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Issue 395

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What a busy weekend Oamaru has had - Thank you to the Steampunk event organisers - Oamaru should be proud! Good to see winter is finally here - now we've had a good frost - time to get into the garden for a good feed of yams... Hope you have been supporting the children that are participating in the World Vision 40 hour Famine on the 8th-10th June. Donations can also be made at our shop if you would like to donate to the children of South Sudan. Enjoy your week, Regards The Telegram.

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June is all but here and our drum is still smoking with the Autumn leaf burn which is almost at the end - then I will not smell like a pack a day smoker!

So important to get dry leaves out of all nooks and crannies - if left, they become perfect Wintering over havens for all those little garden pests.

Pea straw: Once compost is spread on plants, Shrubs and Trees, Pea Straw goes on here to keep soil warmer and moisture in the ground for Spring growth. Keep tidying up Perennials that need to rest now and divide overgrown plants and pot up or plant rooted cuttings from the outer edges of Perennial clumps. If you think the mother plant is past it's best - dispose of it.

Keep planting Lilium bulbs. These are best placed in raised beds. Don't let the roots dry out at all. Make early plantings of Gladioli in well drained sites for November flowering.

Roses: Clean up dead leaves under Rose bushes to prevent the spread of pest and disease. As leaves fall, I spray Lime Sulphur first to eliminate powdery mildew, lichen and moss, then wait

several weeks before spraying Champion Copper and Conqueror Oil (I usually leave this last spraying until after I have pruned in July) Clean up dead leaves under Rose bushes, to prevent the spread

of pest and disease. New seasons bare rooted Roses should be arriving in Garden Centres soon, Prepare ground ready 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 most of the soil that Rose was growing in and replace with soil from another part of the garden - disease is transferred very quickly from one Rose to another. Roses planted in water, are less likely to suffer from planting stress.

Dahlias will have been affected by frost - let them die back into the tubers for a while before cutting back.

Lawns: Growth should have slowed right down now and lawns will be at the tufty stage. Our lawn mowers are usually on the go until the last of the leaves have been picked up.

Vegetables On the coast, sow Broad Beans, Shallots and Rhubarb. In colder areas, nothing much can be planted. Get Garlic plots ready for planting out around the shortest day -

Garlic enjoy a rich fertile loam soil or a silty loam soil. Avoid planting in poor draining soil, because cloves can rot if sitting in wet ground too long. Cheers, Linda



OAMARU + PHARMACY

Turmeric

Traditional wisdom meets modern science. Turmeric is a spice that has traditional usage for health dating back nearly 4000 years. Turmeric has been widely studied across many health conditions. It is an effective antioxidant and in particular Curcumin is a potent support to the body's response to inflammation; for this reason the Curcuminoids in Turmeric have been identified as helping to maintain good health in major body systems including musculo-skeletal, immune, digestive, heart, brain and nervous system. Turmeric is most commonly used to maintain joint comfort and mobility, and as an effective digestive support.

Sanderson Turmeric 28,000+ complex contains the high potency extract which provides 760mg of the active component Curcumin. This is combined with black pepper to improve absorption by up to 20 times. Sanderson have included Boswellia serrata and Ginger for extra digestive and joint mobility support. Aloe Vera is also included for its antioxidant and soothing effect as a support for digestion and joint comfort.

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Skin, hair and nails contain structural proteins called keratins and all have similar nutritional requirements. For optimal condition these structures need an adequate dietary intake of protein, essential fatty acids, and key vitamins and minerals. Sanderson Hair & Lashes, Skin & Nails FX provides a unique and comprehensive blend of the best ingredients.

How does the temperature of our houses compare with world standards?

The World Health Organization recommends a minimum indoor temperature of 18°C, and ideally 21°C if babies or elderly people live in the house. The average daily indoor temperature in the winter for most New Zealand houses is just 16°C.

How do cold houses affect health?

If house temperatures fall below 16°C, the risk of respiratory illness increases. This is because cold houses are also usually damp, which can lead to respiratory symptoms.

House occupants produce a significant amount of moisture in their day-to-day activities, for example, cooking, showering and drying laundry. Even breathing has an effect – each person produces one litre of moisture per day this way. Moisture condenses on cold surfaces, such as uninsulated walls.

