The community prefer to find their trade and service providers locally and rely on the Telegram for this.



24th March 2020

Phone 434 9651

OTAL CONFIDENCE

Issue 483

THE GARAGE DOOR CENTRE Call Brian on 0274 335 299 or 434 8476

Holiday weekend, a great time to get into the garden or to go fishing and in the evening why not write us an article. Community diary; **please double check** before going to these meeting/events that they are still on. If you have an event that is postponed - please let just know in advance. Also a great time to sort out your business website, for those that don't have one we can offer you a free one at *Name*.oamaru.net.nz; that's if you manage it yourself - email us for details. **Enjoy your week, regards The Telegram.**

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MONDAY 23rd - Anniversary day closed WINTER PLANTINGS

Time to think about forthcoming

Winter fruit trees, Specimen/

Ornamentals & Roses.

Listings available for everything coming in

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Gardening has not been cancelled... on a positive note, weeding, raking and planting is full on - so be safe staying home at this difficult time and spend time with nature - rewards are real. Leaves are turning and some beginning to fall, Silver Birch in our garden is always the first, along with our wonderfully prolific flowering Bougainvillea dropping a crimson carpet.



Cutting back has stepped up here, in readiness for a layer of compost, then pea straw as a final cover, when most of the leaves have been removed later on.

Now is a good time to repot pots and baskets that have been flowering and filling containers with roots. At this time of the year, everything planted will settle in well and put on growth before the colder months slow growth down. It is best to pull all out to see how root bound a pot or basket is, then usually a spade is needed to chop through two thirds of the root ball. Soak potted Shrubs with roots reduced, in a bucket of water until bubbles stop before replanting into new mix.

I water plants in at this time of the year with Comfrey tea. Brew a fertiliser with more potash and nitrogen than commercial feeds and Comfrey leaves are plentiful right now for picking and making plant tea. Comfrey as a Fertilizer has three major nutrients plus high levels of calcium, applied as a liquid soil drench or as a foliar spray. Making Comfrey tea: A generous bundle of Comfrey leaves, A bucket of water. Place chopped Comfrey leaves at the bottom of a bucket. Weigh down with a brick, fill bucket with water, and cover for three weeks before diluting - one part 'tea' to 10 parts water. If you would like a root of Comfrey, let the Ladies at the Garden corner at our Resource Recovery park know.

Keep dead - heading Roses in the hope of more blooms to make a last vibrant show, before they will be left to harden for Winter. Rust is always a problem on Roses in Autumn. Try to eradicate affected leaves from the bushes, as well as those on the ground and burn them to reduce this problem for next year. Don't feed Roses now - soft growth needs to make a start at hardening.

Lawns. As days become cooler and heavy dews are happening again, grass will start to recover from dryness and if lawns have no spring in them, there will probably be a high content of clay restricting roots. Gypsum applied before a good shower of rain, will help and if applied at intervals over a couple of years, there will be a spring in your lawn.

Fruit: Late Peaches, Quince and Apple trees are dripping with fruit. If you need to store a small amount of Apples, the refrigerator is a good option. Place them in the crisper drawer in a plastic bag with holes, or cover the Apples with a damp paper towel.Keep boxes of Apples in a cool, dark place and they should stay crisp. Make sure there are no bruised or damaged Apples among stored boxes.

Vegetable Gardens will be growing new crops for the cooler seasons. Leaf veg should not bolt so readily now and will not mind days getting shorter and cooler and root veg seeds will germinate well while the ground is still warm. My second sowing of Peas are up, Corn is picked and the Pumpkins have outgrown their space and just keep going. Onions can be lifted once leaves have bent over - don't bend or damage leaves before they are ready to bend naturally, if you want them to store and keep well. Once dug, lay them out in a warm place to fully ripen then store in a cool place. Cheers Linda.

