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A little reminder - Our deadline for the Oamaru Telegram is Thursday afternoon, as it is finalised that afternoon - then printed Friday to Monday.

The last month of Winter... I am hoping we can get out and enjoy those cold frosty mornings then the sunny afternoons that follow...

Until next week, Regards the Telegram.

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FREE QUOTES



Moving into August, temperatures are still not freezing here in coastal North Otago and the ground is still soft and damp after rain this week, assisting bulbs popping through heading for an early Spring display. If temperatures drop now, buds will be held but the cold will have a noticeable effect on soft new growth as we are seeing on

early flowering Camellias which have been affected by frost. However Prunus Autumnalis is in full flower and the fragrance from Winter sweet, Witch Hazel, Daphne, Boronia and Violets wafting about gardens, makes the Spring explosion seem closer. This is time to create and dress the garden by planting out, shifting and feeding, liquid feeding annuals and perennials that have been nursed through Winter. Folia feeding helps new leaf growth, budding and flowering plants from now on - roots are starting to take in nutrients to plump up buds.

While raking out the last Autumns leaves that had blown under Shrubs, I come across branches from Shrubs laid down in soil forming roots, Viburnum, Choysia, Camellia and Hydrangeas. Most shrubs growing low to the ground can sometimes drop a branch into the soil and form roots - leave until the roots become enough to sustain the branch that can eventually be cut from it's Mother plant to be potted and grown on. This can also be purposely done at the beginning of Spring, by pegging branches down into the soil - roots should develop at the covered point. Making a small wound



on the buried stem will help to stimulate root development. Peony Roses: Cut the old growth from Peony Roses now and destroy - disease can Winter over on last year's stems. Be careful not to knock the new pink shoots emerging from the tubers. Cut the old growth from Dahlias now as well - if thick and tubular, bend the cut stalk over to prevent rain water building up inside, which will lead to rot in a tuber. Iris: Remove soil / mulch from bearded Iris rhizomes. They are starting to move now and need to be partially exposed to give the best flowering - a dressing of lime / potash will boost Iris flowering - avoid nitrogen which will encourage too much leaf growth.

Roses: Pruning continues and with Roses making a move to bud up, roots will be now taking in food. Powdered Rose

food needs watered in around the drip line - slow release fertiliser will work each time it rains. Keep manure away from the crown.

Old wood can be cut out of Wigelia and Spirea bushes. You can tell which branches they are, because the wood looks old and spent compared to the new fresh wood - prickly Berberis can be trimmed top and sides. Budleias should be cut well down to encourage soft silver branching and Catmint can now have all old growth clipped off.

Bare rooted Trees and Roses are available in Garden Centres. If you think your garden is too small for trees, I have seen dwarf Peach and Nectarine Trees on offer. If you need a little tree growing to a width and height of 1.5 metres to add height in a part of your garden, why not have one that blossoms beautifully and then gives you fruit - and planting trees in grow bags into the ground, will contain width and height and still grow, flower and fruit well.

Vegetables: Work the ground now in readiness for Spring planting. Annual weeds can be dug in and trenching in manure/compost now will be taken down by busy worms to benefit Spring roots. If your veg garden has wintered and is ready for planting, there are good selections of veg seedlings on offer, but once planted will need to be hidden from hungry birds - frost cloth will do this until plants become bigger.

Fruit: Prune newly planted Fruit trees. This is probably the hardest cut you'll make, but the most important. Cut a new tree at about hip height - do this whether you are wanting a vase shape or a single leader. If the main branches start here, they'll be reachable when fully grown.

Lets hope we don't get too many dull overcast days by the time Fruit trees blossom - we need those wonderful bees to come out and set to work pollinating.... Cheers, Linda.

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Natural beauty from within...

Our skin is the largest organ of the body, and it performs a number of vital functions. It serves as a protective barrier against microorganisms and it helps shields the delicate, sensitive tissues underneath from mechanical and other injuries. It acts as an insulator against heat and cold, and helps eliminate body wastes in the form of perspiration. It guards against excessive exposure to the ultraviolet rays of the sun by producing a protective pigmentation, and it helps produce the body's supply of vitamin D. Its sense receptors enable the body to feel pain, cold, heat, touch, and pressure. Our skin plays an important role in our lives for this it is important to care about it. Skin that lacks moisture and oils is often characterized by wrinkles or fine lines, scaling, cracking and itching. Other factors like diet, life style and aging, make the skin thinner and unable to retain moisture.

When we talk about beauty from within, we talk about important nutrients. An optimal nutrition is at the heart of a healthy complexion, lustrous hair and strong nails. Our skin contains a structural protein called keratin's fort. Optimal conditions these structures need, are an adequate dietary intake of protein, essential fatty acid and key vitamins and minerals.

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5 ways to stop spam from invading your email



We're all sick of scams, pseudo-sexy invitations, and click-for-malware buttons.

