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Brrrr - the cold arrived last week, but very tame compared to other places - which seems to be North Otago's way.

Much is beginning to awake in the garden... I feel Spring in the air with swelling of buds and Birds are beginning to nest - also I see Blossom starting -

Jonquils and Daffodils gracing fence lines about the town. We are coming to the end of pruning, with cold Rose prickled fingers, wheelbarrows of Rose and Hydrangea pruning. I have also been dealing to Couch grass while the soil is damp. Right now Couch is dormant and easy to pull, but getting right down and scratching out roots is the answer. It is so satisfying to pull a root runner right to it's end and know that that will be the end of it.

It is now time for me to create and dress the garden by planting out, shifting and feeding. I have been liquid feeding with worm and Comfrey tea, adding at the strength of black tea to a full watering can, then applied generously to all new leaf, budding and flowering plants. Any new plantings can be helped along along by feeding now, to get roots going and keep them green and strong through any cold snaps yet to come. Slow release fertiliser is a great idea now as well - sprinkle around established ornamental and newly planted trees and Shrubs, to be there ready when the plants need food as they awaken. Spread old Stable manure around the drip line of Hydrangeas and a dressing of Lime for pink flowers and Aluminium Sulphate for blue - White never changes, but are best planted in light shade - the flowers will tinge pink in the full sun. It is easy to control the colour of Hydrangeas in a pot. If the PH of your soil is high, blue Hydrangeas will always revert to pink - no matter how often you add Aluminium to the soil. If your PH is too high and you really want to grow blue Hydrangeas in large pots, use an acid tree and Shrub mix. The use of Coffee grinds, grass clippings or Pine needles spread around the drip line, can help to lower the PH of pink Hydrangeas in the garden to encourage shades of purple. I have found pulling rooted branches from the base of big old gnarly Hydrangea bushes, can become a new bush of a special variety.

Geranium cuttings from the hardened stems can be taken now - fresh grown Geraniums give amazing colour to a warm sunny garden for all of the growing season - and even into the Winter. Take short cuttings, semi hard wood, (not a new green stem) and let them dry out a little before planting - this means you don't have to deal with them straight away. Plant them firmly into a soil and river sand mix, (Potting mix is too light to get a tight seal around the cutting).

Lavender: Trim Dentata Lavender now, if you haven't already and it is looking untidy. Dentata is the tall growing one with the pale lavender Bumblebee flower and serrated leaf. They will recover quickly from a cut back, because they are budding up now - but leave trimming other Lavenders right back until it is warmer. Lavenders, Clematis and all Herbs, like sweetening up with a dressing of Lime now.

Lavatera, English Abutilon and Buddleia bushes, can be cut back now to encourage fresh new growth ready for Butterflies.

Roses: With Roses making a move to bud up, they will be needing food to draw on. Powdered Rose food needs watered in around the drip line - slow release fertiliser will work each time it rains. New seasons Trees and Roses are still available in Garden Centres and masses of Bedding plants on offer, now ground temperature warming up.

Vegetables: The vegetable garden enjoyed the last rain... it is so good not to have to worry about the Bugs during these colder months, when planting out leaf veg. Cold and frosty areas inland, can make a start now by adding some compost and a little Lime, in readiness for when you plant out later this month.

Fruit: Lets hope the dull overcast days are over by the time the Fruit trees blossom, so the Bees will come out and set to work pollinating . Keep an eye on Peach and Nectarine trees - if they are just at bud burst, it will be time to spray a Copper fungicide to prevent leaf curl. When they are in flower, it is too late to spray. Cheers, Linda

## Trees Need Trimmed?



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## Cheese Rolls Recipe

### INGREDIENTS

- 2 loaves – bread (sliced)
- 200 g – colby cheese (grated)
- 150 g – parmesan cheese (grated)
- 1 can – evaporated milk
- 1 cup – cream
- 1 sachet – onion soup
- 1 – onion (finely chopped)
- 2 teaspoons – mustard
- Spread or butter (for topping)



### STEPS

1. Mix cheese, evaporated milk, cream, soup mix, onion and mustard in a bowl.
2. Heat in the microwave for 4-6 minutes, stirring occasionally.
3. Put in the fridge to cool for a few minutes.
4. Spread cheese mix over one side of the sliced bread.
5. Roll each slice up into a spiral and place join-down on a baking tray.
6. Put spread the spread or butter on top of each cheese roll.
7. Toast in the oven for 15 minutes or until lightly browned.



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# North Otago Motor Group



HOLDEN

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## Motoring with Renee

Hi Renee here, Sales Manager for North Otago Motor Group. This weeks 4x4 is a 2013 Holden Colorado LT manual with real low k's, these days it is getting hard to find trucks that are manuals. If you're into 4WD driving, this Colorado already has all terrain tyres and a replacement bullbar to make this red truck look fashionable. Need to tow? It's already fitted... The wellside has a plastic deck liner. You can individualise this Colorado LT for you needs, like a canopy or a hard lid, from our friendly parts department. If it's a Holden you're after but not a wellside, come and check out our 2016 double-cab flatdeck 4x4 manual. Come in and check them out..! 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. See us any day including Saturday 9am-12, or call us to make an appointment outside working hours. Loads 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. It is Winter, so drive to the road conditions and have a great week. Follow me on facebook. [f renee millin - north otago motor group](#), Renee 0800660070.



