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



21st July 2020

Phone 434 9651

Issue 495

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

I hope all of you that have had a break over the school holidays, enjoyed the time spent with family and are refreshed for term 3. Reminders: it is wise to get your adverts in before Thursday morning, as close-off is Thursday afternoon - giving us time to arrange final layout and print over Friday and the weekend, ready for collection by the deliverer on Sunday. It pays to book well in advance! If you are after an old copy of the Telegram, our archives are located on oamaru.net.nz along with the current Handy Phone Listings.

Enjoy your week **Regards**, The Telegram.

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Cost \$44 pension or community service, house calls available Quality treatment of all foot and lower limb conditions Community House, Oamaru Ph: 434 8862 Some hard frosts last week, which is just the thing for Winter gardens. I was busy with Grandchildren over the School holidays, but managed to escape from time to time into the garden to spread leaf mulch and pig manure around before the top layer of pea straw. Any store-bought powdered fertilizers would be wasted if used while the garden is resting, but



compost and well-rotted manure will work as a mulch for plant roots, which will be taken down by worms to be there when needed in early Spring. Mulch works well on all bare ground and tucked around Winter flowering blooms, helping to keep ground warmer and smothering annual weed seeds wanting to germinate. The clean much on offer by our local Pukeuri (Alliance Group) meat works is ideal for this; dry ground will need a wetting if rain hasn't done this before applying. Contact for this mulch is Gregg 0272293215

How special each new bloom is in a bare Winter garden -Winter sweet (Chimonanthus praecox) fragile, papery sweet fragrant flowers are a treat, along with Hellebores, (Winter Rose), early Camellias, Snowdrops and Violets. I also have Virginia stock and Polyanthus flowering and while the ground is damp and workable, have been using a small sharp-edged hoe on weeds that frost has been hard on. Where the ground is clear of weeds, I have filled gaps with perennial sections taken from clumps that needed broken up and iris rhizomes in groups. Primulas and Violas should be well clumped up now after an Autumn cut back and because they multiply well, these plants make good borders. First dig out a clump and pull apart - each section with roots will become a new plant to clump up. Trim ragged perennials like Catmint back to the new growth you should be able to see coming through, then dig around or mulch to encourage the new roots.

Sowing seeds: It is too early for seeds to germinate in the soil, however I have sown cottage flower seeds like Poppies, Cornflower and Cosmos in seed trays, which are sitting in a sheltered Tunnel house - I protect the trays with frost cloth during the cold nights and fingers crossed, I hope for a strike. Vegetables: The earlier mild Winter weather was kind to producing vegetable gardens here on the coast - soups will be brimming with the addition of Silverbeet, Broccoli, Cauliflower flower, Carrots, Kale, Leeks and all those lovely Pumpkins stored before the frosts arrived. When areas of the veg garden become vacant, spread some compost on and let frost and worms work on soil in readiness for an early Spring plant out. In cold areas where ground is frozen, start Garlic off in containers and plant out later when the ground begins to thaw. Fruit: If your Strawberry patch is cleared and manured, pot up the runners you plan to keep, to establish strong roots before being planted. Remember 3 or 4 years is long enough for a mature fruiting plant - and always choose the runner replacement closest to the Mother plant.

Any major pruning on older out of control fruit trees, should be done now while sap is down, but as I have mentioned in previous notes, new upward growing growths on Apples and espaliered fruit trees, should be done in Summer when cuts will heal over and not send more growth up around that pruned area. However, early to Late Spring is best for Peach trees if they need size reduced or centres opened. Prune off damaged wood in the early Spring - this will allow the wounds to close faster as growth begins and in early Spring, you should also be able to see how many flower buds have survived the cold weather. Leave young fruit trees to blossom and fruit, only removing any damaged wood or crossing branches. Mulch all fruit trees now, as they have a lot of work ahead of them... *Cheers, Linda*

Operation Cover up 2020

It is twenty year since Operation Cover Up started in Taupo, and it has grown over the years to an amazing total of 143,000 blankets and other items being sent to Eastern Europe. It is time for this years consignment to be packed up to go. Please bring your blankets and other knitted items to the Tongan Methodist Church in Eden Street on Tuesday, July 25th 1-3pm. Donations towards the freight would be very welcome also. Contact person Gladys 434 5956.

