



Awamoa Indoor Bowling Club
delayed opening was on the 18th of June at the outdoor club rooms Towey St. President/Secretary Nancy Bell Treasurer Alison Rush. The club was formed in 1963 with increasing membership, open Thursdays for a game of bowls, fun and friendship.

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Issue 493

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We have a colouring competition to help keep you and/or your children busy on these cold Winter days. If you need another copy and can brave the cold weather, call into Harbour Street bakery or our office for an extra copy or two, then complete and return to Harbour Street Bakery. A reminder; for some, the Winter weather can be hard. Don't forget to keep an eye on elderly neighbours and relatives during the Wintry weather. Enjoy the School Holidays.... Until next week **Regards, The Telegram.**

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Wet Winter days beginning last week, keeping most gardeners inside. I could not let rain fall on gardens that had not had a dressing of pig manure / sawdust that I have a stash of. Plants will not be taking the goodness in while not growing, but the rain will take it down to where needed in readiness for the Spring explosion of growth. As I work around the garden, I see the plants that are making a move.

Most Spring bulbs have pushed through - some even flowering along local fence lines. Pretty Violets, Polyanthas and Hellebore are braving the cold here, along with early Camellias and Christmas cheer Rhododendron are flowering. After a few hard frosts in a row then a couple of milder frost-free days, plants get the urge to push buds open, however it is the shortened hours of light that dictates the starting of a new growing season. Gardeners need to be on interment terms with the weather - we need to bend to it and learn how it affects our own gardens through all seasons, where wind chill comes in, the driest or bad draining areas, and plant accordingly because weather makes no exceptions and plants can be lost if planted in the wrong conditions. We can create shelter and drainage where needed, but Nature is still in charge. If we do nothing at all, nature will plant the right plant in the right place every time - one consolation is the more different weeds that come up in your garden, means you have good growing conditions. Everything above the ground in your entire garden is determined by what happens below ground level.

Planting: Any deciduous tree or Shrub whether bagged or bare rooted, is best planted in Winter when dormant and this is also when you get the best choices in Garden Centres. Give the tree /Shrub a good soak in a bucket overnight before planting. Plant all trees, Shrubs and hedging plants shallow as a shovel deep, but make the radius of the hole at least twice as wide as deep. Loosen the soil with a fork below and to the sides of the hole and spread roots out over mounded soil at the bottom of the hole - the quicker roots leave the planting hole, spread and take hold, the better. If a hole is dug too deep with a lot of organic matter, added roots tend to stay put - content to make feeder roots in one spot, rather than search for what they need. A good stake put in while planting is essential, especially with tall grafted trees - this helps to keep roots from moving while becoming established.

Mulch: The rain was welcome on my large leaf piles - moisture needs to get beyond the top of the pile which acts as a shield, so I get the fork in and mix things up to let rain in and if not enough moisture after a few showers, the hose will go on then a cover to keep wind out and get wet fungus working to turn leaves into mulch to add wonderful humus to soil.

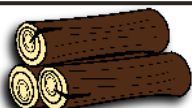
Birds look for food and water during Winter - if you supply both, your garden will be visited, but to be relaxed, birds need food trays placed high - close to a bush or a tree they can dart to if startled. I melt a pot of dripping and while still soft before hardening, it is easy to mix bird seed into then fill a string bag like Kiwi fruit and mandarins come in, birds will flock to it. Sugar water is always found by Tui's, but if you start, it is only fair to birds that you continue.

Moss on Driveways. Two weeks ago, I spread some inexpensive laundry powder on the thick moss growing along the shaded side of our drive - and hey presto! it turned brown and died. I will leave it now in the hope it will discourage more moss growing during Winter.

Manure: At this time of the year Lions clubs are filling stands with sawdust and sheep manure, volunteers clean out calving sheds and under shearing sheds to keep stands topped up for keen gardeners. I use the sawdust on wind free garden pathways and the sheep manure on the compost heaps. Sawdust can be used thickly on wet gardens as a weed suppressant as it helps to absorb excess moisture, but never on dry gardens.

