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Issue 399

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We have mentioned before about Email scams and spammers. Over time they are getting more and more believable. From email saying you have been "Blocked" to "Account is being cancelled" and some asking to "Pay overdue accounts". It pays to pay extra attention when opening your emails. Mostly they just want you to click a link to their website - if this is done, its like opening the front door to a herd of partygoers. You will be overwhelmed by unwanted emails and may be even phone calls. Keep yourself safe online.

School Holidays start this week - keep an eye out for next weeks colouring competition - this should help keep the children busy... well for at least 5 minutes...

Enjoy your week, regards The Telegram.

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Christine & Allan Smith



This is proving to be a cold Winter at times - I was forced to spend last week in Hospital looking out at the Dunedin gloom on those dull days. So as you will imagine, my outside working hard days are over for about 6 weeks, Damn it....

There is much work to be done in gardens at this time - compost and pea straw spreading, trees to be dealt

to with a chain saw. Because it is too late in the year to trim soft trees and shrubs, huge overgrown Ivy and out of control evergreen climbers can be tidied up. Ivy is like Wisteria - if you are too kind to it, some of those twining soft leaders it puts out will grow into a thick woody tree trunk if left.

This is a great time of the year to really look at the garden while it is bare and sleeping - any new growth beneath the graft area on a tree can be removed. All large deciduous trees such as flowering Cherries, Magnolia, Silver Birch, Ashes, Oaks - any large well grown specimen tree bought today, will have been grafted onto strong growing root stock different to the top graft. From time to time, the root stock will push growth out and up and because it is strong growing, it will always overtake the grafted wanted specimen. This must be cut out. I have seen a few mature trees left to grow this way and the result is not good, a Prunus displaying beautiful pink blossom on one side and insipid root stock white blossom on the other side, looks somewhat bizarre.

Thinning out of branches can be done now, if branches are crossing over each other or there are far too many in the centre of a tree, don't just shorten a branch back because it will regrow from that point - take it right out and let some light in. Prunus and Crab Apple trees are bad for producing overcrowding branches which tend to rub together and encourage disease if not removed. Always make sure your pruning equipment is cleaned from one tree to the next - methylated spirits is good for doing this. But never prune like this on a dull damp day - this could spread Silver leaf -pick a bright sunny day.

Digging up and shifting things around like Rhododendrons, Azaleas and Magnolias - Anything that you think has been struggling in the spot it was planted. This is the time to remove trees and shrubs that have long out grown their youthful beauty and replace with a younger version of the original or something different. You can change the whole look of a tired garden by doing this. If a huge gap is going to be left with the removal of a tree or shrub, fill the gap with a section of Manuka screening placed behind the smaller replacement plant - it will give the plant protection and privacy and once the plant has reached the desired height and width the screening can be removed.

Lots of rogue trees and shrubs birds would have introduced, will have popped up everywhere - some which have grown in among shrubs like Rhododendrons and Camellias, some become quite established before they are noticed then are stubborn to remove. It is best to remove them completely if you can because they just keep growing stronger each year and undermine the roots of the needed plant.

On the coast there are so many things that have self seeded and can be planted to grow on at this time of the year like Hellebore, Lupins, Poppies, Pansy, Viola, Forget-me-not and Primula.

If you have Polyanthus and Primulas that you left in the

ground from last year, they will have multiplied and will be easy to break apart and plant out separately. Pollys love dried blood - it greens them up after transplanting. If you do get some dried blood, sprinkle a little around Camellias and Daphnes if they do not look like they are thriving.

Plant Sweet-peas now to flower very early Spring.

Winter lawns that have been performing poorly in spite of feeding and watering, may be improved with a Winter liming. Aim to achieve a PH of around 6 (mildly acid) which will encourage strong grass growth.

Vegetables: In the vegetable garden where green leafy vegetables and onions will be growing next Summer, give a dressing of 250 grams per square metre of Dolomite lime. If you follow a regular rotation, this will ensure that most of the garden receives lime once in three years, permanent crops like Rhubarb should be limed every three years as well. in gardens fed with compost rather than chemical fertilisers, the PH tends to rise gradually eventually making regular liming unnecessary. Cheers, Linda

OAMARU + PHARMACY

Fighting Colds and the Flu

You can play an active role in staying healthy and preventing the spread of the cold and flu viruses and their effects.

