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Keep warm and enjoy your week, regards The Telegram.

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Last week I celebrated the fact that we had some much needed rain to dampen ground - which should have remained at this time of the year, but then strong winds returned us to getting the dreaded hose out again and raking the last fallen leaves and those tucked away in nooks and crannies - which for me

have been wool pacs full. However I do enjoy removing the build up of warm dry hideaways for garden pests and exposing the soil, then a shovel or two of compost and a good soak to feed and dampen roots of the approaching Spring growth.

Ya! I have had a load of that wonderful **weed free compost** from Pukeuri Alliance Meat works delivered and it is going down fast onto the ornamental gardens. Contact for this is **Gregg, 0272293215** who delivers truck loads, or you can buy it bagged from the Humber street stall. **Mulch for orchards, shrub / native areas** can be obtained from our **Waitaki Resource Recovery Park - ring Trish 03 4340999**.

I have noticed touches of Spring already about the town, Spring blossom, (mostly pretty Prunus Autumnalis, which flowers four times a year) also Jonquils blooming and we have only just come into Winter... Milder temperatures and the odd shower are encouraging plants to make soft growth - all the more reason to leave major pruning until we have really been hit by Winter. Trees that really do need attention each year, are standard **Kilmarnock Willows**. These small ornamental Willows are a ground cover Willow species grafted onto standard Willow wood, becoming a Man designed, small weeping tree that nature had no plan for. Growing along the ground as it should, the dead undergrowth rots and breaks down, but in the upright form, each seasons growth dies and builds up under new growth making the tree top heavy, remove all past growth by working under the new growth canopy. **Robinia mop** tops also need an annual cut back - they have also been grafted onto a standard. These trees put out fresh new growth each Spring, so all past growth needs to be cut right back to retain the round growth habit.

Leucodendrons are taking centre stage now here on the coast - they are wonderful for picking once fully hardened and will last for months picked and put in a vase - just the thing when there is not a lot else to pick. Leucodendrons are easy to grow in the conditions they prefer - being full sun, good draining acid soil and staked to protect from strong winds until established. They will grow on dry banks and rough areas, as long as they do not have to compete with grass and weeds. Leucodendrons resent any type of fertiliser, will not cope with hard frosts and once established, will die if shifted. There are Leucodendrons which grow very large, low spreaders which look great spilling over walls, low bushy types - they all add wonderful colour to a dull Winter garden. Cheers, Linda

RealFood Pantry - Curried Vege balls with tomato & spinach sauce

Use potato and cannellini beans to make vegetable balls.

Ingredients

2 Potatoes, 1 can Cannellini beans, ½ tsp Chilli, 1 tsp Crushed ginger, ½ cup fresh coriander, chopped. 1 Onion, chopped finely, 2 cloves Garlic, chopped finely, 50 g Butter, 2 tsp Curry powder, 1 can Canned tomatoes, use the Indian-flavoured variety, 130 g Baby spinach, ¼ cup Rice flour.

Directions

Peel medium potatoes and cut into even-sized pieces. Cook in boiling, salted water for 15 minutes or until tender. Drain well. Drain and wash the cannellini beans and add to potatoes with crushed chilli, crushed ginger and chopped fresh coriander. Mash the mixture well and roll tablespoon lots into balls. Refrigerate for 30 minutes.

Heat 25g of butter in a saucepan and cook onion and garlic with curry powder for one to two minutes. Add tomatoes and simmer for five minutes.

Heat remaining butter in a saucepan. Roll vegetable balls in rice flour. Cook balls, in batches, moving often to brown on all sides. Stir baby spinach through tomato mixture and serve over potato balls.



Keep fighting fit with a healthy gut



179 Thames Street Mon-Fri 8:30am to 5:30pm, Sat 9:30am to 1pm

Did you know that your gut plays a huge role in maintaining a healthy immune system?



Inside your body is an estimated 100 trillion bacteria, most of which reside in your gut. To keep these bacteria happy, probiotics (good microbes) are needed to contribute to healthy gut flora.

Unfortunately, when gut flora levels reduce, it creates an imbalance that gives an upper hand to pathogens over beneficial bacteria. This typically results in a greater vulnerability to ills and chills. Researchers, physicians and industry experts now advise people to add probiotics as a potent inhibitory deterrent.

When a pathogen enters your intestinal tract, good bacteria surround and work to neutralise it. Good bacteria also form a barrier along your intestinal lining to prevent pathogens from passing into your bloodstream. If a pathogen is able to gain entry to your bloodstream, good bacteria communicate with your immune system to launch an attack.

