

## LINDSAY WHYTE

- Interior
- Exterior

### Painters and Decorators Ltd

48 Years Experience Master Painter

FREE PHONE 0800 242 8611



I am hoping you all have your firewood sorted for the cold weather really kicks in as it is in very shrinking supply. You can always get the children out sorting and stacking it for you - should help keep them busy over the Holidays. We have some changes! The Telegram is now delivered by another delivery service... Hopefully this will sort out any missed deliveries. If you do not receive your weekly Telegram, you can give Steve a call on 4341103 or 0273387 002. Keep warm & enjoy your week regards The Telegram.

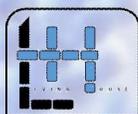
## WARMER, DRIER & HEALTHIER

Insulate and Ventilate now for a cosier home

Earthwool Glasswool Insulation - installed by us or we will supply at fantastic prices - only \$995 for a 80sqm R3.6 Ceiling installed.

Drivaire Home Ventilation Systems - rid your home of moisture and enjoy a healthier living environment with a quality NZ manufactured system.

Call today for a free quote. We also offer a range of Hitachi and Mitsubishi Heat Pumps at extremely competitive prices.



### LIVING HOUSE

Ph. John Pile on 0800 434 600

Email john@livinghouse.co.nz

www.livinghouse.co.nz

New Zealand Petfoods

# DOG TOYS

## HUGE NEW RANGE

16 Ouse Street

UP TO 30% OFF  
A HUGE RANGE OF WALLPAPER\*

THESE 8L BERGER PAINTS  
JUST \$89<sup>99</sup>

Guthrie Bowron Oamaru  
Corner Reed & Eden Streets, Oamaru • Phone 434 8654

**GB**  
Guthrie Bowron  
Decorating Specialists  
TRUSTED SINCE 1896

## CALLING ALL LANDLORDS

We have secured the best property manager in town!

Rental properties wanted.

Call Jo Cunningham today.



Jo Cunningham  
Property Manager  
027 583 6370

225 Thames St, Oamaru  
Ph 03 434 7422  
oamarupm@southernwide.co.nz

# Goldies Glass Ltd

## 24 hour glass service

Phone the experienced professionals

Insurance Work Welcome

03 434 8701 | 027 433 2258

77 Humber St, Oamaru

# KITCHENS RYCOLE JOINERY

From the heart of our workshop  
to the heart of your home

44 Homestead Road, Oamaru  
P 434 5012 | M 027 276 2866



arrive along with all that snow on Kakanui. Gardens and Gardeners will have felt Winter had arrived very quickly after all the balmy weather of late. It made me feel I should make a start now on bedding gardens down for Winter, with compost on first then pea straw -

this will be ongoing for a while in our garden. Leaf raking has cranked up a gear now as trees shed more and more leaves and still lots to do with cutting back, Bulb planting and shifting Shrubs that have become overcrowded. Shrubs, plants and hedges will be starting to harden off to cope with the cold, so get any hedge trimming done - but don't be too hard on them. Spring is the time to take them back hard.

**Hydrangea** stems are hardening and flower heads are either going brown or changing into new stunning Autumn shades. Keep water up while they are looking so pretty and leave the flowers on for ages yet - especially further inland they can be left all Winter to protect new growth. If wanting to take old flower heads off on the coast, cut the stem right back to the second bud from the bottom and leave all stems that did not flower - these will be next Summers flower stems.

**Leucodendrons** develop rich colour as days and nights become colder - picked bracts will last in a vase for weeks, even months. Picking the bracts is a must to keep both Leucodendrons and Proteas from becoming top heavy and blowing over. They resent any form of Phosphates. Potassium and Nitrates fertiliser - a little Blood and bone in Spring will keep them looking good.

On the coast, prune back **perennial Wallflowers** now to encourage new growth for a good Winter flowering. Do the same to Marguerite Daisies. Further inland, take hardwood cuttings, pot up and protect over Winter. Break up clumps of Viola like Maggie Mott and the clumping Primula Vulgaris. Plant sections with root attached into pots or trays - they will grow and clump up ready to be planted out in Spring. Both of these make lovely edging plants. Keep planting all the bulbs on offer - Ranunculus and Anemones also, for a vibrant or soft mid height colour to an early **Spring garden**.

