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Issue 396



LINDSAY WHYTE

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- Interior
- Exterior



Our apologies for incorrectly publishing the Victorian Heritage weekend theme last week - when it should have been "Upstairs/Downstairs".

Getting out during these cold winter days can be hard - do try getting out for about 30 minutes a day. Oamaru has great walking places & the fresh air is good for you...

The Oamaru.net.nz is now looking for local vendors of products. Once setup, your customers will be able to purchase your products. More work is needed - so, if this is you - contact us for more information. *Regards The Oamaru Telegram.*

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With the shortest day just around the corner and snow on the Kakanui's, I am once again wearing thermals, gloves and woolly socks. The ground should remain damp now to boost Spring growth already pushing through. Pea straw is still going on here to help retain ground moisture. Gardeners can pick days that suit to be out in the garden from now on -

nothing is desperately needing done apart from tidying up while sap declines - at least not until pruning takes place. Divide overgrown perennials and plant rooted cuttings from the outer edges of clumps. If you think the mother plant is past it's best, dispose of it as new plantings will keep making roots and zoom away in Spring.

Get early plantings of Gladioli bulbs and Sweet Peas in for November flowering. They will pop up, sit while ground is still cold with frosts, then take off and flower early once ground starts to warm. They enjoy a rich growing space - a trench dug at least 2 or 3 shovels deep lined with manure to take them to great heights, with masses of those beautifully perfumed flowers.

I see early bare rooted Roses on offer - the sooner they are out of plastic bags into chilly air the better. The warmth of the packaging will have encouraged new shoots which will drop off as stems harden in cold air. Bare rooted Roses on sale are field grown and are all mass trimmed before lifting, so newly planted Roses need pruned to out facing buds, Root cuttings: If you've ever had problems propagating some of your favorite plants, root cutting is worth trying to produce many perennial and woody plants. It is a straight forward process, best done during the plant's dormant season between June and September. Carefully remove dirt around the roots on one side of the plant, dig fairly close to the base of the plant to make sure you find healthy roots pencil thick belonging to the plant you are working on. Take 2 to 6 inch cuttings and cut into 2 - 3 inch (6 - 7.5cm) sections. To keep track of cuttings top end and bottom end, is to make a flat cut on top, and a slanted cut on the bottom. Dust the bottom of each cutting with powdered sulphur to control fungi and make sure bottom of the cuttings are about 1 inch (2.5cm) below the soil in a deep pot, (frost free) with a little sand in the bottom of the planting hole. Cover with a layer of coarse river sand or small sharp gravel and water only when soil becomes dry.

List of Plants suitable for Root Cuttings: Figs, Hydrangeas, Choysia, Poplar, Red and yellow twig Dogwoods, old Roses (non grafted), Viburnum Snowball bush, Weeping Willow, Yucca, Aster, Acanthus Mollis, Tall phlox's, Geranium, Globe thistle, Hollyhocks, Horseradish, Aster, Oriental poppies, Primrose, Rhubarb, Sage, Sea hollies, Perennial statice, Raspberry and Blackberry.

Growth should have slowed right down now. If you noticed your lawn was hard and cracked during the dry Summer, spread Gypsum during rain to soften and turn clay content into soil.

Cool season vegetables grow best when temperatures are 10-20 degrees C or even lower. They include Broad Beans, Brussels Sprouts, Broccoli, Onions, Peas, Cauliflower, Spinach, Turnips Garlic, Shallots and Rhubarb. Colder areas, nothing can be planted directly into ground but I am sure plants are being nurtured in protected enclosures.

Cheers, Linda

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PAULA'S RECIPE OF THE WEEK



OVEN BAKED CHICKEN RISOTTO

INGREDIENTS

1 Tbs olive oil
1 medium onion, finely chopped
100g bacon, sliced
500g chicken thigh fillets, thinly sliced
2 cloves garlic, crushed
1 tsp lemon rind
1 Tbs finely chopped fresh rosemary
½ tsp dried chili flakes (optional)
2 cups Arborio rice
2 Tbs tomato paste
1L (4 cups) chicken stock
Parmesan to serve

DIRECTIONS

Preheat oven to 180°C. Heat oil in a large flameproof, ovenproof dish over medium heat. Cook onion and bacon for 2 mins. Add chicken and cook for 3-4 mins. Add garlic, lemon rind, rosemary (and chili if desired) and cook for a further 2 mins. Add rice, cook, stirring for 1 minute. Mix tomato paste and chicken stock in a jug and stir well to combine. Pour over rice. Bake covered, for 35 mins or until rice is just tender and liquid has almost been absorbed. Stir through parmesan if desired.



Congratulations Tina McDowell

For winning our \$5,000 travel voucher!



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Pip O'Connell
Sales Consultant
027 352 1001



James Symes
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Steve Dalley
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021 768 719

Q&A WITH JANE VAN SCHREVEN

What is the difference between 'Deadline Sale' and 'Fixed price' selling methods, plus which one should I choose?

