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Almost the end of August - which means we should be leaving Winter behind. BUT we had a few good frosts last week, which had my small seedlings all a quiver. Thankfully with frost cloth protection, they are hung in and will soon be ready to pot on into punnets. Plants have been putting on slow growth in the last couple of weeks. Weed growth

is not so slow, chickweed and bidibid are romping away, but at this stage are very easy to pull out before they produce seed. Magnificent magnolias are centre stage right now - very worthwhile trees to grace any medium sized garden. Beautiful bare branching through Winter, stunning blooms and then large attractive leaves take them through to Winter. they grow well with Azaleas, Rhododendrons and Camellias because they all prefer an acid soil. There are many different choices in tree size and blooms. For the smaller garden, Magnolia Billowing cloud is White / Pink Upright habit - Hgt / width 3m x 2.5m. For a larger garden, Magnolia Charles Raffill - soft Pink upright habit, Hgt/width 7m x 5m - so many different beauties to choose from in Garden Centres now...

Lavenders can be cut back now as they begin to put out new growth - really old woody bushes can be cut back hard to encourage new lower growth. If they do not respond, it may be time to replace them. Newly planted Lavender plants just need a haircut and fed manure enriched compost, plus a little lime. Climbers are in bud now ready to do their Spring thing, so when trimming, watch you are not cutting off new buds. Jasmines can get knocked by frosts (yet), leave a bit longer until sure frosts are over before trimming them.

Roses: As I mentioned last week, feed Roses - they are moving fast now - well worth the effort to minimize spraying needed later on.

Sow seeds under cover. Seed packs that recommend Spring sowing should germinate now. I sow seeds in trays of peat, potting mix and compost, combined with a layer of seed raising mix on the top. Once planted, cover trays with plastic or glass, using spacers to let air circulate.

Lawns will be greening up now and will need some attention after Winter dormancy. Water on (watering can) sulphate of iron to eradicate moss. Once moss has turned black, rake out. The presence of moss in lawns indicates poor growing conditions for grass. Moss grows where grass cannot survive - such as nutrient poor soil, soil with high acidity, soil that is compacted or drains poorly, or where there is excessive shade or thatch accumulation. Give the older lawns a good rake to lift any thick thatch, cut and then aerate to improve drainage. Once all this has been completed, over the next 2 to 3 weeks apply lawn fertiliser during rain to keep them Spring green. The word is our Summer will be a dry one and lawns are the first to suffer, so give them a good start now.

If you are planting out a veg garden, seedlings are best planted later in the day when the heat is out of the sun - watering however is best done at the start of the day, allowing time for soil to warm before the night chill. In areas you do not plan to plant for a while, sow a green crop to add humus to the soil, Mustard, Lupine, Barley or Wheat. They will germinate in no time, then dig in when lush, soft and green. Don't let it get to the flowering, stalky stage, because it takes too long to break down. Plenty of seed potatoes on offer now for you to get sprouting - early varieties can go in and should show leaf in about a month when frosts are over. Frost protect if they show leaf early. This is also the time to give fruiting Shrubs and trees a dressing of potash enriched fertiliser to help with fruiting. As mentioned last week, deciduous fruit trees and everything in the way of small fruit should be planted in August / early September at the latest. Keep an eye on Peach tree buds - spraying with copper for leaf curl should be done just on bud break.

Cheers, Linda.

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Festival of Adult Learning Week

3rd – 9th Sep 2018, **Come along to Literacy North Otago**

Mon 3rd: Introduction to our Festival of Adult Learning, kick off at 10am with a sausage sizzle – Gold coin donation from 11 – 2

Band (Lee Clarke organising) will be playing from approx. 10am until 2pm (with the necessary breaks) for your entertainment

Come on in to 20 Ribble St and explore what we are all about:

- Test your skills with on line assessments
- Test your driving skills using online written exams
- Do some scrap booking and card making
- Make a personal budget
- Find out what's available in our community for your learning needs

Tue 4th: The Future of Work – what does this

look like?? Targeted at our local employers, we have local and South Island speakers ranging from our own Helen Jensen, Manager for Literacy North Otago, to our employers currently involved in the Employer Led Workplace Program, and much more, there will be time for questions – starts 10am with morning tea on arrival.

