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Issue 436

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Waking up in the middle of the night thinking "Oh no - I missed placing an advert into the Telegram". This was me last week, for the "Bad Jelly the Witch" advert - put on by the Musical Theatre Oamaru starting on Saturday 24th April at the Oamaru Repertory Theatre. Luckily they had started advertising well in advance giving us time to do a little extra to help promote their show. Their Online phone listing is doing very well with around 5-10 email contacts daily.. If you are in the phone listing, please let us know your email address...

Remember to "Shop Oamaru", regards *The Telegram*.

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April - and how lucky we have been with the weather this Summer and Autumn here in North Otago - warm sun filled days and rain from time to time just when needed. There is a lot to do in the garden this month - leaf raking, cutting back, Bulb planting, mulching with compost and pea-straw and wrenching Shrubs and trees needing shifted.

Compost put down in Spring should be ready to spread around gardens now, leaving heaps and bins empty and ready to receive Autumn leaves. Most leaves are beneficial in making good compost, but it takes longer for Oak leaves to break down. I suggest leaving Oak leaves in a pile somewhere where they will not blow about - to break down over time, before adding to compost, or if burning, add the ash when layering leaves, grass clippings, soft hedge trimmings and manure. Also keep back some ready made compost to use between layers and give all a good soak to get heaps heating before Winter. Because the ground is dry, Shrubs are hardening - most noticeable are Hydrangea flowers going brown, or changing into new stunning shades. I keep the water up to mine while they are looking so pretty and leave the flowers on for a while yet before pruning them back. Further inland, old flower heads can be left on over the Winter months, to protect new growth until the worst of the frosts are over.

Camellias are budding up now and some may need topped to reduce height and opening up to let in light needed for buds to develop. Remove inward facing and crossover branches. Feed Camellias and Rhododendrons with acid fertiliser, water in well, then mulch with compost, pea straw / pine needles and they will reward you in Spring. Azaleas need food as soon as they have finished flowering, but if you missed feeding them, then feed them along with Rhododendrons and Camellias. Prune perennial Wallflowers and Bush Lavateras now. Do the same to Lavender and Marguerite Daisies. Further inland, take hard wood cuttings of Daisies and protect over Winter, as Marguerite Daisy bushes are lost due to continuous frost. Break up clumps of Viola - like Maggie Mott and the clumping Primula Vulgaris. Plant sections with root attached into pots or trays - they will grow and clump up from now on, ready to be planted out in Spring. Both of these make lovely edging plants. Renuncula and Anemones planted now, will give vibrant colour to the garden in early Spring - they are so worthwhile and a good investment because they multiply well. Ranuncula corms look very dried up and brittle in the packet when bought - soak them overnight and they will become plump - plant at least five together in groups to get the best effect.

Lilies will be available for planting this month. Established clumps in gardens may be lifted if necessary, but do not disturb them unless they are very crowded or unsuitably sited - instead top dress them with a mixture of compost and blood and bone. (A cup full of blood and bone to each bucket of compost.) Be sure to keep Lily bulbs moist while they are out of the ground - roots must never dry out. Almost all Lilies need to be planted as deep as three times the height of the bulb - the only exception to this deep planting is the Madonna Lily, which is planted just below the surface and prefers to be shifted in mid Summer straight after flowering. I have really enjoyed the drifts of blue from the Agapanthas in our garden this year, which have just finished flowering - Agapanthas have flowered well this Summer - cutting off seed heads and breaking up of clumps of both large and dwarf varieties can be done now. Once shifted, they need a lot of water to get them started in a new spot.

Planting evergreen Shrubs should be done now to get them settled in and hardened enough before Winter and evergreen hedges can get a last light trim during this month.

