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13 October 2020

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Issue 507

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The last term for the year has started and everybody will be beginning to wind down for the last couple of months of the year. Dare I say it ... the Christmas holidays will be upon us before we know it!

I hope those of you who had time off in the school holidays, enjoyed your time with the kids and they didn't drive you too crazy... I am glad we got some nice Spring days amongst the drizzly ones. A reminder - our community articles are free if you are not directly selling a service or product. *Until next week, Regards the Telegram.*

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Windy October to blow blossom from trees... what a relief it was when the wind stopped and the rain fell last Tuesday. The late Prunus blossom, lolly pink Canzan, and Shimidsu Sakura - so prettily like pale pink ballerina tutus, are in full bloom this week - along with Bluebells carpeting gardens as Spring continues here in North Otago.



Spring bulbs: As they start to finish, don't be tempted to cut leaves off just yet, as the bulbs top up on food for next year from leaves as they die back. Spent flower heads can be removed before seeds form. If you have really big clumps of bulbs choking your garden space, dig half out and plant somewhere else or donate to someone needing Spring bulbs.

Ericas that flowered over Winter can be trimmed when flowers brown - new growth will be fresh green through Summer. Ericas are such a wonderful ground cover displaying beautiful colour during Winter months. A low growing Erica will eventually cover a metre of ground and last for many years.

Lillies are really pushing up now, so it is a perfect time to get supports in for them, as well being careful not to damage bulbs. Lily bulbs need to be planted in a moist but well-draining soil. Mulching will stop soil drying out.

Prune Fuchsias back now if you have not already done so. Because they flower on new seasons wood, they can be taken well back.

Summer annuals: I have been planting groups of annuals for Summer colour - Cosmos, Lavatera, Love in the Mist, Sunflowers and Sweet Peas. When frosts are well behind us, Begonias, Petunias and Lobelia can be planted.

Too early yet to trim hedges - wait until the new growth finishes and firms up a little, or you will be trimming them twice - this applies to Box hedging as well - the test is to bend a stalk and if it snaps off, it will have hardened enough to trim. The perfect time to trim Spring growth on Box, is during overcast days - hot sun burns new undergrowth, dull days give them time to recover, although there will still be some burning which will soon be hidden by new leaves.

Lawns are responding to lawn food here; I am out with it each time it rains and popping flat weeds out with the point of my secateurs while lawns are damp and soft. If you feel you need to spray lawn weeds, grass clippings will need to be kept off gardens and compost heaps for a few cuts. Spray free lawn clippings will be beneficial as mulch around gardens, trees and shrubs to retain moisture - a dry Summer is predicted. Sifting soil will begin again here this week for re-sowing lawn bare patches.

Vegetables - Herbs: We can forget the dried Herbs in cooking now, as all Herbs are putting on nice fresh growth. Sage, Mint, Thyme, Rosemary, Bay, Marjoram, Oregano, Basil and even Nasturtium can be harvested, often during the growing season and what is not used, can be dried over Summer ready to rub and store for next Winter. For the most flavour, cut Herbs in mid-morning, right after the morning dew has dried.

Vegetable seeds can be sown directly into the garden now, but don't sow too thickly. Mix seeds with fine soil when sowing, to avoid a lot of thinning. If planting seedlings from punnets, cover with shade cloth so birds cannot see them, as they are bird feeding young now and they really like to strip small seedlings from gardens. Beans, Pumpkin types and Corn can go in the ground now, but protect during any cold nights.

Tomatoes: For those with glass or tunnel houses, prepare the soil well by digging in good organic compost, having been heated to the point of all fungus disease being eradicated. Summer nights here in North Otago can be cool, so a Glass or Tunnel house is a must, if wanting to be a serious Tomato grower. However, a glass house is a perfect incubator for fungus disease during nights and dull days, when moisture is not taken up quickly - never let Tomato plant leaves go into the night wet. There are a lot of Tomato varieties to choose from. Children love the Cherry Tomatoes, (a good lunch box filler .) Cherry Tomatoes can be grown in a large pot on a well-lit porch and will keep producing all Summer.

Cheers, Linda



It's a privilege to be standing as the Waitaki representative for New Conservative.

Over the last few years I've been concerned about the negative social statistics, including broken families, suicide, crime, massive increase in generational debt, the breakdown of democracy, and the ever encroaching UN driven mandates.

