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Oamaru The Telegram

30th June 2020

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Issue 492



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Writing this, I just realized the Telegram Issue numbers are out, due to the events of the last couple of months and a couple of extended Christmas breaks - The Telegram is now 10 years old... "Happy Birthday to the Telegram!". We would like to thank our customers, readers and deliverers for making the Telegram what it is today. A special thanks to our proof reader Diana, and Linda for her interesting garden articles each week and to the people that have kindly supplied articles over the years. A reminder - if you have some interesting articles to share - call into our office or email us a copy. Enjoy your week and the cold frosty mornings, and be careful while out on your early morning walks... Until next week Regards, The Telegram.

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A new cold month beginning - hard frosts but clear sun filled days make us able to spend productive time getting gardens ready for Spring. Who ever said Winter was a time for keeping warm inside while the garden rests?? With a small garden this can be achieved, but a large garden needs attention through all the months of a year. I enjoy the work being carried out through Winter here in our large garden, because the rewards are many come Spring.

Continuous frosts are great for breaking down clay soil and dealing to pest cycles, but planting comes to a standstill - apart from bare rooted trees and Roses. Planted at the dormant stage, they settled in before Spring. Tall, grafted bare rooted trees need staked for at least three years, to avoid root movement as they take hold in the ground.

Cutting back, continues on here now that deciduous trees are bare. I get a good look at the shape, height and width of branching and also discover the rogue trees growing up through Shrubs, that need to be removed before they put on more growth. It is too late in the year to trim soft trees and Shrubs but huge overgrown Ivy and out of control evergreen climbers can be tidied up. Ivy is like Wisteria - if you are too kind to it, some of those twining soft leaders will grow as thick as tree trunks if left.

Trees make the most change to a garden - they can turn a light sun filled garden into a shade garden within a few years if the Gardener allows. This is the best time of the year to bring a wayward garden back in line, by cutting out trees and Shrubs that have outgrown spaces. Conifers displaying woody bare growth at the bottom, usually become that way because they have grown too tall - they never regrow at the bottom.

Very large removals can be achieved by an experienced Arborist, who will complete the job with the least disturbance to your garden in mind, then leave you with a good amount of tree mulch, once all branches have been shredded. Once unwanted trees and Shrubs have been removed, you will have gained light in areas once shaded - the soil will need building up with compost and left to settle, before replanting something that will enjoy being in a light sunny area. The whole look of a tired garden can be changed by doing this. If a huge gap is left with the removal of a tree or Shrub, fill the gap with a section of Manuka screening placed behind the smaller replacement plant - it will give the plant protection and you privacy. Once the plant has reached the desired height and width, the screening can be removed. If a Shrub or tree is Spring flowering, it will be well in bud now, so leave cutting back until straight after flowering - it will recover very quickly with new Spring growth.

Fruit: Summer fruiting Raspberry canes fruit on second year wood. Cut those brown canes that fruited last season right down, but leave the new green canes to fruit. Autumn fruiting Raspberry canes fruit on new season's growth, so all canes need to be cut to the ground.

Vegetables: In the vegetable garden, where green leafy vegetables and onions will be growing next growing season, 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. In gardens fed with compost rather than chemical fertilizers, the PH tends to rise gradually, eventually making regular liming unnecessary. *Cheers Linda.*

Waitaki Citizens' Awards 2020

Nominations open 1 July and close July 31. Do you know an unsung hero in our community? Someone who regularly volunteers in the community and maybe even helped us get through Covid perhaps? Someone who has contributed to the wellbeing of Waitaki in a major way, or someone whose consistent small acts of kindness have made us all want to be a better human? We need your help to show some appreciation for our community volunteers. From the arts to sports, social and cultural carers and champions of the environment, the Citizens' awards are a great way each year to celebrate those who give to our community every day and make Waitaki a great place to live. One of last year's recipients, June Campbell, said that while she wasn't getting brought a cup of tea in bed every day, and had yet to be thrown a parade, the award was a lovely recognition of her work with Valley Rugby Football club, for whom she had spent 46 years volunteering. Her plaque was proudly hung by her husband on the wall of the living room with a photo of her receiving it.

