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20th October 2020

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Issue 508



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I will have a listen and see if I can get a new business article from them in the coming weeks. Don't forget it is a long weekend - time to take a break or spend some time in the garden - or if the weather is fine, get out and enjoy Oamaru's walkways - maybe even pop into town for a little window shopping. Enjoy your week, Regards, The Telegram.

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Such beauty throughout North Otago, but being so dry, all new growth is gasping for moisture - let there be a good drenching soon....

Still busy here weeding while weeds are still young. If Piepiri (Bidy bid), Chickweed, Convolvulus, Couch grass, Dandelion and other annual weeds are dealt to before they run to seed, it will stop weeds taking over your garden.

Remember to keep deadheading and feeding flowering Pansies and Polyanthus as long as there is a chill in the air - they will keep flowering until it gets warmer. If you feel they have done all they are going to do, dig out, cut old leaves back and plant in a cool shady place where they can be left until planting out next year.

Coastal gardens will be ahead of gardens inland, where they will still be getting reasonable frosts from time to time. Late frosts on Roses new growth can be a problem but don't be too concerned if new growth has been frosted - Rose leaves recover very fast and will have new buds to open in six weeks' time. When the nights are warmer, any dampness left by hosing on Rose leaves will encourage mildew. Keep food up to your Roses while they are making buds - it's hungry Roses that get diseased. For a quick result, slow release fertilizer is good on any Summer flowering plants and Shrubs. So pleased to see a selection of organic weed sprays on the market now. Fresh new weed growth is coming through the mulch now, so it's the right time to zap them on a non-windy day - I have been spot spraying Convolvulus, Couch and Clover - but care is needed. If Roses get even a sniff of weed spray, it will deform the foliage and the Rose bush will eventually die - so don't risk spraying on a windy day.

Camellias can be trimmed and shaped when finished flowering. Take out branches from the middle to create gaps to let a bird fly through - this lets the light in to help form next year's buds.

At this time of the year, we can see whether new growth on Shrubs have made them too wide and tall for where they are planted, hiding good planting areas behind them. It takes only a few years for gardens to close in without us really noticing and what a difference can be made by removing tall front plantings and replace with new and interesting plantings. One area opened in our garden is deep enough to allow me to mass plant with Bluebells and include a new Maple tree and it was only two scrappy overgrown Shrubs removed, which has made this difference.

The Sunflower seeds planted into trays a few weeks ago, have now been planted out. Because they are still small, snails and slugs will be attracted to them, so I let them grow on until taller in pots then mulch around them with wood mulch to deter the slugs and snails. Also, up and almost ready to plant out are Cosmos, Larkspur, Nasturtium and Marigolds, which will help fill deep borders.

Butterflies: If you are keen to attract Monarch Butterflies, plant Swan plants now, but protect from late frosts until established. Last year there was a huge shortage of Swan plants for the hungry caterpillars, because Swan plants are not happy with our cold Winters and also attract orange aphids that multiply very fast on young plants. If you have Swan plants covered in orange aphids, put them into an enclosed space and use fly spray to eradicate the aphids, then again as eggs hatch until they are gone. A good hosing will be needed before Butterfly eggs can be laid on leaves.

Vegetables Keep an eye on potatoes that are through the ground - frost cloth may still be needed depending on where you live. Seeds are popping up in no time now, so get them in ready for salad time. Pumpkin, Squash, Corn and Courgette seeds can go in now - but if you prefer to buy plants, be sure to harden them off outside in a protected place for a while before planting them out.

Glasshouses will be ready for the many varieties of Tomato plants on offer. If you have no glass or tunnel house, Tomatoes are happy growing in containers on a sunny deck or patio, with staking and training as you would in a glasshouse. Smaller varieties are easiest to manage e.g. Red Robin, Russian red or Totem in containers and the Cherry Tomatoes like tumbling Tom, in large hanging baskets. There are many varieties on offer - plant all in a Tomato mix, water as needed and liquid feed fortnightly. Why not try Basil plants growing among Tomatoes to repel white fly - the general consensus is that Basil - both plants and extracts made from the leaves can be an effective natural deterrent for White fly, Mosquitoes, Tomato hornworm, aphids and house fly as well as being a wonderful culinary enhancement with Tomatoes.

