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15th October 2019

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Issue 463

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# OAMARU LANDSCAPING SUPPLIES

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Drying winds are the last thing fresh Spring growth needs, but they arrived last week so we had to deal with it. Soak hoses are the way to get moisture down into deep - wind and evaporation zaps the ground and gardeners as well I am sure. I have been leaving the majority

of the watering until late in the day. Keep water up to Maples and shallow rooted shrubs like Rhododendron, Camellia and Azaleas. Newly planted tall trees move down to the roots in wind if they are not secured to stakes. A couple of large rocks around the base will add weight if bare rooted trees have just been planted.

The pretty froth is now gone from early **Flowering Cherries**, as new leaves take the place of blossom and thankfully it continues with the lovely white Mount Fuji then Kan Zan with bright pink blossom bursting and lastly Shimidsu Sakura - so beautiful...

**Hydrangeas and Roses** should be well leafed up now, so need watered daily during strong winds. When leaves are firmer, they handle the elements without this attention.

**Bedding plants:** Many on offer now to plant for Summer colour in gardens, pots and hanging baskets. All bedding plants once planted, need attention - water and folia feeding.

I have been sifting soil for re-sowing patches in the lawn and decided to use sifted soil as a top layer before planting annuals and seeds. Sifted soil packs round new roots firmly so they don't dry, enabling roots to grow quickly. Soil, is after all nature given for growing and here long before we had so many other growing medium choices! BUT planting comes to a stand still on windy days - don't be tempted to plant out anything until the ground can hold moisture. Plants will last in pots and punnets until the time is right...

**Plants for the right place** - starting with dry areas of the garden - under hungry trees or areas that drain too readily. You will be wasting your time and money planting shallow rooted plants like Rhododendrons, Azaleas, Camellias, Hydrangeas, Roses or Hellebores in these areas, unless you are prepared to mulch and water often. It's best to group with plants that will work their roots down to look for moisture like: Euphorbias in all their varieties, colours and sizes, Agapanthus: large and small varieties - they are great on a slope. Buddleias will fill gaps at the back of a border, lovely sliver blue foliage and blue to cerise/ purple flowers, must be cut back well after flowering to keep bushy, also a great food source for butterflies.

Grasses always look good grouped together as they are in nature - they do well in the dry and add movement to the garden. Geraniums also require little attention in a dry spot once established - but do need water until established. Lupins: Are wonderful in big groups - they also need water until they become established. After the first flowering they will self seed to make their groups larger. All these plants once established will cope with dry conditions.

**Damp, Shade loving plants to consider** are Hydrangea, Hostas, Heuchera - Not all shade loving plants have to be green. Heuchera plants come in a delightful variety of colors. Plant these as borders around the base of trees, or even along the edge of walkways! Acanthus Mollis Aluminum plant: (Ground cover) Hellebores (Winter Rose) - a must for every shade garden.

**Vegetable garden:** Keep moulding up potatoes as they show leaf - this keeps them cooler, allowing more depth for them to grow a bigger crop.

I have sown mixed Lettuce seeds in a tray and plan to transplant them into the garden as I need them. Lettuce seedlings will hold in a tray for a long time in a shady spot and only really start growing when they are fed and watered in a sunny spot. Soil is a perfect temperature for veg growing - every seed planted will germinate and do well....*Cheers Linda.*



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## PlaceMakers - Bathrooms

Looking to build, renovate, or update your bathroom? Then PlaceMakers Oamaru is the place for you! The team at PlaceMakers Oamaru have a brand new, state-of-the-art, in-store Showroom that includes more than seven quite striking bathroom displays. Between them, Wendy, Shannon and Sheila have over 40 years' experience and know-how around Bathrooms and the local market - ensuring you definitely will not be disappointed. For help and information, or for design advice, pop in and see them to work through your project from beginning to end. If you're looking to renovate, update, or build a new home, they can certainly help. Visit them in their new, modern Showroom on 19 Humber street. Walking with them through their very fashionable bathroom displays they can show you how the numerous options may look and, if they haven't got what you're looking, for they can get it! Visit them anytime from Monday to Friday 7:30am - 5:30pm or on Saturday 8:30am-4pm, or ring for an appointment (03) 433-0460. If you live up the valley you can email : [wendy.fleming@placemakers.co.nz](mailto:wendy.fleming@placemakers.co.nz) With a huge range of Bathroom products from showers, baths, vanities, basins, toilets, taps, shower-heads, mirrors, towel-rails and heating, PlaceMakers Oamaru can help you design your new bathroom - pop in today.