Double Cheese and Chive Scones

1 3/4 cups plain flour,
3 1/2 tsp baking powder,
1 tbsp mustard powder,
1 tsp sea salt,
50 g butter, chilled,
1/2 cup chives, chopped (or use rocket), 3/4 cup aged cheddar - grated, 1/2 cup plain yoghurt,
1/2 cup milk,
1 tbsp Worcestershire sauce



1/2 cup Parmesan - grated. Preheat oven to 210°C fan bake. Line an oven tray with baking paper.

Mix the dry ingredients together and grate the butter into it. Using a butter knife, stir in the chives and cheddar, keeping back ¼ cup. Pour in the yoghurt, milk and Worcestershire sauce, mixing with the knife until it comes together. Turn out onto a well-floured bench and deftly pat it to bring it all together into one scraggy mass – it will be a little sticky, don't worry. Pinch off dough into 10 balls and shape into rounds on the tray. Or pat the dough into a rectangle and cut into 10 squares. Sprinkle the Parmesan and remaining cheddar over each scone. Bake for 15-17 minutes or until golden or even dark brown – don't be afraid to cook these scones until the cheese caramelises, as a crunchy outer layer will still give rise to a deliciously fluffy centre.

MUST DO – TranzAlpine

Travelling on the TranzAlpine during any season is a must do experience. Although spring and summer departures are popular, winter offers some stunning scenery with the snow dusted mountain ranges, it can get a bit chilly in the open-air viewing carriage at this time of year but you can always warm up with a hot drink from the licensed café onboard. The TranzAlpine can easily be done as a day trip, departing Christchurch at 8.00am and arriving back at 6.30pm. On arrival in Greymouth at 1.05pm you will have an hour before the train departs on its return journey to Christchurch. If you are not keen on doing the return trip in the same day, a good option would be to overnight in Greymouth or spend a few days exploring the surrounding areas - Punakaiki is just a 45 minute drive north of Greymouth and Hokitika is just over a 30 minute drive south. Car hire companies are located at the Greymouth train station.

You also have the option of stopping off at Springfield, Arthur's Pass or Moana for a day or longer to explore these destinations.

The TranzAlpine is one of the most scenic rail journeys in the world and is the perfect way to enjoy some of the South Islands most spectacular scenery. *Jannine Hore*

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Your pharmacist will advise you whether this preparation is suitable for your condition. ** Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Always read the label. Use only as directed. If symptoms persist, see your healthcare professional. Weight management products should be used with a balanced diet and exercise. The pharmacist reserves the right not to supply when contrary to our professional and ethical obligation. Retail quantities only. Limits Apply. Not all products or promotions featured are available online. All products subject to Manufacturers Availability. We reserve the right to correct printing errors.

Fish and Slips

Oamaru's Humber Street Bridge to close from Monday July 27th. The Humber Street bridge and adjacent creek have long been a part of Oamaru history. Early in the Victorian era the creek was the only source of water, aside from that collected in rain tanks and residents used it for drinking, for washing clothes, kids played in it, it was water for livestock and people also disposed of household waste in to it too! This all hanged, thank goodness, when the borough water scheme became operational in 1880.

The Humber Street bridge was completed in 1902 to allow vehicle traffic to travel easily between Humber and Tyne Streets. At this time the harbour was the heart of the town, but this was changing following the railway station shifting from the harbour to Humber Street in 1900.

Fast forward a hundred years and the bridge was renewed in 2011 and in 2017 the road was washed out during a flood event which required repairs to bridge components, the road carriageway and embankments.

