

21st May 2019

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Issue 442



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Good to see locals supporting locals with so many empty shops in town - I take my hat off to the locals that have put in so much time creating events like; the Fire & Steam on Friday 31st May and then on the Saturday following, "Oamaru on Fire".


Thank you!!! for helping to bring more business into Oamaru - and make it a little easier for our local businesses.

Telegram is getting more and more advertisers and we need more articles from Oamaru Clubs and businesses. These can be emailed to us at [telegram@oamaru.net.nz](mailto:telegram@oamaru.net.nz) - around 200 - 250 words. Just remember if publicising is needed on a certain date, give us at least 1-2 week notice.

Remember "Steampunk" on Queen's birthday weekend & "Oamaru on Fire" the following weekend on the 8th June.

Both events will be must see events...

Remember to "Shop Oamaru" and enjoy your week,  
regards The Telegram.



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7th, 8th, 9th of JUNE at the

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Some much needed rain for gardens last Monday night - but still too many dull days making them shorter than usual for May. A heap of work was done here in our garden this week, with compost going down fast and as leaves and annual weeds are removed from gardens, it gets shovelled on thickly around plants.

However not quite ready for the pea straw cover yet as still a few more leaves to fall and collect. A good watering is required before straw goes on if the rain did not get down far.

**Bearded Iris rhizomes and Freesia bulbs** will have pushed up, exposed to bake in the sun - so compost and mulch should be kept off.

**Our garden gets carried away from time to time** and tries to outgrow the size allotted to it!! Shrubs I planted and thought at the time I could keep shaped to fit a space - but after a while I get fed up with trying to keep them the right size - they are either dug out or dug up if manageable and given a ride in the wheelbarrow. Complete new garden rooms can be created by shifting tall front plantings to the back, which opens a space allowing room in the front to be edged and gravelled for the placing of seating - or maybe a statue or large ornate pot. Don't hesitate in reducing the height and width of trees and Shrubs. It is essential if garden space is limited, if only to let more light on to lower growing plants, stopping leggy growth and encouraging optimum flowering. If Shrubs have been wrenched to be shifted, height and width needs to be reduced to compensate for damaged roots.

**I continue to divide overgrown perennial clumps** - some to fill gaps and some to pot up and grow on until strong roots develop and fill pots before planting. Once plants have been sectioned and rearranged, cover beds and around plants with compost, which will encourage new root growth and help keep perennial beds warmer through the colder months. Lilies and Peony roses can be planted or shifted this month. Be careful not to break the fleshy scales on Lily bulbs and new shoots on Peony tubers.

### **Fruit and Veg.**

**Strawberries:** Continue planting, raising the beds where drainage is suspect and adding manure rich compost to the beds.

**Raspberries:** When finished fruiting, cut fruiting stems back by half - the new tip growth will bear fruit. After that, cut those two year old canes back to the ground.

**Apples:** are still dripping from trees - best to pick for storing now before birds enjoy the lot. Leave pruning pip fruit until next month.

Continue planting Winter veg to get them going before soil gets too cold. Snow peas, Pak Choi, Kale, Broccoli, Cauliflower and Beetroot. Baby spinach in a kitchen window container picked often will supply needed greens over Winter.

This is the last month to sow Carrot seed, Onion sets ( in punnets already at bulb stage) achieve better results now than planting seeds. *Cheers Linda.*



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## You are invited join us at our Oamaru Pop Open Day

When: 11 :00 am to 1 :00 pm Wednesday 22 May 2019

Where: Blind Foundation Hall, 6 Steward Street, Oamaru .

Join us for a free information session:

### How Do I Keep Reading? 11 :45 am

Discover the tools and technology that can assist you with your reading needs, and the difference they can make. Also discover the accessibility features of smart phones and iPads and the difference they can make to your life. The demonstration will include using voice commands to search the internet and how to use these devices for magnification and reading.

