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After a couple of phone calls over the last few weeks, we are on the lookout for someone who cleans Ovens. As Oamaru is a town of busy & older people who love to cook but unable to - or are too busy, we believe there is an opportunity to start or add to a business with oven cleaning services. The Telegram would like to offer 1 months free HandyPhone listing to the first 2 that call - just to see if it works - with no obligation, for future advertising. Also if you think there is an opportunity for a new service not currently provided - drop us a line.

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

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Motoring with Renee

Hi Renee here, Sales Manager for North Otago Motor Group, it's a pleasure to chat with you each week about all things Motoring! We have over 35 years LOCAL experience in the industry and our team, Jamie, Martin and myself are here to help you. Being local has huge advantages for you. Being close to where you live; you can pop in and see us or we can come to you - with the added benefit of a service and parts department, it saves you time when getting what you want or need quickly. Come and see us any day including Saturday 9am-12 or call us to make an appointment outside working hours. As we are locally owned we have lots of options of vehicles too, from small run-bouts, SUV's to 4x4. Plus we can cover everything from finance, insurance and extended warranties so you can drive away with peace of mind.

This week our car of the week is the New Toyota C-HR FWD Demonstrator, with leather trim, it's a stunner. If you want to look stylish and trendy at the supermarket, easy to park, fuel efficient and the turbo kicks in to make a long trip fun, come in and check it out!

Be Safe Motoring and have a great week. *Renee 0800660070*



Renee

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Let's talk about boosting your immune system

With winter in full swing. People are getting sick, Don't worry we've all been there! Thankfully, there are defensive steps you can take to ensure you have the toughest shield this cold & flu season.

The immune system is a network of organs, cells and proteins that protect the body from viruses, bacteria and foreign substances. On a day to day basis, it plays an important role in the body, especially during periods of high stress, fatigue or harsh climates. So, from time to time, it does need a little support. To keep a healthy strong and reliable immune system is important to incorporate healthy habits into your lifestyle.

Every part of your body, including your immune system, functions better when you choose a healthy lifestyle that includes a balanced diet rich in antioxidants, Exercise regularly and maintain a healthy weight, Consume alcohol in moderation: Despite what some might tell you, drinking alcohol most definitely does not ward off bugs and kill infectious bacteria. Don't smoke. Adequate sleep & lower stress levels, a big night out or stressful time can reduce the immune response of the body decreasing immunity. Good hygiene: washing hands regularly, showering daily, disinfecting cooking surfaces & handling meat correctly.

Supplements can fill in the nutritional gaps, some of them are designed to boost your defences during cold and flu season or help to create long-term immune support to help prevent more serious diseases. Some of the most popular immunity boosters are Vitamin C, the most widely known of immunity boosters, vitamin C is a great year-round safeguard to ensure optimum health. Foods rich in vitamin C include oranges, strawberries, capsicum, spinach, kale and broccoli. Adequate daily intake is essential for good health, your body doesn't produce or store it. Is a good idea to supplement your diet with it in case you aren't consuming enough. Zinc, This mineral is recommended from acne and wound healing to digestion and immunity. Zinc is considered critical for a healthy immune system. The body requires it to develop and activate T-cells—important players in the immune system—and several studies have shown that even mild deficiencies can impair components of the immune system. Probiotics are one of the most effective supplements for long-term support of the immune and digestive system. Vitamin D, Research has established a link between vitamin D deficiency and increased autoimmunity (where the body attacks itself) as well as increased susceptibility to infection. Garlic supplements taken Regularly may help prevent the common cold or the flu. If you do get sick, the garlic can reduce the severity of your symptoms and help you recover faster. Garlic supplements are especially recommended for those prone to getting sick. Elderberry is used to support the respiratory system and boost the immune response especially during the winter months. Come and see us in store for all your healthcare needs. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy.

