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5th May 2020

Phone 434 9651

Issue 484



Unseasoned (green) Dry (when available)

 $1\overline{00\%}$ locally owned

Pine \$50 p/m³ O.*M.P* \$55 p/m³ *Macro* \$65 p/m³ *Bluegum* \$75 p/m³

The Ie

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Outside is a wee man cave off the deck. The section is fully fenced and safe for the whole family. There is also a large double garage.

Web Ref #: SWOU12010 Daryl Siggleko

Daryl Siggleko Urban/Lîfestyle 027 520 0040 daryls@southernwide.co.nz



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KEEP WARM KEEP SAFE, Coal available \$14 - 30kg bags kai DAILY 10-12PM OFFICE OPEN TO

PURCHASE, WOOD!!!, NEW ORDERS POSTPONED FOR THE, NEXT 2 WEEKS, BACK – LOG TO BE CLEARED NURSERY – CLOSED DUE TO THE LOCK DOWN

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SOIL

The splendour of Autumn is happening all around North Otago - however most of us will have to be content with the Autumn colours in our own area. Some will be bursting out of their bubbles a little more this week to start the new normal, but our own gardens will still be the safest place to get a productive workout for a while yet.

Compost is still being compiled here in our garden by layering Autumn leaves,

grass clippings, ready to use compost, soft garden waste and stable / poultry manure. Nitrogen, phosphate, and potash in a natural organic form - all the elements required for compost.

Leaf mulch /mould is also a wonderful addition of humus for gardens and a simple process during Autumn. Leaves can be shredded with the lawn mower and spread along with lawn clippings as mulch around the garden, or leaves can be turned into leaf mould by heaping and containing in straw bale bins or similar. Layer leaves with grass clippings and soft garden waste, add water as layers fill bins, then cover with polythene or old carpet when full. Smaller amounts of leaf mould can be made in plastic rubbish bags or wool packs. Shredding leaves first for smaller amounts will quicken the process.

New growth is not encouraged from now on, as plants make seed and prepare for the dormant months, but here on the coast we like colour to continue in gardens by planting hardy annuals to brighten Winter. These can be boosted with fertiliser now to give them a good start. Not being able to pop out and buy fertilisers right now is a problem, but you may have pine needles, rotted sawdust or coffee grinds on hand to use as a boost for those acid loving Rhododendron, Azaleas, Camellias and Lemons. A link to home

made fertilizers https://www.thespruce.com/make-your-ownfertilizer-1388159

Continue to dead- head Dahlias until frost collapses them. When this happens, cut back ensuring large thick stems are not left open to allow rain in to rot tubers. Dahlias can be dug out at the end of the season and stored away in a dry place, to be planted out after frosts in late Spring / early Summer. A topping of pea straw is good protection for Dahlias that over Winter are in well drained soil. The rain during the cold snap may have spoiled Roses. Remove rotting blooms and resist dead- heading or cutting back. Roses need to start making seed hips to help harden wood before Winter. However If growing in a warm sheltered spot, one last deadheading will produce late blooms.

Vegetables / Fruit /Herbs

Time to dig up and divide Rhubarb crowns, mixing in heaps of compost before replanting and a good time for sowing Spinach, Beetroot, Broad Beans and Snap Peas (if you have the seed.) **Strawberries** should still be flowering and fruiting. Keep water up and remove runners if too many - some can be left to make good roots if replacements are needed-3 years is usually long enough for a fruiting plant.

Don't be tempted to prune fruit trees yet. Wait until Winter when sap is down- pruning will encourage new growth if we get unseasonal warm spells.

Herbs can be cut back and divided now - top growth should still be fresh enough to dry, then rub to make mixed Herbs. Tie and hang or Lay out on newspaper in a warm dry place - Rosemary, Sage, Thyme, Mint, Oregano, Marjoram, Basil, Nasturtium leaves and flowers. Once completely dry and crispy, rub, remove stalks and store in a glass jar.

Cheers, Linda





General indoor & outdoor repairs, fencing, decking, bathroom, kitchen renos & more...

PH. TOM 021 0233 2002 OR 434 3326

North Otago Motor Group

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Let's talk about Stress

Stress, in everyday terms, is a feeling that people have when they are overloaded and struggling to cope with demands. These demands can be related to finances, work, relationships, and other situations, but anything that poses a real or perceived challenge or threat to a person's well-being can cause stress. What is stress? Each person responds to stress in a different way, but too much stress can lead to health problems. Stress is the body's natural defense against predators and danger. It flushes the body with hormones to prepare systems to evade or confront danger. When we are faced with a challenge, part of our response is physical. The body activates resources to protect us by preparing us either to stay and fight or to get away as fast as possible. The body produces larger quantities of the chemicals cortisol, adrenaline, and noradrenaline. These trigger an increased heart rate, heightened muscle preparedness, sweating, and alertness. All these factors improve the ability to respond to a hazardous or challenging situation. Factors of the environment that trigger this reaction are called stressors. The more stressors we experience, the more stressed we tend to feel. Stress slows normal bodily functions, such as the digestive and immune systems. All resources can then be concentrated on rapid breathing, blood flow, alertness, and muscle use. A heightened state of alertness prevents us from having a restful sleep. How we react to a difficult situation will affect how stress affects us and our health. A person who feels they do not have enough resources to cope will be more likely to have a stronger reaction, and one that can trigger health problems. A persistent negative response to challenges can have a detrimental effect on health and happiness. There are three different levels of stress, Acute stress is short-term and is the most common way that stress occurs. It is often caused by thinking about the pressures of events that have recently occurred, or upcoming demands in the near future. Episodic acute stress affects people who frequently experience acute stress, or whose lives present frequent triggers of stress. Chronic stress is the most harmful type of stress and grinds away over a long period. Chronic stress can continue unnoticed, as people can become used to it, it can become part of an individual's personality, making them constantly prone to the effects of stress regardless of the scenarios they come up against. Developing strategies to recognise and deal with stress can prevent or reduce its negative effects. There are many approaches to managing, relieving or coping with stress. These include exercise, dietary changes, relaxation, stress management courses, counselling