Getting the flu shot every year is one of the most effective ways to prevent catching and spreading the flu virus.

While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.

The strains are reviewed each year. Vaccination is especially recommended for certain members of the community who are considered to be at high risk of serious flu complications.

Flu vaccines and Whooping Cough vaccines can now be administered by a Pharmacist at Oamaru Pharmacy.

As well as being vaccinated against the flu virus, taking a three day course of Buccaline (an oral vaccine) may help prevent the bacterial complications of colds and the flu should they occur.

Buccaline is an oral tablet that contains strains of harmless bacteria, formulated to enhance the immune system. Buccaline tablets work on your natural immune system to help protect all members of the family from the bacterial complications of colds and flu for a period of up to 3 months.

The Skyline Walk (5 km)

Go you high into the hills and enjoy a good workout on the Skyline Walk. Beginning at Fenwick Park, the 4.6 kilometre track is uphill most of the way, but your motivation is the amazing views from the top.

Tall pine trees, fantails, bellbirds and native forest make the walk scenic as well as challenging. At some points you'll be able to see the whole of Oamaru; you'll also pass the Astronomical Society's observatory.

The South Hill Walkway (7.8 km)

Running between Takaro Park and Lookout Point, the two-kilometre South Hill Walkway takes you through Oamaru's historic precinct with the option to make a detour to the penguin colony. From Lookout Point the views of the town and ocean are spectacular.

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What is Limestone?

Limestone is a sedimentary rock composed primarily of calcium carbonate (CaCO_3) in the form of the mineral calcite. It most commonly forms in clear, warm, shallow marine waters. It is usually an organic sedimentary rock that forms from the accumulation of shell, coral, algal, and fecal debris. It can also be a chemical sedimentary rock formed by the precipitation of calcium carbonate from lake or ocean water.

Limestone-Forming Environment: Marine

Most limestones form in shallow, calm, warm marine waters. That type of environment is where organisms capable of forming calcium carbonate shells and skeletons can easily extract the needed ingredients from ocean water. When these animals die, their shell and skeletal debris accumulate as a sediment that might be lithified into limestone. Their waste products can also contribute to the sediment mass. Limestones formed from this type of sediment are biological sedimentary rocks. Their biological origin is often revealed in the rock by the presence of fossils.

Varieties of Limestone

There are many different names used for limestone. These names are based upon how the rock formed, its appearance or its composition, and other factors. Here are some of the more commonly used varieties.

Chalk: A soft limestone with a very fine texture that is usually white or light gray in color. It is formed mainly from the calcareous shell remains of microscopic marine organisms such as foraminifers, or the calcareous remains from numerous types of marine algae.



Coquina: A poorly-cemented limestone that is composed mainly of broken shell debris. It often forms on beaches where wave action segregates shell fragments of similar size.

Fossiliferous Limestone: A limestone that contains obvious and abundant fossils. These are normally shell and skeletal fossils of the organisms that produced the limestone.

Lithographic Limestone: A dense limestone with a very fine and very uniform grain size that occurs in thin beds which separate easily to form a very smooth surface. In the late 1700s, a printing process (lithography) was developed to reproduce images by drawing them on the stone with an oil-based ink and then using that stone to press multiple copies of the image.

Oolitic Limestone:

A limestone composed mainly of calcium carbonate "oolites," small spheres formed by the concentric precipitation of calcium carbonate on a sand grain or shell fragment.



Travertine: A limestone that forms by evaporative precipitation, often in a cave, to produce formations such as stalactites, stalagmites, and flowstone.

Tufa: A limestone produced by precipitation of calcium-laden waters at a hot spring, lake shore, or other location.

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New Walk Bridge

A number of years ago the original pedestrian bridge crossing the Oamaru Creek was condemned due to its structural condition, and closed after providing access for many years. A replacement bridge was proposed as part of a link to the future cycle way from the A2O terminus at the Harbour, up the coast to link up in North Oamaru. This work was planned for in the 2020/21 Long Term Plan.

Rather than waiting until then, Council decided to start replacement works a couple of years ago, resulting in the new Oamaru Creek Foot Bridge which will be officially opened by Mayor Gary Kircher at 1pm on Thursday 28th of June 2018. "It has taken a while to get the replacement in place," said Mayor Kircher, "but it has been worth it. We have ended up with a better design and it stands out as a feature in its own right. We are very pleased with the work that staff and the contractor have done to achieve this great result."

