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Issue 435

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We have rolled into the cooling down month of April - but thank goodness days stay warm a little longer, even if the nights and mornings are cooler. Autumn here in NorthOtago is usually more predictable than Spring or Summer - a time to reap and sow lest all be lost to the frost. Leaves are very dry after that hot spell last week and

are now carpeting the ground in our garden ready to be used to make good humus for the Spring garden.

I have been viewing the light situation around our garden before all the leaves fall, because trees and Shrubs get taller and wider every year - blocking out light. I am noting what trees and Shrubs to reduce in height and width and which trees and Shrubs to remove altogether. Sometimes one tree or Shrub will do the job of the two or three in one spot. Sacrifice trees that give little interest, for trees close by that offer more, and Shrubs that have grown too big in the front of a garden, hiding what is behind, need to be cut back - maybe wrenched for shifting later or cut out. I have at times changed the whole look of gardens by removing a few front Shrubs / trees, letting more sun in, then planting out sun loving plants.

Here on the coast, keep cutting back large Daisy and Lavatera bushes to encourage new buds that will flower over the next two months. Also get all hedges cut back now before frosts start - this will be the last cut until the new growth in Spring.

It is just the time to clean up garden areas that have been flowering all Summer and to visit the Garden Centres to choose plants for planting now, to bud up and bloom through Winter. If they are planted while the ground is still warm to get the roots going, they will continue to get enough Winter sun to carry on and bloom. Suggestions are, Viola, Snapdragon, Pansy, Polyanthus, Stock, Calendula, Wallflowers, Sweet William and good old Primula Malacoides. Other than plants, seeds of all mentioned can be sown and they will pop up very quickly to be pricked out and potted on into punnets to plant out if we have a mild start to Winter, or held over and protected until Spring.

Planting shrubs: If you want to plant evergreen Shrubs other than Conifers, now is the time or wait until the frosts are over - once frosts start it is only deciduous trees / Shrubs and Conifers that will cope with the really cold nights ahead.

Keep planting Spring bulbs in the warm ground and Hybrid Clematis are still on offer - the lovely huge blooms, deciduous type which I mentioned a couple of weeks ago. This type are not as invasive as the Montana variety. They love being planted into warm Autumn ground and are so pretty growing in with other Climbers and scrambling through climbing Roses that flower at a different time to them. All Clematis like manure and lime.

Roses cut back will be budding up for a last flowering, then are best left to make Rose hips and harden wood before the big Winter prune back in July / August.

Gardening professionals suggest gardeners should apply potash to their plants as Winter starts - Potassium hardens up plant growth and helps prevent damage from Winter chills.

Lawns: Spray lawn weeds and apply sifted compost and gypsum to lawns if they are compacted (a bucket to the square metre). The compost will improve the humus content and the gypsum will soften clay soils. If you have had a good strike with a newly sown lawn, delay cutting until grass is 7-8 centimetres high, set the blades high and avoid cutting when the ground is wet and soft.

Veg: I have dug the last of my Potatoes and stored them with a covering of Herbs. I have not harvested any Pumpkins yet - will leave growing until the threat of frosts. Time to dig up and divide Rhubarb crowns, mixing in heaps of compost before replanting.

Sow: Spinach, Snap Peas, Brussel sprouts, Broad Beans and Spring Onions. Fill the top of a shallow pot with Spring Onions to have handy by the back door - start thinning when plants are still quite small and pull them as they're needed.

Cheers, Linda.

OAMARU + PHARMACY

Digestive and Bowel Health

Normally digestion should work without problems, however if something goes wrong, your normal bowel movements can change, becoming loose, watery and frequent (diarrhoea); or hard, dry and infrequent (constipation).

The cause of DIARRHOEA AND CONSTIPATION is Gastroenteritis (inflammation of the gut): this is a common cause of diarrhoea due to an invasive organism such as bacteria, viruses or parasites that gets into your digestive system from raw food, unwashed vegetables, under cooked chicken, raw eggs and poorly-kept cooked food (food poisoning). Contaminated water and unwashed hands (especially in cooks) are other ways to get gastroenteritis. Sometimes it can be spread directly from person to person. The resultant diarrhoea may be accompanied by vomiting. Traveller's diarrhoea: similar to the first one, except that it's due to a change in bowel bacteria associated with being in a different country. Anxiety can cause loose and more frequent bowel motions, a change in daily routine of life is a common cause of constipation..

Antibiotics can cause diarrhoea by changing the balance between good and bad bacteria in your gut, producing toxins which can irritate your gut, Narcotic analgesics like codeine can slow down gut motility (the movement of food through your digestive system) and cause constipation, Artificial sweeteners can have a laxative effect and can cause diarrhoea. Diet: Not enough water or fibre in the diet causes hard stools, also the overuse of laxatives can cause lazy bowel syndrome..

The symptoms of Diarrhoea: can range from an Uncomfortable feeling in the stomach, Gurgling and passing wind to a frequently loose watery stools, sometimes of an "explosive" nature. Stomach pains and cramps, especially on the left side of your abdomen usually a few minutes before passing the loose bowel motion. Constipation is signalled by: Bloating and abdominal discomfort, Strain with bowel movement, Passing hard dry stools less than three times a week.