## Oamaru water supply

Customers asked to be mindful of water use over next few weeks. Waitaki District Council is asking Oamaru water supply customers, including those south to Moeraki, to be mindful of their water use over the next few weeks while work is underway to increase treatment capacity at the Oamaru Water Treatment Plant.

The work is part of an exciting larger project to significantly improve the supply's resilience to adverse weather events and increased demand in the future, and is planned to include the installation of an additional 8,700m<sup>3</sup> treated water reservoir at the treatment plant site during 2020. Council's Water Services and Waste Manager, Martin Pacey, said work on upgrading the treatment membranes has been ongoing throughout the year and will culminate with the installation of four new membrane racks over the next few weeks.

"We're heading into the summer period when water use traditionally ramps up with the warmer days, so it's something we need to consider and prepare people for now. Depending on how things go, there is a possibility we'll need to issue a conserve or restrict water notice while the membranes are being installed. However, we're hoping to avoid this if possible by encouraging the community to get behind this important upgrade and to reduce their water use now so we can keep our water reservoir topped up". Mr Pacey said Council is also encouraging the community to be conscious of water use at all other times with consideration to its value as a resource, the cost of treatment and sustainability. Some ways to reduce water use include:

- Making sure any leaks are fixed - including running toilets, dripping taps and leaking pipes
- (something Council is working on too)
- Hand-watering your garden, if possible, and not leaving hoses or sprinklers running overnight
- Taking a shorter shower, or taking a shower instead of a bath
- Turning the tap off when brushing your teeth
- Delaying washing your car for a few weeks, if you can
- Waiting until the dishwasher or washing machine is full before running a load

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We take an active stand on the Animal Welfare and strive to uphold the Code of Temporary Housing for which we are governed by. In this code there is a Minimum Standard and a Best Practice. It is our aim to maintain ourselves as a Best Practice Pet Store. This means we do everything for the welfare of the animal - we provide correct housing, feeding and environments for each species we house.

Our aim is to educate and provide the latest animal welfare information to our customers to ensure our animals live their lives to the fullest.

The products we have in store also reflect this, we sell what we recommend and use ourselves. We pride ourselves on sourcing from local companies and finding the right product for you.

We have also started a rehoming program for small animals and birds. this helps those animals in need of a new start and we ensure they go to the best of homes.

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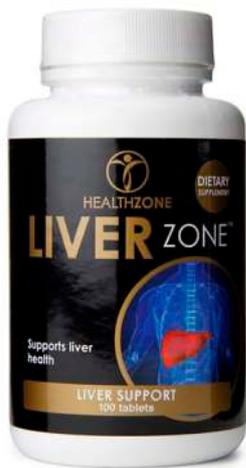
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### Spring clean your insides

Today, the typical lives and diets of Kiwis put their bodies under a massive toxic invasion, and for many, their body might be losing the battle to keep the toxic load under control. This is when it's great to detox.

The point of a detox is to help your vital organs clear toxins from your body, which helps to revitalise your digestive system. This is important because you could eat the best diet in the world, but if you don't digest your food properly, there's no nutritional value.

Your liver is key to detoxifying your body and ensuring overall health and wellbeing, so it's important to look after it.

#### Look after your liver

Many people abuse their liver with alcohol or over consumption of refined sugars and fatty foods and expect everything to be okay.

However, this may result in needing pharmaceutical drugs to combat cholesterol issues, allergies, fatty liver, diabetes, metabolic syndrome, adrenal exhaustion, rapid weight gain or hormonal issues.

Your liver carries out up to 500 different functions, including:

- Producing bile that helps break down fats
- Processing proteins
- Producing bio chemicals necessary for proper digestion
- Producing hormones
- Breaking down glycogen into glucose (sugars)
- Detoxification

Your liver can not detoxify without glutathione, and glutathione is often depleted through alcohol consumption, which interferes with your body's ability to detoxify. When your body cannot remove toxins, it begins to store them in fat cells, which often results in weight gain.

HealthZone Liver Zone gives your liver a healthy boost of the nutrients it needs to revitalise and restore function. It provides broad-spectrum nutritional support to aid normal fat digestion and detoxification for a healthy liver.