Wed 5th: 20 Ribble Street – Literacy North Otago Open Day – come along and relax, meet our friendly staff, have some fun with the band (Lee organising) playing, hot soup and bread rolls will be provided. This will be a day of interaction, our tutors will be available for you to discuss your future needs, come find yourself, and have some fun, this will also flow on from Monday where you are able to explore your own learning and try some of our ideas, other organisations will have information tables for you to gather information from.

Thu 6th: Apprenticeships – do we really need them?? Come along for a morning with some of our local apprentices, 2 females and 2 males, electrical to building, along with their Training Advisors, they are on hand to answer any questions you may have, and will give you their insight as to what it is like to be an apprentice, talk to our Territory Managers and some of the Training Advisors to get all the information you need to get yourself into an apprenticeship you desire

Fri 7th: Learner Recognition Day – Held at ARA on Humber Street, this is where we recognise some of our outstanding adult achievers by giving them a certificate and celebrating their achievements with a shared afternoon tea, all welcome.

Open from 9am - 4pm, feel free to pop in and talk to us, we are only too happy to help.

Phone. Kim on 027 8705708 or Lee 027 346 0940



Mandy's Health Tips

Hi, Mandy here from North Otago Pharmacy - it's a pleasure to have this opportunity each week to give you a few health tips from your friendly pharmacy. Tom and I and our two wee dogs are locals - we live here in Oamaru and are a true part of this community.

The most common form of allergy is hayfever. This is a seasonal disorder occurring during Spring

and Summer and is caused mainly by airborne pollens. Typical symptoms include sneezing, runny nose and itchy, watery eyes. For some, these symptoms occur throughout the year, often caused by an allergy to house dust mites or animal fur.

In addition to inhaled allergies, there are those caused by eating certain foods, or through contact with certain medicines or chemicals. With these, symptoms appear mainly as skin rashes.

All the symptoms described are due to what is called an allergic reaction between the allergens (pollen, dust, etc) and certain cells in the body. This reaction triggers the release of a number of chemical substances which irritate the body. One of these chemical substances is histamine. It is best to try and avoid exposure to the allergens that affect you - however, this is not always possible.

There are a number of medicines available for treating allergies, the most common of these are called antihistamines - because they counteract the effects of histamine. Antihistamines may also be used to treat allergic conjunctivitis, insect bites and hives. One such antihistamine that treats allergies is Razene.

Feel free to pop into the pharmacy any day as we are open for you 7 days a week. Our friendly staff are happy to answer any questions you may have.

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Menopause OAMARU + PHARMACY

What is menopause?

Menopause follows the end of the fertile stage and starts with the decline of the ovarian function and hormone production. The timing of this changeover phase varies from one woman to another. For many women this transition or "change of life" is not easy and there are physical and emotional changes that can be very disruptive and difficult to manage. However, many women find this stage in their lives liberating.

What are the symptoms?

Most women experience some of these symptoms:

- Changes in periods becoming lighter and less regular. Heavier and more frequent bleeding is possible but must always be investigated further
- Hot flushes and night sweats: an overpowering sense of heat, often followed by feeling clammy and cold
- Sleep problems because of flushes, sweats and changes in brain chemicals that control sleep
- Mood swings: feelings of being unloved or depressed are related to hormonal changes affecting brain chemicals; also this may be a time when children leave home and parents are elderly and in need of care, which can exacerbate hormonal-induced emotions
- Vaginal dryness: the lining of the vagina and bladder entrance becomes thinner, drier and less elastic, which can make intercourse uncomfortable and lead to vaginal and bladder infections and loss of libido
- Thinning of the skin all over your body
- Loss of tissue "plumpness" due to dryness and loss of collagen
- Increased abdominal fat (middle-aged spread), caused by changes in your body's nutritional needs and how it stores fat
- Loss of hair where you want it and appearance of "whiskers" where you don't, often on the chin.