I really enjoyed the drifts of blue from Agapanthas around town and in our garden this year, which have now finished flowering. I have started breaking up clumps of both large and dwarf varieties to fill gaps - once shifted, they need a lot of water to get them started in a new spot. Keep planting well grown evergreen Shrubs, as there still time to get them settled in before Winter.

**Vegetable garden.** I have mentioned growing a green crop in vacant areas of the vegetable garden - Oats is probably the best one to plant in the Autumn- it will grow in no time. Dig in while still soft and green. First timers might like to follow the green manure suggestion of using Blue Lupin as a nitrogen additive . Otherwise, use Mustard as a good soil conditioner in Spring and Summer, changing back to Oats in the Autumn. Vegetable seedlings - cover them with Strawberry net or open weave frost cloth raised above the plants while plants are small - birds will not be so interested when the plants plump out a bit. Broad Beans can be planted now. Try a little Potash in the soil just below the Bean when planted. It is said to help prevent rust. Bring Pumpkins in and store in a dry aired place. Protect the last Tomatoes and Peppers from frost - the sun is still warm enough to ripen them a little longer. When nights become really cold, vines can be dug up and hung in good light on a warm porch under cover to ripen further.

**Fruit.** Walnuts are falling along with the leaves. Late ripening Peaches should be picked now before the birds take them all. I have been told the Peach raised in North Otago - SWEET PERFECTION - is growing and fruiting well. A chance seedling from an orchard on the banks of the Waitaki River - strong resistance to leaf curl - bountiful and regular crops of excellent quality fruit. One to put an order in for. Feijoas seem to be plentiful right now as well. Feijoa, vanilla and fresh ginger jam on a warm scone is an Autumn treat.

We have the last wedding here at Rockvale gardens on Sunday after 26 years of couples making a commitment to each other in our garden - it has been a privilege being involved in so many

## Jacqui Dean MP for Waitaki

If you would like an appointment with Jacqui in Oamaru/  
Waimate/ Geraldine/Fairlie/Tekapo/Ranfurly/Central  
Otago/Kurow or Twizel please phone our office.

### OAMARU OFFICE

127 Thames St, Oamaru 9400  
P 03 434 7325 | 0800 MP WAITAKI  
E waitaki.mp@parliament.govt.nz



 **jacquidean.co.nz**  
Funded by Parliamentary Service  
and authorised by Jacqui Dean MP,  
127 Thames Street, Oamaru.

## Paul FAMILTON PAINTER

Qualified tradesman with experience  
in all types of decorating.

Interior & Exterior work | Wallpapering  
Painting | Water blasting & Moss Kill

cell **0274369831** A/H **4371608**

Locally owned  
& operated  
for over  
25 years.

**FREE  
QUOTES**



Safe and professional tree care, Large or small  
trees, Difficult removals, Crown lifts, Height  
reduction, Felling, Hedge trimming and  
Pruning trees to your Specifications.

Qualified Arborists

Matt Slater 027 241 3343 03 437 1440  
treesculptotago@hotmail.co.nz Oamaru

# SMASH PALACE

ALPS TO OCEAN

ALPS 2

CYCLE HIRE  
OCEAN

SMASH  
RENTALS  
PALACE

SMASH  
CAR PARTS  
PALACE

SHUTTLE  
SERVICE

1 Meek Street, Oamaru Ph. (03) 433 1444

## Coughs and Colds

The common cold affects most people at some stage in their lives. Colds can last from 5-7 days although some symptoms, such as a cough, can last much longer. Young children get more colds than adults because their immune systems are still developing, Elderly people, and those with chronic (long term) illness, are also more likely to catch a cold easily

### CAUSES

The common cold is an infection of the nasal passages (nose) and throat. It is caused by viruses.

Cold viruses are always changing from year to year. This is why you can get a new cold each year, or even more frequently, and why it is difficult to develop a cure. Cold viruses are spread by saliva droplets that are sprayed through the air by talking, sneezing and coughing, and by direct hand contact with nasal secretions from infected people or objects. Buccaline will give up to 3 months protection again the complications of the cold

## How do I prevent ankle sprains?

Ankle sprains often happen during rapid changes in direction in sports such as netball, soccer or rugby, or when walking on uneven ground. During these changes in direction, multiple forces act on the ankle and supporting musculature requiring the ankle to adapt, support and then aid propulsion.