#### Need a detox?

If you are feeling stressed or grumpy, are gaining weight or find you have no energy, chances are your body is lacking glutathione. This important nutrient is your body's main detoxifier. HealthZone Detox Zone restores glutathione levels quickly into every cell of your body. It helps protect your cells against oxidative stress, and has a critical role in helping your cells to detoxify.



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# North Otago Motor Group



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## OAMARU + PHARMACY

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### Let's talk About the New Season

With the change of season from the cooler months to the most warmer times, some of the natural processes of our bodies get disrupted. You may notice changes in your sleep, moods and more allergies. The new seasons can affect your hormone production, the days are longer and the night shorter disrupting the normal cycles of the body, it is perfectly normal to experience changes in our energy levels. Our bodies need time and support to help adjust to the new season and changes in our daily routines. Let's look at some of the ways the changing season can affect our health and our energy. Change of seasons tends to lower our immune response, for this it is important to boost the immune system. Vitamin C is an essential nutrient for maintaining healthy body function. It is an antioxidant that supports the immune system, maintains the integrity of blood vessels and connective tissue and much more. Our bodies need a regular renewable source of vitamin C because we can't make it ourselves. Elderberry provides strong immune system support to help you and your family stay healthy throughout the year. Lack of sleep or a restless sleep nights can affect us greatly, because sleep is a vital part of our well being and it is important that we get enough sleep each night to be able to function properly the next day. Persistent lack of sleep can affect your health, so it is important to get an assessment and try to identify any problems. Magnesium may help to relax us, plus following a routine every night will help to set the pattern again. It is true that when the sun is out we are happier, but the changes happening can change your mood, for this it is important to maintain good physical activity or exercise. This will improve your health and reduce the risk of developing several diseases. Physical activity and exercise can have immediate and long-term health benefits and can improve your quality of life, and help you to feel better – with more energy, a better mood, feeling more relaxed and sleep better. Getting outdoors is crucial for our health and energy levels. Nature helps reduce stress levels and improves our physical health. Also Eating well makes us feel happier, and gives us more energy throughout the day. Make sure you are eating plenty of leafy vegetables and protein, as they are good sources of many vitamins and nutrients. Drink plenty of water and take a supplement to fill the gaps of what your body needs, this may help you to keep you well and healthy. Spring time can still bring on colds and illnesses. When exposed to sickness, our immune system has to work incredibly hard to keep us well. The follow-on effect of this is that we use more nutrients to stay free of the flu. This means we have fewer nutrient stores for energy production. This is why it is important to keep up your immunity supplements, eat well, exercise regularly, get enough sleep, and soak up the sunshine. Come in and see the team at Oamaru Pharmacy, we are always here for you with professional friendly advice.

## Motoring with Renee

Hi Renee here, Sales Manager for North Otago Motor Group. This weeks car of the week is a 2017 Toyota Land Cruiser Prado VX, this is a Holden Astra - top of the line, near new with kms, be in quick because this gem will not last long. Top of the line means Sportec leather trim, reversing camera, park sensors and stylish chrome. I love this car because it is peppy, stylish, easy to park and great to drive long distance and around town. Come and check it out! We have over 35 years LOCAL experience in the industry and our team, Jamie, 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 runabouts, SUV's to 4x4's. Plus we can cover everything from finance, insurance and extended warranties. It is Spring, so why not go out and enjoy a Sunday drive. Have a great week. Follow me on facebook.

[f](#) *renee millin - north otago motor group*, Renee 0800660070.



Renee

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**Roller blinds are a sleek,**

minimalistic alternative for window-furnishings and are compatible with almost any décor, creating a flawless backdrop for showing off art or furniture. This is true especially in modern homes which have huge windows and very little wall space for drawing back drapes. They are available in a wide variety of fabrics which can screen, filter or block out the light.

They are a cost-effective option which offer exceptional value over their lifetime. Their simple elegance means they don't need to be upgraded with every new design trend especially if you select a neutral colour. Automation is becoming more popular and is especially great for those hard to reach windows. They can be hard wired electronically into your home but can also be installed without needing an electrician with some wonderful re-chargeable motors on the market. Imagine operating all your blinds at the touch of a button.

