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26th November 2019

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Issue 469

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The Oamaru Telegrams best service award for local Oamaru businesses is still going very well with loads of responses.. This is the last week to show your appreciation and to support the Oamaru businesses that have given you **Great Service**. Don't forget to drop in your entry forms to Oamaru Print and Copy Ltd, 146 Thames St before Friday 29th. A reminder it is the Santa Parade this weekend - Starts Saturday 11am...

Enjoy your week, *regards The Telegram.*

3 Otepopo St, Herbert Rd 21330516



Tender closes 28th Nov, no prior offers

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Still so much change in the weather - but never as dramatic here in North Otago as elsewhere and those showers are fantastic for gardens and crops...

I am like all Gardeners weeding, weeding!! - and cutting back heaps of stuff that has finished flowering, **Dahlias** are pushing out new growth fast now - they need to

be positioned in full sun and at least 10 cm of soil cover above tubers. If Dahlias remain in the ground through Winter, tubers tend to lose soil, soil / mulch cover, so if needed, top up over tubers now before full growth.

Daisies bushes: Prune where needed to encourage Summer flowering, and prune Spring-flowering Shrubs as well now if they are taking up too much room in the spot they are planted. Take back to past growth now, before seed is set and new growth hardens.

Summer bedding Annuals: will thrive if planted now in the warm soil - pots and hanging baskets. Petunias, Lobelia, Nemesia, Nasturtium, Salvia, Marigolds and many more to choose from in Retail outlets now.

Geraniums are now available. Plant in a sunny, dry spot and dead - head often to keep them flowering. Fuchsias are also available for planting now - they prefer semi-shaded areas and along with Hydrangeas, take over from the Spring flowering of Rhododendrons, Camellias and Azaleas.

Tuberous Begonias: Those who store tubers over Winter, will be checking to see if shoots are starting. If new to tuberous Begonias, choose a well-drained site that is protected from wind in a semi shaded spot. Early morning and late afternoon sun is ok. Plant tubers with soil just barely covering them at 20-30cm apart, with the indented side facing up and water well. Roots and sprouts will form in a few weeks. Keep watered enough to keep the soil around the plants very slightly damp - never enough for it to be soggy. Avoid watering on top of the plants, encouraging mildew. At the first sign of a white patch on any of the leaves, apply a fungicide. Feed Begonias with a well-balanced (fish based) plant food every 2 to 3 weeks. Begonias have male and female flowers on the same plant, with the former containing stamen and the latter an ovary or seed sack. To encourage bigger blooms, female flowers are picked off and the prettier male ones left to flourish.

My Buxus hedging is still too soft to be trimmed. When you can bend new growth and it snaps cleanly, then it will trim cleanly - if too soft, the hedge will still be growing and you will not get a sharp cut.

Lawns: Have some lawn fertiliser on hand for the next rain (which never seems far away this month), encouraging strong roots to withstand the hot months ahead.

Vegetables: Changeable weather is affecting Tomatoes - they literally turn bluish in colour when affected by a cold snap, but soon recover once the heat returns. Best not to water late in the day while the days are swinging from hot to cold. The odd chill keeps leaf veg from bolting to seed, so it's not all bad.

Fruit: All fruit seems to be doing well, even though the weather has been so changeable - nutrients and moisture are the important elements while fruit is forming. Berries and Plums mature first and birds have it all worked out! Berry bushes and Strawberries will need a net covering to keep them off - some use old net curtains.

Cheers, Linda.



INTERNATIONAL CHRISTMAS DINNER



Saturday 7th December 2019 at 6pm

Pembroke School Hall, Raglan Street, Oamaru
Music, Entertainment, Games and Food from
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Please bring a plate of food to Share



More info: Sandra 027 7789 753

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Join us for an International Christmas Dinner



Christmas in New Zealand is more about sun, sand and barbecues in the backyard. The beautiful Pohutakawa tree is regarded as New Zealand's iconic Christmas tree.

A festive season – a beautiful time of reflections, joy and reunions of family and friends. Christmas has its customs, traditions and food that people around the world embrace and celebrate in their own way.

Join the Waitaki Multicultural Council for an International Christmas Dinner on Saturday 7th December at 6pm, Pembroke School Hall, Raglan Street, Oamaru. Music, entertainment, games, and food from around the world. Please bring a plate of food to share and join us in the celebrations.