Mayor for Waitaki Gary Kircher said, "Waitaki is a good place in many ways, but it is the volunteers in every community across our district who make Waitaki a fantastic place. Their voluntary work gives Waitaki a heart, where would we be without them! This is your opportunity to recognise the volunteers who make that extra-special contribution. We want to acknowledge those wonderful citizens, and all you need to do is take the time to fill out a nomination form!"

Nomination forms can be found on the council website, and at Council offices in Oamaru and Palmerston.

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Let's talk about keeping well in winter

As the weather gets colder, we begin to layer up our clothes, stare at our watches in disbelief when the sun goes down, and become that much more aware of the cooler winter days approaching.

They say change is good, and a change in season is the perfect time to alter your diet and lifestyle for the better. Taking proactive steps towards boosting your immune system now could make all the difference before winter arrives. Good nutrition, getting your fill of essential immune defending vitamins and minerals, ensuring you're having adequate sleep, actively reducing stress, looking after your gut, and reducing inflammation will all help prepare your body for the fight against those nasty invaders. A diverse diet filled with Healthy food is the foundation of general health and wellbeing. If you're beginning your battle against winter equipped with healthy eating habits, you're already in a good position, and building on those habits will only boost your immunity further. It's best to go for foods that are in season. Not only are they more affordable, they're also nature's way of providing you with the right nutrients you need for this time of year. Whole Grains and protein have a huge impact on your immune system, so it is important to include enough of them in your diet. Including more protein could be as simple as adding a scoop of protein powder to your smoothie. The top pick ingredients for winter wellness are: vitamin c, one of the most famous vitamins for boosting immunity, echinacea is highly regarded for its ability to quickly support immunity against the common cold and can help to reduce the severity and duration of colds. There's a medicinal plant, native to South Africa called pelargonium root.. This cold and flu fighting plant may help the upper respiratory infections including bronchitis, sinusitis, sore throats, tonsillitis and the common cold. Astragalus is regarded as an immune tonic because it has restorative and strengthening effects, keeping your immune system strong and healthy. Olive leaf is well known for strengthening the immune system because of its strong antiviral properties. Vitamin D is the sunshine vitamin; even though we may feel like we have plenty of sunshine in the summer – we're often deficient in this vitamin, especially in winter. Commonly known for keeping bones strong, it is also well known for its effective immune strengthening benefits. Colostrum tastes pleasantly like milk and packs a serious punch against viral and bacterial infections. It is full of naturally occurring immune factors that are needed to support a healthy immune response, plus, it's ideal for both adults and children. Propolis is an amazing substance honey bees create to protect the hive from diseases occurring inside of it. It has a similar positive effect on the human body (our hive)! High stress levels weaken your immune system, listen to your body and when it 'asks' for time off and enjoy activities such as reading, having a bath, walking, running, yoga, pilates and meditation, also sleep is vital for both your mind and body. It's preferable to get between seven to eight hours of sleep per night. This gives your body a chance to rest, repair and keep that immune system of yours strong and ready to defend against any nasty invaders. Eating plenty of probiotic foods that are fermented such as, yoghurt, kefir, kombucha drinks, fermented soy – (tempeh and miso), as well as kimchi and sauerkraut will help to feed and nourish your digestive tract and enhance your immune system. And if you are sick, eating anti-inflammatory foods will allow your body to heal and recover faster. Foods which reduce inflammation include leafy greens and green powders (spinach, bok choy, silverbeet, kale, barley grass, wheat grass, chlorella, spirulina), fish, turmeric, raw nut butters, raw apple cider vinegar and ginger. **Come and see us, at Oamaru Pharmacy, we can help you to choose the right product for you, the team is always ready with a smile and knowledgeable advice.**

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SALE STARTS: 26 JUNE 2020. SALE ENDS: 17 JULY 2020.

New Zealand Petfoods' shop at 16 Ouse Street is 6 years old this week, however the company has been around for over 30 years!

New Zealand Petfoods specialises in raw feeding. We believe in the benefits that can be gained from dogs and cats eating a raw diet as nature intended. We manufacture and sell a wide range of frozen, chilled and freeze-dried meats, game, fish and offal blends. Love your pet and feed them healthy, nutritious meals!! As well as catering for your pet's food, we also sell a variety of accessories from bowls, to collars, leads, harnesses, coats, toys and more. Not to forget your other pets we have cold and tropical fish, tanks and accessories, bird seed for aviary and wild birds and feeders. Have you used our DIY dog wash? It's available 24/7. There is nothing worse than a smelly dog and we can solve that problem! Warm water, shampoo, conditioner, flea rinse and a blow dry – it's fantastic!