You cannot prevent menopause but you can make it easier by looking after your general health, keeping fit and eating well. If you need help with your symptoms

Treating symptoms:

- Take supplements that include Actea racemosa rhizome, Red Clover, Black Cohosh, or Chaste Tree to provide support for complaints during menopause, in particular: natural temperature management, irritability during stress, healthy sleeping patterns, and comfortable menopause transition.
- Vaginal oestrogen-containing creams or lubricants can help relieve vaginal dryness

Lifestyle approaches

- Use a sensible diet and exercise to help you through difficult times; include yoga, pilates and Tai Chi, which help maintain muscle strength and flexibility and keep stress under control.
- Don't smoke, as smoking increases the risk of osteoporosis and heart disease
- Aging skin is thinner and more sensitive, so take care of your skin, keeping it moist with gentle moisturisers and avoid harsh soaps and detergents.
- Be positive and manage your life to accommodate the changes you are experiencing, keep active and use strategies to help you cope with symptoms.

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Clued Up Supers

Thanks to funding from the Otago Community Trust, planning for the latest Waitaki District Council Safer Waitaki expo has begun. This one is for people aged 65 years and over (or thereabout).

Over 40 groups and organisations have been invited to take part, which means this event will showcase a wide collection of groups and services available in the area. Organisers have tried to include everyone, but if you belong to a group that would like a stall and haven't received an invitation, contact Helen Algar at Waitaki District Council: halgar@waitaki.govt.nz / 434 5284.

There will be something for everyone on the day — sports groups, social groups and activities groups, as well as all manner of information from organisations committed to keeping people safe and healthy. Entry is free so note the date in your diary now.

Saturday 29 September, 1.00–4.00 p.m. Waitaki Recreation Centre, Orwell Street.

Waitaki Interiors

Daffodils and Cherry Blossoms have arrived and are welcoming in the start of Spring - which means it's time to put away your Winter coloured accessories and bed linen and bring out those cheerful Summery accents. Spring cleaning fever makes most people want to freshen up some area of their home in time for Christmas. Maybe you want to introduce a feature wall or colour up your bedroom with a new bedspread or duvet cover. Now is the time to get it done before the December rush.

With the arrival of Spring, we have to prepare for the Summer sun ahead. A sunscreen blind can protect furniture from the harsh New Zealand UV rays without obstructing the view, while keeping your interior cool. By adding a contrasting colour to what you already have, can make a real visual impact in any room. If you have some red elements, consider adding a few yellow or teal accessories to create a bit of excitement. Something as simple as moving a painting from another room and adding a bright new throw can transform a dull corner for Spring.

You could paint a piece of old furniture a nice bright colour and add some flamboyant cushions. Therefore it doesn't have to cost the earth to freshen up your home for Spring.

Orange and Date Muffins



Ingredients:

1 orange, 1/2 cup orange juice,
1/2 cup chopped Dates,
1 egg, 3oz butter, 3/4 cup sugar,
1.1/2 cups flour, 1tsp Baking powder,
1 tsp Baking soda, 1/2 tsp salt.

Method:

1. Cut orange into pieces and put into Blender with orange juice till finely chopped.
2. Drop in Dates, egg and butter. Blend, then pour over dry ingredients.
3. Mix and Bake at 350deg 15-20 mins.



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Community Diary

Wednesday 29th August

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

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 30th

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

Business Networking @ The Business Hive, 5.15 - 6.15pm. 22-26 Ribble Street. Free.

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

Migrant Meet & Share, 10.30am, Green Room, Opera House. Ph. Maria 021 066 5143.

