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Issue 433

THE GARAGE DOOR CENTRE

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With Easter & Anzac day approaching, it is a good idea to get your adverts and articles in early - as the weeks of Easter will be shorter with less time to finalise and approve the Telegram adverts and articles. These can be emailed to us anytime now. Enjoy your week & *remember to "Shop Oamaru"*, regards *The Telegram*.

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RealFood Pantry Goji Berries

Tart cherries naturally contain melatonin and have been used to improve sleep without any side effects.

Goji berries however, have the highest concentration of melatonin. Gojis have the third highest antioxidant capacity of any common dried fruit - five times more than raisins and second only to dried pomegranate seeds and barberries.

Gojis also have a specific antioxidant pigment that makes sweetcorn yellow-zeaxanthin. When eaten, zeaxanthin is shuttled into your retinas (the back of your eyes) and appears to protect against macular degeneration, a leading cause of vision loss.

The egg industry boasts about the zeaxanthin content in yolks, but goji berries have about fifty times more than eggs.

A double blind, randomized, placebo-controlled trial found that gojis may even help people already suffering from macular degeneration.

The researchers used milk to improve the absorption of zeaxanthin(which,like all carotenoids, is fat soluble), but healthier way would be to use green-light sources of fat, such as nuts and seeds - in other words goji trail mix!.

see the Team at the RealFood pantry Eden street.



With nights cooling and days shortening, it will not be long before the major leaf drop and days filled with raking them up, so I guess we need to play the waiting game for trees surrounding gardens to drop all, before getting gardens ready for Winter with spreading compost then pea straw. However, branches can be lifted on large trees and climbers - like Wisteria, Jasmine &

Honeysuckle, can be trimmed along with hedges and Shrubs.

Rose dead- heading now, will be my last for this growing season, as Roses will soon need to stop putting out new soft growth. Rose wood needs time to harden before the big Winter prune - which means leaving spent flower blooms on to allow seed heads to grow.

Keep dead- heading Dahlias and Geraniums to keep them flowering through until the first frost and continue to remove spent Summer annuals, so ground can be worked ready for Winter flowering annuals - like Primulas, Wallflowers, Polyanthus, Pansies and Violas. Fork in some compost and dampen well before replanting beds.

Be on the lookout for useful self sown seedlings. I am finding quite a few and transplanting now to settle in before Winter.

Spring bulbs need to be planted during Autumn and I see wonderful varieties on offer. Plant in groups, at the right depth to bring your garden to life after Winter.

Peony Roses will be on offer now - they are really worth planting with their big showy blooms taking over from the Spring Rhododendron displays. Be careful when planting not to disturb the new shoots (eyes) forming. A Peony root to be planted, should contain at least 3 eyes that will eventually become stems. A root with only 1 or 2 eyes will still grow, but it will take longer to flower. Taking the time to prepare the soil before planting is time well spent. Plant with the eyes facing upwards and the roots spread out. Peonies are very adaptable, but they do prefer a sunny, well-drained, slightly acidic soil and benefit from compost added when planted and can remain in the same spot for upwards of 70 years. Peony roots should be planted relatively close to the soil surface - only about 2-3 inches deep. It may seem odd to leave roots so exposed, but they need a Winter chilling to attain dormancy and set bud. Keep mulch away from the base of Peony plants.

Lift Gladioli now : you do not need to wait for leaves to die back - dry in a warm place, then dust with Insecticide to prevent infestation, before storing in a cool place for next growing season. They can be left where they are growing if there is not a pest problem. If you want to grow a great number of Gladioli plants and don't mind spending a few years doing it, seed germination is the way to go. Leave the flowers on the stem for about six weeks after they die off and produce hard casings filled with seeds. Sprout seeds into miniature plants and you'll have full-sized Gladioli in about three years. For quicker results with fewer plants, try propagating small Gladioli corms. Each corm will have a number of baby corms, known as cormels or cormlets, attached to the bottom. When you remove these cormlets and plant them separately, they'll grow to flowering size in a couple of years.

