The last issue for 2020 will be published on the 15th December with the deadline for copy on Thursday 10th 12pm.

The Telegram

17th November 2020

Phone 434 9651

Issue 512



Christmas is a busy time for most and it is wise to spend a little time planning in advance. If your planning a **well deserved** Holiday, don't forget to let your customers know when you are open. The Telegram will be publishing Christmas/New Year hours in our December issues and the last issue of the Telegram for 2020 will be 15th December. Don't forget the deadline for this is Wednesday 9th December.

Are you stuck for Christmas gift ideas - why not shop Oamaru, there are lots of stores in town and don't forget the north end as well. All of them have gifts for every age group. Oamaru Print and Copy have some great gift ideas too - like Personalised Christmas cards with your photo on them or even a calendar with 12 of your photos. Come in and see us for other Christmas ideas. *Enjoy your week*, *The Telegram*.

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Whew! Rain showers have changed growing conditions here in North Otago so for me a break from dragging hoses about with scruff our dog pulling on the end. The weight of rain on deciduous tree branches makes it easy to see those needing to be lifted, if left they cast shade over surrounding plants. Any



branch growing downwards with a canopy branch directly above it can be cut back or removed altogether because lower plantings need overhead light to prevent stretch growing. Hedges: Because lush growth is later this spring having been so dry hedges will still not be finished pushing out spring growth and if trimmed too early another trim will be needed so best to wait until new growth has hardened and stems snap clean when bent. All new growth hedge trimmings can go on the compost or be scattered around the garden as mulch. Cut back Spring flowering perennials finished flowering and fill gaps with summer annuals, tall like cosmos and lavatera at the back, petunias, nemesia, saliva and marigolds middle and lobelia. alyssum, dwarf sweet peas and petite petunias in front. Roses: Fat rose buds are opening now all healthy and beautiful before succumbing to the stress of hot drying days, aphid, black spot and rust, if water, feeding and mulch is kept up these can be avoided and healthy roses can be enjoyed though to early winter.

Dahlias are pushing through now as spring bulbs finish, I discovered some dahlias in shade as tree branches spread wider so have shifted clumps while still low into a sunnier position. Supports can be put in place now for large spreading dahlias before they put on heavy growth.

Hydrangeas are starting to produce flower heads now so it is important to keep the water and food up to them, old stable manure, blood and bone, liquid or slow release fertiliser will keep them happy and flowering well. It's a dressing of lime for pink and Epsom salts or aluminum sulphate to keep them blue. Fuchsias are on sale right now and are wonderful in pots or a shady spot, they are making a lot of growth now so if you missed cutting any back do it now, they will soon catch up. Peony roses: What wonderful additions these are to the flower garden, peony roses are beautiful fillers in a sunny spot and great for filling vases. Supports are needed for most peony roses to hold up full flower heads.

Elderflower cordial: Elder flowers are covering bushes now, they don't last long before berries start forming from the flowers. Ingredients: 20 large elderflower heads, 4 lemons, 1 tsp citric acid, 1.5 liters water, 1kg sugar. Method; Grate zest off lemons, then roughly chop into chunks. Gently wash the flowers and steep them in a bowl with water and add this to the flower head mixture. Cover and leave for 24 hours, then strain through muslin. gently bring the strained liquid to the boil, add sugar and stir until dissolved. Pour into sterilized glass bottles and store in the fridge when cool. Add a measure to iced water for the perfect fresh summer beverage for all ages and a dash in gin for those who like a G and T.

Vegetables: Keep mounding potatoes to give depth for them to produce more, consistent watering is important for potatoes, this goes for all root vegetables. Leafy veg don't need any extra feeding at this time of the year it will just encourage them to bolt. Only plant as many plants as you think you would use when ready to pick, hold back the other small seedling plants from the same batch and keep in a semi shady place until required for planting. Small plants will hold if watered only when too dry, over watering will encourage rot. Keep pumpkin and squash plants mulched, roots are fragile until their large leaves grow to create the root shade needed. Corn seeds sown last month are now ready to plant out, planting corn in squares rather than rows will ensure pollination on the lower tassel's and add support during strong winds.