Blockout fabrics provide darkness and night-time privacy and are available in a range of monochromatic colours and contemporary textures while light filtering fabrics are a wise choice if you need both light and complete daytime privacy. These come in a range of opacities, colours and textures.

Sunscreen blinds allow you to see out of the window during the day whilst the woven mesh fabric is designed to block UV rays and control solar energy, effectively reducing the amount of glare or heat transmitted into your home through the windows. They will prevent your soft furnishings from fading while offering a degree of daytime privacy from your neighbours or street traffic - so long as there is enough light on the outside of your home. At night with your lights on they will operate in reverse so beware that you will lose your privacy.

If you require both day and night-time privacy there is an option to install a twin bracket which offers the ability to have both a sunscreen blind and a blockout blind in the same window. These blinds operate independently.

Roller blinds are easily fitted onto the architraves of almost all windows and when they are not required they roll up to be most unobtrusive.



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## Community Diary

### Wednesday 16th

**Age Concern Waitaki Golden Oldies Games** Afternoon; at 1:30pm in the Landsar rooms. Ph. 434 7008 for info. Afternoon tea provided.

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

**Free JP for certifying documents**, affidavits, & declarations. 11-1pm at the Public Library.

**North Otago Astronomical Society Inc.** Public evening on Basic Astronomy. Te Ara Polytech rooms Humber Street. 7:30pm. The Theme will be Pathways in the Sky" with discussion to follow. Gold coin donation, Society member free. Bring pencil and paper.

**North Otago Orchid Society** meetings held at the St John's meeting room Exe St. All welcome, Ph. Wayne 4395287.

**Parent to Parent Quiz Night**, Register your team 6pm starts 7pm, Teams of 4-6 people - \$30 per team. Galleon Family Complex. Ph 027 808 3949.

### Thursday 17th

**Edge of the Alphabet**; poet and Novelist Emma Neale will discuss the development of Janet Frame as a writer of renown. Oamaru Opera House 6pm.

**North Otago Asthma Society Respiratory Exercise Class**, 10am, St John Hall, Exe Street. Enquires Ph 437 2673.

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

### Friday 18th

**AA Meeting**, Orwell St Chapel, 12noon, Ph. 0277 227818.

**Grey Power Social Group**: 2.30pm, Lagonda. A chance to socialise, and ask questions. Members bring membership card to go into our monthly draw. Non-members welcome. Transport available. Ph Daphne 4346249.

**Newcomers Coffee Group** 10.30am at the Opera House. Ph. Christine 027242 8643.

**North Otago Darts**: Ribble St Hall, Housie every Friday Night. 7:30 pm Start, 40 games plus Super House and Raffles.

**Summer Indoor Bowls** at 7 pm at the N.O. Indoor Bowls Centre, Centennial Park. All players and non players welcome. Ph. 437 1704

### Sunday 20th

**AA Meeting**, Orwell St Chapel, 6pm, Ph. 0277 227818 or 437 2337.

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

**Reformed Church Oamaru**, 4 Eden St, morning service at 10:30am, followed by Sunday School; evening service at 5pm.

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

**Taize Service** - St Luke's Church, cnr Tees & Itchen St. at 7pm.

### Monday 21st

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

**Happy Scoundrels Over 55 Ten Pin Bowling Club**, 12:30pm, Galleon Family Complex.

**Waitaki Woodturners** meet 1pm at the Clubrooms, Oamaru Racecourse. *Tuesday we meet at 7pm. Ph 439 5795 for inquires.*

**Tokarahi Spinners & Weavers meeting**, 10am, Tokarahi Hall. Ph. Christine 434 2223.

### Tuesday 22nd

**AA Meeting**, Orwell St Chapel, 7:30pm, Ph. 0277 227818 or 437 2928.

**Age Concern Gentle Exercise Programme**, \$3 per person. Ph. 434 7008.

**Alzheimers Society - Coffee Group**. An opportunity for people to meet those who have lived alone, to meet and have a chat over a cuppa. Oamaru Opera House coffee lounge 10am contact Clare: 437 2361

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

## Public Notices

"Monarch Butterflies are the symbol of hope" Wednesday 23rd October 2019, 7pm doors open at 6.30pm, Loan & Mercantile Building - Harbour Street, Tickets \$15 - includes supper.