As well as dampness being a health risk in itself, it can lead to mould growth, which may also contribute to respiratory problems. Mould growth is worse when there is also poor ventilation, such as when a house has well-sealed aluminium windows that are kept shut, or doesn't have an extractor fan in the bathroom.

Living in a cold environment is also physiologically stressful for people who are old, sick or very young. How might mould contribute to illness?

More than one third of our houses contain mould. Most mould is not harmful for healthy people. However, some species release substances which are potentially toxic and may cause adverse reactions in some people, such as those with pre-existing respiratory conditions. Mould also produces spores when it reproduces. When these are inhaled or come into contact with skin they may cause allergies and skin irritation, and aggravate asthma.

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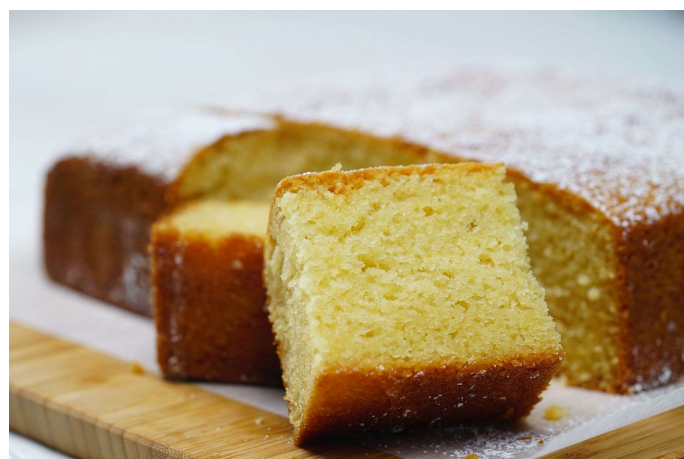
Wendy Eckhardt and Bruce Albiston - accompanied by Pianist June Cameron - were the performers at the recent Lunchtime Recital held in the Ink Box at the Opera House.

Recipes of the week

Banana Bread

1 Mix sugar and butter. 1 1/4 cup sugar 1/2 cup butter	2 Add eggs and milk. 2 eggs 1/2 cup buttermilk	3 Mash 3 ripe bananas. Add to the bowl. Add 1 teaspoon vanilla.
4 Mix in dry ingredients. 2 1/2 cups flour 1 teaspoon baking soda 1 teaspoon salt	5 Mix well. Pour batter into a greased loaf pan or muffin pan	6 Bake at 350° for 30-35 minutes.

Butter Sponge



4 eggs separated,
 1 Breakfast cup sugar,
 1 raised Breakfast cup flour,
 1 tsp Cream of tartar, 1/2 tsp B.Soda,
 5 tblsp milk, 2 tblsp butter.
 Beat egg whites, add yolks and sugar.
 Add flour and Cream of tartar. Have milk and butter melted tog and add soda then add lot to mixture.
 Cook at 350deg for 20 mins.

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UNESCO Global Geopark application

In 2000 a group of land owners and volunteers in the Duntroon area, with assistance from the Geology Department of Otago University, established the Vanished World Fossil Centre in Duntroon and the Vanished World trail with sites throughout the Waitaki District.

For 17 years, Vanished World Inc has operated the 'Vanished World Trail' in the vicinity of Duntroon.

Recently the New Zealand National Commission for UNESCO has invited Expressions of Interest in the establishment of up to two UNESCO Global Geoparks in N.Z.

As the global geopark opportunity has been explored, it has become apparent that the Waitaki has a range of potential geosites (geologically-interesting sites are known as 'geosites' in the parlance of UNESCO Global Geoparks) falling outside the current geographic extent of the Vanished World Trail. All geosites within the district have been mapped. This process has resulted in recognition that virtually the entire Waitaki district is covered with geosites. As a result, the Global Geopark's boundaries have been established as being the existing boundary of the Waitaki district.

On 30 April 2018 Council lodged its Expression of Interest (EoI) in establishing the Waitaki Whitestone Geopark as the Waitaki Whitestone UNESCO Global Geopark. It is anticipated that the New Zealand National Commission for UNESCO will announce its decision regarding endorsement of Council's bid on or about 30 May 2018.

Organisations and businesses that have expressed support for the Global Geopark application include Tourism New Zealand, The University of Otago, Waitaki Tourism Association, Tourism Waitaki, Riverstone Kitchen, Whitestone Cheese, Heliventures New Zealand and the Waitaki Valley Winegrowers Association.