More Info: Sandra 0277789753

Could this be your New Year's resolution?

The North Otago Citizens Advice Bureau is looking for people who would be prepared to train as volunteers and join our team. If you think this could interest you come and talk to us. We are open Monday to Friday, from 10am to 3pm in Community House in Thames Street, or ring us on 434-9743. We would love to hear from you.

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Price Buyer Enquiry over \$499,000
Viewing By appointment
Contact Richard 0212285260

Viewing by appointment

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- ☐ **Knowledge** of the employees and politeness of the employees.
- ☐ **Empathy** to what extent the employees care and give individual attention.
- ☐ **Responsiveness** how the employees are to offer a speedy service & how they deal with issues that arise.

Suggestions - Where can they improve?

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RealFood - Plum Pudding

1 cup each raw apple, carrot & potato, 8 oz butter, ½ cup brown sugar, ½ cup white sugar, 1 cup flour, 1 teaspoon baking soda dissolved in ½ cup hot milk, pinch of salt

Dried fruit – as much as you like

1 teaspoon each cinnamon, mixed spice & ½ teaspoon nutmeg
¼ teaspoon lemon essence.

Cream butter & sugar. Add dry ingredients then apple, carrot and potato. Then the baking soda and milk.

Steam for 3 hours.



Will the crowd match Oamaru's population again this Saturday for a glimpse of Santa Claus?

"Christmas is a special time of year and the Santa Parade brings the whole community together, giving an opportunity for different groups to showcase how they contribute to this amazing town.

We are proud to be Principle Sponsor, and we also appreciate the parade supports RMHC which is a wonderful charity providing facilities used by the families of this town when they have sick children receiving treatment away from home." Sherilyn Morton, Franchisee McDonalds, Oamaru.

"Whitestone Contracting are proud to give back to our community & once again delighted to be a Major sponsor of the Waitaki District Santa Parade." Whitestone Contracting Ltd

"Oamaru licensing trust, Your Trust, Your Community proud to support the Amazing Community event." Oamaru Licensing Trust

"The Oamaru Telegram is proud to be supporting this years Santa Parade." Oamaru print and copy ltd.

"It's takes months to prepare and organise this fantastic community event, a celebration of Waitaki. The team of 17 business and volunteer people young and old have worked hard to again put on a Show that will delight all ages! Starting with a BANG! We will see you all in Thames st 11am This Sat the 30th Nov and a massive thank you to all the sponsors without whom this would not be possible" Anton Roswell parade organiser.

"It's a community parade; it's a celebration of the entire Waitaki community".

It not too late to put a float in the parade call 0800 233 576 or email anton@thebigo.co.nz



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BLACK



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WEEKEND 29TH, 30TH & 1ST



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SANTA PARADE

11am

SATURDAY 30th November



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Ronald McDonald Paw Patrol
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Breakfast with Torque

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1 December from 9:00am to 11:00am \$18.00pp.



Whitestone Music Club

1 December from 1:30pm until 4.30pm.

Come join us for our final club day. Everyone welcome.



Buffet and Band (the Groove)

on Saturday the 14th of December
and Saturday 21st of December

with the Buffet being served at 6:00pm.

Band starting at 8:00pm. Buffet \$40.00pp

Family Christmas Luncheon

We have a few seats left for this event.

25 December. \$60.00pp – luncheon served at 1:00pm.



New Years Eve

Our own special Country Band playing.
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New Years Day