Firstly, your agent should advise you of the best method of marketing and this is, in my opinion directly related to the **'current'** market conditions at the time. Various sales methods include deadline sale, fixed price sale, tender, auction, no price marketing. A Deadline sale is advantageous to the owner of a property in a **buoyant market** where there is likely to be a number of interested parties – the purchaser is given usually 3-4 weeks to have made a commitment to purchase (deadline period). As agents we are **required by law** to provide a current market analysis and price guide however if there is keen interest from more than 1 part the price may well exceed the recommended value. The method of sale has been widely used in the last year with Oamaru's buoyant real estate market however not all property suit this selling method. A fixed price is just that - A vendor offers their property at a figure again having been advised by their agent of current value. Many people including vendors and purchasers just want to know whether the property they are considering is affordable to them. You as vendor must be comfortable with the method of selling chosen for your property so just ask all the questions you need.

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

THIS WEEKS SUDOKU

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

FORTNIGHTLY RURAL REPORT

Mycoplasma Bovis

The decision is made. Indications are that the farming community throughout New Zealand was pretty evenly divided on the options of eradication or management.

At the 800 person Ashburton meeting last week strong opinions were voiced from some people who have been directly involved. These largely centered around MPI's communication, slow decision making and the many weeks it takes to get test results. They promised to do better. I hope they do.

ANSWERS FOR THE LAST SUDOKU

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



Donna Ingram
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Paula van den Hondel
Sales Support
03 434 3347



Meagan Bell
Sales Support
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Gina Crane
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Community Diary

Wednesday 13th

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, Oamaru, 7.30pm. New members always welcome. Ph Helen 434 5680
Oamaru Friendship Club ex Probus 10am St Johns, Exe Street. New members welcome. Ph. 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 14th

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.

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

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

Friday 15th

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

Saturday 16th

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

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

Sunday 17th

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. Scottish Society Concert, 2pm, Scottish Hall, + afternoon tea. \$5 door charge, member subscription \$10. All Welcome.

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

Monday 18th

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

Oamaru Electronic Organ Society; 2.00pm at the Eveline Church Hall. Please note change of time. New members welcome. Further information Contact Lorraine 437 2408.

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Complex. Ph. Mike 4370224 or Garry 4341463

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

Tuesday 19th

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, 2pm Ph. 437 1294

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

Public Notices

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

Meadowbank Bowling Club A.G.M. Sun 24th June, 10am. Members please attend.

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.

Grey Power North Otago AGM: Thursday 21 June, 2.00pm, St John, 21 Exe Street. Come with ideas on how to keep our group relevant in a changing world. Followed by afternoon tea. Phone 437 2220.

Rose Pruning Demstration: Oamaru North School Sat 30th June 1pm, If wet, the following Sat, July 7th. Come and join the members of the North Otago Rose Society who will demonstrate the correct method of pruning of your roses.

Oamaru Heritage Radio Trust; A meeting special of members of the trust is to be held at The Star and Garter restaurant. 1st July at 2pm. Business of the meeting Review minutes of the Annual meeting held on 27th

May 2018, Receive Reports, Receive the financial balance, Election of officers. Any other matter which has been received and which may properly be put before the meeting. Nomination forms are available at the radio station office. *C Fraser*

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Wanted

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Books - we pay a fair price. Slightly Foxed 11 Tyne St, Ph 434 2155 Open 7 days.

Tools wanted! Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.

Raffle results

Waitaki Hospice Care Trust; No.361 Carol Hopkinson, No.513 Carol Gibson, No.532 Karen Newton, No.185 Helen Jansen, No.262 Maree Shepherd. All winners have been notified and we thank everyone who supported our raffle.

Missing

Much loved Kodak the cat missing from 14 Blue Stone Drive 2/6/18. He is red/brown with dark brown spots & markings, sleek short hair. Ph. Buchanans 434 5403.

Mental Illness in Fiction

What is the difference between a psychopath and a sociopath?

Why do traumatised people behave the way they do? What is the difference between

being depressed and feeling depressed?

Finn Bell is an award winning, Amazon best-selling, crime author will be talking at the Oamaru Library Thur 14th June at 6pm.



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These are a few wonderful bath Soaking recipes for a good nights sleep

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1/2 cup sea salt

1/3 cup baking soda

2 1/2 tsp. ground ginger

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1/2 cup baking soda

10 drops of your favourite lavender oil

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3 Tbsp. extra virgin olive oil

1/4 cup baking soda

1/2 cup finely ground oats

A few drops of your favourite essential oils

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1/2 cup honey

Add a tsp of pure vanilla for its lovely sent



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What causes flat feet?

A complex and sophisticated interaction of bones, ligaments, muscles and nerves within and above the foot defines its anatomy and function. Anything that interrupts the integrity of these structures leading to a collapsed arch can cause symptomatic flat feet.

Does flat foot need to be treated?

Flat feet require treatment only if clearly associated with pain or decreased function. Managing the underlying cause or disease is of highest priority; just treating the symptoms should be secondary.

If flat foot is observed in a child who is overweight and has knock knees, or in a child with excess joint flexibility and poor footwear, each of these factors could be contributing to the symptoms, and each should be addressed.

If a child's quality of life is affected by how their feet look, feel or function, then the associated issues should be addressed. *Contact Simply Feet.*