New Business Sub & Tarcic - the skincare shop:

www.subandtarcic.com New to Oamaru, Sub & Tarcic's skincare shop is located at 187 Thames Street.

Boasting award-winning skin care, Sub & Tarcic has used 15 years of research to develop healthy skincare products with proven immediate effects and long term benefits. With a research approach to skin health and wellness, our high-performance products harness the best of science and nature in unique formulations that Protect, Nurture & Replenish. Sold in New Zealand and the United States, the range includes everything you need for healthy skin, hair and nails. From creams and gels to edible supplements, all our skincare is made in New Zealand using local ingredients.

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Community Diary

Wednesday 3rd

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

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

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.

St. Pat's Indoor Bowling Club, Athletic Rugby Clubrooms, 7:15pm All welcome. Ph 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 4th

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

Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

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 5th

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

Johnston(e) Clan meet at 10am. All Johnston(e)'s welcome. Ph 4346249 for venue.

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

Saturday 6th

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

Sunday 7th

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 8th

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

Tuesday 9th

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

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

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.

Blacksmith History Waitaki District; Further information required from descendants of the Blacksmiths who plied their trade at: Kurow, Kakanui, Herbert, Hampden, Ngapara, Papakaio, Tokarahi, Pukeuri. Please phone 03 439 5992.

AGM Notice

AGM Friends of the Forrester Gallery; Tuesday 9th July @ 5:30pm @ Museum, Steward St. Followed by an update by Jane Mcknight director of the Museum, Archive, and Gallery on what's happening with the cultural facilities.

North Otago LandSAR AGM and Elections. Tuesday 2nd July at 7.30pm – 1 Severn St, Oamaru.

Classes and workshops

Ara Institute of Canterbury - Oamaru campus, 44 Humber Street - Contact Ruth 03 9406151, Administration & technology, business, retail and free computing courses.

Tái Chi Chúan at St Paul's in Coquet St, Mon 5:30pm, Friday 7:15am (by Donation) Rick 434 9464.

Free

Garden Rocks Clean Land fill 2.5 square metres, free to a good home, txt or phone. 027 224 2018

For Sale

Latest edition of the Waitaki Community Group Directory 2019, now available for \$4 copy at Citizens Advice Bureau North Otago, 100 Thames St.

Lost

Small Compressor/Truckpart; Fortification road, State Highway One area. Ph 027 4318944.

Services

Carpet/Vinyl layer specialising in second hand carpet & repairs. Dion 0223924852.

Long grass mowing, 4WD ride on mower brushcutter. Contract or hire. 0212409766

Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444

Wanted

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

Raffle Results

North Otago Piping & Dancing grocery raffle; 1st Bec Selfe, 2nd Melissa Hansen, Many thanks, Phillipa Taylor.

St Pat's Raffle; Winner S. George, thank you all.

Classified Advert, Community Diary Prices

3 lines \$13 +\$3
for every extra line.

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RealFood Pantry - Easy Cream Sauce

Ingredients

1 cup whole Natural Dairy milk, 2 tablespoons butter
2 tablespoons all-purpose flour, 1/3 cup heavy cream
Optional: 1/4 cup dry white wine, Dash of salt
Dash of white pepper or black pepper,
Optional: Pinch of freshly grated nutmeg.

Method

Heat the Natural Dairy milk in a saucepan over medium heat until bubbles begin to appear around the edge. Keep warm. Melt the butter in a saucepan over medium-low heat. Add the flour and stir until mixture is well blended. Continue cooking, stirring, for 2 minutes. Do not brown. Gradually stir in the hot Natural Dairy milk. Cook over medium heat, constantly stirring, until sauce begins to boil and thickens. Simmer, frequently stirring, over very low heat for 5 minutes. Stir in the cream and wine, if using. Season with salt and pepper to taste and add a little nutmeg if desired. The recipe makes about 1 1/4 to 1 1/2 cups of medium thickness cream sauce.

got a ding?

SEE

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