And to top it all off we have a fabulous range of treats for training or just because! Bones, dried liver, heart and beef to name a few! And tripe – don't forget the tripe!

We also stock a good range of quality biscuits.

Come and see the friendly staff at New Zealand Petfoods and wish us happy 6th birthday. New Zealand Petfoods, locally owned and operated for over 30 years.

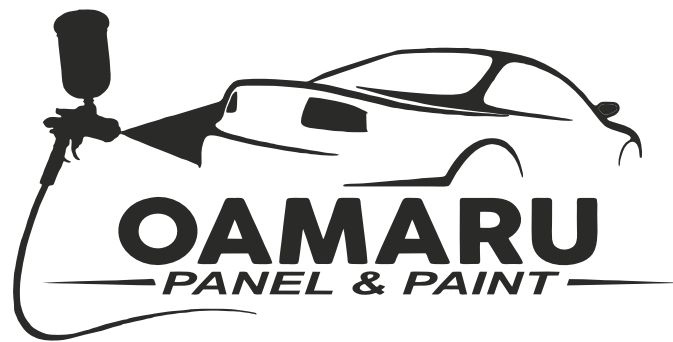
Immigration and Covid

The pandemic has left many people with worries. For migrants, many have the extra concerns about their families back home in Covid hot spots, whether/when they will be able to see elderly relatives again and if they will be able to stay on in New Zealand. The Waitaki Multicultural Council acknowledges the worries migrants may have and in response to this have initiated three Immigration sessions where three different Immigration Advisors can answer questions and concerns can be aired. The first will be run by Jojan McLeod at the Papakaio Hall on 4 July at 2pm. The second will be run by Sylviane Gallant-Welch on 15 August and the final one will be run by Kay Luv in Oamaru later in the year. All sessions are free to attend and afternoon tea will be provided. Further details for the second and third sessions will be advertised in the Telegram, closer to the sessions. Please contact Christine Dorsey, Migrant Coordinator on 0272428643 or waitaki@newcomers.co.nz for more information.

MUST DO – VISIT MILFORD SOUND

If you haven't visited Milford Sound, this is definitely a must do. Located in Fiordland National Park, there is only one road into Milford Sound. Starting in Te Anau, the 121km drive on the Milford Road is just as memorable as Milford Sound itself with its breathtaking natural scenery. Photo opportunities and scenic highlights along the way include Eglinton Valley, Knobbs Flat, Mirror Lakes, Monkey Creek, Homer Tunnel, Cleddau Valley and The Chasm is a series of gushing water falls located not far from Homer Tunnel and just a short walk from the road.

The remote and rugged beauty of Milford Sound boasts sheer rock faces, ink-dark water, mountain peaks including the impressive Mitre Peak and cascading waterfalls along with the two permanent waterfalls, Lady Bowen Falls and Stirling Falls. Milford Sound is known to get heavy rainfalls, creating temporary waterfalls from the sides of just about every rock face in the fiord. It is perhaps even more beautiful in bad weather. The most popular sightseeing option is taking a boat cruise and there are various ones on offer including overnight options. They run in rain or shine. If you want a more intimate experience, kayaking in Milford Sound is a great option. For a totally different perspective scenic flights are also available. Milford Sound is truly a special place to visit. *Jannine Hore - The Travel Brokers*



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**Waitaki
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Council Inc.**

Immigration Seminar

With Immigration Advisor Jojan McLeod

Papakaio Hall

2pm 4 July

Free to attend

Tea and coffee supplied

A chance to ask questions and share your concerns

All Welcome

For more information contact Christine Dorsey on
0272428643 or waitaki@newcomers.co.nz

Community diary

Wednesday 1st July

Afternoon Social Housie; 1.30 pm Darts Hall Ribble St. All welcome. Relaxed session using counters. North Otago Grey Power Ph. 4346249.

Excelsior Petanque Club; Ph 4372557 or 4371590, Wed & Sun 1-3 pm Behind Excelsior Rugby and Sports Club.

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

Join Age Concern for board games and a cuppa. 1:30pm, Oamaru Public Library. Gold coin appreciated. All ages welcome. Ph: 03 434 7008.

