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11th September 2018

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Issue 409

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Still the odd cold day and frost here in North Otago - however frosts are gone as soon as the sun comes up and helps keep bugs away.

A lot of Cherry blossom will be out by the time this goes to print, so Bees will be back in force on sunny days.

Still thinning out small seedlings and transplanting some like Pansy and

Dianthus, which have shallow roots into deeper seed trays and those with longer deeper roots - like Lupin, Hellebore and Oriental Poppy, into their own individual small root pot as it is best to have a well developed root ball attached before planting out into the garden.

**Baskets and pots** can be thought about now. Use only shallow rooted plants for baskets - like Pansy, small type Petunias, Nemesia, and trailers like Virginia Stock and dwarf Sweet Pea, until it is warm enough to plant Petunias, Lobelia and Begonia. Pots and baskets benefit from the addition of extra slow release fertiliser and water crystals to keep them going. Roots of what you want to plant will determine the size and depth of a pot or basket. Potted Roses and Hydrangeas need a deep pot, which will not heat up and cook roots in Summer. Tin foil around the inside of a pot before filling ( shiny side facing out), will help keep roots cooler for potted Roses, Camellias, Azaleas, Hydrangeas and also small trees and Shrubs. All potted plants need a good heavy potting mix and excellent drainage, plus a consistent supply of food and water. If a potted plant is left too dry for too long between waterings, it will never thrive or look lush and healthy.

I looked around the garden for plants to make an edge to take place of where a row of Lavender had been - I have new Lavender plants now in this spot, but they are as yet tiny, so felt they needed something in front. I found just the thing - a large clump of Lambs ear growing in a rockery which had doubled in size, so dug half of it out and broke up into single plants. Once they start to spread, I will remove for the Lavender to take it's place. Silver is a perfect shade to use as a break between strong and soft shades - will grow in sun or semi shade and Lambs ear also has the added bonus of being an interesting texture.

**Hydrangeas** here have now all been pruned - Fuchsias can be pruned once they start showing new growth. They flower on new growth so that's why growers cut them right back to encourage new fresh growth - so cut back all that straggly old wood.

**Dahlias:** I am keeping a cover of Pea straw on top of mine, because I feel nothing will be happening with them until well into next month.

**Roses** are well on now and we don't have to chase aphids ( green fly) yet, but they will be about soon to settle on the top new growth - easily visible for you to dispose of by removing with finger and thumb. I leave spraying (if needed) until leaves are well grown and have hardened up a little.

**Weeds** are off to a flying start as well. Spot spraying has been taking place here over the last two weeks and I notice the first lot has worked. There are organic weed sprays on the market that work best when weeds are new and small ,so now is the time, get them before they flower and make seed.

**Lawns:** Prepare ground for sowing new lawns. Here on the coast, ground will soon be warm enough to get a strike. As I have mentioned before, seed must be sown thickly in Spring to beat the annual weeds. Once Spring mowing starts, keep the mower blades up to allow grass to thicken up and feed lawns - just before, or during rain and they will stay lush.

**Vegetables:** Here on the coast sow Lettuce seed and plant Lettuce plants at two week intervals. All green veg are on offer. Peas, Carrots, Corn and all in the Pumpkin family will need strong frost protection if sown early. Prepare ground for planting



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seed Potatoes. If soil is too wet, fork over adding compost to get air in to aid drying. Potatoes can rot if soil is cold and wet. Green crops can be dug in now, before they flower and get stringy.

**Fruit:** Buds are swelling to blossom burst as sap rises. What's needed now are sunny days and Bees. Work on Gooseberry bushes now before leaves arrive - thin out middle branches and cut bottom skirt branches up, to raise height from the ground - making it so much easier to pick the fruit from underneath. Strawberries are starting to move towards budding, so will be looking for food. They need mulched with compost, old animal manure - then straw or pine needles as a cover will do the trick.

*Cheers, Linda.*

## Mandy's Health Tips

Healthy Hair - Lots of customers ask me what hair product I use to have healthy looking hair. So today I am going share a few tips with you.

Use natural shampoo and always use conditioner - I have tried many brands of shampoo and conditioners.

I always have a problem with my scalp so I tried Sukin, Sukin is really good.

I use Sukin Natural Balance shampoo and conditioner - It foams quite well and the conditioner makes my hair really soft and easier to brush. My scalp has stopped being flaky and itchy, so it works.

Always brush your hair - Brushing your hair stimulates blood flow to the scalp and it helps bring more nutrients to follicles to promote hair growth. I have a sensitive scalp and I prefer using a natural bristles hair brush because it is softer than synthetic. Natural bristles also have the ability to evenly distribute your hair's natural oils from root to tip.

