

The Telegra

14th May 2019 Phone 434 9651 Issue 441

THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476

Over the last few months I have heard so of so many people being scammed - when purchasing online tickets. Hundreds of dollars and some thousands.... If you find yourself in this situation, I would recommend contacting your bank as soon as you can - to ask "if you can cancel the payment.." Not always - possible but it is worth a try. Remember to buy your tickets direct if possible.

Enjoy your week & remember to "Shop Oamaru", regards The Telegram.



Ph 027 665 5551 or 03 684 5055





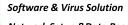








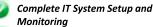
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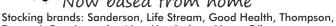
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Autumn promises warm mellow days leading into the coldest months, so what are these dull damp days we have been experiencing here on the coast about? Lets hope we will revert to past Autumns then clear bright Winter days.

Trees & Shrubs: We play the waiting game now best to leave all major pruning well into Winter

when sap is right down - if pruned now, new growth is likely to occur, then Winter damage will encourage disease. Best to just stick to cutting back tired Summer growth in gardens and raking up the ever increasing leaf drop... I have dug out a mass planting of bedding blue Salvia, replacing it with annuals and red Tulips. The Salvia had taken a lot out of the soil, so beds were dug and topped with compost along with a sprinkle of Blood and Bone. During mild North Otago Winters here on the coast, we can experience colour in gardens if annuals are planted now. Pansies, Polyanthus, Primula, Snapdragons, Calendulas and Statice should be on offer, to get planted and reach budding stage before the ground gets too cold.

Wisterias will need a cut back now - ours was growing along the upstairs balcony threatening to push through sliding doors and take over a bedroom and because it was getting very heavy, it was cut right back to the trunk wood. It pushed out new growth really fast and I will now train only one leader left and right. For Wisterias that are not causing a problem, use a hedge trimmer to get rid of all the leafy, wispy growth - cutting too hard back into thick wood, will remove new flower buds. Each long winding growth can eventually grow into a thick branch, so if training a young plant, let only one length go either way along a structure.

Seeds: I am still collecting seeds from dry pods and saving them in paper bags and envelopes - I read that adding a sprinkle of rice will absorb any remaining moisture and help to keep seed dry and in good condition - worth a try... Compost again. Balance all those leaves with layers of old compost/soil, straw, manure and grass clippings. Moisture is a must as well. If a mix is dry, add water during the heat of a day so the chill will be off before night's cooling. Decomposing will continue on until temperatures drop dramatically.

Fruit: Tamarillos - These delicious, tangy fruits ripen during Autumn and Winter and can go from pale green to rich ripe red in about a week. They are ripe when either a deep, dark red or golden orange/yellow, depending on variety. Pick fruit individually by cutting stems. Once picked, they keep well and will become sweeter after a week or so. Citrus bushes would benefit from a rich layer of compost, well-rotted manure, seaweed, straw – whatever you have to spread as a mulching layer around roots.

Vegetables: Save seed from Beans, Peas, Pumpkin family and also a few of your Herb and companion flower plant seeds for next Spring. Mould soil around the base of Leeks to keep them pale and sweet, but keep it beneath the bottom leaf to stop it getting inside making washing them difficult. An application of lime now is a real benefit to many of the leaf crops - Cabbage, Spinach, Kale, Broccoli and Silver Beet. Potatoes need to be dug and stored now. If they still have more growing to do, keep water off them - they last better if tops have yellowed and died down.

Once dug, let dirt dry on them - brush off and store in a cool dry place away from any other veg or fruit, any moisture will encourage sprouts. Non sprouting powder can be purchased, but I use the layering of dried Herbs method. Cut Rosemary, Thyme, Sage, Lemon Balm, Mint - any of the Herbs before they die back. Let moisture dry out of them, then layer among stored clean dry Potatoes. (A Herb filled muslin bag works too).. When all Potatoes have been used, crush the mixed Herbs and store in a glass jar for use. If you have essential oils - Peppermint, Spearmint and Clove oil are said to keep sprouting and rot to a minimum.

