

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

18th August 2020

Phone 434 9651

Issue 499

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Now is the time to start thinking about publicizing your events, which are coming up. Also, don't forget to check that we have your correct details in the Community Diary - if you have any cancellations, please let us know well in advance.

Reminder; if you are starting a new business, start writing your free business article before you open the door, so that we can publish it in time.

Until next week, Regards the Telegram.



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Early Spring is peeping out from Winter here at Rockvale Gardens. Snowdrops are always first to push up through the frost, then Winter Roses, early Camellias, Daffodils and now Plum blossom. I know with the mild days we have been experiencing, Gardeners get the itch to plant and sow. Sown seeds will need protection to bring soil up to a



temperature to germinate. In the open garden, the time is right for sowing when frosts are coming to an end and Bees are in full buzz mode. Plants that are budding to flower, can have a liquid feed now as they will be looking for nutrients to keep strong root growth up. Diluted worm or Comfrey tea if available, are gentle for soft new growth or any liquid food you have on hand, at a diluted rate. Liquid manure diluted to the colour of weak black tea around Rose roots, will give a boost as they push out new buds.

All Rose pruning should be finished by the end of this month. **Comfrey** has very deep roots, which means it extracts large quantities of nutrients from far below the soil's surface, inaccessible to other plants. These nutrients are stored in its leaves. By harvesting the leaves and letting them break down, you'll have a rich, dark, nutrient-rich plant food to use around the garden. It's especially rich in potassium, making it the ideal feed to promote flowers and fruits in a range of plants, including Tomatoes.

Comfrey tea: Pick a good amount of Comfrey, remove flowers and tough stems, then chop up leaves and pack them tightly into a water-tight container. Choose a container with a lid, as the solution can smell as leaves break down. Use a brick or stone to weigh down the leaves. Check on the progress every few weeks, as leaves will break down gradually, releasing a smelly brown liquid. Collect any liquid into plastic bottles and store in a cool, dark place. Top up with fresh leaves. A Comfrey root should be planted where it can spread, as it can soon get out of control in a veg or flower garden.

Keep planting Roses, Peony Roses and Gladioli from now until September. If dividing or planting Lilies, get them planted straight away - they never stop making roots and should never dry out.

Cut back: leggy, Bush Lavatera and Buddleia's - they will bush up again in no time.

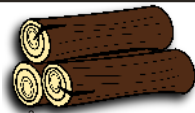
Weeds: I imagine the weeds have started at your place as they have at ours and with the ground being soft, hand, and hoe weeding is really easy - get them out before they take off and seed everywhere, or dig them in before they seed. **Getting rid of the unwanted plants** that have invaded your gardens like Ivy, Aluminium plant (Lamium), Couch grass, Convolvulus and that pesky Bidy bid . Get them out now before Spring gardens explode into fullness. I have been scratching in gardens like a hen for weeks now, with a determination to get them all gone.....I know they will still be popping up here and there - if I spot them, they will be gone!

Fruit: Soak, then mulch fruit trees and soft fruit bushes, because they have a lot of growing work ahead of them.

Vegetables: Pick Winter crops while still at their best - Fold Cauliflower leaves over and tie to protect from frost and keep florets tight. Asparagus is a vegetable that repays planting over many years. To prepare beds, cultivate deeply and add a generous amount of compost - plant Asparagus on a mound to ensure good drainage. Existing Asparagus beds should be cultivated carefully to avoid damaging the crowns that lie just below the surface.