Pop into the Garden corner at the Resource recovery park for a good selection of organic veg and Tomato plants grown by the Community Gardens, ready for planting. Cheers, Linda





North Otago Charitable Trust Inc Scholarship/grant

Direct descendants of service personnel who served in New Zealand or Commonwealth forces during the **Second World War or in combat since**, may apply to be considered for a grant for health or education. Both applicant and service person must have resided in North Otago for the majority of their life time.

Application forms are available from the Secretary, June Jones,
10 Brinkburn Street, Oamaru.

Phone 434-7267 or email junejonesnz@gmail.com

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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.

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Ingredients

1.4kg mixed fruit, 125g glace cherries, 125g mixed peel
125g chopped dates, 2 cups Chelsea Soft Brown Sugar
2 cups water, 500g butter, 8 eggs,
2 cups plain flour
2 cups self-raising flour, 1 Tbsp malt, 1 tsp mixed spice
1/2 tsp cinnamon, 1 tsp baking soda, 1 wine glass rum

Method

Preheat the oven to 150°C.

Combine first seven ingredients in a large saucepan and bring to boil, and simmer slowly for 20 minutes. Allow to cool.

Beat eggs and add to cooled mixture. Add 2 cups plain flour and 2 cups self-raising flour, malt, spices and baking soda, mix well.

Line two cake tins 20 x 20cm square with 4 layers of baking paper. Pour in mixture and cover top with a layer of baking paper. Bake 2 3/4 hrs or until cooked in the centre. Rotate cakes halfway through cooking time to ensure they brown evenly.

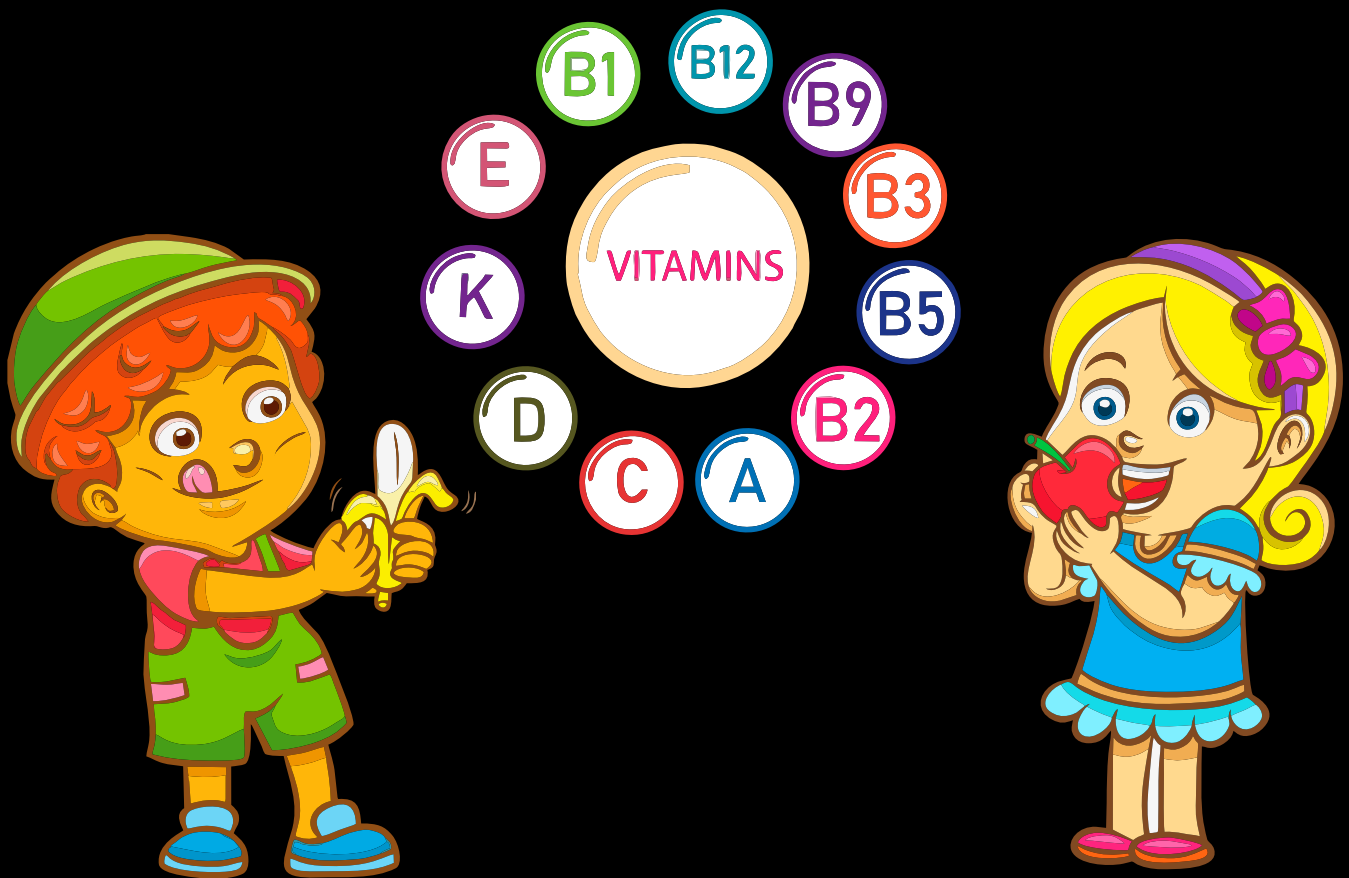
Remove from oven, pour 1 wine glass of rum over cake while still warm and allow to absorb.