Though the construction was reasonably straightforward, the contractor, Recreation Construction Ltd. (Clinton O'Brien), went to great efforts to achieve delivery within a tight budget of around \$130,000. This included \$56k subsidy from NZTA on the \$100K Minor Improvement project and the balance of \$30k from Oamaru Amenities Rate.

Council also acknowledges support from DoC which provided the core design and some componentry which helped with the costs.

The Roading Team's civil engineering intern from the Netherlands, Niek Broekman, was given the task of helping to supervise the construction. Niek reports, "For me the Oamaru Creek Bridge was a wonderful project which I'm very proud to be a part of. Not only is the bridge stunning to look at, it will also prove its use in the further development of the harbour of Oamaru and will be a critical link for the Alps 2 Ocean trail in the future."

All in all it has been a great outcome and the new bridge fits in well with the historic nature of this area as well as being a link in the cycle and pedestrian network being developed within Oamaru.

Oamaru History

On 20 February 1770 James Cook in the Endeavour reached a position very close to the Waitaki mouth and "about 3 Miles [5 km] from the shore" according to his journal. He said the land "here is very low and flat and continues so up to the skirts of the Hills which are at least 4 or 5 Miles [6-8 km] in land. The whole face of the Country appears barren, nor did we see any signs of inhabitants." He stayed on this part of the coast four days. Sydney Parkinson, the expedition's artist, described what seems to be Cape Wanbrow, in Oamaru. On 20 February he wrote "...we were near the land, which formed an agreeable view to the naked eye. The hills were of a moderate height, having flats that extended from them a long way, bordered by a perpendicular rocky cliff next to the sea."



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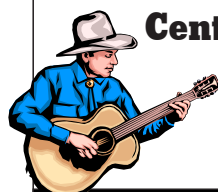
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- Have the ability to prioritise and organise work demands.
- Previous experience of working in a health related field is desirable although not essential.

Job Description and Application forms are available from:
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Enquiries and completed application forms to be sent to:
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APPLICATIONS CLOSE 10am Monday 9th July 2018



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Community Diary

Wednesday 4th

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. ph. 027 200 6873.

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

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 5th

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.

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

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

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

Migrants Meet and Share, at 10.30am in the Green Room, Opera House (down the left driveway). Meet new friends, discuss your needs. Organised by Waitaki Multicultural Council. Contact: Maria 0210665143.

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

Friday 6th - School holidays start

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.

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

Saturday 7th

Meadowbank Community Stadium Bowls, 1.15pm Bowls available. Ph. Graham 434 0951.
The Healing Team - 2-3pm, St Mary's Hall.

Sunday 8th

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 9th

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

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 1pm, Galleon Complex. Ph. Mike 4370224 or Garry 434 1463.

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

Tuesday 10th

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.

Alzheimers Society N.O. - Support Group, Green Room, Opera House, 1.30-3pm. All welcome.

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 meeting, 7.30 pm, Vintage Car Club Rooms. Ph. Christine 434 2223.

Over 60's "Connections" Group in Salvation Army lounge from 11.45am to 3pm, bring own lunch refreshments provided, come and go as you please. \$3.00 per person. For free transport or info. Ph. 4348413.

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

Up & Coming

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.

Friends of the Forrester Gallery A.G.M., 10th July, 6pm at the Forrester Gallery - Guest Speaker Margaret Munro (Tourism Waitaki).

Waitaki Travel Club Monthly Meeting, The Manor Estate, Friday 13th July - Guest Speaker - Val Hill - Spain & Portugal.

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Mix all ingredients thoroughly and form into loaf. Place in greased casserole (uncovered) dish.

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- ▶ Oamaru Print and Copy Ltd.....437 9025
.....146 Thames St, open Mon-Fri

Transportation & Rental Vehicles

- ▶ Driving Miss Daisy434 8421
.....Appointments, Dunedin & Timaru Hospital, Shopping
- ▶ Oamaru Transfers434 9506
.....Hospitals & Airport transfers (Merv Aitcheson)
- ▶ Oamaru - Dunedin/Hospital Shuttle.....
Door to door service.....434 7744

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- ▶ 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

Window Tinting

- ▶ Tint a Window.....0800 368 468
.....www.tintawindow.co.nz



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at

www.oamaru.net.nz

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