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23rd July 2019 Phone 434 9651 Issue 451

THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476

At this time of year in our efforts to keep warm - we forget it is helpful to keep your home ventilated. I find opening up the window and doors on the dry frosty and sunny mornings, helps freshen up the house. But - do remember to keep yourself warm and close them before the sun disappears. Leave enough time to warm up the house. If you have a fire, light it - this will help push the damp air out the open windows and the cool dry air in...

We apologise for placing an incorrect phone number in the classified Blue Gum advert last week The correct number is 4395140.

Empty A3 boxes - when we have extra boxes we also post this onto our facebook page - So you don't miss out. Like our Facebook page "The Oamaru Telegram", this way you'll get a message. Enjoy your week, *regards The Telegram*.

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A good weather week for Oamaru, with a little much needed rain early on. With it being the School holidays I have been Nana on the job with 5 small people looking for action. As I write this, there are huts being built with tables, chairs and as much of my linen they can get their hands on....then another meal for all to agree to is next!!! Good hard frosts now, so it's frost cloth on

plants like Bougainvillea, Hibiscus, Pelargonium and young Daisy bushes - established Margarette Daisy bushes will take a knock from the frosts - but just leave them. If they do look like that, frosting on the outside will protect the new growth beneath. In land up the valley, gardeners will need to take cuttings of Daisy bushes, Geranium and Pelargoniums and protect them until Spring.

I have been pruning back Hydrangeas now they have hardened. Prune just before Spring by cutting each flower stem off at the second bud from the bottom - leave the stalks that did not flower, because these are your flowering stems for this year. Give pink Hydrangeas a dressing of lime now to keep them pink and blue Hydrangeas a dressing of Sulphate of Allium or the specially prepared blue Hydrangea mix that can be bought from the Garden Centres. This week I attacked a group of large leggy Rhododendrons with leaves, buds and blooms on the top of long woody branches. I was only going to cut the woody non productive wood off, because the bushes were beginning to flower. However once I started, I ended up

cutting them all right back to a healthy bulging nodule and then they got compost and straw - fingers crossed they will push out new bushy growth in the Spring.

More Rose pruning this week... I had to invest in some new secateurs, as the pair I have been using did not cut clean and rips on a Rose prune will not allow the cut to seal well, which will then

Pruning

result in die back. This can sometimes claim the whole branch. I feel very fortunate to have help from Gardener Stan once a week, to spread compost and then Pea Straw on our sleeping garden. Although not all plants sleep, Bulbs are pushing through - Pansies, Polyanthus, Violas, Poppies and Primulas are tough little plants that stand up to

Winter is the time you will find the best selection of deciduous and Fruit trees in Garden Centres. It may be cold and miserable outside, but it's the time to buy these trees for planting - they arrive as grafted stock from growers. If you have bought bare rooted trees, identify where the graft section is. If low down, it should stay above the dirt line, uncovered by dirt. If the tree has been bagged, plant up to where planted in the bag and remember to include a stake at planting time to protect against root movement by wind.

Fruit:

A tip I have been told, works to eradicate Codling Moth attacking Apple trees. Quarter fill a tin or plastic milk container with Treacle and hang in the tree - it is said to attract male grubs because the Treacle is said to smell like the female codling moths pheromone, attracting the male grubs into the container to reach a sticky end. A double bonus is that the Treacle will attract grub eating birds. Tidy up Fruit bushes now they are bare - Black Currants can be pruned now until late Winter. They fruit best on younger wood, so aim to remove older wood to retain a basic structure of 6 to 10 healthy shoots. For Red and White Currants, cut out only diseased or very old branches in Winter, then prune new growth back to two buds in early Summer, (pruning leaders to outward facing buds, but if branches are bending, cut to upward facing buds.)

Vegetable garden:

Time to start preparing the soil for Spring planting. Cultivate vacant spaces, digging in green crops sown earlier. Add Compost, and Lime if you feel the ground is sour. Dig Compost mixed with Sawdust into wet, boggy soils.

Sow seeds of Broccoli, Cabbage, Broad Beans, Cauliflower, Peas, (Butter Crunch) Lettuce, Onions, Radish, Spinach, Silver Beet, Swede and Turnips. Cheers, Linda.



