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28th January 2020

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Issue 475

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School starts again next week - so take the opportunity this week and get your children into the garden pulling weeds. Enjoy your week, *regards The Telegram.*

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FOR ALL YOUR GARDEN & LANDSCAPE SUPPLIES
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More lovely Summer days last week - there are parts in our garden that are really tired now, particularly the long boarders. Cut back border and rockery perennials as they finish flowering then top dress with compost and some blood & bone to give all a boost. To get superior blooms on Gerberas, Dahlias, Delphiniums and Chrysanthemums

deadhead and give fortnightly feeds of liquid fertiliser. Remove excess buds from large flowering Chrysanthemums - they will be putting on a show soon. I would dearly love to shift shrubs, but I know they would suffer by being shifted at this time of the year even if the water was kept up to them. Best to wait until the end of Autumn when sap is declining. However if you have no option and have to shift trees and shrubs, it would not be so traumatic if they were first wrenched to cushion from the shock. Wrenching is when one half of the roots are dug around and lifted, then compost is added under and around cut roots for new feeder roots to grow into. It is important to keep the water up once roots have been cut or disturbed. A tree or shrub will survive with being fed from the remaining untouched roots, while at the same time the other half is making new roots into the compost in readiness for a shift later. Wrenched trees and shrubs have a much higher transplant success rate than trees and shrubs that are lifted in one go and transplanted. Wrench now and transplant in Winter when plants are dormant.

Seed gathering: Hot days are ripening seeds on Foxgloves, Poppies, Dianthus, Lupin, Marigold, Sweet pea, Lavender, Snapdragon & Hollyhock. Two young Grandies and I collected and planted Poppie, Hollyhock, Lupin and Marigold into trays and stored the rest in paper bags in a dry place (where mice cannot get at them). They will be sown at the end of Winter.

Watering is a priority now, but it is best not to water in the heat of the day - wait until the day cools and your plants will absorb and retain the moisture. Mulching is also beneficial right now, but always apply mulch to ground that has been well soaked, then forget about watering for a while because the mulch will keep that moisture in the ground. I am sure many people will be on the look out for bales of new seasons pea straw soon, I look forward to passing on contacts should I be given any. If piling garden waste in a stock field, be mindful of what will be available to stock. There are a number of common plants that can poison animals and Children : Arum lilies, Calico bush, Daphne, English Yew, Foxglove, Hemlock, Holly berries, Iris, Ivy, Kowhai (especially seeds) Laburnum, Lily of the valley, Ngaio, Night shade, Privet, Rhododendron, Rhubarb (leaves) Spindle berry, Potato (green berries & green tubers)

Lawns: Lawn weeds I sprayed last week are wilting - even the Hydrocotyle which I thought was not going to succumb to the spray. I am ready with grass grub granules to shake on during next significant rain. I can see where the grubs are eating away at the roots of grass - mostly in the ground at the foot of trees. The night beetles (Grass grub turn into these beetles) strip leaves from.

Veg & Fruit Keep the water up to Corn and Pumpkins to ensure a juicy crop - they both need a long ripening season. Dig out old spent Strawberry plants that have finished cropping and discard. Plants that are being kept for another season, should have runners cut off now to preserve the strength of the main clumps. Transplant strong runners and keep the water up to them until they make roots. Grapes are filling out now and birds will be waiting, but can be kept out with nets - put them on early. *Cheers, Linda.*



Paul & the team are now at
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Let's talk about Back-to-School

Immune Boosting Tips for Kids' Health

It's so much easier to prevent illness than spend time on visits to the doctor's office and go through endless rounds of medicines. While a lot of kids don't need much more than whole foods, play, and love to be healthy all year, some kids are prone to colds, sore throats and strep, coughs, ear infections, sinus infections, and flu, making their autumn and winter — and yours, a lot tougher than it has to be. It can sometimes even be downright miserable with missed school, missed special events, and missed work for you. Also, feeling sick is a bummer for your kids, and it's stressful as a parent whenever our kids don't feel well. If your child happens to be one of those who get sick more often than you'd like, or if you just want to do some immune boosting, here are the Top 7 top recommendations for kids. Immune boosting doesn't just happen overnight, so you can start doing these things now, and then safely continue throughout cold and flu season (autumn into late winter/early spring), to boost optimal immunity, ward off illness, and keep your child healthy all year.