Renee

## OAMARU + PHARMACY

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### Let's talk about the effects of Dry Indoor Air

Dry winter air sucks moisture out of the air, leaving your skin as dry and cracked as a salt flat and your sinuses as parched as the Sahara in summer. Dry air also contributes to that jarring static shock that practically propels you across the room every time you pet the cat. There's a reason why you get so sweaty in the summer, and it's not just from the heat. Warmer air holds more moisture than cooler air. In the winter, the cold air that seeps into your home from the outside has a lower humidity -- meaning that it carries very little moisture. You crank up the heat inside your house, which adds warmth but doesn't increase the amount of moisture in the air. Winter time humidity is so low, what little moisture that is around is quickly sucked up into the air. Moisture also evaporates from your body, leaving your skin, nose, and throat

parched.

Cold, dry air pulls moisture from your mouth and nose, leaving your nasal passages and your throat dry. Dry nostrils are more likely to crack and give you a nosebleed, because your nose needs gooey mucus to trap viruses and other icky invaders before they can get you sick, dry nostrils can also make you more vulnerable to colds and sinus infections, and the flu. That's especially a problem in winter, when bacteria and viruses can tend to linger longer in the dry air after someone coughs or sneezes. When you turn up the thermostat in your home, your heating system kicks up clouds of dust, pollen, and other allergens that can inflame your sinuses. Cold, dry air plus those allergens can also irritate your airways. For some people with asthma, cold and dry air can lead to a narrowing of breathing passages and trigger an attack.

Cold air sucks out skin's moisture, which is why young, smooth hands can look older in the winter months. Taking hot showers can worsen dry, itchy skin by removing the natural layer of oil that preserves and protects the skin's moisture. Your lips also take a beating in the winter. The cold wind outside, combined with the dry air inside can leave you with dry chapped lips.

Here are a few tips for putting the moisture back into your home, and your body:

Running a humidifier in your home will add moisture to dry, heated air. The moist air will help keep your skin, mouth and nose lubricated, and helps prevent those nasty static shocks. Your goal is to aim for a comfortable home humidity level of between 30% and 50%. Don't crank up the humidifier higher than that, though, or you could develop another problem mold, fungi, dust mites, and other tiny critters. Make sure to keep your humidifier clean so that it doesn't send dust and germs spewing into your house. Prevent the cold, dry air outside from paying you an unwelcome visit. Insulate your home so you don't have to turn up the heat. Close any air leaks in doors, windows, attics, and crawl spaces with caulk, spray foam, or weather stripping. Sealing off air leaks will also help you save money on your monthly heating bill, because you'll feel warm and cozy enough to turn down the thermostat a few notches. Keep your skin and mouth moist by drinking water throughout the day. Long, hot showers might feel great on frigid winter mornings, but the heat and steam can really dry out your skin. Turn the water temperature down to warm -- not hot -- and use a gentle soap. Get out as soon as you're clean, or under 15 minutes, whichever comes first. Rub a thick oil-based moisturizer onto your skin frequently each day, especially after you take a shower or bath. The oil in the product will lock moisture into your skin and keep it from drying out. Moisturizers come in different forms, but ointments will provide the most protection for dry skin. Make sure to apply moisturizing sunscreen with SPF 30 to exposed skin before going outside. Also apply a lip balm to protect against chapped lips. Help keep your nasal passage ways moist by using saline drops or spray drops or rubbing a moisturising ointment into each nostril gently with a cotton swab.

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

## Community Diary

### Wednesday 14th

**Cancer Society Support Group** Meeting at the Community House meeting room, 100 Thames St at 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** – meets 10am, St Lukes Hall, Wharfe Street, Newcomers very welcome. Ph 434 1136 or 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 15th

**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, \$3. [mainlymusic.org.nz](http://mainlymusic.org.nz)

**Migrant meet and share**, 10:30am at the Opera House. Ph Maria 021 066 5143.

### Friday 16th

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

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

**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 4346249.

### Saturday 17th

**Auction of Goods and Talents**, at St Luke's Hall. 3 Wharfe St. Doors open at 7pm. \$10.00 entry. Supper included. Many interesting items to bid for. A fundraiser for Anglican Family Care. Ph Gillian 434-0214.

**Dog competition at Vetlife**. \$5 online booking fee donated to Pound paws Rescue.

[www.jacknjill.co.nz](http://www.jacknjill.co.nz)

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

### Sunday 18th

**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 19th

**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.

**Waitaki Woodturners** meet 1pm at the Clubrooms, Oamaru Racecourse. **Tuesday we meet at 7pm.** Ph 439 5795 for enquires.

### Tuesday 20th

**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.

**Meadowbank Indoor Bowls Club**: 7 pm at the Indoor Bowls Centre. ph. 4370217.

**St Pauls Indoor Bowls** – 2pm, Ph 437 1294

**OCI Indoor Bowls**, 7pm. at club. Ph 4395240.

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

## Public Notices

**Auction of Goods and Talents** at St Luke's Hall. 3 Wharfe St. Doors open 7pm. \$10 entry. Many interesting items to bid for. A fundraiser for Anglican Family Care. Ph Gillian 434-0214.