Your email client (the local program or cloud-based service you use to access and send email) almost certainly filters spam, moving suspicious messages to a separate folder. But it's not perfect. Some spam tricks the filter and ends up in your inbox. And some legitimate messages, called false positives, end up in the spam folder.

1. Train your filter

When you find spam in your inbox, don't just delete it. Select it, and tell your mail client that this particular message is spam. How you do this depends on your client. For instance, if you're using Gmail's website, click the Report spam button in the toolbar (the icon looks like an exclamation point inside a stop sign).

You also need to train the client about your false positives. Once a day, go through your spam folder looking for messages that don't belong there. When you find one, select it and tell the client that it made a mistake. In Gmail, you click the Not spam button.

If your mail client is halfway decent, it will learn from these mistakes...but only if you train it.

2. Never respond to spam

If you recognize something as spam before you open it, don't open it. If you open it and then realize it's spam, close it. Do not click a link or a button, or download a file, from a message that you even remotely suspect is spam.

If you opened a spam because it appeared to be coming from a friend or co-worker, contact them immediately and let them know that their account has been compromised.

3. Hide your email address

The more people who have your email address, the more spam you're going to get. So keep your address close to your chest.

Don't publish it on the web unless you absolutely have to. (I have to, and it's not fun.) And if you have to, use a different address for that purpose.

Use disposable email addresses when you're not comfortable sharing your real one. I use Blur, a free Chrome and Firefox extension, for that purpose. Other options include spamex and mailshell.

4. Use a third-party anti-spam filter

Most of the major security suites come with an anti-spam filter that can augment the one on your client—but only if that client is local. In other words, they can work with Office's Outlook program, but not with Outlook.com.

Back in April, AV-Comparatives published an Anti-Spam Test report to see how well these tools worked. ESET Smart Security 9 got the highest score for catching spam and integrating with Outlook.

5. Change your email address

This is a very drastic option, but if you've responded to spam in the past or haven't hidden your address, and are therefore overloaded with spam, it may be your best option.

Of course you'll have to inform your legitimate contacts about the change, and you'll probably have to keep both addresses for a few months. But once you can get rid of the old address, your spam count should plummet.

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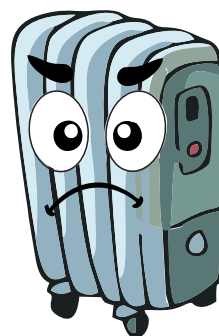
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Waitaki Aquatic Centre to trial 'Off Peak' swim options

The Waitaki Aquatic Centre is trialling off-peak swimming options and introducing an off-peak price for adult visitors. Use of the pools has grown substantially over the past four years, with squad, swim school and other programmes leading the way. This means that before-and-after school times have become progressively busier, as school-aged children make use of the pools.

The Aquatic Centre is dedicated to providing the space for the whole community to enjoy the facility. Off-peak pool use has not changed much over the past few years so the Aquatic Centre wants to encourage adults to use the pool when it is less busy rather than compete with very busy pool space after school.

The Waitaki Aquatic Centre will be trialling a reduced rate of pool entry for off-peak use. With support from Councillors the Centre is introducing this trial at the start of Term 3 - from 23rd July 2018 to 19th December 2018, and between the hours 9am to 3pm, for adults & Community Services/Gold/Health card holders. This excludes weekends, school holiday & public holidays.

The Aquatic Centre is also investigating if it is worth introducing individual yearly membership for swimming.

Invitation for Waitaki Community Groups to apply for funding

The Waitaki District Council is inviting local charitable groups and community organisations to apply for their share of community grant funding to go towards special projects and programmes to help enhance their local community.

Councillor Jeremy Holding says "Our volunteers and community groups are integral in making the Waitaki District a more vibrant, creative, and more active community. Our grants are open to help achieve those goals."

Community Group Grants have been established by Waitaki District Council to assist not-for-profit organisations and groups based in the Waitaki District with projects. A project may include one-off programmes, services or activities that benefit the community. Waitaki community group grants have helped community gardens, counselling programmes, scout groups, sporting clubs, kids' holiday activities and lots more. Applications for Community Group Grants funding close on August 17.

The Creative Communities Scheme is supported by Creative New Zealand to encourage community participation in the arts, support cultural diversity and enable young people to engage with the arts. Previous rounds of Waitaki Creative Communities Scheme funding have gone towards publishing poetry, art exhibitions, drawing workshops, Christmas in the Park, youth acting workshops and music festivals. The current round of funding is for local arts projects that take place between April 2018 - April 2019. Applications close August 31.

All information including application forms can be found at www.waitaki.govt.nz, Council offices in Palmerston and Oamaru, and at all Waitaki district public libraries.



Community Diary

Wednesday 1st July

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

Age Concern Golden Oldies Afternoon
Sponsored by Network Waitaki, 1.30-2.30pm, 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.

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 2nd

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. mainlymusic.org.nz

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

Friday 3rd

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.