Vegetables: Growing a green crop in vacant areas of the vegetable garden to be dug in while soft and green, will add humus to spent soil - Blue Lupin as a nitrogen additive, Mustard seed as a good soil conditioner and Oats before Winter. Green vegetable seedlings are being targeted by Birds and white Butterfly right now, so best to cover them with net or open weave frost cloth raised above the plants while small - Birds will not be so interested when the plants plump out a bit. Broad Beans can be planted now. Try a little potash in the soil just below the Bean when planted - it is said to help prevent rust. Fruit: Walnuts are falling, along with leaves. Most of the nuts on our tree fall in their green casing and if I don't pick them up, they attract rats who nibble through the casing and the soft shell to get to the nut. Because of the fleshy casing, they need to be spread out separated from each other in a dry place, to allow the green casing to dry and shrivel away from the nut. If all lumped together in a box, they will soon go mouldy. Apples and Quince are ripening well and late ripening Peaches should be picked now before the birds take them all.

Get orders in for the Fruit trees you require, so you don't miss out when they come into Garden Centres in June / July, PEACH - SWEET PERFECTION- a chance seedling from an orchard on the banks of the Waitaki River - strong resistance to Leaf curl - bountiful and regular crops of excellent quality fruit is said to be a winner. *Cheers, Linda.*

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Let's talk about the flu...

Influenza, commonly called the Flu, can be a serious illness. The infection with the Influenza virus may lead to hospital for any age group, but especially the elderly - or if you suffer from an ongoing medical condition - like Asthma or Diabetes. Even if you don't end up in hospital, Influenza can keep you in bed for a week or more, preventing you from doing your work, sport - or just any activities that requires leaving the house.

The Influenza virus is different from a cold virus. A Cold virus only affects the nose, throat and the upper chest and lasts for a few days. A Cold is a mild illness, with symptoms like mild fever, mild headache, congested sinuses - sometimes a cough, runny nose - muscle aches are uncommon. Influenza can be a serious illness that affects the whole body and can last up to week or more. Is sudden, fever is usually high, severe headaches, dry cough that becomes moist, muscle aches, shivering - usually need bed rest, and can lead to severe complications.

Influenza can be anywhere and is almost unavoidable coming in contact with. For this reason, it is important to protect everyone in the family - this will lessen the chance of bringing it home to a baby, older relative, or someone with a medical condition who could develop serious complications from Influenza. Almost everyone can benefit from an annual Influenza immunisation*. The vaccine is especially important for people at risk of serious complications from Influenza, including pregnant women in any trimester, people with an ongoing medical condition like Asthma, Diabetes, Heart or Lung condition and people 65 years or over. Now is the time get immunised - early before Winter.

Come and talk with us, at Oamaru Pharmacy - the team is always ready to help you, with a smile and knowledgeable advice.

*individuals who have had a severe allergic reaction to an Influenza vaccine should consult their Doctors, Nurse or Pharmacist before being immunised

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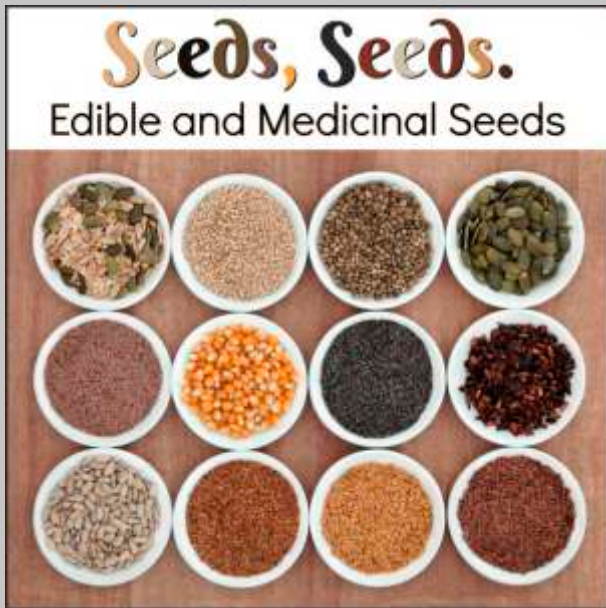
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Base:

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Caramel/Filling:

- 1 Cup dates
- 2-3 Tbsp RealFood Pantry peanut butter
- 1 Tbsp maple syrup
- 1 Tbsp melted coconut oil
- 1/4 Cup chopped nuts (peanuts or almonds)

Choc Top:

- 1/2 block dark chocolate
- 1 Tbsp coconut oil

For the Base:

In a food processor or blender pulse the dates, almonds, maple or rice syrup and desiccated coconut until the mixture begins to stick together. If it's too dry add a few more dates or coconut oil but try not to over blend so you can still have a bit of crunch in the base. Press into a loaf tin lined with baking paper.

