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



4th August 2020 Phone 434 9651 Issue 497

## THE GARAGE DOOR CENTRE

Call Brian on 0274 335 299 or 434 8476

It is good to hear our new article "Pieces of April" has been well received with around 200 responses. Goes to show that a little paper like the Telegram, can have a remarkable response. So, if you are ever in another town with a paper like the Telegram and want to advertise, most likely this will be the best place and to boot, you are also supporting a locally owned business.

We can help your customers to get to know you. So, don't forget to send in your articles on your businesses and events. Our readers always look forward to reading about what's on in town. *Until next week, Regards the Telegram.* 

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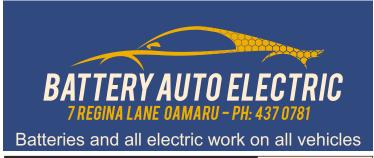
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## Central Podiatry Limited

leaf curl. Cheers, Linda

## Nathan Dickson

Cost \$44 pension or community service, house calls available Quality treatment of all foot and lower limb conditions Community House, Oamaru Ph: 434 8862

Here we are, into another month and closer to Spring, with Camellias blooming, Magnolia buds beginning to burst and Spring bulbs thinking it is mild enough to bloom. Going by my past notes, we still have proper Winter weather ahead this month before we can leap fully into Spring. Soil along with plants, needs continual cold



temperatures to be at peak performance during the growing

Here in our garden, the hard graft is almost over - whew! Soon it will be time to get creative and dress the garden by planting out, shifting and feeding. Liquid feed annuals and perennials that have been nursed through Winter; roots are starting to take in nutrients to plump up buds.

Roses and Hydrangeas are still getting the Winter prune here only Flower Carpet Roses to go. This variety, bush up with small non hard wood branching - if they are large, trim with a hedge trimmer - if newly planted, prune back the flowered ends to hard wood.

Hydrangeas: I have taken cuttings from Annabelle Hydrangeas hardened stems that flowered last season. Thick rather than thin cuttings are best about 12" long. Dip cuttings in rooting hormone (this is optional) and insert cut end down into damp river sand, around the edge of the pot rather than the middle, water well and allow to drain. Annabelle Hydrangea is lovely with white lacy flowers and is quick and easily grown from cuttings as well as root sections - they give a great show growing in a group.

Staking Trees: I have been noticing newly planted tall grafted trees planted in gardens without stakes. While the ground is firm and winds are few during Winter they are settled, but come Spring with unpredictable weather, these trees will be whipped about with wind with roots moving when they should be firm in the ground, making the needed feeding roots. Trees left unstaked, take much longer to make the roots needed to anchor them and grow slower - sometimes not at all. Seeds can be sown of Cottage annuals like Cosmos, Cornflowers, Love in the Mist, Snapdragon and Alyssum - all can be sown under glass in trays up off the cold ground in a warm area. More tender annuals need to wait until it is warmer, unless you have a heated Glass House. Perennials and annuals already putting out growth, need to be protected from any sudden freezing. Vegetable gardens are enjoying the sunny days with frosts helping to break down soil. Birds will be hungry and starting to nest, so cover leaf veg with netting or frost cloth to keep them off. This month is time for sowing veg seeds to germinate in a warm well-lit place, to be ready for pricking out into punnets then planted into a warm Spring garden. Fruit Trees are still available in Garden Centres. If you would like an Apple tree but feel your garden is too small, why not look at Apple Ballerina, a very slim non branching variety of Apple with Medium, red skin. Crisp, juicy, nice eating and cooking apples, Ballerina grows to 3-4m tall by 30cm wide - perfect for adding height, blossom and fruit to a small garden. Grape pruning needs to finish soon before sap rises. To prune a fruiting leader, remove all new long growth on the vine other than the fruiting leader. On the leaders, prune each new growth back to the second bud. These fruiting buds should be around a hand space apart to ensure adequately sized fruit - this means removing some of the new bud growth along the top of the leader and all of the new bud growth growing underneath. Some of these new budding top growths will throw two lots of bud branch. Remove the least strong one, leaving only one lot of double buds to produce fruit. Keep an eye on Peach bud burst - in milder gardens it will happen early. A copper spray right at bud burst will help with