1. Tweak the diet Here are the dietary changes that can keep your kids healthy all fall and winter, at any age, by removing the foods that block immunity, and upping the game on those that boost immunity: Eliminate most sugar, and all fruit juice (homemade veggie juice with some fruit is okay a few times per week) and all soda. Increase leafy green veggies (kale, broccoli, cauliflower, collard greens) and fresh or frozen berries (organic blueberries, organic strawberries), and make sure your child is getting 2 servings of veggies or fresh fruit at each meal. Make sure your child is getting high quality protein (beans, lean meats, fish, poultry) and high quality fats (olive oil, coconut oil, avocado) at each meal.

2. Give Zinc daily Zinc is an immune boosting mineral found in oysters, beef, and lamb, and to a lesser degree in pumpkin seeds, cashews, and beans. Taken daily for up to 5 months, zinc reduces the likelihood of viral infections, especially colds, absences from school, and antibiotic use in kids. It can easily be given as a flavoured lozenge to older kids; for younger children try a liquid, chewable tablets or gummies, always following the recommended dosage for the age. A children's or teen's multivitamin with zinc, vitamin C and vitamin D may contain all that your child needs, so check the label before adding extra. If is not enough then consider supplementing to meet these amounts.

3. Give Vitamin C daily, A review by the Cochrane Collaboration, a major medical data review group, showed a 13% decrease in cold symptoms in children who took one gram (1000 mg) of vitamin C daily for prevention. The form and dose are "buffered ascorbic acid," 250-500 milligrams 3 times a day, given with meals.

4. Give a Probiotic daily During the winter it has been shown to reduce daycare absences because of fewer colds, they reduce the incidence of fever, cough, runny nose, and the use of antibiotics. Look for a brand that is in a powder or liquid form for younger children so you can disguise it in a smoothie, yogurt, or apple sauce.

5. Give Vitamin D3 daily Vitamin D can help support the immune system and is important for overall health. We tend to get less of it in the winter because we're indoors so much more, and the sun is a major source, so we recommend supplementing early.

6. Use a Saline Rinse twice weekly Using a nasal saline rinse has been shown to reduce respiratory infections in kids significantly.

7. Give Gentle Herbal Remedies: Echinacea has been shown to support the immune system, prevent the frequency of upper respiratory infections and bronchitis, and also prevent secondary infections, so preventing infections from turning into more entrenched bacterial infections. Another herbal medicine called Andrographis has also been shown to boost immunity and reduce the frequency of upper respiratory infections, and also help to shorten their duration when they do happen.

Come in and see the team at Oamaru Pharmacy to make sure your back-to-school checklist is complete, we are always here for you with professional friendly advice.



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*Your pharmacist will advise you whether this preparation is suitable for your condition. ** Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Weight management products should be used with a balanced diet and exercise. The pharmacist reserves the right not to supply when contrary to our professional and ethical obligation. Retail quantities only. Limits Apply. Not all products or promotions featured are available online. All products subject to Manufacturers Availability. We reserve the right to correct printing errors.

SALE STARTS: 28 January 2020. SALE ENDS: 4 February 2020.

4 Most Trusted Advertising Mediums

TV:

Consumers believe television advertising is the most trustworthy, making it the most trusted advertising medium.

Out of Home:

OOH - like billboards, bus wraps, shopping signs, and digital screens in checkout lines are the second most trusted advertising medium. This is becoming increasingly more digital. For billboards, you can buy traditional or digital boards, and each has its own benefits. If you're looking to place a long-term billboard, traditional is great because they're typically left up for long periods of time.

Print:

Print is considered the third most-trusted advertising media. Newspaper ads are considered more appropriate for older readers (40 and up). Print ads (such as newspapers and magazines) are great for longer-term ads because this medium has a longer shelf-life than most. More trusted than online ads, print ads showcase real products and companies without the suspicion that one might be clicking spam or an ad that may give them a virus.