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

N.O. Early Settlers Assn meeting 1.30 to 3.30pm. Settlers Hall, New members Welcome. Ph Carolyn 021 066 288 or Helen 027 434 1173

Friday 31st

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

Lunchtime Recital Variety Concert, the last for the year. oamaru Opera House Ink Box, 12.15 - 1pm.

The N.O. Astronomical Observatory Dome will be open 7:30pm - 9:00pm weather permitting.

Saturday 1st September

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

Monster Garage Sale, St Luke's Hall, Wharfe St, 9am.

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

Sunday 2nd

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 Cemetery Walk 2 to 4pm. Meet Greta Street gate. \$20pp. Ph 027 434 1173.

Reformed Church Oamaru, 4 Eden St, morning service followed by Sunday School at 10.30 a.m.; evening service at 5 p.m.

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

Monday 3rd

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 4th

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.

Up and coming Events

Awamoa Gardens Croquet Club are holding 3 days of 'Have a Go at the Croquet'. 27th, 29th Aug and 1st Sep. 10am-4pm. Equipment supplied. Flat shoes essential. ph. 434 6490.

Cancer Society Volunteer meeting - 1st Wednesday of each month. Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

Afternoon Social Housie: Wed 5th September, 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Grey Power. Ph: 437 2220.

Annual General Meetings

North Otago Asthma Society, Special General Meeting, Wednesday 29th August 10am. Meeting Room at Waitaki Community House, 100 Thames Street, Oamaru

Agenda: Discuss the Financial Future of North Otago Asthma Society

Whitestone Community Arts Council AGM Wed 29th August 12.30 to 1.30pm. McKenzie & Co, 16 Wear St, Oamaru. New members Welcome. Ph Bronwyn 0274 952 030 or Helen 027 434 1173.

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

North Otago Yacht & Powerboat Club inc. A.G.M. Tuesday 18th September 2018, In the clubrooms, Commencing at 7.30pm

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.

Herbert Hall AGM, 19th September, 7.30pm. All welcome. Ph. 021 448 002.

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Situations Vacant

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Full time worker for Sheep & Beef farm. Some farming knowledge or background preferred. Ph 4342661 or 027 5342661

Small Dairy Farm Position.....I need some help PLEASE! I'm milking 320 cows (10 minutes from Oamaru) pretty much on my own at the moment and now spring-time has arrived it's getting a bit busy. I'm looking for a full time worker but I'm flexible and open to looking at what works for you too. Although experience is a bonus if you are honest, seriously reliable and a hard worker I'm happy to work alongside and teach you. If you're keen to work in an organized and well set up environment with a bit of fun mixed in.... call me on 027 486 1131.

New vocal teacher in Oamaru

Rebecca of Rebecca Ryan Music has recently



shifted from Southland and is setting up her music teaching studio in Weston! Specialising in singing, Rebecca teaches all genres. Past students have included music theatre performers, Gold Guitar participants, classical singers now performing overseas and those just wanting to improve their singing voice for their own satisfaction. Soprano, Rebecca Ryan first came to prominence singing the UK premiere of Handel's rediscovered Gloria. She is a graduate of Otago University and London's Royal Academy of Music and is an Associate of the International Registered Music Teachers NZ (AIRMTNZ). As a singer, Rebecca has appeared in many concert performances with orchestras and choirs in Europe, UK and Australasia in a varied repertoire from Bach and Handel through to Mozart, Mahler and Brahms. She has recorded for Naxos, Chandos, RTE TV and Ode Records. More recently, Rebecca has been performing and recording in New Zealand and teaching singing while she raises her young children. Rebecca has presented singing and breathing workshops, worked as a vocal coach and adjudicated competitions. Currently Rebecca is teaching on a part-time basis so places are limited! For further information email music@rebeccaryan.co.nz or contact 021 0233 6654.

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Potassium: helps regulate major body functions, including normal heart rhythm, blood pressure, nerve, impulses and muscle contractions.

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