Recent erosion of the creek bed has allowed the Oamaru creek to flow behind the bridge abutment which washes out the gravels that form the road. Waitaki District Council Roading installed speed bumps to reduce speed across the slumping area and to highlight the hazard to road users. Now Otago Regional Council consent approval allows for works to fill the area under the abutment with formed concrete to prevent gravels from being eroded by the creek flow.

Recreation Construction will complete the concrete works with Banks Building Services providing the Coffer dam which is placed to divert the creek flow to allow access to the bridge abutment and continued fish passage as this is the season for fish spawning when fish use the thoroughfare under the road as an aquatic superhighway.

Access to the work area is limited and the bridge will be closed to all traffic from Monday 27th July for 10 days. Alternative routes proposed are Itchen Street, Lower Thames and Wear Streets.





Pieces Of April By April Hayes Dickson

I'm hoping this will be the first of a regular column. I've chosen to call it "Pieces of April" because it's the title of one of my all-time favourite Three Dog Night songs from the 70's. It also happens to be my name (April not Pieces). If we're going to get on, I think we need to be honest right from the get go. So I'm just going to say it. I'm an Australian. I needed to come clean in case I slipped up in the future and spelt six seeex or it eeeeet and blew my cover. I'm also bi: bi-Tasman.

I'm married to a 3rd generation Oamaruvian and fell in love with the wider district (and him) on a drive through Waitaki 26 years ago. He lured me from Sydney to NZ and after 6 years in 'Windywood' he got counter-lured to Sydney for work. My married life has been spent with a leg in both camps. I like to refer to myself as a Kwasi, not to be confused with Quasi (as in modo).

Every year we made the pilgrimage back to Oamaru holidaying in the Dickson family crib at Kakanui. There'd be pies at Willets, beach bonfires at Campbells Bay and fishing up the Haka. Lunch at the Star and Garter, where my in-laws had enjoyed their wedding breakfast many years prior, was always a must. When it came to retirement, I couldn't think of anywhere else I'd rather be than here.

I'm not very incense and crystals but it does seem like destiny brought me here. My grandad, was rescued by the SS Maheno after being wounded at Gallipoli. Without that NZ hospital ship, I wouldn't have been born. So, you're stuck with me now. Let's make a deal. I won't bring up the Pavlova (which was invented in my home town of Perth) if you don't mention under arm. We'll get along just fine. piecesofaprilhd@gmail.com











PUBLIC MEETING

WITH TRUSTEES AND NETWORK WAITAKI REPORTING ON THE 2020 FINANCIAL YEAR

to be held on Monday, 27th July 2020 at 5.00 pm for 5.30 pm in **The Inkbox Oamaru Opera House**

The Trust's 2020 Annual Report will be available from 17 July 2020 during normal business hours from Network Waitaki Limited, 10 Chelmer Street, Oamaru or from the Trust's website: *www.waitakipowertrust.co.nz*



Waitaki Museum & Archive Te Whare Taoka o Waitaki



Behind the scenes at Waitaki Museum – Edward Butt's Crewel Embroidery

Work is underway at Waitaki Museum on refitting the permanent exhibition area. The Museum has over 30,000 items in its care. Each item has its own story. They can't all fit in the new displays so staff and volunteers have



been researching the tales behind some of the objects to ensure those with the most interesting and relevant stories make the cut.

This needlework picture of a ship at full sail, surrounded by flags and flowers, was made by Glenavy man Edward Butt (1847-1911), a former sailor in the Royal Navy. Embroidered with wool on linen, it won First Order of Merit at the 1889–90 New Zealand and South Seas Exhibition in Dunedin. At the time of its creation the maritime themed embroidery was described in the North Otago Times as "the nicest piece of work that has been seen in the colony." Today we might be surprised that a man was producing award winning embroidery like this but Edward was not unique. Many naval men were more than handy with needle and thread. Their work included mending sails and crafting their own uniforms. The embroideries sailors produced are known as woollies.

