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Oamaru The Telegram

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10th December 2019

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Issue 471

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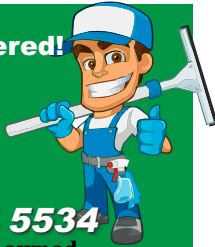
Hi ! A reminder to retailers and service providers If you would like to publish your Christmas hours, you will need these into us by Thursday for the last issue of the year, due out at noon on the 12th December - but be quick - space is limited. Like last year, the Telegram will not be published over the Christmas break, and our office will be open again on the first Monday of the New Year.

We also have empty A3 paper boxes for free - which would be great for packaging your Christmas presents.
Enjoy your week, *regards The Telegram.*



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Wow! - The last month of the year already... If you are playing catch up before the Christmas break, you can be assured gardens just keep on doing what they are supposed to - regardless of weather conditions or people intervention, judging by the endless cutting back! It is disposing of everything that creates a problem for most. However at this time

of the year, the cut back growth is soft and with the help of daily heat, will break down in heaps or on the compost - so pile it up and leave until all moisture has gone and this will drastically reduce the green waste. Gaps left can be built up with fresh compost and planted out in Summer annuals.

Catmint edging can be cut right back now - it will grow back and flower again. If left, clumps will make seed and collapse and flatten.

English Lavender will need cutting back now and is worth bunching and hanging once stems have firmed. Dried Lavender will continue to give off that lovely fresh Lavender fragrance, right through until it flowers again next Summer if kept inside. Rhododendrons finished flowering need spent flowers removed before they make seed - impossible to do on very large bushes, but beneficial to smaller bushes as you want them to put growth into the bush- not seeds. There is a point on a spent Rhododendron flower when bent, will break cleanly without damaging new growth.

Roses: Keep moisture up to Roses and dead- head to encourage new buds. Remove and destroy leaves showing rust or black spot. Lillies also need moisture to be kept up, as the winds we are now experiencing continue to dry out soil continuously. Lillies prefer roots moist, but like most bulbs will rot if water logged.

Hedge trimming is on going here. Trim hedges if you feel they have put out all the Spring growth they are going to. Ivy that has romped away, can be trimmed right back now before it sets flowers. My Buxus (box hedges) are still a little soft to trim - as soon as stalks snap cleanly when bent, I will get the hedge trimmer to them.

Herbs are beginning to flower so if cut and bunched now, you will prevent them from running to seed and going woody. Herbs should be harvested when flavour and aroma oils are at their peak, before they flower. Harvest early in the morning, after the dew dries and before the heat of the day. Herb flowers harvested to dry for craft, should be picked just before flowers are fully open. Culinary Herbs to dry: Rosemary, Thyme, Sage, Dill, Basil, Chives, Parsley, Oregano, Tarragon, Nasturtium (leaves and flowers).

Fruit: Black Currants, Raspberries and Gooseberries, are all wanting continuous sunny days - large top leaves on Strawberries can be removed to let more air and light in, but they need to have a net cover if exposed to birds.

Elder flowers are blooming now, so Elder flower cordial is on the go again here - so refreshing after a hot day in the garden. Gin, Tonic, ice and a splash of Elder flower cordial. **Elder flower cordial**, 25 Elder flower heads, zest and juice of 2 lemons and 1 orange, 1.5 litres boiling water 1kg sugar 1 heaped teaspoon citric acid. **Method:** Wash flower heads to remove any bugs, place in large bowl with orange / lemon zest. Bring water to boil, pour over flower heads and zest, cover, leave overnight. Strain, pour into a saucepan and add sugar, lemon /orange juice and citric acid. Heat gently to dissolve sugar, then simmer for a couple of minutes, bottle (sterilized) and seal. **Vegetable garden:** Weeds as well as veg are romping away, but easy to pull while young. Keep potatoes mounded - not long now to harvest for Christmas dinner. Corn will be struggling with winds - add compost over roots and support with stakes and garden twine if needed. I find they get support from each other if planted in squares rather than a row. Pumpkins, Zucchini and the like, will not be coping with the drying winds - the large leaves dehydrate quickly. Wind- break protection would be beneficial at very windy times.