> The Telegram **Because it WORKS!**

OAMARU + PHARMACY

It's your Pharmacy

Let's talk About the Importance of Handwashing

Keeping hands clean is one of the most important steps to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean. running water. Washing hands prevents illnesses and spread of infections to others, handwashing with soap removes germs from hands. Helping to prevent infections because people frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick. Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick. Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands. Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections. It's one of the basics we all need to teach our kids, and keep in mind day to day until it has become second nature. What is the right way to wash your hands? Follow these five steps below to wash your hands the right way every time. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them. To stop the spread of germs in your family, make regular hand washing a rule for everyone. It's especially important: before eating and cooking, after using the bathroom, after cleaning around the house, after touching animals, including family pets. Before and after visiting or taking care of any sick friends or relatives, after blowing one's nose, coughing, or sneezing, after being outside (playing, gardening, walking the dog, etc.) Sometimes water and soap are not available or in between hand wash you can use a hand sanitizer, they are gels that contain alcohol in order to kill the germs present on the skin. The alcohol works immediately and effectively in order to kill bacteria and most viruses. To use hand sanitizers effectively, place a small amount, the size of your thumbnail, on the palm of your hand and rub it over your entire hand, including in your nail beds. Hand sanitizers are convenient, portable, easy to use and not time consuming. But they have some limitations. Not all hand sanitizers are created equally. Check the bottle for active ingredients. The alcohol content may be in the form of ethyl alcohol, ethanol or isopropanol which are all acceptable forms of alcohol. Be certain that no matter which type of alcohol is listed, its concentration is between 60 and 95 per cent. Any alcohol content of less than 60 per cent isn't enough to be effective. Alcohol does not cut through grime, hand-washing with soap and water is advised as hand sanitizers are not cleaning agents and are not meant as a replacement for soap and water, but as a complementary habit. Sanitizers are most effective when used in conjunction with diligent hand-washing. The use of hand sanitizers is a habit that can help keep us all exposed to fewer germs, and therefore may decrease our chance of illness. Whether you are on the playground, using someone else's computer or visiting a friend in the hospital, take the time to rub some on your hands. Come and see us in store, the team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy-Your Pharmacy.



RealFood Pantry Pear & Cinnamon Muffins - Dairy Free

1 egg lightly beaten - or 1 tsp no egg replacement in 2 Tlbsp water 1 cup soy milk 1 cup vegetable oil 1 1/2 cups self raising flours 1/2 cup plain flour 1 tsp baking soda $1 \ 1/2$ ground cinnamon 1 pear, cored and finely chopped 3/4 cup firmly packed brown sugar 3 tsp icing sugar Preheat oven to 180C. Grease a 12 hole muffin tin. Combine egg, soy milk and oil in a bowl. In separate bowl sift flours, baking soda and 1 tsp cinnamon Add pear, brown sugar and egg mix and stir until combined. Do not over-mix Spoon in to tin and bake for 20 minutes. Until golden and skewer is clean. Cool for 5 minutes and turn onto wire rack.

Combine icing sugar and remaining cinnamon and dust warm muffins.



North Otago Motor Group



2020 Hybrid RAV4 Limited 2.5 Petrol AWD \$52,990 (pw \$210)*

ψ32,330 (pw \$210)

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CAR OF THE WEEK Mon-Fri 8am to 5:30pm, Sat 9am to 12pm

*Based on Classic Finance with a 20% deposit over 60 months at 9.95% interest. \$409.20 establishment fee and normal Toyota Financial Services lending criteria apply

Motoring with Renee

Hi! Renee here, Sales Manager for North Otago Motor Group. This weeks car of the week is a Toyota Hybird RAV4, this 2.5 litre petrol AWD is designed to meet the needs of active and adventurous Kiwi's. The Toyota drive away price includes on road costs, 5 year warranty (if scheduled servicing is met*), 5 years road side assistance, 5 years WOF, 5



years discounted capped servicing*. This SUV provides high levels of safety, fuel efficiency, comfort, luggage capacity, towing capability and user friendly design and technology, come and test drive today. 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. Have a great week.

(If renee millin - north otago motor group), Renee 0800660070



*Offer is valid until 29/03/20 on selected ranges and selected colours or while stocks last. Carpet is sold in lineal metres. Stock will vary by store. Quantities are limited and no holds or reserves on clearance product allowed. Clearance items are sold on an as-is basis without a manufacturing warranty however the Consumer Guarantees Act will still apply. We reserve the right to adjust prices without notice if necessary and we reserve the right to correct any errors. **Q Card lending criteria, fees, terms and conditions apply. See in store for full details.

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Keep the Heat in this Winter

Window furnishings are a fabulous way to keep your home warm. If you want drapes in time for winter you need to start looking now.

The quality of your lining is very important, not only to stop heat escaping but also to protect your fabric from the sun. Blackout lining is woven extremely tightly to stop the light from entering which in turn also blocks more cold air. Blackout lining is coated three times with thermal backing as opposed to only one coating on standard thermal lining. Single glazed homes would be wise to include an interlining called Bumf for additional protection.

Another idea for keeping the warmth in is to use a blackout honeycomb blind. These are slim line and minimalistic, fitting snugly inside the architrave. They are lined with silver foil to reflect the heat back into the room.

There is nothing more luscious than beautiful full length drapes. Most people don't realise what drapes can do for acoustics too by absorbing sound. In a new build, once the drapes have been installed the difference is really quite noticeable. It's not only thermal protection and privacy which drapes provide, it's also a chance to play with texture, pattern and colour in your interior scheme.

