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

# The Telegram

Issue 496

28th July 2020



Phone 434 9651

For most - your power bill will be high at this time of year. Early last week I received a watt meter, which you plug into the wall to measure the power consumption for your electrical devices. After a little play, I noticed even with the power button off, most of my modern electronics still used a little power - not much - but it adds up! A 100watt light going 24/7- around 2.8kw a day, or one heater for an hour. So, turn them off at the wall. (That's if you don't have to reset the clock every time you turn it on.) Note: some multiboards also use electricity - (around 0.7kw a year). I have also upgraded my incandescent light bulbs to LED over the last few years. 12 x 100watt lights down to 7watt lights and brighter ones in the kitchen and reading areas 14watts - just make it easy to read and work.

Keep warm - Until next week Regards, The Telegram.



Fire delivery Waimate to Oamaru 3m <sup>3</sup> /6m <sup>3</sup> loads Stacking available at extra cost
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We are getting closer to Spring... With another Winter month almost over, our gardens are beginning to stir beneath and above the ground - even with the heavy frosts we have been experiencing. I remember when Winter meant frozen ground right through mid -Winter and my pond with a cover of thick ice. But not so over the last few years, when we experience hard frosts then



warm days like last Tuesday - a warm Spring like day. Pruning and composting and pea-strawing is still going on here around this large, never ending garden! Rain would be a bonus now, because it is showing severe dryness in some parts of this garden. It may look as if growth has stopped but here on the coast with the warmer ground, there is plenty of plant feeding going on now. Bulbs, Hellebores (Winter Roses), Polyanthas, Violas, Witch hazel, Camellias and Rhododendrons, will all enjoy a dressing of compost or even a dressing of blood and bone would be beneficial, when we get a shower of rain.

Garden retailers are offering colourful sasanqua Camellias in flower, different varieties of flowering Hellebores and Cyclamen to brighten up indoors and porches. Any flowering plants on sale, will have been grown under protection to get them looking so good, so don't be too quick to plant out in the garden - let them harden off gradually first.

Roses: About now, I would advise mulch, mulch and more mulch around Roses if we had rain. I am mulching but soaking the dry ground first, then mulch applied will hold moisture. This also protects the root zone and enables the plant to concentrate on root movement and getting ready for the upcoming growing season. Un-sprayed Pea or Barley straw plus well - cooked compost are all ideal for mulching. In early Spring, an application of Rose Fertilizer will enhance the establishment and growth of healthy Roses, as it has an excellent level of potassium, which is the nutrient responsible for promoting large, vibrant, healthy blooms. For established Roses, apply 200 g (1 cup) per square metre and water in well. An application just before the end of Winter is a good idea - if buds are swelling, they are using food. Apply again in mid-December for an Autumn flush of blooms. Have some on hand to apply next month.

Vegetable garden: To have Christmas new Potatoes, you need to start thinking about them from now on - all varieties are available in shops now. There are early and late varieties, so ask about the variety you choose. A Potato is not just a Potato anymore! Lay your seed Potatoes out on a tray in a dark dry place and get them sprouting or chitting by leaving them in a well - lit, cool, protected place, where they will form protrusions of leaf buds ready for early planting. Keep sowing vegetable seeds in trays for planting out later. If your veg garden is in a warm spot, plant Cauliflowers and Cabbage seedlings (cover from birds) and sow early Peas. Asparagus crowns are now available and can be planted out in a well composted and fertilized bed. (no animal manure) Fruit: There will never be a better time to choose and plant ornamental and fruiting trees than right now! Each tree will have an informative label to tell you exactly what you will be buying, with instructions on how and where to plant. Plus, all tall grafted trees need to be tied to a stake; any wind root movement will hold a tree back. All fruit trees need to grow in an open sunny position. Cheers Linda.