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Let's talk about Christmas

With only a few weeks left to squeeze in some last minute shopping and to get ready for visitors, the lead up to Christmas often feels like a time of chaos and a never-ending list of things to do. What if this year, we give ourselves the best gift, a stress-free Christmas? If so, well good news – if you're willing to kick some of the bad habits you normally slip into over the festive season your dream could come true. Remembering the true spirit of Christmas, and making the most of precious time with family and friends, will help everything else fall into place. Here are some recommendations for taking the stress out of Christmas. It is important to share the load, it's no fun being stuck alone and stressed out in the kitchen on Christmas Day, especially as with a bit of luck it will be a nice day and much more enjoyable to be outside. Share the cooking duties or ask people to help you out. Sometimes the best move is to invite friends and family to bring a plate – not only does it share the load it shares the cost. Get organised early, grab a pen and make lists for the jobs you need to do, presents to buy and groceries you'll need on the day. You can also use this as a way to start a Christmas budget and stick to it. Planning a menu early and writing down the ingredients you need can stop impulse buying at the supermarket. Consider what food you can prepare in advance and possibly even freeze in preparation for the big day. Don't let exercise take a back seat over the festive season. Make time for a walk on your favourite beach or in a nearby park away from the Christmas madness. Even a quick walk around the block will help you relax and think more clearly. It's ok to say no, Don't be afraid to turn down a party invitation or Christmas event. The festive season can get busy and stressful if you're trying to fit too much into your day or week. You can always take a rain check and organise to catch up in the new year when you will all have more time on your hands. Try to remember, Christmas is just one day of the year, and although many of us would like for it to run smoothly, often the most reminisced about Christmas are ones when things didn't run quite as expected. Use the day to relax and enjoy the people around you, reflect on the year that was and look forward to summer and the excitement of a new year brings. *This year Oamaru Pharmacy has geared up with Santa's little helpers ready to make your gift shopping experience simple, smooth and stress free, with gifts for all budgets, all ages and taste, we have a Christmas catalogue to choose from, plus plenty more in store. If you still don't have one ask us for a copy. Also some of our favourite brands have free gifts with purchase for gifts that keep giving. Let us help you and make Christmas buying easy for you, also we will gift wrap your presents no matter how big or small. We will share the Christmas spirit with great service and a big smile. We are always here for you with professional friendly advice.*

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All ingredients available at Realfood Pantry.

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- Be careful of oversharing your location when you're not home: Be wary of sharing anything that lets people know when you're not at home, such as "checking in" to locations, geotagging or posting holiday photos. Update your privacy settings, so you're sharing this information with people you trust.
- Remember to shop at secure websites: Christmas is a great time to bag a bargain online. Make sure you keep your info protected by shopping at secure websites, and get clued up about shopping online safely.
- Install software and system updates: Take the time to update your operating system and any software on your computer/device to protect against malware and viruses.
- Think before you open festive emails: Be careful opening festive season ecards or emails, and be especially careful clicking on links. Cyber criminals use these as a way to target innocent people.
- Ensure your device is password protected: Protect your personal information by using a strong password and two-factor authentication.



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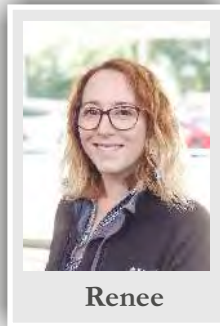
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Christmas Safety Tips

We have almost reached the end of another year as we approach another festive season. Its been a busy year but before we head into our Christmas break I wanted to leave you with a Christmas Safety message so below are a few Christmas safety tips to get you through the festive period.



- Fairy lights, almost a compulsory on the tree and hanging around the house in general. When you untangle them from the Christmas box that's been in storage all year just check through to see if the wire has been damaged or the plastic light bulbs that could potentially cause a fire. If buying new ones make sure they carry the NZ safety standard for electrical goods (AS/NZS 5761) if not then buy ones that do even if that means paying a little bit more!
- Also remember to turn off the lights when you go to bed or leave the house. Apart from being green and saving on electricity you reduce any potential fire risk. If you already have an overloaded extension lead consider buying a new one, many come with surge protection which is an excellent safety feature.
- Also make sure if you are putting fairy lights outside that they are made to go outside and are weather proofed accordingly. If climbing ladders make sure the ladder is on a secure base and take it slowly! Always a good idea to

have someone 'spot you' at the bottom, difficult to enjoy Christmas with a broken leg!