Edward Butt was born in Norfolk in 1847. When he was just 11 years old when he joined the Royal Navy. He served with the Navy around the world for 20 years. Then he came to live in New Zealand in 1875. He worked as a railway platelayer and later as a bridge keeper at Glenavy.

Edward Butt was an extremely skilled needle worker. His obituary in the Waimate Daily Advertiser notes "As a sailor he had spent some time in Japanese water, and learned the art of embossed thread figure working on silk. A very large design "Flags of All Nations," framed in gold, was on view in Mr R. H. White's window some twelve months ago. This and other examples of his hand-work gained premier awards at various exhibitions."

Edward's embroidery will be going on show when the museum reopens later this year.



Come along and join in the fun of the Lower Waitaki Ambrose Tournament, held on the last Sunday of every month. Cash prizes for first place and further cash prizes for randomly drawn ticket numbers.

Entry fee: \$60 per team of four—of which one team member must be a registered NZ Golf Player. On course BBQ included in your team entry fee. Registration on the day, report time 10:30am for an 11:00am tee-off. Numbers are limited to 120 players.

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Creating Comfort this Winter

As our pets adapt to the colder months by shedding their summer coats and finding their way into our beds we have the opportunity to provide some comforts of their own. Jackets and coats are great for those outside days and cold nights, there are multiple options available from heavy duty wet weather to light polar fleece. Bedding can also make a difference to how warm and comfortable your dog can be. For the elderly a raised bed is best, this helps with achy joints. The dog is able to step up and off the bed rather than push themselves off the floor - as we know its harder with age to get up off the floor!

Washable cushions and mats are a perfect to keep your house free of that doggie smell. For exisiting beds we have heat pads and electric blankets! Cats love these to curl up on a cold day, snuggle in and do what cats do best, sleep all day! Heat lamps are available for aviary birds, with a cold southerly blowing through there is nothing nicer than snuggling underneath a warm lamp in the aviary. Pop in and see our great range of winter warmers instore. *Leanne Wreakes-Fallen DipVN*





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Cabinet art is spreading in Oamaru

Chorus and WDC are bringing art to your neighbourhood Chorus is again working with Waitaki District Council to extend its cabinet art programme in the district and is calling for designs from local artists. Four further cabinets in Oamaru have been chosen for beautification and artists are encouraged to get their designs in. The project, which sees some of their more frequently tagged cabinets painted in art works, has been very successful, so Chorus has partnered with Waitaki District Council to extend its reach further. Chorus Community Relations Manager Jo Seddon says that it makes sense to partner with local councils, as they know their communities best. "Over the past few years we have worked with Keep NZ Beautiful and that also was a great fit. That partnership has now concluded so we extended an invitation to councils around the country to work with us on this great initiative," she said. "We are really pleased that Waitaki District Council has answered that call and we're really looking forward to seeing what local artists come up with." These cabinets become works of art in the street, often telling stories about the communities in which they are located and help to discourage tagging. Council Communications Specialist Lisa Scott will be co-ordinating designs and artists and says it is a great opportunity for artists to showcase their talents to not only the Oamaru community but also the wider world.

Waitaki Mayor Gary Kircher is also a fan of the concept. "It is an excellent idea and it helps add a lot of interest to what is otherwise a bit of rather boring infrastructure. We have many talented artists in Waitaki, so featuring them and aspects of our district make for a fantastic result. I'm looking forward to seeing what these next designs will be!" Requests for designs are now open and the winning design for each cabinet will be chosen from entries received. Information can be found on Chorus' dedicated webpage: https://www.chorus.co.nz/community/cabinet-art-programme All finished art will be included on the Chorus website and will be considered for the 2021 Chorus Cabinet Art calendar, copies of which are sent around the world.