Therefore, taking probiotics can effectively keep open the lines of communication to your immune system to fight incoming pathogens. Having an abundance of probiotic bacteria in your gut makes it harder for pathogenic bacteria to survive.

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HOLMES HILL REAL ESTATE UPDATE

(Barry's working area)

Our winter season certainly hasn't cooled the demand for residential property.

MAY SALES RESULTS SHOW: eleven sales in our area from \$245,000 to \$475,000, up approximately 6% on the same time last year.

FOR SALE as at eleven June on realestate.co.nz there are eight houses ranging from Buyer Enquiry over \$279,000 to \$529,000.

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Let's talk about Eyes

Almost two thirds of New Zealanders have an eye problem at some stage of their lives, some of the more common ones include red eye, conjunctivitis (allergic, bacterial, viral), dry eye, minor eye irritations, blepharitis and styes. Eye redness occurs when the vessels in your eyes become swollen or irritated. Redness of the eye, also called bloodshot eyes, can indicate the presence of several different health problems. While some of these problems are benign, others are serious and require emergency medical attention. The redness of your eye may be a cause for concern. However, most serious eye problems happen when you have redness along with pain or changes in your vision.

Conjunctivitis (sometimes called pink eye or sticky eye) is when the lining of your inner eyelids and the whites of your eyes (the conjunctiva) are red and swollen. It can make your eyes sticky and irritated. It can be caused by a bacterial or viral infection, allergy, chemical irritation or ultraviolet burn. Some symptoms include an increased amount of tears, gritty eyes – itchy eyes, swelling of your eyelids and crusting on your eyelids overnight.

Dry eye is common with ageing and is more common in women than men. It is associated with some conditions and medications, and with computer use (not blinking enough). Dry eye is a sore, gritty sensation caused by too little tear production or poor quality tears that form an inadequate film. Normally tears form a protective film lubricating and removing debris and any toxins. Dry eye can be painful and cause sensitivity to bright light or open air and wind. Despite the name, the irritation of dry eye may trigger excessive tears. You should call a doctor if, along with red eyes, you also have a sudden change in vision, sensitivity to light, sudden halos around lights, severe headache, pain in the eye, or fever, nausea or vomiting, a foreign object or substance in your eye, swelling in the eye or inability to keep your eyes open.

Following these steps is possible to keep your eyes healthy and happy. Give them a break. Replace your mascara often, and never share makeup. Use safety glasses if you work with machinery. Stay away from cigarette smoke. Air conditioning can pull moisture from the air, so run a humidifier if it feels too dry. Ask your doctor if any of your medications might dry out your eyes. Make sure your diet includes lots of omega-3 fatty acids eg oily fish like salmon and mackerel to protect and many fruits and vegetables which contain eye-protective antioxidants and help prevent macular degeneration. Protect your eyes from the damaging effects of UV radiation in sunlight by wearing sunglasses. A healthy lifestyle including exercise and low-fat diet, can promote eye health. Regular eye checks for vision, healthy retina and eye pressure help to maintain healthy eyes.

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Community Diary

Wednesday 19th

Age Concern Waitaki Golden Oldies Games; at 1:30pm in the Landsar rooms. Ph. 434 7008.

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

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

North Otago Orchid Society meetings held at the St John's meeting room Exe St. All welcome, Ph. Wayne 4395287.

St. Pat's Indoor Bowling Club, Athletic Rugby Clubrooms, indoor Bowls Centre, 7:15pm 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. ph Bob 4371704.

Thursday 20th

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

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

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

Friday 21st

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

Grey Power Social Group: 2.30pm, Lagonda. A chance to socialise, and ask questions. Members bring membership card to go into our monthly draw. Non-members welcome. Transport available. Ph Daphne 4346249.

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

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

Saturday 22nd

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

Sunday 23rd

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 24th

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

The Happy Scoundrels Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. All welcome ph. 4341463

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

Tuesday 25th

AA Meeting, Orwell St Chapel, 7:30pm, 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 Clare: 437 2361

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

Meadowbank Indoor Bowls Club: 7 pm at the Indoor Bowls Centre. ph. 4370217.

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

St Pauls Indoor Bowls 2pm start, Ph 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

Grey Power North Otago; AGM & Elections. 20th June Salvation Army Lounge Thames st , 1.30pm. Help Grey Power with issues affecting older adults at the local level. Afternoon tea provided.

Classes and workshops



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