The human foot and ankle unit are engineering marvels with thirty-three joints made up off twenty-six bones, thirty-three muscles (20 within the foot, 13 in the lower leg) and lots of connective tissue. When we have strong coordinated feet/ankles and appropriate footwear is worn, the risk of ankle sprains is minimal. When the ankles are weak and/or uncoordinated orthotics, strapping and/or ankle braces may be required to minimise risk of injury. It's a bit like training wheels on a kids bike - these support options can support ankle function until higher level strength and coordination are developed. Ankle strength and co-ordination are essential requirements to stay injury free during physically demanding activities.

To quickly check your quality of ankle function, try these exercises (barefoot)...

1. Slow and smooth ankle circles clockwise for 10 repetitions and counterclockwise for 10 repetitions. If the movement is jerky or a tremor develops at certain points through the circle then poor ankle coordination is indicated and you are at risk of ankle sprains.
2. Stand shoulder width apart with the feet parallel, drive the big toe into the ground and smoothly rise up into a calf raise taking 5 seconds to reach the top. Hold at the top for 5 seconds, then take 5 seconds to slowly lower yourself down. Rest and repeat 5 times. If your feet roll in or outwards and loading comes away from the big toe during any of the movement, then your ankles are weak and you are at risk of ankle sprains.
3. Stand on a wobble board or small cushion on one foot and have a friend throw a ball to your chest at first and progressively to your outer reach with a few high, low and wide throws. If you can balance and catch each throw and exercise 1. & 2. easily, you've got strong ankles, good coordination and with appropriate footwear your risk of ankle sprains is low!

So ask yourself: "Are your ankles strong or weak, co-ordinated or uncoordinated?" For a specialist assessment and customised management plan, see the foot and ankle experts at Simply Feet Podiatry so you can be equipped to prevent ankle sprains during your sporting season.

Simply Feet 216 Thames Highway

## Buccaline

the only oral vaccine that gives 3 months protection against the bacterial complications of colds



When there's no time for sick days take Buccaline

Phone: 03 434 8741

171 Thames St, Oamaru 9400



**SIMPLY FEET**  
Every step of the way



Evan Feather

Hey Oamaru!

Do you need to get your ankle fixed ASAP?

Your local foot and ankle experts for all musculoskeletal conditions.



Michelle Hansen

Book your Ankle Assessment Now!  
[www.simplyfeet.co.nz](http://www.simplyfeet.co.nz) or call 437-9025



North End Health Centre

4 Frome Street Oamaru 9400  
P. 03 437 0347 F. 03 437 0036

EXPERIENCED • PROFESSIONAL • CARING

New Patients Welcome.

• Dr Andrew Wilson • Dr David Whittet • Dr Justin Shenton  
• Dr Neil Lockley

[www.northendhealthcentre.co.nz](http://www.northendhealthcentre.co.nz)



Junction Doctors

81 Wansbeck Street Oamaru 9400  
P. 03 434 2112 F. 03 434 2430

# Nathan Dickson

Cost \$42 pension or community service, house calls available  
Quality treatment of all foot and lower limb conditions  
**Community House, Oamaru Ph: 434 8862**



Children's Theatre presents

## The Pied Piper



**April 26, 2pm**

**April 27,  
2pm & 7.30pm**

**April 28,  
2pm & 7.30pm**

Oamaru Opera House  
Ink Box Theatre

**\$10 adult/child  
General Admission**

Tickets on sale at the Opera House

## The complete transport solution

- School bus service
- Charter buses
- Transport for teams & conferences
- 20-50 seat coaches available



"Moving Kiwi's since 1930's"

Ph. 434 7964

5a Nen St, Oamaru

[oamaru.depot@ritchies.co.nz](mailto:oamaru.depot@ritchies.co.nz)

# Kevin Mclay Plumbing Ltd

with over 40 years experience

Ph. 021 477 244 A/H 03 437 1248



## Tailored Fashion & Alterations

28 Ribble St. Ph. 021 173 6161

A Column by Consumer Affairs Writer, Jordan Kelly.