## Our community needs You!

Help create the Oamaru Garden's Waterplay space. Dugal Armour's design for the Oamaru Public Gardens waterplay project is a dynamic one, perfectly suited to Waitaki. The plan was introduced to the public for feedback at the end of last year and you can see it on our website. Water is introduced to the system through various elements that require activation, this, along with a series of dam mechanisms, makes for a busy play area complete with a 'braided river' system that is created with sand so the water's course can be diverted. The overall theme reflects the district, where the mighty Waitaki flows and is dammed on its way to the sea. Other elements include replica fossils, mining and irrigation equipment and natural rocks and stones - capturing the story of Waitaki while creating an immersive, educational play experience. Council has consented and completed the surveying and now it's time to call for help from the community.

In Council's Long Term Plan a project was included to redevelop the Oamaru Public Gardens Playground with a natural play theme and allocated \$150,000 from RMA Reserves Contributions Fund and depreciation as seed funding for a community project Last year the s held a sausage sizzle at the gardens and opened consultation online regarding the design of the first stage The feedback was 100% favorable on what was proposed with everyone who responded to the survey wanting Council staff to get on with it. Following this we have completed the final concept and estimated costs. The success of this project is crucial on getting community support whether this be in materials, services or from donations. Can you lend a hand with barrowing, leveling, compacting or general labouring?

Are you up to more specialist tasks like excavation and machinery work, cartage, concrete placing, drainage work, plumbing and pipework, can you supply materials sand gravel, river stone, boxing and timber. Is your company a possible naming rights sponsor?

All of this (and more) is needed to get this wonderful project over the line.

Mayor for Waitaki Gary Kircher said, "The revamp of the Public Gardens Playground has been planned for some time, and this first stage is going to be an awesome addition! Not only will our kids have a great new way to enjoy playing in water, the mechanics of waterplay will help their imaginations grow – they will be having fun but also learning without realizing it!" Contact Council's Parks team if you can help by calling 03 433 0300





We are a clothing shop that sells new as well as per loved. This also includes, accessories, jewellery, shoes, scarf, hats. We also sell mens and children wear. Spring is just around the corner, now is the time to have a spring clean and bring your clothing in. Looking forward to see you. *Kay* 

**Central Coast Country** 

Music Assn. Inc.

August 9th - 1pm START St Joseph's School Hall, Usk St

Members a plate please
Non members \$4, all very Welcome

All very welcome!

MEMBERS - A PLATE PLEASE NON MEMBERS \$4.00

## Pieces Of April By April Hayes Dickson

I just heard that "sitting is the new smoking". I'm quite keen on sitting so hope it's not true.

It was announced on a TV infomercial flogging a Get Fit In Your Own Home cycle machine so it must be ridgey-didge. I've come to terms with my rear oozing sideways thanks to Netflix and I can live with that. In fact, there is probably a formula for it: 1 x trending film + mini-series = undo your zipper. Bingeing every episode of Friends + Ozark = go up a tracky dak size.

What really concerns me about this sitting/smoking theory is that just by sitting down my lips are accumulating pucker lines and I'm losing facial elasticity: two of the reasons I gave up smoking in the first place!

I'm going to try to counter this latest wave of potential facial collapse with "appearance" exercises.

Google recommends various drills from making like a blowfish, shouting "Oompah" repeatedly and, my personal favourite, shoving cotton wool pads in your mouth for extended periods of time. This last one is all good until you try to speak at which point you do a fairly crook impersonation of Marlon Brando in the Godfather. So from now on in I'll be puffing my cheeks in public and adhering to all of the above when seated.

This should be fine while I'm at home, despite concerned looks from KOR (King of the Remote) but may cause some alarm to other patients in the waiting room at Oamaru Medical and customers at the Badger and Mackeral.

Apologies in advance but don't say you weren't warned! piecesofaprilhd@gmail.com

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### **MUST VISIT – STEWART ISLAND**

Although Stewart Island might seem remote, it is only an hour by ferry from Bluff or a 20 minute flight from Invercargill.