For more information visit [blindfoundation.org.nz](http://blindfoundation.org.nz) or call 0800 24 33 33

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## The Smiley Team

## Let's talk about Sinusitis

The sinuses are designed to help insulate the skull and make it lighter, as well as provide resonance for our voice. These cavities contain their own defence system to keep out (or contain) bacteria and viral or fungal pathogens, which could cause infection. The mucus layer lining the membranes of the sinuses is filled with tiny hairs that are able to trap foreign invaders and propel them out of the sinuses. Unfortunately, this is not a fail-safe system, and infection does occur, causing sinusitis or inflammation of the sinuses, particularly when the immune system of the body is suppressed through stress, exhaustion or poor nutrition. The Sinusitis may be an isolated, acute episode, or chronic, recurrent episodes may develop. You are more likely to have an episode of sinusitis following a viral infection such as the common cold. The cold virus causes the nasal linings to swell, and mucus production to increase. This reduces the effective drainage of the nose, and produces a wonderful breeding ground for bacteria. Bacterial infections are likely when the symptoms have lasted more than one week. In acute sinus infections, the most likely bacteria involved are streptococcus pneumoniae and haemophilus influenzae, with staphylococcus it is often involved in chronic sinus infections. Treating a sinus infection usually involves several different treatment strategies. Anti Inflammatories to reduce the inflammation of the airways. Decongestants such as nasal sprays may help, but should be used sparingly and for no more than 3 days, as their effectiveness then decreases and rebound congestion occurs. Oral decongestants can also help reduce nasal inflammation. If the symptoms last more than one week, it is important to check with the pharmacist or seek medical advice.

To help to drain the nasal passages it is recommended to drink lots of fluids especially water and hot herbal teas; have a steam inhalation 2–3 times a day using hot water with some added tea tree oil, menthol or eucalyptus. Cover your head and the bowl with a towel, and inhale the steam deeply, taking care to keep your eyes closed! Repeat for 3–4 minutes. Expectorants can also help to thin the nasal mucus. Antihistamines may be needed if the underlying cause of nasal swelling is an allergic reaction. Allergens cause the white blood cells in blood and tissues to release histamine into circulation. This causes fluid to leak from the blood vessels into the tissues of the nasal passages causing congestion. Sometimes allergies to dust mites can lead to chronic sinusitis. Allergy to fungi may also be associated with nasal polyps and asthma. Damp living conditions and exposure to environmental pollutants can also cause chronic sinusitis.

If you are a regular sinusitis sufferer it is important not to smoke, and to avoid environments where you are exposed to second-hand smoke. Drinking alcohol causes swelling and congestion of the nasal membranes in a lot of people, so not drinking, or moderating your alcohol intake is a good idea. There may be an interesting connection between chronic sinus issues and the presence of bacteria in the stomach. A good probiotic also can help to manage symptoms.

*Come and see us in store, and be sure to check out our mailer. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.*



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speed – the faster you drive, the less time you have to respond to hazards and the more likely you are to suffer serious injury in a crash

- **alcohol or drug-affected driving** – consuming alcohol or other substances can impair your judgement and slow your reaction times behind the wheel
- **driver fatigue** – driving when you're tired, weary or exhausted slows your reflexes and affects your ability to concentrate and make good decisions
- **driver distraction** – anything that diverts your attention for more than two seconds can significantly increase your likelihood of having a crash eg mobile phone
- **giving way at intersections** – failing to give way at intersections is one of the main causes of death and injury on New Zealand roads
- **safety belts** – wearing a correctly fitted safety belt or child restraint reduces the risk of being killed or seriously injured in a road crash by 40%.

View The official New Zealand road code online at <https://www.nzta.govt.nz/resources/roadcode/>

## Members of Altrusa Oamaru have been busy,

measuring and pricing material, wool, haberdashery, craft, patchwork and odds and ends for our upcoming Altrusa Bazaar to be held on June 8<sup>th</sup> & 9<sup>th</sup> at the Scottish Hall. 1.30 - 4pm on Saturday 8th and 9.30 -1pm on Sunday 9th. We are raising funds to provide for the many projects we support such as Tertiary awards, Oamaru House, North Otago Literacy, Books for Babies, swimming lessons and many more. We are still keen to get donations so please phone: Helen on 4371047 for collection or drop off at Advantage Tyres in Humber Street.



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# Lighthouse 100% Pure Hemp Seed Oil



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## What you need to know about hemp seed oil.

### What is Hemp?

Hemp is grown for the production of many products ranging from clothing and makeup to paper and cereal. In short, hemp is a raw material, much like

cotton or wood. The seeds are ground for their oil and the seed cake that remains after this process is used in pet food and body care products, and now can be used in human food.