## 5G: Coming to a Power Pole Near YOU Soon

### 5G. Where does one start?

This is an issue with massive implications for all living beings.

Educated readers simply must take the time to inform themselves about it. There is a huge depth and breadth of concern that exists – globally – with regard to the impact of 5G on public health.

Yet telcos and governments everywhere are ignoring that concern and hoping you do, too.

There's a plethora of interviews, presentations, research references and recordings all over the internet, and all those non-industry-biased (which is actually most, because telcos and governments don't want your attention) that I've come across and/or studied so far are authoritative.

### An Ideal Crash Course

Here's something freshly uploaded to YouTube:

[https://www.youtube.com/watch?v=kp0\\_zGHH3KA](https://www.youtube.com/watch?v=kp0_zGHH3KA).

This particular video is a series of testimonies presented to a Senate committee on Energy & Technology from a wide variety of citizens opposing the proposed roll-out of 5G in the U.S. state of Michigan. All those presenting to the committee are obviously highly educated and deeply informed, both collectively and individually.

This one presentation alone provides an ideal introductory crash course into the massive and exponentially growing concern and opposition to the bull-headed Government and industry push to roll out this dangerously untested new technology without due research or public consultation.

Here's another (there's hundreds on YouTube alone).

This one explains the technology (and its extreme dangers) at a more basic level:

<https://www.youtube.com/watch?v=7nCygmTB4CI>

### A Deliberate & Gargantuan Misnomer

Perhaps the next most important point to make is that 5G is a gargantuan (and very deliberate) misnomer. "5G" (5th Generation wireless systems) sounds like simply the next generation up from, and an incremental improvement on, 4G . . . which was an improvement in speed performance over 3G. Not so. (The above YouTube video explains this well.)

5G is a very different technology. It's untested . . . and there have been thousands of (non-industry-funded) studies showing significant biological damage even from the far less offensive (but still highly concerning) 4G technology.

### More Akin to X-Ray Technology

5G employs "millimetre wavelength" microwave radiation in a very different spectrum of frequency than that to which the human biology has ever been subjected.

In basic terms, it's more intensive, more invasive at the cellular level, penetrating any living organism in a manner more akin to x-ray technology. If I had greater space available to me, I'd go into how living in a 5G world would be like living 24/7 inside a full-body airport scanner.

**I'll pick up from here in my next column. Stay tuned.**

**Knowledge on this issue is critical for the health and**

## De-Flea Treats

- 3 Beef stock cube
- 3 1/2 cups Wholemeal flour
- 1/2 cup Wheatgerm
- 1/2 cup Bran
- 1/2 cup Linseed
- 2/3 cup Brewers yeast
- 2 Tbls Garlic granules
- 2 Eggs
- 1 1/2 cups Hot water



Beat eggs then mix together with all the dry ingredients then slowly add hot water, stirring all the time until you have a workable dough (the stickier the better). Roll out, cut into shapes and place on a greased tray. Bake for 20 minutes at 180.C. Turn oven off and leave the biscuits to harden overnight or at least for a few hours.

For large dogs give 2 or 3 a day. Small dogs 1 or 2 a day.

## Economic Development Manager

A new position, Economic Development Manager, has been created to take a leading role in pursuing economic development opportunities in Waitaki.

As Economic Development Manager, reporting directly to our Chief Executive, you will be responsible for the strategic leadership, planning and execution of economic and business development work undertaken by Waitaki District Council for our growing district.

Our exceptional district is home to lakes, ski fields, cycle trails, surf beaches, epic tramping, fishing and hunting areas, along with award-winning restaurants, wineries, craft breweries and Oamaru's popular Victorian Precinct.

What will you be doing as our new Economic Development Manager?

- Leading, developing and delivering our Economic Development Strategy
- Providing effective leadership and oversight to the Economic Development function, including communications
- Developing detailed project plans and having extensive insight into existing and future initiatives in the region
- Developing and maintaining exceptional relationships with key stakeholders.

If you want your career to have real purpose and you are committed to using your talents to make a difference, don't wait - apply now... before someone else secures your dream job!