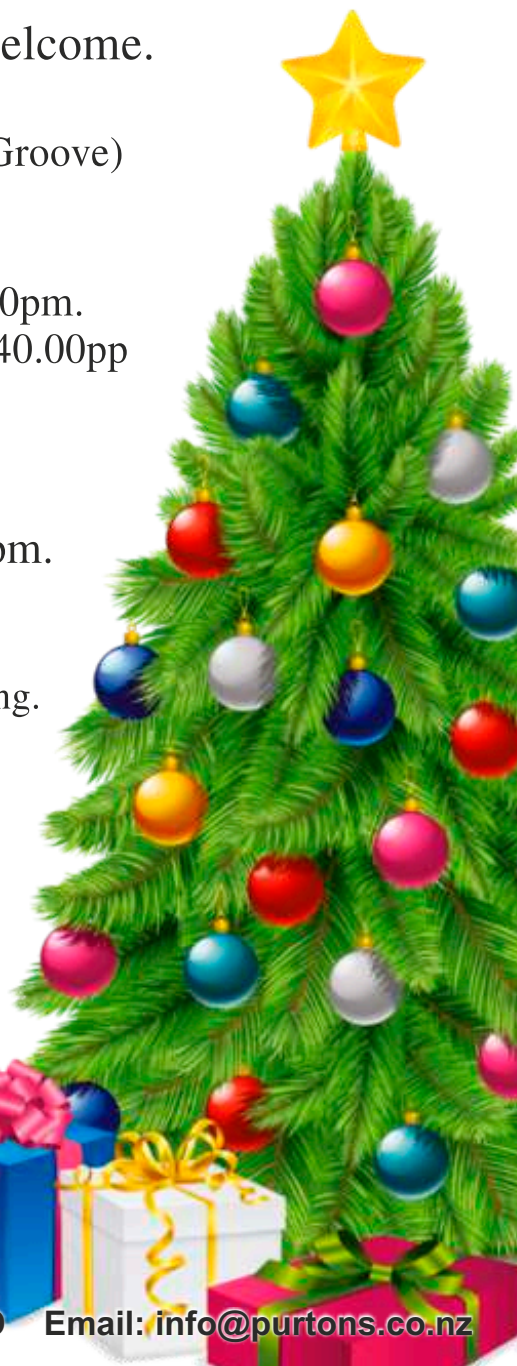
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CAR OF THE WEEK

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

Edwin Land was a super inventor who set up a company named after a type of sun protector, Polarisation. He named his company Polaroid. From the success of his polarizing sun glasses, he moved onto inventing a Camera that would develop it's own pictures thus freeing the amateur photographer from relying on others to produce their photos. This invention was an instant success and in the following decades, his company developed and refined family friendly cameras. In 1963 he introduced the Polaroid Land Automatic 100 camera for the market for the cost of \$165US or \$1367US in today's value. This camera was huge in it's day and a valuable reminder of the progress made since. If you have ever wanted a collector's piece of memorability, check out the Waitaki Trading Co.

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Motoring with Renee

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Renee

([f renee millin - north otago motor group](https://www.facebook.com/renee.millin.north.otago.motor.group)), Renee 0800660070.

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Reduce Holiday Stress

Make a to-do list.

And check it twice too. That's what the pros like Santa do. Maybe you have a mental list of everything you need to do and when you need to do it. But it helps to have a written list or calendar to see the big picture. If your shopping needs to be done by a certain date, write that down. If your neighbors have a yearly bash on the second Saturday of December, write that down.

The point of this is to see everything in one place so you can get an idea of what's happening and when. Don't like how it's looking? Reorganize your calendar and your to-do list to reflect the Christmas you want to have this year.

Avoid too many commitments.

Most likely, your December schedule is sure to include party invitations out the chimney. But you don't have to do everything on your calendar. You are in control! Remember, you can't be everywhere at the same time. You can only attend so many family dinners, drive so far, and give so much. Just like your money, you have limits with your time.

Be honest and reasonable about what you can handle, and speak up if it's too much to juggle. Instead of going to five Christmas gatherings, pick one or two. You don't want to burn out before Christmas Day even gets here! Prioritize your family's time and only commit to what you want to do. It's all about quality, not quantity.

Don't let too many commitments throw your daily routine out of whack. Stick to your rituals and try to keep as much of your normal routine in place as you can during the scattered schedule of the Christmas season. If your average day starts with getting up, pouring yourself a cup of coffee, and reading the newspaper, don't skip that. Having some normalcy can help keep you calm and focused on the day ahead. Plus, it's a great way to stay level-headed . . . especially if your house is filled to the brim with guests for the holidays.

Don't wait until the last minute.

Delaying something until the last minute is rarely a good idea. Christmas shopping is the perfect example of that! A lot of people wait until halfway through December and then dash to the malls in a panic to buy gifts. But the good news is, you're starting early! Aren't you feeling more relaxed already? You probably just added five years to your life!

Trying to do all your Christmas shopping or cooking in one weekend can push you over the edge. Instead, keep it simple! It might be easier to shop for one or two people on your list each day. The idea here is to have fun buying gifts for others and not make it feel like a chore.