It is time to empty compost bins in readiness for all incoming leaves. I have started using my compost which includes some of last Autumn's leaves, Spring soft hedge cuttings and Summer lawn clippings, a sprinkle of lime through the layers and a good amount of animal manure. With the heat and rains we have had, it is rich black and full of worms. Trees, Shrubs, plants and bulbs take so much from the soil during each growing season, until soil reaches a stage of needing more than Man - made fertilisers, which work by feeding plants and promoting growth and in doing so, depletes soil of humus. Compost / humus is a soil enhancer taken down to where needed by worms to get the best results from both Ornamental and vegetable gardens.

Lawns: Get new lawns sown now - the cooler nights and mornings are allowing the moisture to remain longer after watering and a strike will happen pretty fast, as the ground is still nice and warm.

Vegetables: Good growth is still happening as long as water is kept up - Pumpkins and Corn should be ready to harvest. Dry off Pumpkin and Squash skins before storing them in a cool dry place. This is a good time for planting above ground annual crops that produce their seeds outside - like Lettuce, Spinach, Celery, Broccoli, Cabbage, Cauliflower, and grain green crops for digging in. Cheers, Linda.

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Cuts and Grazes OAMARU + PHARMACY

Our Skin is made up of different layers and substances like collagen which make it both supple and tough and allow it to stretch and move without always tearing or breaking. sometimes skin is broken. A graze is when the outer layer of skin is broken by being scraped or worn off. Cuts or incisions are caused by sharp object slicing into the skin. Depending on how deep and where it is on the body, there may be damage to blood vessels or nerves causing significant bleeding or other problems. Simple cuts and grazes can be handled at home, Following some simple steps will limit the risk of infection and ensure proper healing with minimal scarring.

The best way to treat cuts and grazes is to wash your hands, if possible put on surgical gloves to prevent cross-infection by blood or other body fluids. Then stop the bleeding, most simple cuts will stop bleeding themselves, for deep cuts apply pressure by using a gauze swab or sterile dressing on top of the cut firmly for several minutes. Raise the injured arm or leg above the level of the heart. To clean the wound you can use sterile normal saline solution – If a graze has dirt or gravel in it use a surfactant cleansing product to help remove it. Clean tweezers can be used to remove surface debris but if anything is embedded in the wound see a doctor. Wipe from the centre of the wound to the outside using a clean piece of gauze or cloth each time. Avoid using materials such as cotton wool from which small pieces of cotton may fall off and stay in the wound. Clean the skin around a wound also. Thorough wound cleaning reduces the risk of infection and tetanus. Covering a wound helps to keep it clean and provides protection. We used to believe that letting a wound dry out and form a scab was best. We know now that scabs don't promote healing but can delay it and cause scarring. A wound that remains moist heals faster. New dressings available now promote moist wound healing as they cover a wound and keep it at constant, body temperature. Watch any wound for signs of infection. Things to look for include Redness, swelling or heat, Pus or thick, green or yellow fluid, Red streaks under the skin, reaching out from the injury, Fever, Any wound that doesn't start to heal. See a doctor if you notice any signs of infection. Not all wounds can be dealt with at home. other reasons to see a doctor include if you can't stop bleeding, There is an object in a wound you can't remove, A wound is deeper than 0.5 cm, longer than 2.5 cm or has rough, jagged edges, There is loss of function, eg. the person can't bend an injured finger, The wound was caused by a nail or other dirty object or by an animal bite. These wounds are at high risk of developing infection and a tetanus booster may be necessary. Come and see us in store. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.

Race Relations Day Multicultural Concert 2019

Come and celebrate the colourful and vibrant showcase of multicultural talent. Be entertained by a variety of acts from our community and performances from around the world. Explore how cultures around the world entertain and tell stories through performance.

From the different corners of the globe from traditional to modern. China – ancient graceful traditional dance, Japan – sounds of Taiko drumming, Raratonga - rhythmical drum beats, Poland – an array of festive dance, Korea - upbeat K-Pop and many more performances.

Our people, our cultures, our languages O tātou iwi, o tātou ahurea, o tātou reo is our theme this year. An event to inspire and to share the richness and tapestry of different culture and customs. A fun family event.

Organised by the Waitaki Multicultural Council and Safer Waitaki. **7.00pm Saturday, 30th March 2019**
Adults \$10, Children \$5 (12 years and under)
Tickets are available from the Opera House and Ticket Direct. Allocated and limited seating – Be in early to get your tickets. More info: Sandra 027 7789753



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Community Diary

Wednesday 20th

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

Thursday 21st

The Happy Scoundrels inc. Over 55s Ten Pin Bowling Club, 1pm @ the Galleon Complex. Ph Garry 434 1463 or Mike 437 0224.