### How is it different to marijuana?

Much of the confusion around hemp is from the fact that marijuana and hemp are both plants in the same genus or category called "cannabis." Within this genus are three species and many sub-types, often called strains or cultivars. Hemp

commonly means a cannabis cultivar that produces little to no THC, the primary psychoactive compound found in marijuana.

### Is it legal?

The sale of hemp seed oil as food has been legal in New Zealand since 2002. Hemp seed oil was the only hemp derived product that could be legally sold as a food or added to a food in New Zealand until November 2018 when the law changed. The legislation now allows the sale of hemp seeds as a food. Many products are now available in the form of whole seeds, hulled seeds, protein powders and flour.

### What is hemp oil?

Hemp seed oil is processed from the seeds harvested from the cannabis sativa plant. Hemp seed oil is made by pressing hemp seeds, similar to how olive oil is made by pressing whole olives. Like the hemp plant, the seeds contain no THC.

## Community Diary

### Wednesday 22nd

**Excelsior Petanque Club day**, 12noon. All Welcome Ph. 437 2557 or 437 1590.

**Blind foundation popup day**; 11 - 1 pm at the Blind foundation hall.

**Free JP** for certifying documents, affidavits, & declarations. 11-1pm at the Public Library.

**St. Pat's Bowling Club**, Athletic Rugby Clubrooms, indoor Bowls Centre, Centennial Park, at 7:15 pm all welcome. Ph Mary 4347196.

**Weston Indoor Bowling Club**. Weston Hall 20 Main St at 7:30pm.

**Yankee Indoor bowls** at 1.30pm at the indoor bowls Centre Centennial park. For young or old and a bit of fun. Inquiries to Bob 4371704.

### Thursday 23rd

**Awamoa Indoor Bowling** at 1:30 pm. Coaching available if required. Enquiries to Ph. 434 5061.

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

**Migrant meet and share**, 10:30am at the Opera House. Ph Maria 021 066 5143.

**Mainly Music** – pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. [mainlymusic.org.nz](http://mainlymusic.org.nz)

### Friday 24th

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

**North Otago Astronomical Society's Dome** open - weather permitting, 7:30 – 9:00pm

**North Otago Darts**: Ribble St Hall, Housie every Friday Night. 7:30 pm Start, 40 games plus Super House and Raffles.

### Saturday 25th

**Meadowbank Stadium Community Bowls**; Friendly bowls at 14 Conway St, 1 pm. All bowlers & interested in playing welcome. Ph Graham 434 0951.

### Sunday 26th

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

**Excelsior Petanque Club day**, 12noon. 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.

### Monday 27th

**Genealogy help by local genealogist** – at the Oamaru library 10 am – 12noon.

**North Otago Creative Fibre**: meets 10am St Lukes Hall, Wharfe St. Newcomers very welcome. Ph. 434 1136 or 4372501.

**The Happy Scoundrels** Over 55 Ten Pin Bowling Club, 1pm, Galleon Family Complex. Ph. 4370224 or 4341463

### Tuesday 28th

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

**Alzheimers Society** – Coffee Group. An opportunity for people to meet those who have lived alone, to meet and have a chat over a cuppa. Oamaru Opera House coffee lounge 10am contact Claire: 437 2361

**Age Concern Gentle Exercise Programme** \$3 per person. Ph. 434 7008.

**Come Singing**, group singing 7.30-8.45pm Ara, Beauty room, 44 Humber St, all welcome at Di's Singers, a fun mixed community choir, music provided. Ph. Di 021688034 or [dischoirs@gmail.com](mailto:dischoirs@gmail.com)

**Dance Classes**, Classical Ballet- 3-10yrs Ballroom- Beginners – all school ages.

Ph Debbie 021 0559581. Facebook: Debee's Living Arts Dance Oamaru.

**Meadowbank Indoor Bowls Club** at 7 pm at the Indoor Bowls Centre Centennial Park. All welcome. ph. 4370217 or 4371704.

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

**St Pauls Indoor Bowls** 2pm start, Phone Mike 437 1294.

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

## Public Notices

\*\*\*\*\*ALTRUSAFABRIC BAZAAR\*\*\*\*\*

Saturday 8th June 1.30 – 4pm, Sunday 9th June 9.30am – 1 pm at the **Scottish Hall**, Tyne Street. Material, Wool, craft, unfinished projects, cottons & laces, books, patchwork and a lot more on sale. We are still accepting donations of material, wool etc so please phone Helen 437 1047 for collection or drop off at Advantage Tyres in Humber St.

