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

The Telegram

16th June 2020

Phone 434 9651

Issue 490



Good to see the Community Diary filling again - Don't forget to let us know if your events are back up and running. Winter a time for hibernation? Going to work in the dark and home in the dark - only if you are a bear...

Getting out during these cold Winter days can be hard - do try getting out for about 30 minutes a day. Oamaru has great walking places and the fresh air is good for you...

The shopoamaru.co.nz is starting to look good with more than 30 local venders. Our next setup is to get local products and services online for you to purchase. More work is needed and your comments are welcome - contact us by visiting the website. Reminder; keep yourself sane by getting out as often has you can whether the sun is out or not...

Enjoy your week, regards The Telegram.





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We have almost reached the shortest day and there is still warmth in the June sun, to warm days after the morning chill - but boy when that sun goes down again, we know we are in Winter.

R ALL YOUR GARDE

& LANDSCAPE SUPPLIE

NURSERY

SOI

Rogue trees and Shrubs: Now that deciduous trees and Shrubs are bare, I am finding a lot of rogue trees birds have introduced to our garden - some



which have grown in among Shrubs like Rhododendrons and Camellias that have become quite established and stubborn to remove. It is best to remove them completely if you can, because they just keep growing stronger each year and undermine the roots of the needed plants. On the coast, rogue trees and Shrubs can be transplanted to grow on at this time of the year, if roots are not compromised too much. There are also many self- seeded plants that can be lifted and planted to grow on at this time of the year - like Hellebore, Lupins, Poppies, Pansy, Viola, Forget- me- not and Primula. If you have Polyantha's that were left in the ground from last year, they will have multiplied and easy to break apart to plant out a dressing of dried blood will green Polyanthas up after transplanting.

Roses: New seasons Roses are in Garden centres now. If planting, make sure it is in a place that has a full day's sun, with good drainage and clay free soil. If you do strike clay, dig well down, breaking the clay deep enough to add a shovel or two of stones or gravel to act as a sump where there would have been a clay pan holding water. This applies to any hole dug for a tree or Shrub planted in soil with a clay base. Dahlias will be frost affected now. If remaining in the ground, cut back and mulch with compost or straw to protect tubers. If clumps have increased and need to be reduced, do it now by digging up and pulling apart or putting a sharp spade through large clumps, removing tubers not needed, to be planted somewhere else or given away.

Hellebores (Winter Roses) are starting to send up flower buds. I removed all the old leaves from mine, which allows the pretty flowers to be seen. There are a lot of Hellebore seedlings growing around the main plants - I leave the very small first year seedlings, but dig out and transplant seedlings from year before. These second - year seedlings will take another few years to flower. Hellebores look best in mass planting in damp soil and semi shade - they do wonderfully well planted around Rhododendrons, Camellias and Azaleas. Vegetables: In the vegetable garden where green leafy vegetables and onions will be growing next Summer, give a dressing of 250 grams per square metre of Dolomite lime. If you follow a regular rotation, this will ensure that most of the garden receives lime once in three years - permanent crops like Rhubarb should be limed every three years as well. Gardens fed annually with compost rather than chemical fertilizers, tend to gradually rise the PH level, eventually making regular liming unnecessary. Have garlic ready to plant on the shortest day Sunday 21st June.

Fruit: New season's bare rooted trees will be in Garden Centres this month. Prepare the ground in an all day, full sun location to get the best fruiting results. Fruit trees need room to spread, so as not to be shaded by neighboring trees - then everything depends on the season to bring Bees out to pollinate. When in blossom, Bees come out on sunny days. If days are overcast and dull while a tree is in blossom, pollination will be poor. *Cheers Linda*.



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Waitaki Interiors

What I have found since we have re-emerged from lock-down like butterflies emerging from our cocoons, is that while people have been house-bound they have been doing a lot of thinking. Thinking about their home interiors and how their colour schemes affect their mood and motivation. I'm hearing the words "I just want to give it a bit of oomph" frequently and this can be easily achieved by adding a few cushions, a bright or fluffy cosy throw for winter or a gorgeous new piece of artwork.

Wanting to brighten the room up is a very natural reaction as we are in the winter months and there are known characteristics to colour psychology. Colours can soothe and calm you or make you feel enveloped in warmth. The right colour can even make you feel vibrant and cheerful. While spending so much time at home, people have been noticing that their drapes are looking tired and knowing that their overseas holidays are out of the question at the moment they are choosing to invest in their biggest asset instead – their home. This has created an exciting atmosphere in our store, and throughout our industry.

Waitaki Interiors offer Interior Design Packages, whether you need help selecting a new paint colour scheme, feature wallpaper or new upholstery fabric or perhaps you require a free measure and quote for window furnishings, we can do it all. We can conveniently come to you, so give us a call or come in and meet the team. We have over 25 years combined experience.