Cheers, Linda.





Keep Rapid Calm and carry on

179 Thames St, Ph 434 9663

Health 2000 - Rapid Calm

In today's world, everything is a balancing act - our job, children, study, friendship, family, trying to stay healthy. Bust, busy, busy with hardly any time to relax.

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Some Camp grounds at Capacity

Higher visitor numbers and fire risk mean some Waitaki camp grounds already at capacity Waitaki Lakes camping grounds are looking forward to a busy camping season. Due to expected high numbers of Kiwis getting out and doing something NEW, long spells of stubbies and singlet weather and increased fire risk, management of camp capacity is our priority. Season tickets sold to three of our camps – Falstone Creek, Sailors Cutting and Boat Harbour have reached capacity already.

What does that mean for you?

- Season tickets to these sites are no longer available, however we would love people to take advantage of the space for a season set-up still available at Loch Laird, Wildlife and Parsons Rock.
- There will be no casual camping available at Falstone Creek, Sailors Cutting and Boat Harbour between 20th December 2020 and 10th January 2021. If you are not a season pass holder, you won't be able to camp at these sites during the peak period.
- Casual camping outside of this peak period at these three sites will be by arrangement with the Camp Supervisor.

Mayor for Waitaki, Gary Kircher said, "We would love to see you for a night or three at Loch Laird, Wildlife or Parsons Rock where casual camping is still available for the season – there are still some great spots available. I know the lack of other options may be frustrating for some but such is the popularity of good old Kiwi camping in the amazingWaitaki district! I urge you to check with the camp ground manager before planning your trip." Waitaki Lakes Camp Supervisor: 027 6866 901



24 October - 22 November 2020

The Voices of Stone, David Sutton

Photography - New portraits from the Neolithic

Hauora, Al Bell

Printmaking that explores diabetes and obesity among Māori

Snowlight and other Southern Landscapes, Peter Belton

Paintings from excursions into hills, along coastlines and into steep places **The Sea** until end November- from the Forrester Gallery collection

31 October - 6 December 2020

Hope and Fear, Our Hub Intermedia exhibition from Our Hub, Oamaru Creative Arts Space







🕼 Waitaki





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MON-FRI 9AM - 5:30PM SAT 9:30AM - 2PM

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BBQ JACKFRUIT - ReadFood

- 2 20-ounce cans young green jackfruit in water (NOT in syrup or brine*)
- 1/4 cup BBQ seasoning (For 1/4 cup or 45 g BBQ seasoning, use 2 Tbsp brown sugar + 1 tsp paprika + 1 tsp garlic powder + 1/2 tsp salt + 1/2 tsp pepper + 1/2 tsp chili powder)

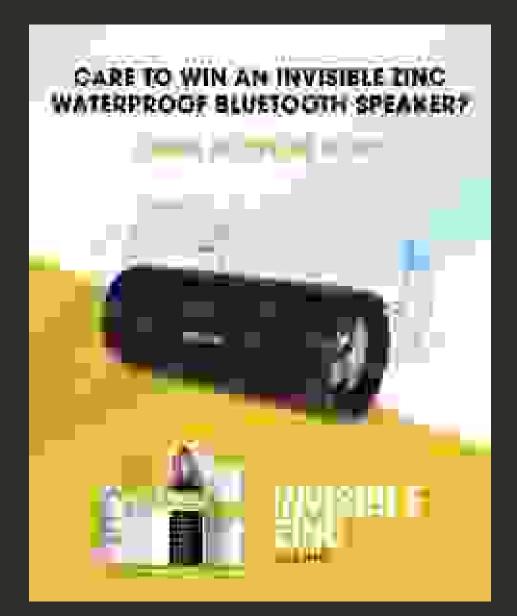
3/4 cup BBQ sauce (plus more for topping)