Vegetables: On the coast, start raising vegetable seeds for Spring planting in a warm spot, under glass or plastic with ventilation spaces to circulate air and stop seeds going mouldy. Further inland where Winters are harsher and longer, germination will only happen on a heated seed raising pad, so best to wait. If seeds are raised inside, they will get leggy before it is time to plant out. Cheers, Linda

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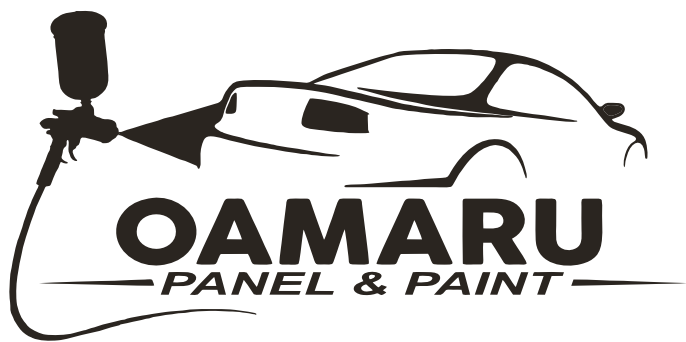
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MUST STAY – HOKITIKA

This charming, relaxed seaside town is definitely a must stay destination. Founded as a goldmining town it is renowned for its Wildfoods Festival and pounamu (greenstone). You can even carve your own piece of jade, bone or shell at one of the workshops. The town centre is jam packed with arts and craft shops including pounamu and bone carvers, painters, photographers, glass blowers, potters, jewellers, metal, stone and textile artists and one of the coolest things is that you are able to talk and meet with the local artists in their working studios. A personal favourite is watching the glassblowers create stunning pieces. Some of the best things to do and see in and around Hokitika include the Hokitika Gorge, West Coast Treetop Walk and Café, Hokitika Beach, Glow Worm Dell, the museum, Lake Kaniere scenic reserve, the townships of Ross and Kumara. Make sure you visit the National Kiwi Centre which also has a large aquarium where you can pat and feed the giant eels. The centre is lots of fun for the kids and they will especially love the hook-less catch and release pond where they can try to catch a Crawly (freshwater crayfish). With its stunning surroundings and with so much to see and do Hokitika is a real West Coast gem not to be missed. *Kind Regards Jannine Hore - The Travel Brokers*

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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 *Pharmacists instore at Oamaru Pharmacy. The team is always ready to help with friendly and knowledgeable advice.*



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Community diary

Wednesday 8th July

Altrusa bazaar; Spring Cleaning, we need your items, crafts, fabric, wool etc... Ph 437 1047.

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.

Oamaru Friendship Club meet 10am St John's Exe Street, new members welcome. Ph. 4346249

Social Badminton; have fun, keep fit and improve your game. Oamaru Squash & Badminton cour, 14 Tyne St. Sat 10:30, Mon & Wed 1pm. Ring 027 278 6316 for more info.

Thursday

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

North Otago Grey Power General Members Meeting, Salvation Army Lounge, 255 Thames St, 1.30pm with speaker. Admission \$2 or a small plate for afternoon tea. People over 50 years welcome, ph. 4346249.

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.

Friday

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

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

Newcomers Coffee Group at 10am at either the Opera House or The Brydone. Ph 0272428643

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. 0277227818 or 4372337.

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

Genealogy help by local genealogist - at the Oamaru library 10 am - 12noon.

Steady as You Go. Help to reduce your risk of falling. 1:30pm. REACH Church, 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. 434 0227 or Ph. 432 4191.

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

Alzheimers North Otago Support Group. Oamaru Polytechnic campus, (Humber St) all enquiries welcome, Ph Debbie 03 434 9090.

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

Public Notices

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AGM Notices

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

Oamaru Farmers' Market Incorporated Society AGM; Sunday 19th July 2pm. Criterion Hotel. All new & current members & invited guests welcome. Nominations to manager@oamarufarmersmarket.co.nz

Table Tennis Section Oamaru Club AGM; 7pm Monday 13th July, All Welcome.

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- ▶ Hiflo's Group 03 434 9873
.....Plumbing, Heating & Rockgas

Professional Podiatrist

- ▶ Simply Feet Podiatry.....437 9025
.....316 Thames Hwy, open Mon-Fri

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- ▶ Waimate Picture Framers...03 6898568
For all your framing requirements...0272918763
- ▶ Oamaru Print and Copy Ltd...434 9651
From business cards to larger posters print & design

Progress Coach

- ▶ Jenny Malcolm.....0274 477079
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Real Estate

- ▶ RayWhite - Leona Stretch..0274 820908
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- ▶ Lakeland Tiling.....Shane..027 312 2017
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..... Appointments, Dunedin & Timaru Hospital, Shopping
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- ▶ Smash Palace.....433 1444
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- ▶ Nathan Oakes TV, Sound, PC Install &
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Upholstery

- ▶ Craft Upholstery.....Kirk 021 022 98678
..... www.craftupholstery.co.nz

Window Tinting

- ▶ Tint a Window.....0800 368 468
UV fade, heat, glare & privacy.tintwindow.co.nz

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

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Age:
Phone:

Please complete and return to:
Harbour Street Bakery or Deja Moo
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Open to all ages.

