

## Operation Cover up.

Collection day for Operation cover up will be on Tue 16<sup>th</sup> July 12-3pm at the Tongan Methodist Church, 22 Eden St. Please bring your blankets and knitted garments. If this time isn't suitable for you and you would like your goods collected, please ph Wayne, 4372459 or Gladys 434 5956. If you would like to be involved, phone these numbers also.

9th July 2019

Phone 434 9651

Issue 449

# Oamaru The Telegram

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Good to see we now have a person offering Oven cleaning and other cleaning services in our phone listings. It will be interesting to see how many new opportunities they will receive - we will keep you posted.

Oamaru retailers and producers - we need your help! If we are going to create a place to showcase Oamaru. Everyone is welcome to join by registering at [www.shopoamaru.co.nz](http://www.shopoamaru.co.nz)

So far we have 3 businesses - We would like at least another 10 before a big launch - hopefully this Spring...

Next week is the Telegrams birthday - 9 years - I can still remember the first edition! Lucky we can produce the Telegram with a lot less stress. Our printing machinery has come a long way. Not much else has changed other than the Telegram phone-listings and events being online.

Enjoy your week, *regards The Telegram.*



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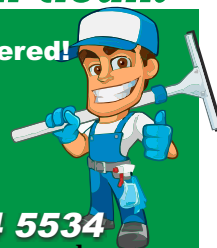
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Brrrrrrr hard frosts I heard - while I was lucky enough to be enjoying milder weather in the far north for 10 days. However on our return, found we brought the same temperatures back with us! The most urgent requirement right now is rain - with parched ground trees and Shrubs will be suffering. All shallow rooted shrubs like Camellia, Rhododendron, Hydrangea,

Azalea, Lavender, Hebe, Fuchsia and some perennials such as Ajuga Reptans and Sedum need to be deep root watered when the ground is as dry as this Winter. I notice my Iris's are looking very thirsty as well, so it was out with the hose again on my return. ( avoid watering late in the day - soil and foliage should not be wet going into the night.)

Polyanthus and Primroses are starting to brighten little corners of our garden. Primroses are so pretty - they clump up well and in time can be broken up and spread to form a front border, adding colour to drab Winter gardens.

Remember to continue protecting plants like Margarite Daisies and Pelargoniums from frosts with frost cloth as a cover above them, not touching. If they frost on the top, just leave the frosted tops to protect the new growth beneath. This would not work further inland - it would be best to start nursing cuttings to be planted out when the frosts are over.

Rose pruning is happening now. Just in case you need reminding on how to tackle pruning.... make a slanted cut just above a strong outward facing bud. Standard Roses should be pruned to about 25cm above the main stem and Bush Roses can be cut back about two-thirds, leaving 3-4 buds on each branch. Mature Climbers will need old canes removed ,to be replaced with new strong canes tied horizontally against a wall or fence to encourage flowering buds. Secateurs must be sharp to avoid damage by ripping branches, which will lead to die back.

Compost: Turn over uncovered compost now, add moisture if the pile is dry. If you still have leaves to Rake up, why not fill large black rubbish bags, add a little water and leave to rot. Leaf mulch is a natural benefit to soil which we tend to remove at leaf fall stage because it looks untidy. Rotting it down this way, you can then add it to the soil and it will not be noticed.

Manure: At this time of the year I make a few trips to the Waireaka sale yards for the Waireaka Valley Lions Club sawdust and sheep manure. Volunteers clean out calving sheds and under shearing sheds to keep the stand topped up for keen gardeners. I use the sawdust on garden pathways and the sheep manure on the compost heaps, the Vegetable garden and around Roses when horse manure is not at hand. Sawdust can be used on wet gardens as a weed suppressant, as it helps to absorb excess moisture - but never on dry gardens...

Vegetables: Start raising Vegetable seeds for Spring planting under glass or plastic, with ventilation spaces to circulate air and stop seeds going mouldy. On the coast, plant seedling plants that are now on offer, along with Garlic cloves.

Start sprouting seed Potatoes - early varieties like Jersey Benne, Cliffs kidney, Rocket, Ilam hardy, Maris Anchor, should be sprouting now for an early planting.


I must again sing the praises of Comfrey - it is such a useful plant and if you can get your hands on some, I suggest you plant root sections in an area of your garden where it can spread and send it's roots deep down into the soil, to tap into much needed nutrients. It is fast growing, high in potassium and can be cut back again and again. I have listed some uses for comfrey around the garden.