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Let's talk about Supplements to Support Joint Health

There are a lot of Joint Health products and it can definitely be confusing knowing what to choose. It helps to first understand what support you need, this will help to narrow down the best option. Joint products fall into three basic types: First, there are joint nutrition formulas. These contain ingredients that act as raw materials. The body uses these to rebuild connective tissue – such as cartilage and the fluid inside joints that provide cushioning and lubrication. These products contain ingredients like glucosamine, chondroitin, various minerals etc. These provide great long-term support, the second group helps to support the body's response to inflammation and improve the comfort of joints. These products typically contain herbs or nutrients that have particular anti-inflammatory properties. They're best used when you need more immediate joint comfort. The third group combines the best of both groups, providing both joint nutrition and support for inflammation. Often, these can be foodbased products - such as Green Lipped Mussel extract. They combine both anti-inflammatories as well as joint building nutrition. To choose the right product, it's useful to know the joint problem's background. Some of the top joint supplements are, MSM a naturally-occurring form of sulphur. An essential building block for strong connective tissue and cartilage, improving blood circulation and providing anti-inflammatory benefits to reduce pain and swelling in joints. It is known that degenerative joints can contain up to 60%less sulphur than healthy joints. Glucosamine: Our bodies can naturally make glucosamine from glucose and the amino acid glutamine. It forms a fundamental building block of cartilage and connective tissue. Our ability to make this in our bodies naturally declines with age so it can be an important nutrient to supplement with. Turmeric: This herb used traditionally in Indian Ayurvedic medicine contains a number of active plant molecules one of which is the well-known 'Curcumin', responsible for Turmeric's bright yellow colour and its anti-inflammatory and antioxidant activity which together help to improve joint comfort and relieve stiffness. Fish Oil: Made up of anti-inflammatory omega 3 fatty acids including EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid). These are essential for the body as we cannot produce them ourselves. They help maintain the health of our joints through an anti-inflammatory action that supports joint mobility and flexibility, as well as supporting our brain, heart, circulation and skin. Chondroitin: A naturally-occurring substance in the body (along with glucosamine). Used as a building block of connective tissues, including cartilage, that reduces pain and inflammation, improves joint function and slows joint degeneration. Providing our body with good amounts of these raw materials needed for joint repair is critical for healthy, happy joints. There are new formulations developed all the time to adjust to people's needs, making sure that there is always a suitable product available. If you need help to support your joints come and see us, at Oamaru Pharmacy, we can help you to choose the right product for you, the team is alway ready, with a smile and knowledgeable advice.

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Living with loss

Pets bring us years of joy and at times tears and pain.

Our pets are not with us for long and we feel their loss whether after a long illness or sudden trauma. I recently lost several members of my furry

family. Although I have found this a struggle it also makes me realise what they leave behind, often their own furred friend or family member. Animals morn the loss of their family too. Being able to remember the good times is an important component in grief, often a memorial stone, tree or photo is a wonderful way to pay tribute to those we lose. For the Pets left with us it is important to allow them to grieve, their behavior may change or they may become much more focused on their owner. We need to support them as much as they help us through our grief.

Havenwyck Pets

Creating Calm

To read more go to:

https://www.helpguide.org/articles/grief/coping-with-losinga-pet.htm *Kind Regards, Leanne Wreakes-Fallen, DipVN*.







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Community diary

Thursday 18th June

Awamoa Indoor Bowling Club; Towey St, Oamaru, 1:30pm, new members welcome, coaching available. Enquiries 434 5061.

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

Saturday 20th

Baroque Music Concert; Waitaki BHS Auditorium at 3pm. Adults \$30 Seniors \$20, Students \$10, Child \$5 Ph. 027 825 1173.

Meadowbank Community Stadium Bowls, 14 Conway St, 1.15pm. all welcome. Ph. 434 0951. All bowlers & interested in playing welcome. Bowls Available Ph. 4340951 or 4346340.

Sunday

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

Social Singing. 10-11:30am. Blind Foundation Hall, 6a Steward Street, Oamaru. \$3-5. Ring 03 434 9396 to register.

Tuesdays

Age Concern Gentle Exercise at 1:30pm, Orwell Street Church. \$4. Refreshments served afterwards. Age Concern Office: 03 434 7008. Wednesday

Free JP for certifying documents, affidavits, & declarations.10-1pm at the Public Library.

AGM Notcies

Awamoa Outdoor Bowling Club AGM; Sunday 28th June 2020 1pm at Club rooms, all members and new members welcome.

Meadowbank Bowl Club AGM; 28th June at 10am, Members please attend, M Watson Secretary. Ph 434 7196

Oamaru Phoenix Bowling Club AGM; Sunday 28th June 2020, at the Oamaru Club Inc, 11am. Anual report & financial Statement. Secretary Prem Nath. 027 4771640.

Oamaru Victorian Heritage Celebrations AGM Date: Tue 16th June 2020, at Whitestone Funerals, Reception Lounge, 54 Weston rd, 7pm, Nominations to be received in writing, Members & public are welcome to attend only financial members can vote. ovhcommittee@gmail.com Waitaki Boys' High School Community Association AGM to be held in the Deputy Rectors Office on Tuesday 23 June 2020 starting at 5.30pm.

Public Notices

The team at the **Oamaru Churches Foodbank** would like to thank the people of North Otago who donated so generously during the Covid-19 crisis. Your continued generosity is much appreciated and enable us to support famillies in North Otago. Now we are at level 1 our service are back to normal. 10am - 12 o'clock, Friday at 4 France Street.

North Otago Scottish Society; 21st June Ingleside has been cancelled. We apologise for the inconvenience.

Oamaru Hospital Visiting Hours – Level 1

Under Covid Level 1 hospital visiting will be as follows:

Visiting hours: 2pm-4pm and 6pm-8pmTwo visitors per patient. This also ensures our vulnerable patients are getting the appropriate amount of rest. Notices outside the doors will guide you to the area you need to be.

For Sale

Pea straw \$9 Bale; Delivery included; Oamaru Athletic Marist R.F.C. Ph. Simon 027 223 5274. **Compost;** Compost again available from Air Cadets. Store in Humber St, Opposite the Brydon Hotel. Ph 434 5567 \$5 bag.

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Wanted

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

Rotary mowers and catchers, going or not Ph. 021 0460507.









We are looking for Interesting Article

about Oamaru groups, clubs, businesses and its history.

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