Online:

Online advertising is a completely different beast, being the third it's somewhat puzzling that most don't believe it to be a trustworthy advertising medium with false information.



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YOGA

Classes for Term One 2020

Begin from the 4th of February

Tutor: Margaret Mitchell

Tuesday evening 5:45pm - 7:00pm -

Full term (10 weeks) or casual fees

Above classes \$80.00 term fee (\$10.00 casual)

All classes at St. John's rooms in Exe Street.

Register with Margaret: 027 534 1951

Email: margs1979@hotmail.com



The Bushfire Lions clubs collection

There are collection containers at all cafes, all pharmacies, and bakeries, as well as Star and Garter, Brydone, Fat Sally's, Hampden Tavern, Oamaru Club, Health 2000, Paper Plus, Golden Fox, Smart Buy and many others. Thanks for your donation as every little bit helps.

Strawberry Rhubarb Pie

Ingredients

3 cups (500g) sliced strawberries

3 cups (370g) sliced rhubarb

1 1/2 cups (300g) white sugar

1/4 cup (35g) tapioca flour

1 squeeze fresh lemon juice

1 recipe pastry for a 23cm pie

40g butter, cut into small pieces

Directions

Preheat oven to 200 degrees C. Place a pie dish onto a baking tray.

Mix the strawberries, rhubarb, sugar, tapioca and lemon juice in a bowl then let stand for 15 minutes, stirring occasionally. Fit a pastry case into a 23cm pie pan; pour the filling into the bottom pastry. Scatter pieces of butter over the filling, and place the top pastry onto the pie. Press the edges together and crimp with a fork to seal. Cut several slits into the top with a sharp knife.

Bake in the preheated oven until the pastry is golden brown and the filling is bubbling, 40 to 55 minutes.



Classified Section

Advertising Rates

AGM - Notices

\$13.50 for 2 weeks

4Sale & Services- Notices

\$13.50 plus \$4 for every line over 3 lines.

Community Diary entries and public notices

\$13.50 plus \$4 for every line over 3 lines.

Advertising space is limited

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

Community Diary

Wednesday 29th

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

Friday 31th

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

Summer Indoor Bowls; 7 p.m. at Centennial Park, all welcome ph. Denise 4371704 or Cliff 4371999

Meadowbank Bowling Club; Bowlers & non-bowlers welcome. 14 Conway St Social bowls from 2pm. Ph Mary 4347196

Saturday 1st February

Nicol's Blacksmith Shop, Duntroon. Open with Blacksmiths working Sat/Sun 10am-3pm, courses available, booking essential. Find us on Facebook.

Sunday 2nd

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

Monday 3rd

Happy Scoundrels Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. Ph. 4341463

Waitaki Woodturners; meet 1pm clubrooms Oamaru Race Course & Tuesday 7pm. 439 5795.

Tuesday 4th

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

Exercise Programme for over 60's Orwell St Chapel Hall, at 1:30pm ph. 4347008

Waitaki Woodturners; meet at 1 pm at our clubrooms – Oamaru Race Course & Tuesday evening at 7 pm. Ph 439 5795.

AGM Notices

Waitaki Woodturners Guild AGM on Mon 3rd Feb in the clubrooms at Oamaru Race Course 7pm.

Wanted

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

Classes and workshops

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

Free

Philips 'Real Flat TV 29P5026' + Sat Box. Ph. 434 2293, John you collect.

Garage Sales

Sat 1st Feb; outside Glenavy Hall 10-1pm. House Stuff, American Leather jackets, gold curtains, clean & useful. See the Gypsy Bus.

Raffle Results

Pasifika Safe Shelter Trust; PSST 2019 Christmas Hamper Raffle, drawn under Police supervision 18/12/2019 and prizes delivered before Christmas. 1st #1400 - N. Helliwell, 2nd #1080 - B. Reid, 3rd #1236 J Wilson, 4th #1837 H. Harvey. Thank you to all that have support us.

Services

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

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