Irrespective of the nature of the outcome of the New Zealand National Commission for UNESCO's decision, the work undertaken over the past several weeks by all of the participants in the Project Group and the Advisory Group supporting the global geopark EoI has resulted in a much-improved understanding of the wide range of attractions that the Waitaki district has as a geo-tourism destination. Preliminary surveys of the numbers of visitors to some of our geosites have shown surprisingly high visitor attendances – especially in light of the fact that these sites are not actively marketed to any significant extent.

The establishment of the Geopark (and the potential for future endorsement by and adoption of the 'brand' of UNESCO as a UNESCO Global Geopark), along with the creation of substantial interpretation materials and an attractive web site – means that numbers of visitors can confidently be expected to increase. The Waitaki Whitestone Geopark web site is undergoing ongoing construction, and patience is requested as the site is gradually populated with information.

Visitors can continue to enjoy the Vanished World Trail www.vanishedworld.co.nz, as interpretation and other assets are gradually developed in relation to the wider Waitaki Whitestone Geopark.

It is important to bear in mind that the Waitaki Whitestone Geopark is in its infancy, and will mature over time. The Waitaki Whitestone Geopark will invite volunteers to assist with the ongoing development of the geopark following the 30 May decision of the New Zealand National Commission for UNESCO.

<http://www.waitaki.govt.nz/our-council/news-and-public-notice/news/Pages/UNESCO-Global-Geopark-application.aspx>

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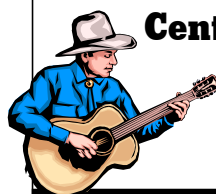
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Community Diary

Wednesday 6th

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

Age Concern Golden Oldies Afternoon
Sponsored by Network Waitaki, 1st & 3rd Wed of the month, 2-4pm, LandSAR Rooms, 1 Severn St, gold coin donation, some transport avail. Ph 434 7008.

Cancer Society Volunteer meeting, Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

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

N.O Rock & Mineral Club meeting 7pm, in club rooms under St Vincent de Pauls.

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 7th

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.

Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

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, Exe Street. Phone Fiona 03 434 3202.

N.O. Photographic Society, 7.30pm, Weston Hall.

Waitoa Park Annual Afternoon tea, clubhouse, 2pm.

Friday 8th

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

Waitaki Travel Club Monthly Meeting, The Manor Estate at 10am.

Saturday 9th

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

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

Sunday 10th

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

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

Lions Zone 4 Speech Competition, Fenwick School Hall. 9.45am Years 5 - 8, 12.45pm Years 9 - 12. Entry free, Ph 434 9397 for further information.

Market, 9am - 12 noon, Tools, crafts, jewellery, lots more. All welcome, sites \$5, Garrison Band Hall, Severn St. Ph/txt Wendy 027 265 4822.

Oamaru Music Group Variety Concert, 2pm, Oamaru Garrison Band Hall, all welcome, gold coin entry, plate for afternoon tea.

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

Monday 11th

Blind Foundation Hall, 11:30am - 1pm, Equipment display open to the public for those with low vision.

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 12th

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.

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

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

Cancer Society Support Group Meeting - 2nd Wednesday each month, Community House Meeting Room, 100 Thames St, 10.30am. All welcome, Ph: Leanne Kennard 434 3284.

N.O. Toy Library AGM 20 July 7:30pm at the Northstar Restaurant.

Tokarahi Public Hall Board, AGM 20 June 2018 at 7:30 at the hall. Everyone welcome.

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- Talk to your electricity company about which plan is best for you. Most companies provide options including direct debits at a flat rate all year round, pre-payment meters and low use rates for people who are very frugal.
- Most of your electricity bill will go on hot water so use less if you can. Set your washing machine on a cold wash and rinse your dishes in cold water. Take short showers instead of baths. Showers use 60 per cent less water than baths.
- Fix dripping taps. A dripping hot tap can cost \$80 a year but a washer to fix it costs less than \$1!
- If your hot water cylinder is old, keep the heat in by using a hot water cylinder wrap. These are available from hardware stores. Make sure the thermostat is set to produce a temperature of 55C at the tap (this will also prevent scalds).
- Always turn the lights off in rooms when you leave them. But if you are using energy efficient light bulbs it is better to leave them on if you are returning within ten minutes.
- Appliances that have a standby function (such as TVs, stereos, mobile chargers, computers or microwaves) should be turned off at the wall. This can save you up to \$75 a year.
- Clothes dryers can be very expensive to run so try not to use them unless you really have to. Heated towel rails are also expensive and cost around \$120 a year to run.
- Make sure there is generous air space behind the back of your fridge and try to locate it out of direct sunlight, or in a cooler room like the laundry. Don't open the fridge door too often or leave it open.
- Make sure you cool food before putting it in the fridge. Turn off your second or 'drinks' fridge - this could be costing you \$190 per year.
- When cooking keep the oven door closed. Always keep lids on pots and use as little water as possible to cook foods. Simmer rather than boil food and if possible use a microwave, as this uses 30-40 per cent less power than a conventional oven. Defrost food naturally if possible, (in the fridge is best) rather than in the microwave.

