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14th August 2018

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Issue 405

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With the signs of Spring, from flowers and blossom - to a new kid - "that is the four legged kind". It is time to get up and shake off the Winter Blues and enjoy Oamaru and it's nice walking areas.

Reminder; it is best to get in early with your advertisements - as our deadline approaches, we start to run low on space.

Enjoy your week, Regards the Telegram.

SKI FIELDS OHAU SHUTTLE One way \$35/pax*
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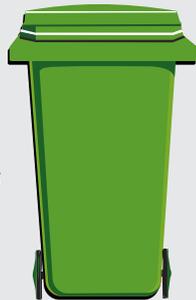
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North Otago is becoming more Spring-like every week, with Camellias blooming everywhere, Magnolia buds are beginning to burst and Spring bulbs thinking it is mild enough to bloom. I feel we still have some cold days and nights to come before we can leap fully into Spring -

which is what is needed for gardens to perform well coming into a new growing season.

Spring is the one time that gardens burst forth with an abundance of hidden splendour, without us having to do a lot of pre planning - nature pretty much takes care of things once they are in place. But I am thinking about early Summer right now and what I would like happening in our garden - which means seeds need to be sown for the cottage annuals like Cosmos, Cornflowers, Love in the mist, Snapdragon and Alyssum. All can be sown under glass in a warm area, but more tender annuals can wait until it is a little warmer unless you have a heated glass house.

A few more Hydrangeas have been pruned here, as nice fat buds are swelling on the stems. Cuttings can be taken and bedded in from the hardened stems that flowered last season. A shaded moist area is best for bedding these down and hopefully roots will grow to feed the buds. Sometimes I get good results by covering the cuttings with a box keeping the light out to hold buds back to encourage roots. Almost finished pruning Roses here - only the Flower carpet and Fairy roses to go. Both these varieties bush up with small non hard wood branching and if large, bushes can be trimmed with a hedge trimmer. If newly planted and small, prune back to hard wood at an outward facing bud. Feeding and spraying Roses is next - Copper Oxychloride and Winter oil, can be mixed and applied together, as the oil helps the Copper to stick and Copper helps protect new growth from frosts that occur in late Spring. Best not to be applied to fresh new growth when burning may occur, Vegetable gardens continue to enjoy the mild weather, with the odd frost helping to break down soil. Birds are nesting, so cover leaf veg with shade or frost cloth to keep them off. Time for sowing seeds to germinate in a warm well lit place, to be ready for pricking out into punnets to be planted out in a warm Spring garden.

Fruit Trees are still available in Garden Centres. If you would like an Apple tree but feel your garden is too small, why not look at Apple Ballerina - a very slim non branching variety of Apple with medium, red skin. Crisp and juicy, nice eating and cooking apples, similar in flavour to 'Jonathan'. Ballerina grows to 3-4m tall by 30cm wide perfect for adding height, blossom and fruit to a small garden.

Grape pruning needs to finish soon before sap rises. To prune a fruiting leader, remove all new long growth on the vine other than the fruiting leader. On the leaders, prune each new growth back to the second bud. These fruiting buds should be around a hand space apart to ensure adequate sized fruit - this means removing some of the new bud growth along the top of the leader and all of the new bud growth growing underneath. Some of these new budding top growths will throw two lots of bud branch. Remove the least stronger one, leaving only one lot of double buds to produce fruit.

Keep an eye on Peach bud burst, which will most likely be early this year - a Copper spray right at bud burst, will help with leaf curl. Cheers, Linda.



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Mandy's Health Tips

Have you heard of Robotic Medicine Sachets? This is a simple system in managing your medicines without the need to handle multiple bottles and packaging. This system saves you time and prevents accidental overdose. You don't have to think about the dose and count how many pills you need to take. No need to wonder if you have taken your medication or not because the packaging tells you. All the doses are in order and it is very easy to follow. Time and day of the week is clearly printed on each sachet. The Robotic Medicine Sachet system keeps you on track with your medicine schedule so you can get the full benefits of the medicines prescribed to you.



When you are using our Robotic Medicine Sachet, you are actually helping to reduce waste as well. Our sachets are biodegradable so they are more sustainable than using bottles. This is not only beneficial for those who take multiple medicines - a lot of our customers use them for their supplements and get their medication packed for traveling. It is easy to tear off a sachet, so they can take the medication with them wherever they go. We can deliver to your door. Call us on 03 434 8246 or call in today.