Sprouted Potatoes can go into the ground now for an early crop - people have been telling me of the benefits gained from planting Potatoes on a bed of Pine needles - I lay them on Comfrey leaves - they decompose fast in the soil, making plant food quickly available. Further inland, soil will take a bit of thawing before any planting, but the garden can be prepared by digging in compost / humus. Plant as many veg as your garden can take - with these unsure times they will always be needed by someone, but cover from birds while small. *Cheers, Linda.*

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Pieces Of April

By April Hayes Dickson
Farmers Oamaru had a run on vacuum cleaners recently. I know this because I was one of the many people who purchased one. Actually I bought two but more about that later. I have it on good authority from Martin, in the Farmer's furniture department that the minute lockdown was lifted, locals made a beeline for his top line suckers. Which in itself is interesting because I would've thought that coffee makers and curling wands would have been first off the shelves (given the personal deprivations we'd been forced to suffer under lockdown). There are two theories. One: we vacuumed ourselves to a standstill during lockdown and wore our old suckers out. Or two: we did absolutely no cleaning at all. Nada. None whatsoever. No fingers lifted. In this scenario the grime and dust and fluff built up to such proportions during those XXXX days that it was swirling in our corners like tumble weed. So by the end of lockdown we knew we'd have to upgrade to new vacuums if we were ever to come clean again. I'm leaning towards this idea. Hence my need to purchase two cleaners. Admittedly, this doesn't paint a pretty picture of the housekeeping habits of the wider Waitaki district. But in our defence, who was going to see the dust anyway when we were in isolation? Which brings me to my latest Covid 19 conspiracy theory. Forget about potential Chinese germ warfare or undercover Russian intervention, it was started by women who wanted a break from cleaning. I also suspect there was a breakaway group of wives and partners who just wanted their husbands to finally have no excuse for avoiding 'those' 20 jobs around the house. But that's a whole other theory. piecesofaprilhd@gmail.com



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Toyota C-HR limited FWD Hybrid
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Motoring with Jamie

Hi! Jamie here, North Otago Motor Group. This weeks car of the week is the Toyota C-HR Hybrid it's a sporty compact SUV, a great size for zipping around town with enough space for the whole family, 1.8 litre petrol plus battery power equals a responsive and economical drive achieving 4.3 litre/100km. Come in and test drive today... We have over 35 years LOCAL experience in the industry and our team, Peter, Martin 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. *Jamie 0800660070*



Jamie

Operation Cover Up

A sincere thank you to the people who helped with Operation Cover up last week. We had 120 beautiful blankets, 243 lovely warm jerseys, heaps of hats, slippers, scarves, mittens, and 12 pair of pyjamas from Orwell Street church. This was another amazing effort for a very worthwhile project.

To the knitters, those who helped with the sorting, packing, baling, transport and donations, a huge thank you, your help was amazing. The goods this year will be shipped to Romania, Ukraine and Moldova when shipping becomes available in time, we hope for the severe winter in Eastern Europe.

Council CE to step down in 2021

Waitaki District Council Chief Executive Fergus Power is to step down from his role as Chief Executive on 4 June 2021. Fergus has been Chief Executive of the Waitaki District Council since September 2017. He communicated his decision to step down to Mayor Gary Kircher and Councillors last week. Mr Power said that the global COVID-19 pandemic has changed the world, and has had an impact on his own family, with his wife Tri (from Thailand) now unable to see her family as frequently as has been the case in times pre-COVID-19. Mr Power and his wife will return to live in Thailand following his departure from Council.

Mr Power said that a 10 month notice period gives Council ample time to select his successor. He said that while he is enjoying leading the staff at Council and contributing to the community's response to the effects of COVID-19, "family comes first".

He said that "there is still much to do in terms of strengthening Council's capacity to assist in making the Waitaki 'the best place to be'. A heightened focus on attracting new businesses and residents to the district, while working with Tourism Waitaki and industry stakeholders to maximise domestic visitation will aid the Waitaki's resilience in the face of any further social and economic shocks".

Mayor Kircher said that while Mr Power's decision came as a surprise, it was entirely understandable given the unusual circumstances in which many couples who have families in distant parts of the world now find themselves. Mayor Kircher said that he and Councillors had commenced discussions around the recruitment process for the next CEO and further comment would be made about this over the coming weeks.



Waitaki
Multicultural
Council Inc.