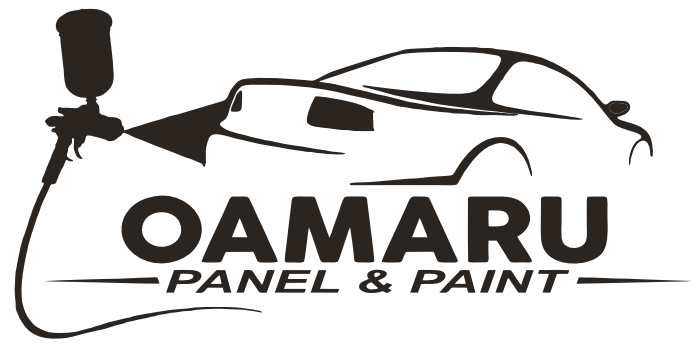
We cannot keep doing what we've always done and expect a different result. It's time to do something different, to get involved and make positive change.

I was raised in Oamaru and my career includes high country mustering, dairy farming, commercial real-estate and I am currently working with Fonterra. I am married and have 3 teenage children.

To find out more about me and our policies you can visit: www.newconservative.org.nz and follow me on facebook at Troy Allan New Conservative Waitaki

Troy Allan WAITAKI

Authorised by: T Allan, 18 McLaughlins Rd, Darfield



North Otago Motor Group



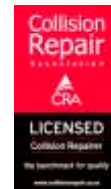
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At this September's election, you will be asked if you want the **End of Life Choice Act (EOLC Act) 2019** to come into force.

This Act is not about turning off life support, do-not-resuscitate requests, or allowing someone to refuse medical treatments (These are already legal in NZ). The EOLC Act is about giving doctors and nurse practitioners the legal power to assist in patient suicides, or to end the lives of their patients with lethal injection/dose upon request.

8 REASONS TO VOTE NO:

1. There is **NO** reliable safeguard to prevent someone being **pressured** into euthanasia or assisted suicide (one doctor is simply required to 'do their best' to detect pressure, and they can only speak to people that the patient lets them speak to).
2. **NO independent witness** is required at any point in the process - even at the time the lethal dose is injected/taken.
3. There is **NO** protection against **secret euthanasia or assisted suicide** (family do not have to be consulted, or even informed).
4. There is **NO** requirement to ensure that the person is **mentally competent** on the day the lethal dose is injected/taken.
5. There is **NO** protection for terminally ill people who are also **depressed or mentally ill**.
6. There is **NO** required **cooling-off** period before the lethal dose is prescribed.
7. There is **NO** protection against **medical errors** about the course of an illness or how long a person has left to live.
8. More than **200 lawyers and over 1600 doctors** have publicly denounced this Act as bad law.

From the 3rd of October 2020 **VOTE NO**
to the End of Life Choice Act.

For more information: www.defendnz.co.nz

Waitaki & Oamaru Visitor Centre set to open

A Waitaki and Oamaru Visitor Centre incorporating the Waitaki Whitestone Geopark Information Shop with district attractions promotion and resources will open in the former Oamaru i-Site in building in lower Thames Street this week.

Tourism Waitaki, the Waitaki District Council and Waitaki Whitestone Geopark Trust will jointly fund the facility until at least March or April next year (COVID-19 dependent).

The Centre will initially be operated by Tourism Waitaki five days a week during school terms (closed Tuesday and Wednesday) between 10am and 4pm. During New Zealand's national holidays it will operate seven days a week. The Visitor Centre will offer district-wide and local information, including visitor guides and maps but would not be taking bookings on behalf of operators, General Manager of Tourism Waitaki Margaret Munro explained. Information on the geological sites and cultural histories associated with the Geopark has been relocated from the 'pop up shop' in Thames Street, and will be built up over time. "Locally, it will complement the information available at Rose's General Store in the Historic Precinct", she said. The i-Site was closed in June 2020 by TourismWaitaki when it was forced to restructure because of the severe reduction in income generated by the Oamaru Blue Penguin Colony due to COVID-19. The Information Centre at Omarama was also closed, and financial support for the Kurow Information Centre ceased. "We are pleased to have been able to offer part-time roles to some former staff affected by the restructure," Ms Munro explained. Financial support has been provided by the Waitaki District Council and the Whitestone Geopark Trust to enable the Centre to open. The Trust had recently closed its Thames Street "pop-up" centre and was currently relocating its information and displays into the Visitor Centre. Mayor Gary Kircher said, "I'm pleased that a solution has been found to the issue of how we provide information to our visitors. This is an important service which we need to maximise the time people spend in Waitaki, enjoying many of the wonderful attractions we have on offer! I appreciate the work that has happened behind the scenes to make this happen."