**Ever wanted to visit Kuriheka Homestead?** S.Andrew's Church, Maheno is organising a fund raising tour. Thu, Oct 24th in the afternoon. For further details, ring Bernard Wilkinson 434 5514.

**St Joseph's School International Food Fair**, Sun 20th Oct, Gates open 11:30am. Food, Fun, Friends, Family and more...

**Scottish Hall Market** - 27th October, 10am - 2pm Lots of crafts and treasures on offer - Victorian and Edwardian hats and accessories, shabby chic items, crafts, secondhand goods. **New stall holders welcome** - to book a stall, ph Lisa 027 706 9902 or Wendy 021 515205 Scottish Hall, 10 Tyne St.

**YOGA Term 4-2019 Classes** on Tuesday Evening \$80.00 term fee (\$10.00 casual) Beginning from 15<sup>th</sup> October, 5:45pm to 7pm. Ph. Margaret on 027 534 1951; email margs1979@hotmail.com

## AGM

**The Lower Waitaki River Management Society** The AGM of the Society will be held at the Waitaki Bridge Hall, 5pm. Wednesday 16th October.

**Excelsior Petanque Club AGM** Wednesday 30th October at 3:30pm at Club rooms.

**Oamaru Garrison Band, notice of AGM** Tuesday 29th October 2019 at 7:30, Chris Rusbach Secretary.

## Classes and workshops

**Ara Institute of Canterbury - Oamaru campus**, 44 Humber Street - Contact Ruth 03 9406151, Administration & technology, business, retail and free computing courses.

## For Sale

**2005 Ford Courier**, Diesel Ute very tidy. \$8,200 Ph 03 434 0430

**Sheep Manure**, \$5 per bag delivered in Oamaru boundary txt or phone 021 66 0381.

## Services

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

**Long grass mowing**, 4WD ride on mower brushcutter. Contract or hire. 0212409766.

**Scribe Solutions** - providing Farmers with technical assistance presenting E.F.P. Subs, including uploading digital photos, correspondence submissions & Transitional Skills based CVs. Ph. Sandra 027 366 3164.

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

## Wanted

**CHILDCARE**; In Weston area. Caring for 21 month old twice a week 9am-11.30am. Must have drivers license. Until Christmas but may extend to 2020. Ph/Text: 0211243101

**Looking for long term 2/3 bedroom rental / farmhouse** around Kurow - Duntroon areas. Great references. Ph. Jasmine 0272929961

**Walkers wanted to deliver the Telegram** and circulars on Tue/Wednesday, ph 027 338 7002 or 4341103, stevehedges@kinect.co.nz.

**Tools wanted!** Tradesman, carpenters, gardening tools etc. Ph. 021 450 405.

## For Rent

**2 bedroom house at Riverside Village Glenavy**. Very tidy heat pump gas hot water. Preferably no pets. \$270 per week. Ph. 022 016. 3432

## Garage Sale

**Saturday 19th October after 8am** 1 Nith St, downsizing offering a variety of Household Goods including free piano, beer fridge, old bottles etc...

**Earthquakes Road Duntroon** 9-1pm 19th Saturday, Household goods, furniture, Linen also ride on lawnmower with trailer \$1500.

# THAI FOOD

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**BANGKOK** recipe



## Excelsior Petanque Club News

results of club championship drawn doubles played on Wednesday. A good turnout of club members made it a full days play of 7 timed games.

1<sup>st</sup> Collen McClennan/David Gardiner.

2<sup>nd</sup> Suzanne Tonkin/Alec Clarke

3<sup>rd</sup> Elizabeth McCone/Herb Tonkin.

## North Otago Orchid Society

Raffle Results. 1<sup>st</sup> Colleen, 2<sup>nd</sup> Grace M, 3<sup>rd</sup> R Kibble.