Instructions

- 1. Rinse, drain, and thoroughly dry jackfruit. Chop o the centre "core" portion of the fruit and discard. Place in a mixing bowl and set aside.
- 2. Mix together BBQ seasoning and add to jackfruit. Toss to coat.
- 3. Heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil of choice and seasoned jackfruit (use more oil, as needed, if increasing batch size). Toss to coat and cook for 2-3 minutes to achieve some color.
- 4. Add BBQ sauce and thin with enough water to make a sauce. Stir and reduce heat to low- medium and cook for about 20 minutes (up to 35 minutes on low for a deeper flavor).
- 5. Remove lid and stir occasionally. TIP: For finer texture, use two forks to shred the jackfruit as it cooks down.
- 6. Once the jackfruit has been properly simmered, turn up heat to medium-high and cook for 2-3 more minutes to get a little extra color/texture. Then remove from heat.
- 7. Place generous portions of slaw or rice on plate or buns, top with generous serving of BBQ jackfruit, and roasted salted cashews. Serve with extra BBQ sauce!
- 8. Leftover jackfruit keeps for up to a couple days in the fridge, though best when fresh.

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Lake Taupo Resort – Must Stay – Must Visit Looking for a resort style holiday in NZ, Lake Taupo Resort will not disappoint. Located only 8 minutes drive from Taupo city centre and sitting on 20 acres of park like ground the resort has a range of accommodation options to suit all budgets including villas, holiday cottages and cabins. The thermally heated lagoonstyle pool even has a swim-up bar and cafe where you can order a cocktail and enjoy a bite to eat. Other entertainment facilities and activities include a big screen for movie nights, a 4 metre deep cave and pool, giant mushroom kiddies pool, adventure playground and play area including a jumping pillow, mini golf, games room, pump track, tennis court and beach volleyball. Mountain bikes, go karts and DVD's are also available to hire. If you are only wanting to utilise the resort facilities, then day passes are available for purchase. Lake Taupo Holiday Resort is a destination in itself and you will find all you need here whether it be for a family holiday, couples getaway or group adventure. Jannine Hore – Travel Broker

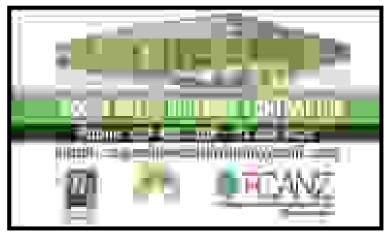


Let's talk about being Sunsmart

With the weather warming up, and the sun being out and about. It is important to keep in mind that too much sun or heat is not the best idea for your body. You can protect yourself and your children by being SunSmart and staying safe while still enjoying life in the sun. Slip on a shirt with long sleeves to give you better protection from the sun. Slip into the shade of an umbrella or a leafy tree. Slop on plenty of broad-spectrum, water resistant sunscreen of at least SPF 30. Apply 20 minutes before going outside and reapply every two hours and especially after being in water or sweating. Slap on a hat with a wide brim or a cap with flaps. Wrap on sunglasses that are close fitting and a wrap around style. Always check the label for the sun protection rating. We should always protect ourselves when outside from September to April. New Zealand sunlight can have high levels of ultraviolet (UV) radiation which can cause skin and eye damage. Skin cancer can develop when skin cells have been damaged, for example by exposure to ultraviolet (UV) radiation. Risk factors for developing melanoma are: a family/wh nau or personal history of skin cancer, skin that burns easily, red, blonde or fair hair, skin damage due to sunburn, sunbed use, and many or large moles. The most important years for sun protection are during childhood and early adulthood. Exposure to UV radiation during these years greatly increases the chance of people getting melanoma later in life. Also to keep in mind when playing in the sun if your body isn't able to remove enough heat, you will be susceptible to mild to severe heat exhaustion or heatstroke. Heat exhaustion can be caused by long, unshaded exposure to the sun, strenuous activity, high environmental temperatures, or poor ventilation. Signs and symptoms of heat exhaustion often begin suddenly and include feeling faint, nausea, heavy sweating, ashen appearance, rapid, weak heartbeat, low blood pressure, cool moist skin, low-grade fever or abdominal cramps. If you suspect heat exhaustion: get the person out of the sun into a cooler well ventilated area, lay the person down and elevate the legs and feet slightly, loosen any extra clothing, have the person drink water or a drink containing electrolytes, cool the person by spraying water or using a wet flannel and a fan, and always monitor the person carefully. Heat exhaustion can quickly become heatstroke. If the exhaustion or cramps persist and the symptoms worsen seek medical attention.