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THIS WEEKEND

Saturday 17th October
Scottish Hall, Tyne St, Oamaru
9:30am - 5pm
Gold coin entry (Non-Profit Organisation)

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Pieces Of April - April Hayes Dickson

The KOR (King Of the Remote) has just had a birthday. I am under strict instructions to not mention a number. You'll just have to trust me that it was a big one. Reeaaally big. Let's just say that if he was living in Medieval times he'd already be dead because life expectancy for a man then was about 40.

If he was from the Victorian era he'd still be alive. Just. But mum's the word from me. It did get me to thinking though, about why men generally die sooner than women. The KOR says it's to do with being nagged to death. I can't find any Google evidence to back his hypothesis.

There is however a lot of material about men taking risks (being dicks), avoiding doctors (being dicks), ignoring health warnings (being dicks). I think you can see where this is going. When faced with my in-depth research on the subject the KOR said "well did they say anything about being bossed to death?"

No, they didn't. But that does remind me...

A bloke dies and goes to heaven. On arrival he sees two signs. One says "Men Who Were Bossed By Their Wives" queue here. The other said "Men NOT Bossed By Their Wives" line up here. The first queue is chocka with husbands, and winds through the clouds into the distance. The second has only one man lined up. He recognizes him as his old neighbour. "Jeez Jim, what are you doing here? Your wife bossed you around more than anybody!". "I don't know", says Jim "my wife told me to stand here". Boom tish.

Havenwyck Pets - Broody Birds

Spring has sprung and with it our aviary birds are busy building nests and laying their first clutches of the season. It is important your birds are in tip top condition for the toll it takes on them to raise a clutch. Extra nutrition can be added to daily feeding via an egg and biscuit mix or a pelletised formula. Your birds will need extra calcium and this can be given as a supplement in water and free flow grit.

Raising a clutch takes both parent birds, they often take turns with incubating the clutch and feeding. Some species will have one parent sitting while the other brings in the food for the partner, its a great relationship they have working together to raise their young.

Each species of birds has their own nesting requirements and we can provide these. At Havenwyck Pets we have a vast range of nesting boxes and baskets to suit the species you have, we can also make to order for those with more exotic species.

Pop in and see us to talk about your individual requirements this season

Kind Regards, Leanne Wreakes-Fallen DipVN

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North Otago Motor Group

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Motoring with Jamie

Hi! Jamie here, North Otago Motor Group. This weeks car of the week is the Toyota Fortuner Limited, coming soon and available to pre-order, the 2021 Fortuner has the new improved Hilux engine, the same beefed up 2.8lt turbo-diesel engine with 15% more power and it's a 7 seater. This SUV fears no adventure. The Toyota Fortuner turn heads on and off road with its bold styling and spacious interior. 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

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Let's Talk About Stroke Awareness

What is a stroke?

A stroke happens when a blockage such as a clot blocks the blood flow to the brain, or when a burst blood vessel bleeds into the brain. Strokes can be fatal. During a stroke, the cells in the affected part of the brain start to die and that part of the brain cannot work properly. This can affect a person's ability to walk, talk, eat, see, read, socialise or do things they were able to do before the stroke. They may also have fatigue or problems with remembering, understanding or thinking properly. Different parts of the brain control a person's movements, sense, emotions and intellectual functions. The effects of stroke depend on which part of the brain is damaged and how severe the damage is. Disabilities from stroke range from slight to severe. Some people make a speedy recovery and return to their normal lives. Others have disabilities that may improve with time and can be managed. For many, disabilities may last a lifetime. A small number of people will need full time medical care. Anyone can have a stroke. Although strokes often happen to older people, a quarter of all strokes in New Zealand occur in people still in the workforce or younger. Even children and babies have strokes. A stroke is largely preventable, yet each year about 9,000 people in this country have a stroke. This number would be more than halved if all the recommended actions to reduce stroke risks were taken in the community. There are things you can do to prevent strokes happening to you or someone you care about. Certain risk factors increase your chances of having a stroke.