For the Caramel:

Place the dates, peanut butter, syrup and coconut oil into the food processor and pulse until smooth. Spoon caramel over the base and top with chopped nuts. Place into the freezer until frozen.

Once frozen melt the dark chocolate and coconut oil together. Remove mixture from freezer and cut into slices or bite size pieces. Roll each slice in the melted chocolate and place onto a tray lined with baking paper. Place back into the freezer until chocolate has hardened.


Keep stored in the freezer in a container.



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In traditional Chinese herbal practice, the term 'Shen' is used to describe the mind and spirit

- those aspects of ourselves that are associated with mental and emotional well being. During times when Shen is aggravated, the herb polygala is traditionally used to quiet and calm Shen, supporting restlessness and sleep.

To clarify some confusion HEALTH 2000 are not closing and we would like to wish Suzanne from Natural Health all the best in her new venture.

Pop in and see the Knowledgeable team at HEALTH 2000 Oamaru. Enjoy your week



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MARCH

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ALL WELCOME: BRING THE FAMILY

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DESTINATION TAKARO PARK

Gathering after wards at Scottish hall

Driving in the Holidays

You will need to take extra care when travelling in holiday periods because of increased traffic volumes, congestion, tiredness and people driving in unfamiliar environments. Being courteous, remembering to share the road with others and scheduling frequent breaks can help you keep your cool when driving during these times. Follow these tips to ensure your travel is a safe and pleasurable experience for you and others on the road.



Why you need to be alert

- There are more vehicles on the road – more vehicles means a higher risk of crashes.
- Many people are driving on unfamiliar roads.
- People are driving long hours and getting fatigued – often early morning or late evening.
- Increased stress from factors such as heat, traffic jams, noisy children and general tiredness.
- People on holiday may be less vigilant about road safety, eg speeding, driving when tired, not buckling up.
- There's more drink-driving during holiday periods.

Before you travel

- Have your vehicle checked. Most garages offer safety checks for tyre tread and pressure, lights, brakes, cooling systems and other components. (A well-tuned vehicle is also more fuel efficient, so you'll also save money on fuel costs. See more tips on driving efficiently.)
- Check that your warrant of fitness and vehicle licence are up to date.
- Check that you have a current driver licence. If it's expired or close to expiry, you'll need to renew it before starting your journey.

When buying or hiring a vehicle, always choose the safest vehicle you can afford. You can check the comparative safety of vehicles at Rightcar. (external link)

When packing your vehicle, make sure everything is securely stowed. Even small objects can become dangerous missiles in the event of a sudden stop or crash.

For more info visit www.nzta.govt.nz/safety

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Community Diary

Wednesday 10th

Afternoon Social Housie 1.30pm Darts Hall, Ribble Street. All welcome. Relaxed session using counters. Grey Power Ph 434 6249.

Cancer Society Support Group Meeting at the Community House meeting room, 100 Thames St at 10:30am. All Welcome Ph. L Kennard 434 3284.

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

North Otago Creative Fibre: meets 10am St Lukes Hall, Wharfe St. New comers very welcome. Ph. Linda 434 1136 Noeline 4372501.

Oamaru Friendship Club meet, 10am at St Johns, Exe Street. New Members welcome. Ph 4346249.

Weston Indoor Bowls opening night commencing at 7.30pm, in the Weston Hall. All new and existing members are welcome to come along and join in the fun. Further inquiries phone Ian. 4348281

Thursday 11th

Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

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.

North Otago Rose Society, Vintage Car Club Rooms, Stoke St, 7.30pm. Ph. Christine 434 2223

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

Friday 12th

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

Johnston(e) Clan meet at 10am. All Johnston(e)'s welcome. Ph 4346249 for venue.