ANNUAL GENERAL MEETING

Thursday 3rd September 2020
5.30pm at Ara - Oamaru Campus
44 Humber Street

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With Immigration Advisor Sylviane Gallant- Welch

Hampden Community Hall-Main Road

2pm Saturday 22 August

Free to attend

Tea and coffee supplied

A chance to ask questions and share you concerns

All Welcome

For more information contact Christine Dorsey on
0272428643 or waitaki@newcomers.co.nz



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Starting a business

If you're starting a business in New Zealand or working for yourself, here are things you can do up-front that will safeguard your investment in the future.

1. Make sure your idea is viable

It's best to be confident your business idea will work. Write a business plan as a way of thinking it through.

2. Choose a business name

If you have a name in mind — even if it's your own — quickly see if it's available. See if its availability as a business name, trade mark, web domain and social media username, to help you choose a name that you can market and protect.

3. Choose a business structure

If you're a business or self-employed you can choose the structure that best suits you. The most common are sole trader, partnership or company. Each structure offers various benefits and considerations. Depending on which you choose, you might have to register with government in different ways.

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5. Get a New Zealand Business Number

The New Zealand Business Number (NZBN) is a unique identifier for your business. Your NZBN links to the information others need in order to work with you, like a trading name, phone number or email.

Having an NZBN will make it easier to do business because you won't have to keep repeating the same information over and over when dealing with someone new or when something changes. If you're a company, you'll automatically get an NZBN. Sole traders, self-employed people or partnerships can register for an NZBN online and it's free.

6. Secure your business name

If you've decided to structure your business as a company then register online with the Companies Office — it's low cost, quick and easy. You'll need a RealMe login.

7. Register a website address. It's quick and easy - search domain registration online... *more to follow in our next issue.*

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NEW PATIENTS WELCOME

First Support and Stimulus

Application Granted

The first community application to one of the Council's Resilience Funds has been granted and reported to Council. There are three application funds: Economic Resilience, Community Resilience, and the Mayoral Relief Fund. Decisions are made by existing Council committees such as the Executive Committee and the Grants & Awards Committee.

Funding from the Community Resilience Fund will go towards A Midwinter Night's Dream, an event largely organised by Donna Demente, assisted by a team of community volunteers. "We're really rapt, post-lockdown, and with so many events cancelled like the Jazz Festival and Fire and Steam, that people can get out and enjoy themselves again! I found the application process was very simple, and I'm the least bureaucratic person I know," she said with a smile! The funding means organisers will be able to use local acts as well as bring in acts from out of town, making it a bigger event. The masquerade as a mid-winter event is now in its 20th year, however it has more recently been a part of Oamaru Fire and Steam. It will stand alone this year, and if received well, Ms Demente says she and her helpers could consider running it again.

Community Resilience Fund Chair, Cr Jeremy Holding said, "It's great to have this fund available. We have been receiving a good variety of applications and we're looking forward to seeing this funding contributing to community resilience as we move through the Covid recovery phase."

A number of applications have also been submitted to the Economic Resilience Fund, though none have yet been received for the Mayoral relief fund.

Mayor for Waitaki Gary was also pleased with the response. "We want to make sure we utilise the funding well, and that it truly does make Waitaki a better place to be. There are some good ideas being put forward for funding, and decisions will be made on applications each month. We don't know how long we will be in this Covid-19 situation, though it doesn't look like our NZ bubble will be expanding any time soon. In the meantime, we want to make Waitaki thrive, and these funds are one way that we are doing that!"

Application forms for any of the funds can be found on the Waitaki Recovery page of the council website.

Health 2000 - Vitamin C

The immune-boosting benefits of vitamin C often take up the spotlight. However, while adequate levels of vitamin C are essential for a strong immune system, it's by no means a one-trick pony.

WHAT DOES VITAMIN C SUPPORT?