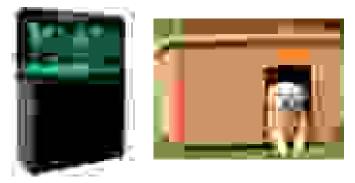
At Oamaru Pharmacy, we have a wide range of products that can help you to be SunSmart, for knowledgeable advice and friendly service come and see the team at Oamaru Pharmacy, Your Pharmacy.

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Toot for Tucker

The annual Toot for Tucker drive is being held on Monday 7th December from 6pm onwards. Food donations are sought for your local food bank to boost their stock as Christmas approaches. Toot for Tucker is organised by the North Otago Lions Club. They, along with the other local Lions Clubs (Oamaru, Waiareka Valley, and Waianakarua), the local fire brigades and their fire engines, and local youth groups will be collecting contributions from households in Oamaru and Weston for our local food bank next Monday evening. We encourage people to listen for the loud horns and sirens. Our cars are identified by blue and gold balloons and the runners will be identified by o cial badges. People living in Kakanui who would like to donate to the appeal can drop their items at the Kakanui Store. We are asking people to donate non-perishable food items; if you will not be at home please leave the food items by your mailbox or gate by 6pm. All items go to the food bank where they are greatly appreciated. Oamaru North Otago Lions have been organising Toot for Tucker for a number of years now and find that the amount of food donated increases every year. A big thank you to those who donate and everyone who helps on the night.





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Pieces of April by April Hayes Dickson

What's in a name? When records began in 1848 and for many decades following, the most popular Kiwi baby names were Mary and Margaret and John and William. It was pretty much the same story in Australia, Britain and America too. Although the Aussies were quite keen on Anna and the poms regularly gave Elizabeth a run. However, John and William were never in question. Fairly vanilla in comparison to today's Harlow, Willow, Jagger and Wolfe. In the middle of last century, if a teacher called out "Robert", half the class would've stood up. These days, school rolls are a cross between a list of ingredients and an atlas. "Apple, Sa ron and Kale, please line up behind Dakota, Paris and India. And that's enough nonsense from you Abbot and Costello!". One of the reasons my mother called me April was because she naively thought it was a name that couldn't be shortened. I've subsequently spent my life being called Pril, Prillie, Apes and Aee. All of which I happily answer to. My Gran's surname was Jenkins and she spent her childhood being referred to as Jam-tins. I found this so impossibly funny when I was a kid that I took to teasing her with it too. "Step on it Jam-tins, or we won't be home in time for Coro Street!". Even the KOR (King Of the Remote) though christened John, answers to Dicko. He also answers to "and what time do you call this?". Next decade, hopefully our Kiwi roll calls won't mimic all the USA's "quas" (Sheniqua, Tenniqua, Deliqua et al). In the meantime, sorry Treyden, Peyton, Everly and Lennon, you're destined to be called Tray, Pay, Ev and Len whether your hip parents like it or not. aprilhdickson@gmail.com

North Otago Motor Group

CAR OF THE WEEK

This week we have a great Toyota Rental Car o er





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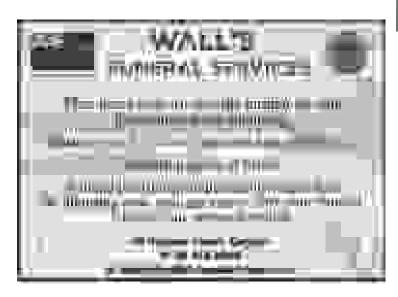
*Based on Classic Finance with a 20% deposit over 60 months at 9.95% interest. \$409.20 establishment fee and normal Toyota Financial Services lending criteria apply