From Oban, the only town on the island you can access fishing charters, diving



expeditions, sea kayaking, tours and activities. With over 250km's of walking tracks you will be spoilt for choice with both short and multi-day walks/tramps.

When you get tired from all the hiking and sightseeing head to the iconic South Sea Hotel which is a pub, café, hotel and restaurant open all year. They have plenty of beers on tap, serve good food and there is a quiz every Sunday night which is not to be missed.

A trip to Stewart Island would not be complete without a trip to the predator free Ulva Island where the bird life has flourished – it is one of the best places to see a kiwi in the wild. One thing you may not be aware of is that being one of the most southerly corners of NZ you have a good chance of seeing the Southern Lights especially from March through to September.

Having been to Stewart Island numerous times I can easily say that a visit to NZ's third largest island and "Land of the Glowing Skies" is a must do where you can enjoy a warm welcome from the locals and discover the unspoilt, tranquil beauty of a unique kiwi destination.

Jannine Hore – The Travel Brokers

## **Plan for Weston footpaths**

On the agenda for next week's council meeting is the approval of a loan of up to \$500,000 to be spent on footpaths for Weston. It's the next stage for footpaths for Weston residents, with the last ones going in six years ago. As one of the fastest growing townships in Waitaki, the call for more footpaths has been made by the community. Council is responding to that call as more people, particularly children, are walking on roadsides and there is more traffic on the roads. Subject to Council agreement on Tuesday, the next stage will be public consultation so that Council can find out where people think are areas of the most importance. Work can then be done to cost the project and then options around the repayment of the loan can be put to Weston ratepayers. Waitaki Mayor Gary Kircher said, "Some of the funding needed for the new footpaths is available in Weston's Amenity Rate reserves, but the balance would be loan funded. We'll need to ask the community whether they want all of the work done and then repay that amount, or if they'd rather get the work done in a more staged process. That will help us decide the exact scale of the project, and give the community the footpaths they want, at a cost they are happy with." Waitaki Roading Manager Mike Harrison said, "Once the Weston Footpath Project is confirmed we will commence the project plan which will include the Consultation Plan, scoping the full extent of future footpaths, and to prepare a logical delivery programme. Future works that may be planned by Three Waters, Network

Future works that may be planned by Three Waters, Network Waitaki, and telecommunications will also need to be considered in any delivery plan proposal.

Road space demand is changing at an increased pace and involves many factors, however, underlying all is the fact that every journey begins, and ends, with people walking somewhere. What we do now will be significant to the future development of the district and the Weston lifestyle."







## Little Wonders,

**Oamaru** are committed to sustaining our environment for the next generation and have recently become a part of the local Enviroschools programme. Enviroschools is

an environmental action-based programme where the centre is empowered to design and lead sustainability projects with our tamariki and wider community. The Enviroschools kaupapa is about creating a healthy, peaceful, sustainable world through learning and taking action together.

We are also a proud sponsor of the Paper4Trees Scheme which is a waste minimisation and tree planting programme for New Zealand preschools. Through recycling our cardboard, we earn native trees, shrubs, grasses, and ground cover which we have used to develop our wilderness garden with our children.

Our spacious learning, and care facilities are designed to ensure that the babies, toddlers and young children in our care experience a natural relaxing and calm environment which support their independence, exploration and developing relationships. Kaiako foster knowledge of sustainable practices supporting tamariki to grow aroha for and engage respectfully with Papatūānuku through gardening, composting, our worm farm, making paper bricks and most recently becoming a collection hub for Teracycle NZ. We would like to invite any community groups that would like to support our sustainable journey to contact us on 03 434 2459, Nga mihi Leonie & Angela



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## HealthZone - Health 2000 Oamaru

Are you one of the many people with a lot to get through, juggling work and family pressures and wishing there were more hours in the day?

If you've been in juggling mode for a while, you might feel drained of energy or overwhelmed and in need of a boost. Your energy levels can be affected by being under a lot of pressure at home or work, feeling under the weather or worn out or when you're not sleeping well.

In Chinese medicine, the word Qi (pronounced 'chee') describes the energy or life force that flows throughout your body, giving you the capacity to respond to your environment and the ability to move, think, breathe, digest food, and experience everything that life has to offer. if your Qi becomes deficient, you may experience fatigue and lethargy, along with feeling that you lack the motivation and energy to get things done.