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delivery of specific nutrients to desired parts of your body or cells in many of their products. These mineral transporters deliver the nutrient formulations to the inner portion of the cell membrane where they can be best utilised. A November 2018 research article posted in the Advanced Pharmaceutical Bulletin has recognised the therapeutic potential of peptide and nucleic acid formulas for specific areas of the body. Since its inception, HealthZone has included peptides and nucleic acids in many of the products to help the body rebuild organs that are not functioning at a preferred level.

Have a great week from the team at Health 2000.

Protect yourself when online.

Know who you're dealing with. If you've only ever met someone online or are unsure of the legitimacy of a business, take some time to do a bit more research. Do a Google image search on photos or search the internet for others who may have had dealings with them. If a message or email comes from a friend and it seems unusual or out of character for them, contact your friend directly to check that it was really them that sent it. Scams succeed because they look like the real thing and catch you off guard when you're not expecting it. *Keep safe while online www.shopoamaru.co.nz*







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Let's talk about Natural Remedies For Joint Health

When it comes to treating the pain and inflammation caused by poor joints, a whole-body approach is the best plan of attack. Taking drugs to help minimise the discomfort of symptoms is sometimes necessary, but with the help of a holistic approach that includes diet, lifestyle and supplements, many people may find improvement. Below are some ways in which you may be able to fight joint inflammation and ease the ache.

Chondroitin sulfate is Nutritional support for strengthening joints, ligaments and tendons. Chondroitin is a natural substance found in the body. Chondroitin is believed to help draw water and nutrients into the cartilage, keeping it healthy and sponge-like.

Glucosamine sulfate is very important for the formation of bones, tendons, ligaments, cartilage, and synovial (joint) fluid.

Supplementation of glucosamine sulfate can also be helpful to keep joints lubricated with beneficial fats.

Essential fatty acids help to increase the production and activity of anti-inflammatory prostaglandins that help to control arthritis pain and inflammation. There are two types of omega-3 fatty acids, EPA and DHA, which can both reduce inflammation, which causes swelling and pain.

Herbs like Boswellia, an Ayurvedic herb, may help to reduce inflammation. It also may help restore blood vessels around inflamed tissue. Turmeric contains the active component curcumin, which has anti-inflammatory and pain-relieving properties. It is good for inflammatory conditions such as arthritis.

Some lifestyle considerations are maintaining a healthy weight. Carrying extra kilos places extra stress on joints and ligaments. Regular exercise helps to strengthen muscles that support joints and keep joints flexible. Head outdoors; the action of sunlight on your skin promotes the production of vitamin D. Low levels of the 'sunshine' vitamin are associated with osteoarthritis. Rest when necessary, listen to your body and learn to know the signs and symptoms that signal you need to take time out to rest your joints (pain, redness, stiffness, swelling, fatigue).

Also it is important to keep a healthy diet that includes Healthy Fats including those from oily fish, avocados, nuts and seeds, coconut and pasture-fed animals. Consider eating fresh pineapple frequently. Bromelain, an enzyme found in pineapple, is excellent for reducing inflammation. Also consider eating more sulfur-containing foods such as; asparagus, eggs, onions, garlic. Sulfur is needed for the repair and rebuilding of bone, cartilage, and connective tissue, and it also aids in the absorption of calcium (an important mineral for bone and joint health). Eat the Rainbow. A variety of fresh fruit and veggies will mean your diet is full of potent antioxidant vitamins, which fight free radicals and reduce the damage caused by inflammation. Don't forget to eat vitamin D-rich foods such as; oily fish, eggs and beef liver.

Come and see us in store at Oamaru Pharmacy, to talk more about supplements that may be beneficial to your joint health and may help you improve your day to day life. The team is always ready to help with friendly and knowledgeable advice.







500 Thames Highway Oamaru, Ph; 034370128 Web; www.galleoncomplex.co.nz

Community Diary

Wednesday 24th

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

Yankee Indoor bowls at 1.30pm at the indoor bowls Centre Centennial park. ph Bob 4371704.

Thursday 25th

Main St at 7:30pm.

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

Disability Information Mobile Service Oamaru Hospital Reception area 12pm - 2pm Ph: 0800 115 891 Equipment and aids to support independence Eftpos available

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

Friday 26th

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

Friends of the Forrester - Lunchtime Recital Waitaki Valley Singer; at The Oamaru Opera House - Ink Box 12:15-1pm

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.

Saturday 27th

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

Sunday 28th

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.