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Victorian Heritage Celebrations & THE STORY OF LANE'S EMULSION

This year the theme of Oamaru's Victorian Heritage Celebrations is medicine in the Victorian era. So we are sharing the story of Lane's Emulsion. Ted Lane had an idea.

He wanted to create 'the perfect emulsion'. Ted was born in Oamaru in 1868. Like his father, he trained to be a chemist. Back then many chemists had their own health tonic recipes. But Ted's quest was personal.

An early advertisement stated "like most good things it was the outcome of necessity, being originally prepared by the inventor, a graduate chemist of Oamaru, N.Z., for use by one of the members of his own family."

The problem was finding the right formula.

Something that was part food, part medicine.

Something with the goodness of cod liver oil and creasote.

Public sales of Lane's Emulsion began in 1898. At first Ted made the emulsion with his mortar and pestle. Later he used a hand churn and then a factory full of electric powered emulsifying machines to keep up with demand.

Now Ted was pretty smart coming up with his emulsion, but what he really had a flair for was promotion. Adverts appeared on billboards, on sport teams and in newspapers - at first in North Otago, then New Zealand and then the WORLD!

(Well, Australia anyway. In the early 1920s a factory opened in Melbourne. Lane's Emulsion was also sold in England and around the Pacific Basin.)

Lane's Emulsion were produced in Oamaru. It was the end of an era. So what is an emulsion?

An emulsion is a mixture of two liquids that won't usually mix.

For example oil and water. You can shake them up but they just won't mix together. However ... if you add a soap which is an emulsifier you can get them to mix.

Egg yolk was used as an emulsifier in Lane's Emulsion so the cod liver oil would mix with the other ingredients.

What was in Lane's emulsion?

Cod Liver Oil

A pale yellow oil made from the livers of cod fish. It has high levels of Vitamin A and Vitamin D. It's still a popular health supplement.

Beechwood Creasote

An oily liquid with a smoky smell and a distinctive taste. In the past creasote was used as a treatment for tuberculosis (also known then as consumption).

It's made from the branches of the Beech tree. (By the way, the trees used are those from the Northern Hemisphere, Fagaceae, not New Zealand beeches, Nothofagaceae.) The wood is heated to high temperatures without oxygen. This separates the wood into charcoal and wood tar. The tar is then distilled to get creasote.

Egg Yolk Egg yolk was included for two reasons. One, egg yolks contain plenty of vitamins and minerals. Two, egg yolk is a natural emulsifier so it helped all the ingredients stay mixed together.

The Lane's factory used 18,000 eggs in 1907! But what happened to all the egg whites? They were given away. One day a week local ladies could be seen queuing by the factory to collect the whites to take home for their baking.

Hypophosphites of Lime and Soda

These white, odourless salts were thought to strengthen bones and be good for the nervous system. When combined with cod liver oil they were often promoted as a cure for tuberculosis. But they weren't effective.

Tuberculosis, also called consumption, is a bacterial infection and there was no cure until the development of an antibiotic treatment in the 1940s.

Brandy You won't see this on the list of ingredients but it was in there. Brandy was used because it contains alcohol. Alcohol is commonly included in medicines because it is a solvent, dissolving the ingredients, and it is a preservative. And if you were feeling under the weather a little brandy might have lifted your spirits!

The Secret Ingredients The advertisements for Lane's Emulsion say there was no secret about the ingredients, but there were some things in Lane's Emulsion which you won't read about on the label. We can't tell you them all, but here are two of them... cinnamon for flavour and saccharin for sweetness