Thursday

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

Migrant meet and share, 10:30am at the Opera House. A place for Migrants to build connections & learn about life in Waitaki. Ph 021 066 5143.

Steady as You Go. A class to help you improve your balance, strength, flexibility and mobility, to reduce your risk of falling. 1:30pm. St. Mary's Church, 410 Thames Hwy. Ph: 03 434 7008

Friday

AA; Orwell St Chapel, 12noon. Ph. 0277227818.

Johnston(e) Clan; meet at 10am. All Johnston/e's welcome. Ph. 4346249 for venue.

Saturday

Meadowbank Community Stadium Bowls, 14 Conway St, 1.15pm. All welcome. All welcome. Bowls Available Ph. 4340951 or 4346340.

Sunday

AA Meeting; Orwell St Chapel, 6pm. Ph. 4324191 or 4346888.

Oamaru Baptist Church; Sandringham St, Service at 10am. All welcome.

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

Steady as You Go. Help to reduce your risk of falling. 1:30pm. REACH Church, 17 College St. Ph: 03 434 7008

Waitaki Woodturners; meet at 1 pm at our clubrooms - Oamaru Race Course & Tuesday evening at 7 pm. Ph 021 024 98604.

Tuesdays

AA Meeting; Orwell St Chapel, 7:30pm, Ph. 0277227818.

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

Kauru Hill Hall Committee AGM, 6 July 7.30 am, Kauru Hill Hall, Ph. 0276348849 Nicola

Grey Power North Otago AGM; Thu 9th July 2020, all member and Non-members welcome, followed by shared afternoon tea. Ph 434 6249.

North Otago Branch of Vintage Car Club of N Z. (Inc) AGM. Wednesday 1st July 2020. 7.30pm at Branch Clubrooms, 1 Stoke Street.

North Otago Scottish Society AGM; 7th July 2020, 7.30pm, Supper Room at the Scottish Hall. Light supper provided. If you have an interest in all things Scottish, we invite you to join the Society. New members welcome.

North Otago Horticultural Society AGM; at St. Paul's Lounge, Croquet St. Wed 15th July at 2pm. All Welcome, Enquiries to Reg 434 5575

Oamaru Ordinary Cycle Club AGM; 6th July from 7pm at the Scottish Hall, 10 Tyne St. Enquires 4348285, oamaruordinary@gmail.com

Tokarahi Hall AGM; 30 June 2020 at 7pm, Ph 03 4324255.

For Sale & Services

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Oamaru Hospital Visiting Hours – Level 1 Under Covid Level 1 hospital visiting will be as follows:

- Visiting hours: 2.00pm – 4.00pm and 6.00pm – 8.00pm
- Two visitors per patient. This also ensures our vulnerable patients are getting the appropriate amount of rest.

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Oamaru
The Telegram

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**FRIENDS OF
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Notice of AGM

The Annual General Meeting of the Friends of the Forrester Inc will be held as follows;

Date: Tuesday 14 July 2020

Time: 5:00pm

Venue: Forrester Gallery

Speaker: Jane Macknight, Director Forrester Gallery

Jane will provide an overview of the Forrester Gallery stage one project and an update on stage two.

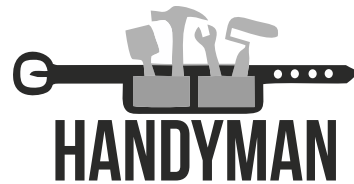
Non members and new members welcome. Join on the night!

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- ▶ Barbara Liffiton0211 807 366
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- ▶ Oamaru Denture Clinic434 7560
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- ▶ Jenny Boon022 034.9190
.....Clothing alterations

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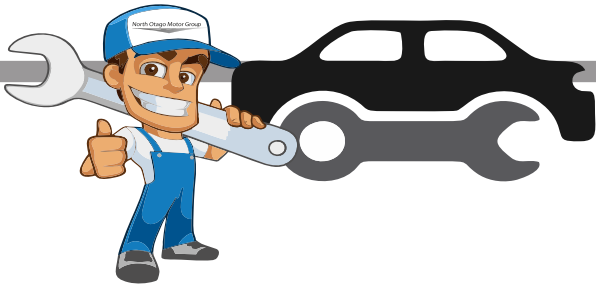
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