- Check your blood pressure regularly so you can take steps to reduce if necessary.
- Check your cholesterol so it can be reduced if the levels are too high.
- Check your heart beat. An irregular heartbeat called atrial fibrillation can cause stroke, but medication can treat this.
- Eat a healthy diet and reduce salt, this will help lower blood pressure and reduce cholesterol.
- Stop smoking.
- Move more.
- Keep your alcohol intake low.
- Lose weight.
- Take medication as prescribed by your doctor.

If you believe someone is having a stroke, at any sign, act **FAST** and give someone the best chance of recovery. Any sign of stroke call 111
F Face- drooping on one side, **A Arm-** weakness on one side, **S Speech-** Mixed up, slurred or lost, **T Take Action-** Call 111 immediately. *Oamaru Pharmacy will be running a stroke awareness campaign from Monday 19th October to Sunday 25th October. Pop in to pick up some information or have a free blood pressure check.*



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Homemade Crackers

INGREDIENTS

1 1/4 cups flour whole wheat, fresh ground, or all-purpose,
1/4 teaspoon onion powder,
1/4 teaspoon garlic powder, 1/4 teaspoon chili powder,
1/4 teaspoon smoked paprika regular paprika works fine,
too 4 Tablespoons butter, 1/4 cup water, 1 Tablespoon honey,
Sea salt to sprinkle on top

INSTRUCTIONS

Preheat oven to 400 degrees Fahrenheit

Measure out dry ingredients into large mixing bowl. Cut in butter until it looks like pea sized clumps. Add in water and honey, stir until just combined.

Lightly flour a baking sheet or stone. Roll dough out on it. Use a pizza cutter and cut into desired shapes. Sprinkle with sea salt. Bake for 10 minutes!

Must Visit – The Coromandel Peninsular

Only a few hours from Auckland, the stunning Coromandel Peninsular is a wonderful road trip destination. It is a popular holiday spot for Kiwis with Whitianga and Whangamata being two of the favourite towns to visit. Thames is steeped in gold-mining history and Coromandel Town has a historical feel to it with its colonial architecture.

Hot Water Beach is a must do when visiting the Coromandel, it is one of those unique and one of a kind experiences where you can dig yourself a hole in the sand and create your own little natural spa pool.

Cathedral Cove is one of the most picturesque spots on the Coromandel (and there are many) – a naturally formed archway and cavern joins 2 secluded coves with a lovely sandy beach.

This is a perfect place for a picnic and a swim and can be reached by water taxi, joining a boat tour or by foot.

Cooks Beach is a beautiful series of white sand beaches stretching 3km and is a beautiful spot to spend the day relaxing. You will find a wealth of attractions and activities to fill your days with a must visit to the Coromandel Peninsular.

Jannine Hore – Travel Broker

Troop - Waitaki Interiors

Troop London® is a pioneering British fashion brand bringing unparalleled quality and style to the canvas bag and luggage industry, transforming merely functional everyday bags to must-have high quality bags for all. Founded in 2004, Troop London® was conceptualised with one thing in mind - to craft masterpieces from the fabrics and to be more than just a style statement, but a way of life. Their ranges have been carefully designed to meet the multi-faceted lives of all, from the urban explorers to the global travellers.

Since then, Troop London® has always been led by innovations through technology, material and design. Creating exclusive, organic and understated bags has always been a Troop hallmark. A distinctive vintage design aesthetic defines the Troop London brand, fusing elements of vintage creative culture, Mid-Century Modern design, and contemporary fashion.

Troop London® believes in working with the best materials, which is why they only use natural fabrics of the highest calibre, such as cotton and Italian leather. These materials create stonewashed canvas bags that are noted for their characteristic look. They also add the sophisticated detailing through distressed gunmetal and antique-finished fittings to complete this distinguished Troop London® look.

Troop products are built to withstand the elements of today's busy changing environments, they achieve that through quality workmanship, detailing and by creating iconic, stylish durable bags. Waitaki Interiors have been proud stockists of this brand for several years and many of our loyal customers own more than one bag. Come in and view our fantastic range.