#### OAMARU + PHARMACY It's your Pharmacy

#### Let's Talk About Head Lice

What are head lice? Head lice are small flat insects, about 2-3 mm long. They live on the scalp, Head lice lay their eggs (nits) on strands of hair. They are common and cause concern and frustration for parents, children and young people. Anyone can catch head lice catching them has nothing to do with poor hygiene, they spread from head to head (hair to hair) contact with someone who already has head lice. This can easily happen when children play or interact together and their heads touch. Head lice can only crawl from hair to hair. They can't fly or jump from head to head. Head lice only survive on humans. They die quickly when they are not on the head, usually within 24 hours. Head lice can live all over the head but particularly like warm places behind the ears, around the bottom of the hair line, and on top of the head. They lay about 7–10 eggs each night so it is important to get on top of the problem. The Insects, can be white, brown or dark grey. The Eggs (nits) are small and hard (like a grain of salt) and are normally pale grey in colour. Eggs are laid close to the scalp and are firmly glued to strands of hair. After hatching, the empty egg cases are white. Female head lice lay about 7–10 eggs each night. Eggs hatch in 9 days, and head lice live for 40 days. How to treat? Chemical treatments or wet combing are the usual ways to treat head lice. Ordinary shampoo or soap will not kill head lice. Do not use fly spray, kerosene or animal treatments, as these will harm children. Chemical treatments use a special shampoo or lotion that kills the head lice and the eggs. Follow the instructions that are supplied with the chemical treatments. Always do a second treatment 7-10 days after the first. This is to kill any head lice that may have hatched after the first treatment. After the treatment you can use the method of Wet combing, Wet the hair and scalp with conditioner (this makes it easier to see the head lice). Use a fine-toothed comb to check for head lice and eggs and to comb them out. It's best to use a fine metal comb, or a special head lice comb you can get from a pharmacy. Comb the full length of the hair, from the scalp to the ends. Work your way around the head so that you have combed all of the hair. If you see any head lice or eggs, clean the comb by wiping it on a tissue or a paper towel, or rinse the comb before you use it again. After you have combed all of the hair, rinse out the conditioner. If you find lice or eggs, repeat these steps every day, but at least every 2 to 3 days. You can stop when you find no lice or eggs for 3 days in a row. Check the hair of everyone twice a week for the next 2 weeks. If you find head lice on other family members, treat them all on the same day. If your family has head lice, tell anyone who has had head-to-head contact with them, so that they can treat their family if needed. Tying long hair back and checking weekly for lice is a great way to help prevent Head Lice. At Oamaru Pharmacy we have a wide range of treatments for all the family. Come in and see us, the team is always ready to help with friendly and knowledgeable advice.

#### **Business Support – The Business Hive**

The Business Hive is coworking space.

#### What does that mean? Read on.

Coworking basically means working together, so a coworking space is a place where people come and do their own work while sharing the space with others. Working from home is isolating and can be distracting. Setting up a complete office is expensive. Coworking spaces offer the best of both worlds... an open plan office space with all the conveniences for people to use 'on demand' - for a fraction of the overheads.

Coworking spaces let you have a water-cooler moment but still get your work done. For remote workers that is pretty much the holy grail. The Business Hive offers executive desks in a permanent shared office with 24/7 access as well as casual hire of desks and meeting rooms on an hourly basis. It also hosts both external and in-house training. Recently STMS and Health & Safety training and currently professional development workshops and a marketing bootcamp. Owners, Cara and Alex are passionate about their business. Alex says, "post lockdown, we're trying to do even more to help local businesses succeed". Cara adds, "we're in it together, supporting local business supports our whole town".

To find out more see thebusinesshive.co.nz.



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X

## Head lice treatment for the whole family



Oamaru Pharmacy, 171 Thames st, Oamaru Ph. 03 434 8741, Monday - Friday 8am - 6pm Saturday 9.30 - 5pm, Sunday 10:30 - 4:30pm www.pharmacy-nz.com



#### Must Visit - Lake Tekapo & MT Cook

The drive along the edge of Lake Pukaki from Mt Cook to Lake Tekapo is one of the most scenic drives in New Zealand and is simply not to be missed. Mt Cook; A must do apart from enjoying the spectacular alpine views and beautiful scenery, is a visit to the Tasman Glacier which you can view from a lookout point or if you want to get up close and personal you can take a guided boat or kayak tour. Whether you are an active hiker, enjoy shorter walks or just prefer view points without physical challenges there are many excellent options available. Sir Edmund Hillary Alpine Centre along with the Digital Dome Planetarium is well worth a visit – other activities in the area include climbing, 4WD safaris, heli-skiing, fishing and scenic flights. Tekapo; Grab a photo opportunity at the Church of the Good Shepherd situated right on the edge of Lake Tekapo and enjoy one of the purest, clear night skies in the world at the astronomical observatory on top of Mt John. Tekapo Springs is a fantastic facility that offers hot pools, spas, water slides, steam rooms, saunas and more, they basically have everything covered for everyone including an ice skating rink and snow tube park in winter. Lake Tekapo also offers easy access to Roundhill Ski area and Lake Ohau Ski Field.Whatever the season, this part of the Mackenzie Country is the perfect must visit destination. Jannine Hore; The Travel brokers.



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#### **Community diary**

#### Wednesday 29th July

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, coaching available. ph 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.

#### Friday

AA; Orwell St Chapel, 12noon. Ph. 0277227818. Saturday August 1st

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

#### Sundav

AA Meeting; Orwell St Chapel, 6pm. Ph. 0277227818 or 4372337.