Oamaru Music Group, 2pm at the Oamaru Garrison Band Hall, Severn St. Gold coin door charge and plate for afternoon tea.

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.

Taize Service; St. Lukes Church – All Welcome.

Monday 29th

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

North Otago Creative Fibre: meets 10am St Lukes Hall, Wharfe St. Newcomers very welcome. Ph. 4341136 Noeline 4372501.

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

Tuesday 30th

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

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. Ph4395240.

St Pauls Indoor Bowls – 2pm, Phone Mike 437 1294

U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

Waitaki Woodturners meet at 1pm in the Clubrooms at Oamaru Racecourse. And on Tuesday at 7pm. Ph 439 5795 for enquires.

Public Notices

Alzheimer's Society North Otago Proudly Presents an Evening with Yoram Barak, Professor of Psychiatry will speak on what Alzheimer's Disease is really about and what we can do to prevent it. Where - Moeraki Room at the Brydone Hotel. 6.30p.m. Tuesday 6th August 2019. We welcome you to come along and hear what Yoram has to say. For more information please contact Debbie Melton Office no. 4349090 E-mail. north@alzheimersotago.org.nz A gold coin donation would be appreciated to help cover costs.

Di's Singers; A fun choir session Tuesdays 7.30-8.45pm at ARA Polytech, 44 Humber Street, Oamaru, first room on right from main entrance. All welcome, \$5 per session. Ph Di 021688034

Tokarahi Rural Women wish to extend their Thanks and Gratitude to the following businesses for their support of our recent fundraiser for the Rural Health Bus. Oak Villa Beauty Spa, Star & Garter Restaurant, Razors Edge Salon, Health 2000, Ngapara Rugby Club, Duntroon Hotel, Danseys Pass Lavender, Nature Health and Z Oamaru.

AGM

Tokarahi Public Hall Board AGM; Tokarahi Hall - 31st July 2019 at 7pm, All Welcome.

The Oamaru Stroke Support group AGM will be held Friday 2nd August 2019 at the Bill Hall, Steward St at 1:30pm

Classes and workshops

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

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 4395140

For Rent

2 B/R Flat, Conservatory, Wet Floor shower, garage, easy care section, heat-pump, North End shopping centre area, very sunny. Ph 0274902005.

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Motoring with Renee

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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 RAV4 Toyota. A great all rounder you can take it to town, or the river for Whitebaiting. So versatile it would work for a family of 4, D.I.N.Ks with dogs, or a retired couple who like to play golf. Or if that's not you we have a extensive range of S.U.Vs from Mitsubishi outlanders to Holden trax. Come in and check it out! Be safe on the Winter roads and have a great week. Follow me on facebook. (I renee millin - north otago motor group), Renee 0800660070.



Harbour Area Workshop will be Open to Public

A Harbour Area Committee workshop will be held on 25 July to discuss the next steps for the Harbour Plan 2019. This meeting will be open for the public to attend and observe the discussions between committee members. To allow greater participation, representatives from other groups who participated in the earlier ILM workshop will also be invited to contribute.

Mayor Gary Kircher, Chair of the Harbour Area Committee, said, "The next step for feedback from the public is a critical one. We want to develop good options which the public can choose from, letting us know clearly what elements they want to see in the area, and what they don't. We also want to be very clear about the costs of the existing infrastructure and the financial impact of any proposals."

"At this meeting, the project team will present a proposed plan to engage with the public and give everyone the opportunity to speak their mind on the identified areas. If this is approved, we will then proceed to launch a period of public engagement around the options discussed. The timeframe for this is likely to be identified at the meeting," he said. The information being discussed will be in draft format. Once agreed on by the Committee, it will be shared with the public for their feedback. Once public feedback has been incorporated, the final Harbour Plan will be submitted to Council for approval.

Council understands that the Harbour is an important place for many in the community. This is why it is seeking to discuss the options with the Committee in a public workshop environment. As has been the approach throughout the Harbour planning process – no decisions have been made and transparency is critical to ensuring an end product that has community support. Understanding what level of investment the community sees as acceptable is critical to ensuring the plan strikes the right balance between community sentiment and financial sustainability. The meeting will be held in the Inkbox at the Opera House and is scheduled to begin at 3pm on Thursday 25 July.



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PH. TOM 021 0233 2002 or 434 3326