyancer who will arrange settlement.
- You need to check with IRD if there is any tax to pay on the sale of your property.
- There are additional costs such as legal fees, advertising and moving expenses to budget for when selling.

Considering bridging finance

Bridging loans are helpful if you are buying a new property before selling your current home.

You will usually pay for the interest only until your current property is sold, but in effect, you need to budget to pay for two home loans over this period. This is a risk if your current home takes a while to sell, and if your current home sells for less than expected, you could be left with a larger home loan to repay than you had planned for.

Receiving payment for your property

Your lawyer or conveyancer will work with the buyer's lawyer or conveyancer and your bank (if you have a home loan) to manage payment on settlement day. This is the day that the remainder of the purchase price will be paid by the buyer. If you have paid rates or body corporate fees in advance, these will be also be included in the buyer's payment.

Agent's commission

The real estate agent's commission is usually paid from the buyer's purchase deposit before the agency passes the deposit to your lawyer or conveyancer.

Budget for the additional costs of selling

- Any renovations and other costs to prepare your property for sale.
- Advertising costs to sell your property, which are usually paid up front when you sign an agency agreement.
- Building inspection reports, including a council LIM report and a building inspection report if you are providing these for buyers.
- Lawyer's or conveyancer's fees. These may be deducted from the final settlement before it is paid to you.
- Moving costs, including reconnecting services.

*Sourced from settled.co.nz



Jane van Schreven
AREINZ
Branch Manager
027 443 8716



Pip O'Connell
Sales Consultant
027 352 1001



James Symes
Sales Consultant
027 522 6470



Steve Dalley
Sales Consultant
021 768 719

Q&A WITH JANE VAN SCHREVEN

I'M CONSIDERING SELLING MY EARLY 1900'S CHARACTER HOME – AM I HELPING THE PROCESS BY GETTING INDEPENDENT SPECIALIST REPORTS CARRIED OUT?

YES – This can be immensely helpful as one of the conditions often put in a contract relates to obtaining satisfactory insurance cover. Most if not all insurance companies require all homes/buildings pre-1935 to get reports on electrics, plumbing and building condition. You as an owner can address any matter raised in these reports prior to selling. You can safe guard your potential sale from falling over due to either addressing yourself or disclosing to your agent and with your consent inform purchasers of any matters raised. You may think by not disclosing any material matters regarding your property could save you money – **Actually Not!**

- The Real Estate Agents Act (Sections 134-137)
- The Contractual Remedies Act (Section 6)
- The Fair-Trading Act 1986 (Section 9, 12A & 14)
- The Consumer Guarantees Act 1993

These are all pieces of legislation protecting buyers when dealing with either an owner (private Seller) or Real Estate salesperson/ Agent regarding disclosure.

Email Jane with your next question at janev@pb.co.nz

THIS WEEKS SUDOKU

		3			9		7	
8			2			6		
2		7		3		5		9
	7	6			1			
4								6
			3			4	9	
1		5		4		7		3
		4			2			5
	2		5			9		

RURAL REPORT

Farming is again showing what a dynamic and changing business it is. The dairy industry is on another bounce back with Fonterra's pay-out announcements this week. This is already flowing through to the other farming types with grain contracts now on an upward move. The banking industry will again adjust to changing conditions and this will likely lead to a more active farm marketplace for the coming season. We are all waiting for the cabinet decision on Monday about Mycoplasma Bovis. This disease is now impacting far and wide and the sooner some clarity comes for future management of it the better.

ANSWERS FOR THE LAST SUDOKU

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9



Donna Ingram
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027 487 1037



Paula van den Hondel
Sales Support
03 434 3347



Meagan Bell
Sales Support
03 434 3347



Gina Crane
Sales Support
03 434 1543

Community Diary

Wednesday 30th May

Disability Information Mobile Service, Meeting Room at Oamaru Hospital, 1.30pm-3pm
Excelsior Petanque Club day, 1pm. Ph. 437 2557 or 437 1590.

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.

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

Thursday 31st

Age Concern Fianancial Wellbeing Promotion, Blind Foundation Hall, 2pm. All welcome, afternoon tea provided.

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

Diabetes Walking Group: Chelmer St Gardens Car Park, 10.30am Ph. Jan 437 2348.

Mainly Music - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. Ph Angela 437 0911. mainlymusic.org.nz

N.O. Settlers Assn, Settlers Hall, 2pm, 'John Anderson shares his experience publishing a small history & using web pages to record & present family histories. Public Welcome. Helen Ph/Txt 027 434 1173.

N.O. Asthma Society: Respiratory Exercise Class, 10am, St John Hall, Exe Street. Phone Fiona 03 434 3202.

Friday 1st June

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

Johnstone Clan meet at 10am Peter Pan, Eden Street. All Johnstone's welcome. Phone Daphne 4346249 for info.