North Otago Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe Street. Enquires Ph 437 2673.

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

Friday 22nd

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

Meadowbank Bowling Club, 14 Conway, friendly bowls, 2pm start. Bowlers & non bowlers welcome. ph. Mary 434 7196.

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

Saturday 23rd

Cycling Waitaki; community rides from Enfield, 9:30, all riders, all abilities, welcome. Coffee to follow ph 021 121 4627 or cycling waitaki.org.nz

Sunday 24th

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

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

Reformed Church Oamaru, 4 Eden St, morning service at 10:30am, followed by Sunday School; evening service at 5pm.

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

Tuesday 26th

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.

Free JP for certifying documents, affidavits, & declarations. 11-1pm in the WINZ building.

Dance Classes Tuesday/Wednesday, Classical Ballet 3-10 year. Beginners Ballroom - all School ages. Ph. 021 0559581. Facebook: Living Arts Oamaru.

Waitaki Riparian Enhancement Society (Voluntary Salmon Hatchery Group) A.G.M. 7:30pm Glenavy Hall. Guests Speaker Martin Taylor. CEO Fish & Game NZ. Chair of Sea Run Salmon Committee. Supper to fellow.

March 28th-30th

Oamaru Repertory Society Presents Carol & Nev - 28th 7pm, 29th 7pm, 30th 4pm, 31st 4pm.

The Lover - 28th 8:30pm, 29th 8:30pm, 30th 5:30pm, 31st 5:30pm.

Box office open 434 8868 Ichen St. tickets@oamarurepertory.co.nz, further info call 027 4600 986.

Classes & Workshops

Aromatherapy Essential Oils Workshop: 39A Nen Street 10am-6pm. Ph 0278145192

AGM

Waitaki Hospice Care Trust AGM, Tuesday, 2 April 2019. 6pm, Boardroom, N O Hospice Hub New Members Welcome, K Mercer, Hon Secretary 437 1928

Classifieds - For sale

Animal carry cage large, Animal bed large Ph 03 4372648 or 027 2228053

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Much of women's health is centred around maintaining a correct hormonal imbalance.

It doesn't take much to upset this balance and with menstrual cycles one month apart, and in a life span of 80 years, they could experience a anywhere from 300- 500 monthly cycles. Due to life's stresses, not all of these cycles will work properly. There is the transition to womanhood around the time of puberty, and to motherhood, and on to menopause. At each of these life stages, different sets of hormones are released, and when an imbalance occurs, it can result in specific symptoms such as PMS, menstrual cramps, mood swings, weight gain, irritability, low mood, excessive blood loss (Often leading to anaemia), poor sleep patterns, hot flushes, night sweats, and sugar cravings to name a few. Women have a greater need for special health care that relates to where they are in their life.

During pregnancy many hormones are released, and Vitamins and minerals kept in reserve, are passed from mother to baby, often leaving mums short of vital nutrients, which can leave them feeling tired and lethargic, and open to conditions such as osteoporosis later in life.

Left uncorrected, many women can experience conditions such as post natal depression or low mood and anxiety, at a time that should be full of joy and happiness.

The symptoms experienced by women during menopause such as hot flushes, night sweats, low libido, unwanted weight gain, and premature ageing can be avoided by keeping the system in balance.

Often thinning of the vaginal lining can cause discomfort during intercourse, and gives rise to repeated urinary tract infections which can be avoided.

Both the contraceptive pill and consumption of alcohol can have adverse effects on women's health, as they both cause a reduction in female zinc levels, as alcohol hinders the elimination of excess oestrogen by the liver.

Healthzone female zone is specific nutritional support for women, helping to restore and maintain the female reproductive system. Female zone assists with increasing the production of vaginal mucous which is usually seen within eight to ten days, assisting with an increase in thickening of the vaginal lining, a rise in libido and dissipation of other unwanted symptoms. Don't forget you can book our chiropractor Robert Bridges, and acupuncture and masseur Rick Loos for all your aches and pains. Pop in and see the knowledgeable team at Health 2000 Oamaru. Enjoy your week...