1. Compost activator - add to your compost bin to heat up decomposing materials and enrich the compost.
  2. Put Comfrey leaves into a bucket with a little rainwater and rot down for around 6 weeks to give you a rich liquid fertilizer.
  3. Lay Comfrey leaves in a Potato trench and leave for 3 days, prior to planting the tubers to give them a Potassium rich boost of fertiliser.
  4. Use as a Comfrey leaf mulch around plants, by layering leaves around ground stems. Potassium will be released slowly to plants as the leaves break down - Great for Tomatoes, Beans and Fruit bushes.
  5. Use wilted leaves as a nutrient rich Chicken feed
- Cheers, Linda

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Feeling 'hormonal' is not a new concept. But have you ever found yourself wondering why you feel like a mess for a week every month?

The answer is hormones, or more specifically, hormone imbalances.

Hormones are an incredible network of chemicals that influence how you feel daily. When your hormone levels are higher or lower than optimal, you may find that you're not at your best.

This is called a hormone imbalance. Hormone imbalances can show up in many ways, yet many of us don't know what to look out for when it comes to the signs of hormone health. Here are some of the most common signs that may indicate hormone imbalances:

### 1) Difficulty losing weight

Not being able to shift that extra weight that appeared out of nowhere, no matter what you try is not a good feeling. However, when it comes to weight management, the old "calories in, calories out" theory is not always the clear cut answer.

Your hormones play a huge role in weight management. Oestrogen, progesterone, DHEA and testosterone (the hormones that Eve tests for) have all been linked to weight management. If your levels of any of these become unbalanced, you may experience frustrations.

### 2) Period Problems

### 3) Mood Swings

### 4) Low energy & Fatigue

### 5) Acne & Skin Issues.



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### RealFood - Oats

Oats have a pleasant nutty taste adding a delicious wholesome flavour to our breakfast cereal. Oats are available in many forms dependent on the processing. Oats that are known as groats only have the outer hull removed and need to be cooked or soaked for lengthy periods. The outer case of the groat is used to make the very fine oat bran which is often used for baking.

Rolled Oats have been steamed & flattened with a roller to enable quick cooking. Steel cut oats are produced by cutting the groats into small pieces - they are higher in fibre with a nuttier taste best cooked in a slow cooker overnight or soaked overnight before cooking. Oats particularly steel cut provides high soluble fibre for health benefits and your stomach stays fuller for longer, it slows absorption of glucose reducing your sugar highs and lows. Oats fibre helps lower LDL cholesterol and are a good source of selenium that is important in thyroid function. Oats are high in Vitamin E, zinc, iron, manganese and magnesium and contain a good balance of essential fatty acids, as well as a source of riboflavin, folic acid, thiamine and niacin that are good during pregnancy for the unborn baby. If you are Gluten Free - gluten is a special type of protein commonly found in wheat, rye & barley. People sensitive to gluten suffer unpleasant symptoms such as bloating & gastrointestinal upsets. Oats don't naturally contain gluten, they do have similar protein avenin. Sensitivity and adverse reactions to avenin are rare. If you are very sensitive to gluten, best to try a little oats and see.

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## PANEL & PAINT

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## Community Diary

### Wednesday 10th

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

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

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

**North Otago Creative Fibre**: meets 10am St Lukes Hall, Wharfe St. Newcomers very welcome. Ph. 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, 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 11th

**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.

**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 12th

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

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

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

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

**Waitaki Travel Club**; Monthly meeting, The Manor Estate at 10am. Guest Speaker Robert Duff "Our travels in Russia"

### Saturday 13th

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

### Sunday 14th

**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 15th

**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 16th

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

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

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

**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, Ph 437 1294.

## AGM Notices

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

**The North Otago Horticultural Society A. G. M.** will be held, Wednesday 17th July 2pm at the Tongan Hall, Eden St Oamaru.

## 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. **80x1/2 gall Flagons** \$1.50each ono. **3x5gall glass brewing jars**, various brew bits & bobs. offers, ph 437 1650

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## Wanted

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

## Raffle Results

**Oamaru Excelsior Petanque Club**; 1st T. Rihtoul 1020, 2nd I.Taingahle 0206, 3rd A. Bishop 0706, 4th F. Bishop. All prize winners notified, Drawn under police supervision. The Petanque Club would like to thank those who supported this Winter raffle.