Roll cake up in tea towel and allow to cool completely in tea towel.



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Let's Talk About ADHD Awareness

ADHD stands for Attention Deficit Hyperactivity Disorder. It is not caused by poor parenting or children just being "naughty", despite the negative stigma and often sheer ignorance surrounding it. It is in fact a neurological condition caused by deficits in the amounts of certain chemicals in the brain. This results in developmental delay. Scientific studies have also revealed that the brain of a person with ADHD is smaller and less active in the regions responsible for emotions, self-awareness and self-regulation. Worldwide prevalence of ADHD is around 5%, with it being 3 times more common in boys than girls. Often it is missed in girls because it presents differently (generally more inattentive and impulsive rather than outwardly hyperactive) which may be part of the reason for those statistics. ADHD often occurs with other childhood mental health problems including but not limited to conduct disorder, oppositional defiance disorder, anxiety and depression. Untreated, it can be a serious problem for teenagers and adults as it can put them at risk for accidents, addiction issues and depression and/or suicide. There is no known cause for ADHD but it is known NOT to be caused by vaccines or lax parenting. It is thought to be mainly genetically passed to the child along with a lesser environmental influence. Studies have shown that brothers or sisters of children with ADHD are two to three times more likely to have it too. There are three main types of symptoms displayed with ADHD: hyperactivity, impulsivity and inattention. This means there are 3 classes of ADHD when it comes to diagnosis: inattentive-type ADHD; hyperactive/impulsive-type ADHD and combination-type ADHD (a combination of the first two). There is no test to determine if a child has ADHD. Assessment will be carried out by a specialist (a psychiatrist or psychiatric paediatrician with experience diagnosing and treating ADHD). Assessment involves a multi-faceted approach including asking questions and sometimes observing the child at school and/or at home. Diagnosis is based on whether your child has some or all of the typical symptoms, the length of time they have had them (usually needs to be at least the behaviour occurs (such as at home and at school). Typical symptoms include: constantly on the move and fidgety, unable to sit still even if they're doing something they enjoy; appearing to tune out or day-dream, especially when being given instructions; having a short attention span and can't follow through with what they set out to do; interrupting often and don't seem to be able to wait their turn; struggling at school; doing dangerous and impulsive things; acting before they think; often being easily upset and emotionally volatile; and find it hard to make/keep friends. There is no magic pill to treat ADHD, but treatment includes medicating with stimulants, talking therapies and counselling and/or complementary therapies. It is important for children with ADHD to have firm structured routines in place at school and at home to help them cope. Often lists are helpful. They need to know they can talk to someone who won't judge them and will feel better about life and themselves when their strengths are focussed on in order to boost their confidence, to name a few. If you suspect your child has ADHD, see your GP and they will make a referral to the local specialist to have your child assessed and discuss things with you. ADHD awareness month runs for the entirety of October but **Oamaru Pharmacy is running an awareness week from October 26-October 30**. Pop in and see what information we have to offer or just come in for a chat. You can show your support for ADHD awareness (6 months) and the variety of settings in wss by wearing an orange ribbon or just the colour orange.