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- Supports long term joint health

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Community diary

Wednesday 14th

Board Games with Age Concern at Oamaru Library will restart after the school holidays. First meeting will be on 14 Oct at 1:30pm. 034347008

Oamaru Friendship Club meet 10am St John's Exe Street, new members welcome. Ph. 4346249

Excelsior Petanque Club; Ph 4372557, Wed & Sun 1-3pm, Excelsior Rugby & Sports Club.

Free JP for certifying documents, affidavits, & declarations. 10-1pm at the Public Library.

Thursday 15th

N.O. Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe St. Ph 437 2673.

Migrant Meet and Share, 10.30am at the Landsar Rooms in Severn St. Build connections & learn about life in Waitaki. Ph Maria 021 066 5143.

North Otago Grey Power Meeting, Salvation Army Lounge, 255 Thames St, 1.30pm with speaker. Admission \$2 or a small plate for afternoon tea. People over 50 years welcome, ph. 4346249.

Friday 16th

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

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

Meadowbank Bowling Club; Bowlers & non-bowlers welcome. 14 Conway St Social bowls from 2pm. Ph Mary 4347196.

Sunday 18th

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

A2O Section Bike Ride; Two options for E-bike or pedal power, Option 1 – pedal bikes starting at the shelter on Cants Road, bike to Duntroon for lunch. Option 2 – E-bikes starting at Windsor Hall, bike to Duntroon for lunch and return to Windsor – or back-up transport available. ph 434 6166; D e p a r t Medway car park 9am

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, afternoon service at 5.00pm.

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

Monday 19th

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

Tokarahi spinners & Weavers meeting; Tokarahi Hall from 10am. Contact is Christine, 4342223

Waitaki Woodturners; 1 pm – Oamaru Race Course & Tuesday evening at 7 pm. Ph 439 5795.

Tuesdays 20th

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

Arthritis peer support group; Star & Garter 9 Itchen St at 11am, all welcome, Ph 434 6253.

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

Age Concern Gentle Exercise. 1:30 – 2:45pm Seated exercise class with music, followed by afternoon tea. Offered during Alert Level 2 with appropriate precautions. Orwell St Church.

AGM

Central Coast Country Music Assn Inc AGM; November 6th at 7:30pm at St Josephs School Hall Usk Street. All Welcome.

Citizens Advice Bureau North Otago AGM; Friday 16th October 10:30am, at Search & Rescue room, behind Community House Severn St. Morning tea to follow, members of the public are invited to attend.

Excelsior Petanque Club AGM; 29th Oct at 4pm at the Excelsior Clubrooms.

North Otago Bird Fanciers Club AGM; 21st Oct 2020, Itchen St, Drill Hall 7:30pm.

Oamaru Garrison Band AGM; Tuesday 27th Oct 2020 at 7:30, Bandrooms, C Rusbatch Secretary.

The Waitaki Girls' High School Old Girls and Staff Assn AGM; Sat 31st Oct 2020 commencing with a luncheon at the Star & Garter at 12pm. Ph 4395364 if attending.

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues. ph 0211214627
Special meeting for concerned parishioners from **St Luke's Anglican Church Oamaru;** Sat Oct 31st 2:30-4pm. Totara Estate private meeting room, by Invitation only, This meeting is for those parishioners who wanted to discuss the problems in the parish. Annie will provide her cream teas and in this friendly atmosphere we hope to find ideas to solve those problems. Invitation have been issued. Any parishioner who has not received an invitation and wishes to attend please contact the co-ordinator on 03 434 5677.

Services

20' Storage Containers; Chelmer St, near new bone dry. \$35 - \$40 weekly smaller unit 1 B/R \$15 - \$70 weekly Ph 027 434 1289.

Carpet/Vinyl layer second hand carpet & repairs. Dion 0223924852.

Bess Allan Gardening Maintenance - Dip Hort Mgmt, Ph 0211 800 941 or 434 9953.

Office space for hire by the month, day or hour. The Business Hive. Ph: 398 2400.

Smash Palace, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.

For Sale

Blue gum firewood just \$75 m3. Fundraising for the Waitaki community gardens. Well seasoned wood cut last year. Collection by appointment only, call 021 115 4884.

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- ▶ **Barbara Liffiton**0211 807 366
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