Curing Pumpkins: Bring Pumpkins in for curing and storing before hard frosts. Pumpkins are ready when the stem is dry and hard to the touch. Cut from the runner, leaving 10 cm stem attached to the Pumpkin and cure by sitting in a warm spot, raised, allowing air to circulate around the whole Pumpkin for about two weeks, then turn upside down and leave for another two weeks - this will harden up skin and intensify the flavour. Storing Pumpkins: Rub all over with Olive Oil to seal in moisture - store in a dry place. Off the ground is best, on layers of newspaper.

Thinking Spring planting already? Spring planting can be delayed for ages because of wet cold ground, so in very cold areas, place an insulating layer on soil you plan to plant out in early Spring - this will prevent soil from becoming water-logged. Use polythene, fertilizer bags or old carpet... Cheers, Linda





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NETSAFE'S GUIDE TO SCAM SPOTTING

Here's a few tell-tale signs of scams:

- Being contacted by phone or email out of the blue even if the person says they're from a legitimate organisation like the bank, an embassy or your internet provider.
- Being told there is a problem with your phone, laptop or internet connections often they will offer to fix your device or say they are from your phone or internet company.
- Being asked for the passwords to your online accounts legitimate organisations will never ask for the passwords to your online accounts.
- Emails, texts, or calls asking you to "verify" your account or details don't respond or click on any links in the communication, even if it looks like it's from a real organisation.
- Trying to get you to move outside of an online trading or booking website or app (like Air BnB) – don't pay outside of the normal website or app processes.
- Offering money or something else, but you have to make a payment or give information up font they might say that it's a "processing" fee or something similar.
- Friends/partners you've met online asking for money or talking about problems that could be solved with money – this is a very common tactic, do not pay the money.
- Unusual ways to pay for something scammers try to use payments that can't be traced such as pre-loaded debit cards, gift cards, bitcoins, iTunes cards or money transfer systems.
- Asking for remote access to your device asking to be let "in" to your device when they are in another location – never do this unless you have actively sought out the service they are providing.
- Pressuring you to make a decision or take action quickly this
 could be to avoid something bad (e.g. account being closed,
 trouble with the IRD) or to take advantage of something good (a
 really good deal or investment).

Timing; Often a scam works because of timing. For example, getting a call saying that there is a problem with your internet when you have actually been having problems with the connection might not stick out as unusual. The best thing you can do when you notice any of the signs above is to take a minute to think and ask someone for advice or look for more information.

Doing your research; You could also do some online research to find information using some of the details you've been told – for example, try searching "problem with my computer scam", "cheap concert ticket scam", "verify my account email scam" or "NZ Chinese embassy scam". If the person contacting you (by email, phone, text or other) has said that they are from a legitimate organisation and you're not sure if it's genuine, you can contact that organisation to check. Make sure that you use the phone number or email they have on their official website or phone book – do not use one given to you by the person or in the email they have sent you.

WHAT ARE THE WORST SCAMS?

The scams that are most reported to Netsafe are scams like tech support scams, event ticket scams and cold calling scams. The scams where people lose the most money are usually romance scams, investment scams and invoice scams.

PROTECTING YOUR INFORMATION

Keep your personal information secure and be sure to think carefully before entering your details online, or giving them to someone. Protect information that can be used to access your accounts, build a fake online presence or impersonate you including:

Login details and passwords to any online account including banking, email, social media and trading sites

Bank account and credit card details: Address, Phone number, Birthdate, Personal information linked to the security questions on your online accounts, Driver's license, Passport details

REPORT A SCAM

Help if you have been scammed or think you are about to be scammed: Netsafe can't open investigations or track scammers, but we can offer support and advice for people who have lost money in a scam, or think they are about to. This includes letting you know the steps you can take depending on the scam you're in and giving you advice about how to stay safe in future. You can report a scam to www.netsafe.org.nz/report.