Come in store and talk to one of our friendly staff about Robotic Medicine Sachets today!
North Otago Pharmacy - Your friendly Pharmacy. Have a great week, *Mandy*

Repertory Auditions

4 men and 2 women ages 20+ required for upcoming comedy: *Jeeves at Sea*, adapted by Margaret Raether. Production dates: Nov 14 - 18.

Audition at our theatre on Itchen Street: 2 - 3 pm Sunday 19th August, scripts available from 1.30pm. Contact Judith (director) 021 2238255/ judes14rep@gmail.com

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TIME FOR TEA

The Waitaki Multicultural Council invites you to celebrate International Language Week with a Community Afternoon Tea.

Come and learn tea traditions from around the world and how to say 'cup of tea' in different languages!

EVERYONE WELCOME!

CIAOI

KIA ORAI

Entry: Bring a plate of food to share

When: Sunday, 19 August 2.30 - 4.30pm

Where: Scottish Hall, 10 Tyne Street, Oamaru.

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Sleep is important for us

Sleep is a vital part of our well-being. Appropriate sleep duration varies depending on our age range; from 14 -17 hours for newborns, to between 7-8 hours for older adults. Many people experience sleep problems at some point in their life. For the majority, sleeplessness is only temporary, but for others it may persist for months or even years. Sleep disturbances may be a sign of an underlying problem, such as stress, depression, pain or genitourinary disorders, or due to environmental disturbances, such as an unsupported bed or high bed temperatures, jet lag, shift work, diet or having a sleep partner that snores. Persistent lack of sleep can take a toll on your health. For this it is important to get an assessment and try to identify any environmental or other factors.

Some sleep advice will include daily exercise, but not close to bed time. It helps to set a bed time not too early or too late and to prepare to go to bed 30 to 60 minutes before. Turning off electronic devices and doing your bathroom routine is a good way to wind down. Keep the temperature in the bedroom around 18° and have a black curtain to block street lights from shining in. Avoid alcohol, eating a meal or a large snack just before going to bed.

You can use some sleep and relaxation techniques - like falling asleep in 60 seconds, progressive muscle relaxation, or visualization. Also there are some natural, herbal products or supplements that can aid you with a good night's sleep. Oamaru Pharmacy is having a sleep week for awareness, promoting all the different products that can improve your sleep. From nutritional supplements for all the family, snoring products and more. Come and see us, if you are looking for professional friendly advice.



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Waitaki Interiors

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Annie Sloan trained as a fine artist and turned to decorative work after university in the mid 1970's. By 1987 Annie had written the phenomenally successful book, *The Complete Book of Decorative Paint Techniques*, which is considered to be the industry bible on the subject. She has since published 25+ books on decorative painting and has sold more than 3 million copies worldwide.

When Annie Sloan developed her unique decorative paint, Chalk Paint™, she revolutionised the world of decorative painting. Frustrated with the lack of paint options available at the time, she created her own signature paint – with its remarkable versatility and ease of use – for everyone from the novice to the professional to enjoy. Annie developed her now famous Chalk Paint™ in 1990 in answer to the need she had for a versatile paint which would have many uses. She chose the name 'Chalk Paint™' because it was suggestive of its very matt - almost chalky - finish.

Chalk Paint™ adheres to most surfaces and creates gorgeous results quickly and easily. Use it for a textured or distressed finish, a smooth contemporary look or even a wash. It very rarely requires any preparation, such as sanding or priming and can be used indoors or outside on just about any surface – from timber to metal, and matt plastic to terracotta. It can revitalise old furniture, walls, ceilings and floors with ease and can even be used on fabric. Its easy, fun and makes amazing results accessible to everyone.

With a colour palette inspired by 18th and 20th Century décor and design you can easily mix the colours together to extend the range. Add a little water to make it smooth, thicken it up by leaving the lid off and make it into a wash by adding even more water. Use flat brushes for a smooth look or bristle brushes for a more textured aged look.

Chalk Paint™ is non-toxic, water-based, contains no lead, has very low volatile organic compounds ('VOCs') and has no odour – the aim is to make all products as eco-friendly as possible.

Chalk Paint™ Wax is the perfect partner for Chalk Paint™. It is used for protection and durability and to give a beautiful mellow finish to painted furniture, cabinets and walls. You can easily apply one or two coats of Chalk Paint™ Wax with a brush or cloth. It can be used to touch up any marks and is water-repellent too.