However, pure natural bristles hair brushes can be expensive, so I use a mix of natural and synthetic - synthetic bristles create less static and help detangle a lot easier.

Hair, Skin and Nail supplements - With the right nutrients from the inside, your skin, hair and nails should be strong. Silica plays a big role in strengthening hair and nails and the silica content of the body tends to decline with age. I have been taking Hair, skin and Nail products for 6 months now and I can tell that my hair is stronger, more shiny and has less splits.

These are the tips from my own experience, all individuals are different so obviously the result will vary. Come instore and talk to our friendly staff to find out more. We will find the right products for you!

North Otago Pharmacy - Your friendly Pharmacy. Have a great week, Mandy



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## Petanque News

On Sunday 1st Sept the Excelsior Petanque Club held their drawn triples tournament. Players came from Timaru, Alexandra, Waikouaiti, Dunedin & Invercargill .

**Championship:** 1st Herb Tonkin, Ken Andrews, David Beer. 2nd Elizabeth McCone, David Gardiner, Joy Justice. 3rd Lindsay Hay, John McKay, Russel Winter. 4th Reed Jamison, Bev Kendall, Suzanne Tonkin.

**Plate:** 1st Lesley Warren, Aileen Simpson, Sharon Olson. 2nd Myrel Parson, Pat Jamison, Yvonne Ashton. 3rd Alec Clarke, Ross Green, Owen Young.

**Bowl:** 1st Carol Brake, Lynn Andrews, Maryon Beer, 2nd Carol Reed, Sandra Hay, Ann Stone. 3rd Janice Griffen, Barry Kendall, Lorraine Mcleod.

# OAMARU + PHARMACY

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## Change of season OAMARU + PHARMACY

With the change of season from Winter to Spring upon us, people find this disrupts some of their body's natural processes. You may notice changes in your sleep or allergies. The changing seasons can affect hormone production and it is perfectly normal to experience changes in our energy levels. Our bodies need time and support to help adjust to the new season and changes in our daily routines. Let's look at some of the ways the changing season can affect our health and our energy.

Immunity supplements are important to keep you well all year round. Vitamin C is an essential nutrient for maintaining healthy body function. It is an antioxidant, supports the immune system, maintains the integrity of blood vessels and connective tissue and much more. Our bodies need a regular renewable source of vitamin C because we can't make it ourselves.

Elderberry provides strong immune system support to help you and your family stay healthy throughout the year.

Eating well makes us feel happier, and gives us more energy throughout the day. Make sure you are eating plenty of leafy vegetables and protein, as they are good sources of many vitamins and nutrients.

Physical activity or exercise can improve your health & reduce the risk of developing several diseases. Physical activity and exercise can have immediate and long term health benefits & can improve your quality of life, and help you feel better – with more energy, a better mood, feel more relaxed & sleep better.

Sleep is a vital part of our well being, it is important we get enough sleep each night to be able to function properly the next day. Persistent lack of sleep can affect your health, so it is important to get an assessment and try to identify any problems. Getting outdoors is crucial for our health and energy levels.

Nature helps reduce stress levels & improves physical health.

Spring time can still bring on colds and illnesses. When exposed to sickness, our immune system has to work incredibly hard to keep us well. The follow-on effect of this is we use more nutrients to stay free of the flu. This means we have fewer nutrient stores for energy production. This is why it is important to keep up your immunity supplements, eat well, exercise regularly, get enough sleep, and soak up the sunshine.

Come in and see the team at Oamaru Pharmacy, we are always here for you with professional friendly advice.

friendly advice. And check our mailer for amazing discounts.

## A new heart for a community

Fragmentation of society over the last 100 or so years may have seen the decline of community spirit and pride, but there is a way to stop the rot. People in this country, and around the world, are finding they can once again have a vibrant community with a strong, caring heart. They have begun setting up community hubs. A community hub is a place that gives a focal point for all community activities. It contains facilities, information and services that foster greater community involvement. It brings individuals and organisations together to improve the quality of life of everyone in the district.

What is good about this idea is that there is no one scheme — each community gets to decide on the kind of hub it wants. Planning a hub is the first step for a community to reclaim its heart. Waitaki District Council has already recognised that it has a role to play in nurturing the soul of our community. It helped set up Community House to offer a central location for a number of service groups. Then, five years ago, it established Safer Waitaki to promote community safety by providing a way for the community to work together.

But it is time now for the Council to take the next step — to take the lead in creating a community hub that brings ALL groups together. We have the perfect location standing empty. The RSA building has always been a centre offering services to the community, so what better way to continue its legacy than for it to become a 21st century community hub?