I believe that the drapes are the icing on the cake, as soon as we put up those drapes the room feels complete.

Sherry McAuley Interior Designer Waitaki Interiors



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Bookarama Oamaru postponed

Our annual event is necessarily postponed due to Covid-19. The Rotary Club of Oamaru's annual Bookarama was scheduled to be held Friday May 22nd to Sunday May 24th this year. Due to the Covid-19 restrictions, the event and related book collections are being postponed.

Bookarama Organiser, Jacquie Webby said, "We've been watching the situation along with everyone. We have to recognise that many of our volunteers are in older age groups and are therefore more at risk for the worst effects of Covid-19". Bookarama is traditionally a non-ticketed event and in the current climate tickets are essential in case contact tracing is required. Bookarama is also well-known for gathering a large crowd on opening morning. As viruses can live on different surfaces for an unknown number of hours, Rotary Oamaru recognises that the close proximity of people sharing the handling of many books makes the risk for cross contamination unacceptably high.

Jacquie Webby said, "With yesterday's request from the government that we cancel all events of more than 500 people, as well as the pressing need for social distancing, regular hand washing and protecting our older populations, continuing our plans for collections and holding the event as anticipated would be irresponsible."

The essential precursor to any Bookarama is the many weeks of donating, collecting and sorting of the thousands of books along with puzzles, games, DVDs and music. Jacquie Webby said, "We need about a ten-week lead-in. The call for donations was due to start this week and run for the next couple of months". President of the Rotary Club of Oamaru, Blair Middlemass said, "I do want to thank the team for all the behind-the-scenes work that got us to right up to the starting line of promoting Bookarama, this week. Thanks to their planning, when the time is right Bookarama will be ready to happen. We know it's a much-loved local event, a highlight of the year for many and it will return when it's appropriate to bring our community back together".



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"Absolutely loved my first Dance Evolution Flow Class. I was feeling pretty anxious as its been years since I'd been to a dance class. Don't know what I was worried about, the teacher was super easy to follow and all forty of us nailed that routine... still can't believe it. 'DEVO Flow' had been explained to me as a non-verbal dance class, focused on the conscious movement of the whole group moving as one, utilising choreographed dance sequences and ecstatic free dance. It was definitely that and more. We flowed tai chi, contemporary dance and even hip hop, all to awesome music. My group had a wide range of ages and abilities and with lots of guys too, but even with such a variety of people we all came out feeling successful. It was much more than a 'dance' class it was more like a dance experience shared with others. Can't wait for the next one!" Tracy Scott, Queenstown.

DEVO Flow... the ultimate dance experience Coming to Oamaru 300n Watch this space.....







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Pets can be much more than household companions. Studies have shown that pets can really help humans, and not just in the capacity of Guide Dogs or Service animals. Your pet at home whether it be a Guinea Pig, Bird, Cat or Dog can help you in so many ways.

There are many articles outlining the health and wellbeing advantages to keeping pets, these include the benefits such as:

- Decreased blood pressure.
- Decreased cholesterol levels.
- Decreased triglyceride levels.
- Decreased feelings of loneliness.
- Increased opportunities for exercise & outdoor activities.
- Increased opportunities for socialization.

So in times of stress and worry go home, pat your pet, talk to it and take advantage of their calming effects.

Kind Regards,

Leanne Wreakes-Fallen DipVN

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North Otago Motor Group



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Community Diary

Wednesday 25th

Excelsior Petanque Club; Ph 4372557 Wed & Sun 1-3 pm Behind Excelsior Rugby and Sports Club. **Free JP** for certifying documents, affidavits, & declarations.10-1pm at the Public Library.

Thursday 26th

North Otago Asthma Society Cancel until further notice, Ph 437 2673.

Oamaru Karate Club 2020; Now Started, St Pauls Church Hall, *Thursdays & Mondays* 7pm; Enquiries Jan 027 4348015.

Whitestone Weavers: meet in the Salvation Army hall 10am-3.30pm. Ph. J Browne 4395543

Whitestone Taekwondo Club; Tue & Thu 6pm to 8pm at the Waitaki Rec Centre, Ph 0211721311.

Friday 27th

AA Meeting, Orwell St Chapel, 12noon, Ph. 027 722 7818 or 021 026 86128.

Excelsior Squash Club; Centennial Park, Ph 02102323729, Monday & Friday 6pm

Meadowbank Bowling Club; Bowlers & nonbowlers welcome. 14 Conway St Social bowls 2pm. Saturday 28th

The Healing Team; Pray for healing, St Mary's Church 2-3pm.

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

Sunday 29th

AA Meeting, Orwell St Chapel, Ph. 4324191.