As well as supporting optimal immune function, vitamin C also actively supports:

- Collagen synthesis necessary for healthy hair, skin and nails.
- Wound healing
- Production of the neurotransmitters, serotonin & melatonin
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- Blocking the conversion of nitrites into nitrosamines – this is good news for bacon eaters, so make sure you have some vitamin C with your bacon!

Vitamin C is a powerful antioxidant and immune booster, well-known for its ability to support the reduction and severity of ills and chills. Lighthouse Lypo-Caps Vitamin C is made of liposomes that are created with technology to encapsulate the vitamin C to ensure you get maximum adsorption and therefore have a greater likelihood of using this nutrient more effectively and efficiently.

Awamoa Indoor Bowling Club

We joined indoor Bowls in the year 2005.

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When coaching our Nancy said "Follow my foot."

We did what she said it work a tick' straight to the kitty, but if we were left on our own we were just fine.

Theres Adriene, Don, Jim and Chris.

There's Ethel who is quite a trick.

The Awamoa members are the best you could find.

If your bowling is hopeless they really do not mind if your name is not mentioned do not shed a tear.

we wish you the best for the next few years.

Nancy Bell.

OAMARU + PHARMACY

It's your Pharmacy

Let's talk about Diabetes

Through the madness of COVID19, our own personal health has really come into light. We have all become more aware of the food we eat, and the physical activity we do. We have also become more aware of medical conditions, or potential medical conditions that we have, and we are now more than ever finding ways to fix these. One medical condition which many people are developing without even knowing is Type 2 diabetes. Diabetes is the result of the body not creating enough insulin to keep blood glucose (sugar) levels in the normal range. Everyone needs some glucose in their blood, but if it's too high it can damage your body over time. In type 2 diabetes, either the body doesn't produce enough insulin, or the cells in the body don't recognise the insulin that is present. The end result is the same: high levels of glucose in your blood. There is a clear link between type 2 diabetes and high blood pressure (hypertension) and / or disordered levels of fats (cholesterol) in the blood (the medical name for this is dyslipidaemia). This combination of diabetes with hypertension and dyslipidemia is sometimes called 'the Metabolic Syndrome' or Syndrome X. Type 2 diabetes most often occurs in adulthood usually after the ages of 30 – 40 years. However, increasing numbers of teenagers and children are developing type 2 diabetes. Some groups of people are more likely to develop type 2 diabetes: European 40 years of age or older, people with Diabetes in the family, Maori, Asian, Middle Eastern or Pacific Island descent, High blood pressure, Overweight (especially if you carry most of your weight around your waist). Symptoms may include: Feeling tired and lacking energy, Feeling thirsty, Going to the toilet often, Getting infections frequently, Getting infections which are hard to heal, Poor eyesight or blurred vision, Often feeling hungry. Diabetes affects many parts of our bodies, mainly our nerves, eyes, and kidneys. However, this disease can easily be managed by making changes to our everyday lives or taking medication. On the week of the 19 of August, until the 26st of August, your friendly team at Oamaru Pharmacy will be holding a diabetes awareness week. You can come down to us for some advice about diabetes including lifestyle and medications. We can also offer a risk assessment test between 10-12 weekdays, to find out your personal risk of developing diabetes in the future. Do not put your health on the backburner, come in and see our team for advice.

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



BOOKARAMA'S Starts Wednesday



August 12th to 19th
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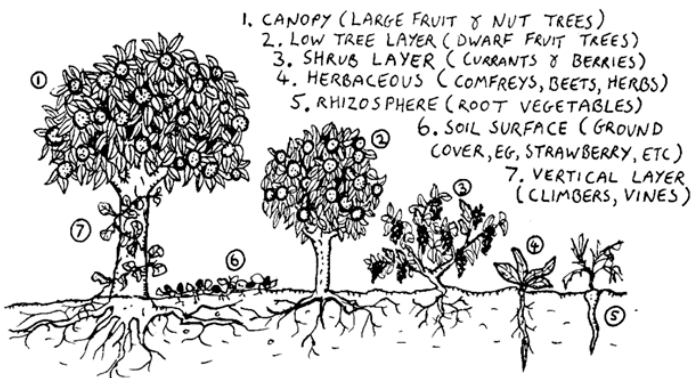
Bookarama - Turning Good Reads into Good Deeds

