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9 years old - the Telegram was first printed and delivered to 7,100 homes, and now 8,000 an increase of 13%. Thank you to all our advertisers, for their support over this time. We look forward to the next 9. Hopefully the online copy of the Telegram will continue to improve the readership, making it a better way to advertise in our community. At this point the digital Telegram seems to be increasing the need for a hard copy - just something about a hard copy that seems to work well for the reader and advertiser.

Keep warm and enjoy your week, regards The Telegram.

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After being lulled into warm Spring like weather, Tuesday morning threw us back into reality with the a heavy frost confusing the gardens I had watered the day before. Winter is normally the time to store away hoses - but NOT this year. Deep root watering for all evergreens that you notice

looking a bit limp - Camellias, Rhododendrons, Azaleas, Hydrangea, Lavender, Hebe, Fuchsia. Shallow rooted Perennials will let you know when water is needed - you will notice plumpness has gone from them. **Deep root soaking is very important for Maples** of all sizes. Dry ground puts these trees under huge stress, which is shown instantly in the leaves and fine branching - now that my Maples are bare, I have been clearing out dead branches from past dry damage. After a soaking, mulch will hold moisture from frost drawing it up. Compost, Pea straw, Leaf mulch, old lawn clippings - any organic matter that will not blow away that you have at hand is better than nothing.

Dry winters are kind to Bugs. I am still cutting leaves from my many Hellebores (Winter Rose)- the back of each leaf is smothered in Green Fly - these go onto my burning pile. Let's hope we have a few frosts now on the coast, to give bugs that thought they could just cruise into Spring a hurry up.

Sow seed under glass in a warm area .Sow seeds of Antirrhinum (Snap Dragon), Carnation, Calendula (common Marigold), Sweet Peas, Verbena, Cosmos and Viola - they should pop up and be ready to plant out in Spring.

Dahlias will need cutting back and mulching for protection if left in the ground. Clumps can be dug now and reduced or split up - Dahlia tubers will hold in a dry place until planting out when frosts are over. Peonies are divided in Autumn and on offer now to be planted in good draining soil. If you think there is a chance they would sit in wet soggy soil over Winter they may rot - planting can continue until September.

If young trees or Shrubs need transplanting, now is a good time to do it whilst they are at their most dormant stage.

Vegetables On the coast, start raising vegetable seeds in glass houses or under glass or plastic,with ventilation spaces to circulate air and stop seeds going mouldy.

Plant seedling plants that are now on offer along with garlic cloves. In colder areas, sit back and let frosts work on the soil. Start sprouting seed Potatoes. Early varieties - like Jersey Benne, Cliffs kidney, Rocket, Ilam hardy, Maris Anchor, should be sprouting now for an early planting.

Fruit Look closely at the shape of your Fruit trees and plan how pruning can improve them if needed. Pip fruit should be pruned during Winter.*Cheers, Linda*

Waitaki Power Trust

100% Shareholder of Network Waitaki Limited



PUBLIC MEETING

WITH TRUSTEES AND NETWORK WAITAKI
REPORTING ON THE 2019 FINANCIAL YEAR

Will be held on **Wednesday, 31st July 2019**
at **5.00pm for 5.30pm** in **The Moeraki Room,**
Brydone Hotel, Wear Street, Oamaru

The Trust's 2019 Annual Report will be available
from 23rd July 2019 during normal business hours
from Network Waitaki Limited, 10 Chelmer Street,
Oamaru or from the Trust's website:
www.waitakipowertrust.co.nz

Members of the public are invited to attend.
Light refreshments will be served.

Faye Ormandy, Secretary, Waitaki Power Trust



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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. We are close to where you live; you can pop in and see us or we can come to you - plus we have a service and parts department. 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's. Plus we can cover everything from finance, insurance and extended warranties so you can drive away with peace of mind.



Renee

This week our car of the week is a Holden Equinox LT Demonstrator. I love this vehicle because it's peppy for taking family away for holidays and with extra cabin space, means the whole family feels comfortable and with 4 USB points there is no fighting! You won't know what your missing out on until you take it for a spin. Come in and check it out! Be safe on the Winter roads and have a great week. Renee
0800660070.