ANNUAL GENERAL MEETING

Thursday 23rd May 2019 at 7pm Ara - Oamaru Campus 44 Humber Street

ALL ARE WELCOME

Enquiries to Sandra 0277789753

RealFood Pantry - Steak Marinade Ingredients

- 1 /2
- · 1/3 cup soy sauce
- · 1/2 cup olive oil
- · 1/3 cup fresh lemon juice
- · 1/4 cup Worcestershire sauce
- · 1 1/2 tablespoons garlic powder
- · 3 tablespoons dried basil
- · 1 1/2 tablespoons dried parsley flakes
- · 1 teaspoon ground white pepper
- 1 teaspoon dried minced garlic (optional)

Directions

- 1. Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.
- 2. Pour marinade over desired type of meat. Cover, and refrigerate for up to 8 hours. Cook meat as desired.



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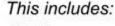
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Let's talk About the Importance of Hand Washing

Winter is fast approaching and we need to do, anything that is in our hands to keep us healthy. Keeping hands clean is one of the most important steps to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

Washing hands prevents illnesses and spread of infections to others, hand washing with soap removes germs from hands. Helping to prevent infections because people frequently touch their eyes, nose, and mouth without even realising it. Germs can get into the body through the eyes, nose and mouth and make us sick. Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick. Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands. Removing germs through hand washing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections. It's one of the basics we all need to teach our kids, and keep in mind day to day until it has become second nature. What is the right way to wash your hands? Follow these five steps below to wash your hands the right way every time. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.

To stop the spread of germs in your family, make regular hand washing a rule for everyone. It's especially important: before eating and cooking, after using the bathroom, after cleaning around the house, after touching animals, including family pets. Before and after visiting or taking care of any sick friends or relatives, after blowing one's nose, coughing, or sneezing, after being outside (playing, gardening, walking the dog, etc.) Sometimes water and soap are not available or in between hand wash you can use a hand sanitizer, they are gels that contain alcohol in order to kill the germs present on the skin. The alcohol works immediately and effectively in order to kill bacteria and most viruses. Alcohol can be very drying to the skin, so most brands of sanitizers also contain a moisturiser to minimise skin dryness and irritation. To use hand sanitizers effectively, place a small amount, the size of your thumbnail, on the palm of your hand and rub it over your entire hand, including in your nail beds. If the gel completely evaporates in less than 15 seconds, you have not used enough product. Hand sanitizers are convenient, portable, easy to use and not time consuming. But they have some limitations. Not all hand sanitizers are created equally. Check the bottle for active ingredients. The alcohol content may be in the form of ethyl alcohol, ethanol or isopropanol which are all acceptable forms of alcohol. Be certain that no matter which type of alcohol is listed, its concentration is between 60 and 95 per cent. Any alcohol content of less than 60 per cent isn't enough to be effective. Alcohol does not cut through grime, hand-washing with soap and water is advised as hand sanitizers are not cleaning agents and are not meant as a replacement for soap and water, but as a complementary habit. Sanitizers are most effective when used in conjunction with diligent hand-washing. The use of hand sanitizers is a habit that can help keep us all exposed to fewer germs, and therefore may decrease our chance of illness. Whether you are on the playground, using someone else's computer or visiting a friend in the hospital, take the time to rub some on your hands. It is an easy step toward a healthy winter season. Come and see us in store, the team is always ready to help with friendly and knowledgeable advice at Oamaru

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Community Diary

Wednesday 15th

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

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 AGM Notice and a bit of fun. Inquiries to Bob 4371704.

Thursday 16th

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.

Special General Meeting of the Oamaru Steam & Rail Society - 7:00 pm at the clubrooms. Inquiries to the Secretary 434-6734

Friday 17th

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

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

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

Saturday 18th

North Otago NZRiding for the Disabled - Open Day - 1:30 to 3:30pm at RDA Grounds, 38a Hayle St, Oamaru. Come & meet our team bring your family & friends, horse and pony rides. Bring your trailer or sacks for horse pooshovels provided! Donations appreciated.