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

**The Waianakarua Lions Club** would like to thank the following business for their sponsorship with our Easter Raffle Hampers. Moeraki Tavern, Hampden Tavern, Hampden Four Square, Oamaru New world, Moeraki Boulders Restaurant Café, Vanessa's Café, Hampden Takeways, Craigs Poultry, Brent & Tracey Caldwell, Alliance Group (Pukerui) Weston Supermarket. All winners have been notified.

## AGM Notice

**AGM - of the Oamaru Phoenix Bowling Club**, will be held in the Oamaru Club at 11 am Sunday 26th May 2019. All members & new members welcome.

**Oamaru Heritage Radio** - An annual meeting will be held at The Star & Garter restaurant, Itchen St, May 26th at 1:30 pm.

**Waitaki Boys' High School Old Boys' Association Inc.** A.G.M. Wednesday 29th May 2019, 7pm. School staff room. All welcome - Supper provided.

**Weston Progress Leg Inc** - AGM Monday 10th June 2019 - 7:30 pm at the Weston Hall Lounge. All Weston residents welcome.

## Classes and workshops

Thursday nights - Rock n Roll and Swing Dance lessons. 6.45 beginners (RnR) 8-9pm Improvers RnR and beginners Swing (Alternate weeks) \$5 each per lesson. Held at the Oamaru Club On Severn St Contact Vanessa on 0273338824 or Iain on 0212036852

## Classifieds - For sale

**HO Gauge Model Railway** mounted on table 1.8mx2.1m offer & further information contact Gary 027 233 9838.

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## Classified Advert,

### Community Diary Prices

3 lines \$10 +\$3 for every extra lines.

**Repeating with no change;**

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The Telegram - 146 Thames St, Oamaru.

Ph. 434 9651, telegram@oamaru.net.nz

## Wanted

**Dahlia Tubers** - will dig out. Ph 4346884 Evenings.

**Keen Gardener** would like any clumps of **perennial plants** not in use for growing on. Glad to collect. Don't require any Agapanthus at this stage. Please Ph Lynn on 4370656.

**Tools wanted!** Tradesman, carpenters, gardening tools etc. Ph. 021 450 405.

**Ford Essex V6 Head (Oval port) and con rods.** Ph 439 5598.

**Record (LP) Collections**, Cash Paid, Ph 027 842 4423 or 431 3981

**Risque/Pin-up/Nude Art books**, Mags, cards, photos etc and other misc. Ph 434 3480

Rotary Mowers going or not & catchers Ph. 021 046 0507.

## REALFOOD PANTRY - RECIPE CARROT CAKE

This is a moist delicious cake. This recipe will make a larger than average size cake. The recipe is reprinted from "A Vegetable Cookbook" by Digby Law (Hodder & Stoughton) by kind permission of the author. The cake will freeze well, when complete.

1 ½ CUPS PEANUT OIL

2 CUPS RAW SUGAR, 4 EGGS

1 TEASPOON VANILLA ESSENCE

2 CUPS WHOLEMEAL FLOUR

1 ½ TEASPOONS CINNAMON

1 TEASPOON SALT

3 CUPS GRATED CARROT (DO NOT GRATE IN ADVANCE - THIS WILL MAKE THE CAKE LESS MOIST)

1 CUP CHOPPED WALNUTS

2 TEASPOONS SIFTED BAKING SODA

Mix together peanut oil and raw sugar. Beat eggs lightly. add vanilla essence and add to the oil and sugar mixture. In a large bowl mix wholemeal flour, cinnamon, salt, grated carrot and chopped walnuts. Mix everything together. At the last minute mix in sifted baking soda. Have ready an extra large greased and floured cake tin. pour in the mixture and bake at 160°C for 55 minutes at centre of oven or until cooked. Remember though that it is a very moist cake.

When cool ice with cream cheese icing and sprinkle with chopped walnuts.

## CREAM CHEESE ICING

This is an excellent icing which can be adapted for other cakes. Note that cream cheese is sold with different consistencies.

Look for a shiny, stiff variety - the very soft ones will not hold the icing on the top of the cake.