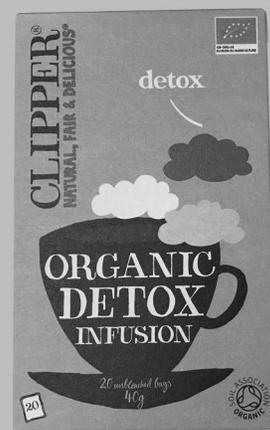
Any enquiries can be made to Fergus Power, Chief Executive on 03 433 0300 or email [fpower@waitaki.govt.nz](mailto:fpower@waitaki.govt.nz)  
Applications close 5pm Monday 30 April 2018  
<http://www.waitaki.govt.nz>



Scene from The combined Waitaki High Schools Production of "High School Musical" held at WRHS Auditorium



Where Happiness is Homemade



We have in store a Huge Range of Teas to suit EVERY taste!



10 Eden Street  
Oamaru  
(03) 433 1433

[info@realfoodpantry.co.nz](mailto:info@realfoodpantry.co.nz)  
Like us on Facebook

### Thought You'd Used All Your ACC Treatments?

Wrong - you're most likely still covered for acupuncture treatment. If you're still in pain with your injury, call now to find out if you still have cover for acupuncture.

**Community Acupuncture Oamaru**

[www.communityacu.net](http://www.communityacu.net) ~ 0223765960



General indoor & outdoor repairs, fencing, decking, paving, landscaping & more.

03 754 001 0000 0000 0000

**Wednesday 18th**

**Excelsior Petanque Club day**, 1pm. Ph. 437 2557 or 437 1590.

**Yankee Bowls**, 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

**Weston Indoor Bowling Club**, Weston Hall at 7.30pm, Ph. Ian 434 8281.

**St Pat's Indoor Bowls**, 7pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

**Thursday 19th**

**Diabetes Walking Group:** Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

**Disability Information Mobile Service** at the Waitaki Age Concern Health Promotion from 2pm in the Foundation for the Blind Hall 8 Steward St Oamaru.

**Mainly Music** - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. Ph Angela 437 0911. mainlymusic.org.nz

**N.O. Asthma Society:** Respiratory Exercise Class, 10am, St John Hall, Exe Street. Phone Fiona 03 434 3202.

**N.O. Asthma Society AGM** - 11am, St John Hall, Exe St, All welcome

**Friday 20th**

**AA Meeting**, Orwell St Chapel, 12 noon, Ph. 432 4191 or 437 2928.

**Meadowbank Bowling Club**, 14 Conway St, social bowls 2pm. Bowlers & non-bowlers welcome. Ph. 434 7196.

**Saturday 21st**

**The Healing Team** - 2-3pm, St Mary's Hall.

**Sunday 22nd**

**AA Meeting**, Orwell St Chapel, 6pm, Ph. 437 2928 or 437 2337.

**Excelsior Petanque Club day**, 1pm. Ph. 437 2557 or 437 1590.

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

**Monday 23rd**

**Genealogy Club** 10am-12pm at Oamaru Library - learn how to research your ancestors.

**N.O Creative Fibre**, 10am, St Luke's Hall, Wharfe St, All welcome. Ph. Noeline 437 2501 or Margaret 434 8665.

**N.O. Patchers & Quilters** meet at the St. John's Hall, Exe St, Oamaru, 7.30pm. New members always welcome. Ph. Helen 434 5680.

**The Happy Scoundrels Over 55 Ten Pin Bowling Club**, 1pm, Galleon Family Complex. Ph. Mike 437 0224 or Garry 434 1463.

**Waitaki Woodturners**, 1-5pm, clubrooms, Oamaru Race Course. Ph. 439 5795.

**AA Meeting**, Orwell St Chapel, 7.30pm, Ph. 432 4191 or 437 2337.

**Age Concern Gentle Exercise Programme**, Orwell St Church Hall, Tuesdays 1.30 - 3pm, \$3 per person. Ph. 434 7008.

**Cancer Society Volunteer meeting** - 1st Wednesday of each month. Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

**Diabetes Walking Group:** Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

**Indoor Bowls Oamaru Club**, Severn St, 7pm, new members most welcome. Ph. Bev 434 9678 or Bede 027 201 3907.

**Justice of the Peace** 11am - 1pm, WINZ Building, Coquet St

**Meadowbank Indoor Bowls**, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

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

**Public Notices**

**Columba Scout Group;** Keas & Cubs Monday nights, Ventures Wednesday nights & Scouts Thursday, Ph. 437 2531 for info.

**Oamaru Squash & Badminton Club**, Badminton. Monday 1 - 3pm, Wednesday 6 - 8pm & Friday 6 - 8pm. Tyne St courts. All grades welcome.