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

North Otago Astronomical Society's Dome open for Public viewing weather permitting, 7:30 - 9:00pm.

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

Waitaki Travel Club; Monthly meeting, The Manor Estate at 10am. Quest Speaker Catherine Harvey "Walking National Parks in the USA"

Sunday 14th

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.

Join Helen Stead's two hour Cemetery Walk @ 2pm. Meet @ Greta St Gate. \$20pp. Ph 027 434 1173

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

Oamaru Music Group, 2pm. Oamaru Garrison Band Hall, Severn St. Gold coin door charge and plate for afternoon tea.

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

Monday 15th

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

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Tuesday 16th

5pm tea followed by **Ecumenical Service** in the Basilica at 5.30pm.

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.

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

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.

OCI Indoor Bowls, 7pm. at club. Ph 4395240.

St Pauls Indoor Bowls - 2pm, Starting 2 April, Phone Mike 437 1294.

U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627

AGM Notice

Oamaru Stone Symposium - AGM Thu 11th April 7pm. At the Criterion Hotel, All Welcome - No carving exp. necessary. We need help with site management, promotions, logistics, sponsors.

Meadowbank Community Stadium Bowls; Annual meeting 17th April 2019 at 4pm, 14 Conway Street. Everyone interested in playing bowls during the winter welcome to attend. Inquires Graham 434 0951.

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The simple step that could be a lifesaver

Young people and renters urged to act... Growing numbers of New Zealanders are heeding advice and installing smoke alarms in their homes, but they aren't so good at making sure they work properly. It's a gap that is putting lives at risk, especially among younger people and renters.

Too many people trust smoke alarms to work, unquestioningly, and don't think they need to test them. Instead they rely on other indicators to warn them if the alarms are faulty or the batteries need replacing. But that may not be enough to keep them safe.

With daylight saving ending last weekend, Fire and Emergency New Zealand wants to show people how easy it is to make sure their alarms are working properly and remind them to do regular checks.

National Adviser Fire Risk Management for Fire and Emergency New Zealand Peter Gallagher says, "It's heartening that more people are installing smoke alarms-, but it's pointless having them if they're not working correctly. The end of daylight saving is a good time to check them. It doesn't take long and could save your life.

"People tell us that if the light is flashing and the alarm isn't chirping then they must be fine, but that's not always the case. Smoke alarms don't last forever: they all have expiry dates and need to be replaced."



Dental

▶ Oamaru Denture Clinic434 7560
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People aged 16-24 are less likely than other age groups to have an alarm or to check them.

"If your children have left home you can talk to them about the importance of smoke alarms. Make sure they're installed wherever they are living and, when you check your own alarms, remind them to check theirs," adds Peter Gallagher.

People living in rented accommodation are among those less likely to check their alarms. Some are under the mistaken belief that it is the responsibility of the landlords, others don't have ladders to access the alarms.

Landlords must provide working smoke alarms at the start of a tenancy and replace them when they expire, but it is the tenants' responsibility to maintain them and replace the batteries when needed.

Fire and Emergency New Zealand has some simple advice for everyone:

- Check the smoke alarm battery once a month, starting this Daylight Saving weekend by pressing the test button. If the alarm doesn't have a button, check its expiry date.

- If you cannot reach the button and don't have a ladder, use a broom handle.

- Dust and debris can stop alarms from working properly and cause false alarms, so vacuum over and around the alarms regularly.

- Check the expiry date on the bottom of each alarm and replace when necessary.

To find out more about choosing, installing and checking your smoke alarms, visit: <https://fireandemergency.nz/at-home/smoke-alarms/>

- In 2019 88% of New Zealanders have at least one smoke alarm, up from 82% in 2014. The target is 96%.



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One of 4

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ENTRIES CLOSE TUESDAY 23RD APRIL, 4 AGE GROUPS: AGE 3-5, AGE 6-9, AGE 10 - 14, 15 - Adult.
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Name. _____

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