“There's no need for tiresome priming and sanding . . . you can get straight to the fun bit” says Annie. Why not rejuvenate your old tired furniture or family heirloom and make it beautiful again to bring it into alignment with your current interior décor and enjoy it for many more years to come.



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Facebook - Cycle Ventures Oamaru.



Cycle Ventures

Cycle Ventures opened its doors for cycle retail and bike repairs 12 months ago. Located at 4 Wansbeck Street (opposite the Brewery) we have easy parking outside for bike drop offs and test riding of new or serviced bikes.

It's been a great year and our services have grown to now include suspension fork and shock servicing. The workshop carries many spare parts and we aim to turn around repairs as quickly as possible. We accept bike drop-offs for repair but would like to encourage booking them in to avoid any holdups or delays. Contacting us on Facebook or by phone are great ways to book repairs in. We are running the shop on Winter opening times at present, open Monday, Wednesday, Thursday and Saturday. This will change as we head into Spring and our workload increases.

Our Brands have seen good sales in particular the Canadian brand Norco bikes, have been riding out the door, so to speak. We are also the retailer for the bike brands of Juliana, Santa Cruz, Niner, and also provide many others to suit the rider and client demand. Also, being a bike hire and adventure tour company, we stand by the brands we provide and can provide tested advice on biking questions. As an operator on the Alps 2 Ocean cycle trail we can provide expert advice for riding this too.

This month we are offering 20% of ALL GIRO helmets. This includes our snow helmets too. We also have some bikes with 25% off to make room for new stock.

Lime or lemon loaf

12oz sultanas, 1pkt lemon or lime jelly crystals, 1/2 cup sugar, 2 tablespoons golden syrup, 2oz butter, 2 teaspoons baking soda.

Mix all together with 2 cups boiling water till jelly is dissolved. Cool then add three cups of flour and two teaspoons baking powder.

Pour into 2 loaf tins (Greased), Bake in moderate oven for 1 1/2 hours.

Community Diary

Wednesday 15th

Age Concern Golden Oldies Afternoon
Sponsored by Network Waitaki, 1st & 3rd Wed of the month, 1.30-3.30pm, LandSAR Rooms, 1 Severn St, gold coin donation, some transport avail. Ph 434 7008.

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

N.O. Orchid Club, 1.30pm, St John Hall, Exe St. new members welcome, Ph. Irene 4347324

NZ women's Institute & Rural Women NZ Competition Day "theme 'Victorian Era'", Kakanui Community Centre. Morning Tea 10am, Official Opening 11am. Door Charge \$10 (includes Morning tea, soup, afternoon tea - Please bring your own lunch). Enquiries to 03 439 5760 or 03 434 1428.

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 16th

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

Business Networking @ The Business Hive. Fortnightly on Thursday 5.15 - 6.15pm. 22-26 Ribble Street. Free.

Family History Month: Want to know more about your ancestry - Oamaru Library 6pm to hear David Jack - Genealogist.

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.

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 17th

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

Grey Power Social Group: 2.30pm, Lagonda. A chance to socialise and ask questions. Members bring membership card for discount. Non-members welcome. Transport available. Ph. Graeme 437 2220.

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

N.O. Astronomical Observatory Dome will be open on 7:30pm - 9pm. Weather permitting

Saturday 18th

Meadowbank Community Stadium Bowls, 1.15pm. Bowls available. Ph. Graham 4340951

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

Sunday 19th

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. Tramping & Mountaineering Club Station Peak: Walk up a 4WD track and along the ridge to peak and return via Kowhai Gully. Contact John 4395598, departs 8am.

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

"Time for Tea" International Language Week. Come and learn tea traditions from around the world and how to say "cup of tea" in different languages! Everyone Welcome!

Bring a plate of food to share - Scottish Hall, 2.30-4.30pm. Further information facebook or phone Maria 0210665143

Monday 20th

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

No Holds Bard: Performance by Michael Hurst who has become one of NZ's leading actors and directors. Includes 30 minutes Q & A with Michael after the performance. Oamaru Opera House 7.30pm.

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

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

Tuesday 21st

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.

Arthritis Peer Support Group, Star & Garter, 10:30am.

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.