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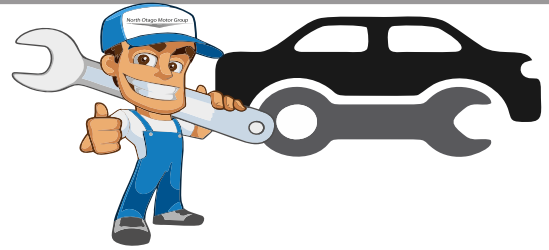
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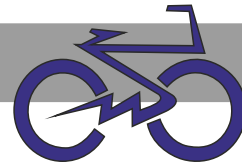
Motoring with Martin

Hi! Martin here, North Otago Motor Group. This weeks car of the week is a Toyota Hiace Mini Bus factory 12 seater, if your sports club, work place or organisation is looking to transport up to 12 people and their luggage this would be a great solution for you. With seating reconfigured to give luggage space and combined with legendary Toyota Hiace reliability, complete with reverse camera, electronic stability program and tow bar, bluetooth/USB audio, individual Aircon, 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*



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Community diary

Wednesday 21st

Ecumenical Spring Service; 2pm, Eveline Presbyterian Church, 424 Thames Highway. Guest speaker – Christine Dorsey Migrant and New Comers Convenor, Everyone welcome.

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.

North Otago Orchid Society meetings held at the St John's meeting room at 1:30pm. Exe st. New members welcome, Ph. 434 7324.

Thursday 22nd

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.

Friday 23rd

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

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

Sunday 25th

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, afternoon service at 5.00pm.

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

Monday 26th

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

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

Tuesdays 26th

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

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

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.

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.

Waitaki District Community House AGM to be held at Community House, 100 Thames Street on 17 November at 10am. All welcome.

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.

(Labour Weekend): Arthurs Pass Tramp;

A long weekend in the Arthurs Pass National Park, based on a hut in the village with a wide range of options for one or two-day tramps. Contact: Karyl (439 5518) Depart pm Fri.

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Kunekune Piglets \$100 each Ph. 03 439 5434.

PeaStraw Square Bales; enquires to 027 323 2926 or 027 414 7456.

Garage Sales

Ettrick Street; Saturday 24th from 9am, wide range of household and craft items.

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Wanted land or house & land in Oamaru. Freehold Ph 027 5165675

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Raffle Results

N.O. Orchid Society; 1st D.Tonkin, 2nd R.Gollet, 3rd D.Gollet.

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- ▶ **Oamaru Chiropractic**.....021 729 868
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- ▶ **Ron Sim Chiropractor**.....434 8784
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- ▶ **Barbara Liffiton**0211 807 366
.....NZ RCPn, Grad Dip GT, Prov NZAC

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- ▶ **Bryan Searle, Oamaru Electrical** 0277157170
- ▶ **Robert Jones - Electrician.** 027 445 0523
.....434 0994
- ▶ **Whitestone Appliances**..... 021 366 446
.....repairs.....434 6810

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.....021 052 2877
- ▶ **Oamaru Landscaping**.....437 1888
Wood Supplies027 555 0511

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- ▶ **Walls Funeral Services**.....434 8266
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- ▶ **CHANGEZ Landscape Property Services**
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- ▶ **Crew Cut large lawns**
Paul Houlaham..... 021 331 261
- ▶ **Inside Out Landscaping Property & Garden Maintenance.** ph Brett 0212166775
- ▶ **Oamaru Garden Maintenance**
Richard Kennedy021 0474758
- ▶ **Roses, garden weeding, hedges & lawns**
Steven......ph/txt....027 2609988

General Store

- ▶ **Roses General Store**021 515 205
9 Tyne St.....*after hours*...434 8285

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Enquiries & Bookings.....027 434 1173

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- ▶ **Cunningham Plumbing, Oamaru**
.....Plumbing & Drainlaying...0800 555 105
- ▶ **Foley Plumbers Oamaru**.....434 2330
.....Sam Boswell.....0800 303 530
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- ▶ **Smash Palace**.....433 1444
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