Craft and Treasure Market lots of crafts and pre loved treasures. Scottish Hall, 10 Tyne Street, 10am - 2pm. To book a stall Ph. Lisa 027 706 9902 or Wendy 021 515 205

Reformed Church Oamaru, 4 Eden St, 10.30 am. and 5pm. True to God's Word.

Excelsior Petanque Club; Ph 4372557, Wed & Sun 1-3pm Behind Excelsior Rugby & Sports Club. **Oamaru Spiritual Group;** 2 Steward St – Blind Foundation Hall, 2pm for Service

St Paul's Church, Coquet St, service and kids club. All welcome, 10am.

Monday 30th

Excelsior Squash Club; Centennial Park, Ph 02102323729, Monday & Friday 6pm

Happy Scoundrels Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. Ph. 4341463. North Otago Creative Fibre – meets 10am, St lukes Hall, Wharfe Street, Newcomers very welcome. Ph 434 1136 or 4372501.

Meditation for Peace at the Plunket Rooms on Severn St, \$2 for room hire, 7.30-7.55pm Beginners intro & short meditation, 8.00 - 8.30 pm longer meditation.

Waitaki Woodturners;1 pm at our clubrooms Oamaru Race Course & Tues 7pm. Ph 439 5795.

Tuesday 21 st

AA meeting, Orwell St Chapel, 7:30pm, Ph. 4324191 or 4346888.

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

AGM Notice

Oamaru Victorian Heritage Celebrations AGM Tue 24th Mar 2020 at Whitestone Funerals, Reception Lounge, 54 Weston Rd, 7pm. Nominations to be received in writing. members & public are welcome to attend, however financial m e m b e r s on l y eligible to vote. ovhcommittee@gmail.com

Meadowbank Community Stadium; Winter Bowls, 14 Conway St, AGM. Wed 15th April at club rooms 4:15pm. All bowlers and interested player's welcome. Contact Aileen 434 6340.

Waitaki Hospice Care Trust AGM – Tuesday, 7 April, 2020 @ 6pm. At North Otago Hospice Hub. All Welcome!

Waitaki Riparian Enhancement Soc; AMG Wednesday 25th March, 7:30pm Glenavy Hall, Guest speaker Jay Graybill, Gold coin donation at door. Supper to follow.

Riding for Disabled AGM; 1st April, 7pm Weston Church Hall.

Community Notice

Oamaru Coffee Riders; Social riding group. fitness levels & cycle types including E-Bikes. Nobody gets left behind. Visit our Facebook page for info: Oamaru Coffee Riders, ph/txt 0211214627

Citizens Advice Bureau

Ngā pou whakawhirinaki o Aotearoa

We've made the tough decision to no longer be open for a walk in service, including for a JP service, during the Covid-19 outbreak from 23rd March. This is about putting the safety of our volunteers, employees, clients and communities first during the Covid-19 outbreak. So you will not be able to come into the CAB. However you can still access the CAB service during the usual opening hours by phone and email/You can phone us free, including from a mobile, on 0800 367 222 or emaii us at northotago@cab.org.nz. You can also find lots of great information, including information about the impact of Covid-19, on our website. We will be regularly reviewing this situation.

For Sale

8 week old Heading pups Ph 434 9439. Paddys Pea-Straw; \$9 Conventional Bale; free

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Garage Sale

28th Sat 9am; White haven St, Weston, Household clearance.







Community Diary Adverts can be checked online at www.oamaru.net.nz under events

For updates and corrections please email telegram@oamaru.net.nz

Situations Vacant



Teacher Aide required up to 20 hours per week to support student a student with High Health Needs. (To be reviewed September 2020) The successful applicant will be required to have good oral and written language skills and be able to relate well to children. For further information please call the principal on 03 4347512. **Applications close:** Wednesday 8th April 2020 Please send your C.V. & covering letter

to: office@oamarunorth.school.nz

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▶ Ron Sim Chiropractor	
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AYR St - Counselling027 6861849
 Kaye Mattingley...Dip.Grad.S.Sc.Otago.NZRSW. MANZASW
 Barbara Liffiton0211 807 366
NZ RCPN, Grad Dip GT, Prov NZAC

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*Offer applies to purchases of Belgotex 'Living' carpets. Free underlay will be of 9.5mm thickness. Excludes installation and accessories. Offer ends 6 April 2020. ^All qualifying purchases made by 6 April 2020 will be entered into the draw (one prize draw nationwide). Prize will be drawn week commencing 13th April 2020, and the winner will be notified by the store where the purchase was made. Prize to be redeemed within 6 months from the end of the promotion. Does not include travel or installation charges. Prize not transferrable for cash, and not available in conjunction with any other offer or discount.