The building is big enough to accommodate everyone from Community House, as well as Safer Waitaki and other service groups. It could also include meeting rooms and a drop-in centre, among other facilities.

It is time to tap into the creativity and vision within our community and together build a community hub for our town.

Graeme Leather





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## Community Diary

### Wednesday 12th

**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 4345680.

**Oamaru Friendship Club ex Probus** meets at 10am St Johns, Exe Street.

New members welcome. Phone 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 13th

**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.

**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

**Migrant Meet & Share**, 10.30am, Green Room, Opera House. Ph. Maria 021066 5143.

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

### Friday 14th

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

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

**Waitaki Travel Club monthly meeting** at the Manor Estate at 10am, Guest speaker Joan Sutherland "Balkan Travels".

### Saturday 15th

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

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

**The North Otago Lions Club**, "Special Needs Pool Party" held at the Aquatic Centre from 6pm to 7:30pm. Any person with special needs is welcome but must be accompanied by a support person. We will supply a sausage and party sizzle, drink and sweets, so if any dietary needs are required, please let us know so we can cater for them. This BBQ is free to all, including carers. Ph 434 3044

### Sunday 16th

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

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

**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 17th

**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 18th

**AA Meeting**, Orwell St Chapel, 7.30pm, Ph. 432 4191 or 437 2337.

**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.

### Up & Coming

**Motorbike Show** at the Oamaru Club. 29-30th September. For more info Ph. Leigh 027 284 2265 or Michael 021 400 946.

**N.O. Asthma Society Special General Meeting** Wed 26th Sep 10am, Meeting Room at Waitaki Community House, 100 Thames St, Oamaru. Final meeting on regarding dissolution of society.

**N.O. Orchid Club** meet 1.30pm, St John Hall, Exe St. New members most welcome. Ph Irene 434 7324.

### Annual General Meetings

**N.O. Yacht & Powerboat Club inc.** A.G.M. Tuesday 18<sup>th</sup> Sept, In the clubrooms, 7.30pm

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

### Classifieds

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**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.

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Spring into our special September deal at the Rec Centre! New members - buy a 3 month membership during the month of September and GET A 4th MONTH FREE (conditions apply). Rec Centre - 43 Orwell St, ph 4346932, [waitakicrc@extra.co.nz](mailto:waitakicrc@extra.co.nz)

## Wanted

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- ▶ **Kaye Mattingley** .....434 1188  
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## DVD and CD

- ▶ **Oamaru Public Library**.....434 9663  
.....cleaning service (resurface), \$5 per disc

## Electricians & Appliances

- ▶ **Glenn Taylor Electrical** .....434 7282  
.....027 522 1012
- ▶ **Robert Jones - Electrician**..027 445 0523
- ▶ **Whitestone Appliances**.....434 6810  
*Repairs*.....021 366 446

## Funeral Directors

- ▶ **Walls Funeral Services**.....434 8266  
.....49 Humber St

## Gardening & lawns

- ▶ **Crew Cut large lawns & rural mowing**  
*Paul Houllahan*.....021 331 261
- ▶ **Dug the Gardener**.....027 561 8804  
*Horticulture & Landscaping services*.....
- ▶ **Gardening Girl Jude**.....027 254 5546  
.....*weeding*
- ▶ **Garden Tidy**.....021 162 8110  
.....*mowing, weeding, tidy up*
- ▶ **Jim's Mowing Oamaru**.....03 437 1892  
.....Mark deBuyzer 0273187413

## Insulation

- ▶ **Dunbars Insulation** .....027 789 8788  
.....*local and affordable*

## Joinery

- ▶ **Rycole Joinery Custom designed kitchens**  
.....434 5012.....027 276 2866

## Meth Testing

- ▶ **A+ Services Meth Testing**..027 714 4812  
.....0800 155 166

## Mobile Travel Broker

- ▶ **Jannine Hore** .....439 4230  
*The Travel Brokers - member of Helloworld*
- ▶ **Lynne Sinclair, NZ Travel Brokers**.....  
*Cruising/Holiday Packages*.....432 4172

## Painters & Decorators

- ▶ **0800 Mr Painter** .....0800 677 246  
.....027 437 4367
- ▶ **Matt Geare Painter** .....027 470 3780

## Pest Control Services

- ▶ **Spider proofing & Pest Control**  
.....027 714 4812.....0800 155 166

## Pets

- ▶ **Suds & Paws for dog grooming** 434 5957
- ▶ **Paws Awhile Boarding Cattery** 434 1296
- ▶ **Puppy Love Grooming**.....021 101 7858