Oamaru Stroke Support Group A.G.M. 1:30pm, at the Blind Hall, Steward St, Oamaru.

Puzzle Club, Oamaru Library Community Space from 10am.

Saturday 4th

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

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

Sunday 5th

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

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

Join Helen Stead's 2 hour 'Art & Architecture' Walk. @ 2pm. Meet i-site. \$20pp. Ph 027 434 1173

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

Monday 6th

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 7th

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.

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.

Oamaru Swim Club A.G.M. at Waitaki Aquatic Centre Committee Room, Monday 13 August, 6pm.

One Night in Tijuana Mexican Night. 11th Aug, 7 - 11.30pm. Tickets \$70- includes a three course meal and margarita on entry. R 1 8 . T o b o o k , e m a i l office@kakanui.school.nz Cash only bar onsite. Silent auction and best dressed prizes! A fundraiser to upgrade the Kakanui School playground. Courtesy van available.

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Oamaru

The name Oamaru apparently derives from



Maori words meaning the place of Maru. Maru is a Maori war god, the son of Rangihore (god of rocks and stones). The Maoris are the indigenous Polynesian people of New Zealand. They arrived about 1000 years ago. Based on linguistic and cultural evidence, it was said that the Maoris were originally from the Cook Islands.

Oamaru was discovered in 1770 by James Cook. Before the Europeans arrived, the place was inhabited by the Maoris, the indigenous people of New Zealand. The main arrival of European settlers was in 1850. A well known settler, Mr Hugh Robison, built and lived in a sod hut by the Oamaru Creek in 1853 while establishing his sheep run.

Gold was the source of Oamaru's early wealth but it was the booming agricultural sector that contributed to the thriving harbour and port industries. The town's past rich maritime history can still be seen at the old harbour where the structures have remained intact over the years



Oamaru's history preserved at the Victorian Heritage Centre housed in the old Harbour Board building at 2 Harbour Street, Oamaru New Zealand.

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Letters to the Editor

Articles published in this section are necessarily the views of the Oamaru Telegram or its staff. Please feel free to express your views. Email telegram@oamaru.net.nz



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Centre in Oamaru.



Staying in Touch with Family and Friends

As we age, staying in touch with family and friends seems to be more important, especially if we live alone. But, thanks to modern technology, regular contact doesn't have to be difficult or expensive, even when loved ones are scattered far and wide.

If you have a smart mobile phone, a tablet or a computer that is hooked up to the Internet, you can talk to family and friends for no extra cost. There are a number of free programs/mobile apps available. What is so great about this way of communicating is that you not only get to talk to loved ones, but you also get to see them!

The Business Hive and Grey Power North Otago are looking at holding a 'Staying in Touch' session one Saturday afternoon. The idea would be to buddy up people aged 65 years and over with a digital 'native' (young person) to teach you how to use your device.

You bring your own phone, tablet or laptop. They'll set up your calling program (if it's not already set up) and show you how to use it to call loved ones – including during the session.

If such a session is to take place, the organisers need to have an idea of how many people are likely to turn up. We need to make sure we have enough young people on hand to help. This kind of learning is best done on a one-to-one basis, so you can gain hands-on confidence.

Please register your interest by phoning one of these numbers — 437 2220, 434 6249, 027 2487554 — or emailing your name and phone number to nogreypower@yahoo.co.nz.

The session will probably happen in September. If there is a charge to cover costs, it will be no more than \$5.00.

Courtesy of Grey Power North Otago



Tahlia Gibson from Balcairn North Canterbury, holds her Nanas Champion Female Birchen Pekin at the Oamaru Poultry Show. This hen also won “Best in Show” at Blenheim, the previous week, at the Marlborough Poultry and Pigeon Show.

Savoury Chops

6 leg chops,
2tblsp flour,
2tblsp Tomato sauce,
1/2tsp each of ginger,
curry, mustard and mixed
spice. Salt and pepper.
2tblsp Brown sugar, 2tblsp
vinegar, 1.1/2 cups water.



Trim fat from chops and place in ovenware dish.
Mix rest of ingreds and marinate for several hours.
Cover dish and bake 2hrs in slow oven..

Canal Fishing Tech Talk

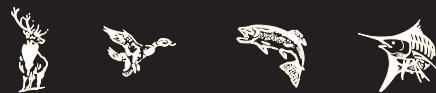
We are proud to be hosting a Canal Tech Talk with fishing guru's Bryce Helms from Okuma Fishing and Neil Watts from Amazing Baits.

Thursday, August 9th at 6:30 - 8pm
Specials and Giveaways
on the night!

Come along for a free information evening for all things Canal Fishing from Rods and Reels, to Tips and Ticks.

North Otago

Hunting & Fishing
NEW ZEALAND



172 Thames Street, Oamaru

RVSP by Phoning 434 9893 or email northotago@huntingandfishing.co.nz

www.huntingandfishing.co.nz