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If you are a producer of a product - call in and see us for a chat, as we are trying to set up an easy way for customers to locate and purchase products of Oamaru/North Otago. At this stage we need your input - so we can start making a list of all things local (that's all things - from handcrafts to high tech machinery & food products). Enjoy your week, *regards The Telegram.*

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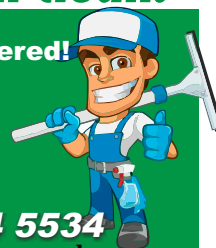
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Cool week after the rain... Frost cloth is in place for me on plantings I am hoping will keep growing roots and flower at the end of Winter - or even during Winter in sunny areas.

However after rain in June, the ground will stay damp and cold, so I think we can say goodbye to the mild out of

season growth we have been enjoying and plants and bulbs will know for sure what season we are experiencing.

**My Hellebores** have had all old leaves removed, because they were very infested with Greenfly Wintering over, waiting to pounce onto my Roses come Spring. Now beautiful Winter Rose flowers will pop up and flower, without being hidden by leaves and look wonderful in sad Winter gardens.

**Perennials** can be divided if overgrown - plant rooted cuttings from the outer edges of the clumps.

**Dahlias** have been halted by frost - mine are blackened and will die back into the tubers. When they dry out, cut back at ground level and mulch for protection. If where you have them is not draining well, tubers will probably rot. They can be dug out and stored in moist sawdust and plant again when frosts are over.

**Lilium Bulbs** can still be planted - these are best planted in raised beds and roots should never dry out.

**Roses** are looking bare and stalky now - don't be tempted to cut - leave pruning until the end of July when they can be taken well back to an outward facing buds, which will plump up gradually to become new Spring growth.

**Buxus (Box hedging)** Re-pot container grown Buxus every second year, or if they look pot bound. Trim the outer roots and replace potting mix. They make a huge amount of roots every year that are not all needed.

**Spots of Winter colour:** Plant Polyanthus for a bright patch of colour - a few Poly's in a pot is all that's needed to brighten up any doorway. Pansies, Violas, Wallflower, Primula Melacoidies, Ornamental Kale and Poppies and Sweet Peas planted now, will all flower early.

**Wisterias:** Once Wisterias have lost all their leaves, prune off all long and unruly canes because if you don't, they will entwine themselves around established branches and keep growing thicker each year.

**Vegetables:** On the coast sow Broad Beans, Garlic, Shallots and Rhubarb. Colder areas - nothing much can be planted.

**Fruit:** Now all leaves have fallen, Pip fruit trees can be pruned to ensure good cropping next season - Feijoas, Figs and Olives can be pruned when finished harvesting. Lemon bushes should be left until frosts are passed - they do not need to be pruned every year.

**Stone fruit,** Almonds and Plums, should have been pruned in Autumn, but remove any old remaining fruit and leave to hard prune in Summer / Autumn after fruiting. *Cheers, Linda.*

## RealFood Pantry - Apple Cinnamon Muffins

*1 ½ cup white flour, ¾ cup white sugar, ½ tsp salt, 2 tsp baking powder, 1 tsp ground cinnamon, 1/3 cup vegetable oil, 1 egg 1/3 cup milk, 2 apples peeled, cored and diced.*

Pre heat oven to 200c. Grease 11 muffin cups or line with paper muffin cups.

Stir together the flour, sugar, salt, baking powder and cinnamon. Mix in oil, egg and milk. Fold in apples.

Spoon batter into muffin cups, filling to the top of the cup.

### In a small bowl rub together:

*½ cup sugar, 1/3 cup flour, ½ cup cubed butter and 1 ½ tsp ground cinnamon.*

Sprinkle over the unbaked muffins.

Bake for 20 to 25 minutes.





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## Community Diary

### Wednesday 12th

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

**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 Creative Fibre**: 10am St Lukes Hall, Wharfe St. Newcomers very welcome. Ph. Linda 434 1136 Noeline 4372501.

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

**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 13th

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

**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. 434 2223

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

### Friday 14th

**AA Meeting**, Orwell St Chapel, 7:30pm, Ph. 432 4191 or 437 2928.

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

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

**Waitaki Travel Club**; Monthly meeting, The Manor Estate at 10am

### Saturday 15th

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

### Sunday 16th

**AA Meeting**, Orwell St Chapel, 7:30pm, 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 17th

**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

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

### Tuesday 18th

**AA Meeting**, Orwell St Chapel, 7:30pm, Ph. 432 4191 or 437 2928.

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

**Arthritis peer support group**; Star and Garter 9 Itchen St at 10:30am, all welcome.

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

**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.

**Grey Power** - for election of executive committee, president secretary, treasurer and social secretary, nomination forms available from Paul Hyde 434 1025.

## AGM Notice

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

**Meadowbank Bowling Club AGM**: Sunday, 23rd June 2019 at 10am. Members please attend.

**Oamaru Ordinary Cycle Club Inc**: AGM Monday 24th June 7:30pm, Scottish Hall, 10 Tyne Street, All welcome, Enquiries [oamaruordinary@gmail.com](mailto:oamaruordinary@gmail.com) Ph 03 4348285

## 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. Ph. Vanessa on 0273338824 or Iain on 0212036852

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### Let's talk about Chilblains

Winter is here - meaning that Chilblains will start to appear for some people too. Chilblains are itchy and tender red or purple bumps that occur as a reaction to cold. They are also known as pernio or perniosis. Often caused by cold weather and sometimes exacerbated by poor circulation. Chilblains occur normally in the extremities such as the toes, fingers, but also the nose and ear lobes are most at risk. The problem occurs when the small blood vessels in the skin become inflamed. Firstly, the amount of blood travelling to cold hands and feet drops due to constricted blood vessels, and then, when the body rewarms, fluid from expanding blood vessels can leak out of the vessels and into the surrounding tissue and cause pain and swelling. Chilblains often appear several hours after being exposed to cold.

The most common symptoms include burning sensation on the skin, red, swollen patches, intense itching, dry skin leading to splits and cracks, possible secondary infection and ulceration in severe cases. The symptoms of chilblains are intensified with sudden temperature changes, for example, entering a warm house after being outside in the cold. Similarly, heating cold feet too quickly, such as propping them next to a heater. It is better to concentrate on warming your whole body instead. Not everyone exposed to cold and damp conditions will develop chilblains, which leads some researchers to believe that those who do to may be overly sensitive to changes in weather and temperature. The elderly, sedentary teenagers and people with medical conditions such as anaemia are most susceptible.

Prevention strategies include keeping the whole body warm, and exercising regularly to improve peripheral circulation, avoid long periods of exposure to cold or damp weather. Wear several layers of clothing, which trap body heat more efficiently than one bulky layer. Wear tights under trousers, make sure your shoes are comfortable and don't squeeze your toes, dry feet thoroughly after showering or bathing, use woollen or cotton socks to allow your feet to 'breathe'. Do some gentle exercise like walking every day to improve peripheral circulation.

Some suggestions for treating chilblains at home include resist the urge to scratch, as this will further damage the skin, use medicated lotions to soothe the itching, use ointments to improve the circulation in the area, lanolin creams rubbed into the feet will help retain body heat. In case of severe, ulcerating or recurring chilblains you will need professional attention. Also if you have a pre-existing condition such as diabetes.

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