**Cancer Society Volunteer meeting** - 1st Wednesday of each month. Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

**Radio for the mature Mind - Oamaru Heritage Radio**, 3 ways to hear us, 88.3fm, 107fm or online at www.ohr.nz. Local - 24 hours a day.

**Tree Planting Grant**, Charities and public bodies are invited to apply for a tree planting grant before the 27th of April. Phone Rob 4394004

**Classifieds**

**For Free**

**Carpet** - suitable for weed matting only. See Simpsons Flooring.

**Horse Manure**, Ph 434 5607.

**For Sale**

**A3 80gsm Paper** - x1 ream 500 sheets \$12.50, at Oamaru Print & Copy Ltd. 146 Thames St. Coloured paper also available in single sheets or reams.

**For Rent**

3 bedroom fully furnished house for rent center of town. Short term \$350 per week from 29th April to 26th August (i.e. 16 weeks)

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

**Tools wanted!** Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.

**Wanted**

**Books** - always buying at Oasis Oamaru, 10 Harbour St, Ph 434 6878.

**Books** - we pay a fair price. Slightly Foxed 11 Tyne St, Ph 434 2155 Open 7 days.

**To Buy - Double Carport** - phone or txt 027 445 4277

**Lost**

**Elderly Black Cat**, very timid, new to area, hiding around Witham St, North area. Ph. 022 604 6203.

**Garage Sale(s)**

26a Ure Street. Sat April 21, 10am. F&P Oven, Bissell Steam Mop, Kids' bikes, Pram, Toys, Clothes and much more.

**\$10/10lt Bucket**    **\$14/10lt paint, paste pails**

**Walnuts - Pickup your own**

**Also Available!**

**Quince, Pears, Apples and Grapefruit**

State Hwy 83, just 2 km west of Georgetown

**Daily 10am-4pm**

OAMARU REPERTORY SOCIETY PRESENTS

Repertory Theatre, Itchen Street

**SISTER ANZAC**

by Geoff Allen

Directed by Karen Marshall

**APRIL 25th - 29th 2018**

NEW ZEALAND PLAYWRIGHTS PLAYMARKET

Box Office opens daily from Wed April 18th, 12 noon - 5pm & 1 hr before performances. Phone 434 8868 during these times or email: tickets@oamarurepitory.co.nz anytime.

**Kevin Waite Painting**

*Small jobs - my specialty*

**Painting & decorating by a qualified tradesman**

Ph 027 352 1775

**OAMARU**

**print&copy**

146 Thames St, Oamaru

*Business Cards Design and Printed for as little as \$39.50 including GST*

# HANDY PH. LIST

## Acupuncture

- ▶ Acupuncture & Massage.....434 9663  
.....(ACC) Rick Loos (NZRA) @ Health 2000
- ▶ Community Acupuncture..022 376 5960  
.....www.community.acu.net

## Budget Services

- ▶ N.O. Budget Advice Service..... 4346196  
.....100 Thames St, Oamaru...027 365 2959

## Building & Construction

- ▶ Curtins Concrete Coating 027 436 9209  
.....Making concrete great again!
- ▶ David Ovens Building Contractor Ltd  
.....Licensed B/P.....027 481 9424
- ▶ Handyman Al's Maintenance & Repairs  
.....Qualified Joiner 027 221 1069
- ▶ Peacock Plastering.....027 896 3445  
.....Interior Plastering
- ▶ Wayne Nuttall Builders..... 437 2513  
.....027 434 3409

## Classes and Workshops

- ▶ Photoshop or Adobe Illustrator Classes  
sandra@healthsongs.org.....03 434 3119