There are plenty of things you can do to maintain a healthy digestive system. Most cases will clear up on their own without treatment, but if either persists you may have a medical problem and should probably see your doctor.

Eating a healthy diet with lots of fruit and vegetables and whole grains, to provide fibre, which helps the food in your bowel retain water as it is processed, keeping the stools bulky and easier to pass, Always wash your hands after a visit to the toilet and before handling food, Drink plenty of fluid to lubricate the whole process of digestion and prevent hard stools, Exercise helps keep the bowels moving and Don't ignore body signals and do go to the toilet when you need to. Everyone has a different body rhythm and frequency of toilet visits vary between individuals.

It takes food at least 24 hours to go through your 28 feet of intestines is important to keep hydrated by drinking plenty of fluids for both diarrhoea and constipation, and take fibre supplements for constipation. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.

Petanque

On Sunday 24th of March, the Oamaru Excelsior Petanque Club held their annual Petanque Doubles Tournament.

Players from Caversham, St Kilda, Waikouaiti and Timaru - along with local club members, enjoyed perfect weather and great playing conditions, which resulted in games of a high standard and very close results being the order of the day.

Results were as follows:

Championship Winners: Janet Goodin, Nal Allen, Caversham.

Runners Up: Myrel Parsons/Elizabeth McCone, Excelsior
3rd & 4th placings were Roy Harry-Young/Bert Dirks and Kay George/Jean Instone - all Caversham.

The Plate section was won by Suzanne and Herb Tonkin - the Runners Up Janice Griffen/Jenny O'Sullivan - all 4 players from the Excelsior club.. 3rd & 4th placings went to Caryll Brake/Ross Green, Waikouaiti and Karylin Murray/Phillippa Brown Timaru.

The No 1 Bowl section winners were Alec Clarke/David Gardiner, Excelsior, while the Bowl no.2 section was won by Barbara Parker/Dianna Henderson from Timaru.

Hot Cross Buns

Dough: 25g compressed yeast, 1 teaspoon flour, 1 teaspoon White Sugar, 1 1/4 cup milk. (First Measure)

4 cups flour, 1 teaspoon salt, 1 teaspoon mixed spice, 60g butter, 1/4 cup White Sugar, extra, 1 cup sultanas or sultanas/currants/peel, 1 egg, beaten

Cross Paste: 1 cup flour, cold water

Glaze: 1 tablespoon Caster Sugar, 1 tablespoon water, 1 teaspoon gelatine

Dough;

Crumble yeast into a small bowl, add the teaspoon each of the first measure of flour and Chelsea White Sugar. Mix in the milk which has been cooled to blood heat, cover and leave in warm place for 10 mins.

Sift the second measure of flour, salt and spice into a large bowl; rub in the butter and add the second measure of Chelsea White Sugar and sultanas.

Add the beaten egg to the sponged yeast mixture and beat into the flour mixture until a soft dough is formed. Knead until light and smooth and no longer sticky.

Place dough in a lightly oiled bowl, cover with plastic wrap and a clean cloth and allow to stand in a warm place until double in bulk (about 40 minutes).

Turn onto a lightly floured surface, punch down and knead dough until smooth and elastic.

Divide dough into 16 even-sized pieces - knead each into a round shape. Place on a greased slide tray 1cm apart. Cover and stand in a warm place until well risen (about 10-15 mins).

Cross Paste;

Mix sufficient cold water into the flour to make a soft paste and pipe a cross on each bun.

Then bake at 220°C conventional (200°C fan forced) for about 20 minutes.

Glaze;

Heat the Chelsea Caster Sugar, water and gelatine in a saucepan and simmer 1 minute.

When the buns are cooked glaze them with the gelatine mixture while still hot.

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Community Diary

Wednesday 3rd

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

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

Thursday 4th

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.

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

Friday 5th

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.

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

Saturday 6th

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 7th

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.

Tuesday 9th

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

Alzheimer's Society carers meeting, Iona Home, 549 Thames Hwy 1:30-3pm. All welcome. Please note change of venue.

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: LivingArts 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.

Classes & Workshops

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

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History of daylight saving in NZ

New Zealand first introduced daylight saving time in 1927. The current times have been fixed since 2007.

1868 — New Zealand officially set a national standard time — called New Zealand Mean Time — at 11 hours and 30 minutes ahead of Greenwich Mean Time (GMT).

1927 — New Zealand first observed daylight saving time. The dates and time difference were changed several times over the following years.

1941 — New Zealand summer time was extended by emergency regulations to cover the whole year.

1946 — New Zealand summer time (12 hours in advance of GMT) was adopted as New Zealand standard time. Daylight saving time was effectively discontinued at this point.

1974-5 — Daylight saving was trialed again in 1974, and introduced in 1975. Daylight saving time is 1 hour ahead of New Zealand standard time.

1985 — Public attitudes were surveyed and over the next few years the period of daylight saving time was extended twice.

2006-07 — Following public debate and a petition presented to Parliament the period of daylight saving was extended to its current dates. New Zealand observes daylight saving from the last Sunday in September to the first Sunday in April.

2008 — Daylight saving public attitude survey.



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