Fusion® Energy formula has been carefully developed according to the ancient principles of TCM to help generate healthy Qi and balance the opposing forces Yin and Yang that regulate its rhythmical ebb and flow throughout the day. It also strengthens Shen, the energy that gives power to the mind, spirit and will.

The four Ginsengs (Korean Ginseng, Siberian Ginseng, American Ginseng and Withania, also known as Indian Ginseng) and other herbs in this formula belong to a class of medicines known as adaptogens, which take their name from their ability to help the body and mind adapt to physical, mental and emotional stressors. This combination supports energy and vitality, healthy mental function, recovery and recuperation and healthy sleep. To ensure you are getting the vitamins and minerals your body needs for the production of energy. The HealthZone multi zone supports the overall nutritional status in the body. MultiZone is a unique multi—vitamin and multi—mineral formula with the added nutritional value of nucleic acids and peptides. These help the nutrients from Multi Zone be better absorped into the cells, and often missing from many off the shelf multi's out in the market.

HealthZone Multi Zone is also ideal for growing children providing additional nutritional support during the rapid growth phase of life, busy teenagers, sports people, and people with poor dietary habits or poor assimilation may receive very favourable results from this high potency formula.

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Come in and see our range of feed and domesticated birds available for adoption! Budgies, Canaries, Zebra Finches, Doves, Turquosine, Bourkes' and quail.

Kind Regards, Leanne Wreakes-Fallen DipVN

"Peanut & Polly"



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you. Being local has huge advantages for you. We are close to where you live; you can pop in and see us or we can come to you - plus we have a service and parts department. See us any day including Saturday 9am-12, or call us to make an appointment outside working hours. Loads of options of vehicles too, from small run-bouts, SUV's to 4x4's. Plus we can cover everything from finance, insurance and extended warranties. Have a great week. *Jamie 0800660070* 





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## OAMARU + PHARMACY It's your Pharmacy

## Let's talk about Beautiful Skin

As we age many things change including the proteins in our skin that break down over time, this causes wrinkles and makes it more difficult to keep the skin smooth, youthful and radiant. our aging process is predetermined into our DNA. However, not all is out of our control. Diet, sun exposure, and care, play a huge role in the aging process. This is how supplements come into play, providing the necessary nutrients, we may prevent and reverse some signs of aging, fighting wrinkles while boosting moisture and radiance. supplements could possibly help improve the health of your skin. As you age, the most important proteins in your skin—collagen and elastin—begin to break down. Making matters worse, your body doesn't produce these proteins as easily as you grow older. While different supplements work in slightly different ways, the overall effects are similar. revitalize and rejuvenate your skin by improving the health of your skin cells and helping to produce more crucial proteins like collagen. Coenzyme Q10, one of the best supplements for beautiful skin. a super antioxidant that helps get rid of free radicals and other toxins in your body. has the effect of promoting healthy skin and allowing your body to make as much collagen as possible. GLA oils are Omega-6 fatty acids. Like their cousin, the Omega-3 fatty acids, Omega-6s also helps to keep skin healthy and beautiful. And while they're essential for your skin's health, your body doesn't produce them. Fish oil supplements are loaded with Omega-3 fatty acids. They support collagen growth and promote skin moisture, Zinc and calcium are both necessary for your health in general, but they're also critical for your skin. Zinc is essential for cell structure and tissue strength, which helps fight wrinkles and keeps skin tight. Calcium helps with cell regeneration and cell growth, keeping your skin youthful and beautiful. Vitamin A increases cell reproduction and stimulates collagen production. Vitamin C helps prevent damage to cells, facilitating the production of elastin and collagen. Vitamin E is an antioxidant that protects skin cells and helps maintain moisture. Biotin is an essential **B** vitamin that helps promote beautiful skin, as well as healthy nails and hair. Phytonutrients like Lycopene, Ellagic Acid, and Resveratrol, help expel toxins and harmful chemicals from your skin cells. Allowing healthy cell regeneration and maximum collagen production. Curcumin acts as a super antioxidant and has been shown to have a number of health benefits, including anti-aging properties. Hyaluronic acid is undoubtedly one of the best supplements for beautiful skin. Has incredibly strong moistureretaining properties, no wonder that it helps keep your skin looking young. Probiotics and Prebiotic helps to maintain the skin microflora at the same time may improve skin dryness, and may help with other skin diseases such as acne, rosacea, atopic dermatitis, psoriasis.