## Chiropractor

- ▶ Ron Sim Chiropractor.....434 8784  
.....23 Eden St, Oamaru

## Citizens Advice

- ▶ Citizens Advice Bureau N.O....434 9743  
.....0800 367 222

## Cleaning

- ▶ A1 Spic n' Span.....434 5534  
Almost ALL Cleaning .....027 737 8423
- ▶ A+ Services.....0800 155 166  
Window, gutter & carpet cleaning 027 714 4812
- ▶ AJ Cleaning Available..... 027 775 1485  
Including ovens
- ▶ Oamaru Chimney Sweep.....434 8025  
.....027 436 1315
- ▶ STA Cleaning & Laundry Services.....  
Regular, one-off, moving out cleaning.0204 135 5893

## Contracting

- ▶ Lifestyle Block Contracting..0276324264  
Paddy 4 hedge cutting, spray cultivation & drilling

## Counsellor

- ▶ Amanda Acheson NZCCA....027 5211187
- ▶ Kaye Mattingley .....434 1188  
.....DipGrad Otago NZRSW MANZASW
- ▶ Orwell Street Counselling.....434 6168  
.....022 192 4415

## Craniosacral Therapy

- ▶ Jacqueline Scott, CST 021 907 346  
www.ntpages.co.nz/therapist/4259

## Curtains & Tracks

- ▶ Curtain, Blinds, & Track Installation  
.....027 653 0984

## Dispute Resolution & Mediation

- ▶ Marian Shore - Mediation Waitaki .....  
.....434 7533.....027 724 1130

## Driver Training

- ▶ RBM Driver Training  
.....439 5355

- ▶ Alterations, repairs & sewing..434 7793  
.....027 284 9994

- ▶ Robinson Gray .....021 173 6161  
.....Tailored clothing & alterations

## Electricians & Appliances

- ▶ Glenn Taylor Electrical .....434 7282  
.....027 522 1012
- ▶ Whitestone Appliances - Repairs  
.....434 6810.....021 366 446

## Funeral Directors

- ▶ Walls Funeral Services.....434 8266  
.....49 Humber St

## Gardening

- ▶ Dug the Gardener.....027 561 8804  
.....Reasonable Rates

## Glass Installation & Repairs

- ▶ Goldies Glass & Windscreens.434 8701  
24 hrs...77 Humber St.....A/H 027 433 2258

## Insulation

- ▶ Dunbars Insulation .....027 789 8788  
.....local and affordable
- ▶ Living House..Best Prices....0800 434 600

## Joinery

- ▶ Rycole Joinery Custom designed kitchens  
.....434 5012.....027 276 2866

## Lawn Mowing

- ▶ Crew Cut Large Lawns & Rural mowing  
.....Paul Houlahan 021 331 261
- ▶ Jim's Mowing Oamaru.....03 437 1892  
.....Mark deBuyzer 0273187413

## Meth Testing

- ▶ A+ Services Meth Testing...027 714 4812  
.....0800 155 166

## Mobile Travel Broker

- ▶ Jannine Hore .....439 4230  
The Travel Brokers - member of Helloworld
- ▶ Lynne Sinclair, NZ Travel Brokers.....  
Cruising/Holiday Packages.....432 4172

## Naturopath, Iridologist

- ▶ Halo Iridology.....021 270 0971  
.....www.haloiridology.com

## Painters & Decorators

- ▶ 0800 Mr Painter .....0800 677 246  
.....027 437 4367

## Pest Control Services

- ▶ Spider proofing & Pest Control  
.....027 714 4812.....0800 155 166

## Pets

- ▶ Suds & Paws for dog grooming 434 5957
- ▶ Paws Awhile Boarding Cattery 434 1296
- ▶ Puppy Love Grooming.....021 101 7858

## Plumbers

- ▶ Foley Plumbers Oamaru.....434 2330  
.....Tom Palmer.....0800 303 530

## Podiatrist

- ▶ Simply Feet Podiatry.....437 9025  
.....316 Thames Hwy, open Mon-Fri

## Printing, Copying & Signage

- ▶ Oamaru Print & Copy .....434 9651  
.....info@perfectprint.co.nz

## Tiling

- ▶ Lakeland Tiling.....Shane..027 312 2017  
Kitchens & Bathrooms - No job too small