Make a Christmas bucket list and fill it with fun and festive things to do throughout the season. That way, you're making Nana's Christmas cookie recipe at the beginning of the month instead of trying to cram it in on Christmas Eve. You can even freeze cookie dough ahead of time and pull it out when you're ready to bake. Spacing things out during the season can help you stay in the Christmas spirit and keep the holiday stress low!

Make a Christmas budget.

We're reminding you to do your Christmas budget, again. So have you done it yet? Take some time to think about all your Christmas expenses and decide exactly how much you will spend.

Make a plan and don't blow it! Avoid all the impulse spending, and when you max out your budget, that's it. You're done. Be sure to include all the parties you want to go to and the cost of gifts, food and decorations. Despite all of the holiday hoopla, stick to your plan no matter what! If you haven't done your budget yet, what are you waiting for? Get our free budgeting tool, EveryDollar! It can help you stay on track to meet your goals this Christmas.

OAMARU + PHARMACY

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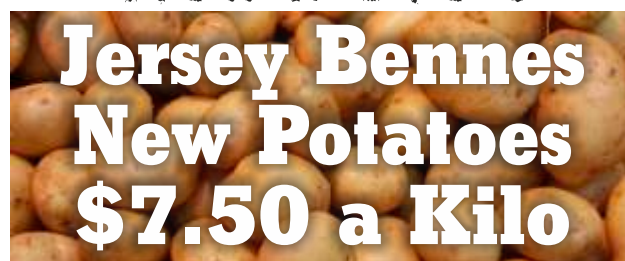
Let's talk about Ways to Take Charge of Your Heart Health

Here are some useful tips to embark on a heart-healthy lifestyle to fight heart disease. Schedule a Yearly Checkup, your heart is in your hands. Each year on your birthday, schedule a checkup to have your blood pressure, cholesterol and glucose levels checked, and ask your doctor to help you reach or maintain a healthy weight. Be sure to follow your healthcare professional's recommendations, including taking prescribed medications as directed. Get Physical, step, march or jog in place for at least 15 minutes a day while watching your favourite TV shows. Increase your activity by five minutes each week until you're getting a minimum of 30 minutes most days of the week. Drink More Water, take a water bottle with you wherever you go. It'll keep you hydrated and the bottle's weight will strengthen your arms. Eat Healthy, keep packages of unhealthy food hidden. Put raw veggies and fruits in front in the refrigerator and healthy snacks in the front of the pantry, so that's what you see first. If you grab healthy foods for a minimum of 21 times, healthy choices will become a habit. Control Cholesterol. Eating foods high in saturated fat, trans fat or cholesterol can lead to high blood cholesterol. To help keep your cholesterol levels down, eat foods low in saturated fat and trans fat, such as lean chicken or turkey (roasted or baked, with skin removed), fruits and veggies, low-fat or fat-free dairy products and whole grains. Cut Down on Salt to help lower high blood pressure, watch your salt intake. It may be disguised in food labels as sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG), or sodium citrate. Quit Smoking, full stop. Maintain a Healthy Weight, excess weight increases your risk of heart disease, stroke and diabetes. To achieve steady, painless weight loss, take it easy. Each day, if you eat 200-300 calories less than you would normally consume, and exercise at least 30 minutes on most or all days of the week, you'll get closer to your goal and be able to achieve weight loss that's steady and painless. Stay Positive If you get off your exercise schedule, have a cigarette, or eat a fattening meal, immediately get back on track toward re-establishing a healthy lifestyle. Give Yourself Credit, to maintain momentum with exercising, losing weight, or quitting smoking, keep track of your achievements and reward yourself by doing something you enjoy.

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Community Diary

Wednesday 27th

Excelsior Petanque Club day, 1pm.
All Welcome Ph. 437 2557 or 437 1590.

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

North Otago Embroiderers' Guild; Annual General Meeting, 10am St Lukes Hall, Wharfe Street, Oamaru. Ph. Secretary 434 7339

Thursday 28th

North Otago Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe Street. Enquiries Ph 437 2673.

Oamaru Library; Ruth Entwistle Low will talk about her research into writing her latest book: "The Shearers."

Friday 29th

AA Meeting, Orwell St Chapel, 12noon, Ph. 0277 227818.

Craft and Treasure Market, Twilight Market 5-8pm & 30th Nov 10-2pm Scottish Hall, 10 Tyne St. Mailbox for letters to Santa. Ph Lisa 0277069902 or Wendy 021515205

Meadowbank Bowling Club, 14 Conway Street, Social bowls, names in by 2pm bowlers and non bowlers welcome. Ph 434 7196.