Craft and Treasure Market; 10am - 2pm Scottish For Sale Hall, 10 Tyne Street. New stall holders welcome . To book a stall phone Lisa 027 706 9902

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

St Paul's Church, Coquet St, service and kids club. Ph 021 2675044 for info. All welcome, 10am.

#### Monday

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

Tokarahi Spinners and Weavers meeting. Ph. Christine 434 2223.

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

#### **Tuesdays**

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

#### **Public Notices**

Oamaru Coffee Riders, ALL riders, all abilities For Rent catered for. For ride times & venues, please visit our 2 Bedroom would unit a FB Page or ph: 021 121 4627



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; July 30th 7:30pm at the Ara Polytech rooms in Humber St. All welcome. The Dome has reopen. Bookings essential to minimise mixing of the public, please read the directions on our Facebook page and use the official Covid tracing app. Book at marg-hans-briens@xtra.co.nz

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

North Otago Tree Planting Association AGM; St Paul's Lounge Coquet St, Friday 14th August 7:30pm. All welcome enquiries Rob 439 4004.

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

Weston Progress League AGM; Mon 10th Aug at 7:30pm, Weston Hall all Weston residents welcome.

#### **For Free**

5 Paddy Stephens Roses to giveaway Ph. 021 483377

Peastraw - medium square bales \$50 Ph. 027 323 2926 or 439 5334

#### Situations Vacant

Part Time Office Admin Position; 20 hours a week. Experience with MYOB Software.

Service & sales assistant for a local hire company required. We are looking for someone to join our team on a casual/full time basis. Excellent customer service skills and a good sound knowledge of machinery and small engines required. Full Drivers Licence essential and H.T licence would be an advantage. Please email your C.V to:

Craig.Weatherley@xtra.co.nz Wanted: Experienced Yurt Designer and Builder; Please email your details and experiences to zazrami@gmail.com or phone Peter 0275950056.

professional couple, close to town. Ph 021 027 45187.



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#### Wanted

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

Relief milking, stock work wanted, call Wee Jock 0212073730.

Roses - wanted. New or old Rose plants, surplus to your requirments, cash 027 4395331.

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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#### Counselling

- ▶ AYR St Counselling ......027 6861849
- Kaye Mattingley...Dip.Grad.S.Sc.Otago.NZRSW. MANZASW ▶ Barbara Liffiton ......0211 807 366 .....NZ RCpN, Grad Dip GT, Prov NZAC

#### Dental

▶ Oamaru Denture Clinic ......434 7560 Reg Clinical Dental Technician, 4/6 Coquet St

#### Dressmakers

- ▶ Robinson Gray .....021 173 6161
- ......Tailored clothing & alteration ▶ Jenny Boon ......022 034.9190
- .....Clothing alterations

#### **Driver Lessons**

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

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#### **Electricians & Appliances**

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- ▶ Whitestone Appliances..... 021 366 446
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- ▶ Weston Firewood......434 1085

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**CPieces Of April** - By April Hayes Dickson Lockdown is mercifully behind us (heavy sigh of relief). Thanks to a few thoughtless returnees and some border rule confusion, we haven't completely "knocked the bugger off" yet but we've given it a bloody good Sir Ed go, just as Jacinda implied in her articulate Everest analogy (which Boris Johnson famously nicked). We are shopping locally and supporting our cafes, restaurants and bars. My husband, the KOR (King of the Remote) is upbeat. In particular he's doing double duty supporting the bars. He's also been consuming pies at Temptations Bakery at an alarming rate in the name of the economy in general. Yet here I am consumed by guilt. I let myself down. I let my family down. I let the whole country down. I didn't play a single board game during Lockdown. Didn't even dust off a jigsaw puzzle. I meant well. I had a comprehensive "to do" list backed by a can-do attitude. The family photos would be categorized, Tupperware lids would be matched to containers, pantry spices would be lined up alphabetically and my skin would be exfoliated within an inch of

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- ▶ Foley Plumbers Oamaru......434 2330
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its life. But somewhere between Ashley's daily update, Dr Phil and

chances of a Monopoly board materialising were grim to zero. The

relentlessly thrashed online scrabble. Does playing with yourself

future if the eventual opening of borders goes pear shaped. But if

we do, NZ you have my word: next time I'll try hard, rather than

being a try hard. Bring on the Cluedo! piecesofaprilhd@gmail.com

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count? Heaven forbid that we have to lock down again in the

Netflix binges my can-do morphed into can't-be-stuffed. So the

KOR gave Solitaire a daily bashing on his mobile and I

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