375G CREAM CHEESE, 1/4 CUP ICING SUGAR, 1 TEASPOON VANILLA ESSENCE, 1/4 CUP MELTED BUTTER 56g, Beat ingredients together till smooth

## Awamoa Indoor Bowling club Towey St.

The Awamoa Indoor bowling club opened for the 2019 season with a good attendance of members and five new members. The A.G.M. was held recently with the election of officers President/ Secretary Nancy Bell Treasurer Allison Rush. The Club was formed in 1963 and still going strong. New members most welcome every Thursday afternoon at 1.30. p.m. for a game of bowls fun and friendship. Nancy Bell 4345061

## Feijoas, Feijoas, Feijoas... \$5kg



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**MAY 23<sup>rd</sup>**

## THE DUEL

*Set in a seaside resort in the Caucasus, the story centres on Laevsky and his illicit relationship with his mistress Nadya. Laevsky has convinced Nadya to leave her husband for him, but now wants to abandon her. Director Dover Kosashvili. Starring Andrew Scott and Fiona Glascott.*

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CANTERBURY  
Mayoral Forum

**Carbon Farming Seminars**



On behalf of the Canterbury Mayoral Forum and  
the Food Fiber Innovation Programme

Hear from experts on Carbon and the Emissions Trading Scheme, to gain a better insight into Carbon Farming and how it can be of benefit to your farming business.

Local farmers will share their experiences of Carbon Farming.

Seminars are free to attend and open to all farmers and support industries, to register your attendance email [sarah@agribusinessgroup.com](mailto:sarah@agribusinessgroup.com) or 027 622 0799

Glenavy Hall, 29<sup>th</sup> May 1pm

Ashburton Trust Event Centre, 30<sup>th</sup> May 1pm

Darfield Community Centre, 31<sup>st</sup> May 1pm

## Carbon Farming – just a green initiative to plant trees on your property, right?

There are an incredible range of opportunities to get involved in carbon farming. Farming to maximise production across all your land classes, increase revenue streams and on-farm profitability through additional commodity production and market trading. Improve conservation, biodiversity, environmental and recreational on farm values, all with the co-benefit of reducing your industry, country and global green-house gas emissions?

Have you thought about how climate change may affect your businesses, your environment, your way of life and your children's future for farming? Carbon farming is one of the great answers to this question, with minimal farm management changes, and tonnes of additional benefits.

Agriculture's contribution to reducing New Zealand's Greenhouse Gas emissions have recently been set at a reduction of biological methane by 10% by 2030 from 2017 levels, have you thought about what your opportunities are in order to be a part of this change?

The AgriBusiness Group welcomes Canterbury farmers to attend one of 3 Carbon Farming seminars to understand the science, policy, and market opportunities that exist to farmers in Canterbury. The seminars are an initiative through the Canterbury Regional Economic Development Strategy managed by the Canterbury Mayoral Forum. The Strategy is in place to explore and inform different ways of increasing the productivity and economic development of the greater Canterbury region.

We have teamed up with respected guest speakers, Dr Anita Wreford from the Agribusiness and Economics Research Unit and Mr Mark Belton from Permanent Forests NZ Ltd, who will present their wealth of knowledge on the topic and provide answers to the many questions of carbon farming. The workshops will also include presentations from local farmers, Mr Mark Adams, a sheep and beef farmer from Fairlie who is making a start on carbon farming right now and xx from Livingstone who have been carbon farming through forestry for xx years. Whether you're farming dairy, arable, sheep or beef, these seminars will provide useful information to all farm systems.

Carbon Farming is an opportunity for farmers to not only make use of their marginal land but to also provide a solution to many large corporate companies who need to offset their carbon emissions, think your fuel providers or transport agencies who don't own land themselves to grow carbon sequestration opportunities, this is where you as farmers can be leaders in the carbon farming game. Offset your own emissions as well as sell your surplus carbon to those who need to offset their own emissions.

**Seminar dates are**

Glenavy Hall: 29<sup>th</sup> May, 1pm

Ashburton Trust Event Centre: 30<sup>th</sup> May, 1pm

Darfield Community Centre: 31<sup>st</sup> May, 1pm

To attend this free event please register your interest by emailing Sarah or Sam. [sarah@agribusinessgroup.com](mailto:sarah@agribusinessgroup.com) or [sam@agribusinessgroup.com](mailto:sam@agribusinessgroup.com). Spaces may be limited so please register promptly to guarantee a seat.