**Oamaru Pakeke Lions Club**. Firewood raffle 567 Leeanne. winner notified. Thank you for your support.

## Classified Advert, Community Diary Prices

**One off**;  
3 lines \$13.50 +\$3 for every extra lines.  
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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)

All classes at St.John's rooms in Exe Street.  
Register with John or Dominique: 03 689 7586  
Email: karunayoga@kinect.co.nz



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▶ Lifestyle Block Contracting..0276324264  
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▶ AYR St - Counselling .....027 6861849  
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▶ Simply Feet Podiatry.....437 9025  
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▶ Oamaru Print and Copy Ltd.....434 9651

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.....Plumbing & Draining.....0800 555 105

▶ Foley Plumbers Oamaru.....434 2330  
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## Transportation & Rental Vehicles

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.....transfers (Merv Aitcheson) .....434 9506

▶ Driving Miss Daisy .....434 8421  
..... Appointments, Dunedin & Timaru Hospital, Shopping

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▶ Smash Palace.....433 1444

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# North Otago Motor Group



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## CAR OF THE WEEK

Mon-Fri 8am to 5:30pm, Sat 9am to 12pm

### 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.

This week our car of the week is a 2013 Toyota Hilux Extra cab it's your for only \$124 per week (*Based on Classic Finance with a 20% deposit over 60 months at 9.95% interest. \$409.20 establishment fee and normal Toyota Financial Services lending criteria apply*). Because Toyota Hilux's are reliable its only just been broken in so its ideal for hard work on the farm or for the Boar & Stag Hunting comp. We also have 2 Holden Colorado double cab flatdecks or if flatdecks are not your thing, we have 2 double cab units in our extensive range of 4x4's. Come in and check it out! Be safe on the Winter roads and have a great week. Renee 0800660070.



Renee

## OAMARU + PHARMACY

*It's your Pharmacy*

Threadworms are small, thin, worms between 2mm & 13mm long, that look like cotton threads & live in your bowel. Hygiene measures can clear up an infection and reduce the likelihood of reinfection.

**How do you get threadworms?** Threadworms are spread from human to human. They are not carried by animals so don't come from pets. Threadworms are spread easily within families, creches and daycare centres, schools, and camps. If one person in your family has threadworms, others probably do too. Threadworms leave your gut at night and lay eggs on the skin around your anus (bottom). The eggs can get onto your hands or under your fingernails through scratching the itchy area or because of poor hand washing after using the toilet. You can pass them on to an uninfected person, for example through food handling. Threadworm eggs can also get onto carpets, bed linen, towels, flannels and into household dust and in this way, they are passed from person to person. It may be between 2 and 6 weeks after contact with a source of infection before the life cycle is complete and eggs are laid in the newly infected person.

**What are the signs?** Itchy bottom, especially at night. Restlessness, bed-wetting and irritability, eg grinding teeth. Threadworms visible outside of a bowel motion, or around the anus. Decreased appetite. The most obvious way an infection is diagnosed is if the threadworms can be seen in the stool (poo) or on toilet paper.

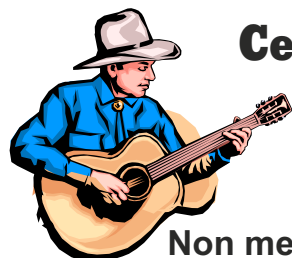
**How is a threadworm infection treated?** In most cases, a threadworm infection can be treated with strict hygiene measures. This also reduces the likelihood of reinfection. Medication to treat a threadworm infection can be bought over the counter from your local pharmacy.

**Hygiene:** you can limit your chances of getting threadworms and spreading them to others, by following these hygiene measures.

- Wash your hands carefully and often.
- Avoid scratching around your anus.
- Keep your fingernails short.
- Wash your clothes and bedding regularly.
- Bathe and change your underwear every day.
- Avoid sharing a bathtub or sharing face cloths.
- Vacuum your carpets often.

You can buy worm medication from your pharmacy. All household members, including adults and those without symptoms, should be treated with worm medicine at the same time. It is recommended you take 2 doses of mebendazole – one dose initially and another dose 2 weeks later.

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.



## Central Coast Country

Music Assn. Inc.

**July 14th - 1 pm START**  
St Joseph's School Hall, Usk St

**Members a plate please**  
**Non members \$4, all very Welcome**

*All very welcome!*

MEMBERS - A PLATE PLEASE  
NON MEMBERS \$4.00