**Fun open days: Free to All at Awamoa Croquet Club**. August 19th, 21st, 24th, 26th and 28th. Pop in anytime. Good for all ages and gender. Have fun - keep fit - Play Croquet.

**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. \$5 per session. Ph 021688034

**Oamaru Coffee Riders**, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627.

## AGM

**Oamaru Anglers Club**; 9th September 2019, 7pm Police Station, New members welcome.

**Oamaru Performing Arts Society**; Thursday 29th August 2019 at 7.30pm, Blind Foundation Hall

**North Otago Yacht & Powerboat Club inc** annual general meeting Tuesday 20th August 2019 in the clubrooms at 7.30pm

**North Otago Tree Planting Association Management Committee AGM** St Pauls Lounge 7-30pm Friday 30th August. Supper to follow. Rob Douglas Secretary 4394004.

## 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.

**Get your garden ready for Spring with Pig Manure**. Fundraiser for the North Otago Primary School Boys South Island Cricket Tournament. \$5 per 20kg size bag. Free Delivery for 10+bags within town boundary. Collection/Delivery Sunday 22nd September 10am to 12pm from Weston School Car Park. Enquires to 027 473 0551.

**Oamaru Steam & Rail** - Small trailer load Firewood Railway Sleepers. \$50 Harry Phone 027 277 4678.

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## Wanted

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

**Classified Advert,  
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The Telegram - 146 Thames St, Oamaru.

Ph. 434 9651, [telegram@oamaru.net.nz](mailto:telegram@oamaru.net.nz)

# Handy Phone Listings - [www.oamaru.net.nz](http://www.oamaru.net.nz)

## Auto Electrical/Mechanical

- ▶ N.O. Mobile Mechanical 022 1050209  
..... Auto Electrical & Mechanical repairs

## Bricklaying

- ▶ Doran Brick 'n' Block .....027 516 5675  
.....437 0415

## Building & Construction

- ▶ We Decorate Concrete 027 436 9209  
.....ugly & manky into Slick and Swanky
- ▶ David Ovens Building Contractor Ltd  
.....Licensed B/P.....027 481 9424
- ▶ Doran Brick 'n' Block .....027 516 5675  
.....437 0415
- ▶ Handyman Al's Maintenance &  
Repairs, qualified joiner.....027 221 1069
- ▶ MGM Handyman Services,  
Your professional handyman 022 3106294
- ▶ Wayne Nuttall Builders..... 437 2513  
.....027 434 3409

## Carpet & Vinyl layer

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- ▶ Flooring Specialist ... free measure and  
quote in Oamaru township ..... 021 727 498

## Chiropractor

- ▶ Ron Sim Chiropractor.....434 8784  
.....23 Eden St, Oamaru

## Clairvoyant/Life coach

- ▶ Rosina (Rose) Stewart .....021 126 3329

## Cleaning

- ▶ A1 Spic n' Span.....434 5534  
Almost ALL Cleaning .....027 737 8423
- ▶ Oamaru Chimney Sweep.....434 8025  
.....027 436 1315
- ▶ Hoppys Cleaning Service ...0277818682  
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- ▶ Waterblasting ..... 022 623 3181  
Spence Middlemass

## Contracting

- ▶ Lifestyle Block Contracting..0276324264  
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## Counselling

- ▶ AYR St - Counselling .....027 6861849  
Kaye Mattingley...Dip.Grad.S.Sc.Otago.NZRSW.MANZASW

## Craniosacral Therapy

- ▶ Jacqueline Scott, CST 021 907 346  
[www.jacquelinescott.com](http://www.jacquelinescott.com)

## Dental

- ▶ Oamaru Denture Clinic .....434 7560  
Reg Clinical Dental Technician, 4/6 Coquet St

## Dressmakers

- ▶ Alterations, repairs & sewing..434 7793  
.....027 284 9994
- ▶ Robinson Gray .....021 173 6161  
.....Tailored clothing & alteration

## Driver Lessons

- ▶ XTO Driver training Ltd ..027 262 2031  
.....Driving Instructor/Driving Lessons

## DVD and CD

- ▶ Oamaru Public Library.....433 0850  
.....cleaning service (resurface), \$5 per disc

## Education

- ▶ Ara Institute of Canterbury..039406151  
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.....027 522 1012
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.....repairs.....434 6810

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- ▶ Dunbars Insulation .....027 789 8788  
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- ▶ Tracey Vickers Design ..... 027 5420 215  
Upholstery and Furnishings .....03 439 5370

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## Joinery

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- ▶ Rycole Joinery Custom designed kitchens  
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.....027 437 4367
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- ▶ Cunningham Plumbing, Oamaru  
.....Plumbing & Drainlaying.....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  
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- ▶ Oamaru - Dunedin/Hospital Shuttle  
.....Door to door service.....434 7744
- ▶ Smash Palace.....433 1444  
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