Existing murals can be seen here:

www.chorus.co.nz/blog/cabinet-art-gallery **Background:** In 2010 Chorus began a trial in Auckland to test if art works on the cabinets decreased the frequency of tagging. This proved successful so the programme has been extended to include art works throughout the country. The main criteria for considering a cabinet as a candidate for artwork is the frequency of tagging, as the mural becomes cost effective

through eliminating cleaning costs. However other avenues are also considered, such as community or council requests and involvement.

More information: Jo Seddon, Chorus Community Relations Manager 027 655 5135



Professional Development at The Business Hive The 'Regeneration Waitaki' Series with Amanda Fleming *4 workshops*

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Let's talk about Back-to-School Immune Boosting Tips for Kids' Health

It's so much easier to prevent illness than spend time on visits to the doctor's office and go through endless rounds of medicines. While a lot of kids don't need much more than whole foods, play, and love to be healthy all year, some kids are prone to colds, sore throats and strep, coughs, ear infections, sinus infections, and flu, making their autumn and winter — and yours, a lot tougher than it has to be. It can sometimes even be downright miserable with missed school, missed special events, and missed work for you. Also, feeling sick is a bummer for your kids, and it's stressful as a parent whenever our kids don't feel well. If your child happens to be one of those who get sick more often than you'd like, or if you just want to do some immune boosting, here are the Top 7 top recommendations for kids. Immune boosting doesn't just happen overnight, so you can start doing these things now, and then safely continue throughout cold and flu season (autumn into late winter/early spring), to boost optimal immunity, ward off illness, and keep your child healthy all year. 1. Tweak the diet Here are the dietary changes that can keep your kids healthy all fall and winter, at any age, by removing the foods that block immunity, and upping the game on those that boost immunity: Eliminate most sugar, and all fruit juice (homemade veggie juice with some fruit is okay a few times per week) and all soda. Increase leafy green veggies (kale, broccoli, cauliflower, collard greens) and fresh or frozen berries (organic blueberries, organic strawberries), and make sure your child is getting 2 servings of veggies or fresh fruit at each meal. Make sure your child is getting high quality protein (beans, lean meats, fish, poultry) and high quality fats (olive oil, coconut oil, avocado) at each meal. 2. Give Zinc daily Zinc is an immune boosting mineral found in oysters, beef, and lamb, and to a lesser degree in pumpkin seeds, cashews, and beans. Taken daily for up to 5 months, zinc reduces the likelihood of viral infections, especially colds, absences from school, and antibiotic use in kids. It can easily be given as a flavored lozenge

to older kids; for younger children try a liquid, chewable tablets or gummies, always following the recommended dosage for the age. A children's or teen's multivitamin with zinc, vitamin C and vitamin D may contain all that your child needs, so check the label before adding extra. If is not enough then consider supplementing to meet these amounts.

3. Give Vitamin C daily, A review by the Cochrane Collaboration, a major medical data review group, showed a 13% decrease in cold symptoms in children who took one gram (1000 mg) of vitamin C daily for prevention. The form and dose are "buffered ascorbic acid," 250-500 milligrams 3 times a day, given with meals.

4. Give a Probiotic daily During the winter it has been shown to reduce daycare absences because of fewer colds, they reduce the incidence of fever, cough, runny nose, and the use of antibiotics. Look for a brand that is in a powder or liquid form for younger children so you can disguise it in a smoothie, yogurt, or apple sauce.
5. Give Vitamin D3 daily Vitamin D can help support the immune system and is important for overall health. We tend to get less of it in the winter because we're indoors so much more, and the sun is a major source, so we recommend supplementing early.

6. Use a Saline Rinse twice weekly Using a nasal saline rinse has been shown to reduce respiratory infections in kids significantly.
7. Give Gentle Herbal Remedies: Echinacea has been shown to support the immune system, prevent the frequency of upper respiratory infections and bronchitis, and also prevent secondary infections, so preventing infections from turning into more entrenched bacterial infections. Another herbal medicine called Andrographis has also been shown to boost immunity and reduce the frequency of upper respiratory infections, and also help to shorten their duration when they do happen.