- ▶ Driving Miss Daisy .....434 8421  
.....Appointments, Dunedin & Timaru Hospital, Shopping

- ▶ Oamaru Transfers .....434 9506  
.....Hospitals & Airport transfers (Merv Aitcheson)

- ▶ Oamaru - Dunedin/Hospital Shuttle.....  
Door to door service.....434 7744

## Transportation & Rental Vehicles

- ▶ Smash Palace.....433 1444  
.....Cars, Vans, Bicycle Hire & Shuttle Service

## TV Installation & Repairs etc

- ▶ Nathan Oakes TV, Sound, PC Install &  
Repairs.....0210 237 0646 or 03 437 2474

## Window Tinting

- ▶ Tint a Window.....0800 368 468  
.....www.tintawindow.co.nz

**Sister Anzac**, written by Geoff Allen and set on the WW I hospital ship Maheno in Gallipoli, gives us an opportunity to stop and consider, and most of all appreciate the women in our past. It also allows us to hear the voices of Kiwi nurses who were real and who experienced things few of us can imagine. Oamaru Repertory Society are honoured to have been given the rights (by Playmarket) to perform this poignant play on Anzac Day (April 25th) at 4pm, followed by two evening performances (7.30pm on 26 and 27 April) and finally two more weekend matinees (4pm on 28 and 29 April). Directed by Karen Marshall and with a strong cast (Bruna Oakes, Bronwyn Waldron, Hugh Perkins, Joseph Walshe, Sam Marshall and Robertina Collins) this play promises to be a popular New Zealand production. Tickets are available at the Repertory Box Office on Itchen Street (daily from 12 noon - 5pm) or ph 4348868 during these times or email [tickets@oamarurepertory.co.nz](mailto:tickets@oamarurepertory.co.nz)

OAMARU  
REPERTORY  
SOCIETY PRESENTS



## 'Winnie-The-Pooh'

A family show for all ages  
July 7-14th

## Audition

April 29th noon - 3 pm  
young to older actors

Pooh, Christopher Robin,  
Tiger, Roo, Piglet, and more...



Ph/txt 021 2156502  
Director Peter for details

# The Oamaru Telegram

## About Us

The Oamaru Telegram is 100% locally owned and operated. Many of our advertisers have been with us since we began printing in 2010 and we're committed to supporting local businesses and community organisations. We also offer other services such as design and printing of promotional materials and signage to help boost your business.

## Advertising

We can cater for all kinds of businesses and budgets, starting with Classifieds **from just \$10.00 per week**, to big full page ads. We are also **flexible** so you don't have to be tied into long contracts if it's not necessary.

## Artwork Design

If you are supplying your own artwork we require a PDF 300dpi minimum. We can also design adverts to suit your needs at no extra cost but this needs to be arranged the Tuesday before print.

## Deadline

All articles and adverts must be approved by Thursday 2pm to ensure your ad is correct. It is important to place bookings as soon as possible to ensure your space is available.

146 Thames St, Oamaru

Phone 03 434 9651 or email [telegram@oamaru.net.nz](mailto:telegram@oamaru.net.nz)



## WAITAKI OLD BOYS' HALL OF MEMORIES

### ANZAC DAY CONCERT FIFTIES FAVOURITES

AT THE SCHOOL APRIL 25<sup>th</sup>, 1:30pm

HANNAH PEARSON AND ANTONIO DELLA BARCA

VICTORIA, LYDIA, AND JULIETTE BERNARD

RALPH MILLER TRUMPET

JUNE CAMERON PIANO

**FREE ADMISSION AFTERNOON TEA**

**MAILDROPS**

**Brochures  
Flyers  
Price list  
Catalogues**

**OAMARU:  
print&copy**

**YES!**

We can arrange maildrops to Rural Oamaru, Kurow, Oamaru or areas within Oamaru.

**CALL INTO OUR SHOP FOR MORE DETAILS.**

Oamaru Print and Copy Ltd - 146 Thames St, Oamaru  
Phone 434 9651 or email [oamaruprint@oamaru.net.nz](mailto:oamaruprint@oamaru.net.nz)