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

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

2019 Rose Show; at the Blind Foundation, Hall Steward St, 1pm - 6pm, and Sat 30th Nov 10-4pm Everybody Welcome.

Summer Indoor Bowls at 7 pm at the N.O. Indoor Bowls Centre, Centennial Park. All players and non players welcome. Ph. 437 1704

Saturday 30th

Santa Parade 11am Thames Street.

Nicol's Blacksmith Shop, Duntroon. Open with Blacksmiths working Saturday and Sunday 10am-3pm, beginner courses available, booking essential. judithwaterston@gmail.com or find us on Facebook - Nicol's blacksmith, for regular updates.

Sunday 1st December

AA Meeting, Orwell St Chapel, 6pm, Ph. 0277 227818 or 437 2337.

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 2nd

Happy Scoundrels Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. Gary ph 434 1463.

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

Tuesday 3rd

AA Meeting, Orwell St Chapel, 7:30pm, Ph. 0277 227818 or 437 2928.

Age Concern Gentle Exercise Programme, \$3 per person. Ph. 434 7008.

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

Public Notices

A Twilight "Forget-me-not" Service: Celebrating Life, Love and Memories; For past and present caregivers of those with memory loss & all who wish to commemorate the loss of loved ones. 7pm Weston Church, Tuesday 10th December 2019, There will be opportunity for reflection and remembrance and to light a candle for your loved one. Supper Provided. If you need transport, contact Colin Murray 434 3452 and leave a message. We extend a warm welcome to anyone who may wish to attend.

Putiputi Rau Peony Gardens & Nursery; NOW OPEN from 10:30 - come & enjoy the blooms, 37 Bluff Hill Road, Waianakarua. Ph 021 766 486.

For Sale

Large Chest Freezer \$50 Ph. 434 5514

Morrison 4 Olympic 500 Reel mower "Honda Motor" good condition \$250 Ph. 4348576.

PRIVATE SALE: 4brm 3 baths, House. 2 Cambridge Pl, Oamaru. More info on Trademe or contact Robert 027 547 6305

Refrigerated Shipping Container Ph. 027 434 6530

Lost and Found

Lost Panasonic Lumix Digital Camera + case. Itchen St, area - \$50 reward, ph. 434 8960.

Garage Sale

Household, Pot planters - more contributors to previous days 8:30am, 1st December.

Sunday 30th November Cherwell St, 9-1pm

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

N O Piping & Dancing Xmas Raffle; 1st CA Kingan, 2nd Payne, 3rd Albie.



Missing Cat

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Advertising space is limited

Please remember to book your advertising in advance. Our deadline is Wednesday night the week before publication.

Totara Teatime Special

With Sir Ralph Sherwood on the pianoforte
And a trolley full of cakes!

Sunday December 8th

12 p.m. - 4 p.m.

STATE HIGHWAY 1, 8 KM SOUTH OF OAMARU

~ Up the long driveway ~

For bookings:

Phone 03 433 1269

f Totara Estate

Email totaraestate@heritage.org.nz

Next event 12 January 2019

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BANGKOKRECIPE.CO.NZ
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BANGKOK recipe

Victorian Christmas Special

Totara Estate

Carol singing, poetry, and fine festive food

Sunday 15th December 2019

2 p.m. 'til 4 p.m.

STATE HIGHWAY 1, 8KM SOUTH OF OAMARU

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Phone 03 433 1269 Email totaraestate@heritage.org.nz



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.....027 434 3409

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► Dion.....0223924852
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► Flooring Specialist ... free measure and
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Robert Brydges179 Thames St
► Ron Sim Chiropractor.....434 8784
.....23 Eden St, Oamaru

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www.jacquelinescott.com

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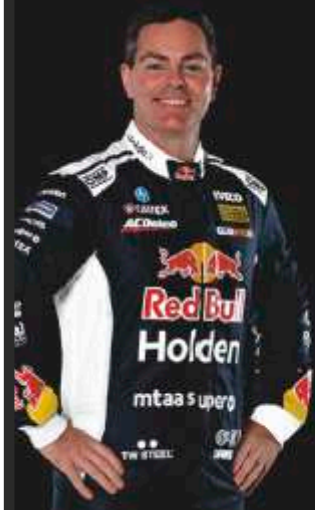
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