Tiakina te wao nui a tane hei oranga mōu

Look after the great forest of Tane and in turn it will look after you. As we feel the aftershocks of the Covid-19 pandemic, many of us are rethinking the ways in which we put food on the table. But did you know that it is possible to grow most of your food in your backyard while at the same time creating a beautiful and harmonious environment for us, our families and the other forms of life we share this planet with?

Forest-gardening is a low-maintenance, sustainable, plant-based food production and agroforestry system based on woodland ecosystems. By incorporating fruit and nut trees, shrubs, herbs, vines and perennial vegetables, forest-gardens provide abundant yields useful to humans as well as food and habitat for birds and other species. It is possible to create a beautiful and cost-effective forest-garden by establishing a mix of native and non-native (mainly food-producing) species which will feed your body and soul. So why not convert your lawn into a an abundant and vibrant ecosystem, where birdsong rings out at dawn and where food will literally fall off the trees?

For more information or a quote for your own forest-garden, contact: Carlos & Thalía, forest-gardeners on 02041439709



THE FOREST GARDEN: A SEVEN LEVEL BENEFICIAL GUILD

Realfood - No-Flour choc chip cookies

Ingredients:

2 Cups Almond Meal (Flour), 4 Tbsp Dark Chocolate chips, 4 Tbsp sugar (I used fine raw sugar), 1/2 tsp salt, 1/6 tsp baking soda, 4 Tbsp Coconut Oil, 2 tsp Vanilla Extract, 4-6 tsp of milk, as needed (I used Almond milk)

Pre heat oven to 175 Degrees C

In a large bowl, mix the almond meal, chocolate chips, sugar, salt, baking soda, coconut oil, Vanilla. Add milk as its needed, its only used to help combine the mixture.

Form balls with the mixture and place on a tray lined with baking paper. Use the back of a fork and press down on the balls. Bake until cookies start to turn golden. 15-18 minutes depending on your oven. Let them cool for 5 minutes before moving them onto a calling rack.



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Oamaru The Telegram

If you are running
an event
let us know!

434 9651

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Community diary

Wednesday 19th 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.

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

Thursday 20th

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.

N.O. Grey Power General Members Meeting, 20th Aug at Salvation Army Lounge, 1.30pm with speaker. Admission \$2 or a small plate for afternoon tea. People over 50 years welcome, ph 4346249

Migrant meet and share, 10:30am at the Opera House. A place for Migrants to build connections & learn about life in Waitaki. Ph 021 066 5143.

Friday 21st

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

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

Saturday 22nd

Meadowbank Community Stadium Bowls, 14 Conway St, 1.15pm. All welcome.

Sunday 23rd

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.

Ulysses Ambulance Run; Eden St, Carpark 1pm, \$10 pp +\$10 ride badge all proceeds to St John's, Ph 0211628110.

Monday 24th

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 25th

AA Meeting; Orwell St Chapel, 7:30pm, Ph. 434 0227 or Ph. 4324191.

All Age Concern exercise classes and activities are cancelled for the week of 17-23 Aug, pending Covid-19 status. Activities will restart when we return to Level 1. Age Concern Office: 434 7008.

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

Public Notices

Awamoa Gardens Croquet Club; Have A Go Days opposite Awamoa Park, 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

North Otago Art Society Inc; AGM Wednesday 26th August, 7pm Custom House Gallery, Cnr Wansbeck and Tyne St all welcome.

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

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

Results from Wednesday, 5th August;



1st G Robb(s), A Millar, J Distelbrink, 2nd R Souness(s), J Brice, J Smaill.

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