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The Telegram ^{Oamaru}

11th August 2020

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Issue 498



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Hi, what a wonderful week, with Spring almost here - I hope you all are getting out and enjoying the last of Winter. Those of us that are receiving the Oamaru Telegram and other maildrops late (Thursday or later), we need your address, and the day The Telegram was delivered. This is so we can let our delivery company know - we can then get this rectified so things arrive on time. If you are opening a new business, contact us so we can get your free article into the Oamaru Telegram. Reminder: The Telegram can go online to our website: www.oamarutelegram.co.nz and we have plenty of A3 boxes piling up out the back of the shop, that we give away for FREE. They are great for filing paperwork and packing smaller items - just come in and grab them. Keep warm - *Until next week* Regards, The Telegram.

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After a few mild days last week, I got to thinking Spring is upon us early and quickened up the pruning along with feeding the garden with the lovely pig manure I have bagged on hand. Looking back through past notes, it reminded the "gardening me" about the past August - snow, harsh frosts and floods.....But the birds are wooing and singing Spring melodies, bees are buzzing and buds are swelling.

Plants do not go by our calendar, which means we need to read when it is becoming Spring in our own gardens and it will differ all around the district. However, dryness is affecting all gardens in North Otago, with many hoses out as they are here. A good soaking around roots right now, is far more beneficial than sprinklers. Plants that suffer most during a dry Winter are Maples, Rhododendrons, Camellias and Azaleas, because all have roots close to the ground surface.

Sowing seeds: It's the perfect time to sow seeds undercover - any seeds that say Spring sowing on the back of the packet, will pop up now under cover. I use a tray of compost / soil with a layer of seed raising mix on the top - this way your seed raising mix will go further. Once sown, cover the trays with plastic or glass, but use spacers to let air circulate between the plastic / glass and tray. **Softer shrubs** that are encroaching on drive and walkways can be trimmed back, they will soon recover with new spring growth, also reduce the height on some of taller shrubs like Phebaliums, Pittosporums, Pseudopanax and the like now if you need to. You can do this without spoiling the shape, by cutting out the centre branch down to where the other branches bush out - this removes the natural point at the top of the Shrub and will sometimes reduce the height by 2 or more metres. New leaders will be sent up over time but more growth will be put into the side branching, which can be trimmed into shape if a problem. This being just the start of a new growing season, plants are intent on just growing. (Leave doing this for another month further inland.)

Slow release fertilizers are a safe bet for continual feeding over a long period - they are very clean and easy to apply and now days formulated to feed specific plants. Now would be a good time to mention those that resent being fed. Many South African plants and Australian natives such as proteas, Leucadendron's, Banksias, and all Grevillea's do not need feeding. I have lost some of these because they had absorbed fertilizer from neighbouring plants. There is still time to divide Hostas. These dramatic shade loving perennials can really highlight a shaded spot with their fresh greens and variegated light shades. Simply lift established clumps at least 4 to 5 years old, using a sharp spade to slice them into a few good sizes pieces, then replant. They also look great in pots, but get slug bait around them as soon as they start showing leaf - or try some of the slug repellent methods that have been passed down by gardeners listed below.

Fruit & Vegetables: Deciduous fruit trees and small fruiting bushes should be planted in August at the latest - this is also the time to give fruiting Shrubs & trees a dressing of potash to help with fruiting. If you plan to grow vegetables this year, get the garden ready now. Dig in some weed free compost and let the soil settle again while worms get to work. In areas you will not be planting out for a while, why not sow a green crop to add humus to tired soils- mustard, lupine, barley or wheat. These will germinate in no time here on the coast, but only when the ground is warm enough up further inland. Green crops should be dug in when lush, soft and green. Don't let it get to the flowering stalky stage, it takes too long to break down and is not worth the effort of digging in.

Cover leaf crops from birds or you will be left with stalks. Strawberry net framed over veg will keep them out.
Cheers, Linda.



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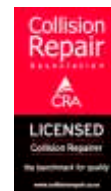
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Let's talk about good gut health