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Holmes Hill South Hill Real Estate Update

July is certainly cool, but property is still in hot demand.

June sales from the REINZ website show twelve sales ranging from \$190,000 to \$760,000.

As at seven July there are 27 homes for sale ranging in price from Buyer inquiry over \$279,000 to \$780,000

The Market is moving. Are you?

Are you considering selling or buying?
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Let's Talk About Head Lice

Head lice (sometimes called nits) are small insects that live on the human scalp and lay eggs. They are common and cause concern and frustration for parents, children and young people. Anyone can catch head lice - catching them has nothing to do with poor hygiene, they spread from head to head (hair to hair) contact with someone who already has head lice. This can easily happen when children play or interact together and their heads touch.

Head lice can only crawl from hair to hair. They can't fly or jump from head to head. Head lice only survive on humans. They die quickly when they are not on the head, usually within 24 hours. You don't need to wash clothing and bedding on a hot wash - it's unlikely to help prevent the spread of head lice.

Head lice can live all over the head but particularly like warm places behind the ears, around the bottom of the hair line, and on top of the head. Female head lice lay about 7-10 eggs each night so it is important to get on top of the problem quick. They can look like grains of sand or dandruff. Eggs attach firmly to the hair. You can put a lice shampoo or treatment on the hair before combing. This loosens the eggs from the hair and makes combing easier.

If you find head lice, you should check the rest of your family. If you find head lice on other family members, treat them all on the same day. If your family has head lice, tell anyone who has had head-to-head contact with them, so that they can check and treat their family if needed. Tying long hair back and checking weekly for lice is a great way to help prevent Head Lice.

At Oamaru Pharmacy we have a wide range of treatments for all the family. Come in and see us, the team is always ready to help with friendly and knowledgeable advice.

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YOGA

Classes for Term Three 2019

Begin from the 23rd of July

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Tuesday morning 10.30am-12.00pm -

Thursday morning 10.00am-12.00pm

Above classes \$110.00 term fee (\$16.00 casual)

Thursday evening 6.30pm-7.30pm \$80.00 term fee (\$12.00 casual)

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Register with John or Dominique: 03 689 7586

Email: karunayoga@kinect.co.nz

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Community Diary

Wednesday 17th

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.

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, 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 18th

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 19th

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 Darts: Ribble St Hall, Housie 7:30pm, 40 games plus super house & raffles.

Saturday 20th

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

Sunday 21st

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 22nd

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 23rd

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.

AGM Notices

Steampunk NZ Trust: 2019 AGM. Sunday 21st July 2.00 pm Venue TBA

Oamaru Performing Arts Society Thursday 29th May 7.30pm, Blind Foundation Hall

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.

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, Fri 7:15am (by Donation) 434 9464.

For Sale

Latest edition of the Waitaki Community Group Directory, now available \$4 a copy at Citizens Advice Bureau N.O., 100 Thames St.
Dry Blue Gum: \$300 x 3.6m limited Supply, 03 439540

Services

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

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Method

Heat the oil in a large non stick frying pan or wok, over a medium heat. Cook onion for 5 minutes. Mix together the flour and curry powder, add to the pan and stir through the cooked onion. Add the cooked sliced sausages, stock, sultanas and chutney. Bring the mixture to the boil and reduce the heat, cover and simmer for 15 minutes stirring occasionally. Stir through the parsley. Serve with rice.

A quick and easy family meal ready in less than 30 minutes

Chinese LANGUAGE CLASSES

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Adult Classes - Thursday

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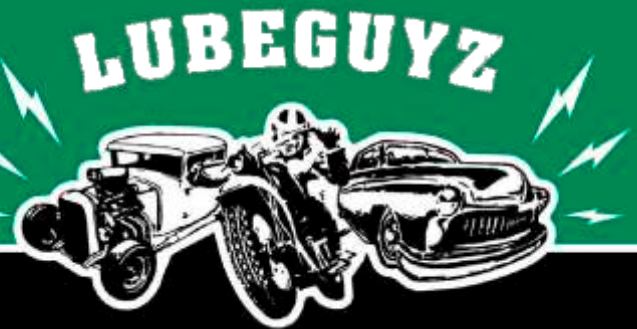
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