2020 Calendars  
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# www.oamaru.net.nz Handy Phone Listings

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..... Auto Electrical & Mechanical repairs

## Bricklaying

▶ Doran Brick 'n' Block .....027 516 5675  
.....437 0415

## Building & Construction

▶ We Decorate Concrete 027 436 9209  
.....ugly & manky into Slick and Swanky  
▶ David Ovens Building Contractor Ltd  
.....Licensed B/P.....027 481 9424  
▶ Doran Brick 'n' Block .....027 516 5675  
.....437 0415  
▶ Handyman Al's Maintenance &  
Repairs, qualified joiner.....027 221 1069  
▶ MGM Handyman Services,  
Your professional handyman 022 3106294  
▶ Wayne Nuttall Builders..... 437 2513  
.....027 434 3409

## Carpet & Vinyl layer

▶ Dion.....0223924852  
specialising in second hand carpet & repairs  
▶ Flooring Specialist ... free measure and  
quote in Oamaru township ..... 021 727 498

## Chiropractor

▶ Oamaru Chiropractic.....021 729 868  
Robert Brydges .....179 Thames St  
▶ Ron Sim Chiropractor.....434 8784  
.....23 Eden St, Oamaru

## Clairvoyant/Life coach

▶ Rosina (Rose) Stewart .....021 126 3329

## Cleaning

▶ A1 Spic n' Span.....434 5534  
Almost ALL Cleaning .....027 737 8423  
▶ A+ Services NZ Ltd.....0800 155 166  
windows, gutters and carpets..... 027 7144 812  
▶ Oamaru Chimney Sweep.....434 8025  
.....027 436 1315  
▶ Hoppys Cleaning Service ...0211327685  
Home cleaning service "OVENS & more..."

## Contracting

▶ Lifestyle Block Contracting..0276324264  
Hay baling & Baleage, Drilling, Hedge cutting.

## Counselling

▶ AYR St - Counselling .....027 6861849  
Kaye Mattingley...Dip.Grad.S.Sc.Otago.NZRSW. MANZASW

## Craniosacral Therapy

▶ Jacqueline Scott, CST 021 907 346  
www.jacquelinescott.com

## Dental

▶ Oamaru Denture Clinic .....434 7560  
Reg Clinical Dental Technician, 4/6 Coquet St

## Dressmakers

▶ Alterations, repairs & sewing..434 7793  
.....027 284 9994  
▶ Robinson Gray .....021 173 6161  
.....Tailored clothing & alteration

## Driver Lessons

▶ XTO Driver training Ltd ..027 262 2031  
.....Driving Instructor/Driving Lessons

## DVD and CD

▶ Oamaru Public Library.....433 0850  
.....cleaning service (resurface), \$5 per disc

## Electricians & Appliances

▶ Robert Jones - Electrician. 027 445 0523  
.....434 0994  
▶ Whitestone Appliances..... 021 366 446  
.....repairs.....434 6810  
▶ VES - Valley Electrical Services  
.....Registered Electrician.....021 1177045

## Entertainment

▶ Sylviane's Karaoke .....027 737 8360  
all occasions - bookings sylgal@msn.com

## Gardening & lawns

▶ Ashley's Lawn & Garden Care.4372865  
Keeping your lawns in order.....0221086606  
▶ Great value Garden/Mowing Services  
Tim.....021 088 27344 or 434 3327  
▶ Jim's Mowing Oamaru.....03 437 1892  
.....Mark deBuyzer 0273187413

## Insulation

▶ Dunbars Insulation .....027 789 8788  
.....local and affordable

## Interior Design

▶ Tracey Vickers Design ..... 027 5420 215  
Upholstery and Furnishings .....03 439 5370

## Immigration

▶ Immigration & Secretarial Services Ltd  
sylviane@isservices.nz.....027 737 8360

## Joinery

▶ Inex Joinery/Kitchens 4 Less  
335 Thames Hwy..... 4341533 or 021 1085500  
▶ Rycole Joinery Custom designed kitchens  
.....434 5012.....027 276 2866

## Mobile Travel Broker

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

## Painters & Decorators

▶ 0800 Mr Painter .....0800 677 246  
.....027 437 4367  
▶ Matt Geare .....available now. 027470 3780  
▶ Don - Painter .....027 2205403  
.... 25 years experienced Call for a quotation

## Pets

▶ Suds & Paws for dog grooming 4345957  
▶ Paws Awhile Boarding Cattery 4341296  
▶ Puppy Love Grooming.....021 101 7858

## Podiatrist

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

## Plumbers

▶ AG Plumbing.....021434950  
.....Blocked drains & CCTV Camera  
▶ Cunningham Plumbing, Oamaru  
.....Plumbing & Drainlaying.....0800 555 105  
▶ Foley Plumbers Oamaru.....434 2330  
.....Sam Boswell.....0800 303 530