Annual General Meeting

North Otago Tree Planting Association

Friday 17th August 7pm St Paul's Lounge, Rob Douglas Secretary 4394004.

Oamaru Anglers Club, Wed 5th Sep at 7pm, Upstairs at the back of the Oamaru Police Station. New Members welcome. Ph 434 5144.

Waitaki Bridge Hall AGM. 29th of August at 7:30pm at the hall all welcome.

AGM for Oamaru Performing Arts Society, Blind Foundation Hall, Steward Street, Thursday 30th August at 7.30pm.

Classifieds

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

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Morrison Electric Lawn Mower. Small. Working. Ph 437 2220.

Get your garden ready for Spring with Pig Manure. Fundraiser for the North Otago Primary School Boys South Island Cricket Tournament. \$5 per 20 kg size bag. Free delivery for 10+ bags within town boundary. Collection/Delivery Sunday 16 September 9am - 12noon pick up from Weston Hall car park. Enquires to Hamish 0274 730551.

Small bales Lucerne hay, shed stored. \$12 each. Ph. 027 437 8351.

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

Lost

Samsung J5 prime Galaxy Phone in black & clear case. Lost at dog park Saturday 28th July between 2-2.30pm. Ph. 027 428 4310.

Lost - Earring - Monday
6th August, Oamaru
Township. Please Ph. 027
512 1778



Do you have photo ID?

Having a form of identification that includes a photo is necessary these days. Banks need it before you can open an account, become a signatory on the cheque account of a group, or get a loan. Lawyers need it before they can help you buy property. PostShops need it when you buy or sell foreign currency of NZ\$1,000 or more, send something by Western Union, or pay cash for bills over NZ\$10,000.

The most common photo ID is a driving licence. Others are passport and firearms licence. All three must be issued by New Zealand authorities and be current. Fortunately, there is an alternative for people who don't possess any of these - the Hospitality 18+ Card.

This card was designed so that young people could prove they were over 18 years of age to buy alcohol, but anyone of any age can apply for one. Earlier this year it was reported that a 94-year-old Aucklander had to get one in order to open a new bank account.

A very detailed application form can be downloaded from www.18plus.org.nz or collected from a PostShop. The cost is \$50. When you submit it, you must include a recent passport-size photograph (less than 12 months old) and proof of your New Zealand address (e.g., a bill or bank statement). Some PostShops are able to take your photo at an extra cost of \$20.

Because you don't have photo ID, the form has a section that needs to be filled out by someone else. That person must be 20 years and over; hold an approved photo ID; have known you for over a year; and not be a relative, spouse, partner, or living at the same address as you.

Another option for some situations is adding a photo to a SuperGold Card. The AA does this for free, even taking your photo. They require a birth certificate and a bill or bank statement as proof of address. Banks, lawyers and PostShops do not yet accept this form of photo ID. If you don't have a photo ID, get one. Sooner or later you will need it.

Courtesy of Grey Power North Otago

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Lecithin

Lecithin is a lipid that consists mostly of choline. Lecithin helps to protect against cardiovascular disease, improves brain function, helps keep the liver and kidneys healthy, aids in thiamin and vitamin A absorption, and can even help repair liver damage caused by alcoholism. This nutrient is essential to every living cell in the human body.

The choline and inositol in Lecithin protects against hardening of the arteries and heart disease by promoting normal processing of the fat and cholesterol. Lecithin itself helps to bind fats and cholesterol to water so that they can pass through the body rather than cause a potentially harmful build up in the heart or liver. Cell membranes, the protective sheaths surrounding the brain and nerve cells also contain this essential fatty substance.

Studies have shown that people taking Lecithin have significant improvement in memory test scores and fewer memory lapses. Lecithin and choline supplements seem to actually boost memory. The health benefits of Lecithin are seen almost immediately.

There is no Recommended Dietary Intake (RDI) for Lecithin, but most Health experts suggest 2 tablespoons of Lecithin Granules be sprinkled on food each day (yogurt, soups, cereal, etc)

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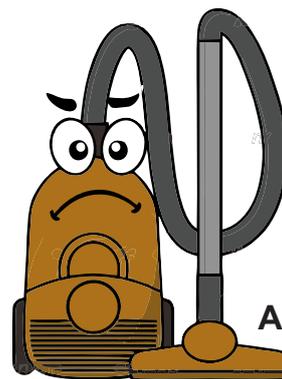
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