and medications. If you need further information and support about dealing with stress consult your GP or practice nurse. Or one of our Pharmacist's instore **at Oamaru Pharmacy**. The team is always ready to help with friendly and knowledgeable advice.

Letter to the Editor

Just a thought, Do your readers know now that the libraries are closing there is an app they can use called Borrow Box that you down load chose your library and add the number off your library card and you can then borrow ebooks from the library. Jan Law, www.oamarubasilica.org

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Driving Miss Daisy

OPEN

Dear everyone...

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- · Who's open & their new hours
- · Their collection / delivery options
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It's free to use and free to add your business.

Love from,

Waitaki people

PS:

If this is the first you're hearing about this app, it just goes to show how important traditional media still is. You can also get a printable list from: http://tiny.cc/whatsopenwaitaki to share with your non-digital friends.

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www.pharmacy-nz.com

le're online Business Directory **Design Federation** 03 434 2447 web www.designfederation.co.nz **Hunting & Fishing** 03 434 9893 fb; Hunting & Fishing New Zealand North Otago Oamaru Print & Copy Ltd 03 434 9650 email oamaruprint@gmail.com **Presence on Harbour** 027 439 5170 web www.presenceonharbour.co.nz Sub & Tarctic skin care and well-being web www.subandtarctic.com The Big O 021 108 6823 Business marketing Web www.thebigo.co.nz Waitaki Interiors

taki Interiors 03 434 7755 web www.waitakiinteriors.com

Community Notices

TREE PLANTING GRANT The North Otago Tree Planting Association invite applications from public bodies. Further details 03-4394-004

For Sale

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Havenwyck Pets WINTER?

Daylight savings, Easter and ANZAC day have all come and gone leaving us with less daylight hours and cooler evenings. During these cooler months its essential to think of our pets. Our outside animals may need some extra insulation in their hutches and kennels, elderly dogs may need a cover and bed off the floor, warm feed and cosy hay are fantastic for Rabbits, Guinea Pigs and Chooks.

We offer a great range of winter warmers including warm beds, coats and electric blankets.

Come in and see me at Havenwyck Pets to discuss and find the best pet for you! Leanne Wreakes-Fallen. Dip.VN



Getting support with your feed planning

Wherever you are in NZ, farmers can use a new feed planning service. MPI and partner agencies DairyNZ, Beef + Lamb New Zealand, AgFirst and Federated Farmers, are offering remote feed planning support to farmers and livestock owners in all parts of the country, whether or not you have been directly affected by drought or COVID-19.

How it works

Call us on one of these toll-free numbers:

beef+lamb

Dry stock sector - Beef + Lamb New Zealand: 0800 BEEFLAMB (0800 233 352)

Dairy_{NZ}≥

Dairy sector - DairyNZ 0800 4 DairyNZ (0800 4 324 7969) There are three tiers of feed planning support. The first two are free of charge to farmers.

Tier 1: We work out how much feed you need. A call to an industry or levy body will get you a free stocktake assessment of your feed planning needs.

Tier 2: If you need more support to make decisions, we can offer more advice and practical support. An adviser will help you understand what needs to be done and how you can go about it.

Tier 3: We can refer you to a farm systems consultant who can offer more in-depth information either over the phone or visiting you. This is not a free service. This might be needed to head off serious animal welfare issues, for example. You can look at NZIPIM's website for a list of farm systems consultants near you.

🔮 Get in touch now

Good feed planning matters. The earlier you plan, the better prepared you'll be. Help is on hand. Give us a call. This service will be available until 30 June 2020, when it will be reviewed.

Handy Phone Listings **Accommodation & Facilities**

▶ Old Bones Lodge0274 894 999 Hot Tubs/Sauna events & accommodation > Holiday Home - Seaviews 'n Siestas Relax 10% off March-June 021 0827 0805

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▶ Rick Loos (NZRA)03 434 9663 Acupuncture, Massage & Reflexology

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- MGM Handyman Services, Your professional handyman 022 3106294

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Dressmakers

▶ Robinson Gray021 173 6161

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

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

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▶ Robert Jones - Electrician. 027 445 0523 ▶ Whitestone Appliances..... 021 366 446

► VES - Valley Electrical

...Domestic & Commercial......021 1177045 Entertainment

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▶ Weston Firewood......434 1085

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Walls Funeral Services......434 8266

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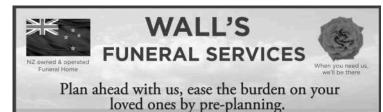
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www.waitakiinteriors.com

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