## Spider & Pest Control

▶ A+ Services NZ Ltd ..... 0800 155 166  
.....Spider & Moss Spray..... 027 7144 812

## Storage

▶ Self Storage Weston .....434 9558  
.....20 Foot Shipping Containers  
▶ Waimate Self Storage .....03 689 0811  
.....brand new facility.....027 689 0011

## Tiling

▶ Lakeland Tiling.....Shane..027 312 2017  
.....Kitchens & Bathrooms - No job too small  
▶ Doran Brick 'n' Block .....027 516 5675  
.....437 0415

## Transportation & Rental Vehicles

▶ Airport/Hospital, Oamaru Tour  
.....transfers (Merv Aitcheson) .....434 9506  
▶ Oamaru - Dunedin/Hospital Shuttle  
.....Door to door service.....434 7744  
▶ 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

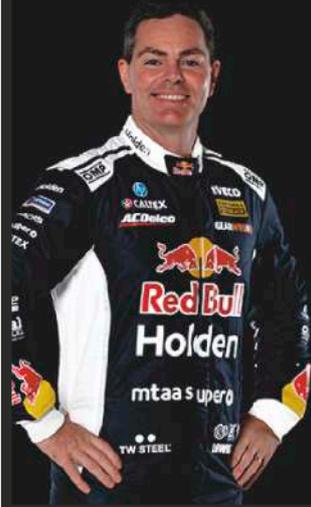
## Window Tinting

▶ Tint a Window.....0800 368 468  
UV fade, heat, glare & privacy.tintawindow.co.nz

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### REALFOOD PANTRY

#### Ginger Beer

To make bug, In a jar or jug place, 1 tsp dried yeast, 2 tsp dried ginger, 4 tsp sugar, 600mls cold water, Stir and leave at room temperature

#### Each day for 7 days feed with:

2 tsp dried ginger, 4 tsp sugar, Stir.

#### To make ginger beer

Place 1kg sugar in large pot, Add 1200mls boiling water and let sugar dissolve. Add the juice of 4 lemons, Strain the contents of the ginger beer bug through cloth and add juice to pot. Add 7 litres of room temperature water. Stir and then fill clean dry plastic bottles 7/8ths full. Squeeze air out of the bottles to stop them exploding. Screw cap on tightly. Store at room temperature and leave to brew for 3-4 weeks.

#### To keep it going

Divide remainder of bud in 1/2, Give away 1 half. Place remainder in clean jar with 600mls cold water and continue to feed 4 tsp sugar and 2 tsp ginger for a week.



carpetcourt

- Carpet
- Vinyl
- Laminate
- Wood
- Tiles

41 Thames St, Oamaru - 03 663 9011

### SmartStrand™ Forever Clean Rhino™ Carpet

Life isn't perfect, and neither are our kids or pets. It's a fact of life that accidents happen – we can't change that for you. But what we can do is help make sure those accidents don't have a lasting impact, at least when it comes to your carpet!

Introducing Carpet Court's SmartStrand™ Forever Clean Rhino carpet. This stress-reducing range is made with new Nanoloc™ spill protection technology, for quick and easy clean up. With built-in stain and soil resistance that won't wear or wash off, this is the perfect choice for households with kids, pets – or clumsy adults!

The difference lies in the way it's made. SmartStrand™ Forever Clean features permanent stain resistance built into the very core of its fibre with no dye sites for spills to adhere to. Plus, our advanced Nanoloc™ technology uses ultra fine nano particles to encapsulate the fibre, which prevents dirt and spills from settling into the carpet in the first place. Combined with superior bounce back qualities, this makes it easy to retain the appearance of your carpet for longer.

So confident are we in our SmartStrand™ Forever Clean Rhino Carpet's ability to stand up to your pets' accidents, that we offer an All Pet Protection Guarantee – so whether you have a kitten, rhino or anything in between, we've got you covered.

Come into store to and talk to Candy or myself, Logan, and test it out for yourself instore. We'll let you make a stain and test it, and show you how it cleans against other carpet types. We have over 16 years combined local experience.

For Carpet, Laminate, Vinyl and Tiles.... see you at Carpet Court. 41 Thames Street Oamaru (03 663 9011)

**THIS WEEKEND**

**BODY & SOUL expo**

Saturday 19th October  
 Scottish Hall, Tyne St, Oamaru  
 9:30am - 5pm  
 \$3 entry

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