- Christmas trees. You can't beat a real tree at Christmas! Make sure it is freshly cut as this will make the tree harder to burn, it will also make less mess on your carpet! Even better buy one that is still potted and water it then you can reuse it for next year! Be careful where you place your tree make sure its not blocking any exits (door ways or windows) Don't use any naked flames on the tree, ideally LED fairy lights are the best idea as these generate minimal heat.
- Smoke alarms, gives them a quick test all smoke alarms should have a test button. With lots off wrapping paper, packaging trees and extra lighting - working smoke alarms are a must.
- Try not to drink and cook. Leave the drinking until after you have finished with the BBQ.
- Good food hygiene starts with clean hands, but it's also important to make sure your cooking area and tools are clean. Wash surfaces, chopping boards and utensils (like knives) with soap and water and rinse in clean water: before you use them to handle and prepare food. between preparation of raw and cooked foods.



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Community Diary

Wednesday 11th

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

Oamaru Friendship Club meet, 10am at St Johns, Exe Street. New Members welcome. Ph 4346249

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

Thursday 12th

North Otago Rose Society, Vintage Car Club Rooms, Stoke St, 7.30pm. Ph. Christine 434 2223

Friday 13th

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

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.

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

Waitaki Travel Club; Monthly meeting, The Manor Estate at 10am

Saturday 14th

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 15th

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

Christmas in the Park at The Harbour from 3-6.30pm. Come & get festive with the whole family! BYO picnic.

- Christmas Service at Hampden Community Church, Main S Rd at 7pm

- Community Carols at St Martin's, Duntroon at 7pm

- Nine Lessons & Carols at St Luke's at 7pm

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 16th

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

Tokarahi Spinners & Weavers meeting, 10am, Tokarahi Hall. Ph. Christine 434 2223.

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

Tuesday 17th

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

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Raffle Results

Oamaru Excelsior Petanque Club. Christmas Raffle Results First prize 1613 Vicki McCone; 2nd prize 1604 Bill Wreaks; 3rd prize 403 Ann Fry; 4th prize 1313 Debbie; 5th prize 1024 Eileen Cragg. Drawn under police supervision. All prize winners have been notified. Thank you for your support.

Classified Section Advertising Rates

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Community Diary update form*

Group/Club name, Title:

Content/Description:

Time & Place:

Repeats: weekly, bi-weekly, monthly.

Complete are return to 146 Thames St, Oamaru.

* Event/meetings are only free of charge if there is no income/sales or money raising taking place. The Telegram reserve the right to charge for some events. Please enquire to see if your events/meetings can be placed for free!

Handy Phone Listings

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- Robert Brydges179 Thames St
- ▶ Ron Sim Chiropractor.....434 8784
-23 Eden St, Oamaru

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- ▶ A+ Services NZ Ltd.....0800 155 166
- windows, gutters and carpets..... 027 7144 812
- ▶ Oamaru Chimney Sweep.....434 8025
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- Kaye Mattingley...Dip. Grad.S.Sc. Otago.NZRSW. MANZASW

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- ▶ Jacqueline Scott, CST 021 907 346
- www.jacquelinescott.com

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-Plumbing & Drainlaying.....0800 555 105
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Toot for Tucker

Once again thank you citizens of Oamaru for your donation's to the annual Toot for Tucker collection, which was held on Monday evening to gather non-perishable foods for disadvantaged North Otago families.

A mountain of non-perishable food was collected during the annual Toot for Tucker collection, organised by the Combined Churches Food Bank in association with other Lions clubs in the North Otago area and helped by St John Ambulance, the Fire Service, Oamaru Police, Air Training Corp Cadets, Scouts, St John Youth, Driving Miss Daisy and Southern Wide Real Estate, vehicles and runners for Toot for Tucker. We do appreciate your support.

It took drivers and runners about an hour and a half to cover the streets of Oamaru and Weston to pick up donations and thank the donors.

The response to the event shows the remarkable generosity of the community to help those in need.

The Oamaru Churches Foodbank is open every Friday from 10am until noon, including every Friday throughout the holidays.

The Foodbank is located at 4 France St. For information on donating food, phone Bernard Wilkinson on 434 5514.

The Food Bank and North Otago Lions club would like to thank all those who helped and those who gave so generously.

Fay Birtles, North Otago Lions

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