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## **Shortbread**

250g Butter, softened 3/4 cup Icing Sugar 1/2 cup Cornflour 1 1/2 cups Standard Grade Flour Coffee Sugar Crystals for decoration Preheat oven to 150°C bake (140°C



fan forced). Grease oven tray or line with baking paper. Beat Butter and Icing Sugar until pale and fluffy. Mix in Cornflour and Standard Grade Flour until the mixture comes together and forms a dough.

On a floured surface, roll out dough to 1 cm thick and cut into shapes using biscuit cutters. Alternatively, roll dough into a log and slice into rounds, using a floured knife to prevent sticking. Sprinkle with Coffee Sugar Crystals if desired and press down gently.

Place on prepared tray and bake 25 - 30 minutes, until shortbread is pale but crisp.

Cool on a wire rack and store in an airtight container.

## Community diary

### Wednesday 5th August

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

ALTRUSA Bazaar; spring leaning - we need your items craft, fabric, wool etc. Ph 437 1047

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 Petangue 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. Friends & Neighbours welcome you at Orwell St Church. 10am-11:30 interesting & varied programme. Ph. Valerie 437 0520.

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

St Paul's Church, Coquet St, service and kids club. All welcome, 10am.

#### Monday

Genealogy help by local genealogist - at the Situations Vacant 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

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.

U3A Waitaki, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

#### **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**

Awamoa Garden Croquet Inc AGM; to be held at the Awamoa Bowling Club, Towey St, on Saturday 15th Aug 2020 at 1:30pm

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 Rock & Mineral Club AGM; 7pm, 7 Tees St, 5th 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.

North Otago Voice for Life AGM; Mon 17th Aug 2020, 7pm at the Salvation Army Rooms, Thames St. Speaker: Pregnancy Choice Janice Tetley - Jones, All Welcome.

North Otago Yacht & Powerboat Club Inc; AGM; to be held in the clubrooms, Tuesday 18th August 2020, commencing at 7:30pm.

Oamaru Anglers Club AGM; 14th Sep 7pm at the Oamaru Police Station, upstairs in the meal room.

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

### For Sale

Peastraw: \$9 a bale - delivered. Phone Simon 027 223 5274

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

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#### Wanted

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

Relief milking, stock work wanted, call Wee Jock 021 2073730.

Pony wanted for North Otago Riding for Disabled - around 13.2hh must be sensible and use to children. Consider lease or buy. Ph 022 309 4933.

#### **Raffle Results**

Results from games played at the Bowling Centre on Wednesday, 22nd July. 1st: Cliff Ormandy (s), Noel Wilson, Janice Smaill, 2 wins and a draw. 2nd Gordon Robb (s), Peter Watson, 2 wins and a loss.





\$1200 truck and trailer **Contact Richard** 0277019376

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Terracycle is a free recycling programme funded by brands, manufacturers, and retailers around the world to help you collect and recycle your hard-to-recycle waste that our local collection centre doesnt take. Terracycle is now in Oamaru and its completely free to all our community.

Below is a detailed list of the plastic packaging/products we will be collecting that can be dropped off in the specially marked box at the entrance to our centre. We will then send them away to be recycled for you.

- Any brand of used Oral Care Products & Packaging such as toothbrushes, toothpaste tubes, toothpaste caps, mouthwash bottles, floss containers and their plastic outer packaging materials.
- Any brand of used facial skincare/sunscreen packaging such as plastic bottles, tubes, pots, glass bottle/jars, lids, droppers, and pumps. This does not include packaging from make up or other beauty products.
- All used writing instruments such as all types of pens, and markers.

At Little Wonders Oamaru, Kaiako foster knowledge of sustainable practices supporting tamariki to grow aroha for and engage respectfully with Papatūānuku.

For more information visit: Terracycle NZ
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