Come in and see the team at Oamaru Pharmacy to make sure your back-to-school checklist is complete, we are always here for you with professional friendly advice.



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Classes for Term Three 2020 Begin from the 21st July Tutor: Margaret Mitchell Tuesday evening 5:45pm - 7:00pm -Full term (9 weeks) or casual fees Above classes \$72.00 term fee (\$10.00 casual)

All classes at St. John's rooms in Exe Street. Register with Margaret: 027 534 1951 Email: <u>margs1979@hotmail.com</u> Facebook: Anahata Yoga Ōamaru

Community diary Wednesday 22nd July

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

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.

Weston Indoor Bowling Club; 7.30 pm. Weston Hall. New members most welcome. Ph 4348281. Excelsior Petanque Club; Ph 4372557 or 4371590, Wed & Sun 1-3pm, Excelsior Rugby & Sports Club.

Thursday

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

N.O. Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe St. 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.

North Otago Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe St. Ph 437 2673. Friday

AA; Orwell St Chapel, 12noon. Ph. 0277227818. Newcomers Coffee Group at 10am at either the Opera House or The Brydone. Ph 0272428643

Saturdav

Meadowbank Community Stadium Bowls, 14 Conway St, 1.15pm. 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 For Sale at 10am. All welcome.

Reformed Church Oamaru, 4 Eden St, morning service at 10:30am, followed by Sunday School 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.

Tuesdays

AA Meeting; Orwell St Chapel, 7:30pm, Ph. 434 0227 or Ph. 432 4191.

Age Concern Gentle Exercise at 1:30pm, Orwell Ph 021 2675044 for info. Street Church. \$4. Refreshments served afterwards. Age Concern Office: 03 434 7008.

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

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

North Otago Motor Group

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Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627

AGM Notices

ATC 26 Squadron AGM; 28th July 7pm, Star & Garter upstairs meeting room Itchen St, All Welcome.

Citizens Advice North Otago AGM; 14th Aug 2020 10:30am. Search & Rescue Room. Behind Community House, Severn St Oamaru. Morning tea to follow, member of the public are invited to attend.

North Otago Astronomical Society Inc AGM; We will be having our Annual General Meeting on July 30th 7:30pm at the Ara Polytech rooms in Humber Street. All welcome. The Dome will reopen for viewing on July 24th. Bookings are essential to minimise mixing of the public in the darkness, please read the full directions on our Facebook page. please use the official Covid tracing app. Book at marg-hans-briens@xtra.co.nz

North Otago Rock & Mineral Club AGM; 7pm, 7 Tees St, 5th August, Basement of the St Vincent de Paul, All Welcome, Ph. Karen 027 200 6873.

Oamaru Club Inc, Outdoor Bowls Section AGM table held Thursday 23rd July @ 1:30pm. Members please attend.

Oamaru Club Indoor Bowls AGM; 26th July 2020, 11am in the hall. All Welcome.

Waitaki Riparian Enhancement Society; Sat 25th July 1:30pm at the Glenavy Hall.

W.B.H.S. Old Boys' Association Inc AGM; Wed 29th July, 7pm. School Staffroom, All present & past students of the school welcome.

2 sets Bunk beds, Table & 4 chairs, Recliner seat, set Ladies golf clubs, 25hp o/b motor 027256 6205 Five Draw White Tallboy \$65, Prescold Clothes Dryer \$55, Small Oak Veneer Dropside Table and 2 Chairs \$85, Ph 4371276 or 027 4902005

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Wanted

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

Framing Chisel 50mm (2in) and 38mm (1 1/2in); for timber framing project. Ph 021 0837 8989.

Pony - around 13.2hh must be serviceable and use to children. Consider lease or buy. Ph 022 309 4933. Small Rural Semi Rural House wanted to buy with up to 1 acre. anything considered in Oamaru area. Ph 021 029 77715



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