Meadowbank Stadium Community Bowls; Friendly bowls at 14 Conway St, 1 pm. All bowlers & interested in playing welcome. Ph 1930's Engagement Ring between Thames Graham 434 0951.

Sunday 19th

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.

Monday 20th

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

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

Tuesday 21th

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

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

Dance Classes, Classical Ballet-3-10yrs Ballroom-Beginners-all school ages. Ph Debbie 021 0559581. Facebook: Debee's

Living Arts Dance Oamaru. Oamaru Lions Club meeting 7:30pm

Oamaru Club, All welcome ph 4346490 Meadowbank Indoor Bowls Club at 7 pm at the Indoor Bowls Centre Centennial Park. All welcome. ph. 4370217 or Bob on 4371704.

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

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

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 Lady looking for people at a loose end on Saturdays for coffee, walks, drives, please contact Linda 434 7452 after hours.

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

North Otago Astronomical Society Inc. **AGM** 16th May 8pm. at Te Ara Polytech room 8pm follow the 7pm talk "The Dark side of light" by D McNamara. All Welcome.

North Otago Highland Pipe Band - AGM Wednesday 15th May at 8pm

North Otago Scottish Society AGM, 14th May 2019, 7.30pm, Supper Room at the Scottish Hall. Supper provided. Interest in all things Scottish, we invite you to join the Society. 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.

Classes & Workshops

North Otago Embroiderers' Guild: Six weekly Evening Classes, Commences St. Lukes Hall, 20th May, 7-9pm Registration by 13th May & Fees apply, Ph Margaret 439 5197.

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The application of makeup may have become a daily ritual in your life -spending countless hours each week applying, reapplying and touching up your face. Did you know that the makeup you are putting on your face is actually absorbed right into the skin? If you're using

chemically-based cosmetics every day, you are taking in all of those petrochemicals, parabens and talc properties, and as a result, potentially damaging the health of your skin. How do you counteract this from happening? Well, the answer is quite simple. Organic beauty has come a long way in the past few years, with green beauty brands understanding that people want high-performing makeup that truly benefits your skin. A particular brand that has paved the way for organic beauty in the mainstream marketplace is Australian cosmetics company Zuii Organic.

Zuii Organic homes a range of organic and vegan makeup alternatives, ranging from foundations and powders to lipsticks and mascaras. With every product you could ever desire, Zuii Organic has the perfect organic option!

Each ingredient that makes its way into a formula is certified

organic. That's right, you only get the organic goodies in these formulas. Infused with a blend of power-plant extracts, essential oils, vitamins, minerals and so much more, these products are guaranteed to work wonders!

And the most exciting part of the formula? Everything is infused with real flowers! Roses, chamomile, sunflowers and jasmine feature throughout these beautiful organic formulas. So, you can literally say you're wearing flowers on your face when you wear Zuii Organic.

Not only does the range provide you with flawless results, but each product works to benefit the overall health of your skin. Every single formula is designed to hydrate, soothe, nourish and protect.

Some formulas work to prevent the fine lines of ageing, while others will work to counteract dark under eyes, redness of the skin or even help prevent any current skin conditions from worsening. Many will support your collagen levels, and some will even help to improve elasticity levels in your face. Whether you're searching for a new nude lip, a highlighter that's going to catch everyone's attention or a beautiful organic foundation, then look no further -Zuii Organic has you covered.

Celebrating...



11 A.M. • Blade shearing demonstrations

"Choose your cut carefully"

12 P.M. demonstration of different cuts of lamb by Whitestone Meats

P.M. Hungry?! Time for the colonial lunch of "Roast lamb with all the trimmings!" By our very own 'COOKHOUSE CAFE'

...at Totara Estate

Friday May 24th 2019 from 11 a.m.

The 137th anniversary of the first frozen meat shipment to Britain



PRICE \$35 PER PERSON. \$25 LUNCH ONLY

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