## Plumbers

- ▶ **Foley Plumbers Oamaru**.....434 2330  
.....*Tom Palmer*.....0800 303 530

## Podiatrist

- ▶ **Simply Feet Podiatry**.....437 9025  
.....316 Thames Hwy, open Mon-Fri

## Print

- ▶ **Oamaru Print and Copy Ltd**.....434 9651  
.....146 Thames St, open Mon-Fri

## Tiling

- ▶ **Lakeland Tiling**.....Shane..027 312 2017  
.....*Kitchens & Bathrooms - No job too small*

## Transportation & Rental Vehicles

- ▶ **Driving Miss Daisy** .....434 8421  
.....*Appointments, Dunedin & Timaru Hospital, Shopping*
- ▶ **Oamaru Private Shuttle** ....0212 668 212  
.....*Door to door, Airport and Out of town service*
- ▶ **Oamaru Tours, Airport/Hospital transfers (Merv Aitcheson)** .....434 9506
- ▶ **Oamaru - Dunedin/Hospital Shuttle**.....  
*Door to door service*.....434 7744

## Transportation & Rental Vehicles

- ▶ **Smash Palace**.....433 1444  
.....*Cars, Vans, Bicycle Hire & Shuttle Service*

## Window Tinting

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

## Olives Cake

8oz Butter, 1 cup sugar, 3 eggs, 1pkt(300gr) Mixed fruit or sultanas, 2.1/2 cups flour, 1 tsp Baking powder, 1 tsp almond essence. 1 heaped tsp Cornflour mixed with small amount of cold water and made up to 3/4 cup with hot water. Cream butter and sugar, add eggs then flour B.P. and fruit. Lastly add cornflour mix and essence. Cook at 150degrees for 2 hours. A round 8inch tin lined with Baking paper works well..



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## RealFood Pantry - Cinnamon

**Bad Breath** - Gargle with honey and cinnamon powder mixed with warm water.

**Fatigue** - Take half a teaspoon of honey in a glass of water and sprinkled with cinnamon powder.

**For sore throat** - Mix one teaspoon cinnamon, 1 teaspoon pepper powder, 1 teaspoon ginger powder, and 1 teaspoon honey in a glass of water. Continue with the mixture twice a day.

**For Diabetes** - Soak one or two teaspoons of methi seeds/fenugreek seeds in water overnight and drink this in the morning on an empty stomach.

**Upset stomach** - Take a spoonful honey with 1/4 teaspoon of cinnamon powder in a cup of ginger water. Cures stomach ache and also clears stomach ulcers from the root.

**Influenza** - Drink a cup of warm water, to which a teaspoon of honey and drops of lemon have been added. This soothes the symptoms and at the same time loosens the phlegm, so that body can get rid of it. This procedure should be repeated around 2 or 3 times a day.

**Pimples** - Three tablespoons of honey and one teaspoon of cinnamon powder. Apply this paste on a pimple before sleeping and wash it the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

**Bladder infections** - Take two teaspoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

## Waitaki Interiors Tip

Is your home sunny and light filled or is it dark and gloomy on a dull day? There are many aspects to consider when you start thinking about lighting in your home. Is there enough light, or maybe you have too much of it? Perhaps the room needs a little help to create the right atmosphere? Lighting can make an immense contribution to your quality of life.

Natural light makes colours appear rich and vibrant. It is cheerful and very necessary for healthy living. You need to create a good balance as too much light will result in glare and too many shadows can be gloomy.

Sunscreen blinds on your windows or artificial lighting can help to alleviate deficiencies. We can't always rely on a natural light source so additional lighting will be required. "Task" lighting is specifically chosen to help you complete tasks accurately and safely such as working in the kitchen, bathroom or study.

Decorative lighting such as chandeliers or floor standing lamps can be used like artwork to complete your design by providing visual interest and ambience.

Accent lighting such as LED's running up stairways or backlights on shelving to highlight objects for show can also create drama and interest.

Consider the use of incandescent bulbs to warm up the space and I always discuss the use of dimmers on the switches with my clients. This can influence the mood greatly and save on your power bill.

Lighting is a great tool to create a warm and inviting home. If however you find you have lots of glare and are worried about your soft furnishings fading you could consider Sunscreen roller blinds. These consist of a woven mesh fabric which is designed to block UV rays and control solar energy, effectively reducing the amount of glare or heat transmitted into your home through the windows. They still allow you to enjoy the view out of the window so you don't feel shut in during the day and they do provide complete daytime privacy from neighbours or street traffic. They are easily fitted onto the architraves of almost all windows and when they are not required they roll away to be most unobtrusive. Therefore, if too much light is the problem at hand then sunscreen roller blinds would be my number one consideration. Enjoy your week, Sherry, Waitaki Interiors.