When it comes to optimal health and energy and even your mood, there is an often-forgotten and neglected part of the body that plays a critical role in the gut. While not the body's most glamorous part, the digestive system is the foundation of our well-being as it is involved in so many processes. Improving digestion is a key place to start improving your gut. A simple first step is to chew your food well, when you chew your food enough you may observe an improvement in how your tummy feels after eating. To understand digestion you need to know that once food has been somewhat broken down in the stomach, messages are sent to the pancreas to secrete sodium bicarbonate (as well as digestive enzymes) which has a highly alkaline pH. This is designed to protect the lining of the first part of the small intestine as well as allow digestion to continue. When the pH is higher than ideal, digestion problems are likely further along the tract. These may be symptoms of the small or large intestine, such as bloating, pain or excessive wind. It also means that the absorption of nutrients may be compromised. Insufficient pancreatic bicarbonate production may also cause digestive symptoms such as a burning sensation underneath the stomach in the valve area. The digestive system runs off a cascade of signals from one organ or area to the next, via the brain. The small intestine is where absorption of most of the nutrients in food begins. As food moves through the small bowel, digestive enzymes are secreted not only by the pancreas but also by the lining of the small intestine. The role of these enzymes is to continue what the stomach acid began, which is to continue to break down the food eaten into its smallest, most basic components. It is in the small intestine that you absorb most of the goodness (vitamins and minerals) from your food. A healthy gastrointestinal tract has an ideal balance of good and pathogenic bacteria. Unfortunately the ideal balance is easily disrupted by factors such as antibiotic use, agricultural chemicals and a diet high in preservatives and refined sugars. Gut flora promotes normal gastrointestinal function, provides protection from infection, regulates

metabolism and comprises more than 75 percent of our immune system. Taking probiotics in a supplemental form of bacteria can be beneficial. However, the gut environment needs to be supportive for the probiotic bacteria to take up residence there again and the right strains need to be used to support a return to a healthy gut flora profile. Eating vegetables such as artichokes, garlic, leeks, onions and asparagus daily can help. The healthy bugs in your gut feed off the prebiotic fibres found in vegetables and in turn help keep your gastrointestinal health and wellness on track.

Prebiotics work in conjunction with probiotics, promoting the growth and function of good bacteria in the gut. Prebiotics are found in indigestible food fibres that move through the digestive tract and help feed the good bacteria. As a result the gut is healthier, more balanced and able to absorb essential nutrients as they pass through the digestive tract.

Come and talk with us, at Oamaru Pharmacy the team is always ready to help you, with a smile and knowledgeable advice.

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Preheat the oven to 180C/350F, get out a loaf tin and line it with well greased baking paper. In a large bowl, mash the bananas until smooth. Melt the butter and then pour it over the mashed bananas. Stir through the bicarb/baking soda, salt, (optional) cinnamon and sugar. Crack the eggs into a small bowl, whisk until smooth and then mix them through the banana bread mixture. Stir through the vanilla, until smooth. Add the coconut flour and mix until completely incorporated. Pour the banana bread batter into the prepared loaf tin. Place into the preheated oven for 45 to 55 minutes or until golden and cooked through. Remove from the oven, allow to cool and then cut into slices.

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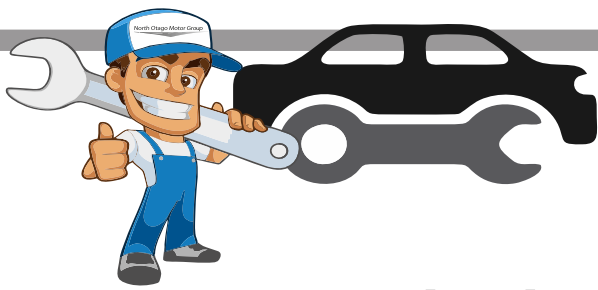


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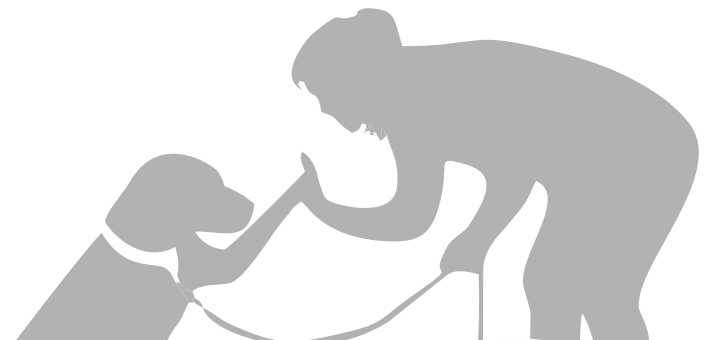
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Community diary

Wednesday 12th August

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

Weston Indoor Bowling Club; 7.30 pm. Weston Hall. New members most welcome. Ph 4348281.

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.

The Dome will be open for viewing; bookings are essential. Email marg-hans-briens@xtra.co.nz to book a time.

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 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.

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

Waitaki Travel Club meeting; Moeraki room Brydone Hotel at 10am. Speaker: Kay & Chris Dennison Expect the unexpected". Subs now overdue.

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

Public Notices

Ulysses Ambulance Run; Sunday 23rd August Eden St, Carpark 1pm, \$10 pp +\$100 ride badge all proceeds to St John's

Awamoa Gardens Croquet Club; Have A Go Days opposite Awamoa Park, Mon 17th, 19th, 22nd, 24th & Wed 26th, 10am-4pm. A friendly welcome to all who would like to come and try this great game. Open to men, women & intermediate/high school students. Wear flat shoes. Have Fun - Keep Fit - Play Croquet.