Motoring with Martin

Hi! Martin here, North Otago Motor Group. This week we have a great Toyota rental car o er, on now! We have a great selection of models, all well cared for and serviced, and the next scheduled service on these is included at no charge. So if you are looking for a late model low mileage Corolla, Highlander or Prado we have a great selection. Come and check them out 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 18th

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

Justice of Peace; available 10am-1pm for certified copies, declaration & affidavits 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.

Oamaru Pharmacy VIP Night; Kickstart Christmas by joining us for a special evening involving nibbles, drinks and exclusive specials including 15% off store-wide. 5pm until 8pm. We will also be offering FREE gift wrapping and raffle throughout the evening.

Thursday 19th

Ki Uta Ki Tai - Everything is connected; Waitaki Whitestone Geopark - A presentation by Gareth Boyt "Unique Species and their connection to the Geopark... 6-7pm at the Oamaru Library.

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 20th

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

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

North Otago Summer Bowls; 7pm Centennial Park, all bowlers welcome. Ph 437 1999. Sunday 22nd

AA Meeting; Orwell St Chapel, 6pm. to past members to join us for afternoon tea. 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 23rd

Genealogy help by local genealogist - at the desk,household goods. Oamaru library 10 am - 12noon.

Monday Music and More; Music and fun for you and your wee one 0-3yrs. 10-11am, 6 Severn St.

Waitaki Woodturners; 1 pm – Oamaru Race Course & *Tuesday* evening at 7 pm. Ph 021 024 98604. waitakiwoodturners@gmail.com.

Tuesdays 24th

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

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. Orwell St Church.

AGM

Excelsior Rugby and Associated Sports Club AGM; November 23rd 6pm followed by Excelsior RugbyAGM.

Oamaru Repetory Society AGM; Reperty Theatre Itchen St, Monday Nov 23rd at 7:30pm.

Pukeuri War Memorial Hall AGM; To be held on Wednesday 18th Nov 2020 at 7pm in the Hall, Works Road, Pukeuri. Everyone Welcome.

North Otago Embroiderers Guild AGM; Nov 25th at St Lukes Hall at 10am.

Oamaru Squash & Badminton Club AGM; 24th November 6pm, at the club rooms 14 Tyne St.

Waitoa Park Golf Club Inc AGM; Tuesday, December 1st 2020, 7.30 pm at the Clubhouse.

Public Notices

Oamaru Coffee Riders, ALL riders, all abilities catered for. For ride times & venues. ph 0211214627 Special meeting for concerned parishioners from St.

North Otago Grey Power Christmas Get Together, Oamaru Club on Thursday 3 December. For more information and to book phone Daphne 4346249 before 22 November.

North Otago Scottish Society; St Andrew's Concert, Sunday 29th November, 2pm. North Otago Scottish Hall, 10 Tyne Street. Join us for an afternoon of entertainment at the Scottish hall. Followed by afternoon tea. Entry \$5 per person, members free.

The annual Toot for Tucker drive is to be held on Monday 7th Dec 6pm onwards. Food donations are sought for your local food bank to boost their stock as Christmas approaches. We are asking people to donate non-perishable food items; if you will not be at home please leave the food items by your mailbox or gate by 6pm. A big thank you to those who donate & to everyone who helps on the night

Waitoa Park Golf Club - Christmas Tournament 28th Nov \$12. 12.30 start - cards in by 12. Entries in by 21st. Members a plate. An invitation is extended to past members to join us for afternoon tea.

ForSale

2008 Abbey 418 GTS Fully self contained Caravan, Ph. 434 9435.

For Free - 8 week old bantam Roosters tame & friendly. Phone Kate 437 1327.

Garage Sales

Saturday 21st November 8am; Eveline Church Hall 424 Thames Highway, Steel filing cabinets, range, desk, household goods.

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