N.O. Astronomical Society Inc, reopens Dome in Stoke St for public viewing of night sky, 7.30-98pm. All welcome.

Saturday 2nd

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

N.O. Bird Fanciers Club Annual Show & Bird Sale, Drill Hall, Itchen St, 1-5pm.

North Otago Patchers & Quilters Biennial Patchwork Exhibition at The Scottish Hall, Tyne Street, Oamaru, on Saturday & Sunday 2 & 3 June, 10am to 4pm. Admission \$2. In Oamaru's Victorian Precinct.

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

Sunday 3rd

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

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

N.O. Bird Fanciers Club Annual Show & Bird Sale, Drill Hall, Itchen St, 9.30am - 12pm
St Paul's Church, Coquet St, service and kids club. All welcome, 10am.

Whitestone Music Ass Club Day, Purtons Cafe & Bar, 1.30pm. All welcome.

Monday 4th

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.

Tokarahi spinners & Weavers meeting, 10am, Tokarahi Hall. Ph. Christine 434 2223.

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

Tuesday 5th

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.

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 minds, 2-4pm. St Johns Hall Lounge. Ph. 434 6613.

Public Notices

Afternoon Social Housie: Wed 6th June 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Ph 437 2220

Cancer Society Volunteer meeting - 1st Wednesday of each month. Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

Headstones & Stories, join Helen Stead on a 2 hour Cemetery walk, Sunday 3rd June, \$20pp. meet Greta St, Entrance, 2pm. Ph/txt 027 434 1173.

Waitaki Travel Club Monthly Meeting, Friday 8th June, The manor Estate at 10am.

North Otago Toy Library AGM 20 July 7:30pm at the Northstar Restaurant.

Waitoa Park welcomes past and present members to the annual afternoon tea at the clubhouse on Thursday 7th June at 2 pm.

Classifieds

For Free

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

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For Sale

2 kids scooters, good condition, reasonable offers. Ph. 437 2898.

2 Seater Swing Seat, new canvas top cover, offers. **2 Leather Rocking Chairs** green, offers. Ph. 03 434 5506.

Feijoas, Feijoas, Feijoas, \$5/kg at the small orchard on Sh83 just 2kn west of Georgetown.

Haier Dishwasher (HDW6WH) H80xW45cm 3moths old \$150. **Kenwood food processor** still in box \$50, **Aqua Laser map & acc** used twice \$50. Ph. 0273 981 858.

Vertical Venetian Blind, width 3,100 drop 2,150 \$200. **Wire Garden Gate** 1,900 x 700 \$100. Ph. 434 1183

Services

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

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www.simplyfeet.co.nz or call 437-9025

My child walks pigeon-toed, what should I do?

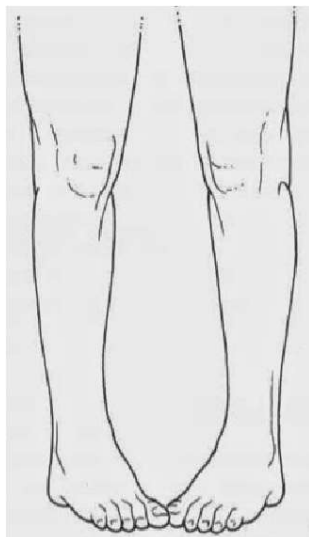
Have you noticed your child is walking pigeon toed or is intoeing? Read on to find out why it happens and what you should do...

Typically our feet point straight ahead or slightly outwards, but in some people, due to a range of causes their feet point inward. This is called intoeing or being "pigeon toed".

Intoeing is very common in many young children, with most children under the age of two years having some degree of intoeing as part of their normal development, however this should reduce with time. Children that intoe may have difficulty sitting in a cross-legged position and tend to "W" sit on their knees with their feet flared out behind/beside them. Intoeing may cause your child to stumble, trip, appear clumsy and/or have difficulty running. You may also experience difficulty getting their shoes to fit correctly and some children may be concerned about their feet looking different.

Intoeing can run in the family and is typically due to three main causative conditions including Metatarsus adductus (curved foot), Femoral torsion (twisted thighbone) or Tibial torsion (twisted shin). Causes of intoeing can spontaneously resolve through early childhood with bone development and not require treatment. However, if the degree of intoeing is severe or it does not resolve over time an appointment for your child with us at Simply Feet Podiatry will be beneficial where we can assess intoeing severity and formulate a subjective treatment plan. Treatments may range from conservative gait plates, orthotics, exercises and footwear to referral for surgical correction for severe late stages cases depending on causative factors.

If you are concerned about your Child's physical development it is important to seek Podiatric assessment to ensure early detection of any underlying issues. The expert podiatry team at Simply Feet Podiatry can assess and determine the best way to help your Child. Call today for an appointment! Ph 437-9025.




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