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 Asthma Society AGM; Thursday 18th August 2020, 11am at St John Hall, Exe Street. All welcome. Inquiries call 4372673

North Otago Grey Power General Members Meeting, 20th August at Salvation Army Lounge, 255 Thames Street, 1.30pm with speaker. Admission \$2 or a small plate for afternoon tea. People over 50 years welcome, phone 4346249

North Otago Harrier and Amateur Athletic Club AGM; to be held in the Excelsior Clubrooms Tuesday 1st September, 7pm. All welcome.

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.

Oamaru Performing Arts Society AGM 7.30pm Thursday 27th August 2020 Blind Foundation Hall, Steward Street.

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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 ridgy-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

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Window Tinting

- ▶ **Tint a Window**.....0800 368 468

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

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*Based on Classic Finance with a 20% deposit over 60 months at 9.95% interest. \$409.20 establishment fee and normal Toyota Financial Services lending criteria apply

Motoring with Martin

Hi! Martin here, North Otago Motor Group. We have a large selection of late model X rentals, this weeks car of the week is a Toyota Highlander, its smooth comfortable and capable, this latest model GXL is complete with AWD, Leather trim, Electric tailgate, SAT NAV and has only done 22,000ks. Come in and test drive today... We have over 35 years LOCAL experience in the industry and our team, Peter, Jamie and myself are here to help 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. *Martin 0800660070*



Martin

K's PLACE FOR CLOTHING

Ph 021 08900725
25 Awamoa Road

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*

Waitaki Interiors - Bar keepers Friend

We now have Naked Glass Repellent & Protector. This is ideal for repelling water & soap scum from shower glass for an incredibly easy-to-clean surface & protecting automotive windscreens to aid visibility. It can be used for coating marine glass for salt stain prevention, sealing house windows to protect from hazing or fogging. **Looking for a way to safely clean your granite or stone countertop?** Bar Keepers Friend Granite & Stone Cleaner & Polish is formulated specifically to clean, polish and enhance stone surfaces including granite, marble and quartz without damaging delicate surfaces. Granite's durability makes it a popular choice for kitchen countertops, it doesn't tolerate acidic or alkaline cleaners well. Glass cleaners that contain citric acid & some disinfectants or degreasers can cause etching – dull spots where the cleaner has penetrated the granite's porous surface. To remove food, greases, & grime, use Bar Keepers Friend Granite & Stone Cleaner & Polish. Our special pH-balanced formula removes grime and stains without the use of harmful chemicals & is safe enough to use daily. **Why isn't your coffee as hot or as flavourful as usual?** Over time, the minerals in your water build up in your coffee maker, causing slower water flow resulting in incomplete brewing, insufficient heating, and mineral deposits affecting the flavour. Descaling your coffee maker allows it to reach its ideal brewing temperature. Bar Keepers Friend's Coffee Maker Descaler removes, dissolves, & destroys temperature-robbing mineral scale from the water reservoir & coils while preserving your machine & its performance. Reaching the manufacturer's ideal brewing temperature ensures maximum flavour extraction from your coffee beans. After you've descaled, clean your machine with our Coffee Maker Cleaner.

How can I clean my coffee maker without damaging it?

Over time, the naturally occurring oils, tannins, & proteins in coffee build up into stubborn brown stains on the inside of your coffee pot, carafe, or travel mug. These coffee by-products add an unpleasant taste to your coffee. That's why Bar Keepers Friend developed Coffee Maker Cleaner—a safe, effective way to remove the stains, dissolving and eliminating them without damage to your coffee maker or containers. We also have loads of our regular Bar Keepers Friend products in stock and would love to talk to you about them, so pop in to Waitaki Interiors to see the range.

Must Visit The Catlins

The Catlins is part of the Southern Scenic route between Balclutha and Invercargill and can easily be visited and travelled in a day but I would recommend spending at least a night here to fully discover and enjoy all of its natural attractions.

The lighthouse at Nugget Point is probably the most visited spot in the Catlins and Purakaunui Falls is a highlight of this area. Cannibal Bay is a very rough and barren beach but if you are lucky you may be able to spot some sea lions.

Make sure you schedule a visit to Cathedral Caves which are only accessible 2 hours before low tide and one hour after low tide – because of limited cell phone coverage in the area it would pay too check tide times before your trip. Access to the caves is \$10 per adult and \$2 for a child.

Also, at low tide in the far south of the Catlins is Curio Bay where you can view a fossilised forest dating back to the Jurassic era. The bay is also home to a colony of yellow-eyed penguins. Next to Curio Bay is Porpoise Bay which is safe for swimming and surfing and hectors dolphins can often be seen here.

If you are wanting to explore some wild coastal landscapes scattered with some inland gems then the Catlins is a must visit.

Jannine Hore – The Travel Brokers